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in this brochure may vary slightly from the actual product.

Breville

the Smart Temp™

Instruction Booklet



BSC420

CONGRATULATIONS

on the purchase of your new Breville product

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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Remove and safely discard any packaging material and promotional stickers or labels before using the slow cooker for the first time.
- Do not place the slow cooker near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this slow cooker.
- Always operate the slow cooker on a stable and heat resistant surface.
- Do not place this appliance on or near heat source, such as hot plate, oven or heaters.
- Position the appliance a minimum distance of 20cm away from walls, curtains, and other heat or steam sensitive materials. Provide adequate space above and all sides for air circulation.
- Always ensure the slow cooker is properly assembled before use. Follow the instructions provided in this book.
- Never plug in or switch on the slow cooker without having the removable crockery bowl placed inside the slow cooker housing.
- Use only the removable crockery bowl supplied with the slow cooker. Do not use any other bowl inside the slow cooker housing.
- We recommend the slow cooker is not placed on a stone bench top when it's cooking. This is due to bench tops being sensitive to uneven heat and may crack if heated locally. If you would like to cook with the slow cooker on the bench top, place a chopping board or heat proof mat underneath the slow cooker.
- Do not place food or liquid in the slow cooker housing. Only the removable crockery bowl is designed to contain food or liquid.
- Never operate the slow cooker without food and liquid in the removable crockery bowl. Ensure the cooking bowl is at least $\frac{1}{2}$ to $\frac{3}{4}$ full of food or liquid before switching on the slow cooker.
- Always have the glass lid placed correctly into position on the removable crockery bowl throughout operation of the slow cooker unless stated in a recipe to have it removed.
- The slow cooker is not intended to be operated by means of an external timer or separate remote control system.
- Do not operate the slow cooker on a sink drain board.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however, it is not unbreakable. If struck extremely hard, it may break or weaken, and could at a later time shatter into many small pieces without apparent cause.
- Extreme caution must be used when the slow cooker contains hot food or liquids. Do not move the appliance during cooking.

BREVILLE RECOMMENDS SAFETY FIRST

- Do not use the crockery pot for food storage.
- The removable crockery pot is not suitable for storing food in the freezer.
- Do not use the removable crockery pot in a microwave oven.
- We recommend the slow cooker is not placed on a stone bench top when cooking. This is due to bench tops being sensitive to uneven heat and may crack if heated locally. If you would like to cook with the slow cooker on the stone bench top, place a chopping board or heat proof matt underneath the slow cooker.
- Do not touch hot surfaces. Use handles for lifting and carrying the slow cooker and dry pot holders or oven mitts to remove the removable crockery bowl and lid when hot. Lift and remove the lid carefully and away from you to avoid scalding from escaping steam.
- Do not place the removable crockery bowl when hot on any surface that may be affected by heat.
- Avoid sudden temperature changes. Do not place frozen or very cold foods into the removable crockery bowl when it is hot. Do not place removable crockery bowl when hot into cold water.
- Do not allow water from the lid to drip into the slow cooker housing, only into the removable crockery bowl.
- Do not place anything, other than the lid, on top of the slow cooker when assembled, when in use and when stored.
- Do not place anything on top of the lid when assembled, when in use and when stored.
- Do not leave the slow cooker unattended when in use.
- The temperature of accessible surfaces will be high when the slow cooker is operating and some time after use.
- Do not reheat food using your crockery bowl.
- Always slow cook with the glass lid on for the recommended time.
- Ensure the removable crockery bowl is correctly positioned in the slow cooker base before you commence cooking.
- If you are not home during the slow cooking process and the power goes out, throw away the food even if it looks done.
- If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill or at a house where the power is on.
- When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the slow cooker with power off.
- To avoid electrical overload, it is recommended that no other appliances are plugged into the same circuit as your slow cooker when it is in use.
- Always switch the slow cooker off by pressing the START/CANCEL button, then switch off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the slow cooker housing, removable crockery bowl and glass lid clean. Follow the cleaning instructions provided in this book.
- Do not use a damaged or cracked removable crockery bowl if damaged or cracked, replace before using.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table counter, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid or allow moisture to come in contact with the part, unless it is recommended in the cleaning instructions.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- Always turn off the appliance by pressing the START/CANCEL button. Switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

SAVE THESE INSTRUCTIONS

KNOW

your Breville product

KNOW YOUR BREVILLE PRODUCT



- A. **Toughened glass lid**
Dishwasher safe.
- B. **LED program and timer display**
- C. **Temperature IQ sensor**
Automatically controls temperature to prevent over heating.
- D. **Heat Settings**
Programmable low, med, high or warm.
- E. **6 litre capacity**
Removable crockery bowl is dishwasher safe.
- F. **Cook time setting**
Select desired cook time up to 10 hours.
- G. **Keep WARM setting**
Automatically switches on after slow cooking has finished. Can also be manually set.

OPERATING

your Breville product

BEFORE FIRST USE

- Before first use remove all promotional stickers and labels.
- Wash the removable crockery bowl and glass lid in hot, soapy water, rinse and dry thoroughly.
- Ensure the interior of the stainless steel housing is clean and clear of any debris.

OPERATING INSTRUCTIONS

- Before placing the removable crockery bowl in the stainless steel housing, ensure the exterior of the bowl is clean. This will ensure proper contact with the inner cooking surface.
- Place the prepared food into the removable crockery bowl, ensuring denser foods are spread evenly across the bottom of the bowl and not heaped to one side. Place the glass lid into position.
- Insert the removable crockery bowl into the stainless steel housing.
- Plug the slow cooker into a 230V or 240V power outlet and switch the power on at the power outlet.
- Select the required setting using the programme function buttons (see detailed instructions on Page 11) or as recommended in the recipe section.
- When cooking is finished and the WARM function is not required, press the START/CANCEL button to switch off, switch off at the power outlet and then unplug.



WARNING

Always lift and remove the glass lid carefully and angled away from yourself to avoid scalding from escaping steam.

PROGRAMMING

your Breville product

PROGRAMMING THE TEMPERATURE

SWITCH ON

Insert the power plug into the power point and switch on. "----" will flash on display panel.

ON/OFF

Press the MODE button to set the cooking setting to LOW, MED, HIGH or WARM. The LED illuminates and moves from LOW > MED > HIGH > WARM.

HIGH SETTING

The HIGH setting is used when cooking dried beans or pulses and will cook food in half the time required for the LOW setting. Occasional stirring of stews and casseroles will improve the flavour distribution.

Press the MODE button until the light above the HIGH is lit. The default time will show 6:00 hours. Press the COOK TIME button to increase the time in 0:30 minute increments up to 10 hours. The time will then begin again at 0:30 minutes. Depending on the recipe some foods may come to a simmer or boil during the cooking process. Press the START/CANCEL button to start cooking, press again to cancel.

At the end of the High cooking time, the WARM setting commences automatically. The Warm LED illuminates and the timer set to 6.00 hours as default.

MEDIUM SETTING

The medium heat setting is ideal for when you have a cooking time frame for approximately 4–6 hours. Press the MODE button until the light above the MED is lit. The default time will show 6:00 hours. Press the COOK TIME button to increase the time in 0:30 minute increments up to 10 hours. The time will then begin again at 0:30 minutes. Press the START/CANCEL button to start the cooking, press again to cancel.

Depending on the recipe some foods may come to a simmer or boil during the cooking process. At the end of the medium cooking time, warm setting commences automatically. The warm LED lights up and the timer set to 6.00 hours as default.

LOW SETTING

The LOW setting gently cooks food for an extended period of time without overcooking or burning. This setting is ideal for soups and dishes high in liquid and large pieces of meats.

Press the MODE button until the light above the LOW is lit. The default time will show 6:00 hours. Press the COOK TIME button to increase the time in 0:30 minute increments up to 10 hours. The time will then begin again at 0:30 minutes. Press the START/CANCEL button to start cooking, press again to cancel. The slow cooker will then start the cooking process unless the Cook button is pressed again for another selection. At the end of the LOW cooking time, the warm setting commences automatically. The warm LED lights up and the timer set to 6.00 hours as default.

Depending on the recipe some foods may come to a simmer or boil during the cooking process. At the end of the LOW cooking time, the WARM setting commences automatically. The Warm LED lights up and the timer set to 6.00 hours as default.

NOTE

If the HIGH cooking time is changed, the LOW cooking time will show the same time. Use the COOK TIME button to select the LOW cooking time required.

PROGRAMMING THE TEMPERATURE

WARM SETTING

The WARM setting is used to keep cooked foods at serving temperature. It is not a cooking setting and should only be used after first cooking on the LOW, MED or HIGH setting. It is not recommended to keep food on the WARM setting for more than 6 hours.

The WARM setting can be selected manually up to 10 hours or it comes on automatically at the end of the LOW, MEDIUM or HIGH cooking times. The warm time of 6 hours can be adjusted by pressing the COOK TIME button. To cancel the WARM setting, press the START/CANCEL button.



A BEGINNERS GUIDE TO SLOW COOKING

with your Breville product

A BEGINNERS GUIDE TO SLOW COOKING

The method of slow cooking (where food is cooked in a large pot and allowed to cook for hours) has been around for a very long time. This method has always been known as one which produces a flavourful, moist and tender result. The Breville Smart Temp™ has been designed to give you the same result as well as save you time and take the guesswork out of slow cooking.

IT'S ALL IN THE TIMING

Always allow sufficient time for the food to cook. It is almost impossible to overcook in the slow cooker particularly when using the LOW setting.

Most of the recipes within this book can be cooked on the HIGH, MEDIUM and LOW setting, however the cooking times will vary accordingly. Each recipe will give specific instructions indicating the appropriate setting and suggested cooking times. As a guide meats such as chicken or small pieces of meat will have best results when cooked on HIGH for 3-4 hours or MEDIUM for 4-6 hours. Larger pieces of meat such as lamb shanks will have best results when cooked on LOW for 6-7 hours.

ADAPTING COOKING TIMES

Your favourite traditional recipes can be adapted easily by halving the amount of liquid and increasing the cooking time considerably. The following is a guide to adjusting your favourite recipes:

TRADITIONAL RECIPE TIME	SLOW COOKER RECIPE TIME
15-30 minutes	4-6 hours on LOW setting
60 minutes	6-8 hours on LOW setting
1-3 hours	8-12 hours on LOW setting

NOTE

These times are approximate. Times can vary depending on ingredients and quantities in recipes.

NOTE

High humidity, altitude, cold tap water/ingredients and minor fluctuations may slightly affect the cooking times.

REDUCING QUANTITIES

Recipes in this instruction booklet have been developed to take full advantage of the large 6 litre capacity of the slow cooker. Quantities can be reduced but the removable crockery bowl should not be less than half full. Cooking times should be recalculated and changed accordingly.

ADAPTING LIQUID AMOUNTS

When food is cooked in a slow cooker, most of the moisture is retained. To allow for this when using traditional recipes, it is advisable to halve the liquid content.

However, after cooking, if the liquid quantity is excessive, remove the lid and operate on the HIGH setting for 30-45 minutes or until the liquid reduces by the desired amount.

Alternatively, the liquid can be thickened by adding a mixture of cornflour and water.

STIRRING THE FOOD

Little or no stirring is required when using a slow cooker. However, occasionally stirring the food when using the HIGH setting. Stirring once or twice during cooking will improve the flavour distribution of your meal.

PREPARING MEAT AND POULTRY

Select the freshest cuts when purchasing meat. Trim the meat or poultry of any visible fat. If possible, purchase chicken portions without the skin. Otherwise, the slow cooking process will result in extra liquid from the fat.

For casserole-type recipes, cut the meat into cubes, approximately 3cm-5cm. Slow cooking allows less tender cuts of meat to be used.

SUITABLE MEAT CUTS FOR SLOW COOKING

Beef	Beef chuck, skirt, round steak, boneless shin (gravy) beef, bone-in shin (Osso Bucco) Tri Tip
Lamb	Lamb shanks, drumsticks, (Frenched Shanks) neck chops, best neck chops, boned out forequarter or shoulder.
Veal	Diced leg, shoulder/forequarter chops and steaks, neck chops, knuckle (Osso Bucco).
Pork	Leg steaks, diced belly, diced shoulder, boneless loin chops.
Poultry	Skinless pieces (legs, thighs, Maryland).

BROWNING BEFORE SLOW COOKING

Pre-browning meat and poultry, prior to slow cooking, seals in the moisture, intensifies the flavour and provides more tender results. It also produces richer flavours in other food, such as onions, capsicums and leeks. Pre-browning may take a little extra time, however, the rewards are evident in the end results. Use a non-stick pan to reduce the amount of oil required.

ROASTING

Roasting meats in a slow cooker creates tender, flavoursome results that are easy to slice. The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat. Cheaper cuts of meat can be used to provide perfect results cooked by this method.

Meat will not brown during the roasting process, so for browner results seal in a frypan before roasting.

Whole chickens roasted by this method will release a large amount of fat and liquid. The addition of liquid is not required for roasting. Elevate the meat to be roasted on an inverted, heat proof saucer or plate. This will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process.

SUITABLE CUTS FOR ROASTING

Beef	Blade, rump, rib roast, sirloin, fresh silverside, topside.
Lamb	Leg, mid loin, rack, crown roast, shank, shoulder, mini roasts.
Veal	Leg, loin, rack, shoulder/forequarter.
Pork	Loin, neck, leg (remove skin and fat), racks.

POT ROASTING

The addition of liquid is required for pot roasting. Place sufficient liquid into the removable crockery bowl to cover up to a third of the meat. Meat will not brown during the pot roasting process. For browner results, seal in a frypan before pot roasting.

SUITABLE CUTS FOR POT ROASTING	
Beef	Beef topside, blade, silverside roasts, rolled brisket.
Lamb	Forequarter, shank, shoulder.
Veal	Shoulder/forequarter.
Pork	Loin, neck.

PREPARING VEGETABLES

Vegetables should be cut into small even-sized pieces to ensure even cooking. Frozen vegetables must be thawed before adding to other foods being cooked in the slow cooker.

When cooking vegetables and meat together in the slow cooker, the vegetables cook at a slower rate than the meat. To gain the best results, position the vegetables on the base and sides of the slow cooker and place the meat on top.

PREPARING DRIED BEANS AND PULSES

If time permits, overnight soaking of dried beans and pulses is preferable. After soaking, drain and place in the slow cooker and cover with sufficient water to reach double their volume. Cook beans on the HIGH setting for 2-4 hours or until tender. Pre-soaked beans and pulses will cook a little faster.

HINTS & TIPS

for your Breville product

HINTS & TIPS

- Always thaw frozen meat and poultry before cooking.
- Trim all visible fat from meat or poultry.
- Ensure that the food or liquid to be cooked fills half or more of the removable crockery bowl.
- On completion of cooking, if there is too much liquid remove the lid, press the Mode button once for the HIGH setting and cook for 35–40 minutes until the liquid reduces. Alternatively, mixing a small amount of cornflour with water and adding to the dish will thicken the liquid.
- Place water or other liquids into the stainless steel housing of the slow cooker.
- Immerse the stainless steel housing, cord or plug of the slow cooker in water.
- Touch hot surfaces with bare hands.
- Do not reheat food in slow cooker.



WARNING

Ensure removable crockery bowl is correctly positioned in the stainless steel housing before you commence cooking.

DO'S

- Do ensure the removable crockery bowl is at room temperature when placing into the stainless steel housing prior to cooking.
- Do avoid extreme temperature changes to the crockery bowl and glass lid. Handle the removable crockery bowl and glass lid with care.
- Do use dry oven mitts when lifting the removable crockery bowl containing hot liquids.
- Do place the removable crockery bowl onto a heat proof place mat when serving from the bowl at the table.



WARNING

Hot surfaces during and after use. Cook only in the removable crockery pot



IMPORTANT

Always operate the slow cooker on a stable and heat resistant surface.

Do not touch hot surfaces, use oven mitts to remove the lid and/or removable crockery bowl. Lift and remove the lid carefully and away from you to avoid scalding from escaping steam.

The temperature of accessible surfaces will be high when the slow cooker is operating and for some time after use.

It is recommended not to place the appliance on stone bench top when cooking, as the stone may crack when heated unevenly.

DON'TS

- Don't place the removable crockery bowl or glass lid into or under cold water while still hot. Ensure both are handled with care.
- Do not use the removable crockery bowl or glass lid if chipped or cracked.
- Do not operate the slow cooker without the removable crockery bowl in position.
- Do not place the hot removable crockery bowl onto a wet surface.
- Do not cook with frozen meats or poultry.

CARE, CLEANING & STORAGE

of your Breville product

Before cleaning, press the ON/OFF button to switch OFF the slow cooker, then switch off the power outlet and unplug. Always allow the appliance to cool before cleaning.

THE CROCKERY BOWL AND GLASS LID

To remove stubborn, cooked-on foods in the removable crockery bowl, soften by filling with warm, soapy water and allow to soak for 20–30 minutes. Remove by lightly scrubbing with a soft nylon kitchen brush.

The removable crockery bowl and glass lid can be washed in hot, soapy water using a mild house hold detergent. Rinse and dry thoroughly. The removable crockery bowl is dishwasher safe, however care should be taken not to chip or crack the bowl.

THE STAINLESS STEEL HOUSING

The stainless steel housing can be wiped over with a soft, damp cloth and then dried thoroughly.



WARNING

Do not immerse stainless steel housing or power cord in water or any other liquid as this may cause electrocution.



CAUTION

Do not use chemicals, abrasive cleaners, steel wool, or metal scouring pads to clean the outside of the slow cooker housing or crockery bowl as these can damaged the housing or the crockery bowl.



CAUTION

To prevent damage to the appliance, do not use alkaline cleaning agents when cleaning, use a soft cloth and mild detergent.

STORAGE

Ensure the slow cooker is switched off, cooled and cleaned before storing. Store upright with removable crockery bowl and the lid in position.

Do not store anything on top.

RECIPES

FENNEL AND WHITE BEAN SOUP

Serves 6–8

INGREDIENTS

265g dried white beans
20g butter
1 tablespoon olive oil
3 leeks, thinly sliced
3 cloves garlic, finely chopped
3 large bulbs fennel, halved and sliced
1.5 litres vegetable or chicken stock
1 teaspoon ground white pepper
Sea salt
Wedges of fresh lemon

METHOD

1. Place dried beans into a large bowl, cover with cold water and soak overnight. Rinse and drain well.
2. Heat butter and oil in a non-stick pan over medium high heat and cook leeks and garlic for 2–3 minutes or until slightly softened. Stir in fennel and cook a further 3–4 minutes.
3. Pour into removable crockery bowl and add drained beans, stock and pepper. Mix well and cover with lid.
4. Select temperature control and cook on LOW 6–8, MEDIUM 4–6 and HIGH 3–4 hours. Season soup with salt and serve with lemon wedges.

PEA AND HAM SOUP

Serves 8

INGREDIENTS

600g split peas (green or yellow)
1 tablespoon oil
30g butter
2 large onions, finely chopped
3 large carrots, diced
3 sticks celery, diced
1.6 litres water
850g ham bones
3 bay leaves
6 to 8 fresh sage leaves
Freshly ground pepper

METHOD

1. Place split peas into a large bowl, cover with cold water and soak overnight. Rinse and drain well and place into removable crockery bowl.
2. Heat butter and oil in a non-stick pan over medium high heat and cook onions, carrots and celery, for 4–5 minutes, stirring occasionally, until softened. Transfer to removable crockery bowl.
3. Add remaining ingredients and mix well. Cover with lid.
4. Select temperature control and cook on LOW 6–8, MEDIUM 4–6 and HIGH 3–4 hours.
5. Remove ham bones and cut any meat from bone; chop ham finely. Return chopped ham to soup and season soup with pepper. Serve with fresh crusty bread.

CREAMY TOMATO & LENTIL SOUP

Serves 8

INGREDIENTS

2 tablespoons olive oil
2 large red onions, sliced
4 cloves garlic, crushed
2 small red chillies, seeded and chopped
½ cup tomato paste
750ml tomato passata
1.5 litres chicken stock
1 tablespoon brown sugar
1 ½ cups red lentils
Salt and pepper
1 ½ cups plain thick yogurt
Coriander sprigs to serve

METHOD

1. Heat oil in a non-stick pan. Cook onion, and garlic over a medium heat until golden brown. Add tomato paste and cook for 1 minute.
2. Place onion mixture in the removable crockery pot. Stir in tomato passata, stock, brown sugar and lentils.
3. Cover with lid and cook on LOW 6–8 hours, MEDIUM 4–6 hours or HIGH 3–4 hours.
4. Season with salt and pepper and stir through 1 cup of the yogurt.
5. Stir gnocchi into the soup 15–20 minutes before end of cooking. Replace the lid and continue cooking until gnocchi has risen to the top of the soup.
6. Ladle soup into serving bowls and top with an extra dollop of yogurt and a sprig of coriander.

CHICKPEA & SWEET POTATO CURRY

Serves 6–8

INGREDIENTS

400g dried chickpeas
2 tablespoons oil
2 large red onions, sliced
4 cloves garlic, finely chopped
4cm piece ginger, finely grated
1 cinnamon stick
1 teaspoon ground chilli powder
3 teaspoons ground coriander
3 teaspoons ground cumin
1 tablespoon brown mustard seeds
2 x 400g cans diced tomatoes
3 cups vegetable or chicken stock
2 teaspoons brown sugar
Salt and pepper to taste
600g sweet potato cut into 2cm pieces
¾ cup coconut milk
1 cup chopped fresh coriander

METHOD

1. Place chick peas into a large bowl, cover with cold water, cover with plastic wrap and leave overnight to soak.
2. Heat oil in a non-stick pan. Cook onion, garlic and ginger over a medium heat for 5 minutes or until softened.
3. Add spices and cook a further 3 to 4 minutes, stirring occasionally, until spices are fragrant. Transfer to removable crockery bowl
4. Add diced tomatoes, stock, sugar, salt and pepper. Bring to the boil.
5. Rinse chick peas well under cold running water, Drain, add to removable crockery bowl and mix well.
6. Cover with lid and set on LOW 4–5, MEDIUM 3–4, HIGH 2–3 hours, or until chickpeas are tender.
7. Add sweet potato and mix well. Cover with lid and cook a further 1 to 2 hours or until sweet potato is cooked.
8. Just before serving stir through coconut milk and chopped coriander.

SRI LANKAN FISH CURRY

Serves 8–10

INGREDIENTS

¼ cup oil
 3 large red onions, finely chopped
 6 cloves garlic, finely chopped
 ⅓ cup freshly grated ginger
 3 small red chillies, seeds removed and finely chopped
 2 tablespoons ground coriander
 2 tablespoons black mustard seeds
 3 teaspoons ground turmeric
 16 fresh curry leaves
 1.6kg fresh ripe tomatoes, chopped into 2cm chunks
 270ml can coconut cream
 1.8kg thick firm white fish fillets cut into 3cm chunks, bones and skin removed
 Juice of 1 lemon
 Sea salt to taste
 Lemon wedges and chopped fresh coriander to serve

METHOD

1. Heat oil in a non-stick pan. Cook onion, garlic, ginger and chillies over medium heat for 5 minutes or until softened.
2. Add coriander, mustard seeds, turmeric and curry leaves, and cook, stirring occasionally, for a further 3 minutes or until spices are fragrant. Transfer to removable crockery bowl and add tomatoes.
3. Cover with lid and set on LOW 4–5 hours, MEDIUM 3–4 hours or HIGH 2–3 hours.
4. Stir through coconut cream and fish pieces and mix well. Cover with lid and continue cook for a further 2 – 2½ hours or until fish is cooked. Stir through lemon juice and season to taste with salt.

Serve with lemon wedges and extra fresh coriander.

BEEF MASSAMAN CURRY

Serves 8

INGREDIENTS

400ml coconut cream
 ¼ cup Massaman curry paste
 2kg beef chuck steak or gravy beef cut into 2.5cm cubes
 3 cups beef stock
 ¼ cup fish sauce
 2 tablespoons brown sugar
 ½ cup tamarind water
 6 green cardamom pods
 1 cinnamon stick
 800g potatoes, peeled and cut into large dice
 2 onions, cut into wedges
 270ml can coconut milk
 Roasted peanuts, to serve

METHOD

1. Remove thick coconut cream from can and heat in a pan over medium high heat until melted and split. Stir in Massaman curry paste and cook 1–2 minutes or until fragrant.
2. Stir through beef cubes and toss to coat in paste. Transfer to removable crockery bowl and add stock, fish sauce, sugar, tamarind, cardamom, cinnamon, potato and onion.
3. Cover with lid and set on LOW 6–8 hours, MEDIUM 4–6 hours or HIGH 4–5 hours or until beef is tender. Stir through coconut milk.
4. Taste and add more fish sauce, sugar or tamarind to balance the flavours. Serve hot topped with roasted peanuts and serve with steamed jasmine rice.

SPICED SOY CHICKEN

Serves 6

INGREDIENTS

2 tablespoons oil
3kg chicken thigh cutlets, skin removed
¾ cup salt reduced soy sauce
¾ cup Shao hsing (Chinese Cooking Wine) or dry sherry
4 cloves garlic, finely chopped
6cm piece ginger, finely chopped
3 star anise
1 cinnamon stick
2 teaspoons sesame oil
2 tablespoons brown sugar
2 tablespoons corn flour
⅓ cup water
3 green onions, very thinly sliced
2 red chillies, seeds removed and thinly sliced

METHOD

1. Heat oil in a non-stick pan over medium high heat and cook chicken in batches until brown on both sides. Remove and place into removable crockery bowl.
2. Add soy sauce, Shao hsing, garlic, ginger, star anise, cinnamon sticks, sesame oil and brown sugar, mix well. Cover with lid.
3. Cover with lid and set on LOW 5–6 hours, MEDIUM 4–5 hours or HIGH 3–4 hours.
4. Mix together cornflour and water, stir into removable crockery bowl. Cook until sauce boils and thickens.
5. Serve chicken with the marinade spooned over and top with green onions and chillies.

LAMB SHANKS BRAISED IN CHAR SUI SAUCE

Serves 6–8

INGREDIENTS

8 lamb shanks (approx 2.5 kg)
2 tablespoons plain flour
2 tablespoons oil
1 large onion, finely chopped
4 cloves garlic, finely chopped
6cm piece ginger, grated
2 small red chillies
2 ½ cups chicken stock
¾ cup Char Sui sauce
⅓ cup Hoi Sin sauce
2 tablespoons soy sauce

METHOD

1. Coat each lamb shank in flour shaking off excess.
2. Heat half the oil in a non-stick pan over medium high heat and cook lamb shanks in batches and until golden brown all over. Remove from pan and place into removable crockery bowl.
3. Heat remaining oil in fry pan. Add onion, garlic, ginger and chillies and cook for 3 to 4 minutes or until onions and garlic are light golden brown. Add chicken stock, Char Sui sauce, Hoi Sin sauce and soy sauce, mixing well.
4. Pour over lamb shanks and turn to coat all over in sauce. Cover with lid and set on LOW 6–8 hours or MEDIUM 4–6 hours.
5. Remove lamb shanks from pan and set aside, keep warm.
6. Select HIGH setting and boil sauce uncovered for 15–20 minutes or until sauce has thickened slightly, stirring occasionally.

Serve lamb shanks on steamed rice or potato mash with sauce spooned over.

LAMB KORMA

Serves 6

INGREDIENTS

2 tablespoons oil
3 large onions, finely chopped
4 cloves garlic, finely chopped
6cm piece ginger, finely chopped
½ cup almond meal
4 dried whole red chillies
1 tablespoon ground coriander
2 teaspoons ground turmeric
1 tablespoon ground cumin
1 teaspoon ground cardamom seeds
1 cinnamon stick
2.5kg cubed lamb leg
1 cup natural yogurt
2 x 410g cans diced tomato
1 teaspoon salt
Extra natural yogurt and chopped coriander to serve

METHOD

1. Heat oil in a non-stick pan. Add chicken in batches and cook over a medium heat until lightly browned.
2. Add almond meal, chillies, ground spices and cinnamon and cook until spices are fragrant. Add lamb in batches, and mix well. cook until lamb has changed colour.
3. Transfer to removable crockery bowl and stir in yogurt, canned tomato and salt and mix well.
4. Cover with lid and set on LOW 6-8 hours, MEDIUM 4-6 hours or until lamb is tender.

Serve with extra yogurt and chopped coriander.

OSSO BUCCO

Serves 6

INGREDIENTS

2 tablespoons plain flour
Salt and pepper
2kg veal shanks, cut into 4cm thick pieces
¼ cup oil
3 large onions, chopped
4 cloves garlic, finely chopped
3 large carrots, diced
3 sticks celery, diced
2 cups white wine
750ml bottle tomato passata
2 bay leaves
Gremolata
4 cloves garlic, finely chopped
Finely grated rind of 1 lemon
½ cup chopped fresh parsley

METHOD

1. Mix together flour, salt and pepper. Coat pieces of veal in the flour mixture, shaking off excess.
2. Heat half the oil in a large non-stick pan over medium high heat and cook veal in batches and until golden brown on both sides, adding extra oil to pan if necessary. Remove from pan place into removable crockery bowl.
3. Add remaining oil to pan, add onions and garlic, and cook until onion has softened slightly.
4. Add carrots and celery, cook a further 3-4 minutes, stirring occasionally.
5. Stir in wine and bring to the boil. Simmer until wine has reduced by half.
6. Pour over lamb along with tomato passata and bay leaves; mix well.
7. Cover with lid and set on LOW 6-7 hours, MEDIUM 5-6 hours or HIGH 4-5 hours.

Serve sprinkled with Gremolata.

BEEF BOURGIGNON

Serves 8

INGREDIENTS

2 stems sage leaves
8 sprigs fresh thyme leaves
2.5kg gravy beef, cut into 3cm cubes
¼ cup plain flour
Salt and freshly ground black pepper
¼ cup olive oil
8 small pickling onions, peeled
4 cloves garlic, finely chopped
200g speck or slab bacon, diced
500g button mushrooms, trimmed
2 tablespoons tomato paste
2 ½ cups red wine
1 ½ cups beef stock
2 bay leaves

METHOD

1. Tie sage and thyme stems together firmly with cooking string.
2. Coat beef cubes in combined flour, salt and pepper, shaking off any excess.
3. Heat half the oil in a large non-stick pan over medium high heat and cook beef in batches until golden brown, remove from pan and place into the removable crockery bowl. Add a little more of the oil and repeat until all beef is browned.
4. Add remaining oil to pan and cook onions, garlic and speck or bacon and cook for 4–5 minutes or until garlic is softened slightly and onions are lightly browned.
5. Add mushrooms and tomato paste and cook for 1 minute, stirring occasionally.
6. Stir in red wine and simmer until reduced by half. Pour into removable crockery bowl along with stock, sage and thyme bundle and bay leaves, mix well.

7. Cover with lid and set on LOW 6–8 hours, MEDIUM 5–6 hours or HIGH 4–5 hours, or until beef is tender. Remove bay leaves, sage and thyme bundle and discard. Season to taste with salt and pepper.

Serve with Potato or Parsnip Mash.

PASTA BOLOGNESE

Serves 8

INGREDIENTS

½ cup olive oil
2kg pork mince
3 onions, finely chopped
4 cloves garlic, finely chopped
3 carrots, finely chopped
3 sticks celery, finely chopped
1 cup red wine
3 cups beef stock
750ml tomato passata
½ cup tomato paste
2 teaspoons sugar
1 tablespoon chopped fresh oregano
Salt and freshly ground black pepper to taste
Freshly grated parmesan or pecorino, to serve

METHOD

1. Heat half the oil in a large non-stick fry pan over medium high heat and cook mince in batches until well browned and crumbly, adding more oil if necessary, remove from pan and transfer to removable crockery bowl.
2. Add remaining oil to pan and cook onions, garlic, carrots and celery for 5 to 6 minutes, stirring occasionally until vegetables have softened slightly.
3. Add wine, bring to the boil and simmer until reduced by half; pour into removable crockery bowl along with stock, tomato passata and paste, sugar and oregano. Season with salt and pepper.
4. Cover with lid and set on LOW 6–8 hours, MEDIUM 4–6 hours or HIGH 3–4 hours. Serve with hot cooked spaghetti, and topped with grated parmesan or pecorino cheese.

CORNERD BEEF

Serves 6–8

INGREDIENTS

2 ½ – 3kg piece of cornerd beef
2.5 litres water
1 onion, quartered
¼ cup brown sugar
1 tablespoon black peppercorns
3 bay leaves
Several sprigs of fresh herbs (parsley, thyme, sage, rosemary)

METHOD

1. Place cornerd beef into pan into removable crockery bowl.
2. Add all other ingredients, making sure that water almost or fully covers beef.
3. Cover with lid and set on LOW 7–8 hours or until cornerd beef is tender.
4. Remove cornerd beef from slow cooker and allow to stand for 5 to 10 minutes.
5. Slice and serve with onion sauce and steamed vegetables.

NOTE

We do not recommend the HIGH or MEDIUM setting for this recipe as should be cooked for an extended time for the most tender results.

STEAMED CHRISTMAS PUDDING

Serves 8

INGREDIENTS

- ⅔ cup sultanas
- ⅔ cup raisins
- ⅔ cup chopped dried dessert figs
- ⅔ cup chopped dried dates
- ⅔ cup chopped dried apricots
- ½ cup firmly packed brown sugar
- 100g butter, softened
- ⅓ cup sherry or brandy
- ½ teaspoon bi-carbonate of soda
- 2 x 60g eggs, lightly beaten
- 1 cup self raising flour
- 2 teaspoons finely grated orange rind
- ¼ teaspoon nutmeg
- ½ teaspoon cinnamon
- 100g good quality chocolate, melted

METHOD

1. In a saucepan, combine mixed fruit, sugar, butter and sherry. Heat until butter is melted and mixture begins to boil.
2. Remove from heat, add bi-carbonate of soda and allow to cool completely.
3. Grease a 6-cup capacity pudding bowl.
4. Add eggs to the cooled mixture and mix until well combined. Fold through flour and spices. Mix through melted chocolate until just combined.
5. Pour mixture into the prepared bowl, cover with a layer of foil and tie firmly with string to form a good seal.

6. Place into the slow cooker. Pour in sufficient water to come two thirds of the way up the sides of the pudding bowl. Cover and cook on MEDIUM for 4–6 hours or LOW for 7–8 hours.

Serve with brandy custard

NOTE

pudding can be reheated in slow cooker for 2–3 hours on HIGH prior to serving.

MOCHA SELF SAUCING PUDDING

Serves 4

INGREDIENTS

100g butter, melted

½ cup milk

1 egg, lightly whisked

1 cup self raising flour

2 tablespoons cocoa powder

½ cup caster sugar

Mocha Topping:

2 tablespoons cocoa powder

1 cup firmly packed brown sugar

½ cup very strong espresso

1 ½ cups boiling water

METHOD

1. Grease an 8-cup capacity pudding bowl.
2. In a medium size bowl, mix together butter, milk and egg until combined.
3. Sift flour and cocoa powder together in a separate bowl then mix in the sugar.
4. Gradually stir the wet ingredients into the flour mixture and mix well. Spoon into greased pudding bowl, and place in the slow cooker without adding water around the pudding bowl.
5. To make the topping , mix the cocoa and brown sugar together, sprinkle over the top of pudding. Carefully pour the combined espresso and boiling water over the topping, do not stir.
6. Cover pudding basin with aluminium foil. Place lid on and cook on HIGH for 3 ½. Serve hot.

