

Sunbeam

Rice Perfect

Instruction/Recipe Booklet

This book covers the use and care of the following Sunbeam Rice Cookers:

RC4750 Rice Perfect 10 – 10 cup Rice Cooker

RC2650 Rice Perfect 8 – 8 cup Rice Cooker

RC2350 Rice Perfect 5 – 5 cup Rice Cooker

Please read these instructions carefully
and retain for future reference.



Contents

Sunbeam's Safety Precautions	1
Features of your Rice Perfect	2
Using your Rice Perfect	6
Tips for cooking rice	7
Care and cleaning	8
Types of rice	8
Rice Cooking charts	9
Recipes	11
Sushi	17
Making Sushi	18
Steaming	19
Steaming Vegetables for Rice Perfect 8 & 10	20
Steaming Fish and Seafood for Rice Perfect 8 & 10	21
Steaming Poultry for Rice Perfect 8 & 10	22

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

Βεβαιώστε 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

SAFETY PRECAUTIONS FOR YOUR RICE PERFECT.

- Do not operate the rice cooker on an inclined surface. Use a flat level surface.
- Do not move or cover the rice cooker whilst in operation. Unplug before moving.
- Do not immerse the heating vessel of the rice cooker in water or any other liquid.
- Use your rice cooker at least 200mm away from walls and curtains.
- Do not use your rice cooker in confined spaces.
- Remove the power cord before cleaning the rice cooker.
- After cleaning ensure that the cord inlet area is completely dry before using again.

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 or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

Features of your Rice Perfect 8 and 10 – RC2650, RC4750

Non-stick Removable Cooking Pan

Lightweight pan distributes heat evenly for perfectly cooked rice every time. The non-stick pan is removable for easy cleaning.

Glass Lid with Steam Vent

Allows steam to be released while cooking, reducing condensation.

Cool Touch Handles

Allows you to lift and carry the Rice Perfect to the table.

Keep Warm Light

Illuminates to indicate that your Rice Perfect is in the KEEP WARM mode.

Cook Light

Illuminates to indicate that your Rice Perfect is in the COOK mode.

Automatic Control

Depress the lever to commence the COOK mode. The control automatically switches to KEEP WARM mode when the rice is cooked.

Keep Warm Function

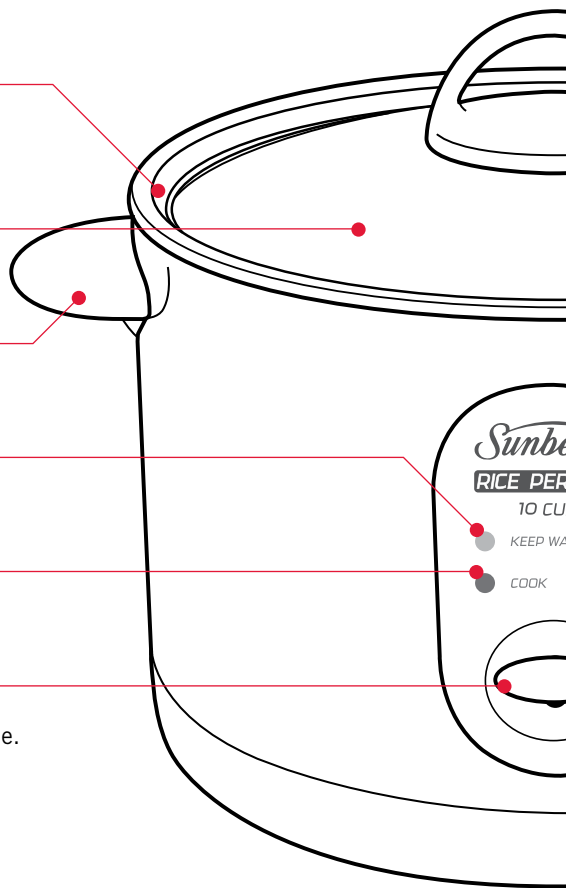
Keeps your rice warm until you are ready to serve it.

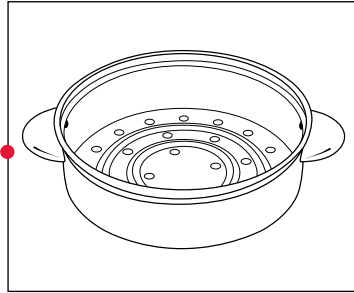
8 Cup Capacity (16 cups cooked rice)

Prepare from 2 to 8 cups of uncooked rice at any time. As a guide the 8 cup capacity will feed approximately 14-16 people.

10 Cup Capacity (20 cups cooked rice)

Prepare from 2 to 10 cups of uncooked rice at any time. As a guide the 10 cup capacity will feed approximately 16-18 people.





Steaming Tray

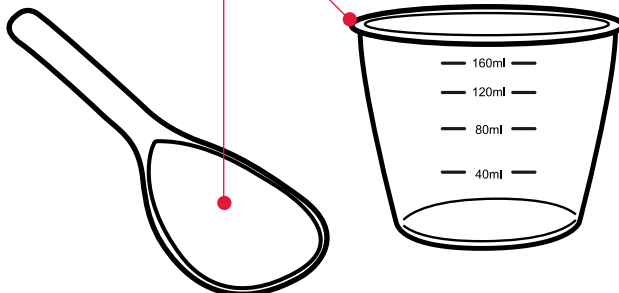
Convenient steaming tray allows you to retain colour, vitamins and minerals of your food.

Serving Spoon

Ideal for stirring and serving rice from the rice cooker. The plastic will not scratch the non-stick surface on the cooking pan.

Measuring Cup

Ensures accurate measuring of rice to achieve perfect results every time.



Features of your Rice Perfect 5 – RC2350

Non-stick Removable Cooking Pan

Lightweight pan distributes heat evenly for perfectly cooked rice every time. The non-stick pan is removable for easy cleaning.

Keep Warm Light

Illuminates to indicate that your Rice Perfect 5 cup is in the KEEP WARM mode.

Cook Light

Illuminates to indicate that your Rice Perfect 5 cup is in the COOK mode.

Automatic Control

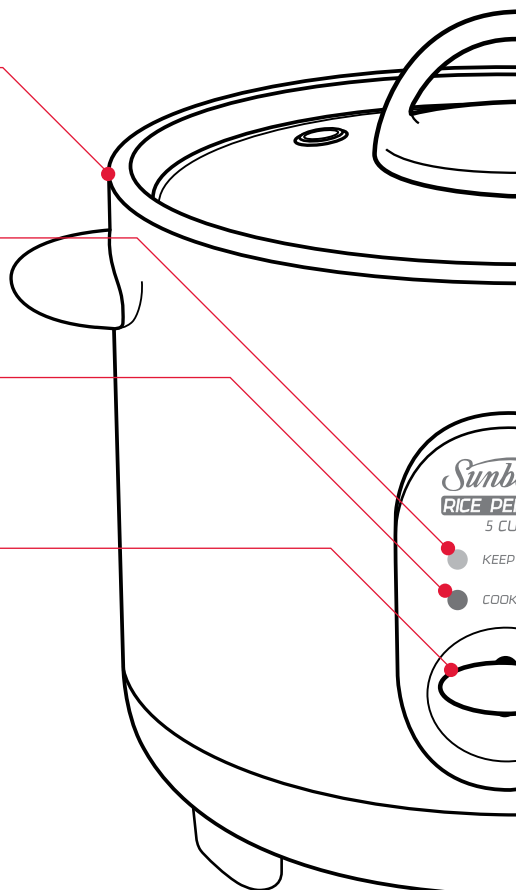
Depress the lever to commence the COOK mode. The control automatically switches to KEEP WARM mode when the rice is cooked.

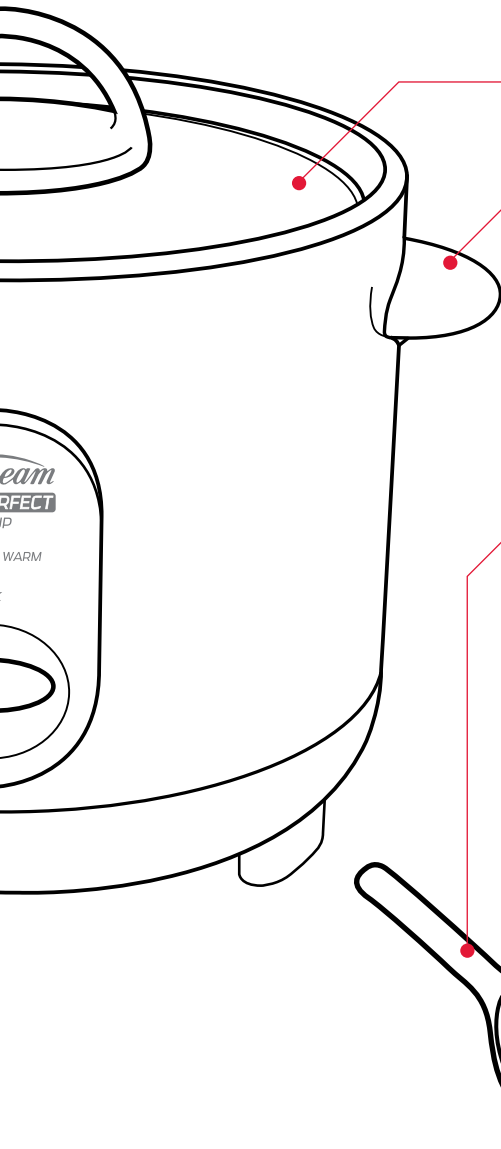
Keep Warm Function

Keeps your rice warm until you are ready to serve it.

5 Cup Capacity (10 cups cooked rice)

Prepare from 1 to 5 cups of uncooked rice at any time. As a guide the 5 cup capacity will feed approximately 8-10 people.





Glass Lid with Steam Vent

Allows steam to be released while cooking, reducing condensation.

Cool Touch Handles

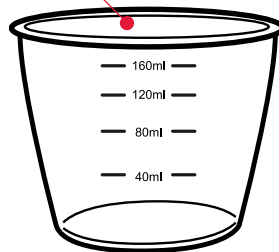
Allows you to lift and carry the Rice Perfect 5 to the table.

Serving Spoon

Ideal for stirring and serving rice from the rice cooker. The plastic will not scratch the non-stick surface on the cooking pan.

Measuring Cup

Ensures accurate measuring of rice to achieve perfect results every time.



Using your Rice Perfect

Before using your Rice Perfect for the first time wash the removable cooking pan, lid, rice measuring cup and serving spoon in warm soapy water. Rinse and dry thoroughly.

To Cook Rice

1. Using the rice measuring cup provided, measure out the required quantity of rice (refer to rice cooking chart on page 9). Make sure the rice is a level cup measure.

NOTE:

1 level rice cup = 150g. .

1 cup uncooked white rice = 2 rice cups of cooked white rice (approximately)

1 cup uncooked brown rice = 2½ cups cooked brown rice (approximately)

This Sunbeam rice cup is not the same measurement as a standard metric cup

2. Place the measured rice in a sieve, and wash rice thoroughly under cold water. Wash until the water runs clear. This removes excess starch which helps to achieve fluffier rice. Alternatively, wash rice in the cooking pan two or three times until the water is clear, pouring out the milky water between each rinse.
3. Ensure the exterior of the cooking pan is clean and dry before placing it inside the heating vessel.
4. Place the washed rice in the cooking pan. Add cold water to the cup level indicated on the inside of the cooking pan or add the quantity of water specified in the cooking charts on page 9. Make sure the rice on the bottom of the pan is even when adding the water.
5. Replace the lid.

6. Insert the plug into a 230-240 volt AC power outlet and turn the power on. The “KEEP WARM” light will illuminate.
7. Depress the automatic control lever to “COOK” to begin the cooking cycle. The “COOK” light will illuminate.
8. When cooking is complete, your Rice Perfect will automatically switch to “KEEP WARM” mode and the “KEEP WARM” light will illuminate.
9. With the lid on, allow rice to stand in the “KEEP WARM” mode for 5-10 minutes for small quantities and approximately 10-15 minutes for larger quantities. DO NOT use metal utensils as these will scratch the non-stick coating. A plastic spoon is supplied.
10. The “KEEP WARM” cycle will continue until the power is switched off. If keeping the rice warm, stir, then replace lid. Rice can be kept warm in the Rice Perfect for up to 2 hours. After 2 hours rice should be refrigerated for storage if required.

NOTE: Whilst operating, do not remove the lid as this may affect cooking results. Do not interfere with the automatic control lever. Do not keep rice in the cooker for extended periods of time on “KEEP WARM” mode as the rice becomes dry and the quality deteriorates.

Tips for cooking rice

Results may vary depending on the type of rice used.

1. For fluffier rice, add a little extra water and for firmer rice, add a little less water.
2. Should you happen to add too much extra water, the excess water may overflow during cooking. It is a good idea to cook the rice with the recommended quantity of water first and then if the rice is still firm, add a little extra water which can be stirred through at the end. You will then need to depress the automatic lever to "COOK" mode.
3. The rice cup provided is not a standard metric measuring cup.

4. Wash rice thoroughly until the water runs clear.
5. Brown rice needs more water to cook, which results in a build up of starchy water and bubbles forming around the lid, which can cause spitting from the air vent. Make sure the brown rice is rinsed well before cooking.

**Sunbeam rice cup = 150g uncooked rice
= 180ml water**

If you lose the rice measuring cup provided use the ratio:

1 cup uncooked white rice = 1 cup water

1 cup uncooked brown rice = 1 ½ cups water

Cooking times will vary if using a larger measuring cup.

Types of Rice

There are three main types of rice:

Short Grain: The grains are short and plump. When cooked the grains are soft and sticky with a glossy appearance.

Varieties of short grain rice:

Japanese Koshihikari - a soft sticky rice, sold as "sushi rice" and used to make sushi

Pearl – a soft sticky rice used to make puddings and desserts.

Medium Grain: the grains are medium in size. When cooked the grains are tender, moist and tend to stick together.

Varieties of medium grain rice:

Arborio – a soft cooking chalky rice used to make risotto and paella.

Medium white and brown rice

White calrose - a soft cooking rice used to make paella.

Medium brown – is whole grain that has been hulled but not polished. It has a nutty flavour and is slightly chewy in texture. It can be used as an all-rounder.

Long Grain: the grains are long and narrow. When cooked the grains remain fluffy, dry and separate.

Varieties of long grain rice are:

Long – a perfect all-round rice used in a wide variety of cuisines.

Jasmine – a fragrant rice which is suited to Asian type cuisine.

Basmati – has a fragrant aroma which is suited to Indian type cuisine.

Care and cleaning

After using your Rice Perfect, turn the power off and remove the cord from the power outlet.

CAUTION: Never immerse the heating vessel in water.

CAUTION: Never use any chemical, steel wool, harsh abrasive cleaners, thinners or chemical dust cloths to clean any part of your Rice Perfect.

WARNING: Do not allow water to enter the inside of the heating vessel as this may cause electrocution.

Rice Cooking Chart – White Rice

RC2350

Uncooked white long grain rice. Use rice cup or grams	Water Use mls or Cooking pan water level	Approximate cooking time
1/ 150g	180mls/ 1	15 mins
2/ 300g	360mls/ 2	15-18 mins
3/ 450g	540mls/ 3	22-24 mins
4/ 600g	720mls/ 4	26-28 mins
5/ 750g	900mls/ 5	30-32 mins

RC2650

Uncooked white long grain rice. Use rice cup or grams	Water Use mls or Cooking pan water level	Approximate cooking time
2 / 300g	360mls / 2	15-17 mins
4 / 600g	720mls / 4	21-23 mins
6 / 900g	1080mls / 6	26-28 mins
8 / 1200g	1440mls / 8	30-32 mins

RC4750

Uncooked white long grain rice. Use rice cup or grams	Water Use mls or Cooking pan water level	Approximate cooking time
2 / 300g	360mls / 2	11-13 mins
4 / 600g	720mls / 4	16-18 mins
6 / 900g	1080mls / 6	20-22 mins
8 / 1200g	1440mls / 8	23-25 mins
10 / 1500g	1800mls/ 10	27-29 mins

Rice Cooking Chart – Brown Rice

RC2350

Uncooked brown long grain rice. Use rice cup or grams	Water Use mls or Cooking pan water level	Approximate cooking time
1 / 150g	270mls / 1½	20-25 mins
2 / 300g	540mls / 2½	40-45 mins
3 / 450g	810mls / 4	45-50 mins

RC2650

Uncooked brown long grain rice. Use rice cup or grams	Water Use mls or Cooking pan water level	Approximate cooking time
2 / 300g	540mls / 2½	35-40 mins
3/ 450g	810mls / 4	45-50 mins
4/ 600g	1080mls / 5	45-50 mins
5/ 750g	1350mls / 6	50-55 mins

RC4750

Uncooked brown long grain rice. Use rice cup or grams	Water Use mls or Cooking pan water level	Approximate cooking time
2 / 300g	540mls / 2½	30-35 mins
3 / 450g	810mls / 4	35-40 mins
4 / 600g	1080mls / 5	40-45 mins
5 / 750g	1350mls / 6	45-50 mins
6 / 900g	1620mls / 8	45-50 mins

Recipes

NOTE: Ensure rice has been thoroughly washed under cold water before cooking to prevent rice grains from sticking to the cooking pan.

Yellow Coconut Rice Serves 4-6

450g (3 rice cups) jasmine rice, rinsed

* see page 8.

270mls (1½ rice cups) coconut milk

270mls (1½ rice cups) water

3 teaspoons brown sugar

2 teaspoons fish sauce

1 teaspoon ground turmeric

4 green onions (shallots), thinly sliced

1. Place washed rice in the cooking pan. Add coconut milk, water, brown sugar, fish sauce and turmeric. Stir to combine.

2. Place lid on cooking pan. Depress automatic control lever to "COOK".
When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Leave rice in the cooking pan with lid on for 10 minutes.

3. Transfer rice to a bowl. Stir with a fork to separate grains. Top with onions. Serve.

Mushroom and Thyme Risotto Serves 4-6

1.25 litres chicken stock

2 tablespoons olive oil

1 leek, halved lengthways, thinly sliced

2 cloves garlic, crushed

400g Arborio rice (2 ¾ rice cups), rinsed

* see page 8

½ cup white wine

2 tablespoons butter

200g button mushrooms, thinly sliced

200g swiss button mushrooms, thinly sliced

2 tablespoons finely chopped fresh thyme leaves

Salt and pepper, to taste

Grated parmesan, to serve

1. Place stock in a saucepan. Bring to the boil over medium heat.

2. Heat 1 tablespoon of oil in a frypan over medium heat. Add leek and garlic and cook for 3 minutes or until soft. Add rice and stir to coat. Add wine and cook, stirring until liquid has absorbed.

3. Transfer mixture to the cooking pan. Add hot stock and stir to combine. Place lid on cooking pan. Depress automatic control lever to "COOK".

4. Meanwhile heat remaining oil and butter in a frypan over medium heat. Add mushrooms and cook for 4-5 minutes or until soft. Stir in thyme.

5. When rice cooking is complete, the lever will automatically switch to "KEEP WARM" mode. Stir through mushrooms. Season with salt and pepper. Leave rice in the cooking pan with lid on for 10 minutes. Serve.

Recipes continued

Fried Rice

Serves 6-8

300g (2 rice cups) long grain rice, rinsed

* see page 8

2 eggs, lightly beaten

1 tablespoon peanut oil

100g bacon rashers, chopped

4 green onions (shallots), thinly sliced

$\frac{3}{4}$ cup frozen peas, thawed

2 tablespoons light soy sauce

1. Place washed rice in the cooking pan. Add 360mls water (2 rice cups) or pour water in cooking pan to level indicator 2.
2. Place lid on cooking pan. Depress automatic control lever to "COOK". When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Remove rice and transfer to a sieve. Wash rice until rice grains separate. Drain and place in a bowl.
3. Meanwhile, heat 1 teaspoon of oil in a wok or frypan over medium heat. Stir-fry egg until scrambled. Transfer to a bowl.
4. Heat 1 teaspoon of oil. Add bacon and cook until golden and crisp. Transfer to a bowl lined with paper towel.
5. Heat remaining oil. Add rice, green onions, peas, soy sauce, bacon and egg. Stir-fry until heated through. Serve.

Smoked Trout Kedgerie

Serves 4-6

2 tablespoons olive oil

1 brown onion, finely chopped

2 cloves garlic, crushed

2 teaspoons curry powder

300g (2 rice cups) basmati rice, rinsed

* see page 8

180g smoked trout fillet, flaked

1 lemon, rind finely grated, juiced

$\frac{1}{3}$ cup finely chopped fresh flat-leaf parsley leaves

4 hard-boiled eggs, cut into quarters

1. Heat oil in a frypan over medium heat. Add onion and garlic and cook until soft. Add curry powder and stir until fragrant.
2. Place washed rice in the cooking pan. Add 360mls water or pour water in the cooking pan to level indicator 2. Add onions mixture and stir to combine.
3. Place lid on cooking pan. Depress automatic control lever to "COOK". When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Leave rice in the cooking pan with lid on for 10 minutes.
4. Transfer rice to a bowl. Add trout, lemon rind, $\frac{1}{4}$ cup lemon juice, parsley, salt and pepper. Toss to combine. Serve topped with egg.

NOTE: you can use smoked cod. The best way to cook this is to poach in a little milk for about 10 minutes or until fish flakes. Drain fish and flake.

Recipes continued

Spanish Chicken and Chorizo Paella Serves 4-6

900ml chicken stock

½ teaspoon saffron threads

2 tablespoons olive oil

1 brown onion, finely chopped

2 cloves garlic, crushed

1 teaspoon ground paprika

1 teaspoon smoked paprika

300g (2 rice cups) medium grain rice, rinsed

* see page 8

450g chicken thigh fillets, roughly chopped

125g chorizo sausage, halved lengthways,
sliced

1 yellow capsicum, thinly sliced

¾ cup frozen peas, thawed

¼ cup chopped fresh flat-leaf parsley leaves

Salt and pepper, to taste

1. Place stock in a saucepan. Bring to the boil over medium heat.
2. Place saffron threads in a small bowl. Pour over 1 tablespoon boiling water. Leave to stand for 5 minutes.
3. Heat 1 tablespoon of oil in a frypan over medium heat. Add onion and garlic and cook for 3 minutes or until soft. Add paprika, smoked paprika and rice and stir to coat.
4. Transfer mixture to the cooking pan. Add hot stock and stir to combine. Place lid on cooking pan. Depress automatic control lever to "COOK".
5. Meanwhile heat remaining oil in a frypan over medium to high heat. Add chicken and cook for 4 minutes or until golden. Add sausage and capsicum. Cook for a further 3 minutes.
6. When rice cooking is complete, the lever will automatically switch to "KEEP WARM" mode. Stir through chicken mixture, peas and parsley. Season with salt and pepper. Leave rice in the cooking pan with lid on for 10 minutes. Serve.

Recipes for use with Steamer Tray - RC2650, RC4750

Brown Rice Salad

Serves 4-6

300g (2 rice cups) brown rice, rinsed

* see page 8

3 small corn cobs, husks removed

4 green onions (shallots), thinly sliced

185g tin tuna, drained, flaked

1/3 cup chopped sundried tomatoes

1/2 cup pitted kalamata olives, chopped

1/3 cup chopped fresh basil leaves

1/3 cup lemon juice

Salt and pepper, to taste

1. Place washed rice in the cooking pan. Add 540mls water (3 rice cups) or pour water in cooking pan to level indicator 3.
2. Place the steamer basket on top of the cooking pan. Place corn in the steamer basket.
3. Place lid on steamer basket. Depress automatic control lever to "COOK". Remove steamer basket and corn after 25 minutes. Replace lid. When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Leave rice in the cooking pan with lid on for 10-15 minutes.
4. Remove rice and transfer to a sieve. Wash rice until rice grains separate. Drain and place in a bowl.
5. Using a sharp knife cut kernels from corn. Add corn and remaining ingredients. Season with salt and pepper and toss to combine. Serve.

Middle Eastern Chicken Pilaf

Serves 4-6

300g (2 rice cups) basmati rice, rinsed

* see page 8

360mls chicken stock

2 x 150g small chicken breast fillets

1 cup frozen peas, thawed

3 green onions (shallots), thinly sliced

1/3 cup currants

1/3 cup pistachio kernels, toasted

1/4 cup finely chopped fresh flat-leaf parsley leaves

1/4 cup finely chopped fresh mint leaves

Dressing

2 tablespoons olive oil

2 teaspoons finely grated orange rind

1/3 cup orange juice

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

Salt and pepper, to taste

1. Place washed rice in the cooking pan. Add chicken stock.
2. Place the steamer basket on top. Place chicken in the steamer basket and place lid on steamer basket. Depress automatic control lever to "COOK". When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Leave rice and chicken for 10-15 minutes to stand.
3. Transfer chicken to a plate. Shred the chicken once it has cooled. Transfer rice to a serving bowl. Stir with a fork to separate grains. Add chicken and remaining ingredients.
4. Combine ingredients for dressing in a jug. Pour over rice. Season with salt and pepper and toss to combine. Serve.

Recipes for use with Steamer Tray - RC2650, RC4750 continued

Steamed Fish in Sweet Chilli Sauce Serves 4

- 2 tablespoons sweet chilli sauce
 - 1 tablespoon light soy sauce
 - ½ teaspoon sesame oil
 - 1 teaspoon fish sauce
 - 4 x 150g small salmon or trout fillets
 - Coriander, sliced red chillis and lime, to taste
1. Combine chilli sauce, soy sauce, sesame oil and fish sauce in a bowl.
 2. Place salmon fillets on a large piece of baking paper. Spoon chilli mixture evenly over fish. Fold paper edges in to seal and form a parcel.
 3. Place 360mls water (2 rice cups) in the cooking pan. Place the steamer basket on top. Place fish parcels in the steamer basket. Place lid on steamer basket. Depress automatic control level to "COOK". Steam for 15-20 minutes or until fish flakes. Switch lever to "KEEP WARM"
 4. Transfer fish to a plate. Serve with steamed rice and vegetables.
 5. Garnish with coriander, sliced red chillis and lime.

Steamed Chicken with Salsa Verde Serves 4

- 4 x 170g chicken breast fillets
 - Olive oil spray
 - Salsa verde
 - 1 cup fresh flat-leaf parsley leaves
 - ⅓ cup fresh dill leaves
 - ⅓ cup fresh mint leaves
 - 2 cloves garlic
 - 1 tablespoon small capers
 - 1 lemon, rind finely grated and juiced
 - ¼ cup extra virgin olive oil
 - Salt and pepper, to taste
1. Place 360mls water (2 rice cups) in the cooking pan. Place the steamer basket on top.
 2. Spray chicken with olive oil and season with salt and pepper. Place chicken in steamer basket. Place lid on steamer basket. Depress automatic control level to "COOK". Steam for 20 minutes or until just cooked. Switch lever to "KEEP WARM". Stand with lid on for 5 minutes.
 3. Meanwhile combine parsley, dill, mint, garlic and capers in a food processor. Process until finely chopped. Transfer mixture to a bowl. Add remaining ingredients and stir to combine. Season with salt and pepper.
 4. Serve chicken with steamed potatoes, green beans and salsa verde.

Recipes continued

Asparagus and Beans with Crispy Bacon Crumbs

Serves: 4-6 as a side dish

- 2 bunches asparagus, trimmed
- 150g green beans, trimmed
- 1 tablespoon olive oil
- 2 rashers bacon, chopped
- 1 cup roughly torn Italian bread
- 2 cloves garlic, crushed
- 1 tablespoon finely chopped fresh parsley leaves

Salt and pepper, to taste

1. Place 360mls water (2 rice cups) in the cooking pan. Place the steamer basket on top. Place asparagus and beans in the steamer basket.
2. Place the lid on top of the steamer basket. Depress automatic control lever to "COOK". Steam vegetables for 12-15 minutes or until tender. Switch lever to "KEEP WARM". Transfer vegetables to a serving plate.
3. Meanwhile heat oil in a frypan over medium heat. Add bacon and cook for 2 minutes or until just brown. Add breadcrumbs and garlic. Increase heat to medium high. Cook for 5 minutes or until crumbs are brown. Stir in parsley.
4. Serve asparagus with crispy bacon topping. Season with salt and pepper.

Chicken Breasts with Chilli Herb Pesto

Serves: 4

- ½ red onion, chopped
- 3 cloves garlic, halved
- 1 long red chilli, seeds removed, chopped
- 1 teaspoon ground cumin
- 2 cups fresh flat-leaf parsley leaves
- 1 cup fresh coriander leaves
- 1 lemon, rind finely grated and juiced
- ⅓ cup extra virgin olive oil
- Salt and pepper, to taste

4 x 170g chicken breast fillets

1. Combine onion, garlic, chilli, cumin, parsley and coriander in a food processor. Process until finely chopped. Add oil and process until a paste is formed. Stir in ¼ cup lemon juice and rind. Season with salt and pepper.
2. Brush a little mixture over chicken. Line the steamer basket with baking paper. Place chicken in steamer basket. Depress automatic control lever to "COOK". Steam for 20 minutes or until just cooked. Switch lever to "KEEP WARM". Stand with lid on for 5 minutes.
3. Slice chicken and serve with remaining pesto, steamed rice and vegetables.

Sushi

You will find it a pleasure to be able to make your very own sushi with these simple steps. You will need to use Japanese style sushi rice which is a type of short grain rice and is readily available at good supermarkets. The cup measurement below is using the cup provided with your Sunbeam Rice Perfect.

Sushi Rice

3 cups sushi rice

3 cups water

Sushi Vinegar

$\frac{1}{3}$ cup rice vinegar

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

$\frac{1}{4}$ teaspoon salt

1. Place rice in a fine sieve and wash until the water runs clear. Drain for at least 10 minutes.
2. Place washed rice in the cooking pan. Add 540mls of water (3 rice cups) or pour water in cooking pan to level indicator 3.
3. Replace the lid.
4. Depress the automatic control lever to "COOK".

5. When cooking is complete, the lever will automatically switch to the "KEEP WARM" mode. Leave the rice in the cooker for 10 minutes at this stage.
DO NOT REMOVE LID.
6. Combine sushi vinegar ingredients together; mix well until the sugar dissolves.
7. Spread the rice into a large flat bottomed wooden or plastic bowl or container. Using the rice spoon provided, gently slice through the rice removing any lumps; at the same time gradually pour over sushi vinegar.
8. Using either an electric fan on low or a hand fan; fan the rice until it is almost cool. Continue to gently slice through the rice but don't stir as this will break up the rice grains.
9. Place a clean damp cloth over the rice to prevent it from drying out while making sushi. Rice should be used as soon as possible.
10. Do not put rice in the refrigerator as it will be too hard.

Makes approximately 9 cups of cooked sushi rice.

Making Sushi

Before you make sushi you will need to purchase a bamboo mat for rolling your sushi. For best results lightly dampen your mat before using.

6 sheets toasted seaweed (nori)

Small bowl of cold water with 2 teaspoons rice vinegar

Ready made wasabi paste

Japanese soy sauce to serve

Selection of ingredients listed below for 6 large rolls:

1cm strips sashimi grade tuna or salmon

Cooked prawns, shelled, deveined, halved lengthways

Cooked crabmeat

Pickled daikon, sliced thinly

Lebanese cucumbers, seeds removed, sliced thinly

Avocado, sliced thinly

Green onions, sliced into strips lengthways

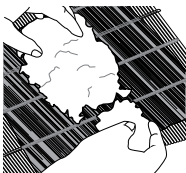
Snow pea sprouts

Japanese mayonnaise

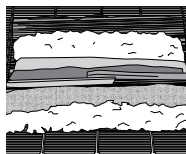
Pink pickled ginger

1. Place a sheet of seaweed, shiny side down onto the dampened bamboo mat.

2. Dip your fingers into the water and scoop approximately $\frac{1}{6}$ of the rice onto the centre of the seaweed.



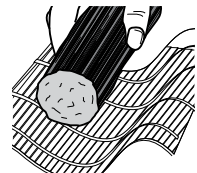
Step 1



Step 2



Step 3



Step 4

3. Gently spread the rice over the seaweed without pushing down, leave approximately 3cm strip at the top of the seaweed uncovered. This will help seal the roll after rolling.

4. If using wasabi paste, smear a very small amount across the centre of the rice. Place your choice of ingredients in a row over the wasabi, making sure that the ingredients go to both ends. Don't overfill as the sushi will be too difficult to roll. About 4-5 ingredients per roll is suitable.

5. Starting with the edge closest to you, pick up the mat with your thumb and forefingers and using your remaining fingers hold the filling in place while you start to roll away from you.

6. Roll forward gently but firmly, moving the bamboo mat out of the way as you roll. Dip finger in water and slightly wet the uncovered seaweed. Finish rolling, lightly press to shape. Unroll mat.

7. Place roll onto cutting board and using a very sharp knife cut into eight pieces.

8. Repeat with remaining rice, seaweed and fillings.

9. Serve with extra wasabi and Japanese soy sauce.

Makes 6 large rolls (48 pieces)

Steaming

For use with the Steamer Tray included with RC2650 and RC4750.

Steaming foods helps to retain the nutritional value and is a healthy way of cooking.

When steaming there must be enough water in the cooking pan. It is recommended to add 180-360mls water (1-2 rice cups) to the cooking pan for steaming. The water must cover the base of the pan. Do not allow the pan to boil dry while steaming. Boiling water can be added whilst steaming.

The lid must be kept on the basket while steaming.

While the rice is cooking you can steam vegetables in the basket provided for the 8 cup and 10 Cup Rice Cookers. You will need to look at the cooking times. You may have to remove vegetables before the rice is cooked. The juices from the vegetables will go into the rice.

Steaming Vegetables

For best results:

1. Wash and clean vegetables before steaming. Trim stems and peel skins.
2. Cut vegetables into even sized pieces. The smaller the piece the faster it will cook.
3. Steam vegetables until just tender, this retains the flavour.
4. Frozen vegetables should be defrosted before steaming.

Vegetable	Quantity	Approximate cooking time
Asparagus, trimmed	2 bunches, trimmed	12-15 mins
Beans, whole	250g, trimmed	12-15 mins
Beetroot	1 bunch - medium	20-30 mins
Bok Choy	2 bunches, separated	8-10 mins
Broccoli	1 head, cut into florets	10-15 mins
Brussel Sprouts	350g, trimmed	15-20 mins
Cabbage	¼ cabbage, sliced	10-12 mins
Carrots	3 medium	15-20 mins
Cauliflower	1 head, cut into florets	10-15 mins
Corn	Whole cobs	20-25 mins
Peas	250g, shelled	10-12 mins
Snow peas	250g, trimmed	5-6 mins
Spinach (English)	1 bunch, trimmed	5 mins
Squash	Baby, 350g	8-10 mins
Potatoes		
Chats	10 x 50g, halved	25-35 mins
Red or white	6 x 150g, Cut into quarters	20-30 mins
Potato sweet	500g, cut into pieces	20-30 mins
Pumpkin	350g, cut into pieces	20-30 mins
Zucchini	2 medium, sliced	6-8 mins
Frozen Vegetables		10-15 mins
Must be defrosted first		

Steaming Fish and Seafood

For best results:

1. Place fish in a single layer in the steamer tray
2. Seafood can be seasoned before steaming by using fresh herbs, spices, lemon slices and onions.
3. It is best to add oils and liquids after steaming – or if using liquids wrap fish in baking paper.
4. Fish is cooked when it flakes easily with a fork.

TYPE	QUANTITY	MINIMUM WATER (1 cup = 250ml)	APPROXIMATE COOKING TIME (minutes)	SUGGESTIONS
Clams and pippies	500g	1	5-8	Steam until just open.
FISH				
Fillet	500g	1	12	Before cooking brush
Steak	500g – 2cm thick	1	12-18	lightly with oil & season.
Mussels	500g in the shell	1	8-12	Steam until just open.
Prawns (green)	500g medium in shell	1	12	Steam until just pink.

Steaming Poultry

For best results:

1. Select pieces of similar size and thickness for even cooking
2. Place poultry in a single layer in the steamer tray.
3. Remove all fat and skin.
4. For a more appealing look you can lightly brown chicken in a frying pan before steaming.
5. Steam poultry until well done. Check by piercing the thickest part of the poultry. If the juices run clear it is cooked through.
6. Cooking times will vary depending on the size and thickness of the pieces.

TYPE	QUANTITY	MINIMUM WATER (1 cup = 250ml)	APPROXIMATE COOKING TIME (minutes)	SUGGESTIONS
Breast fillet	500g	1½	12-14	Place the thickest part towards the outside of the basket and season.
Pieces – bone in	500g (approx. 4)	1½	15-25	Place the thickest part towards the outside of the basket and season.

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. 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.

The benefits given to you by this guarantee are in addition to your other rights and remedies under any laws which relate to the appliance.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law and under the New Zealand Consumer Guarantees Act.

In Australia you are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

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

Units 5 & 6, 13 Lord Street
Botany NSW 2019 Australia

New Zealand

www.sunbeam.co.nz

0800 786 232

26 Vestey Drive, Mt Wellington
Auckland, New Zealand

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.

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Visit www.sunbeam.com.au

Or call 1300 881 861

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