

Breville

HealthSmart® Wok

Instructions
BEW300



Inspiration. Every day.™

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Congratulations

on the purchase of your new Breville HealthSmart™ Wok

Breville recommends safety first

We at Breville 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 FOR YOUR BREVILLE WOK

- Carefully read all instructions before operating the appliance and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the appliance for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the appliance near the edge of a table, counter or bench top during operation. Ensure the surface is level, clean and free of water.
- Do not use the Wok on a sink drain board.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Keep the appliance clear of walls, curtains and other heat sensitive materials. Minimum 20cm distance. Provide adequate space above and on all sides for air circulation around the Wok.
- On surfaces where heat may cause a problem, an insulating mat is recommended.
- Always ensure the Wok is properly assembled before use. Follow the instructions provided in this book.
- Always insert the Temperature Control Probe into the appliance first, then insert power plug into the power outlet.
- Do not use any other temperature control probe or connector. The Wok must be used with the Temperature Control Probe provided.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Ensure the Wok is completely dry and free of water before adding any oil. When shallow frying, ensure water does not come in contact with hot oil as this will cause the oil to bubble and splatter.
- Always add the required amount of oil to the Wok before switching the power on at the power outlet.
- Avoid the use of extension cords. Serious hot oil burns may result from a Wok being pulled off a bench top. Do not allow the cord to hang over the edge of a bench top where it may be grabbed by children, or become entangled by the user. Never leave the Wok unattended while in use.
- Do not leave the appliance where children can touch hot surfaces, power cord or any other part of the Wok.
- Do not touch hot surfaces. Use handles. Allow the temperature control probe to cool before removing from the Wok.
- Do not use metal utensils. Use suitable sized heat-proof plastic or wooden utensils to stir or remove food.
- Extreme caution must be used when using the Wok for shallow frying or when filled with other liquids. Do not move the Wok during cooking and allow it to cool before removing oil used for shallow frying.
- Always lift the lid away from you, when removing from Wok, to avoid steam escaping from under the lid.
- Do not place anything on top of the Wok when the lid is in position, when in use and when stored.

Breville recommends safety first continued

- Always turn the temperature control probe to 'MIN', switch the power off at the power outlet and remove the power plug then allow the Wok, lid and the temperature control probe to cool before attempting to move the appliance, when the appliance is not in use and before disassembling, assembling, cleaning and storing.
- Do not use harsh abrasives, caustic cleaners or oven cleaners when cleaning this appliance.
- Keep the Wok clean. Follow the cleaning instructions provided in this book.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of the table, counter or bench top, touch hot surfaces or become knotted.
- To protect against shock, do not immerse the power cord, power plug or appliance in water or any other liquid.
- 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.
- Do not leave the appliance unattended when in use.
- Children should be supervised to ensure that they don't play with the appliance.
- 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.
- It is recommended to regularly inspect the appliance. Do not use the appliance if the power cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorized Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorized Breville Service Centre.
- 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.

Know your Breville Wok

2200 Watt Die-cast Butterfly

The butterfly shaped element in your Breville Wok creates a heat zone over the entire Wok surface. The construction of the Wok bowl is designed to retain even heat and save energy.

Non-Stick Cooking Surface

Your Breville Wok features a non-stick cooking surface ensuring that foods will not stick and less oil can be used while cooking. Regular high heat cooking may discolour the non-stick surface; this is normal and will not affect the performance of the non-stick coating. Only suitable heat-resistant plastic or wooden utensils should be used to avoid the surface being scratched.

Quick Release Removable Base

Your Breville Wok has a Quick Release Removable Base for easy cleaning. This allows the Wok bowl to fit easily into the dishwasher or sink. The Quick Release Removable Wok Base is not dishwasher safe (see page 9).



Setting	Function	Heat Setting Guide
MIN - 4	Keep food warm, slow cooking sauces, very slow simmering	Low heat/slow cook
5-6	Curries, casseroles, pasta, rice, browning nuts, steaming foods	Medium heat
7 - HIGH SEAR	Shallow frying, sealing meat, stir frying	High heat

Cook 'n' Look Glass Lid with adjustable steam vent

With the Cook 'n' Look Glass Lid in position, the Breville Wok can be used for making curries and casseroles. Use the Adjustable Steam Vent located under the handle to release excess steam build up during slow cooking or to reduce liquids.

Note: Recipes using the lid have the vent closed unless otherwise stated in recipe.



Removable Temperature Control Probe

The Temperature Control Probe Dial has 10 heat settings for accurate heat control. The thermostat light on the probe switches off automatically when the heat setting temperature is reached and will cycle on and off during cooking, maintaining the heat setting temperature selected. The numbers on the Temperature Control Probe Dial represent the heat setting temperatures approximately (shown below).

Heat Setting Guides given are a guide only and may require adjustment to suit various foods and individual tastes.

Note



WARNING: NEVER IMMERSE THE TEMPERATURE CONTROL PROBE OR POWER CORD IN WATER OR ANY OTHER LIQUID.

Operating your Breville Wok

Before first use

Remove and safely discard any promotional packaging material and labels from the Wok.

Quick Release Removable Base can be removed for easy cleaning (see page 10).

Wash the Wok bowl, base and lid in hot soapy water. Rinse and thoroughly dry. The

Do not immerse the power cord and/or Temperature Control Probe in water or any other liquid.

Before inserting the Temperature Control Probe into the Wok socket ensure the interior of the socket is completely dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

Note

Operating the Breville Wok

1. Position the Wok on the Quick Release Removable Base, ensuring the Wok is firmly located on the base tray and the base is locked into position.
2. Insert the Temperature Control Probe into the socket at the side of the Wok. Always insert the Temperature Control Probe into the appliance first, then insert the power plug into the power outlet.
3. Insert the power plug into a 230/240V power outlet and switch on.
4. Turn the Temperature Control Probe Dial to Setting HIGH SEAR and allow the Wok to preheat for approximately 5 minutes. The thermostat light will illuminate as it is aligned with the selected setting indicating the Wok is heating.'
5. When the Wok has reached the selected heat setting temperature the thermostat light will go out. The Wok is now ready for use. The thermostat light will cycle on and off throughout cooking as the heat setting temperature is maintained by the thermostat.

6. Add food as directed in the recipes. Do not leave plastic cooking utensils in contact with the Wok while cooking.
7. When cooking has finished, turn the Temperature Control Probe Dial to the 'MIN' position on dial, before switching off at the power outlet. Unplug the power cord from power outlet and leave the Temperature Control Probe inserted in the appliance until cool.



WARNING: NEVER OPERATE THE WOK WITHOUT THE QUICK RELEASE REMOVABLE BASE CORRECTLY POSITIONED.

The Wok must be used with the Temperature Control Probe provided. Do not use any other temperature control probe or connector.

When stir frying or when a high heat is required, set the Temperature Control Probe Dial to Setting HIGH SEAR and allow thermostat light to cycle on and off several times. This will allow the cooking surface to adjust to a more accurate cooking temperature.

Note

Never place oil or food into a cold Wok while it is heating, this will give a poor cooking result. Allow the correct temperature to be reached before adding food.

Note



WARNING: THE WOK GETS VERY HOT DURING USE, ALLOW ALL PARTS TO COOL BEFORE MOVING, DISMANTLING, CLEANING OR STORING.

Care, Cleaning and Storage

- Before cleaning, turn the Temperature Control Probe Dial to MIN, switch the Wok off at the power outlet and unplug from the power outlet.
- Allow the Wok to cool completely before cleaning.
- Remove the Temperature Control Probe from the socket of the appliance.



TEMPERATURE CONTROL PROBE

Cleaning:

If cleaning the Temperature Control Probe and power cord is necessary, wipe with a slightly damp cloth and dry thoroughly.

Do not immerse the power cord, power plug or Temperature Control Probe in water or any other liquid.

Note

Storage:

Store the Temperature Control Probe carefully. Do not knock or drop the probe as this can cause damage. If damage is suspected, return the entire appliance including the Temperature Control Probe to your nearest Breville Service Centre for inspection and/or repair.

For convenient storage of the Temperature Control Probe, line the Wok bowl with two sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug do not scratch the non-stick surface.

Note



WARNING: THE WOK GETS VERY HOT DURING USE, ALLOW ALL PARTS TO COOL BEFORE MOVING, DISMANTLING, CLEANING OR STORING.

NON-STICK SURFACE

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier. Any discolouration that may occur will only detract from the appearance of the Wok and will not affect the cooking performance. Do not use sharp objects or cut food inside the Wok. Breville will not be liable for damage to the non-stick coating where metal utensils have been used. Use suitable heat proof plastic or wooden utensils.

Cleaning:

When cleaning the non-stick surface and exterior of the Wok do not use metal (or other abrasive) scourers. Wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

Storage:

Do not store any sharp or metal objects on the non-stick surface.

QUICK RELEASE REMOVABLE BASE

Your Breville Wok has a Quick Release Removable Base for easy cleaning. The Wok bowl is dishwasher safe. The removable Wok base is not dishwasher safe and should be wiped over with a damp cloth, or washed in warm soapy water, rinsed and dried thoroughly.

To remove the base for cleaning

1. Turn the Wok upside down (as illustrated below). Turn the knob in the centre of the base anti-clockwise to release, as shown by the arrow.



2. Lift the base from the Wok, lifting over the Temperature Control Probe socket.



3. The Quick Release Removable Base may be wiped clean or washed with warm soapy water, rinsed then dried thoroughly. The Quick Release Removable Base is not dishwasher safe - only the Wok bowl is dishwasher safe. Ensure the removable Wok base is completely dry before re-attaching to the Wok bowl.

4. Reposition base to Wok, push down on the quick release knob and turn clockwise to lock.



Storage:

The Quick Release Removable Base should be completely assembled on the Wok bowl before storing.



WARNING: THE WOK SHOULD NEVER BE OPERATED WITHOUT THE WOK AND BASE COMPLETELY ASSEMBLED WITH THE BASE LOCKED INTO POSITION.

COOK 'N' LOOK GLASS LID

Wash the glass lid in warm soapy water using a soft cloth, rinse and dry thoroughly. The glass lid is dishwasher safe.

Take care when the glass lid is hot. Do not place hot lid under cold water or on cold surfaces. This may cause the lid to break.

Note



WARNING: THE GLASS LID HAS BEEN SPECIALLY TREATED TO MAKE IT STRONGER, MORE DURABLE AND SAFER THAN ORDINARY GLASS. HOWEVER IT IS NOT UNBREAKABLE. IF DROPPED OR STRUCK EXTREMELY HARD, IT MAY BREAK OR WEAKEN, AND COULD AT A LATER TIME, SHATTER INTO MANY SMALL PIECES WITHOUT APPARENT CAUSE.

Dishwasher safe

Your Wok bowl is dishwasher safe for easy cleaning. Both the Wok bowl and lid may be placed in the dishwasher. The removable Wok base and Temperature Control Probe should not be placed on the dishwasher.

Before inserting the Temperature Control Probe into the Wok socket ensure the interior of the socket is completely dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

Note

Cooking Techniques

Stir frying

Stir frying should be carried out using a high heat setting. Recommend to use Temperature Control Probe setting 8 to HIGH SEAR for stir frying meat and use setting 8 for vegetables and seafood.

Stir frying is an energy efficient and healthy way of cooking foods. The benefit of this method is its speed and the flavour result. The non-stick cooking surface on your Wok also means that less oil is required for cooking. The cooking action for stir frying is a continual tossing motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.

To stir fry foods, follow the following procedure:

1. Preheat the Wok before adding any ingredients; allow the thermostat light to cycle 'on' and 'off' several times. This will allow the Wok to reach an even high temperature.
2. Stir frying is a dry heat cooking method and is suited to tender cuts of meat. Quickly stir and toss the food to be cooked in batches.
3. Avoid over cooking. Timing is a key factor when stir frying as over cooking will give a tough, dry result. Cooking times depend on the size and thickness of the cut of meat, chicken, etc. as the larger the cut the more time is needed.

Recommended cuts for stir frying

Beef: lean beef strips prepared from rump, sirloin, rib eye and fillet.

Chicken: lean chicken strips prepared from breast fillets, tenderloins, thigh fillets.

Lamb: lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts and loin.

Pork: lean pork strips prepared from leg, butterfly or medallion steaks or fillet

Veal: eye of loin, fillet, round, rump or topside.

Stir fry tips

- Buy meat strips from your butcher or supermarket, or prepare meat strips from recommended cuts by removing any fat and slicing thinly across the grain (across direction of meat fibres).
- Slicing across the grain optimises tenderness. Cut into very thin strips, approximately 5 to 6cm in length. Partially freeze meat (approximately 30 minutes) to make slicing easier. Ensure meat strips are fully defrosted before cooking
- Stir fry meat strips in small batches (approx 200 - 300g) to stop meat releasing juice and 'stewing', avoiding tougher meat results.
- When adding meat strips to the Wok, the strips should sizzle on the non-stick surface.
- Stir fry meat strips for 1 - 2 minutes. Any longer cooking may toughen meat.
- Remove each batch when cooked and allow Wok to reheat before stir frying the next batch. By cooking in small batches the heat of the Wok remains constant, ensuring the meat does not release juices and toughen.
- A small amount of oil can be mixed through the meat strips before adding to the Wok, together with any other flavouring such as garlic, ginger and chilli. A little sesame oil can also add flavour. Mixing the meat with the oil rather than heating the oil separately in the Wok eliminates using too much oil.
- Drain thin marinades from meat strips before stir frying to prevent stewing and splatter.
- Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.
- Do not over fill the Wok. If necessary cook in batches and reheat at the end of stir frying. If using this method remember to under cook slightly to not overcook the end result.
- Serve stir fried foods immediately to retain their crisp texture.

- Stir fry vegetables, after searing the meat, in a little oil (or sprinkling of water) until vivid in colour for:

3 minutes	Onion, quartered Broccoli, flowerets Carrots, sliced Soaked Chinese dried mushrooms
2 minutes	Snow peas Capsicum, sliced Zucchini, sliced Water chestnuts Bamboo shoots
1 minute This brief cooking time will keep vegetables crisp.	Garlic, minced Chilli, minced Ginger, minced Shallots, chopped Bean sprouts

Steaming

Recommended temperature probe setting 4-5.

Steamed foods are tender and juicy and retain most of their nutritional value when cooked in the Wok.

To steam foods, follow the following procedure:

1. Add approximately 2 cups of water or stock to the Wok. Place a suitable sized steaming rack into the Wok. Liquid should not cover the rack. Cover with lid.
2. Preheat Wok on heat setting 4 - 5 until liquid simmers. Remove the lid.
3. Place foods to be steamed on the steaming rack.
4. Cover Wok with lid and simmer until food is cooked as desired.

A steaming rack is not included with this product and will need to be purchased separately.

Note

Steaming tips

- If using a metal rack take care not to scratch the non-stick surface.
- Do not allow the water or stock to touch the rack or food.
- Check liquid level occasionally. Add more hot water if further steaming is required.
- Always lift the lid away from you, when removing from Wok, to avoid steam escaping from under the lid.

Shallow frying

Recommended temperature probe setting 8
– HIGH SEAR.

Shallow fried foods are crisp on the outside and tender and juicy inside when cooked in the Wok.

To shallow fry foods, follow the following procedure:

1. Place approximately 1 cup or sufficient amount of oil into the Wok so that only half of the food is immersed.
2. Heat oil on setting 8 - HIGH SEAR until temperature is reached.

- Shallow fry foods in small batches

Shallow frying tips

- When shallow frying, use a small amount of oil to crisp and cook foods.
- Preheat the oil before adding food. Never cover with the lid during heating or cooking with oil as this will cause condensation (water droplets) to drip into the oil and result in bubbling and splattering.
- Do not move the Wok during heating or cooking with oil.
- Wipe any moisture from foods before adding to Wok to avoid splattering.
- Cook a few pieces of food at a time to ensure crispness.
- Drain cooked foods on kitchen paper to absorb oil.
- Never leave the Wok unattended or unsupervised while shallow frying.
- Allow oil to cool completely before removing from the Wok.
- Vegetable, peanut or canola oil is recommended for shallow frying.

Slow cooking (braising)

Recommended temperature probe setting 2-4.

The Breville Wok is ideal for cooking curries and casseroles by allowing less tender meat cuts to be used to obtain a tender result. Less tender meat cuts contain sinew and gristle; these will be broken down during cooking to give a tender result. It is not recommended to cook casseroles and curries with tender meat cuts as they will toughen and shrink during cooking.

It is recommended during slow cooking to place the lid onto the Wok to retain heat. During the cooking process the curry or casserole will boil then cycle off to maintain the temperature. This is normal operation for a probe controlled appliance.

Recommended cuts for slow cooking (braising)

Beef: diced blade (boneless), chuck, round, shin, silverside, gravy beef

Chicken: diced thigh, leg

Lamb: diced forequarter, shanks and neck chops

Veal: diced forequarter, leg and knuckle (osso bucco)

Pork: diced forequarter, leg

Slow cooking (braising) tips

- Cut meat into 3cm cubes. Trim any visible fat.
- Use a medium to low heat setting
- Cook for approximately 1½ - 2 hours, stirring occasionally with the lid in position.
- Add soft or quick cooking vegetables such as mushrooms, tomatoes, beans or corn in the last half hour of cooking.
- Thicken towards end of cooking by stirring a little cornflour blended with water, or plain flour blended with margarine or butter. Alternatively, coat meat in plain flour before frying (extra oil may be needed).

Preparation techniques

The success of any dish depends on planning and preparation. To achieve an authentic Oriental appearance for Wok cooking and even cooking results, food should be cut into small, even sized pieces. This allows food to cook quickly and to be easily picked up with chopsticks.

Slicing

A straight or diagonal slice can be used for cutting meats and vegetables. Slices should be of an even thickness. Partially frozen meat will slice more evenly. Slice meat very thinly, across the grain to obtain a more tender result. Defrost meat fully before cooking

Matchstick or julienne

Trim and straight cut suitable vegetables, such as carrots, into matchstick length pieces. Cut these pieces lengthwise then stack slices and cut again into thin or thick sticks depending on the recipe.

Shredding

Used for cutting meats and vegetables. 5mm slices of food should be rolled or stacked, then cut again into 5mm sticks. Vegetables such as cabbage and spinach should have their leaves stacked, then rolled up. Cut width ways very finely.

Cubing and dicing

Used for cutting meats and vegetables. To cube, cut 3cm slices, then stack them on top of one another and slice 3mm thick in the opposite direction. Cut again in the opposite direction forming 3cm cubes. To dice, follow the same directions, making 5mm slices forming 5mm cubes.

Planning ingredients ahead makes stir frying easier.

Note

Special Ingredients

Agar-agar

This convenient product can be purchased in fine sheets and is made from different types of seaweed. It has excellent setting properties, similar to gelatine, and will set at room temperature.

Bok choy

Also known as Chinese chard or Chinese white cabbage, bok choy has fleshy white stems and dark green leaves with a slight mustard taste. There is also a smaller version called Shanghai or baby bok choy.

Bamboo shoots

The young tender shoots of bamboo plants are available in cans from the supermarket or Asian grocery stores. Bamboo shoots are mainly used to add texture to dishes.

Coconut cream and coconut milk

Both coconut cream and milk are extracted from the grated flesh of mature coconuts. The cream is a richer first pressing and the milk the second or third pressing. Low-fat products are also available and can be readily substituted in recipes.

Chillies, fresh and dried

Chillies are available in many different types and sizes. Small chillies (birds eye or bird peppers) are the hottest. Use tight fitting gloves when handling and chopping fresh chillies as they can burn your skin. The chilli seeds are the hottest part of the chillies so remove them if you want to reduce the heat content of recipes.

Crisp fried shallots

These are available pre prepared from most Asian grocery stores and supermarkets.

Char siu sauce

This is the equivalent of Chinese barbecue sauce.

Coriander

Also known as cilantro and Chinese parsley, it is an essential in many southeast Asian cuisines. A strongly flavoured herb, use it sparingly unless accustomed to the unique flavour. Parsley can be substituted and although it looks similar, parsley tastes quite different. Coriander is available as a fresh green herb and also as a ground spice and in seed form.

Fish sauce

A thin, salty dark brown sauce with a distinctive fishy smell, used extensively in Thai and Vietnamese cookery, it is made from small fish that have been fermented in the sun. Fish sauce replaces salt in many recipes.

Garam marsala

A blend of spices, usually consisting of a combination of cinnamon, cumin, pepper, cloves, cardamom, nutmeg and mace. It can be bought already blended from supermarkets, but it is best freshly made. It is usually added towards the end of cooking.

Green ginger wine

An Australian made alcoholic sweet wine infused with ginger.

Hoisin sauce

This sauce is a thick sweet Chinese barbecue sauce made from a mixture of salted black beans, onions and garlic.

Hoikkien noodles

These noodles, made from wheat flour, are thick, yellow and firm in texture and are cooked and lightly oiled before being packaged. The noodles need to be separated before cooking

Rice noodles

These are fresh white noodles and do not require a lot of cooking.

Kaffir lime leaves

These are dark green, shiny, double leaves which have a very pungent perfume. They are rather thick and added whole to a curry or sliced very finely for use as a garnish.

Lemon grass

An aromatic fresh herb that is used in curry pastes, stir fries and soups. Trim the base, remove the tough, outer layers and finely slice, chop or pound the white interior. Whole stems can be added to soups or curries.

Lychees

Delicious, small round fruit with a light texture and flavour. Peel away the rough skin, remove the seed and use. They are also available peeled and canned.

Rice wine vinegar

Milder than most western vinegars, it usually has an acidity of less than 4%. It has a mild, sweet, delicate flavour and is made from rice.

Sambal oelek

This is a paste made from ground chillies and salt. It can be used as an ingredient or an accompaniment.

Tamarind

Tamarind is a large, brown bean-like pod with a fruity, tart flavour and is available as a dried shelled fruit, a block of compressed pulp or as a puree or concentrate.

Szechuan pepper corns

These are available from most Asian supermarkets and have a slight aniseed taste.

Tofu

Tofu, or bean curd, is a high-protein, low-fat food made from soya beans. It is available in very firm or soft blocks and is either fresh or vacuum packed. Tofu takes on the flavour of the spices and sauces with which it is cooked

Turmeric

This is best known in its powdered form and is often used to colour food. It has a slightly bitter flavour and it is also available fresh as a root, rather like ginger, which is peeled and then grated and finely chopped.

Water chestnuts

Small, white, crisp bulbs with a brown skin. Water chestnuts can be purchased peeled and canned, and will keep for about 1 month, covered in the refrigerator.

Recipes



Breville

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Appetisers, Entrees and Soups

Chicken and sweet corn soup

Serves 4 - 6

- 1 tablespoon peanut oil
- 2 cloves garlic, peeled and finely chopped
- 200g chicken breast fillet, finely chopped
- 4 cups/1 litre chicken stock
- 425g can creamed corn
- 1 tablespoon soy sauce
- 3 egg whites, lightly beaten
- White pepper, to taste
- 4 green shallots, thinly sliced, for serving

1. Heat Wok on setting HIGH SEAR. Add oil, then garlic and chicken, stir fry for 2 to 3 minutes or until golden brown.
2. Add chicken stock, creamed corn and soy sauce, stir well, cover with lid and bring to the boil.
3. Reduce heat to setting 4, cook covered for 5 minutes. Remove the lid.
4. Add egg whites in a thin stream to the hot mixture and stir to separate while cooking. Cook for 1 minute.
5. Season with pepper, if desired.

Serve topped with sliced green shallots.

Thai hot and sour prawn soup 'tom yum goon'

Serves 6

- 2 Kaffir lime leaves, cut in half
- 1 stalk lemongrass, trimmed and finely sliced
- 1 teaspoon grated ginger
- 2 tablespoons Tom Yum paste
- 8 button mushrooms, sliced
- 8 cups/2 litres chicken stock
- 1 tomato, seeds removed and diced
- 18 medium green prawns, peeled and deveined
- 2 tablespoons lime juice
- Coriander leaves, for serving

1. Heat Wok on Setting HIGH SEAR, add the first 6 ingredients, cover with lid and bring to the boil. Reduce heat to setting 4-6 and simmer for 5 minutes. Remove the lid.
2. Add the tomato and prawns, cover with lid, increase heat to setting 8 and bring to the boil. Reduce heat to setting 4-6 and simmer for 5 minutes or until the prawns are just cooked.
3. Stir in lime juice.

Serve sprinkled with coriander leaves.

Chinese won ton soup

Serves 6

50g dried sliced mushrooms
2 teaspoons grated fresh ginger
6 cups/1½ litres chicken stock
200g fresh egg noodles
24 prepared won-tons (available frozen from supermarkets)
4 green shallots, sliced diagonally, for serving

1. Place mushrooms into a bowl and cover with sufficient boiling water. Allow to stand for 10 minutes then drain. Reserve mushrooms.
2. Place ginger and stock into the Wok, cover with lid and heat on setting HIGH SEAR. Bring to the boil, then add noodles and won tons, cover with lid and return mixture to the boil.
3. Reduce heat to setting 4-6 and simmer for 7-10 minutes or until won tons are cooked.

Serve topped with green shallots.

French onion soup

Serves 4 - 6

2 tablespoons oil
1 tablespoon/20g butter
1 kg brown onions, peeled and thinly sliced
2 cloves garlic, peeled and finely chopped
2 tablespoons plain flour
1 cup/250ml dry white wine
6 cups/1½ litres beef stock
1 teaspoon chopped fresh thyme leaves, optional
1 tablespoon brown sugar
Salt and pepper, to taste

1. Heat the Wok on setting 8. Add oil and butter, then onions and garlic. Cook stirring constantly until onions are well browned, about 8 minutes.
2. Add flour, mix well and cook for 1 minute.
3. Add wine and cook, stirring for 1 minute.
4. Add beef stock, thyme and brown sugar, stir to combine well with other ingredients. Cover with lid.
5. Increase heat to setting HIGH SEAR and bring to the boil. Reduce heat to setting 4, and cook for 30 minutes, stirring occasionally.
6. Season to taste with salt and pepper.

Serve with fresh crusty bread.

Appetisers, Entrees and Soups continued

Moroccan pumpkin soup

Serves 4 to 6

2 tablespoons olive oil
2 brown onions, peeled and finely chopped
2 cloves garlic, peeled and finely chopped
1 teaspoon ground cumin
1 teaspoon garam masala
1 teaspoon paprika
½ teaspoon ground white pepper
700g peeled and diced butternut pumpkin
6 cups/1½ litres chicken stock
Salt and pepper, to taste
300ml sour cream
½ cup fresh coriander leaves, chopped

1. Heat the Wok on setting HIGH SEAR. Add oil, then onions, garlic and spices and stir fry for 2 minutes.
2. Add pumpkin and stock, cover with lid and bring to the boil.
3. Reduce heat to setting 6 and simmer for 30 minutes until pumpkin is cooked. Stir occasionally if required. Allow pumpkin mixture to cool.
4. Add pumpkin mixture in batches to a blender or food processor and process until smooth.
5. Return soup to Wok, cover with lid and reheat on setting 6. Season to taste.

Serve soup topped with a tablespoon of sour cream and sprinkled with chopped coriander.

Chicken laksa

Serves 4

3 cups/750ml coconut milk
¼ cup Laksa paste
2 cups/500ml chicken stock
500g chicken breast fillet, thinly sliced
2 tablespoons fish sauce
2 teaspoons brown sugar
500g fresh rice noodles

To Serve:

125g beans sprouts
Coriander leaves
Mint leaves
Lime wedges

1. Add coconut milk and Laksa paste to Wok, stir and heat on setting HIGH SEAR, cover with lid and bring to the boil. Reduce heat to setting 6, cook for 3 minutes or until the oil rises to the surface.
2. Add stock, chicken, fish sauce and brown sugar. Cover with lid, increase heat to setting HIGH SEAR and bring to the boil.
3. Reduce heat to setting 6 and simmer for 5 minutes.
4. In a separate bowl, heat noodles according to instructions on packet then drain well.
5. Divide noodles into 4 serving bowls. Spoon Laksa over noodles and top with bean sprouts, coriander and mint leaves.

Serve with lime wedges.

Crispy tempura vegetables with dipping sauce

Serves 6

1 kg selection of fresh vegetables (for example: broccoli florets, zucchini, eggplant, snow peas, cauliflower, sweet potato, green shallots)

Batter:

- 1 cup/150g plain flour
- ½ teaspoon salt
- ½ teaspoon sugar
- 1 teaspoon baking powder
- 1 egg yolk
- 1 cup/250ml iced water
- Vegetable oil, for shallow frying

Dipping Sauce:

- 2 tablespoons soy sauce
- 2 tablespoons mirin or rice wine
- ¼ teaspoon grated fresh ginger

1. Trim and cut vegetables into small pieces or slices
2. Sift flour, salt, sugar and baking powder together in a bowl.
3. Beat egg yolk and iced water together and slowly whisk into flour mixture until batter is almost smooth, do not over beat.
4. Place 2-3 cups oil into Wok, heat on setting 8 for 3 to 4 minutes.
5. Dip small batches of vegetable pieces into batter then carefully place into hot oil.
6. Shallow fry until golden brown and crisp, remove and drain on absorbent paper. Keep warm. Repeat with remaining vegetables. Reduce heat setting to Setting 6 if required.
7. Mix all ingredients for Dipping Sauce together in a small bowl.

Arrange Crispy Tempura Vegetables on a serving platter with Dipping Sauce in a small serving bowl.

Thai fish cakes

Serves 4

- 400g boneless white fish fillets, cut into cubes
- ½ bunch coriander (roots included), finely chopped
- 2 x 60g eggs
- ¼ cup well-cooked rice
- 1 tablespoon red curry paste
- 1 teaspoon fish sauce
- 1 tablespoon sweet chilli sauce
- Vegetable oil for shallow frying
- Extra sweet chilli sauce, for serving
- Lime wedges, for serving

1. Place first 7 ingredients into a food processor and process to a smooth paste using the Pulse button.
2. To mould the fish cakes, lightly coat hands with oil or water. Mould ¼ cup of mixture into a flat, round shape 3-4cm wide and set aside. Repeat with remaining mixture.
3. Place 2-3 cups oil into Wok, heat on setting 8 for 3 to 4 minutes.
4. Carefully place 6-8 fish cakes into hot oil and shallow fry until golden brown and crisp, remove and drain on absorbent paper. Keep warm. Repeat with remaining fish cakes. Reduce heat setting to Setting 6 if required.

Serve fish cakes with sweet chilli sauce and lime wedges.

Do not cover Wok with lid when preheating or shallow frying with oil.

Note

Appetisers, Entrees and Soups continued

Plum glazed chicken wings

Serves 4

1 kg chicken wings (tips removed if desired)

½ cup prepared plum sauce

1 tablespoon honey

2 tablespoons sweet chilli sauce

2 tablespoons soy sauce

1 tablespoon sesame seeds

1 cup/250ml chicken stock

Extra ½ cup chicken stock

Fresh coriander leaves, for serving

1. Place chicken wings into large mixing bowl.
2. Combine next 6 ingredients and pour over chicken, stir to coat. Cover and marinate for several hours or overnight in the refrigerator. Drain chicken and reserve marinade
3. Heat Wok on setting 6, add chicken wings and stir fry for 3 minutes or until well browned.
4. Add reserved marinade and extra ½ cup chicken stock, cover with lid and bring to the boil. Reduce heat to setting 4 and cook for 20 minutes stirring chicken occasionally to coat with marinade sauce.

Serve drizzled with marinade sauce, sprinkled with fresh coriander and accompanied with steamed rice if desired.

If thicker marinade sauce is required, remove chicken wings when cooked and allow mixture to simmer uncovered on setting 6 for 2-3 minutes or until thickened.

Note

Thai prawn and mango salad

Serves 4-6

1 kg green prawns, peeled and deveined

3 cloves garlic, peeled and crushed

1 small red chilli, chopped

1 tablespoon chopped fresh coriander root

1 butter or green oak lettuce, leaves separated, washed and dried

4 green shallots, diagonally sliced into 1cm pieces

½ punnet cherry tomatoes, cut into halves

½ cup cashew nuts

3 tablespoons olive oil

2 mangoes, peeled and chopped

Dressing:

2 tablespoons lime juice

¼ cup sweet chilli sauce

2 teaspoons fish sauce

1. Combine the prawns, garlic, chilli and coriander root in a bowl, cover and marinate for 20 minutes in the refrigerator.
2. Combine dressing ingredients in a clean screw top jar and shake to combine, set aside.
3. Place lettuce leaves, shallots, cherry tomatoes and cashew nuts into a salad serving bowl, set aside.
4. Heat the Wok on setting HIGH SEAR, add oil then cook prawns in batches for 3-5 minutes.
5. Add prawns and mango to lettuce mixture, drizzle with dressing and toss the salad before serving.

Spicy pork and chilli salad

Serves 4

2 tablespoons peanut oil
1 tablespoon Thai green curry paste
300g pork mince
2 cloves garlic, finely chopped
1 tablespoon brown sugar
1 tablespoon fish sauce
½ cup roasted peanuts, roughly chopped
1 small iceberg lettuce, shredded
2 tomatoes, sliced
Fresh coriander leaves

1. Heat Wok on setting HIGH SEAR. Add oil and curry paste, stir fry for 2 minutes.
2. Add pork mince and garlic, stir fry until brown and crumbly.
3. Reduce heat to setting 6, stir in brown sugar and fish sauce, stir fry until liquid has evaporated, about 30 seconds. Stir in chopped peanuts.
4. Arrange lettuce on serving plates. Spoon pork mixture over lettuce, top with sliced tomato and coriander.

Mussels in tomato and garlic sauce

Serves 4-6

2 tablespoons olive oil
2 Spanish onions, finely diced
3 cloves garlic, peeled
1 cup/250ml white wine
600ml jar tomato pasta sauce
1kg fresh mussels, debearded and scrubbed
¼ cup basil leaves, torn, for serving
Freshly ground black pepper, optional

1. Heat the Wok on setting HIGH SEAR. Add the oil, onions and garlic, stir fry until onion is soft.
2. Add the wine and simmer until the liquid is reduced by half.
3. Stir in tomato pasta sauce, cover with lid and bring to the boil. Remove the lid.
4. Add mussels, cover with lid, reduce heat to setting 8 and cook until mussels have opened.
5. Place mussels into serving dish, drizzle with sauce, sprinkle with basil leaves and season if desired.

Serve with crusty bread and extra virgin olive oil.

Appetisers, Entrees and Soups continued

Salt and pepper calamari

Serves 4 to 6

600g squid hoods

1 tablespoon ground Szechuan peppercorns

2 teaspoons sea salt

1 tablespoon corn flour

1 tablespoon plain flour

2 egg whites

Sunflower or vegetable oil, for shallow frying

Lime wedges, for serving

1. Cut squid hoods open, clean and remove quill from squid hood. Pat dry with paper towel.
2. Cut shallow diagonal slashes in a criss-cross pattern on the inside of squid.
3. Cut into 5cm x 2cm pieces.
4. Combine Szechuan pepper, salt, cornflour, plain flour and egg whites in a bowl. Mix until smooth
5. Toss prepared squid in the egg white mixture, shaking off excess.
6. Heat 3-4 cups oil in Wok on setting 8 for 3 to 4 minutes.
7. Add squid in 4 batches, fry until golden brown and crisp, about 3 minutes. Drain on absorbent paper.

Serve with lime wedges.

Do not cover Wok with lid when preheating or shallow frying with oil.

Note

Sang choy bow (Chinese lettuce rolls)

Serves 6

500g pork mince

1 egg yolk

½ cup bamboo shoots, finely sliced

¼ cup water chestnuts, finely diced

3 cloves garlic, peeled and finely chopped

4 Shiitake mushrooms, chopped

2 green shallots, finely sliced diagonally

2 tablespoons vegetable oil

1 tablespoon soy sauce

1 tablespoon oyster sauce

1 teaspoon sesame oil

1 small firm iceberg lettuce, leaves separated, washed and dried

1. Combine pork mince, egg yolk and next 5 ingredients in a bowl.
2. Heat the Wok on setting HIGH SEAR. Add oil, then pork and vegetable mixture and stir fry until pork is cooked and crumbly
3. Stir in the next 3 ingredients and cook for 1 minute.
4. Arrange lettuce leaves on serving plates. Spoon mixture into lettuce and roll up for eating.

Stir fries

Kumera, zucchini, bean shoot and tofu stir fry

Serves 4

- 1 tablespoon peanut oil
- 500g kumera, peeled and diced
- 1 zucchini, cut into matchstick pieces
- 1 clove garlic, peeled and finely chopped
- 1 teaspoon ginger, finely sliced
- 100g bean shoots
- 150g firm tofu, cut into slices
- 1 teaspoon sesame seeds
- 1 teaspoon sesame oil
- 1 tablespoon sweet soy sauce

1. Heat the Wok on setting HIGH SEAR. Add oil, then add kumera and stir fry for 2 minutes, add zucchini, garlic and ginger, stir fry for 1-2 minutes.
2. Add remaining ingredients, reduce heat to setting 6 and cook for 2 minutes.

Serve with grilled chicken or pork.

Stir fried chinese green vegetables

Serves 4

- 1 tablespoon peanut oil
- 1 teaspoon garlic, peeled and crushed
- 1 bunch Chinese green vegetables, washed and cut into 5cm lengths (for example: bok choy, choy sum, Chinese broccoli)
- 2 teaspoons soy sauce
- 2 tablespoons oyster sauce

1. Heat the Wok on setting HIGH SEAR. Add oil, then garlic and vegetables, stir fry until the vegetables have wilted slightly. Add soy and oyster sauce and cook for 1 minute.

Serve as an accompaniment.

Singapore hokkien noodles

Serves 4 – 6

- 350g fresh Hokkien noodles
- 2 tablespoons peanut or vegetable oil
- 250g lean pork, thinly sliced
- 250g peeled, deveined green king prawns, halved
- 4 cloves garlic, peeled and finely chopped
- 1 small red chilli, seeded and finely chopped
- 3 teaspoons curry powder
- 4 x 60g eggs, lightly beaten
- 3 sticks celery, thinly sliced
- 2 carrots, cut into thin strips
- ½ cup/125ml chicken stock
- 2 tablespoons sweet soy sauce
- 1 cup fresh bean shoots, for serving
- 4 green shallots, thinly sliced, for serving

1. Prepare noodles according to instructions on packet, drain, set aside and keep warm.
2. Heat Wok on setting HIGH SEAR. Add 1 tablespoon of oil, then add pork and stir fry until golden brown, about 2 to 3 minutes. Remove from Wok, set aside and keep warm.
3. Add prawns to Wok, stir fry 3 to 4 minutes or until golden brown and cooked. Remove from Wok, set aside and keep warm.
4. Add remaining oil, then garlic, chilli and curry powder, stir fry for 30 seconds. Add eggs, continue stirring for 30 seconds.
5. Add celery and carrots, stir fry for 1 minute
6. Add stock, sweet soy sauce, drained noodles, pork and prawns, cook until heated through, about 1 to 2 minutes.

Serve topped with bean shoots and green shallots

Ginger and coriander calamari

Serves 4 - 6

- 1kg large squid tubes
- 1 tablespoon pureed fresh ginger
- ½ bunch coriander, including roots, washed and roughly chopped
- 2 tablespoons fish sauce
- 3 tablespoons peanut oil
- 1 red capsicum, cut into triangles
- 1 punnet baby corn, halved
- 350g pkt fresh rice noodles
- 2 teaspoons sesame oil
- ½ bunch Thai basil leaves, washed

1. Cut squid hoods open, clean and remove quill from hood.
2. Make shallow cuts in criss-cross pattern on the inside of squid, then cut into small triangles.
3. Place ginger, coriander, fish sauce and 2 tablespoons of peanut oil into a food processor and process to form a paste.
4. Place calamari in a bowl and mix with the paste. Cover and marinate in refrigerator for up to 24 hours.
5. Heat Wok on setting HIGH SEAR. Add remaining oil, add calamari and stir fry in batches until golden brown and cooked through. Remove from Wok, set aside and keep warm.
6. Add capsicum and corn to Wok, stir fry for 1 minute. Add noodles and calamari, stir fry until heated through, about 1 to 2 minutes
7. Mix in sesame oil and basil leaves just before serving.

Serve with steamed rice

Stir fry prawns with snow peas and oyster sauce

Serves 4-6

- 1 tablespoon peanut oil
- 1 carrot, peeled and finely sliced
- 150g snow peas
- 1 clove garlic, peeled and finely sliced
- 1 teaspoon grated ginger
- 32 medium green prawns, peeled and de-veined
- 2 tablespoons oyster sauce
- 1 cup green shallots, sliced diagonally into 3cm pieces

1. Heat the Wok on setting HIGH SEAR. Add oil, then add carrots and snow peas, stir fry for 2-3 minutes. Remove, set aside, keep warm.
2. Add garlic and ginger to the Wok, cook for 1 minute then add the prawns and cook until they turn red. Do not overcook.
3. Return vegetables to the Wok, add oyster sauce and shallots, stir fry until the prawns are coated with sauce.

Serve with steamed rice.

Stir fried seafood with rice noodles

Serves 4-6

- 1 tablespoon peanut oil
- 1 clove garlic, peeled and finely sliced
- 1 tablespoon ginger, finely sliced
- 500g mixed seafood (Marinara Mix)
- 2 tablespoons light soy sauce
- 1 cup/250ml chicken stock
- 200g fresh rice noodles, sliced
- 250g can baby corn
- Green shallots, diagonally sliced, for serving

1. Heat the Wok on setting HIGH SEAR. Add oil, then add garlic and ginger, stir fry for 1 minute.
2. Add seafood and stir fry for 1-2 minutes, add soy sauce and stock, cover with lid and bring to the boil. Remove the lid.
3. Add noodles and corn, cook 1 minute.

Serve with sliced green shallots.

Satay prawns

Serves 4

- 500g peeled, de-veined king prawns
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 clove garlic, peeled and finely chopped
- 1 small red chilli, finely chopped
- 2 tablespoons peanut or vegetable oil
- 1 small onion, peeled and finely chopped
- ¼ cup crunchy peanut butter
- ½ cup light coconut milk
- 1 tablespoon soy sauce
- 2 teaspoons brown sugar
- ½ cup/125ml water
- 1 tablespoon lemon juice
- Lemon wedges, for serving

1. Mix together prawns, coriander, cumin, garlic and chilli in a bowl.
2. Heat Wok on setting HIGH SEAR. Add 1 tablespoon of oil, add prawns and stir fry in batches until golden brown and just cooked. Remove prawns, set aside and keep warm.
3. Reduce heat to setting 8, add remaining oil and onion, stir fry for 2 to 3 minutes or until golden brown.
4. Stir in peanut butter, coconut milk, soy sauce, brown sugar and water, cover with lid, bring to the boil. Reduce heat to setting 4 and simmer until mixture thickens, about 1 minute. If sauce becomes too thick add a little extra water
5. Stir in prawns and lemon juice, cook until prawns have heated through. Do not over cook.

Serve with steamed rice and lemon wedges.

Chilli chicken noodles

Serves 4 - 6

- 6 chicken thigh fillets, trimmed of fat
- 1 cup/250ml sweet chilli sauce
- 2 tablespoons vegetable oil
- 2 sticks celery, finely sliced
- 2 carrots, cut into thin strips
- 6 green shallots, cut into 3cm lengths
- 2 teaspoons curry powder
- 1 cup/250ml chicken stock
- 450g pkt fresh Hokkien noodles
- 100g bean shoots, for serving

1. Marinate the chicken in the sweet chilli sauce for 2 hours or overnight in the refrigerator.
2. Heat the Wok on setting HIGH SEAR. Add 1 tablespoon of oil, then add celery, carrots, shallots and curry powder, stir fry for 2 minutes. Remove from Wok and set aside.
3. Drain chicken and reserve marinade.
4. Heat remaining oil in Wok, add chicken and cook for 2 to 3 minutes or until well browned on both sides.
5. Add stock and reserved marinade to Wok, cover with lid with vent in open position and bring to the boil. Reduce heat to setting 4 and simmer for 15 minutes or until chicken is cooked.
6. In the meantime, prepare noodles according to directions on packet and drain.
7. Remove chicken from Wok and continue simmering sauce until thickened slightly, about 2 to 3 minutes. Cut chicken into thin slices.
8. Increase heat to setting 10. Add noodles, stir fried vegetable mixture and chicken, stir and cook for 1 to 2 minutes until heated through.

Serve topped with bean shoots.

Stir fries continued

Crispy lemon chicken

Serves 4

- 2 egg whites, lightly beaten
- 1 teaspoon finely chopped fresh ginger
- 2 cloves garlic, peeled and finely chopped
- 1 tablespoon corn flour
- 600g chicken breast fillets, sliced into strips
- 1½ cups/750ml peanut oil
- 1 lemon, sliced
- 1 cup/250ml fresh lemon juice
- ½ cup white sugar
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 tablespoon corn flour, extra
- 2 tablespoons water
- Salt, optional

1. Combine egg whites, ginger, garlic and cornflour in a bowl, mix well. Add chicken strips and toss to coat. Cover and refrigerate for 1 hour.
2. Heat the Wok on setting 8. Add oil and heat for about 3 minutes. Add chicken strips in batches and cook until golden brown and crisp. Remove chicken from Wok and drain on kitchen paper. Set aside and keep warm.
3. Carefully remove oil from Wok. Add lemon slices and brown lightly on each side, about 1 minute. Remove from Wok, set aside.
4. Reduce heat to setting 6. Add lemon juice, sugar, soy sauce and honey, stir and bring to boil. Blend extra cornflour with water until smooth, add to Wok stirring until sauce boils and thickens. Reduce heat to setting 4 and simmer, stirring for 1 minute.
5. Return chicken to Wok, stir to coat with sauce and cook for 1 minute to heat through.

Serve chicken topped with lemon slices, drizzled with remaining sauce and accompanied by steamed Asian vegetables and rice.

Chicken with plum sauce and bok choy

Serves 4-6

- 1kg chicken thigh fillets, cut into strips
- 2 tablespoons dry sherry
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- 1 medium Spanish onion, diced
- ½ cup/125ml plum sauce
- 1 bunch bok choy, sliced
- ½ cup water chestnuts, sliced

1. Place chicken, sherry and soy sauce in a bowl, stir to coat. Cover and refrigerate for 1-2 hours.
2. Heat the Wok on setting HIGH SEAR. Add oil, then add onion and stir fry for 2 minutes.
3. Remove chicken from marinade, add to Wok with plum sauce and cook for 2 minutes. Reduce heat to setting 6 and cook for 7-8 minutes, stirring during cooking.
4. Add bok choy and water chestnuts and stir fry until bok choy has wilted slightly.

Serve with steamed egg noodles.

Szechuan pork with rice noodles

Serves 4

200g rice stick noodles
2 tablespoons soy sauce
1 tablespoon dry sherry
2 teaspoons roasted chilli paste
4 cloves garlic, peeled and finely chopped
2 teaspoons brown sugar
½ cup/125ml beef stock
2 tablespoons peanut or vegetable oil
250g pork fillet, thinly sliced
4 green shallots cut into 3cm lengths
2 teaspoons grated fresh ginger
1 cup water chestnuts, sliced
1 small tray baby corn, cut into halves

1. Prepare noodles according to directions on packet. Drain and set aside.
2. Combine the next 6 ingredients in a small bowl. Set aside.
3. Heat Wok on setting HIGH SEAR. Add oil, then add pork and stir fry for 3 to 4 minutes or until cooked and golden brown.
4. Add shallots, ginger, water chestnuts and corn, stir fry for 30 seconds.
5. Add soy sauce mixture and noodles, reduce heat to setting 8, stir and heat through for 1-2 minutes.

Serve with steamed Asian green vegetables.

Thai beef and spinach stir fry

Serves 4-6

2 tablespoons peanut oil
2 cloves garlic, peeled and finely sliced
1 tablespoon ginger, finely diced
2 brown onions, peeled and sliced
2 red capsicums, trimmed and cut in strips
750g lean beef strips
150g baby spinach
¼ cup mint leaves
½ toasted cashews
1 tablespoon lime juice
2 teaspoons fish sauce
2 tablespoons sweet Thai chilli sauce
1 teaspoon thinly sliced lemon grass

1. Heat the Wok on setting HIGH SEAR. Add 1 tablespoon of oil, the add garlic, ginger and onions, stir fry for 2 minutes. Add the capsicum and stir fry for 2 minutes. Remove vegetables, set aside and keep warm.
2. Add remaining oil, then add the beef strips in batches and stir fry for 1-2 minutes or until beef is cooked and browned. Remove each batch as it is cooked and allow Wok to reheat in between batches.
3. Reduce heat to setting 6. Return vegetables and beef to the Wok, add remaining ingredients and stir to reheat until spinach has wilted slightly.

Serve with steam rice tossed with shredded coconut.

Stir fries continued

Mongolian lamb

Serves 4 – 6

- 750g lean lamb, cut into strips
- 2 tablespoons soy sauce
- 2 tablespoons rice wine or dry sherry
- ½ teaspoon salt
- 3 teaspoons sugar
- 1 tablespoon sesame oil
- 1 teaspoon cornflour
- 2-3 tablespoons peanut or vegetable oil
- 2 cloves garlic, finely chopped
- 1 small red chilli, seeded and finely chopped
- 1 onion, peeled and finely chopped
- ½ bunch green shallots, cut into 2cm lengths
- 1 red capsicum, trimmed and sliced

1. Place lamb strips, 1 tablespoon of soy sauce and 1 tablespoon of rice wine in a bowl, stir to coat lamb. Cover and marinate in refrigerator for 30 minutes.
2. Place salt, sugar, sesame oil, cornflour and remaining soy sauce and rice wine into a small bowl, mix well. Set aside.
3. Heat Wok on setting HIGH SEAR. Add 1 tablespoon of oil, then add garlic, chilli, onion, shallots and capsicum, stir fry for 2 minutes. Remove from Wok, set aside and keep warm.
4. Add remaining oil to the Wok, add lamb in three batches and stir fry until well browned, about 2 minutes per batch.
5. Return all meat to Wok with sauce mixture and vegetables. Cook stirring until heated through, about 1 to 2 minutes.

Serve with steamed rice.

Teriyaki beef

Serves 4-6

- 3 tablespoons peanut oil
- 750g beef strips
- ¼ cup soy sauce
- 1½ tablespoons mirin (rice wine)
- 2 teaspoons sake (or mirin)
- 2 teaspoons caster sugar
- 1 carrot, finely sliced
- 1 zucchini, cut into batons
- 150g spinach leaves

1. Place beef strips, soy, mirin, sake and sugar into a bowl, cover and marinate in refrigerator for 4 hours.
2. Heat the Wok on setting HIGH SEAR. Add 1 tablespoon of oil, then add ⅓ of the beef strips and stir fry until well browned, about 2 minutes, remove, set aside and keep warm. Repeat with remaining oil and beef strips.
3. Add carrot and zucchini, stir fry for 2 minutes. Return beef strips to the Wok then add spinach. Stir fry until spinach has just wilted.

Serve with steamed new potatoes.

Curries and Rice Dishes

Paella

Serves 6 - 8

2 tablespoons olive oil
500g chicken thigh or breast fillet, cut into large chunks
1 chorizo sausage, sliced
1 large red onion, peeled and finely chopped
4 cloves garlic, peeled and finely chopped
1 red capsicum, trimmed and cut into 1.5cm chunks
1 green capsicum, trimmed and cut into 1.5cm chunks
1 teaspoon smoked paprika
350g Arborio or Calasparra rice
6 cups/1½ litres chicken stock
400g can diced tomatoes
250g peeled, de-veined green king prawns
185g green beans, cut into 2cm lengths
12 fresh mussels in shell, cleaned and de-bearded
Salt and pepper, optional
Lemon wedges, for serving
Chopped fresh parsley, for serving

1. Heat Wok on setting HIGH SEAR. Add 1 tablespoon of oil, then add chicken, stir fry for 4-5 minutes or until golden brown. Remove from Wok, set aside and keep warm.
2. Add chorizo sausage and stir fry 1 to 2 minutes or until golden brown and crisp, remove from Wok, set aside and keep warm.
3. Add remaining oil, then add onion, garlic and capsicums, stir fry for 1 to 2 minutes.
4. Add paprika and rice and cook stirring for 1 minute.
5. Add stock and tomatoes, cover with lid and bring to the boil. Reduce heat to between settings 4 and 6. Cook for 15 minutes, stirring occasionally. Remove the lid.
6. Add chicken pieces, mix well, cover with lid and cook 5 minutes. Remove the lid.
7. Add prawns and beans, mix well. Place mussels on top of ingredients in the Wok, cover with lid and cook for 9 to 10 minutes or until mussels have opened and prawns are cooked. Stir occasionally to prevent sticking. Season with salt and pepper if required.

Serve paella with lemon wedges and chopped parsley.

Curries and Rice Dishes continued

Chicken, spinach and pine nut risotto

Serves 4 -6

50g pine nuts

1 bunch English spinach, washed and roughly chopped

2 tablespoons water

2 tablespoon olive oil

1 tablespoon/20g butter

400g Arborio rice

2 cloves garlic, finely chopped

7 cups/1¾ litres chicken stock

2 tablespoons pesto

500g roasted chicken, shredded

Salt and freshly ground pepper, optional

⅓ cup freshly grated Parmesan cheese, for serving

1. Heat Wok on setting 6. Add pine nuts, stir fry until golden, about 2 to 3 minutes. Remove from Wok
2. Add spinach and water to Wok, cook for about 1 minute or until spinach has wilted slightly. Remove spinach from Wok and drain. Remove any liquid from Wok.
3. Increase the heat to setting 8. Add oil and butter, stir in rice and garlic, cook stirring until garlic begins to change colour, about 1½ minutes.
4. Reduce heat to setting 4-6. Add 1 cup of chicken stock, stirring until liquid is absorbed.
5. Continue adding stock, about ½ cup at a time, stirring until each addition is absorbed and 5 cups stock have been added.
6. Add remaining 2 cups stock, stir well and cover with lid. Cook until all liquid is absorbed, about 10-12 minutes and mixture is cooked and soft but rice grains still retaining shape.
7. Add spinach, pesto and chicken, mix well. Stir until heated through. Add a little extra water or stock if needed. Season to taste with salt and pepper.

Serve sprinkled with grated Parmesan cheese.

Nasi Goreng (Indonesian fried rice)

Serves 4

1 tablespoon peanut oil

1 teaspoon crushed garlic

1 teaspoon finely chopped ginger

½ teaspoon dried chilli

12 medium green prawns, peeled and diced

3 x 60g eggs, lightly beaten

½ cup cooked chicken breast, diced

4 cups cooked jasmine rice, cooled

½ cup/125ml water

¼ cup chopped green shallots

1 tablespoon soy sauce

1 tablespoon sweet soy sauce

1. Heat the Wok on setting HIGH SEAR. Add oil, then add garlic, ginger, chilli and prawns, stir fry for 2 minutes. Add eggs to mixture and stir until cooked.
2. Stir chicken into mixture, then stir in rice and water and cook to heat through.
3. Stir in shallots and soy sauces, cook for 1 minute before serving.

Serve Nasi Goreng as an accompaniment or an entrée.

Thai green chicken curry

Serves 4-6

- 1 tablespoon vegetable oil
- 1 brown onion, peeled and chopped
- 1 teaspoon crushed garlic
- 1 teaspoon diced ginger
- 1½ tablespoons Thai green curry paste
- 800g chicken thigh fillets, diced
- 1 cup/250ml chicken stock
- 1½ cups/375ml coconut cream
- 200g bamboo shoots
- 1 punnet cherry tomatoes
- ⅓ cup coriander leaves

1. Heat the Wok on setting HIGH SEAR. Add oil and onion, cook until onion begins to brown.
2. Add garlic, ginger and curry paste, cook until oil separates from the curry paste.
3. Add chicken and stir to coat with paste mixture. Add stock and coconut cream, cover with lid and bring to the boil. Reduce heat to setting 4, cook for 20 minutes or until chicken is cooked. Remove the lid.
4. Add remaining ingredients and cook uncovered for 5 minutes.

Serve with steamed jasmine rice.

Madras style eggplant curry

Serves 4

- 2 tablespoons peanut or vegetable oil
- 1 large onion, peeled and chopped
- 2 teaspoons finely chopped garlic
- 2 teaspoons finely chopped or grated fresh ginger
- 1 small red chilli, finely chopped
- 2 teaspoons ground coriander
- 2 teaspoons black mustard seeds, optional
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 750g eggplant, trimmed and diced
- 2 tablespoons fish sauce
- 4 tomatoes, diced
- ¾ cup/190ml water
- 1 cup cooked chick peas
- 200ml natural yoghurt

1. Heat Wok on setting HIGH SEAR. Add oil, then add onion, garlic, ginger, chilli and spices, stir fry for 2 minutes.
2. Add eggplant, stir fry for 3 to 4 minutes or until well browned.
3. Add fish sauce, tomatoes and water. Reduce heat to setting 6, cover with lid and cook for about 4 minutes or until eggplant is tender, stirring occasionally. Remove the lid.
4. Add chickpeas, heat for 1 minute. Turn appliance to off and stir yoghurt through mixture.

Serve with steamed basmati rice.

Curries and Rice Dishes continued

Beef rogan josh curry

Serves 6-8

3 tablespoons peanut oil
1½ kg chuck steak, diced
1 brown onion, peeled and chopped
2 cloves garlic, peeled and finely chopped
2 tablespoons Rogan Josh curry paste
2 x 400g cans diced tomatoes
4 cups/1 litre beef stock
Salt, optional

1. Heat the Wok on setting HIGH SEAR. Add 1 tablespoon of oil, then add ⅓ of the steak and stir fry until well browned, about 2 minutes, remove, set aside and keep warm. Repeat with remaining oil and steak.
2. Add onion and garlic, cook for 2 minutes. Stir in curry paste, cook for 1 minute.
3. Add tomatoes and stock, cover with lid and bring to the boil. Remove the lid.
4. Reduce heat to setting 4, cover with lid with the steam vent open and simmer for 1 hour. Season to taste if desired.

Serve with yoghurt and steamed basmati rice.

Moroccan lamb tagine

Serves 6-8

3 tablespoons olive oil
2 brown onions, peeled and finely chopped
500g lamb, trimmed and cut into 1.5cm cubes
1½ teaspoons ground cumin
1½ teaspoons ground coriander
1½ teaspoons salt
1 teaspoon ground black pepper
1 teaspoon mild paprika
1 teaspoon ground ginger
1 teaspoon ground turmeric
1½ teaspoons ground cinnamon
2 x 400g cans diced tomatoes
2 sticks celery, finely chopped
½ cup red lentils, washed and rinsed
½ cup tomato paste
2 tablespoons brown sugar, well packed
4 cloves garlic, peeled and finely chopped
5 cups/1¼ litres water
400g can chickpeas, drained and rinsed
Steamed cous cous, for serving

1. Heat the Wok on setting HIGH SEAR. Add 2 tablespoons of oil, then add onions and stir fry until golden brown, about 1 minute.
2. Add the lamb and stir fry for 2 minutes or until browned
3. Stir remaining oil and spices into lamb and onions and cook for 1 minute.
4. Stir in next 7 ingredients, cover with lid and bring to the boil.
5. Reduce heat to setting 4 and cook for 50-60 minutes, stirring occasionally during cooking, especially near end of cooking time. If mixture begins to thicken, stir in a little extra water. Remove the lid.
6. Stir in chickpeas, cover with lid and cook a further 5 minutes.
7. Serve with steamed cous cous.

While cooking wet dishes with the lid on, the Wok will turn on and off during the cooking process, as the appliance is thermostatically controlled.

Note

Breville

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