

Sunbeam

Slow Cooker 3.5L

Instruction/Recipe Booklet

HP3520

Please read these instructions carefully
and retain for future reference.



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Important instructions – retain for future use.

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 güvenlik önlemlerinin anlaşılığundan emin olunuz

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

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM SLOW COOKER.

- Do not operate the slow cooker on an inclined surface.
- Do not move or cover the slow cooker while in operation.
- Do not immerse the base of the slow cooker in water or any other liquid.

- Use your slow cooker well away from walls and curtains.
- Do not use your slow cooker in confined spaces.
- Do not touch any metal surface of the slow cooker whilst in use as it will be hot.

Sunbeam is 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 by children or infirm persons.
- Young children should be supervised to ensure that they do not play with the appliance.

- Never leave an appliance unattended while in use.
- 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.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been 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.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.

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 Slow Cooker

Quality glass lid

Fits neatly onto the crock insert to retain heat and moisture for best results. The transparent glass allows you to view the food during cooking without lifting the lid, preventing the heat from escaping.

Removable crock insert

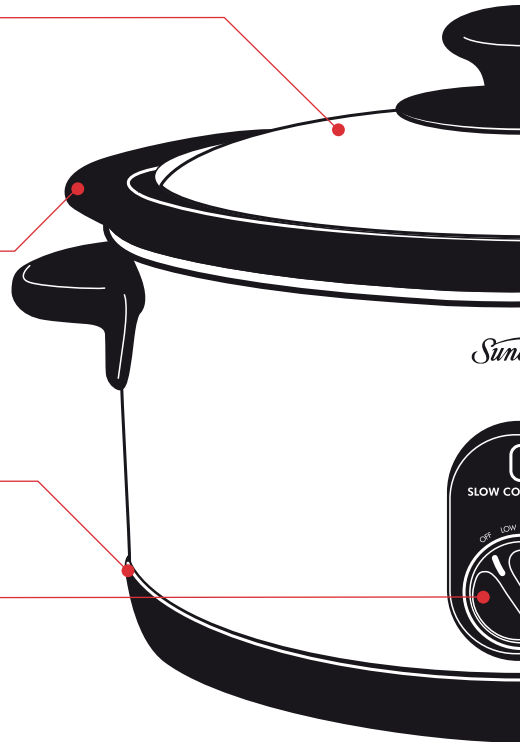
The durable ceramic crock insert is removable to allow for convenient serving at the table, storing of leftovers and easy cleaning. The crock insert is also dishwasher-safe for added convenience.

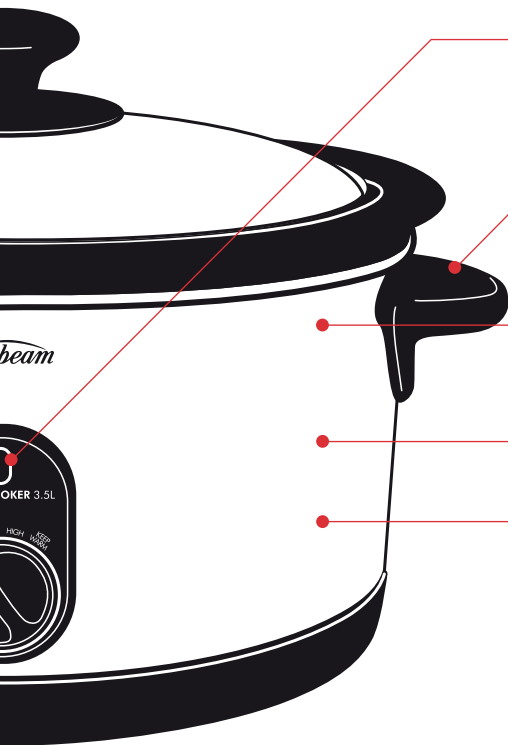
Removable cord

For serving at the table and easy storage.

Temperature control dial

Allows you to select the desired temperature for each recipe. LOW for simmering and slow cooking, HIGH for faster cooking and KEEP WARM to safely keep your food warm until serving.





Power ON light

Indicates that the slow cooker is turned on and heating.

Cool touch handles and lid knob

Allows you to lift and carry the slow cooker to the table for serving when hot.

3.5 litre capacity

Suitable for a smaller sized family.

Brushed stainless steel housing

Wrap-around element

The element surrounds the crock insert to ensure even cooking. It prevents food from sticking to the bottom of the crock insert and eliminates the need to stir your food.

An Introduction to Slow Cooking

Slow cooking is one of the best ways of preparing foods to ensure that the flavour and tenderness is retained. Your new slow cooker is easy to use and is extremely versatile. You can cook soups, stews, casseroles, roasts, bake desserts and even steam puddings.

Slow cooking is also economical, as your new slow cooker uses very little power.

Once the slow cooker reaches the selected temperature, the food cooks using the heat retained in the crock insert.

Your slow cooker is ideal for cooking tougher cuts of meat as the slow, moist heat tenderises it and enhances the flavours.

Your slow cooker is also very safe for keeping foods heated, as it operates at temperatures high enough to prevent the growth of harmful bacteria.

Using your Slow Cooker

1. Before using your Sunbeam slow cooker for the first time, remove the crock insert and lid and wash them in warm soapy water. Rinse and dry thoroughly and replace.

2. Place the slow cooker on a flat level surface.

3. Prepare the food to be cooked and place inside the slow cooker. Replace the lid.

Note: Do not place very cold or frozen food in the crock insert if it has been preheated as this may cause the crock insert to crack.

Important: The crock insert should not be placed under hot water if it has been taken directly from the freezer.

4. Insert the plug into a 230-240V power outlet and turn the power ON.

5. Select the desired setting on the temperature control dial: LOW, HIGH, or KEEP WARM. The power on light will illuminate to indicate that the appliance is switched on.

Note: Do not place the crock insert under cold water if it is still hot.

Note: The crock insert is oven safe so you can reheat your precooked dishes in an oven preheated to no more than 160°C.

Important: Food should not be cooked on the KEEP WARM setting as this will not get hot enough to cook. This setting should only be used to keep hot, cooked food warm for serving.

Tips for Slow Cooking

- All of the recipes contained in this book have recommended temperature settings. Most recipes can be cooked on the LOW setting, however when using the HIGH setting cooking times can often be halved.
- Food will be brought to a simmer on all settings. The setting determines the time needed to reach a simmer.
- Cut meat and vegetables into standard size pieces for even cooking.
- When cooking with vegetables, place them in the crock insert first, and then place the meat on top.
- Always ensure that food or liquid comes to at least half way up the wall of the crock insert, as the element is located on the sides of the slow cooker.
- When roasting whole pieces of lamb, beef or chicken, it is not necessary to add liquid. Pot roasts and corned meats should be barely covered with liquid.
- Do not use oven bags when roasting lamb, beef or chicken.
- When preparing meat for casseroles, lightly coat the pieces in flour and brown before adding to the slow cooker. This helps to seal in the juices and flavours and keeps the meat tender.
- Frozen casseroles can be placed in the cold slow cooker and heated for 5-8 hours, depending on the quantity. Do not place frozen food into a heated slow cooker.
- If a recipe results in too much liquid, turn the slow cooker to the HIGH setting, remove the lid and cook until sufficient liquid has evaporated.
- To thicken a casserole, set the slow cooker to the HIGH setting and stir through a thickening agent such as cornflour combined with a little water. Allow to simmer until thickened, stirring occasionally.
- Stirring is rarely necessary, as the element wraps around the sides of the slow cooker, preventing the food from sticking to the base.
- Leave the lid on the slow cooker during cooking to maintain heat and moisture.
- Reduce cooking times when the slow cooker is not completely full to achieve a better cooking result as the slow cooker heats up faster when not filled up to the rim.

Care and Cleaning

Wash the crock insert and lid in hot soapy water. To remove food that is cooked onto the bottom, soak the crock insert in warm water before cleaning and scrub lightly with a plastic or nylon brush. Rinse well and dry. The crock insert is also dishwasher-safe for added convenience.

Note: Do not place the hot crock insert under cold water.

Wipe the exterior of the slow cooker with a damp cloth and polish dry. **DO NOT** use harsh abrasives, scourers or chemicals to clean any part of your slow cooker as these will damage the surfaces.

CAUTION: Do not immerse the base of the slow cooker in water or any other liquid.

Recipes

Spicy Sweet Potato Soup

Serves 4

- 2 teaspoons vegetable oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1-2 tablespoons red curry paste
- 1kg sweet potato (kumara), peeled, diced
- 1 litre chicken stock
- ½ cup light coconut milk
- chopped coriander, to serve

1. Heat oil in a frying pan on a medium-high heat. Cook onion for 2-3 minutes or until softened. Add garlic and red curry paste and cook for 1 minute. Transfer to slow cooker.
2. Add sweet potato and chicken stock; stir to combine. Cook on HIGH 3-4 hours or LOW 6-7 hours.
3. Using a stick blender, process soup until smooth. Stir in coconut milk and coriander. Serve.

Chicken, Sweet Corn & Bacon Soup

Serves 4-6

- 3 rashers bacon, rind and fat trimmed, finely chopped
- 1 medium brown onion, finely chopped
- 2 cloves garlic, crushed
- 2 trimmed celery sticks, finely chopped
- 2 x 420g can sweet corn kernels, rinsed, drained
- 1 litre chicken stock
- 1 cup water

- 2 small (280g) single chicken breast fillets
 - 3 green onions, ends trimmed, thinly sliced
 - salt and ground white pepper
1. Heat a non-stick frying pan on a medium-high heat; add bacon and cook for 2 minutes.
 2. Stir in onion, garlic and celery. Cook, stirring, for 3-4 minutes then transfer to slow cooker.
 3. Add the corn, stock and water and stir to combine. Add chicken. Place lid on and cook on HIGH 2-3 hours.
 4. Use tongs to transfer chicken to a bowl. Use a stick blender to blend soup until almost smooth.
 5. Shred chicken and add to soup along with the onions. Taste and season with salt and ground white pepper; replace lid and allow to reheat for 30 minutes on HIGH. Serve.

Recipes continued

French Onion Soup

Serves 4

- 20g butter
 - 1 tablespoon olive oil
 - 3 large onions, finely sliced
 - 1 large clove garlic, crushed
 - 1 tablespoon plain flour
 - 2 tablespoons brandy
 - 3 cups beef stock
 - 1 Baguette, thickly sliced
 - 1 cup of grated Gruyere cheese or ½ cup parmesan
1. Heat oil and butter in a large saucepan over medium heat, until butter is foaming. Add onion and garlic and cook, until onion has softened. Make sure it does not colour.
 2. Add flour and coat onion mixture. Gradually add brandy. Cook for 2-3 minutes until alcohol has evaporated. Transfer to slow cooker and add stock.
 3. Cover and cook on HIGH 3-4 hours or LOW 6-8 hours.
 4. Place bread on a baking tray in one layer, brush or spray with oil. Bake 5-10 minutes or until bread is crisp and lightly coloured. Top bread with cheese and cook a further 5 minutes or until cheese is melting.
 5. To serve, place a slice of bread in a soup bowl, ladle in soup and top with extra cheese.

Pea and Ham Soup

Serves 6-8

- 1 tablespoon olive oil
 - 2 small onions, chopped
 - 3 rashers bacon, diced
 - 2 cups split peas
 - 1kg ham bone
 - 1½ litres water
 - 2 carrots, diced
 - 2 sticks celery, sliced
 - 2 bay leaves
 - 1½ tablespoons chopped fresh thyme
 - Freshly ground black pepper
1. Heat oil in a large frypan, cook onion and bacon for 2-3 minutes or until onion is soft and bacon is slightly browned. Transfer to slow cooker.
 2. Add remaining ingredients, reserving 1 tablespoon of fresh thyme. Cook on HIGH 3-4 hours or LOW 6-8 hours.
 3. Remove ham bone from slow cooker. Pull off meat from the bone, removing excess fat and skin. Dice and return to the soup.
 4. Stir through remaining thyme and season with freshly ground black pepper.

Recipes continued

Roasting Beef

Heat a small amount of oil on a medium/high heat in a large frying pan; cook beef on all sides until browned. Season with salt and pepper. Place into slow cooker.

Approximate cooking times for well done:

LOW 2-2 ½ hours per 500g

HIGH 1-1 ½ hours per 500g

Roasting Lamb

Trim any excess fat from the lamb. Heat a small amount of oil on a medium/high heat in a large frying pan; cook lamb on all sides until browned. Season with salt and pepper. Place into slow cooker.

Approximate cooking times for well done:

LOW 2-2 ½ hours per 500g

HIGH 1-1 ½ hours per 500g

Roasting Chicken

Wash and pat dry chicken. Place a quartered lemon, 3 cloves garlic and some sprigs of thyme into the cavity of the chicken. Season with salt and pepper and a little paprika.

Approximate cooking times:

LOW 2-2 ½ hours per 500g

HIGH 1-1 ½ hours per 500g

Tip: For a more golden colour chicken simply brown in a frying pan before placing into the slow cooker.

Corned Beef

Serves 6-8

1.2kg corned silverside

1 onion, chopped

10 peppercorns

2 bay leaves

2 tablespoons brown sugar

1. Place silverside into slow cooker; fill with enough water to just cover. Add remaining ingredients.
2. Cover and cook on LOW 8-10 hours or HIGH for 4-6 hours.
3. Serve with mashed potatoes and steamed vegetables.

Recipes continued

Spanish Chicken with Capsicums

Serves 4-6

- 2 tablespoons olive oil
- 6 thigh chicken cutlets, fat and skin removed
- 2 red onions, sliced
- 3 cloves garlic, crushed
- 1 ½ teaspoons smoked paprika
- 1 red capsicum, seeds removed, sliced
- 1 yellow capsicum, seeds removed, sliced
- ¼ cup white wine
- ½ cup tomato passata
- ⅓ cup pitted kalamata olives, sliced
- 6 artichoke hearts, quartered
- ⅓ cup chopped fresh parsley

1. Heat half the oil in a large non-stick frying pan. Cook chicken in batches until brown. Transfer to slow cooker.
2. Heat remaining oil and cook onions for 2-3 minutes or until softened. Add garlic, paprika and capsicum and cook, stirring for 1 minute. Add to slow cooker with white wine and tomato passata. Cover and cook on HIGH 3-4 hours or LOW 6-7 hours.
3. Stir in olives, artichokes and parsley just before serving.
4. Serve chicken with crusty bread.

Indonesian Chicken Curry

Serves 4-6

- 6 thigh chicken cutlets, fat and skin removed
- ¼ cup flour
- ¼ cup peanut oil
- 1 large onion, sliced
- 3 cloves garlic, crushed
- 3 teaspoons grated fresh ginger
- 1 long red chilli, seeds removed, thinly sliced
- 1 lemongrass, stem finely chopped
- 1 teaspoon ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon salt
- 400g kumara (sweet potato), peeled, diced
- 1 ⅓ cups coconut milk
- 100g green beans, trimmed, cut into 3cm pieces
- coriander leaves, to serve

1. Dust chicken in flour, shaking off excess flour. Heat half the oil in a large non-stick frying pan. Cook chicken in batches until brown. Transfer to a plate.
2. Heat remaining oil and cook onion for 2-3 minutes or until softened. Add garlic, ginger, chilli, lemongrass, and spices; cook, stirring for 1 minute.
3. Place kumara into the base of slow cooker and top with chicken, onion mixture and coconut milk. Cook on HIGH 3-4 hours or LOW 6-8 hours.
4. Add beans in the last half hour of cooking.
5. Serve chicken with coriander and steamed jasmine rice.

Recipes continued

Chicken, Mustard and Sage Casserole

Serves 4-6

- 8 thigh chicken cutlets, fat and skin removed
- ¼ cup plain flour
- ¼ cup olive oil
- 2 large leeks, washed and sliced thickly
- 2 cloves garlic, crushed
- 1 cup dry white wine
- 600g baby new potatoes, halved
- 1 cup chicken stock
- Zest of one lemon
- 2 tablespoons Dijon mustard
- Salt and pepper
- 8 sage leaves, whole
- 2 tablespoons chopped fresh sage

1. Dust chicken in flour, shaking off excess flour. Heat half the oil in a large non-stick frying pan. Cook chicken in batches until brown. Transfer to a plate.
2. Heat remaining oil in frying pan, cook leek and garlic for 3-4 minutes or until leeks have softened. Add wine and cook until reduced by half.
3. Place potatoes into the base of slow cooker and top with chicken and leek mixture. Add remaining ingredients, except chopped sage. Cover and cook on HIGH 3-4 hours or LOW 6-8 hours.
4. Season to taste and sprinkle with sage. Serve with crusty bread.

Lamb Roast with White Beans and Parsley Sauce

Serves 4-6

- 1.2-1.4kg lamb roast, easy carve
- 1 clove garlic, cut into slivers
- 2 sprigs fresh rosemary, cut in pieces
- 1 tablespoon olive oil
- 20g butter
- 1 large onion, sliced
- 1 x 400g can butter beans, rinsed, drained
- ¼ cup chopped fresh parsley
- ½ cup chicken stock
- salt and pepper

1. Make small incisions all over lamb with a very sharp knife, then stuff each with a sliver of garlic and a sprig of rosemary.
2. Heat oil in a large frying pan, cook lamb until browned all over. Remove from pan and transfer to slow cooker.
3. In the same pan, add butter and cook onion 1-2 minutes or until softened, place in slow cooker with remaining ingredients. Season with salt and pepper.
4. Cover and cook on HIGH 3-4 hours, or LOW 6-8 hours.
5. Remove meat from slow cooker, and rest for 10 minutes before carving. Serve slices of lamb with beans and parsley sauce.

Recipes continued

Lamb Tagine

Serves 4

- 2 tablespoons olive oil
 - 4-6 (depending on size) lamb shanks, fat trimmed
 - 1 medium onion, sliced thinly
 - 1 clove garlic, crushed
 - 1 tablespoon Moroccan dried spice mix
 - 1 tablespoon tomato paste
 - 400g kumara (sweet potato), peeled, diced
 - 2 medium tomatoes, chopped
 - ¼ cup chicken stock
 - 1 x 300g can chickpeas, rinsed, drained
 - 1 cinnamon stick
 - 2 cardamom pods, cracked
 - Salt and pepper to taste
 - ½ cup fresh coriander, roughly chopped
 - Cous cous, to serve
1. Heat oil in a large frying pan over medium high heat, cook lamb shanks in batches for 3-5 minutes or until evenly brown all over. Transfer to a plate.
 2. Reduce heat, and add onion and garlic to frying pan and cook for 2-3 minutes or until onion has softened. Add spice mix and cook until fragrant. Stir through tomato paste.
 3. Place kumara into the base of slow cooker and top with lamb and onion mixture and remaining ingredients, except coriander. Cover and cook on HIGH 3-4 hours or LOW 6-8 hours.
 4. Season with salt and pepper and stir through chopped coriander, serve with cous cous.

Veal Goulash

Serves 4-6

- 1.2kg veal, cut into 2cm pieces
 - ¼ cup flour
 - ¼ cup olive oil
 - 2 onions, chopped
 - 3 cloves garlic, crushed
 - 2 tablespoons Hungarian sweet paprika
 - ½ teaspoon cayenne pepper
 - 2 potatoes, peeled, diced
 - 1 cup beef stock
 - 2 tablespoons tomato paste
 - 2 bay leaves
 - salt and freshly ground black pepper
1. Dust veal in flour, shaking off excess flour.
 2. Heat half the oil in large non-stick frying pan. Cook veal in batches until brown. Transfer to a plate.
 3. Heat remaining oil and cook onion for 2-3 minutes or until softened. Add garlic, paprika and cayenne pepper and cook, stirring for 30 seconds.
 4. Place potatoes in base of slow cooker. Add veal and remaining ingredients to slow cooker. Cover and cook on HIGH 3-4 hours or LOW 6-8 hours.
 5. Serve with hot pasta.

Recipes continued

Family Beef Casserole with Semi Dried Tomatoes

Serves 6-8

- 1.5kg chuck or round steak cut into 2cm cubes
- 1/3 cup flour
- 2 tablespoons olive oil
- 1 bunch spring onions, stalk trimmed, peeled and left whole
- 2 cloves garlic, crushed
- 2 large carrots, diced
- 3 celery stalks, sliced
- 2 tablespoons tomato paste
- 1/3 cup red wine
- 2/3 cup semi dried tomatoes
- 1 tablespoon chopped fresh thyme
- 2 bay leaves
- Salt and freshly ground black pepper

1. Dust beef in flour, shaking off excess flour. Heat half the oil in a large frying pan and cook beef in batches until brown. Transfer to slow cooker.
2. Heat remaining oil and cook onion and garlic for 1-2 minutes or until onion is softened. Add carrots, celery and tomato paste and cook for a further 3 minutes.
3. Add wine and allow alcohol to evaporate and liquid to reduce slightly.
4. Place vegetables and remaining ingredients in slow cooker. Stir through. Cover and cook on HIGH 3-4 hours or LOW 5-6 hours.
5. Season to taste and serve hot with mashed potatoes or thick sliced Italian bread.

Pork with Prunes and Apricots

Serves 6

- 1.2kg roast leg pork
- 1 tablespoon olive oil
- 2 onions, cut into wedges
- 3 cloves garlic, crushed
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/3 cup orange juice
- 1/3 cup tomato passata
- 1/2 cup chicken stock
- 1 tablespoon tomato paste
- 150g pitted prunes
- 100g dried apricots

1. Place pork into slow cooker. Heat oil in a large non-stick frying pan. Cook onions for 2-3 minutes or until softened. Add garlic, cumin and coriander and cook, stirring for 30 seconds.
2. Add to slow cooker with remaining ingredients. Cover and cook on HIGH 4 hours or LOW 6-8 hours.
3. Transfer pork to a plate, cover with foil and stand for 10 minutes before slicing.
4. Serve pork with sauce and steamed cous cous.

Recipes continued

Dhal

Serves 4-6

- 1 ½ tablespoons vegetable oil
 - 1 large onion, finely chopped
 - 2 cloves garlic, crushed
 - 3 teaspoons ground cumin
 - 1 teaspoon cumin seeds
 - 2 teaspoons black mustard seeds
 - ¼ cup tomato paste
 - 3 cups red lentils
 - 1 ½ cups vegetable stock
 - 3 cups water
 - 1 x 400g can chopped tomatoes
 - 2 baby eggplants, roughly chopped
 - salt to taste
1. In a large frying pan, heat oil over medium heat. Add onion and garlic and cook, for 2-3 minutes or until onion is softened.
 2. Add dried spices and cook a further 1 minute, or until spices are fragrant. Stir through tomato paste and cook for 2 minutes. Place in slow cooker.
 3. Rinse lentils in water, until water runs clear. Put in slow cooker with remaining ingredients, except salt and stir well to combine all ingredients.
 4. Cook on HIGH 1-2 hours or LOW 4-5 hours.
 5. Season to taste, serve hot.

Ratatouille

Serves 4

- 1 large onion, chopped
 - 2 cloves garlic, crushed
 - 2 tablespoons tomato paste
 - 1 large eggplant, cut into 3 cm dice
 - 2 zucchinis, sliced into 1 cm rings
 - 1 medium red capsicum, deseeded and chopped into 3 cm pieces
 - 1 medium green capsicum, deseeded and chopped into 3 cm pieces
 - 2 x 400g can chopped tomatoes
 - 2 tablespoons chopped fresh thyme
 - Salt and freshly ground black pepper
1. Place all ingredients except salt and pepper in slow cooker. Cover and cook on HIGH 2-3 hours or LOW 5-6 hours.
 2. When ready to serve, season to taste.

Recipes continued

Potato Bake with Creamy Bacon Sauce

Serves 6-8

- 1 tablespoon olive oil
 - 2 leeks, trimmed, washed, thinly sliced
 - 175g bacon, diced
 - 1.5kg potatoes (Sebago), peeled, thinly sliced
 - 2 cups pouring cream
 - 1 tablespoon dijon mustard
 - ¼ cup milk
 - Salt and freshly ground black pepper
 - ¾ cup grated parmesan cheese
1. Heat oil in a large non-stick frying pan. Cook leek and bacon for 2-3 minutes or until leek is soft and bacon is slightly browned.
 2. Place a third of potatoes in slow cooker. Layer with half the leek and bacon mixture. Repeat, finishing with potatoes.
 3. Combine cream, mustard, milk, salt and pepper in a jug. Pour over potatoes. Sprinkle with cheese. Cover and cook on HIGH for 3 hours. Stand for 30 minutes before serving.

Balsamic Glazed Beetroots

Serves 6

- 4 bunches small beetroots (about 16)
 - 2 tablespoons water
 - 2 tablespoons balsamic vinegar
 - 1 teaspoon dried mixed herbs
 - 2 cloves garlic, crushed
 - 1 tablespoon finely chopped dill
 - sour cream, to serve
1. Wash beetroots, peel and cut in halves or quarters.
 2. Place beetroot, water, balsamic vinegar, herbs and garlic in slow cooker.
 3. Cover and cook on HIGH for 3 hours.
 4. Serve beetroot with juice, chopped dill and sour cream.

Recipes continued

Crème Caramel

Serves 4

- ½ cup caster sugar
- 2 tablespoons water
- 3 eggs
- 2 egg yolks
- ⅓ cup caster sugar, extra
- 250ml milk
- 200ml pouring cream
- 1 vanilla bean, seeds scraped

1. Turn slow cooker to HIGH and add 2 cups hot water.
2. Lightly spray 4 x 1 cup metal moulds with cooking spray.
3. Combine sugar and water in a small saucepan. Stir over low heat until the sugar has dissolved. Increase heat; boil without stirring, until the toffee turns a golden colour. Remove from heat, once the bubbles have subsided, pour into moulds. Allow to cool.
4. Beat eggs and sugar until light and creamy.
5. Heat milk, cream, vanilla bean and seeds until almost boiling. Whisk hot milk into egg mixture. Pour mixture through a strainer.
6. Pour mixture into moulds. Place in slow cooker. Turn slow cooker to LOW and cook for 1 hour or until just set. Remove from slow cooker and refrigerate for several hours.
7. To remove, carefully run a thin knife or spatula around edge of custard. Invert onto a serving dish.

Chocolate Self-Saucing Pudding

Serves 4

- 100g unsalted butter, melted
- ½ cup milk
- 1 egg
- 1 cup self-raising flour
- 2 tablespoons cocoa
- ½ cup caster sugar

Topping:

- 2 tablespoons cocoa
 - 1 cup firmly packed brown sugar
 - 2 cups boiling water
1. In a mixing bowl, combine butter, milk and egg.
 2. In a separate large bowl, sift flour and cocoa together and mix in the sugar.
 3. Gradually add the wet ingredients into the flour mixture and mix well. Spoon into a 6 cup capacity pudding bowl, and place in the slow cooker. No water is needed around bowl.
 4. Combine the cocoa and brown sugar together, sprinkle over the top of pudding. Carefully pour boiling water over the mixture.
 5. Cover and cook on HIGH 3 ½ hours or LOW 5-6 hours.
 6. Serve hot with ice cream or custard.

Recipes continued

Creamy Coconut Vanilla Rice

Serves 6

- 1 cup medium grain rice (such as calrose)
- $\frac{3}{4}$ cup brown sugar
- 2 vanilla beans, split
- 4 cups milk
- 270ml can coconut cream

- 1 Place rice, sugar, vanilla and milk in slow cooker. Cover and cook on HIGH 3 $\frac{1}{2}$ hours, stirring 2-3 times.
2. Stir in coconut cream. Cover and cook on LOW for a further 30 minutes.
3. Serve with fresh berries, if desired.

Poached Pears in Red Wine and Star Anise

Serves 4-6

- 1 $\frac{1}{2}$ cups dry red wine
- $\frac{3}{4}$ cup sugar
- 3 star anise
- 6 medium pears, peeled
- 3 thick strips lemon rind

1. Preheat slow cooker for 10 minutes on HIGH.
2. Place wine, sugar and star anise into the slow cooker. Cover and cook on HIGH until sugar is dissolved.
3. Place pears into the slow cooker, turning to coat well with sugar syrup. Add lemon peel, cover and cook on HIGH 1 -1 $\frac{1}{2}$ hours or LOW 3-4 hours, turning occasionally to coat.
4. To serve, remove pears from the slow cooker and place onto a serving plate. Pour syrup over pears. Serve with ice cream if desired.

Recipes continued

Spiced Rhubarb and Berry Compote

Serves 4-6

- 2 bunches of rhubarb
- 500g frozen mixed berries
- $\frac{3}{4}$ cup sugar
- 1 cinnamon quill
- 3 whole cloves
- 1 teaspoon grated orange rind

1. Discard leaves from rhubarb. Wash stalks thoroughly and cut into 2cm pieces.
2. Combine all ingredients in the slow cooker.
3. Cover and cook on LOW 3-4 hours.
4. Serve hot with ice cream or with your favourite pudding.

Steamed Christmas Pudding

Serves 8

- 500g mixed dried fruit
- $\frac{1}{2}$ cup brown sugar, firmly packed
- 90g butter or margarine
- $\frac{1}{3}$ cup sherry or brandy
- $\frac{1}{2}$ teaspoon bi-carbonate of soda
- 2 eggs, lightly beaten
- 1 cup self raising flour
- $\frac{1}{2}$ teaspoon mixed spice

1. In a saucepan, combine mixed fruit, brown sugar, butter and sherry. Heat until butter is melted and mixture begins to boil.
2. Remove from heat, add bi-carbonate of soda and allow to cool completely.
3. Grease a 6 cup capacity pudding bowl.
4. Add eggs to the cooled mixture and mix until well combined. Fold through flour and spices.
5. Pour mixture into the prepared bowl, cover with a double layer of foil and tie firmly with string to form a good seal.
6. Place into the slow cooker. Pour in sufficient water to come two thirds of the way up the sides of the pudding bowl. Cover and cook on HIGH for 5-7 hours.
7. Re-heat pudding by cooking pudding in water on HIGH for 2-3 hours prior to serving. Serve with brandy custard.

Notes

Notes

12 Month Replacement Guarantee

In the unlikely event that this appliance develops any malfunction within 12 months of purchase (3 months commercial use) due to faulty materials or manufacture, we will replace it for you free of charge.

Should you experience any difficulties with your appliance, please phone our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

Your Sunbeam 12 Month Replacement Guarantee naturally does not cover misuse or negligent handling, and excludes breakables such as glass or ceramic items and normal wear and tear.

Similarly, your 12 Month Replacement Guarantee does not cover damage to household surfaces as a result of water or other substances leaking from your appliance, nor does it cover freight costs.

In Australia, this guarantee is additional to the conditions and guarantees which are mandatory as implied under the Trade Practices Act 1974 and State and Territory legislation.

Should your appliance require repair or service after the guarantee period, contact your nearest Sunbeam service centre.

For a complete list of Sunbeam's authorised service centres visit our website or call:

Australia

www.sunbeam.com.au

1300 881 861

New Zealand

www.sunbeam.co.nz

0800 786 232

Need help with your appliance?


Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

In Australia

Visit www.sunbeam.com.au
Or call 1300 881 861

In New Zealand

Visit www.sunbeam.co.nz
Or call 0800 786 232

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