

*Sunbeam*

# SecretChef™ Sear and Slow Cooker

Electronic, All-in-One Sear and Slow Cooker 5.5L

Instruction/Recipe Booklet

HP8555

Please read these instructions carefully  
and retain for future reference.



# Contents

<b>Sunbeam's Safety Precautions</b>	<b>1</b>
<b>Features of your SecretChef Sear and Slow Cooker</b>	<b>2</b>
<b>The Control Panel</b>	<b>4</b>
<b>Mode settings</b>	<b>5</b>
<b>Using your SecretChef in the Slow Cook mode</b>	<b>6</b>
<b>Using your SecretChef in the Browning mode</b>	<b>7</b>
<b>Care and Cleaning</b>	<b>8</b>
<b>Hints and Tips</b>	<b>9</b>
<b>Recipes</b>	<b>11</b>

## 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 anlaşıldığından 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 unit on an inclined surface
- Do not move or cover the unit whilst in operation
- Do not immerse the base of the unit in water or any other liquid
- Use your unit well away from walls and curtains, and don't use in confined spaces.
- Do not touch any metal surface of the unit whilst in use as it will be hot.
- Use handles and oven mitts to move the unit, the pan and the lid when hot.
- Use only the supplied aluminium pan inside the unit, and the supplied lid.
- Do not plug in or switch on the unit without having the aluminium pan inside the slow cooker unit.
- Do not place food or liquid inside the unit. Only place inside the aluminium pan.
- Do not operate the unit without food or liquid in the pan.
- Do not use the pan on the stovetop, inside a microwave oven or inside an oven.

**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.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- 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.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

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

# Features of your Sunbeam HP8555 SecretChef Sear and Slow Cooker

## Tempered Glass Lid

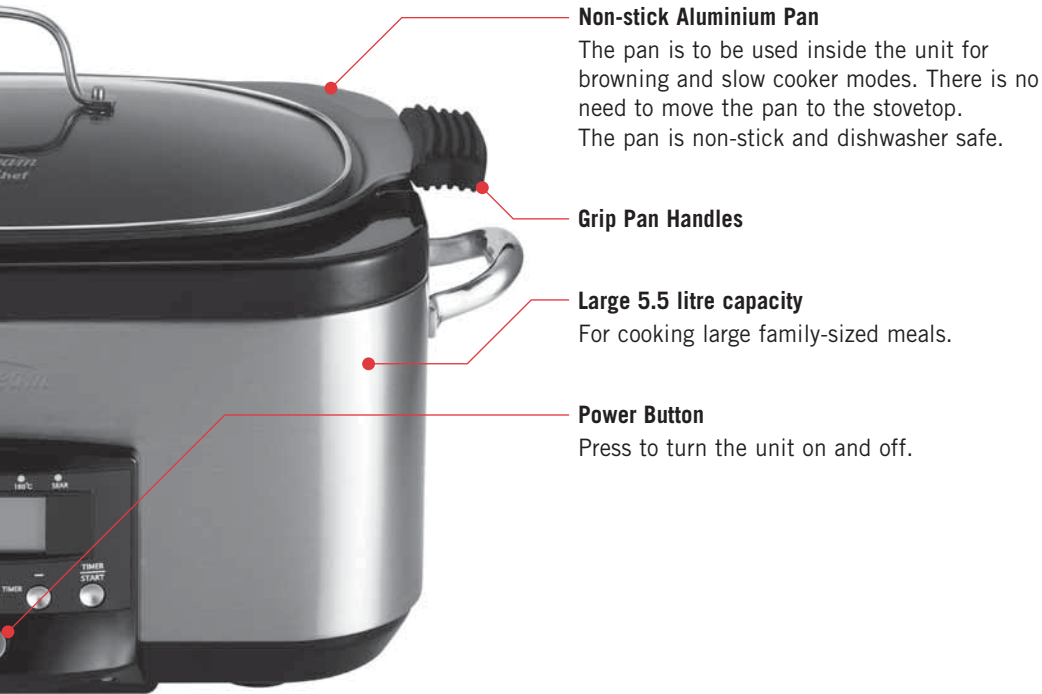
The glass lid allows you to view the food during slow cooking without lifting the lid, preventing the heat from escaping.

## Control Panel

## Non-slip feet

Keeps the unit secure on the bench top during use and prevents scratching of bench top surfaces.





**Non-stick Aluminium Pan**

The pan is to be used inside the unit for browning and slow cooker modes. There is no need to move the pan to the stovetop. The pan is non-stick and dishwasher safe.

**Grip Pan Handles**

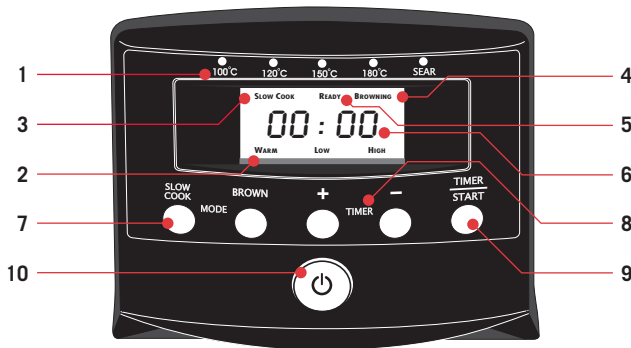
**Large 5.5 litre capacity**

For cooking large family-sized meals.

**Power Button**

Press to turn the unit on and off.

# The Control Panel



The control panel on the SecretChef Sear and Slow Cooker is designed to ensure easy use and to make cooking a pleasure. Choose from the two cooking modes – Slow Cook or Browning. Adjust your temperature setting, adjust your timer setting and you're cooking.

## 1. Browning mode cooking temperatures

The browning mode or frypan mode has five heat settings 100°C, 120°C, 150°C, 180°C and 'Sear'. A red light illuminates above the set temperature for the BROWN mode only. Scroll through the temperature settings available by pressing the BROWN button.

## 2. Slow Cook mode cooking temperatures

The Slow Cook mode has three convenient heat settings – LOW, HIGH and WARM. Scroll through the settings available by pressing the SLOW COOK button.

## 3. Slow Cook indicator

SLOW COOK will display in the LCD screen when the SLOW COOK mode is selected.

## 4. Brown indicator

BROWNING will display in the LCD screen when the BROWN mode is selected.

## 5. Ready indicator

In the BROWN mode, the pan needs to heat up to reach your desired selected temperature. When this temperature is reached READY will display in the LCD screen to show the pan is ready for use.

## 6. Timer display

Will show the remaining time in the cooking modes, or elapsed time in the KEEP WARM mode.

## 7. Mode buttons

Press either the SLOW COOK or the BROWN mode for your desired cooking style.

## 8. Timer buttons

Press + or – to change the cooking time.

## 9. Timer/ Start button

Press this button to START the selected cooking mode once all settings have been chosen. **For the BROWN mode, once READY displays in the LCD screen to indicate your desired temperature has been reached, press START to start the countdown.**

## 10. Power button

Press to turn your SecretChef ON or OFF. Always unplug your unit when cooking is finished.

# Mode Settings

The SecretChef has two cooking modes, Slow Cook or Browning.

## **Slow Cooking**

Slow Cooking achieves flavour filled meals, and tender moist meats cooked to perfection. As the name suggests, meals are cooked over a long period of time. Slow Cooking provides healthy, simple and economical cooking.

It requires minimal supervision, short preparation times and quick clean up times.

The Slow Cook mode has three convenient heat settings – LOW, HIGH and WARM. Scroll through the settings available by pressing the SLOW COOK button.

**LOW Setting.** This is suitable for simmering and slow cooking.

**HIGH Setting.** This is for faster cooking. Typically 1 hour on HIGH = approximately 2 - 2.5 hours on LOW.

**KEEP WARM Setting.** When cooking time is completed, the SecretChef automatically switches to the Keep Warm setting to prevent overcooking and to keep your cooked food warm until serving - perfect for busy families, those on the run and those who need flexible meal times. This setting is not hot enough to cook, and should only be used to keep hot, cooked food warm for serving.

## **Browning**

The Browning or Frypan mode has five heat settings 100°C, 120°C, 150°C, 180°C and 'Sear', making the SecretChef an ideal everyday multifunctional cooker. On the browning mode you can change the heat setting depending on the food that you are cooking, and your style of cooking. Use it to boil, shallow fry, stir fry, sauté and of course even sear. Browning meat prior to slow cooking not only gives your food great colour, it also seals in the juices and flavours and keeps the meat tender.

Scroll through the heat settings available by pressing the BROWN button.

# Using your SecretChef in the Slow Cook mode

1. Before using your SecretChef for the first time, remove the aluminium pan and lid and wash them in warm soapy water.
2. Place the SecretChef on a flat, level surface.
3. Plug in the unit. The indicator lights and the LCD screen will illuminate for 3 seconds and then the unit will switch to stand-by mode. The display will show 00:00 and the LCD back light will turn off.
4. Press the Power button to turn on the unit. The LCD will illuminate indicating that the unit is ready for you to enter your desired settings.

**Note:** If you do not press any buttons within 1 minute the unit will sound 5 short beeps 3 times and will enter the stand-by mode again. The display will show 00:00 and the LCD back light will turn off.

5. Select your desired slow cooking heat setting by pressing the SLOW COOK button according to the following chart.

SLOW COOK BUTTON	HEAT	DEFAULT TIME	MIN TIME	MAX TIME
Press Once	HIGH	04:00	02:00	08:00
Press Twice	LOW	08:00	04:00	20:00
Press 3 Times	KEEP WARM	NO TIME SETTING - MAX 08:00		

6. Press the Timer + or – buttons to set your desired cooking time. Each button press will adjust the time by 30 minutes.
7. Once you have selected the desired cooking HEAT setting and TIME, **press the START button to activate the program.** During the cooking process the SLOW COOK indicator will be shown on the LCD screen, along with the selected HEAT setting and remaining cooking TIME.

**Note:** If you do not press the START button within 1 minute the unit will sound 5 short beeps 3 times and will enter the stand-by mode again. The display will show 00:00 and the LCD back light will turn off.

8. It's a good idea to monitor your cooking results throughout the cooking cycle by viewing through the lid rather than removing the lid (causing heat loss). Different cuts and thickness of meats and vegetables can vary cooking times.
9. After the set time has elapsed, the LCD screen will display 00:00 and the unit will sound 5 long beeps before automatically switching to the KEEP WARM mode.

**Note:** The unit will not switch to KEEP WARM mode if the maximum slow cooking time of 20 hours was selected. The maximum combined COOK/ KEEP WARM cooking time is 20 hours. For example, if the SLOW COOK time selected was 16 hours, the maximum KEEP WARM time would be 4 hours.



# Using your SecretChef in the Browning mode

1. Before using your SecretChef for the first time, remove the aluminium pan and lid and wash them in warm soapy water
2. Place the SecretChef on a flat, level surface.
3. Plug in the unit. The indicator lights and the LCD screen will illuminate for 3 seconds and then the unit will switch to stand-by mode. The display will show 00:00 and the LCD back light will turn off.
4. Press the Power button to turn on the unit. The LCD will illuminate indicating that the unit is ready for you to enter your desired settings.

**Note:** If you do not press any buttons within 1 minute the unit will sound 5 short beeps 3 times and will enter the stand-by mode again. The display will show 00:00 and the LCD back light will turn off.

5. Press the BROWN button once and the LCD will display BROWNING in the upper right corner. The red light above 100°C will illuminate. Continue to press the BROWN button to cycle through all the temperature settings.
6. The LCD timer will show the default time of 00:20 (20 minutes). Press the Timer + or – buttons to adjust your cooking time to your desired setting. Each button press will adjust the time by 1 minute. Holding the + or – buttons for greater than 1 second will adjust the time in 10 minute increments.

**Note:** the minimum cooking time is 10 minutes, and the maximum cooking time is 2 hours.

7. When the selected temperature is reached, the READY indicator will show in the LCD screen.

**8. Once READY appears press START to begin the countdown TIMER. The READY indicator will turn off and the TIMER will start.**

**Note:** As a safety measure, if the START button is not pressed after the PREHEAT has completed and the READY indicator appears in the LCD screen the unit will keep the current set temperature for 1 hour and will then switch to stand-by mode.

9. After the set time has elapsed, the LCD will display 00:00 and the unit will sound 5 long beeps before automatically switching to KEEP WARM mode.

**Note:** For better browning results, do not use the lid on the browning mode.

# Power Interruption Protection

Your SecretChef has a 1 minute Power Interruption Protection that protects the program memory in the advent of power surges, or short term power failure (black-out). If there is a power interruption of not

greater than 1 minute during your cooking, the machine retains the settings programmed into the control panel and will continue cooking when the power supply returns.

## Care and Cleaning

Do not immerse the SecretChef housing in water or any other liquid.

Turn the SecretChef off and unplug from the wall outlet. Allow the unit to completely cool before cleaning.

Do not use the aluminium pan on the stovetop, inside a microwave oven or inside an oven. Use the aluminium pan only inside the SecretChef unit.

Do not use metal knives or utensils on the pan surface.

Wash the aluminium pan and lid in hot soapy water. To remove food that is cooked onto the bottom, soak the pan in warm water before cleaning. Rinse well and dry. The aluminium cooking pan and the lid are dishwasher safe for added convenience.

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

# Hints and Tips

- **When in Browning mode, always remember to press START after the pan has pre-heated and displays "READY", even if you don't need the timer.**
- The Browning mode assists you in your slow cooking by allowing you to sear meat and vegetables at the beginning, but also allows you to thicken sauces and make gravies at the end.
- To thicken a casserole at the end of cooking, set the Browning mode to SEAR and stir through a little cornflour combine with water. Allow to simmer, stirring until thickened.
- Your SecretChef is not only great for soups, casseroles, curries, stews and roasts, but also great for breakfasts, puddings, desserts and most of your other favourite recipes.
- To boil water, set your SecretChef to 120°C with the lid on.
- Slow Cooking is perfect for the cheaper, tough cuts of meats, as the lengthy cooking process tenderises these cuts.
- When in Slow Cooker mode, the SecretChef does not recover lost heat quickly. So only lift the lid if necessary or if instructed to do so in the recipe.
- It's a good idea to monitor your cooking results throughout the cooking cycle by viewing through the lid rather than removing the lid (causing heat loss). Different cuts and thickness of meats and vegetables can vary cooking times.
- It is not uncommon for meat to cook faster than root vegetables. It is for this reason that we recommend chopping all vegetables to a similar small size. Meat can be cut into larger chunks because if it is cut too small, it will break up once cooked and tenderised.
- Slow Cooking prevents evaporation, resulting in the flavours and juices being maintained. Keep this in mind when creating your own recipes, as you may not require as much liquid as you would when using other cooking methods.
- Don't be scared to experiment with your SecretChef. With your SecretChef, there are a myriad of possibilities.

## Roasts

- With your SecretChef, you can roast a whole chicken as well as whole pieces of meat, such as lamb, beef, veal and pork.
- Roasts can be cooked without the addition of liquid as they will release juices while cooking. These juices are great to make sauces and gravies.
- To make a sauce or gravy with the roast juices, remove the meat and cover with foil to keep warm. Set the Browning mode to SEAR and stir through some cornflour mixed with a little water. Allow to simmer, stirring until thickened. You can also add some stock or wine to stretch the gravy a little further and add great flavour.
- Do not use oven bags in the SecretChef.
- Roasting in the Slow Cooker will not brown your meat or chicken, as roasting in an oven does. If you want your roast to be golden, we recommend using the browning mode to sear the meat first.
- Leftover roast makes great sandwiches the next day. Try the caramelised onion or tomato chutney recipe and make burgers with the leftovers!

## Hints and Tips continued

### Roasting Meat (such as beef, lamb and veal)

To get the best roasting results, we recommend sealing your meat first. Trim away any excess fat. Rub the meat with a little oil and season with salt and pepper (or any other flavourings or spices you wish to use). Set the Browning mode to SEAR, and when pre-heated, cook meat for a few minutes on each side. Set the Slow Cooker mode to LOW or HIGH and cook for the appropriate time.

Approximate cooking times for well done:

LOW 2 hours per 500g

HIGH 1 hour per 500g

**Note:** Unlike roasting in your oven, meat cooked to well done in the slow cooker will still be very tender.

### Roasting Chicken

Wash the chicken in cold running water and pat dry with an absorbent paper towel. Rub with a little olive oil and season all over with salt and pepper (or any other spices you wish). Set the Browning mode to SEAR, and when pre-heated, cook the chicken for a few minutes on each side until golden. Set the Slow Cooker mode to LOW or HIGH and cook for the appropriate time.

Approximate cooking times:

LOW 2 hours per 500g

HIGH 1 hour per 500g

**Note:** Ensure chicken is cooked all the way through by inserting a skewer or knife into the meatiest part of the chicken. The juices will be clear when the chicken is cooked through. If the juices are pink, a little more cooking is required.

### Stocks

- Many slow cooker recipes use stock as part of the ingredients. A good stock is also the base of a great soup. Stocks can be bought at supermarkets; however, nothing beats the flavour of a homemade stock.
- Making your own stock is a great way to use up bones or carcasses that would normally be thrown away.
- There is no need to peel your vegetables when making a stock. Just ensure you wash them well before use.
- Fresh made stock will keep in the refrigerator for up to 4 days, but can be frozen for up to 3 months.
- Always label and date your stock before storing. It's a good idea to freeze stock in portioned sizes. So for example if you generally use stocks in stews, casseroles, curries etc, then freeze your stock in 1 cup portions. If you tend to use your stock more for gravies and sauces, then freeze it in smaller  $\frac{1}{4}$  cup portions or even in ice cube trays, so that you don't need to defrost large quantities at a time.
- To remove the excess fat, place the stock in the fridge overnight, then skim the solidified fat from the surface.

# Recipes

All the recipes have been specifically created and tested by our Sunbeam Test Kitchen for the SecretChef. We hope you enjoy.

## **Chicken Stock**

**Makes 2.5 litres**

- 2 chicken carcasses
- 2 onions, chopped
- 2 celery stalks, chopped
- 2 carrots, chopped
- 4 bay leaves
- 2 teaspoons black peppercorns
- 1 bunch parsley stems
- 2.5 litres water
- Salt to taste

1. Place all ingredients in the pan. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
2. Strain; discard solids. Cool; store in an airtight container in the fridge or freezer.

## **Fish Stock**

**Makes 2.5 litres**

- 1kg fish bones
- 1 onion, chopped
- 1 celery stalk
- 2 bay leaves
- 1 teaspoon black peppercorns
- 2.5 litres water
- Salt to taste

1. Place all ingredients in the pan. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
2. Strain; discard solids. Cool; store in an airtight container in the fridge or freezer.

## Recipes continued

### **Beef Stock**

**Makes 2.5 litres**

- 1 tablespoon oil
- 1.5kg meaty beef bones
- 1 onion, chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 2 bay leaves
- 1 teaspoon black peppercorns
- 2.5 litres water
- Salt to taste

1. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, press START. Cook the beef bones in batches until browned. Add the remaining ingredients to pan.
2. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
3. Strain; discard solids. Cool; store in an airtight container in the fridge or freezer.

### **Vegetable Stock**

**Makes 2.5 litres**

- 4 onions, chopped
- 2 carrots, chopped
- 2 parsnips, chopped
- 5 celery stalks, chopped
- 1 bunch parsley
- 4 bay leaves
- 2 teaspoons black peppercorns
- 2.5 litres water
- Salt to taste

1. Place all ingredients in the pan. Place the lid on. Using the Slow Cooker mode, cook on LOW for 6 hours or HIGH for 3 hours.
2. Strain; discard solids. Cool; store in an airtight container in the fridge or freezer.

# Recipes continued

## Tomato Chutney

Makes 3 cups

10 (1.5kg) ripe tomatoes, peeled, finely chopped

1 large onion, finely chopped

¼ cup sultanas

1 ½ cups apple cider vinegar

¼ teaspoon chilli powder

½ teaspoon ground cumin

½ teaspoon ground coriander

1 teaspoon mustard powder

1. Using the Browning mode, heat the oil on 150°C. When pre-heated and READY appears in the LCD screen, set your timer for 1 hour and press START. Add all ingredients to the pan. Allow to cook, uncovered, stirring occasionally until thick and most of the liquid has evaporated.

2. Season well with salt and pepper. Pour chutney into hot sterilised glass jars and seal with preserving or plastic lids.

**Tip:** To peel tomatoes, using a sharp knife, remove the stem and place a small cross on the base of the tomato. Place in boiling water for 1 minute or until the skin just begins to peel away. Immediately remove from the boiling water and place in a bowl of ice cold water. You will then be able to easily pull the skin off with your fingers.

- To sterilise jars, place clean, glass jars, without any chips or cracks, in a large saucepan and cover with cold water. Place the lid on and bring to boil. Boil for 20 minutes. Remove the jars and stand upright on a heat-proof board. Do not dry, as their own heat will soon dry them.

## Caramelised Onions

Makes 2 cups

1 tablespoon olive oil

1.5kg brown onions, thinly sliced

¼ cup brown sugar

¼ cup balsamic sugar

1. Using the Browning mode, heat the oil on 150°C. When pre-heated and READY appears in the LCD screen, set your timer for 1 hour and press START.

2. Add onion to pan and cook, stirring occasionally until very soft (about 50 minutes). Add sugar and vinegar and cook for a further 10 minutes. Season to taste with salt and pepper.

**Tip:** Caramelised onions go great on steak, roasts and burgers.

## Recipes continued

### Chicken and Corn Soup with Herb Dumplings

Serves 4-6

- 2 teaspoons olive oil
- 2 celery stalks, finely chopped
- 1 onion, finely chopped
- 3 large potatoes, finely chopped
- 6 chicken thigh fillets, trimmed
- 2 corn cobs, husks removed
- 3 cup chicken stock
- 3 cups water

Dumplings:

- $\frac{3}{4}$  cup self-raising flour
- 2 tablespoons fresh white breadcrumbs
- 50g butter, melted
- $\frac{1}{4}$  cup chopped fresh herbs (such as parsley, thyme, chives)
- 2 tablespoons cold water

1. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Add celery and onion; cook, stirring, for about 2 minutes or until soft. Add potatoes, chicken, corn, stock and water.
2. Place the lid on. Using the Slow Cooker mode, cook on LOW for 6 hours or HIGH for 3 hours. In the final 30 minutes of cooking, remove the chicken and corn cobs and add the dumplings to the soup.
3. Using a sharp knife, remove the corn kernels from the cobs. Chop the chicken. Gently stir chicken and corn through the soup in the last 5 minutes of cooking.

Dumplings: To make dumplings, combine all ingredients in a bowl; season with salt and pepper. Add enough water to combine and shape into 12 balls.

**Note:** Serve immediately when dumplings are cooked, as they don't hold well on the Keep Warm setting.

### Pea and Ham Soup

Serves 4-6

- 2 onions, finely chopped
- 2 celery stalks, finely chopped
- 1 potatoes, finely chopped
- 500g split green peas, rinsed, drained
- 1kg smoked ham hock
- 2 bay leaves
- 3 thyme sprigs
- 5 cups water
- Crusty bread, to serve

1. Place all ingredients in the pan. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
2. Remove the ham hock from the soup. Pull away the skin and discard. Chop the meat and return to soup. Serve with crusty bread.



# Recipes continued

## Minestrone

Serves 4-6

- 2 teaspoons olive oil
- 1 clove garlic, crushed
- 200g prosciutto, chopped
- 1 celery stalk, finely chopped
- 1 carrot, finely chopped
- 1 zucchini, finely chopped
- 2 potatoes, cut into 2cm cubes
- 300g pumpkin, cut into 2cm cubes
- 800g can crushed tomatoes
- 6 cups chicken stock
- 1 cup Italian-style soup mix
- 1 cup shredded cabbage
- 1 cup macaroni or similar small pasta
- Shredded basil and parmesan cheese, to serve

1. Using the Browning mode, heat the oil on 150°C. When pre-heated and READY appears in the LCD screen, PRESS START. Add garlic, prosciutto, celery and carrot; cook, stirring, for about 15 minutes or until soft. Add the zucchini, potatoes, pumpkin, tomatoes, stock and soup mix.
2. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours. Add the cabbage and pasta in the final 30 minutes of cooking.
3. Serve minestrone topped with shaved parmesan and basil.

**Note:** Italian-style soup mix is a mixed bag of dried peas, beans and lentils. It can be bought from supermarkets.

## Spanish Chicken

Serves 4

- 1 tablespoon olive oil
- 8 chicken drumsticks
- 2 chorizos, sliced
- 1 red capsicum, thinly sliced
- 1 red onion, thinly sliced
- 1 clove garlic, crushed
- 2 teaspoons paprika
- 1 orange, rind finely grated, juiced
- 400g can crushed tomatoes
- ½ cup chicken stock
- ⅓ cup pitted black olives
- ⅓ cup chopped parsley
- Crusty bread, to serve

1. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the chicken, in batches until browned. Remove from pan. Add chorizo, capsicum and onion; cook, stirring occasionally until soft. Add the garlic and paprika and stir until fragrant. Add rind, juice, tomatoes and stock.
2. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
3. Stir through the olives and parsley; serve with crusty bread.

## Recipes continued

### Roast Chicken

Serves 4

- 1.8kg whole chicken
- 2 tablespoons olive oil
- 2 teaspoons paprika
- 4 cloves garlic, peeled
- 4 sprigs thyme
- ¼ cup white wine
- 1 tablespoon cornflour

1. Wash the chicken in cold running water and pat dry with an absorbent paper towel. Rub with a little olive oil and season all over with paprika, salt and pepper. Place garlic and thyme inside the chicken cavity.
2. Using the Browning mode, heat the remaining oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the chicken, turning occasionally until browned.
3. Place the lid on. Using the Slow Cooker mode, cook on LOW for 7 ½ hours or HIGH for 3 ½ hours. Remove chicken from pan; cover to keep warm.
4. Strain the pan juices through a sieve. Discard any solids and return strained liquid to pan. Stir through combined wine and cornflour. Using the Browning mode set on SEAR, stir until mixture boils and thickens.
5. Serve chicken and gravy with salad or vegetables.

### Ricotta Stuffed Chicken

Serves 4

- ¼ cup pine nuts
- 200g fresh ricotta
- ¼ cup finely chopped semi-dried tomatoes
- 1 cup (30g) baby spinach, finely shredded
- 4 chicken marylands
- 1 tablespoons olive oil
- 1 cup chicken stock
- 1 tablespoon cornflour

Steamed vegetables, to serve

1. Using the Browning mode, heat on 150°C. When pre-heated and READY appears in the LCD screen, PRESS START. Add pine nuts and stir until toasted. Place in a bowl with ricotta, semi-dried tomatoes and spinach. Season with salt and pepper.
2. Slide your finger between the skin and the flesh of the chicken to make a pocket, leaving skin attached to chicken at the edges. Working with one clean hand to open pocket, force the stuffing into the pocket with your index finger.
3. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Add the stuffed chicken skin-side down; cook for 3 minutes or until browned. Turn chicken over, being careful not to lose the filling. Cook for a further 2 minutes. Add the stock.
4. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours. Remove the chicken from the pan and cover with foil to keep warm.
5. Using the Browning mode, set on SEAR, stir cornflour combined with 2 tablespoons of water into the liquid. Stir until mixture boils and thickens.
6. Serve chicken and sauce with steamed vegetables.

## Recipes continued

### Duck Ragu Pasta

#### Serves 4

- 4 duck breasts
- Juice and finely grated rind of 1 orange
- 2 garlic cloves, crushed
- 1 onion, finely chopped
- 1 green capsicum, finely chopped
- 1/3 cup red wine
- 800g can crushed tomatoes
- 1/2 cup chicken stock
- 2 bay leaves
- 1/2 cup chopped basil

Parpadelle pasta and parmesan, to serve

1. Remove the skin from the duck breast. Reserve one skin and discard the rest. Using the Browning mode, place the reserved skin in the pan and heat on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Add the duck breasts and season with salt and pepper; cook until browned. Remove duck from pan; discard skin.
2. Using the Browning mode, heat on 180°C. When pre-heated and READY appears in the LCD screen, PRESS START. Add garlic, onion and capsicum. Cook, stirring occasionally until soft. Return duck to pan with wine, tomatoes, stock and bay leaves.
3. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours. Remove the duck from the pan; shred meat. Return duck meat to pan and stir through basil. Season with salt and pepper.
4. Serve on parpadelle pasta with parmesan.

### Greek Roast Lamb

#### Serves 6

- 2kg leg of lamb
- 4 cloves garlic, sliced
- 3 sprigs rosemary, cut into 1cm lengths
- 1 lemon, halved
- 1 tablespoon olive oil
- 1/3 cup white wine
- 2 tablespoon cornflour

1. Using a small sharp knife, make incisions all over lamb. Insert a slice of garlic and a piece of rosemary into each incision. Rub lamb with lemon and season with salt and pepper.
2. Using the Browning mode, heat oil to SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook lamb, turning occasionally until browned all over. Add lemon to pan.
3. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours. Remove lamb from pan; cover to keep warm.
4. Strain juices in pan through a sieve. Discard any solids and return strained liquid to pan. Stir through combined wine and cornflour. Using the Browning mode set on SEAR, stir until mixture boils and thickens.
5. Serve sliced lamb, with gravy and vegetables.

## Recipes continued

### Lamb Shanks

#### Serves 6

- 6 lamb shanks, excess fat trimmed
- ½ cup plain flour
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 2 cloves garlic, crushed
- ½ cup red wine
- 2 sprigs rosemary
- 800g can crushed tomatoes
- Mashed potato, to serve

1. Dust the lamb shanks in flour. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the lamb shanks in batches until brown. Remove from pan.
2. Add onion, carrot, celery and garlic to the pan. Cook, stirring occasionally for about 3 minutes or until softened. Add the wine and return the lamb shanks to the pan. Add rosemary and tomatoes.
3. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
4. Serve with mashed potato.

### Garlic and Rosemary Lamb

#### Serves 6

- 1.2kg lamb leg chops
- ½ cup plain flour
- 2 onions, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 1 red capsicum, finely chopped
- 1 cup white wine
- 2 cups beef stock
- 2 tablespoons tomato paste
- ¼ cup balsamic vinegar
- 4 cloves garlic, crushed
- 2 rosemary sprigs
- ⅓ cup finely chopped fresh parsley
- Cous cous to serve

1. Dust the lamb in flour. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the lamb in batches until brown. Remove from pan.
2. Add onion, carrot, celery and capsicum to the pan. Cook, stirring occasionally for about 3 minutes or until softened. Add the wine and return the lamb to the pan. Add stock, tomato paste, vinegar, garlic and rosemary.
3. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
4. Remove rosemary sprigs and stir through parsley. Serve with couscous.

## Recipes continued

### Lamb Rogan Josh

Serves 6

2 tablespoons oil  
2kg diced lamb  
2 onions, finely chopped  
2 celery stalks, finely chopped  
2 carrots, finely chopped  
1 clove garlic, crushed  
2 tablespoons Rogan Josh curry paste  
800g can crushed tomatoes  
½ cup water  
Steamed rice and coriander, to serve

1. Using the Browning mode, heat half of the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the lamb in batches until brown.
2. Using the Browning mode, heat the remaining oil on 180°C. When preheated and READY appears in the LCD screen, PRESS START. Add onion, celery, carrot and garlic to the pan. Cook, stirring for 2 minutes or until soft. Add the curry paste and cook, stirring until fragrant. Return lamb to the pan with tomatoes and water.
3. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
4. Serve with steamed rice and garnish with coriander.

### Honey and Soy Pork Ribs

Serves 6

\*\*Pork spare ribs are rashers of pork belly. These are different to American pork ribs.  
2 tablespoons peanut oil  
2kg Pork spare ribs  
1 onion, chopped  
2 cloves garlic, sliced  
4cm fresh ginger, sliced  
1 cinnamon stick  
3 star anise  
½ cup soy sauce  
½ cup Chinese cooking wine  
⅓ cup honey  
⅔ cup water  
2 tablespoons cornflour  
Steamed Rice and Asian greens, to serve

1. Using the Browning mode, heat the oil on 150°C. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the pork in batches until brown. Remove from pan. Add onion, ginger and garlic; cook, stirring for 2 minutes or until soft.
2. Add remaining ingredients, except cornflour, in the pan. Bring to a simmer. Add the pork, turning to ensure all pieces are coated in the sauce.
4. Place the lid on. Using the Slow Cooker mode cook on LOW for 8 hours or HIGH for 4 hours.
5. Remove pork from sauce and cover with foil to keep warm. Strain sauce and discard solids. Return to pan with cornflour combined with ¼ cup water. Using the Browning mode set on SEAR, stir until mixture boils and thickens.
6. Serve pork and sauce with steamed rice and Asian greens.

## Recipes continued

### American Pork Ribs

Serves 6

- 1 tablespoon olive oil
- 2kg American-style pork ribs
- Pepper, to taste
- 2 ¼ cups tomato sauce
- 1 ½ cups apple cider vinegar
- ½ cup Worcestershire sauce
- ¾ cup brown sugar
- ⅓ cup American mustard
- 3 cloves garlic ¼ cup lemon juice
- 2 tablespoons cornflour

1. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the ribs in batches until brown, seasoning well with pepper while cooking. Remove from pan.
2. Combine remaining ingredients, except cornflour, in the pan. Bring to a simmer. Add the ribs, ensuring they are all coated in the sauce.
3. Place the lid on. Using the Slow Cooker mode cook on LOW for 8 hours or HIGH for 4 hours.
4. Remove ribs from sauce and cover with foil to keep warm. Combine cornflour with ¼ cup water and add to the sauce. Using the Browning mode set on SEAR, stir until mixture boils and thickens.
5. Serve ribs and sauce with coleslaw or potato salad.

### Sausage and Lentil Stew

Serves 4

- 2 teaspoons oil
- 8 Italian sausages
- 1 red onion, thinly sliced
- 2 cloves garlic, crushed
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 375g dried whole green lentils
- 4 cups chicken stock
- 2 tomatoes, finely chopped
- ⅓ cup finely chopped fresh parsley

1. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the sausages until brown. Add onion, garlic, cumin and coriander to the pan. Cook, stirring for 2 minutes or until soft. Add the lentils and stock.
2. Place the lid on. Using the Slow Cooker mode, cook on LOW for 4 hours or HIGH for 2 hours.
3. Remove sausages from pan. Stir tomato and parsley through lentils. Season with salt and pepper. Serve sausages with lentils.

## Recipes continued

### Meatballs in Tomato Sauce

Serves 4-6

2 tablespoon olive oil  
2 onions, finely chopped  
1 clove garlic, crushed  
500g pork mince  
500g veal mince  
½ cup fresh breadcrumbs  
1 egg  
1 teaspoon chopped oregano  
1 teaspoon chopped thyme  
400g can cherry tomatoes  
1 tablespoon brown sugar  
1 tablespoon tomato paste  
½ cup chicken stock  
700g passata  
Spaghetti, to serve

1. Using the Browning mode, heat half of the oil on 180°C. When pre-heated and READY appears in the LCD screen, PRESS START. Add onion and garlic; cook, stirring until soft. Remove from pan.
2. Transfer half of the onion mixture to a large bowl. Add mince, breadcrumbs, egg and herbs. Season with salt and pepper and mix to combine. Divide into 12 equal portions and roll into balls.
3. Using the Browning mode, heat remaining oil on SEAR. Cook the meatballs in batches until browned. Return remaining onion to the pan with tomatoes, sugar, tomato paste, stock and passata.
4. Place the lid on. Using the Slow Cooker mode, cook on LOW for 6 hours or HIGH for 3 hours. Serve on spaghetti.

### Lemon Veal with Artichokes

Serves 6

1.6kg veal osso bucco  
½ cup plain flour  
2 tablespoons olive oil  
1 onion, finely chopped  
1 celery stalk, finely chopped  
3 cloves garlic, crushed  
⅓ cup wine white wine  
2 cups chicken stock  
2 sprigs fresh oregano  
1 tablespoon finely grated lemon rind  
¼ cup lemon juice  
340g jar marinated artichokes, drained  
Cous cous, to serve

1. Dust the osso bucco in flour. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the veal in batches until brown. Remove from pan.
2. Add onion, celery and garlic to pan. Cook, stirring for 2 minutes or until soft. Add the wine, stock, oregano, rind and juice. Stir to combine. Return veal to pan.
3. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
4. Remove veal from pan. Stir through artichokes and season with salt and pepper. Serve veal and sauce on cous cous.

## Recipes continued

### Beef Bourguignon

Serves 6-8

2.5kg gravy beef, chopped  
½ cup plain flour  
2 tablespoons oil  
40g butter  
12 baby onions, halved  
6 bacon rashers, chopped  
300g button mushrooms, halved  
2 cloves garlic, crushed  
1 cup red wine  
2 cups beef stock  
¼ cup tomato paste  
2 bay leaves  
1 tablespoon brown sugar  
2 tablespoon cornflour  
Mashed potato, to serve

1. Place the beef and flour in a bag and shake until beef is coated.
2. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the veal in batches until brown. Remove from pan.
3. Using the Browning mode, heat the butter on 180°C. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the onion, bacon, mushrooms and garlic until browned. Add wine, stock, tomato paste, bay leaves and sugar. Stir to combine. Return beef to pan.
4. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours.
5. Combine cornflour with ¼ cup water and add to the pan. Using the Browning mode set on SEAR, stir until mixture boils and thickens.
6. Serve beef bourguignon with creamy mashed potato.

### Creamy Vegetable Casserole

Serves 6

1 tablespoon olive oil  
4 eschallots, halved  
2 cloves garlic, crushed  
4 carrots, sliced  
4 celery stalks, sliced  
8 chat potatoes, quartered  
250g button mushrooms, halved  
1 cup dry white wine  
2 cups chicken stock  
2 bay leaves  
3 sprigs fresh thyme  
2 zucchini, sliced  
200g green beans, trimmed  
300mls cream  
2 tablespoon wholegrain mustard  
Crusty bread, to serve

1. Using the Browning mode, heat the oil on SEAR. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the eschalots, garlic, carrots and celery until soft.
2. Add potatoes, mushrooms, wine, stock, bay leaves and thyme to pan. Stir to combine.
3. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours. Add the zucchini, beans, cream and mustard in the final 30 minutes of cooking.
4. Serve with crusty bread.



## Recipes continued

### Pearl Barley and Mushroom Risotto

Serves 6

- 1 tablespoon olive oil
  - 20g butter
  - 1 onion, finely chopped
  - 200g button mushrooms, quartered
  - 200g Swiss brown mushrooms, sliced
  - 1 clove garlic, crushed
  - 1 ½ cups pearl barley
  - 6 cups chicken
  - 1 tablespoon finely chopped fresh thyme
  - ½ cup grated parmesan
  - 3 teaspoons finely grated lemon rind
1. Using the Browning mode, heat the oil and butter on 150°C. When READY appears in the LCD screen, PRESS START. Add onion and mushrooms; cook, stirring, for about 5 minutes or until soft. Add garlic and barley and stir for 1 minute. Add the stock and thyme.
  2. Place the lid on. Using the Slow Cooker mode, cook on LOW for 6 hours or HIGH for 3 hours. Stir through parmesan and rind and season with salt and pepper.

**Note:** This recipe is best eaten immediately, as the barley will continue to absorb the moisture if left on the Keep Warm setting for too long.

For a vegetarian version, substitute chicken stock for vegetable stock.

### Tofu and Chickpea Curry

Serves 4

- 1 tablespoon peanut oil
  - 1 onion, finely chopped
  - 2 cloves garlic, crushed
  - 2 long red chillies, finely chopped
  - 2cm piece fresh ginger, finely grated
  - 3 teaspoons ground cumin
  - 1 teaspoon ground cardamom
  - ½ teaspoon ground turmeric
  - 1 teaspoon garam masala
  - 2 cups dried chickpeas
  - 6 cups water
  - 1 tablespoon tomato paste
  - Firm tofu, cut into 2cm cubes
  - Coriander and yoghurt, to serve
1. Using the Browning mode, heat the oil on 150°C. When pre-heated and READY appears in the LCD screen, PRESS START. Cook the onion, garlic, chilli and ginger for about 1 minute or until soft. Add the spices and stir until fragrant. Add the chickpeas, water and tomato paste.
  2. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours. Add the tofu in the final 30 minutes of cooking.
  3. Serve with coriander and yoghurt.

## Recipes continued

### Spiced Breakfast Fruit

Serves 4-6

- 4 large green apples, peeled, cored, halved
- 4 large pears, peeled, halved
- ½ cup dried apricots
- 400g fresh dates, pitted
- 1 tablespoon finely grated orange rind
- ½ cup orange juice
- 2 cinnamon sticks
- ½ cup honey

Vanilla Yoghurt or fresh ricotta, to serve

1. Place the fruit, rind, juice and cinnamon in the pan. Drizzle with honey.
2. Place the lid on. Using the Slow Cooker mode cook on LOW for 8 hours or HIGH for 4 hours.
3. Serve warm or cold with yoghurt or fresh ricotta.

This makes a great breakfast! Why not put your Slow Cooker on before you go to bed and wake up to a warm cooked breakfast and sweet smelling home!

### Choc-Cherry and Coconut Self-Saucing Pudding

Serves 8-10

- 2 cups self-raising flour
- ⅓ cup cocoa
- 1 cup caster sugar
- 200g unsalted butter, melted
- 1 cup milk
- 2 eggs
- 200g glace cherries
- ½ cup choc-chips
- Ice-cream, to serve

#### Topping:

- ⅓ cup cocoa
  - 2 cups firmly packed brown sugar
  - 4 cups boiling water
1. Combine flour, cocoa and sugar in a large bowl. Add combined butter, milk and eggs; stir until smooth. Pour mixture into the SecretChef pan. Sprinkle cherries and choc-chips evenly over the surface.
  2. To make the topping, combine the cocoa and brown sugar. Sprinkle over the surface. Gently pour the boiling water over the mixture.
  3. Place the lid on. Using the Slow Cooker mode cook on LOW for 6 hours or HIGH for 3 hours.
  4. Serve hot, with ice-cream.

# 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. Alternatively, you can send a written claim to Sunbeam at the address listed below. On receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the appliance is defective, advise you on how to obtain a replacement or refund.

Your Sunbeam 12 Month Replacement Guarantee naturally does not cover misuse or negligent handling and normal wear and tear.

Similarly your 12 Month Replacement Guarantee does not cover freight or any other costs incurred in making a claim. Please retain your receipt as proof of purchase.

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