

Sunbeam

Cool-Zone Stainless

2.8 Litre cool-zone deep fryer in brushed stainless

Instruction Booklet

DF5200S

Please read these instructions carefully
and retain for future reference.



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تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenliik önlemlerinin anlaşılığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM COOL-ZONE STAINLESS.

- Before use always ensure that the internal tank is positioned correctly in the fryer body. ie the max/min level should be on the left of the fryer.
- Never connect the fryer to the electricity supply without placing oil in the tank first.
- If using solid fat, remove the lid and the basket, cut the fat into pieces and place them directly into the tank. Do not melt solid fat in the frying basket as it may damage the appliance.
- Never operate the fryer with oil level below the minimum mark or above the maximum mark.
- Never overfill the deep fry basket. (see page 12).
- Do not touch any metal surfaces of the product while it is in use as they will be hot.
- Always wait for the fryer body and the oil to cool down before emptying the tank.
- The enamelled metal tank, coated metal body, lid and basket of the fryer are water immersable. The control unit and heater element of the fryer must never be immersed in water, they should be cleaned with a damp cloth and / or kitchen towel.
- Never lean over the fryer when it is in use.
- Always dry food BEFORE FRYING. eg chips which are too wet can cause the oil to froth excessively.
- Change the oil of your appliance when it becomes brown or milky coloured. This will happen after 20 - 30 applications.
- Never leave the fryer unattended whilst cooking.

Important instructions – retain for future use.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Features of your Cool-Zone Stainless

Lid

Featuring a large vent that allows steam to escape. It also has a large viewing window to monitor your results.

Immersable heating element with Cool Zone.

The 2000 watt heating element is suspended in the oil, creating a 'cool-zone' at the bottom of the vessel. This prevents cooking debris burning which will effectively double the useful lifespan of the oil compared with other deep fryers.

Enamelled Metal tank

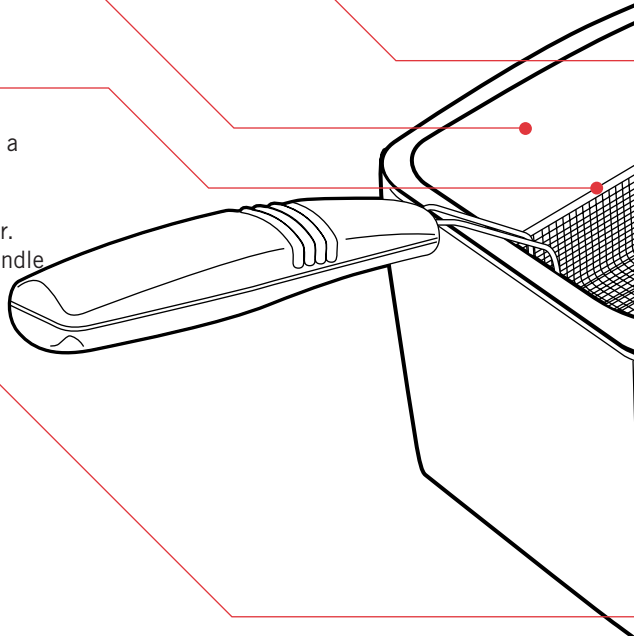
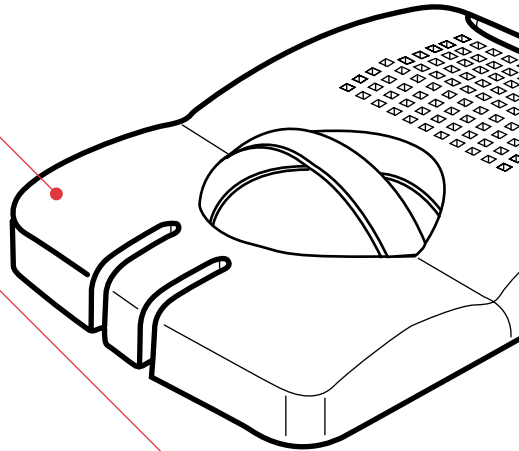
The large enamelled metal tank holds a maximum oil capacity of 2.8 litres.

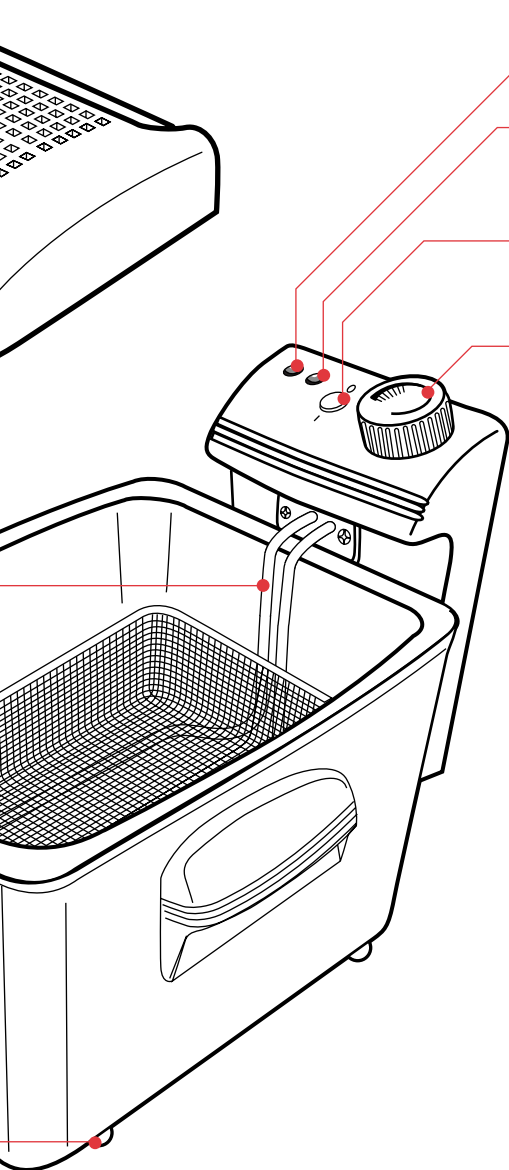
Basket with 700g food capacity

The removable mesh cooking basket has a 700g food capacity. The basket has two frying levels and you can shake it whilst cooking just like a commercial deep fryer. The basket also features a cool touch handle which folds away for easy storage.

Non slip feet

Keeps the deep fryer secure on the bench, for safer frying.





Power on light

The power on light indicates when the deep fryer is switched on.

Temperature control light

Temperature control light indicates when the deep fryer is heating the oil.

On/off switch

The on/off switch turns the deep fryer on and off.

Variable thermostat control

The variable thermostat provides a wide range of temperature settings, accurately controlling the temperature of the oil, suiting a range of different foods. The variable control also prolongs the life of the oil.

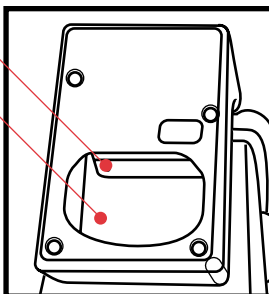
Cord storage

For convenient storage, on the back of the control unit there is a compartment for the cord to be kept when not in use.

Reset button

Due to the safety thermostat that switches your fryer off in case of overheating, the reset button allows you to reset your Cool-Zone stainless once the appliance has cooled down.

Note: The reset button is located inside the cord wrap area.



Using your Cool-Zone stainless

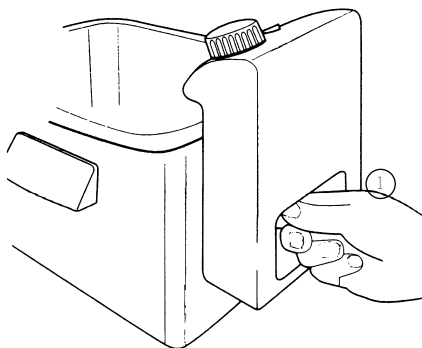
Before using your Cool-Zone Stainless

1. This appliance is designed for household and indoor use only.
2. Before using for the first time, follow the cleaning instructions on page 11 and clean the fryer and basket.
3. Place the fryer on a flat and stable surface away from any heating source and where it cannot be splashed with water.
4. Use the carrying handles when moving the product, never carry the appliance by the lid.

Safety Feature of the thermostat

Your Cool-Zone Stainless is equipped with a safety thermostat that switches your fryer off in case of overheating.

This will be activated if there is no (or too little) oil in the tank. If the thermostat has switched the fryer off, allow your fryer to cool down and carefully press the reset button concealed in the opening at the back of the fryer ①.



Cooking in your Cool-Zone Stainless

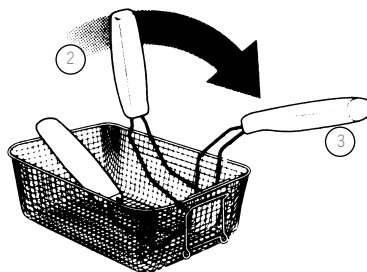
There are two methods of cooking in your fryer; one general method for most food stuffs and another for home battered products.

Note: During cooking, steam will build up in the fryer, so when lifting the lid use a kitchen glove or mitt to protect your hand.

General cooking method

(For pre-cooked, crumbed, floured or wrapped food.)

1. Remove the lid and take out the frying basket. Pull the handle backwards ② until the handle locks into position ③.



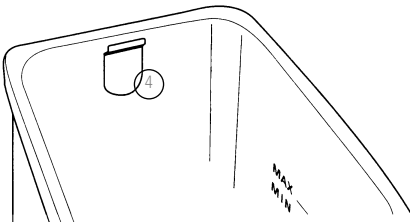
2. Pour good quality vegetable, nut or seed oil into the tank until it reaches between the 'min' and 'max' marks indicated on the inside of the tank (approx 2.8L). Never operate the fryer without oil or with insufficient oil in the tank.
Note: Do not mix different types of oil. See page 9 for hints for deep frying with different oils.

Using your Cool-Zone stainless continued

3. Insert the plug into a 230-240 volt power outlet and turn the power on by using the on/off switch.

Note: Do not connect the fryer to the electricity supply if there is no oil or fat in the tank.

4. Adjust the control dial to the desired temperature that you wish to cook the food. The red indicator light will illuminate and the heating element will begin heating the oil. When the oil has reached the required temperature, the light will go out. The fryer is now ready to cook.
5. Place the food (which should be as dry as possible) for deep frying, into the basket.
Note: The basket should always be filled with food whilst resting on the bench top. Remove the lid, lift the basket and put it on the rest ④ so that it is not in contact with the oil.
6. Replace the lid. With the lid on lift the basket of the rest position and lower the basket into the tank.



7. When the food is cooked (see time guide chart on page 10), place the basket in its raised position to drain. Turn the temperature knob to the lowest setting.

8. Once the food is drained thoroughly, lift the lid, remove the basket with food and **replace the lid**. Put the fried food on a plate covered with absorbent paper or kitchen towel.
9. When finished with fryer, switch the power off and remove the plug from main power.
10. Clean the fryer only after the oil is completely cooled down.

Cooking home battered food

This method allows for the fact that if wet batter is placed in the basket prior to cooking the food may stick to the basket.

This method of cooking requires extreme care.

1. Follow the instructions as given in the general cooking method, steps 1-4.
2. Place the basket inside the tank in the down position.
3. Coat the food in batter and allow it to drain slightly to get rid of the excess coating.
4. Very carefully, slowly lower the coated food into the hot oil, using a suitable implement or tongs. This allows the batter to become solid and prevents it sealing to the mesh of the basket.

Note: Remember to take care as the oil may spit as the food is added.

5. You may choose to cook with the lid in place or without it.
You can now follow the instructions as given in the general cooking method, steps 7-10.

Hints for perfect frying

1. Never use the fryer without oil.
2. Always use the best quality oil possible. We recommend corn, nut, seed or vegetable oils. Never use butter or margarine.
3. Avoid mixing oils of different qualities or types.
4. Change the oil when it becomes brown or milky in colour.
5. Take into account the food to be cooked before setting the frying temperature. As a general guide precooked food will need a higher temperature than raw food, and the larger the individual items the lower the temperature should be.
6. Large pieces of food should not be deep fried, as they take too long to cook thus absorbing too much oil.
7. Fry small amounts at a time, adding too much at a time will decrease the oil's temperature and increase the chance that food will stick together.
8. Make sure that food is dry before frying, wet food will splatter and spit.
9. Always dry or roll wet food in flour before coating in a batter. Otherwise the extra steam created will separate the coating from the food.

Hints for deep frying with different oils

When deep-frying you may like to try using a variety of fats and oils for taste in your deep fried foods. For example, if using a peanut oil you will get a hint of peanut taste. But remember not all fats and oils are good for deep-frying. When deciding what fats and oils to use in your Sunbeam Cool-Zone stainless, choose fats and oils with a high smoke point (that is oils and or fats that can be heated without smoking).

Here is a list of oils with a high smoke point:

- canola oil
- lard
- corn oil
- safflower oil
- dripping
- peanut oil
- grape seed oil
- blended vegetable oils

Avoid using: sesame oil, avocado oil, macadamia nut oil, extra virgin olive oil, light olive oils, butter, margarine, herb oils, infusion oils, mustard seed oils or pistachio oils.

When using a solid fat for the first time in your Sunbeam Cool-Zone Stainless, ensure that you are following the correct cooking methods page 6, and always remember to melt the solid fat down first. This should be done on the low setting 140°C with lid on. Once melted the temperature can be increased for deep-frying your food.

Note: Never melt the fat first in a saucepan and pour into the Sunbeam Cool-Zone Stainless as this is very dangerous.

Do not cook sweet flavoured food in your Cool-Zone Stainless after deep frying fish, chicken or meat products. Never mix different flavoured foods in the oil. Always change oil regularly.

Frying times and temperatures

Type	Maximum QTY	Temperature °C	Approx. time (min)	Suggestions
FISH AND SEAFOOD				
PRAWNS				
Fresh	300g	170C	3-5	Crumb/batter
Frozen	300g	180C	3-5	Fry frozen
FISH				
Small pieces	500g	180C	3-5	Crumb / batter
Fresh fillets	500g	160C	3-5	Crumb / batter
Frozen fillets	500g	160C	3-5	Fry frozen
CALAMARI				
Fresh	400g	180C	3-5	Crumb / batter
Frozen	400g	180C	3-5	Fry frozen
MEAT AND POULTRY				
Fresh chicken portions				
SMALL (6-8 pieces)	500g	180C	8-10	Crumb or batter
LARGE (4 pieces)	500g	180C	10-12	Crumb or batter
Chicken or Veal Schnitzel				
FRESH	250g	170C	5-10	Crumb
FROZEN	250g	180C	3-8	Crumb
VEGETABLES				
Beans	100g	180C	2-4	Tempura
Bok Choy	100g	180C	2-4	Tempura (ind. leaves)
Broccoli /Cauliflower	100g	180C	3-5	Tempura or batter
Eggplant (slices)	100g	180C	4-6	Batter
Mushrooms whole button	100g	180C	3-5	Batter
Onion Rings	100g	180C	3-5	Batter
Potatoes				
French fries	500g	140C, 180C	4-6	
Chips	500g	140C, 180C	5-10	
Wedges	500g	140C, 190C	10-15	
<i>Always blanch potato chips at a lower temp. Then brown at 190°C</i>				
APPETISERS				
FROZEN				
Entertainer Pack (spring rolls, prawn cutlets, samosa)	330g	190C	2-3	
FROZEN Dim Sims (approx 8)	400g	190C	5-8	

Care and cleaning

Cleaning should only be carried out when the fryer is switched off and the plug removed from the socket. Your fryer should have completely cooled.

Lid

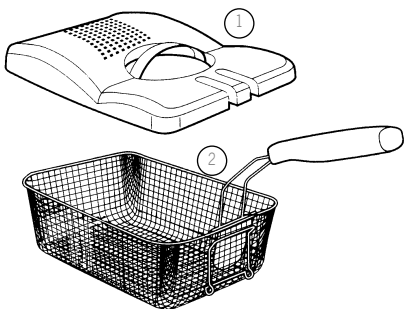
You can either put the lid into the dishwasher or into hot soapy water and let it soak there for 5-10 minutes. Shake the remaining water out of the lid and let it dry.

Note: All water must be removed from the lid before use.

Basket, handle and removable tank

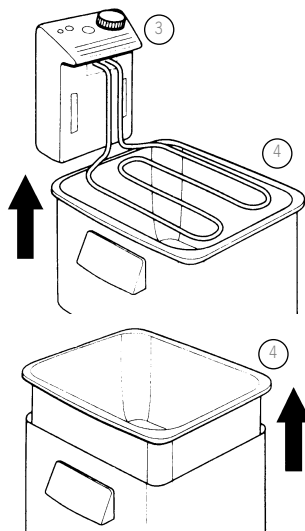
The basket and its handle can be hand washed in warm soapy water. It should be thoroughly dried afterwards. When the oil has completely cooled, the tank of your fryer can be removed for cleaning by following these instructions:

1. Remove the lid ①, frying basket ② and control unit ③ from the enamelled metal tank ④.



2. Remove the enamelled metal tank from its shell by placing your finger tips under the rim of the tank.
3. Once removed, drain the oil contained in the tank through a funnel into a suitable container.

4. The fryer body can be washed by hand in hot soapy water and the oil tank in a dishwasher.
5. Dry the tank thoroughly and replace it in the body of your fryer.



Always make sure that the tank is completely dry before you put it back into your fryer.

Note: You may store your filtered oil in the fryer if you make sure that it is covered by the lid.

The control unit

Never immerse the control unit in water or any other liquid.

1. Remove the control unit and heating element.
2. Clean with a damp cloth or kitchen paper. Ensure that the wires connected to the heating element are not damaged whilst cleaning.

The perfect chip

- For perfect fries and wedges, old potatoes are ideal. The potato should be of a low starch, waxy variety i.e. chats, new potato or desiree potatoes.
- Make sure that the chips are cut to even size to guarantee even cooking.
- The cut chips should be rinsed under running water until the water runs clear. This removes excess starch from the potatoes, the starch burns at high temperatures.
- Dry on kitchen towel before frying.
- Shake the basket at short intervals to encourage even browning and to stop chips sticking together.
- Homemade fries are double cooked. The first fry blanches the chips so that they cook through. The second fry colours the chips and gives them a crisp crust. Use the table below as a guide.
- Cooking times will vary depending on the size of your fries or chips and the variety of the potato used.

Hints for cooking the perfect frozen chip.

- Do not defrost frozen precooked chips. For the best results they should be taken directly from the freezer to the fryer.
- Heat oil to the maximum setting, 190°C.
- Place up to 700g frozen chips into the fryer basket and lower into the hot oil for 1 - 2 minutes to seal.
Note: Do not overfill deep fry basket. Fill only to top level of basket sides.
- Lift the basket out and place on the rest. Allow the oil to heat up again, it will be ready when the red light goes out.
- Lower the basket again and fry the chips for a further 3 - 4 minutes until golden brown. The time required will depend on the size and cut of the chip, and personnel taste.
- Allow chips to drain for a moment before removing from the basket and seasoning.

	1st Fry (Blanch)		2nd Fry	
Thin fries - french fries	140°C	5 min	190°C	5 min
Thick chips	140°C	7-8 min	190°C	7-8 min
Wedges	140°C	10 min	180°C	10 min

- **Allow oil to heat up to 2nd temperature before re-immersing the basket in the hot oil.**

Recipes

For perfect batter

1. Always sift all dry ingredients, then add liquids. Mix until smooth.
2. Keep your batter as cold as possible (it will be crisper)
3. Coat food in seasoned flour before batter, the batter will stick to the food better.
4. Fry until golden brown.
5. Always use the "cooking home battered food" technique, see page 8 for more information.

Beer batter

- 1 cup plain flour
- 1/2 tsp baking powder
- pinch salt
- 3/4 cup cold beer

Crispy sesame batter

- 1 cup cornflour
- 2 eggs
- 1/3 cup water (cold)
- 2 tbsp sesame seeds

Sweet fritter batter

- 1 egg
- 2/3 cup milk
- 1 cup Self raising flour
- 1 tbsp sugar
- 1 tbsp melted butter or margarine

Note: For savoury batter replace sugar with salt

Tempura batter

- 1/2 cup plain flour
- 1/4 cup rice flour
- 1 tsp bicarb soda
- 1 cup soda water (ice cold)
- 1 egg

Note: It's very important to keep this batter cold

Easy crispy coating

- 1 egg
- 1 tbsp water or milk
- 1 cup rice flour or cornflour
- pinch of salt / pepper

1. Beat egg and water/milk. Season flour with salt and pepper.
2. Dip food in egg mix and then coat with flour.
3. Deep fry at 170°C to 190°C depending on size of foodstuff, until crispy, this coating will not colour much.

Prawn cutlets

- 750g green king prawns
- plain flour
- 1 egg, lightly beaten
- 2 cups fresh breadcrumbs
- lemon wedges to serve

1. Peel and devein prawns, leaving tails intact. Dry thoroughly.
2. Coat prawns in flour, then egg then breadcrumbs. Shake off excess crumbs.
3. Heat the oil to 180°C and fry cutlets for 4-5 minutes until golden brown.
4. Drain and serve immediately with lemon wedges.

Recipes continued

Deep fried Pork balls Makes 14 to 16 balls

500g minced pork
2 tbsp plain flour
2 tbsp cornflour
1 tbsp soy sauce
1 tsp garlic salt
1 tsp ground black pepper
1 egg, lightly beaten

1. Combine all ingredients in a large bowl, mix thoroughly. Picking up mixture slap against the side of the bowl until the mix seems more elastic or sticky. This should only take a few slaps.
2. Shape mixture into 4cm balls.
3. Heat oil to 180°C. Place pork balls in the basket 5 - 6 at a time, cook for 8-10 minutes and golden brown.
4. Drain. Serve with sweet and sour sauce and fried or steamed rice if desired.

Calamari

500g Squid, washed and cleaned
½ cup plain flour
1 egg, lightly beaten
1 cup dried breadcrumbs

1. Remove the insides and head of the squid. Wash and dry thoroughly.
2. Cut the squid tubes into 1cm rings
3. Coat the squid pieces in flour, egg and then breadcrumbs.
4. Heat the oil to 170°C and fry the squid until golden brown.
5. Drain and serve immediately with tartare sauce and lemon wedges.

Tartare Sauce

250ml of good quality mayonnaise with 1 tbsp chopped tarragon and parsley, a ½ tbsp of capers and 1 tbsp of chopped gerkins. Season with salt and pepper to taste.

Dim Sims

125g small green prawns, shelled and deveined
500g minced pork
½ cup chopped bamboo shoots
½ cup chopped water chestnuts
1 onion, peeled and chopped fine
1 tbsp sherry
1 tbsp soy sauce
1 tsp salt pinch pepper
125g wonton wrappers

1. Finely mince prawns and combine with pork.
2. Add all other ingredients and mix well to combine.
3. Place 1 tsp of pork mixture onto the centre of each wonton wrapper and gather the sides of the wrapper around the filling, leaving a small opening at the top.
4. Heat the oil to 180°C and deep fry about 10 at a time, until golden brown, about 4-5 minutes.
5. Drain and serve with sweet and sour sauce if desired.

Recipes continued

Spring Rolls

Makes about 24 rolls.

- 500g green prawns, shelled and deveined
 - 500g minced pork
 - ½ small head of cabbage, thinly shredded
 - 230g can of water chestnuts, drained and finely chopped
 - 125g fresh mushrooms, roughly chopped
 - 1 green capsicum, seeded and finely chopped
 - 1 onion, peeled and finely chopped
 - 2 tbsp dry sherry
 - 2 tbsp soy sauce
 - 1tsp sugar
 - ½ tsp salt
 - ¼ tsp ground ginger
 - 455g packet spring roll wrappers
 - 1 egg, lightly beaten with 2 tbsp water
1. Finely mince prawns and combine with pork.
 2. Add cabbage, water chestnuts, mushrooms, capsicum, onion, sherry, soy, sugar, salt and ginger. Mix well to combine.
 3. Place 2-3 tbsp of the pork mixture in the corner of a spring roll wrapper. Roll the wrapper folding in the sides to encase the filling.
 4. Brush a little egg mix on the end of wrapper to help it seal.
 5. Heat oil to 180°C, deep fry until golden brown, about 5 minutes.
 6. Drain and serve with dipping sauce.

Minted pea wontons

- 125g wonton wrappers
 - 220g can peas
 - 3 medium potatoes, peeled and cut into 5mm dice
 - 1 onion, peeled and chopped fine
 - 1tsp ground cumin
 - ½ tsp salt
 - ¼ cup mint, chopped
1. Boil the diced potato until just cooked. Drain.
 2. In a saucepan cook onion in ½ tsp oil until soft add cumin and peas and rough mash. Remove from heat.
 3. Add potato and mint. Stir to combine.
 4. Place about 2tsp of mix onto each wonton wrapper and bring edges together. Seal with a light brush of water.
 5. Heat fryer to 190°C, and deep fry until golden brown, about 3-4 minutes.
 6. Serve with minted yoghurt if desired.

Southern fried chicken

Makes 4 - 6 servings.

- 750g chicken drumsticks
 - ½ cup flour
 - ½ tsp salt
 - ½ tsp hot paprika (optional)
 - 1 egg, beaten with 2 tbsp water
 - 1 cup dried breadcrumbs
1. Mix flour with salt and paprika. Dry drumsticks and coat in seasoned flour.
 2. Dip each drumstick into egg mixture separately and coat in breadcrumbs.
 3. Heat oil to 170°C
 4. Place 3 - 4 drumsticks into the basket at a time and fry till cooked through and golden, about 15 to 20 minutes.
 5. Drain well and keep hot while other pieces are cooking.

Recipes continued

Potato dumplings Makes approx. 25-30

4 medium potatoes, peeled, cooked and mashed.

60g butter

1 ¼ cups water

1 cup plain flour, sifted

3 eggs

1tsp salt

1. Place butter salt and water into a saucepan and bring to the boil.
2. Add the sifted flour all at once and stir vigorously with a wooden spoon over a low to medium heat, until the dough forms and pulls away from the edges of the pan. Remove from heat and set aside to cool for 5 minutes.
3. Add eggs one at a time to the dough, beating well between additions. The dough should look smooth and shiny.
4. Add mash to dough and beat mixture until smooth.
5. Heat fryer to 170°C.
6. Using two spoons scoop heaped balls of mixture into the fryer basket. Deep fry about 8 at a time for 4-5 minutes, and golden brown.

Salt and chilli Chicken wings

500g Chicken wings, cut into pieces

½ cup rice or cornflour

1 tbsp salt

1 tsp pepper

1 tsp ground chilli

1. Dry wing pieces and make small incisions into the thickest parts of each piece.
2. Coat pieces lightly in flour. Shake off excess.

3. Heat oil to 190°C, fry wings for 4-5 minutes.

4. Mix salt pepper and chilli in a large bowl. Drain wings and toss through salt mix. Serve straight away.

Fried Cheese Scones

Filling

1 egg

100g grated gryere or cheddar cheese

2 leeks, finely sliced

¼ cup cream

salt and pepper

Dough

30g butter (diced)

1 ½ cups self-raising flour

½ tsp salt

¾ cup milk

1. For filling. Saute leeks in 1tbsp of butter until soft. Remove from the heat and mix through cheese, egg, and cream. Season and set aside to cool.
2. For Dough. Place butter, flour and salt in a bowl and rub the mixture between fingertips until it resembles fine breadcrumbs. Add milk and bring dough together.
3. Turn dough out onto a floured bench and knead lightly for 2-3 minutes.
4. Take about 2 tbsp of the dough at a time and work into a flat circle. Place 1tsp of the filling in the centre and work edges together, pinching to seal. Be careful to keep the thickness of the dough as even as possible.
5. Heat oil to 160°C, frying about 8 at a time until puffy and golden.
6. Drain and serve hot.

Recipes continued

Shallot and sesame puffs

2 sheets ready rolled shortcrust pastry
1 tbsp vegetable oil
1 tsp fresh grated ginger
1 clove garlic crushed
12 green shallots, sliced
 $\frac{1}{2}$ cup sesame seeds
2 tbsp oyster sauce
1 egg yolk, beaten
extra sesame seeds

- 1.Heat oil in a wok, add ginger, garlic, shallots and sesame seeds. Stir fry for 1 minute, add oyster sauce. Remove from heat set aside to cool.
- 2.Cut 8cm² (squares) from pastry sheets
- 3.Place a tbsp of shallot mixture into each square, glaze edges with egg. Bring the four corners to the centre and pinch edges to seal.
- 4.Glaze with remaining egg and sprinkle lightly with extra sesame seeds.
- 5.Heat oil to 180°C and fry till golden brown, about 4 minutes.

Meat fritters

Makes 12 fritters

1 cup self raising flour
salt and pepper
1 egg
2 tbsp oil
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ - $\frac{3}{4}$ cup milk
2 cups cooked, diced leftover meat (beef, pork, lamb, chicken)
1 onion, chopped finely

- 1.Place the flour, salt and pepper into a small mixing bowl. Add egg oil and water, mix till smooth.
- 2.Beat in milk as required to form a loose batter. Add meat and onion.
- 3.Heat oil to 160°C. Spoon batter into the hot oil. Cook until golden brown, about 5 minutes.
- 4.Drain and serve with reheated leftover gravy.

Meatballs

Makes about 18

750g minced topside steak
1 onion chopped
 $\frac{1}{2}$ cup breadcrumbs
2 tbsp chopped parsley
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper
 $\frac{1}{2}$ tsp dried mixed herbs
2 tsp Worcestershire sauce
1 egg, lightly beaten

- 1.Combine meat, onion, breadcrumbs, parsley, seasoning, and Worcestershire sauce.
- 2.Add enough egg to bind mixture together.
- 3.Shape the mixture into 25mm balls, refrigerate meatballs for 1 hour.
- 4.Heat oil to 160°C
- 5.Fry for 6-7 minutes, till golden. Drain and serve with a spicy dipping sauce.

Recipes continued

Potato Crisps

4 potatoes, washed and peeled
2 cups water, salted

1. Cut potatoes into wafer thin slices. Place the slices into the salted water and allow to stand for 1-2 hours.
2. Drain potatoes and dry thoroughly.
3. Heat oil to 180°C and fry a small quantity at a time, shaking frequently during cooking. Cook for 3-4 minutes.
4. Drain and serve hot or cold, sprinkle with salt if desired.

Felafel

1½ cup dried chickpeas, washed and soaking
1 onion chopped
½ tsp chilli powder
1tsp cumin, ground
½ coriander, ground
2 cloves garlic
3 tsp lemon juice
¼ cup chopped parsley
½ cup besan flour (chickpea)
1 egg

1. Soak chickpeas overnight, drain.
2. Place chickpeas in a saucepan with 1lt water, simmer for 1 hour.
3. Blend the chickpeas with the rest of the ingredients in a food processor. Chilli mixture.
4. Heat oil to 160°C. Shape felafel into 4cm balls and fry 8-10 at a time for 3-4 minutes.
5. Sever hot or cold with hummus and Lebanese bread.

Corn fritters

Makes about 12

¾ cup self raising flour
pinch of salt
pinch of pepper
1 egg, lightly beaten
⅓ cup milk
300g can of corn kernels, drained

1. Shift flour, salt and pepper into a bowl.
2. Combine egg and milk.
3. Using a mixer, gradually add milk mix to the dry ingredients and beat until smooth. Add corn to mix.
4. Heat the oil to 180°C. Drop batter by the tablespoonful into the hot oil and fry till golden, about 5-7 minutes.

Kofte Potatoes

500g potatoes, cooked and mashed
2 eggs
⅓ cup desiccated coconut
1 cup grated Parmesan cheese
salt and pepper
2 tbsp flour
2 eggs, lightly beaten
1 cup dried breadcrumbs

1. Combine the first five ingredients.
2. Coat 1 tbsp of the mixture in flour, then egg mix and then in breadcrumbs.
3. Heat oil to 170°C and fry 6 - 8 at a time till golden, about 4-5 minutes.

NOTE: for something different use sweet potato or pumpkin in place of the potato.

Recipes continued

Apple fritters

Serves 4

2 apples, peeled and sliced into 5mm thick rings.

$\frac{1}{2}$ cup plain flour

Fritter batter (see page 11)

2 tbsp castor sugar

$\frac{1}{2}$ tsp ground cinnamon

ice cream to serve

1. Heat oil to 170°C.
2. Coat apple slices in flour and then dip in batter. Fry for 4-5 minutes and golden.
3. Drain and toss in cinnamon sugar. Serve with ice cream.

Strawberry stack

Serves 4

12 wonton wrappers

1 cup thickened cream

2 tbsp sugar

$\frac{1}{2}$ tsp vanilla

250g punnet strawberries, hulled and halved

icing sugar to dust

1. Heat oil to 180°C
2. Fry wonton wrappers, a couple at a time, until just coloured. Drain on absorbent paper.
3. To serve stack crispy wrappers with strawberries, and sweetened whipped cream. Dust top with icing sugar.

Family doughnuts

Makes about 20

1 tbsp butter, softened

$\frac{1}{2}$ cup sugar

2 tbsp golden syrup

$\frac{2}{3}$ cup milk

2 cups self raising flour

$\frac{1}{2}$ tsp cinnamon

Cinnamon sugar

4tbsp castor sugar

1tsp ground cinnamon

1. In the small bowl of the Sunbeam Mixmaster Mixer, beat together butter, sugar and golden syrup until creamy.
2. Reduce the speed and gradually add the milk. By hand, fold in sifted flour and cinnamon.
3. Turn out onto a floured bench and knead lightly. Roll out to 1cm thickness and cut with a doughnut cutter.
4. Heat the oil to 170°C, fry doughnuts a few at a time, turning only once during cooking.
5. Drain and sprinkle with cinnamon sugar. Serve hot or cold.

Troubleshooting

PROBLEM	POSSIBLE CAUSE	SOLUTION
Strong smell	<ul style="list-style-type: none">• Oil has gone bad• The correct oil is not being used	<ul style="list-style-type: none">• Replace oil• Use only high quality oil. Do not mix oils of a different quality or type.
Oil overflowing	<ul style="list-style-type: none">• Fryer is filled above the maximum level• Wet food placed in hot oil.• Stated quantities exceeded.	<ul style="list-style-type: none">• Check oil level on the inside of fryer.• Dry food first.• Do not fry food above the weight indicated.
Food is not browning	<ul style="list-style-type: none">• Cooking temperature is too low.• Basket is overloaded.• Oil is not hot enough.	<ul style="list-style-type: none">• Adjust the dial to the correct cooking temperature.• Do not fry food above the stated quantities and weights• Faulty thermostat. Consult Service Centre.
Chips are sticking together	<ul style="list-style-type: none">• Food not washed thoroughly before placed in the oil	<ul style="list-style-type: none">• Wash potatoes thoroughly and dry before frying.
Appliance not working	<ul style="list-style-type: none">• Appliance has been turned on with out fat or oil.• Temperature control dial not at correct setting.	<ul style="list-style-type: none">• Allow the fryer to cool down, fill with oil and press the reset button that is concealed at the back of the fryer.• Choose cooking temperature.

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