

*Sunbeam*

# Duos™

Sous Vide and Slow Cooker

Instruction/Recipe Booklet

MU4000

Please read these instructions carefully  
and retain for future reference.





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## Important instructions – retain for future use.

تأكد من تفهيم 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 anlaşıldığınızdan 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 DUOS SOUS VIDE AND SLOW COOKER

- Do not plug in or switch on the unit without having the cooking pan inside the unit.
- 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 surfaces of the unit while it is in use as they will be hot.
- Use handles and oven mitts to move the unit, the cooking pan and the lid when hot.
- Do not operate the unit without food or liquid in the cooking pan.
- Be careful when lifting and removing lid after cooking. Always tilt the lid away from you as steam is hot and can result in serious burns. Never place face over the unit.
- Unplug the unit when not in use and before cleaning. Allow the unit to cool before putting on or taking off parts to clean.
- Do not use the pan on the stovetop, inside a microwave oven or inside an oven
- Do not use the cooking pan for food storage or place in the freezer.

# Sunbeam's Safety Precautions

**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.

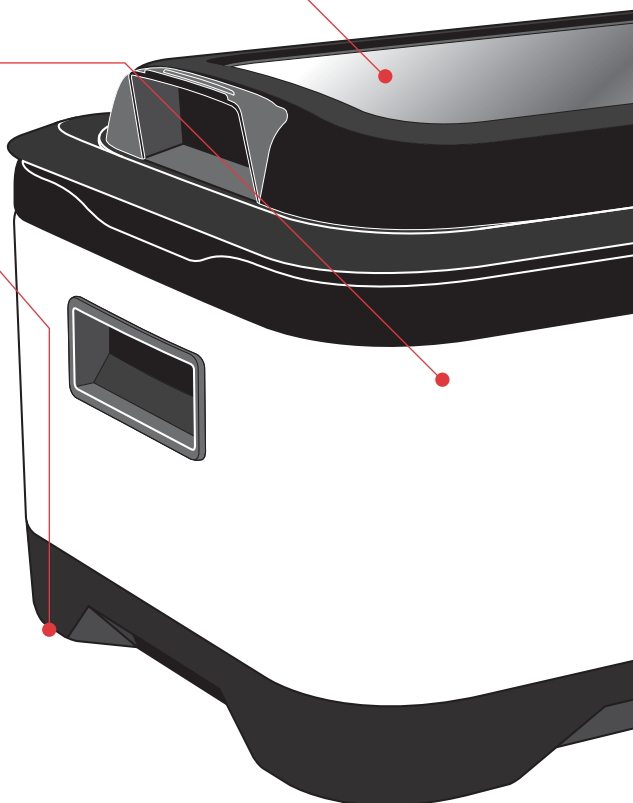
# Features of your Sunbeam Duos™ Sous Vide and Slow Cooker

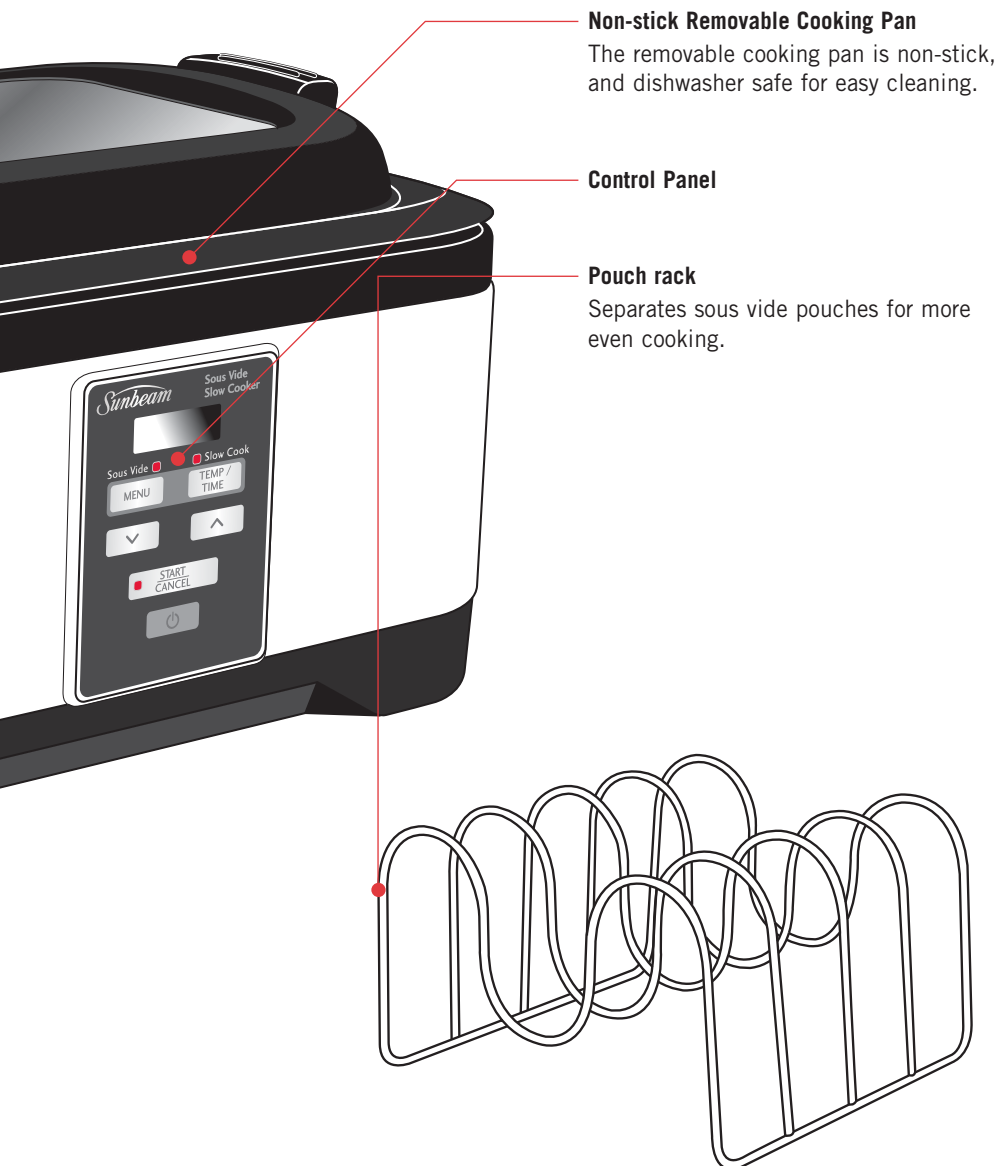
**Tempered Glass Lid**

**5.5 litre working capacity**

**Non-slip feet**

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





**Non-stick Removable Cooking Pan**

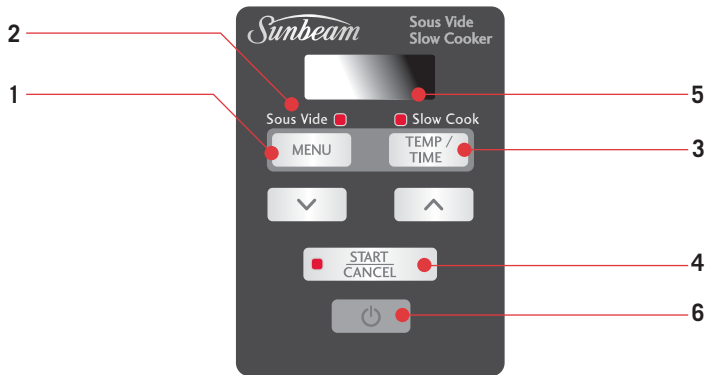
The removable cooking pan is non-stick, and dishwasher safe for easy cleaning.

**Control Panel**

**Pouch rack**

Separates sous vide pouches for more even cooking.

# The Control Panel



The control panel on the Sunbeam Duos Sous Vide and Slow Cooker is designed to ensure easy use. Choose your cooking menu, set the temperature and time, and start cooking.

## 1. **Menu Button**

Scroll to the Sous Vide menu or the Slow Cooker menu by pressing the MENU button.

## 2. **Cooking Menu indicator**

A light will display in the screen next to Sous Vide or Slow Cook menus, when the MENU button is selected.

### **Sous Vide Menu**

The Sous Vide menu has heat settings from 40°C to 90°C.

### **Slow Cook Menu**

The Slow Cook menu has three heat settings – LOW, HIGH and AUTO KEEP WARM.

## 3. **Temp/ Time Button**

After you've selected your cooking menu, set the temperature required by pressing the ▼ and ▲ buttons. After you've selected the temperature, set the time required by pressing the TIME button, then the ▼ and ▲ buttons.

## 4. **Start/ Cancel button**

Press the START button to begin the selected cooking menu once all settings have been chosen. Press and hold the CANCEL button for three seconds if you wish to change your setting.

## 5. **Timer display screen**

Will show the remaining time in the COOKING menus, or elapsed time in the slow cook KEEP WARM mode.

## 6. **Power Button**

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

**TIP:** After starting your menu selection, if the START button has not been pressed after 20 minutes, the unit will switch off as a safety precaution.



# Cooking Menus Overview

The Sunbeam Duos has 2 cooking menus.

## **Sous Vide Cooking**

Sous Vide has been a popular cooking method in restaurants for several years. Sous Vide is a French term which means 'under vacuum' and describes food placed in vacuum sealed pouches and cooked in a water oven. Food slowly cooks at precise low temperatures over a long period of time to achieve succulent, superb tasting meals. Sealing foods inside pouches allows it to cook in its own juices in addition to any marinades, seasonings etc you wish to add. Vitamins, minerals and juices are retained within the food and natural flavours are intensified. This allows the food to be healthier, more tender and flavoursome. Meats cooked in a sous vide tend to be more tender, tougher and mostly cheaper yet flavour filled cuts of meats such as chuck steak can be used.

As sous vide cooking requires foods and meats to be sealed individually, yet cooked at the same time; it is perfect for families and entertaining when there are people with varied tastes and nutritional requirements.

It is difficult to overcook using the Sous Vide method, although textures can change slightly. As it's difficult to overcook, it allows food to be cooked ahead of time, perfect for family meals and entertaining.

Temperatures. The Sunbeam Duos has a 40°C to 90°C temperature range, with 1°C increment selection. Different temperatures are required for different types of food and for different degrees of doneness. See the Sous Vide Temperature and Time Guide on page 12.

Time. The cooking time depends on the thickness of the food, rather than the weight of the food. The default cooking time is 1 hour. Time can be set from 1 hour to 24 hours. See the Sous Vide Temperature and Time Guide on page 12 for more information.

Ideal Foods for Sous Vide Cooking. Meats are ideal to cook using the sous vide method as they are more tender, succulent and flavour filled.

Red meats - Lamb, beef and pork.

Poultry - Chicken, turkey, duck.

Fish and Seafood - Fish, lobster tails, scallops.

Vegetables - Root Vegetables. Potato, carrot, parsnip, beets, turnips.

Vegetables - Tender Vegetables. Peas, asparagus, corn, broccoli, cauliflower, eggplant, onions, squash.

Fruit - Firm Fruits. Apple, pear.

Fruit - Tender Fruits. Mango, plum, apricot, peach, nectarine, papaya, strawberry.

## **Steps to Sous Vide cooking**

### Step 1. Seasoning your food

To enhance the flavour of your food, you may wish to marinade or add spices, herbs, butter or oil to your vacuum pouch prior to sealing.

### Step 2. Vacuum sealing your food

Sous vide cooking requires food to be vacuum sealed inside pouches to ensure excess air and moisture are removed, so the natural taste and nutritional quality

of the food is captured. Vacuum sealing also assists in opening the pores in food such as meat, poultry and seafood so that marinades and seasonings are more readily absorbed for highlighted flavour.

Oxygen and moisture in air cause food to degrade and lose flavour, texture and nutritional value. Commercial quality vacuum systems remove air and moisture before sealing items airtight to create a commercial quality vacuum. We recommend Sunbeam FoodSaver vacuum sealers and FoodSaver bags and rolls.

### Step 3. Cooking your food

When the water temperature has been reached in the sous vide, place the pouches carefully in the water. Ensure the pouches are fully submerged in water, and that water can easily circulate around the pouches for even cooking.

### Step 4. Searing your food

When sous vide cooking is completed, you may wish to finish off by searing to improve the appearance and flavour of the food. This is particularly suited to meats. Remove the food from the pouch. Quickly sear meat in a hot pan. This will caramelise the fats and proteins for extra flavour.

### **Food Safety Guidelines for Sous Vide Cooking**

**CAUTION. Food cooked using the Sous Vide method of cooking is not recommended for consumption by those in an 'at risk' category (low immune deficiency);**

- Pregnant women
- Small children
- Elderly
- Those suffering from illness/disease

**The below guidelines regarding using the Sous Vide method will help to ensure good food hygiene safety.**

### Food Preparation

- All food items to be used for cooking using the Sous Vide method should be of the highest quality in freshness.
- Ensure that all meat, seafood, poultry and game have been stored at below 5°C before preparation begins. Using a digital food thermometer to check the temperature is recommended.
- Make sure that the food pouches are clean and have not been contaminated by dirt or other food contaminants.
- Use detergent and warm water, or a sanitizing solution to wash the food preparation area.
- Separate the raw ingredient preparation area from the finished product area
- Wash hands well before commencing any food preparation.
- Prepare foods to the recommended thickness according to the Sous Vide Temperature and Time Guide on page 12. Smaller cuts of meat will cook more quickly.

## Cooking Menus Overview continued

### Cooking

- Use the Sous Vide Temperature and Time Guide for cooking times and temperatures.
- Ensure that the cooking pouch is completely sealed before cooking commences.
- Ensure that the cooking pouch is still completely sealed when cooking has finished.

### Storage

- If the food is not going to be consumed immediately, plunge the pouch containing the food into iced water to reduce temperature quickly. Refrigerate until required.

### Reheating

- Reheat food until internal temperature is above 75°C.

### **Slow Cooking**

Slow Cooking achieves flavour filled meals, and tender moist meats cooked to perfection. Slow Cooking provides healthy, simple and economical cooking. It requires minimal supervision, short preparation times and quick clean up times.

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 slow cooking time is completed, the Sunbeam Duos 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.

# Cooking Menu Settings Table

Cooking Menu	Sous Vide	Slow Cook
<b>Temperature</b>		
Settings	40°C to 90°C	High Low (Warm)
Default Cooking Temperature	50°C	Low
Temperature Increments	1°C	NA
<b>Time</b>		
Settings	1 to 24 hours	High – 2 to 8 hours Low – 4 to 16 hours
Default Cooking Time	1 hour	High – 4 hours Low – 8 hours
Time Increments	10 mins	30 mins

**Note:** On the slow cook setting, the maximum combined COOK/KEEP WARM time is 24 hours. For example if the slow cook time selected was 16 hours, the maximum keep warm time would be 8 hours.

# How to use the Sous Vide menu

Place the Sunbeam Duos on a flat, level surface.

Plug in the unit. To turn the unit on, press the POWER button. The unit will beep, and the indicator lights and the screen will illuminate. The Sunbeam Duos will default to the Sous Vide menu, on the 50°C setting.

1. Fill the cooking pan with the desired amount of water, and replace the lid. Ensure the water will cover the food pouches and is above the FILL line in the pan. View the Sous Vide Temperature and Time guide on page 12.

**TIP:** To speed up the time needed to reach the desired temperature, fill with warm water.

2. If the menu is not set to Sous Vide, set the cooking menu by scrolling through the MENU button until a light appears next to Sous Vide on the screen, and the temperature shows 50°C.
3. The default temperature is set to 50°C. To change the temperature, press the ▼ and ▲ buttons until your desired temperature appears in the screen.
4. To select the time, press the TIME button, and then press the ▼ and ▲ buttons, until your desired time appears in the LCD screen. Each button press will adjust the time by 10 minutes, or if the button is held this will change the time more quickly.
5. Once you have set the desired MENU, TEMP and TIME settings, press START. The unit will start to preheat.
6. The Sunbeam Duos needs to gain temperature before the food pouches can be placed in the sous vide pan. When the unit is gaining temperature, the red Sous Vide light will flash in the screen to indicate the set temperature has not yet been reached, and the time ■ symbol won't

flash to indicate the timer has not begun. When the selected temperature is reached, the unit will beep 3 times to indicate the set temperature has been reached, the Sous Vide light will stop flashing and the unit is ready for the food.

7. Carefully remove the lid. With a pair of tongs gently place the sealed food pouches in the water ensuring the water level does not exceed the MAX line, and that the food is covered by water. Replace the lid. (For further information regarding sealing your food, see Cooking Menus Overview on page 7.)

**TIP:** You can slot the sealed food pouches vertically in the slots of the rack to ensure the food is separated and that water can circulate evenly.

8. When the sealed food pouches are in the pan, press START so the timer can begin to countdown. The ■ symbol will start flashing to indicate the timer has started and that the unit is counting down.

**Tip:** If you do not press START to activate the timer the unit will still work as normal at the set temperature and will cook for the maximum setting of 24 hours or until you switch the power off.

9. After the set cooking time has elapsed, unit will beep 3 times and turn off.

**TIP:** During cooking, only lift the lid if necessary as sous vide uses low temperatures to cook, so the unit does not recover lost heat quickly. If condensation forms on the inside of the lid reducing your vision, carefully tilt the lid away from you so that the condensation falls back into the pan.

# Sous Vide Temperature and Time Guide

The below table is a guide to setting the temperatures and times for your cooking. You may need to adjust for your individual tastes.

## Cooking temperatures for Meat (Beef, Lamb and Pork):

RARE: 49°C  
 MEDIUM RARE: 56°C  
 MEDIUM: 60°C  
 MEDIUM WELL: 65°C  
 WELL: 71°C and up

## Cooking temperatures for Poultry:

WITH BONE: 82°C  
 WITHOUT BONE: 64°C

## Cooking temperature for Fish:

RARE: 47°C  
 MEDIUM RARE: 56°C  
 MEDIUM: 60°C

## General temperature for Vegetables:

83°C -87°C

FOOD	COOKING TEMPERATURE	COOKING TIME	HOLDING TIME (after cooking)	THICKNESS
<b>BEEF &amp; LAMB</b> <u>Tender Cuts</u> Tenderloin, cutlets, sirloin, rib eye, rump, T-bone	49°C or higher 49°C or higher	1 hour 2 hours	Up to 6 hours Up to 8 hours	1-2cm 2-5cm
<u>Tougher Cuts</u> Blade, chuck, leg of lamb, shoulder, shanks, game meats	49°C or higher	8 hours	Up to 10 hours	4-6cm
<b>PORK:</b> Belly Ribs Pork Chops Pork Roast	82°C 59°C 56°C or higher 56°C or higher	10 hours 10 hours 4 hours 10 hours	Up to 12 hours Up to 12 hours Up to 6 hours Up to 12 hours	3-6cm 2-3cm 2-4cm 5-7cm

## Sous Vide Temperature and Time Guide continued

FOOD	COOKING TEMPERATURE	COOKING TIME	HOLDING TIME (after cooking)	THICKNESS
<b>POULTRY:</b>				
Chicken breast with bone	82°C	2 hours	Up to 3 hours	3-5cm
Chicken breast without bone	64°C	1 hour	Up to 2 hours	3-5cm
Chicken thigh with bone	82°C	1½ hours	Up to 3 hours	3-5cm
Chicken thigh without bone	64°C	1 hour	Up to 2 hours	3-5cm
Chicken legs	82°C	2 hours	Up to 3 hours	5-7cm
Duck breast	64°C	2 hours	Up to 2 hours	3-5cm
<b>FISH:</b>				
Lean fish	47°C or higher	1 hour	Up to 1 hour	3-5cm
Fatty fish	47°C or higher	1 hour	Up to 1 hour	3-5cm
<b>SHELLFISH:</b>				
Shrimp	60°C	1 hour	Up to 1 hour	2-4cm
Lobster tail	60°C	1 hour	Up to 1 hour	4-6cm
Scallops	60°C	1 hour	Up to 1 hour	2-4cm
<b>VEGETABLES:</b>				
Root vegetables	83°C or higher	1 hour	Up to 2 hours	1-5cm
Tender vegetables	83°C or higher	1 hour	Up to 2 hours	1-5cm

**Note:** Holding time represents the longest suggested period the food can remain in the Sunbeam Duos unit before the texture starts to change.

**Note:**

- Longer cooking times may result in an altered texture of finished foods.
- These times and temperatures are guidelines. Further cooking may be required to achieve desired result.
- All thicknesses are measured once the food has been vacuum sealed.
- Thinner cuts of meat will cook more quickly.

# How to use the Slow Cook menu

Place the Sunbeam Duos on a flat, level surface.

Plug in the unit. To turn the unit on, press the POWER button. The unit will beep, and the indicator lights and the screen will illuminate. The Duos will default to the Sous Vide menu, on the 50°C setting.

1. Place your food and liquid inside the removable cooking pan, and replace the lid.
2. If the menu is not set to Slow Cook, set the cooking menu by scrolling through the MENU button until a light appears next to Slow Cook on the screen, and the temperature setting shows LO.
3. The default temperature is set to LO. To change the temperature to high, press the ▼ and ▲ button, until HI appears in the LCD screen.
4. To select the time, press the TIME button, and then press the ▼ and ▲ buttons, until your desired time appears in the screen. Each button press will adjust the time by 30 minutes, or if the button is held this will change the time more quickly.
5. Once you have set the desired MENU, TEMP and TIME settings, press START. The time will begin to countdown. The ■ symbol will start flashing to indicate the unit is counting down.
6. After the set cooking time has elapsed, unit will beep 3 times, and automatically switch to the KEEP WARM setting. The Slow Cook light will change to green to indicate it is in the KEEP WARM setting. The timer will begin to count up to show elapsed time in the KEEP WARM setting.

**Tip:** During cooking, only lift the lid if necessary as slow cook uses low temperatures to cook, so the unit does not recover lost heat quickly. If condensation forms on the inside of the lid reducing your vision, carefully tilt the lid away from you so that the condensation falls back into the pan.



# Care and Cleaning

Cleaning should only be carried out when the Sunbeam Duos is switched off and the plug removed from the socket. Allow the water to cool, and then pour out. Do not leave water sitting in the pan. Allow the unit to completely cool before cleaning.

Do not use the removable cooking pan on the stovetop, inside a microwave oven or inside an oven. Use the pan only inside the Sunbeam Duos unit.

The lid and the removable cooking pan are dishwasher safe for added convenience. Place the lid on the upper rack of your dishwasher. To remove food that is cooked onto the bottom of the removable cooking pan, soak the pan in warm water before cleaning. Dry thoroughly before replacing the pan in the unit.

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

Do not immerse the Sunbeam Duos unit in water or place in a dishwasher.

# Hints and Tips

With your Sunbeam Duos you can create a wide variety of meals. Various foods take different times to cook perfectly to your individual taste, so sometimes it may take a little trial and error to get the cooking times right for you.

## Capacity

- Don't overfill or under fill your Sunbeam Duos unit. Ensure the level is between the FILL (minimum) and MAX markings on the inside of the cooking pan. When using the sous vide menu, always ensure that the water covers the food pouches. When using the slow cooker, always ensure that liquid covers the food.
- To speed up the time needed for the unit to reach the desired Sous Vide temperature, fill with warm (not hot) water.

## Food

- Cuts of Meat. Sous Vide and Slow Cooking are perfect for the cheaper, tough cuts of meats, as the lengthy cooking process tenderises these cuts and enhances the flavours. Note that thinner cuts of meat will cook more quickly.
- Evenly cooked food. To ensure food cooks evenly in the same amount of time, we recommend food is cut to similar thicknesses/ sizes.

## Lid

- Condensation can accumulate on the inside of the lid, reducing your vision. Carefully tilt the lid away from you so that the condensation falls back into the pan.
- Lifting the lid. Both sous vide and slow cooker cooking methods use low temperatures and therefore they do not recover lost heat quickly. If you need to lift the lid, do so quickly to minimise heat loss.

## Food Safety Guidelines for Sous Vide Cooking

**CAUTION. Food cooked using the Sous Vide method of cooking is not recommended for consumption by those in an 'at risk' category (low immune deficiency);**

- Pregnant women
- Small children
- Elderly
- Those suffering from illness/disease

## Slow Cooking

- If you are slow cooking, you may wish to brown your meats first in a frypan. 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.
- 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.

## Hints and Tips continued

### Slow Cooked Roasts

- You can roast a whole chicken as well as whole pieces of meat, such as lamb, beef, veal and pork by using the Slow Cook menu.
- 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.
- 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 browning the meat first for a few minutes in a frypan to sear the meat, and then slow cook.
- 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.

### Slow Cooked Roast 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). Using a frypan, brown the chicken for a few minutes on each side until golden, then slow cook.

**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.

### Slow Cooked Stocks

- With your Sunbeam Duos you can easily make 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.

# Troubleshooting

<b>Problem</b>	<b>Possible Reason</b>	<b>Solution</b>
The screen is blank	The unit has no power	Check the cord is inserted into the machine, that the power is switched on at the power outlet, and that the POWER button on the unit has been pressed.
	The unit is in standby mode as START button has not been pressed within 20 minutes of setting the program	Press the POWER button to turn back on and reset your program and press START.
Sous Vide light on the control panel is flashing	Flashing indicates the unit is still gaining temperature	The flashing will stop when the set temperature is reached. By pressing the TEMP button you can see the current temperature which will give you an idea of how much longer before the set temperature is reached.

# Sous Vide Recipes

Sous Vide cooking is all about the main ingredient, and enhancing its natural flavour. The seasoning options to add to your main ingredient are endless. The Sunbeam Test Kitchen has included a handy chart of some great flavour combinations that can get you started.

Item	Flavour Inspiration
<p><b>Lamb</b> ( per approximately 500g)</p>	2 sprigs fresh rosemary and 1 teaspoon garlic powder
	2 sprigs fresh mint
	2 sprigs fresh thyme
	3 anchovies, finely chopped
	1 teaspoon ground coriander, 1 teaspoon ground cumin
	1 tablespoon Moroccan spice rub
	2 tablespoons olive oil, 1 tablespoon lemon zest, 1 teaspoon garlic powder
<p><b>Beef</b> (per approximately 500g)</p>	50g butter, 2 cloves crushed garlic, 2 sprigs fresh thyme
	50g butter, 2 cloves crushed garlic, 2 sprigs fresh parsley
	50g butter, 2 tablespoons fresh chives, 1 tablespoon grainy mustard
	1 tablespoon olive oil, 2 sprigs fresh thyme, 50g cooked bacon
<p><b>Chicken</b> (per approximately 500g)</p>	2 slices lemon, 2 sprigs fresh thyme
	50g browned butter, 4 fresh sage leaves, salt and black pepper
	20g butter, 2 sprigs fresh flat leaf parsley, 2 tablespoons capers
	Cook together 1 onion, 1 clove garlic, ½ cup chopped tomatoes, ¼ cup fresh basil
	Stuff chicken breasts with 1 tablespoon ricotta, 1 tablespoon lemon zest
<p><b>White Fish</b> (per approximately 500g)</p>	2 slices lemon, 2 sprigs fresh dill
	1 stalk lemon grass, ¼ cup fresh basil leaves, 2 slices lime
	1 tablespoon soy sauce, 1 teaspoon sesame oil, 2 sprigs fresh coriander
	1 tablespoon fresh dill, 1 teaspoon smoked paprika, 1 teaspoon lemon rind, ½ teaspoon cayenne

## Sous Vide Recipes continued

Item	Flavour Inspiration
<p><b>Salmon</b> (per approximately 500g)</p>	1 tablespoon soy sauce, 1 tablespoon honey, 1 teaspoon grated ginger
	2 tablespoons maple syrup, 1 tablespoon soy sauce, 1 teaspoon garlic powder
	2 tablespoons teriyaki sauce, 1 teaspoon grated ginger, 1 teaspoon garlic powder, 1 teaspoon chilli flakes
<p><b>Pork</b> (per approximately 500g)</p>	1 tablespoon fennel seeds, 1 teaspoon sea salt, 1 teaspoon black pepper
	¼ cup apple sauce, 1 teaspoon sea salt, 1 teaspoon black pepper
	1 tablespoon lemon zest, 1 tablespoon fresh thyme, 1 tablespoon fresh sage, 1 teaspoon sea salt, 1 teaspoon black pepper
	1 tablespoon ground cumin, 1 tablespoon ground coriander, 1 teaspoon cinnamon, 1 teaspoon brown sugar, 1 teaspoon chilli flakes

## Sous Vide Recipes continued

### Chermoula Marinade

This marinade is great for chicken and beef.

- ½ cup olive oil
- 2 tablespoons freshly chopped coriander
- 2 tablespoons freshly chopped flat-leaf parsley
- 2 tablespoons lemon juice
- 1 tablespoon chili flakes
- 1 tablespoon ground cumin
- 1 tablespoon sweet paprika
- 2 bay leaves
- 2 cloves garlic, crushed
- 2 onions, chopped
- ½ preserved lemon, thinly sliced
- 1 cm ginger, peeled, grated
- Salt and freshly ground black pepper, to taste

1. Preheat unit to correct sous vide temperature.
2. Combine all ingredients in a bowl. Season to taste with salt and pepper.
3. Coat desired meat in marinade.
4. Arrange meat in a single layer in the cooking pouch. Vacuum seal.
5. Place pouch in unit once correct temperature has been reached. Cook for required time. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled then refrigerate).
6. Remove from bag.

**TIP:** if desired heat a small amount of oil in a fry pan over medium heat. Add meat and cook for 1-2 minutes on each side or until golden brown.

### Portuguese Marinade

This is great for those that like a bit of spicy kick to their food. Great for chicken, beef or lamb.

- 3 slices lemon
- ½ cup olive oil
- 1 tablespoon chili paste
- 1 tablespoon fresh oregano, chopped
- 1 teaspoon powdered garlic
- 1 teaspoon powdered ginger
- Salt and freshly ground black pepper, to taste

1. Preheat unit to correct temperature.
2. Combine all ingredients in a bowl. Season to taste with salt and pepper.
3. Coat desired meat in marinade.
4. Arrange meat in a single layer in the cooking pouch. Vacuum seal.
5. Place pouch in unit once correct temperature has been reached. Cook for required time. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled then refrigerate).
6. Remove from bag.

**TIP:** if desired heat a small amount of oil in a fry pan over medium heat. Add meat and cook for 1-2 minutes on each side or until golden brown.

## Sous Vide Recipes continued

### **Teriyaki Marinade**

This is especially good for steak.

2 tablespoons mirin

2 tablespoons sake

2 tablespoons soy sauce

1 tablespoon caster sugar

Butter, for cooking

Salt and freshly ground black pepper, to taste

1. Preheat unit to correct temperature.
2. Place all ingredients in a small saucepan and bring to a simmer. Stir until sugar has dissolved. Allow to cool.
3. Coat desired meat in marinade.
4. Arrange meat in a single layer in the cooking pouch. Vacuum seal.
5. Place pouch in unit and cook for required time. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled then refrigerate).
6. Remove from bag.

**TIP:** if desired heat a small amount of oil in a fry pan over medium heat. Add meat and cook for 1-2 minutes on each side or until golden brown.

### **Antipasti Plate**

This is a great starter at a party.

Vacuum seal all the ingredients and cook.

Simple and easy.

### **Garlic Eggplants**

2 eggplants, cut lengthways into 2cm slices

1 clove garlic, crushed

2 tablespoons olive oil

Salt and freshly ground black pepper, to taste

### **Red Capsicum and Basil**

2 red capsicums, seeds removed, cut into quarters

2 sprigs fresh basil

2 tablespoons olive oil

Salt and freshly ground black pepper, to taste

1. Fill unit with water and preheat to 85°C.
2. Place each set of ingredients into a cooking pouch. Vacuum seal.
3. Place pouch in the unit once correct temperature has been reached. Ensure the pouches are submerged in water.
4. Cook for 2 hours.
5. Remove from bag. Season to taste with salt and pepper. Serve.

**TIP:** Preheat a grill and quickly chargrill the cooked eggplant for extra flavour.



## Sous Vide Recipes continued

### Honey, Soy Chicken Wings

Serves: 6

2kg chicken wings  
2cm ginger, peeled, grated  
2 long red chillies, chopped  
2 cloves garlic, crushed  
2 tablespoons honey  
2 tablespoons soy sauce  
1 tablespoon fish sauce  
Salt and freshly ground black pepper, to taste

- 1.Fill unit with water. Preheat water to 67°C.
- 2.Place all ingredients in a large bowl. Stir to combine.
- 3.Arrange chicken wings in a single layer in the cooking pouch. More than one pouch may be required. Vacuum seal.
- 4.Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
- 5.Cook for 2 hours. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled, then refrigerate).
- 6.Remove chicken from pouch and discard the marinade.
- 7.Preheat barbeque or grill to medium heat. Add chicken wings and cook for 2-3 minutes on each side or until golden and crisp. Serve.

### Coq au Vin

Serves: 4

4 chicken marylands  
2 cloves garlic, crushed  
2 cloves  
2 sprigs fresh thyme  
1 bay leaf  
1 shallot, finely chopped  
1 cup red wine  
2 tablespoons olive oil  
1 tablespoon balsamic vinegar  
Salt and freshly ground black pepper, to taste

- 40g butter  
1 onion, finely chopped  
50g bacon, rind removed, chopped
- 1.Fill unit with water. Preheat water to 82°C.
  - 2.Place chicken, garlic, cloves, thyme, bay leaf, shallot, red wine, olive oil and balsamic oil in a large bowl. Season to taste with salt and pepper. Stir to combine.
  - 3.Arrange chicken in a single layer in the cooking pouch. Pour in liquid. Vacuum seal.
  - 4.Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
  - 5.Cook for 8 hours. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled, then refrigerate).
  - 6.Remove chicken from pouch. Strain the sauce, reserve liquid.
  - 7.Heat butter in a small saucepan over medium heat. Add onion and bacon, cook for 3-4 minutes or until softened. Add liquid and bring to a simmer. Serve sauce over chicken.

## Sous Vide Recipes continued

### Chicken Cordon Bleu

Serves: 6

6 slices prosciutto

6 slices gruyere cheese

50g butter

6 sprigs fresh thyme

Salt and freshly ground black pepper

1. Fill unit with water. Preheat to 64°C.
2. Cut 6 x 20cm squares of cling wrap. Place one chicken thigh fillet in the middle of each piece of cling wrap.
3. Place one piece of prosciutto and cheese in the centre of each piece of chicken and bring the sides over to form a parcel. Season with salt and pepper.
4. Fold in the edges of the cling wrap making sure the chicken is wrapped tightly and is holding a cylinder shape.
5. Arrange chicken in the cooking pouch. Vacuum seal.
6. Place the pouch in the unit once the correct temperature has been reached. Ensure the entire pouch is submerged in water.
7. Cook for 1 ½ hours. If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled.
8. Remove cling wrap from chicken.
9. Melt butter in a large frypan over high heat. Add thyme and chicken. Cook for 3 -4 minutes or until chicken is golden. Serve immediately.

### Spicy Pork Chops

Serves: 3

3 tablespoons brown sugar

1 tablespoon chilli powder

1 teaspoon ground coriander

1 teaspoon ground fennel

½ teaspoon cayenne pepper

6 pork chops, 2.5 cm thick

1 onion, finely chopped

1 cup chicken stock

½ cup ketchup

¼ cup molasses

2 tablespoons apple cider vinegar

2 tablespoons worcestershire sauce

1 tablespoon American mustard

2 teaspoons tabasco sauce

Salt and freshly ground black pepper, to taste

1. Fill unit with water. Preheat water to 60°C.
2. Place sugar, chilli, coriander, fennel, cayenne and pork in a bowl. Rub pork thoroughly with spice mix.
3. Arrange pork in a single layer in the cooking pouch. More than one pouch maybe required. Vacuum seal.
4. Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
5. Cook for 45 minutes. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled, then refrigerate).
6. Remove pork from pouch and discard the liquid.
7. Place remaining ingredients in a saucepan and bring to a simmer over medium heat. Cook for 15 minutes or until thickened.

## Sous Vide Recipes continued

8. Preheat barbeque or grill to medium heat. Brush pork with sauce. Add pork chops and cook for 1-2 minutes on each side or until golden. Season to taste with salt and pepper. Serve with remaining sauce.

### **Red Wine Beef Cheeks**

Serves: 6-8

- 2 tablespoons olive oil
- 2kg beef cheeks
- 2 carrots, peeled, chopped
- 2 celery stalks, chopped
- 2 onions, chopped
- 6 cloves garlic, crushed
- 1 tablespoon orange zest
- 4 fresh bay leaves
- 2 cloves
- 2 juniper berries
- 2 star anise
- 1 cup beef stock
- 1 cup red wine

Salt and freshly ground black pepper, to taste

1. Fill unit with water. Preheat to 86°C.
2. Heat oil in a large frypan over medium-high heat. Add beef cheeks and cook for 3-4 minutes or until caramelised. Set aside.
3. To the same pan add carrot, celery, onion and garlic. Cook for 3-4 minutes or until tender. Add remaining ingredients and bring to the simmer.
4. Arrange beef checks and liquid in the cooking pouch. Vacuum seal.
5. Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
6. Cook for 6 hours. If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled.
7. Separate beef cheeks from liquid. Strain liquid and place liquid in a small saucepan over medium heat. Bring to a simmer. Season to taste with salt and pepper. Serve beef cheeks with sauce.

## Sous Vide Recipes continued

### Pork Belly

At the end of cooking, this pork belly doesn't need to be seared off. By cooking at a high temperature for an extended period time, the fat will break down making it very tender with an appealing mouth feel.

Serves: 4

3 tablespoons fennel seeds

1 tablespoon coriander seeds

2 teaspoons white pepper corns

1 tablespoon sea salt

1kg pork belly, 2.5cm thick skin scored

- 1.Fill unit with water. Preheat water to 82°C.
- 2.Place fennel, coriander, pepper corns and salt in a mortar and pestle. Crush until a fine powder.
- 3.Rub pork thoroughly with spice mix.
- 4.Place pork in cooking pouch. Vacuum seal.
- 5.Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
- 6.Cook for 9 hours. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled, then refrigerate).
7. Remove pork from pouch and discard the liquid. Serve.

### Chinese Five Spice Duck Breast

Serves: 4

4 duck breasts

2 star anise, crushed

2 tablespoons soy sauce

1 tablespoon honey

2 teaspoons Chinese five-spice powder

1 teaspoon garlic powder

Salt and freshly ground black pepper, to taste

- 1.Fill unit with water. Preheat water to 64°C.
- 2.Place all ingredients in a large bowl. Rub duck thoroughly with spice mix.
- 3.Arrange duck in a single layer in the cooking pouch. More than one pouch may be required. Vacuum seal.
- 4.Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
- 5.Cook for 2 hours. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled, then refrigerate).
- 6.Remove duck from pouch and discard the liquid.
- 7.Heat a large frypan over medium heat. Place duck skin side down for 2-3 minutes or until skin is golden and crisp. Allow to rest for 5 minutes. Serve.

## Sous Vide Recipes continued

### Hazelnut and Coriander Spiced Salmon

Serves: 5

- 1 tablespoon coriander seeds
- ¼ cup hazelnuts, roasted, skins removed, chopped
- ¼ cup sesame seeds
- 1 teaspoon ground ginger
- Salt and freshly ground black pepper, to taste
- 5 salmon fillets
- 2 tablespoons olive oil
- 50g butter, room temperature

1. Fill unit with water. Preheat water to 56°C for medium rare.
2. Heat a small frypan over medium heat. Add coriander seeds and cook until fragrant.
3. Add hazelnuts, coriander seeds, sesame seeds and ginger to a mortar and pestle. Season to taste with salt and pepper. Grind until a coarse powder.
4. Arrange salmon in a single layer in the cooking pouch. More than one pouch may be required. Vacuum seal.
5. Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
6. Cook for 20 minutes. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled, then refrigerate).
7. Remove salmon from the pouch.
8. Heat butter in a large frypan over medium heat. Add 2 tablespoons of spice mix and allow to cook for 1 minute before adding salmon fillets in batches. Sear salmon for 1 minute. Serve with an extra sprinkling of spice mix.

**TIP:** This salmon is great in salads.

### Rosemary and Lamb Chops

Serves: 4

- 8 lamb cutlets
- 3 cloves garlic, crushed
- 3 sprigs fresh rosemary
- ¼ cup olive oil
- Salt and freshly ground black pepper, to taste

1. Fill unit with water. Preheat water to 56°C for medium rare.
2. Place lamb, garlic, rosemary and oil in a large bowl. Stir to combine. Season to taste with salt and pepper.
3. Arrange lamb in a single layer in the cooking pouch. More than one pouch maybe required. Vacuum seal.
4. Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
5. Cook for 2 hours. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled, then refrigerate).
6. Remove chops. Discard rosemary and garlic. Pat lamb dry.
7. Heat a large frypan over medium-high heat. Add lamb chops and cook for 1 minute or until golden on each side. Serve.

## Sous Vide Recipes continued

### Pea, Mint and Goats Cheese Risotto

Serves: 4

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 clove garlic, crushed
- 3 cups vegetable stock
- 1 cup Arborio rice
- 20g butter
- 1 cup frozen peas, thawed
- 2 sprigs fresh mint
- 100g goats cheese
- Salt and freshly ground black pepper, to taste

1. Fill unit with water and preheat to 83°C.
2. Heat oil in a small saucepan over medium heat. Add onion and garlic cooking for 3-4 minutes or until tender.
3. Place onion mixture, stock and rice in the cooking pouch. Vacuum seal.
4. Place pouch in the unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
5. Cook for 40 minutes. If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled.
6. Meanwhile melt butter in a small saucepan over medium heat. Add peas and mint and cook for 1-2 minutes or until just cooked.
7. Remove risotto from the bag. Gently fold through peas and goats cheese. Season to taste with salt and pepper. Serve.

### Honeyed Carrots

- 500g baby carrots
- 40g butter
- 1 tablespoon honey
- Salt and freshly ground black pepper, to taste

1. Fill unit with water. Preheat water to 83°C.
2. Place all ingredients in a bowl. Toss to combine.
3. Arrange carrots in a single layer in the cooking pouch. Vacuum seal.
4. Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
5. Cook for 1 hour. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled, then refrigerate).
6. Heat carrots and cooking liquid in a large frypan over medium high heat. Cook for 3-4 minutes or until golden. Season to taste with salt and pepper. Serve.

## Sous Vide Recipes continued

### Rosemary Infused Potatoes

- 3 large potatoes peeled and cut into ½ cm slices
- 2 tablespoons duck fat
- 2 sprigs fresh rosemary
- Salt and freshly ground black pepper, to taste
- 1. Fill unit with water. Preheat water to 83°C.
- 2. Place all ingredients in a bowl. Toss to combine.
- 3. Arrange potatoes in a single layer in the cooking pouch. Vacuum seal.
- 4. Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
- 5. Cook for 1 hour. (If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled, then refrigerate).
- 6. Heat carrots and cooking liquid in a large frypan over medium heat. Cook for 3-4 minutes or until golden. Season to taste with salt and pepper. Serve.

### Spiced Sweet Potatoes

- This is a great recipe to make for a crowd.
- Serves: 4-6
- 3 large sweet potatoes, peeled, cut into 2 cm cubes
  - 1 tablespoon honey
  - 1 teaspoon paprika
  - 60g butter
  - Salt and freshly ground black pepper, to taste
  - 1. Fill unit with water and preheat to 85°C.
  - 2. Place sweet potato in a single layer in the cooking pouch. Vacuum seal.
  - 3. Place pouch in the unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
  - 4. Cook for 30 minutes. Serve.
- Tip:** Place these potatoes in a hot oven for 10 minutes for a crispy finish, if desired.

## Sous Vide Recipes continued

### Preserved Lemons

- 2 cups sea salt
- 1 tablespoon coriander seeds
- 1 tablespoon fennel seeds
- 2 fresh bay leaves
- 1 cinnamon stick
- 5 large lemons

1. Fill unit with water and preheat to 79°C.
2. In a large bowl combine salt, coriander, fennel, bay leaves and cinnamon.
3. Cut lemon into quarters but not all the way through so the lemon still holds its shape.
4. Place the lemons into the salt mixture and stuff each lemon with the salt mixture.
5. Place lemons and remaining salt mixture in the cooking pouch. Vacuum seal.
6. Place pouch in the unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
7. Cook for 6 hours.
8. Remove lemons from the bag. Place lemons in a sterilized jar and cover with olive oil. Seal. Keep in a dark place or refrigerator for up to 1 year.

### Port Poached Dates

Serves: 4

- ½ cup Tawney port
- ¼ cup honey
- 1 vanilla pod, split
- 10 fresh dates

1. Fill unit with water and preheat to 85°C.
2. Heat port, honey and vanilla in a small saucepan over medium heat. Bring to a simmer and allow to reduce by a third.
3. Arrange dates in a single layer in the cooking pouch. Pour over port reduction. Vacuum seal.
4. Place pouch in unit once correct temperature has been reached. Ensure the entire pouch is submerged in water.
5. Cook for 1 hour. If not consuming immediately submerge the pouch in an ice bath until thoroughly chilled.
6. Remove dates from pouch. Serve with cooking liquid.



# Slow Cooker Recipes – Main Meals

All the recipes have been specifically created and tested by the Sunbeam Test Kitchen for the Sunbeam Duos Sous Vide and Slow Cooker. We hope you enjoy using your Sunbeam Duos.

## Chicken Tagine

Serves: 6

- 2 tablespoons olive oil
- 800g chicken thigh fillets, sliced
- 3 cloves garlic, crushed
- 2 onions, chopped
- 2 teaspoons ground cinnamon
- 2 teaspoons ground cumin
- 1 teaspoon chilli powder
- 1 teaspoon ground turmeric
- 2 cups chicken stock
- 1 cup dried dates, pitted, chopped
- 2 tablespoons honey
- 1 cup fresh coriander, chopped
- ½ cup toasted almonds, chopped
- Salt and freshly ground black pepper, to taste

1. Heat oil in a large frypan over medium-high heat. Add chicken cooking until golden. Transfer to cooking pan.
2. In the same frypan add garlic and onions. Cook for 3-4 minutes or until tender. Add spices, cooking until fragrant. Transfer to cooking pan. Add stock, dates and honey. Stir to combine. Place lid on unit.
3. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-8 hours.
4. Stir through coriander and almonds. Season to taste with salt and pepper. Serve.

## Butter Chicken

Serves: 6

- 2 tablespoons oil
- 800g chicken thigh fillets, sliced
- 40g butter
- 3 cloves garlic, crushed
- 1 onion, chopped
- 1 ½ cups plain Greek yoghurt
- ¾ cup tandoori masala paste
- ⅓ cup tomato paste
- 5 green cardamom pods
- 400ml can coconut milk
- Steamed rice, to serve
- Salt and freshly ground black pepper, to taste

1. Heat oil in a large frypan over medium heat. Add chicken cooking until golden. Transfer to cooking pan.
2. Melt butter in a large frypan over medium heat. Add garlic and onions cooking until tender. Transfer to cooking pan.
3. Add remaining ingredients to slow cooker. Stir to combine. Place lid on unit.
4. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-8 hours. Season to taste with salt and pepper. Serve with rice.

## Slow Cooker Recipes – Main Meals continued

### **Peanut Chicken**

Serves: 6

800g chicken thigh fillets, halved  
3 cloves garlic, crushed  
1 red capsicum, seeds removed, chopped  
1 onion, chopped  
½ cup chicken stock  
¼ cup soy sauce  
1 tablespoon ground cumin  
½ teaspoon chilli flakes  
1 ½ cups crunchy peanut butter  
⅓ cup satay sauce  
¼ cup lime juice  
1 tablespoon corn flour  
Steamed rice, to serve  
Salt and freshly ground black pepper, to taste

1. Place chicken, garlic, capsicum, onion, stock, soy sauce, cumin and chili into the cooking pan. Stir to combine. Place lid on unit.
2. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-8 hours.
3. Remove one cup of liquid from slow cooker. Add remaining ingredients and whisk until well combined. Add back to the pan, stir to combine. Cook for a further 30 minutes. Season to taste with salt and pepper. Serve over rice.

### **Asian Style Pork Belly**

Serves: 6-8

1 kg pork belly, cut into 5cm cubes  
2 cups chicken stock  
½ cup brown sugar  
¼ cup kecap manis  
¼ cup rice wine  
¼ cup soy sauce  
1 tablespoon fish sauce  
2 teaspoons orange zest  
2 cm fresh ginger, peeled, grated  
2 cardamom pods, crushed  
2 cloves garlic, crushed  
1 long red chili, sliced  
1 star anise  
Salt and freshly ground black pepper, to taste

1. Place pork in cooking pan. Add remaining ingredients. Place lid on unit.
  2. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-8 hours.
  3. Remove pork from sauce.
  4. Place sauce in a medium saucepan over medium heat. Bring to a simmer and allow to reduce by half. Add pork and bring to a simmer. Serve over rice.
- TIP:** For crispy skin pork, heat a large frypan over medium-high heat. Add pork skin side down and cook for 3-4 minutes or until caramelised.

## Slow Cooker Recipes – Main Meals continued

### Spicy Pork Meatballs

Serves: 6-8

- 1.25kg pork mince
- 1 onion, finely chopped
- 1 long red chili, sliced
- 1 egg, lightly beaten
- 1 cup grated parmesan cheese
- 1 cup fresh breadcrumbs
- ½ cup chopped fresh flat-leaf parsley
- 2 tablespoons tomato paste
- 2 teaspoons smoked paprika
- 2 teaspoons chopped fresh oregano
- 1 teaspoon ground chilli powder
- 700ml jar passata (tomato puree)
- ¾ cup beef stock
- 3 cloves garlic, chopped
- Pasta, to serve
- Salt and freshly ground black pepper, to taste

1. In a large bowl combine pork, onion, chili, egg, cheese, breadcrumbs, parsley, tomato paste, paprika, oregano, and chilli powder. Roll into tablespoon sized balls. Transfer to cooking pan.
2. Add passata, stock and garlic to cooking pan. Stir to combine. Place lid on unit.
3. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-7 HOURS. Season to taste with salt and black pepper. Serve over pasta.

### Pork with Apple and Cider

Serves: 6-8

- 1.25kg boneless pork shoulder, cut in 5cm cubes
- ¼ cup plain flour
- 2 tablespoons oil
- 30g butter
- 1 large leek, sliced
- 375mls apple cider
- ½ cup chicken stock
- 1 tablespoon chopped fresh tarragon
- 2 granny smith apples, peeled, core removed, diced
- ½ cup thickened cream
- 1 tablespoon seeded mustard
- 1 tablespoon corn flour
- 1 tablespoon lemon juice
- Salt and freshly ground black pepper, to taste

1. Toss pork in flour.
2. Heat oil in a large frypan over medium heat. Add pork and cook until golden about 3-4 minutes. Transfer to cooking pan.
3. Melt butter in a large frypan over medium heat. Add leek cooking for 3-4 minutes or until softened. Transfer to cooking pan.
4. Add cider, stock, tarragon and apples to the cooking pan. Stir to Combine. Place lid on unit.
5. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-8 hours.
6. Remove one cup of liquid from cooking pan. Add remaining ingredients and whisk until well combined. Add back to the pan, stir to combine. Cook for a further 30 minutes. Season to taste with salt and pepper. Serve.

## Slow Cooker Recipes – Main Meals continued

### Red Wine Lamb Shanks

Serves: 4

4 large lamb shanks  
2 tablespoons plain flour  
¼ cup olive oil  
3 red onions, chopped  
2 stalks celery, chopped  
2 carrots, peeled, chopped  
3 tablespoons fresh thyme  
2 cups chicken stock  
½ cup red wine  
1 bay leaf  
1 tablespoon plain flour  
30g butter, room temperature  
Salt and freshly ground black pepper, to taste

1. Toss lamb shanks in flour.
2. Heat half of the oil in a large frypan over medium high heat. Add lamb shanks and cook for 3-4 minutes or until golden. Transfer to cooking pan.
3. Add remaining oil to the same pan with onions, garlic, celery and carrots. Cook until tender, about 3-4 minutes. Add remaining ingredients whisking until smooth. Transfer to cooking pan. Place lid on unit.
4. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-8 hours. Season to taste with salt and pepper. Serve.

### Easy Osso Bucco with Gremolata

Serves: 6

2kg osso bucco  
¼ cup plain flour  
2 tablespoons olive oil  
4 cloves garlic, crushed  
2 onions, chopped  
2 x 400g can crushed tomatoes  
2 cups chicken stock  
1 cup white wine  
¼ cup fresh basil  
1 teaspoon lemon zest

Gremolata:

- 2 tablespoons freshly chopped flat-leaf parsley  
2 garlic cloves, crushed  
1 teaspoon lemon zest  
Salt and freshly ground black pepper, to taste
1. Toss osso bucco in flour.
  2. Heat oil in a large pan over medium-high heat. Add osso bucco and cook for 3-4 minutes or until golden. Transfer to cooking pan.
  3. To the same pan add garlic and onions. Cook for 3-4 minutes or until golden. Transfer to cooking pan. Stir through remaining ingredients. Place lid on unit.
  4. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-8 hours. Season to taste with salt and pepper.
  5. Gremolata: Place all ingredients in a small bowl. Stir to combine. Sprinkle over osso bucco before serving.

## Slow Cooker Recipes – Main Meals continued

### Moroccan Beef

Serves: 6

- 1kg beef chuck, cubed
- 1/3 cup plain flour
- 3 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 onion, sliced
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon turmeric
- 1/4 teaspoon ground cinnamon
- 1 cup beef stock
- 415g can apricot halves in natural juice, reserve liquid
- Couscous, to serve
- Salt and freshly ground black pepper, to taste

1. Toss beef in flour.
2. Heat oil in a large frypan over medium heat. Add beef and cook for 3-4 minutes or until golden. Transfer to cooking pan.
3. Using the same pan add garlic and onion. Cook for 3-4 minutes or until softened. Add cumin, coriander, turmeric and cinnamon and cook until fragrant. Add stock and apricots. Bring to a simmer. Transfer to cooking pan. Place lid on unit.
4. Press MENU and select SLOW COOK. Cook on HIGH 3- 4 hours or LOW 6- 8 hours. Season to taste with salt and black pepper. Serve over couscous.

### Mexican Beef Stew

This stew is great in burritos or tacos.

Serves: 6-8

- 4 dried ancho chillies
- 5 bay leaves
- 4 cloves garlic, crushed
- 1 large white onion, chopped
- 200g bacon, chopped
- 4 large tomatoes, chopped
- 1 cinnamon stick
- 1 granny smith apple, peeled, core removed, chopped
- 1 cup chopped fresh pineapple
- 1 1/2 teaspoons dried oregano
- 1.5kg beef chuck, cubed
- 1 tablespoon caster sugar
- Salt and freshly ground black pepper, to taste

1. Place dried chillies in a bowl and cover with hot water. Soak until soft, about 25 minutes. Discard stems and seeds. Chop remaining chili.
2. Heat oil in a large pan over medium heat. Add bay leaves, garlic, onion and bacon. Cook for 5-6 minutes or until golden. Transfer to the cooking pan.
3. Add remaining ingredients to the cooking pan. Place lid on unit.
4. Press MENU and select SLOW COOK. Cook on HIGH or 3-4 hours or LOW for 6-8 hours. Season to taste with salt and pepper. Serve.

**TIP:** Ancho chillies can be found in most gourmet food stores.

## Slow Cooker Recipes – Main Meals continued

### **Beef and Creamy Mushroom Casserole**

Serves: 4-6

- 1kg beef chuck steak, cut into 5cm pieces
- 2 tablespoons plain flour
- 2 tablespoons olive oil
- 20g butter
- 2 onions, chopped
- 500g portabella mushrooms, sliced
- 200g button mushrooms, sliced
- ½ cup beef stock
- ½ cup red wine
- ¼ cup tomato paste
- 2 teaspoons smoked paprika
- 1 cup sour cream
- 1 tablespoon corn flour
- 1 tablespoon lemon juice
- Salt and freshly ground black pepper, to taste

1. Toss beef in flour.
2. Heat oil in a large frypan over medium-high heat. Add beef and cook for 3-4 minutes or until golden. Transfer to slow cooker.
3. Melt butter in a large frypan over medium heat. Add onions and mushrooms cooking for 5-6 minutes or until softened.
4. Add stock, red wine, tomato paste and paprika to the frypan. Bring to a simmer. Transfer to cooking pan. Place lid on unit.
5. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW on 6-8 hours.
6. Combine sour cream and corn flour. Add to cooking pan, stirring to combine. Cook for a further 30 minutes or until thickened. Season to taste with salt and pepper and lemon juice. Serve.

### **Slow Cooked Creamy Polenta**

This is a great 'no stirring required' polenta.

Serves: 4-6

- 4 cups milk
- 1 cup pouring cream
- 1 cup coarse polenta
- 1 cup grated parmesan cheese
- 50g butter
- Salt and freshly ground black pepper, to taste

1. Spray the inside of slow cooker with cooking spray.
2. In a medium saucepan heat milk, cream and polenta. Bring to a simmer and allow to cook for 3-4 minutes. Transfer to cooking pan. Place lid on pan.
3. Press MENU and select SLOW COOK. Cook on HIGH for 3 hours or LOW for 6 hours. Once cooked whisk through parmesan cheese and butter. Season to taste with salt and pepper. Serve.

## Slow Cooker Recipes – Main Meals continued

### Chickpea and Pumpkin Curry

Serves: 4-6

- 1 tablespoon oil
- 2 onions, chopped
- ¼ cup red curry paste
- 4 cardamom pods, crushed
- 1 stalk lemongrass
- 1 kg pumpkin, peeled, seeds removed, cubed
- 1 cup vegetable stock
- 400ml can coconut milk
- 400g can chickpeas, drained, rinsed
- 2 tablespoons lime juice
- ½ cup chopped fresh coriander
- Salt and freshly ground black pepper, to taste

1. Heat oil in a large frypan over medium high heat. Add onions cooking for 3-4 minutes or until tender. Add curry paste, cardamom pods and lemon grass and cook until fragrant. Transfer to cooking pan.
2. Add pumpkin, stock and coconut milk. Stir to combine. Place lid on unit.
3. Press MENU and select SLOW COOK. Cook on HIGH for 3 hours on LOW for 6 hours. Add chickpeas in the final 30 minutes of cooking.
4. Stir through remaining ingredients. Season to taste with salt and pepper. Serve.

### Moroccan Lentil and Chickpea Soup

Serves: 6

- 1 tablespoon olive oil
- 1 carrot, peeled, chopped
- 1 stalk celery, chopped
- 1 red onion, chopped
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 teaspoons ground ginger
- ½ teaspoon ground cinnamon
- 1 cup red lentils
- 1 cup green lentils
- 6 cups vegetable stock
- ½ cup fresh chopped coriander
- 2 tablespoons lemon juice
- Salt and freshly ground black pepper, to taste

1. Heat oil in a large frypan over medium heat. Add carrot, celery and onion cooking for 3-4 minutes or until softened. Add spices and cook until fragrant. Transfer to cooking pan.
2. Add lentils and stock. Stir to combine. Place lid on unit.
3. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-8 hours. Stir through remaining ingredients. Season to taste with salt and pepper. Serve.

# Slow Cooker Recipes – Desserts

## Rice Pudding

Serves: 4

325g can sweetened condensed milk

5 cups milk

1 ½ cups arborio rice

1 teaspoon vanilla essence

1. Place condensed milk and milk in the pan. Whisk to combine.
2. Stir through rice and vanilla essence. Place lid on unit.
3. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6-8 hours. Serve hot.

**Tip:** Add a cinnamon stick or a few cloves for a delicious twist.

## Gingerbread and Golden Syrup Pudding

Serves: 8

¾ cup golden syrup

2 cups plain flour

¼ cup brown sugar

1 tablespoon ground ginger

100g butter, diced

¾ cup milk

1 teaspoon baking soda

2 eggs

1. Place an upside saucer in the base of the cooking pan.
2. Lightly grease an 8 cup capacity pudding basin.
3. Pour half of the golden syrup into the pudding basin. Set aside.
4. In a large bowl combine flour, brown sugar and ginger.
5. Rub butter into the flour mixture until mixture resembles breadcrumbs.
6. In a jug combine milk, baking soda and eggs. Add to flour mixture with remaining golden syrup and stir until just combined. Pour into the prepared pudding basin.
7. Cover the top of the basin with a piece of baking paper and then a piece of tinfoil. Place a pleat in the middle of the covers, then secure to the basin with a piece of string.

**TIP:** The pleat in the baking paper and tinfoil allows the pudding to rise.

8. Place pudding basin on top of the upside down saucer in the cooking pan and add enough boiling water so that it rises until halfway up the pudding basin. Place lid on unit.



## Slow Cooker Recipes – Desserts continued

9. Press MENU and select SLOW COOK. Cook on HIGH for 3-4 hours or LOW for 6 hours. Invert pudding onto serving dish. Serve warm.

# 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.

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