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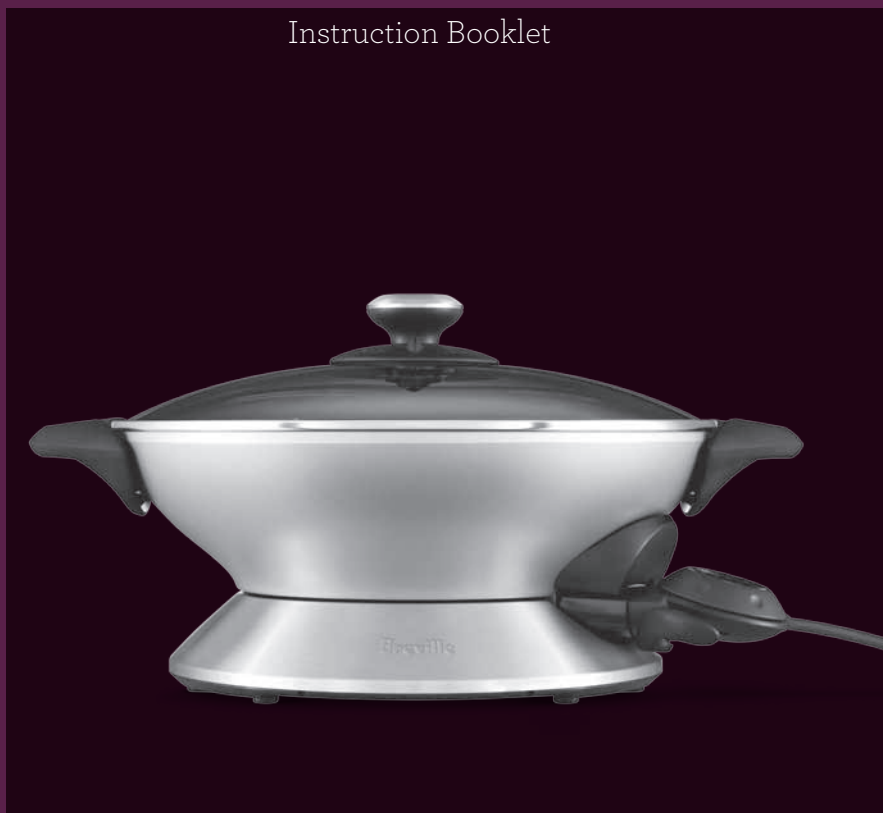
Due to continued product improvement, the products illustrated/photographed
in this brochure may vary slightly from the actual product.

BEW600 Issue - A10

Breville

the Hot Wok™ Pro

Instruction Booklet



BEW600

CONGRATULATIONS

on the purchase of your new
Breville Hot Wok™ Pro

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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The appliance is not intended for use by young children or infirm persons without supervision.
- Do not leave the appliance unattended when in use. Young children should be supervised to ensure that they do not play with the appliance.
- Do not touch hot surfaces. Use handles.
- Always use the wok on a dry level surface.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- When using this appliance, provide adequate air space above and on all sides for circulation.
- On surfaces where heat may cause a problem, an insulating mat is recommended.
- Do not let the power cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- Do not immerse power cord, plug or temperature control probe in water or any other liquid.
- Always insert temperature control probe into probe socket before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the temperature control probe.
- Always turn the temperature control probe to 'MIN', turn the power off at the power outlet, remove the power plug, and then remove the temperature control probe before attempting to move the appliance, when the appliance is not in use and before cleaning.
- Do not place hot glass lid under cold water.
- Avoid using on metal surfaces eg: sink, hot plate.
- Do not use harsh abrasives, caustic cleaners or oven cleaners when cleaning this appliance.
- Any maintenance, other than cleaning, should be performed at an authorised Breville Service Centre.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest authorised Breville Service Centre for examination, replacement or repair.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The 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.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.

**SAVE THESE
INSTRUCTIONS**

KNOW

your Breville Hot Wok™ Pro

KNOW YOUR BREVILLE HOT WOK™ PRO



- A. Toughened Glass Lid**
with adjustable steam vent.
Dishwasher safe.
- B. Eterna™ PFOA-Free Non-Stick surface.**
A reinforced multi coat system with a unique composite that makes Eterna™'s non stick properties last longer than other non-sticks.
- C. Wok Bowl**
6L capacity. Ideal for stir fries, steaming, braising and deep-frying.
- D. Wok Base**
The dishwasher safe Wok Bowl can be removed from the base for easy cleaning.
- E. 2400W Heating Element**
The powerful element quickly distributes heat up the walls of the Wok Bowl.
- F. Temperature Control Probe**
15 precision heat settings up to a searing 218°C emulating authentic Asian-style gas cooking.

REMOVABLE TEMPERATURE CONTROL PROBE

The Temperature Probe has 15 heat settings plus 'High Sear' for accurate temperature control. The 'High Sear' setting should be used for searing and sealing meats when stir-frying.

The heating arrow on the probe switches off automatically when the temperature is reached and will cycle on and off during cooking in order to maintain the temperature selected.

The numbers on the dial represent the following:

HEAT SETTINGS	FUNCTION	TEMPERATURE GUIDE
1 2 3 4	Keep food warm Slow cooking sauces Casseroles Soups	Low Heat/Slow Cook
5 6 7 8 9	Curries, pasta Rice, browning nuts Frying	Medium Heat
10 11 12 13	Vegetable Stir-frying	High Heat
14 High Sear	Stir-frying Sealing meat	Maximum Heat High Sear

NOTE

Temperatures given are a guide only and may require adjustment to suit various foods and individual tastes.

For best results allow the wok to preheat for 10 minutes on the 'High Sear' setting before beginning to cook.

OPERATING

your Breville Hot Wok™ Pro

OPERATING YOUR BREVILLE HOT WOK™ PRO

BEFORE FIRST USE

Before using for the first time, the cooking surface should be cleaned with a moist cloth. We recommend lightly greasing the cooking surface when using for the first time. This will not be necessary on subsequent occasions.

- It is recommended you remove all labels and wash the Wok Bowl and Glass Lid in hot soapy water. Rinse and thoroughly dry.
- The Wok Base is removable for easy cleaning (see page 14).
- Do not immerse the power cord and Temperature Control Probe in water or any other liquid.

NOTE

Before inserting the Temperature Control Probe into the Probe Socket, ensure the interior of the Probe Socket is fully dry. To do this, shake out excess water then wipe the interior of the Probe Socket with a dry cloth.

OPERATING YOUR WOK

1. Place the Wok Bowl onto the Wok Base and lock into place (see page 15).
2. Insert the Temperature Control Probe into the Probe Socket at the side of the wok. Plug into a 240V power outlet. Always insert the Temperature Control Probe into the appliance first, then plug power cord into main power outlet.
3. Preheat the wok on the 'High Sear' setting for approximately 10 minutes. The heating arrow will illuminate and indicates the selected setting.
4. When the heating arrow no longer illuminates, the wok has reached the correct temperature for the selected setting. The wok is now ready for use. The heating arrow will cycle on and off throughout cooking as the temperature is maintained by the thermostat. Never place oil or food into the wok while it

is heating, especially when it is cold. This will produce a poor cooking result.

Rotate the Steam Vent on the Glass Lid counter clockwise to allow steam to escape when cooking.



WARNING

Never operate the wok without the base firmly positioned in place.

NOTE

When a high heat is required (eg. for stir frying or searing), select the 'High Sear' setting and allow the heating arrow to cycle on and off several times. This will allow the cooking surface to adjust to a more accurate cooking temperature. Use only the Temperature Control Probe provided with the wok. Do not use any other Temperature Control Probe or connector.

5. When cooking is completed, turn the heating arrow to the 'Off' position ('0' on dial) then unplug power cord from power outlet. Leave the Temperature Control Probe connected to the wok until it has cooled down.

NOTE

Do not immerse the power cord, Temperature Control Probe in water or any other liquid.

- Allow the wok to cool down before cleaning.
- Before cleaning switch the wok 'Off' and unplug power plug from the power outlet. Remove the Temperature Control Probe from the Probe Socket by depressing the 'Easy Release' lever on the side of the probe.
- Do not leave plastic cooking utensils in contact with the wok while cooking.

CARE & CLEANING

for your Breville Hot Wok™ Pro

CARE & CLEANING

TEMPERATURE CONTROL PROBE

- If cleaning is necessary, wipe the Temperature Control Probe with a slightly damp cloth.

NOTE

Do not immerse the power cord, Temperature Control Probe in water or any other liquid.

Storage

Store the Temperature Control Probe carefully. Do not knock or drop it because the probe may be damaged. If damage is suspected, call Breville Customer Service at 1300 139 798.

NOTE

For convenient storage of the Temperature Control Probe, line the Wok Bowl with two sheets of paper towel and place the probe on the paper towels. This will ensure the probe and power plug don't scratch the non-stick coating.

ETERNA™ PFOA-FREE NON-STICK SURFACE

Do not use metal utensils, sharp objects or cut food inside the wok. Breville is not liable for damage to the non-stick coating if metal utensils have been used.

Cooking on a non-stick surface reduces the need for oil. Food does not stick and cleaning is easier.

Any discoloration that may occur will only detract from the appearance of the wok and will not affect the cooking performance.

When cleaning the non-stick coating do not use metal (or other abrasive) cleansers. Wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush.

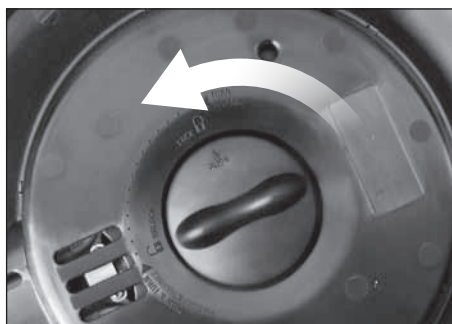


CARE & CLEANING

REMOVABLE BASE

To remove the base for cleaning:

1. Remove the lid from the wok and ensure the Temperature Control Probe has been removed from the Probe Socket. Turn the wok upside down as illustrated below.



Turn the Quick Release Knob counter clockwise as shown by the arrow.

2. Lift the base from the wok, lifting over the Probe Socket.



The Wok Base and Bowl should be washed in hot soapy water. Dry thoroughly.

NOTE

To extend the life of the non-stick coating, we recommend that the Wok Bowl, Base and Lid be washed by hand. However, the Wok Bowl and Lid are dishwasher safe. The recessed heating element in the Wok Bowl is completely sealed so it is safe to immerse in water. The Wok Base should not be placed in the dishwasher.

WARNING

The wok should never be operated without the Wok Bowl and Base fully assembled and locked into place.

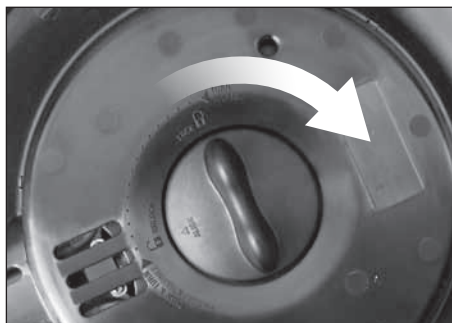
NOTE

Before inserting the Temperature Control Probe into the Probe Socket, make sure that the interior of the Probe Socket is fully dry. To do this, shake out excess water, then wipe the interior of the Probe Socket with a dry cloth.

CARE & CLEANING

To lock the Base for cooking:

3. Lower the Wok Bowl over the Base as illustrated below. Press down on the Quick Release Knob and rotate clockwise to lock into place. Ensure the Base is locked into position before rotating the wok right-side-up.



GLASS LID

Wash the Glass Lid in warm soapy water using a soft sponge, rinse and dry thoroughly. The Glass Lid is dishwasher safe.

NOTE

Take care when the glass lid is hot. Do not place hot lid under cold water or on cold surfaces. This may cause lid to break.

COOKING TECHNIQUES

for your Breville Hot Wok™ Pro

STIR-FRYING

Recommended Temperature Probe

setting: 'High Sear' for meats.

12-14 for vegetables and seafood.

- Stir-frying is an energy efficient and healthy way of cooking foods. The benefit of this method is its speed and the flavor result. The non-stick cooking surface on your wok also means that less oil is required for cooking. The cooking action for stir-frying is a continual tossing motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.
- Stir-frying should be carried out using a high heat setting.
- Preheat your wok before adding any ingredients, allow the temperature light to cycle 'ON' and 'OFF' as over cooking will give a tough, dry result. Cooking times depend on the size and thickness of the cut, as the bigger the cut, the more time that is needed.

RECOMMENDED CUTS FOR STIR-FRYING

Beef

Lean beef strips prepared from rump, sirloin, rib eye and fillet.

Chicken

Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets.

Lamb

Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts and loin.

Pork

Lean pork strips prepared from leg, butterfly or medallion steaks or fillet.

Veal

Eye of loin, fillet, round, rump or topside.

NOTE

Make sure to carefully cook the meat to the minimum temperature required to prevent contamination.

STIR-FRY TIPS

- Buy meat strips from your butcher or supermarket, or prepare meat strips from recommended cuts listed previously by removing any fat and slicing thinly across the grain (across direction of meat fibers). Slicing across the grain ensures tenderness. Cut into very thin strips, approximately 2 - 3 inches (5 - 8cm) in length. Partially freeze meat (approximately 30 minutes) to make slicing easier.
- Stir-fry meat strips in small batches (approx ½ pound; 225g) to stop meat from shedding its juice and 'stewing', resulting in tougher meat.
- When adding meat strips to the wok, the strips should sizzle.
- Stir-fry meat strips for 1 - 2 minutes. Any longer will toughen meat.
- Remove each batch when cooked and allow the wok to reheat before stir-frying the next batch. By cooking in small batches, the heat of the wok remains constant, ensuring the meat does not stew and toughen. A small amount of oil can be mixed through the meat strips before adding to the wok, along with any other flavoring such as garlic, ginger and chili peppers. A little sesame oil can also add flavor. Mixing the meat with the oil rather than heating it separately in the wok eliminates using too much.

COOKING TECHNIQUES

- Drain off thin marinades from meat strips before stir-frying to prevent stewing and splatter.

Stir-fry vegetables after sealing the meat in a little oil (or sprinkling of water) until vivid in color for:

3 Minutes

Onion, quartered

Broccoli, flowerets

Carrots, sliced

Soaked Chinese dried Mushrooms

2 Minutes

Snow peas

Bell peppers, sliced

Zucchini, sliced

Water chestnuts

Bamboo shoots

1 Minute

Garlic, minced

Chili pepper, minced

Ginger, minced

Shallots, chopped

Bean sprouts

This brief cooking time will keep vegetables crisp.

- Peanut oil is traditionally used for Asian style stir-fry dishes. However other oils such as vegetable, canola and light olive may be used.
- Do not overfill the wok. If necessary cook in batches and reheat at the end of stir-frying. If using this method remember to under cook slightly as to not overcook the end result.
- Serve stir-fried foods immediately to retain their crisp texture.

SHALLOW FRYING

Recommended Temperature Probe setting 8 - 10.

Used to crispen and cook foods in a small amount of oil. The foods may have already been cooked.

- Use approximately 3 cups (750ml) of oil, or sufficient oil so that half the food is immersed.
- Preheat the oil before adding food. When using oil never cover with the Glass Lid shallow frying as this will cause condensation to drip into the oil and result in bubbling and splattering.
- Do not move the wok during heating or cooking.
- Wipe moisture from foods to avoid splattering.
- Cook a few pieces at a time to ensure crispness.
- Drain cooked foods on paper towels to reduce greasiness.
- Never leave your wok unattended or unsupervised while shallow frying.
- Allow oil to cool before removing from the wok.
- Vegetable, peanut or canola oil is recommended for shallow frying.

SLOW COOKING (BRAISING)

Recommended Temperature Probe setting 1 - 2.

Your wok is ideal for slow cooking curries and casseroles. Slow cooking allows less tender meat cuts to be used, to obtain a tender result. Less tender meat cuts contain sinew and gristle, these will be broken down during cooking to give a tender result. It is not recommended to slow cook with tender meat cuts as they will toughen and shrink during cooking.

COOKING TECHNIQUES

It is recommended during slow cooking to place the Glass Lid on to retain heat. During the cooking process the curry or casserole will boil then turn off. This is normal operating for a Temperature Probe controlled unit.

RECOMMENDED CUTS FOR SLOW COOKING (BRAISING)

BEEF

Diced blade (boneless), chuck, round, shin, silverside

CHICKEN

Diced thigh, leg

LAMB

Diced forequarter, shanks and neck chops

VEAL

Diced forequarter, leg and knuckle (Osso Bucco)

PORK

Diced forequarter, leg

SLOW COOKING TIPS

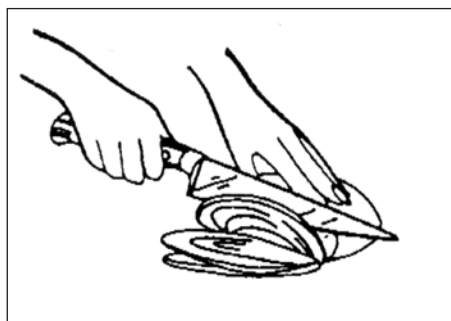
- Cut meat into 1 inch (2.5cm) cubes. Trim any visible fat.
- Use a medium to low heat setting.
- Cook for approx 1½ - 2 hours, stirring occasionally with the lid on.
- Add soft or quick cooking vegetables such as mushrooms, tomatoes, beans or corn in the last half hour of cooking.
- Thicken towards end of cooking by stirring a little cornstarch blended with water, or plain flour blended with margarine or butter. Alternatively, coat meat in plain flour before frying (extra oil may be needed).

PREPARATION TECHNIQUES

The success of any dish depends on careful forethought and preparation. To achieve an authentic Asian appearance and even cooking results, food should be cut into small, even pieces. This allows food to cook quickly and to be easily picked up with chopsticks.

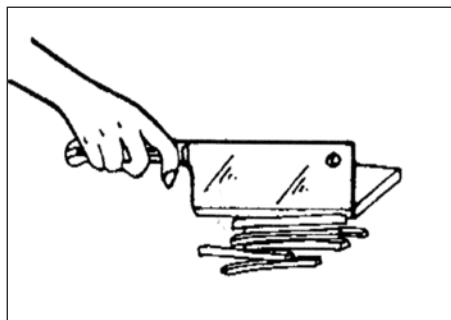
SLICING

A straight slice is used for cutting meats and vegetables. Slices should be of an even thickness. Partially frozen meat will slice more evenly. Slice meat very thinly, across the grain to obtain a more tender result.



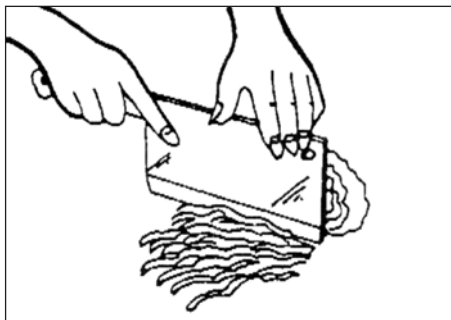
MATCHSTICK OR JULIENNE

First slice the vegetables as described above. Then, stack slices and cut again into thin or thick sticks depending on the recipe.



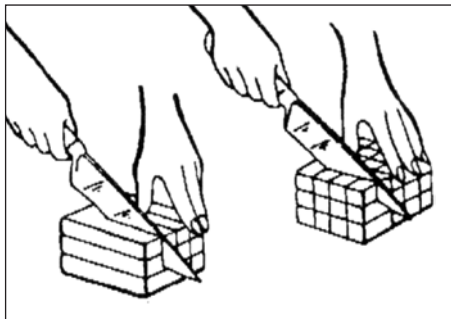
SHREDDING

Used for cutting meats and vegetables. $\frac{1}{4}$ inch (5mm) slices of food should be stacked, then cut again into $\frac{1}{4}$ inch (5mm) sticks. Vegetables such as cabbage and spinach should have their leaves stacked, then rolled up. Cut width ways very finely.



CUBING AND DICING

Used for cutting meats and vegetables. To cube, cut 1 inch (2.5cm) slices, then stack them on top of one another and slice $\frac{1}{8}$ inch (3mm) thick in the opposite direction. Cut again in the opposite direction forming 1 inch (2.5cm) cubes. To dice, follow the same directions, making 5mm slices forming $\frac{1}{4}$ inch (5mm) cubes.



SPECIAL INGREDIENTS

for your Breville Hot Wok™ Pro

A LITTLE PLANNING AHEAD MAKES STIR-FRYING EASIER.

Agar-Agar

Is made from different types of seaweed. It has excellent setting properties, similar to gelatine, and will set at room temperature.

Bok choy

Also known as Chinese chard or Chinese white cabbage, has fleshy white stems and dark green leaves. It has a slight mustard taste. There is also a smaller version called shanghai or baby bok choy.

Bamboo shoots

The young tender shoots of bamboo plants are available in cans. They are mainly used to add texture to food.

Coconut cream and coconut milk

Both coconut cream and milk are extracted from the grated flesh of mature coconuts. The cream is a richer first pressing and the milk the second or third pressing.

Chili peppers, fresh and dried

Chili peppers are available in many different types and sizes. The small ones (Thai, macho, serrano, jalapeno) are the hottest. Use tight fitting gloves when handling and chopping fresh chilies they can burn your skin. The chili seeds are the hottest part of the chilies so remove them if you want to reduce the heat content of recipes.

Cilantro

This is also known as coriander and Chinese parsley. It is essential to many Southeast Asian cuisines. A strongly flavored herb, use it sparingly until you are accustomed to the unique flavor. Parsley can be used as a substitute; it looks the same but tastes quite different. Cilantro is available fresh. The dried spice version is labeled coriander and is available whole or ground.

Char siu sauce

This is the equivalent of Chinese BBQ sauce.

Crisp fried shallots

These are available pre-prepared from most Asian supermarkets.

Fish sauce

A thin, salty dark brown sauce with a distinctive fishy smell, which is used extensively in Thai and Vietnamese dishes. It is made from small fish that have been fermented in the sun. Fish sauce replaces salt in many recipes.

Garam marsala

A blend of spices, usually consisting of some combination of cinnamon, cumin, pepper, cloves, cardamom, nutmeg and mace. It can be bought already blended from supermarkets, but it is best freshly made. It is usually added towards the end of cooking.

Green Ginger Wine

An Australian made alcoholic sweet wine infused with finely ground ginger.

Hoisin sauce

This sauce is a thick sweet Chinese barbecue sauce made from a mixture of salted black beans, onions and garlic.

Hokkien noodles

Also known as Fukkien, these are thick, yellow and rubbery in texture. They are made from wheat flour and are cooked and lightly oiled before being packaged and sold. The noodles need to be broken up before cooking.

Rice noodles

These are fresh white noodles, they do not require a lot of cooking.

SPECIAL INGREDIENTS

Kaffir lime leaves

These are dark green, shiny, double leaves which have a very pungent perfume. They are rather thick and must be sliced very finely for use as a garnish, or added whole in a curry.

Lemon grass

An aromatic fresh herb that is used in curry pastes, stir-fries and soups. Trim the base, remove the tough, outer layers and finely slice, chop or pound the white interior. Whole stems can be added to soups or curries. Dried lemon grass needs to be soaked in water, but the flavor of fresh is superior.

Lychees

Delicious fruit with a light texture and flavor, peel away the rough skin, remove the seed and use. They are also available in cans.

Rice wine vinegar

Milder than most western vinegars, it usually has an acidity of less than 4%. It has a mild, sweet, delicate flavor and is made from rice.

Sambal oelek

This is a paste made from ground chili peppers and salt. This can also be used as an ingredient or an accompaniment.

Tamarind

Tamarind is a large brown bean pod containing a pulp with a fruity, tart flavor. It is available as a dried shelled fruit, a block of compressed pulp or as a purée or concentrate.

Tofu

Tofu, or bean curd, is a high protein, low fat food made from soy beans. It is available in very firm or soft blocks and is either fresh or vacuum-packed. It takes on the flavor of the spices and sauces it is cooked with.

Turmeric

This is best known in its powdered form and is often used to color food. It has a bitter flavor. It is occasionally available fresh as a root, rather like ginger, which is peeled and then grated and finely chopped. Powdered turmeric is commonly available in the supermarket.

Szechuan pepper corn

These are available from most Asian supermarkets and have a slight anise taste.

Water chestnuts

Small white crisp bulbs with a brown skin. Canned water chestnuts are peeled and will keep for about 1 month, covered in the refrigerator.

RECIPES

CHICKEN AND SWEET CORN SOUP

Makes 4-6 servings

INGREDIENTS

1 tablespoon (15ml) peanut oil
1 clove garlic, crushed
2 cups (500ml) creamed corn
1½ cup (750g) cooked and shredded chicken
4 cups (1L) chicken stock
4 egg whites
1 tablespoon of finely chopped parsley
1 teaspoon ground black pepper
4 green onions, sliced

METHOD

1. Set the wok temperature to 'High Sear'. Add the oil then garlic, corn, and chicken meat into the wok and stir-fry for 1 minute.
2. Add chicken stock and bring to a boil, reduce the temperature to Heat Setting 2.
3. Add egg whites and stir to break them up.
4. Sprinkle with parsley and pepper.

Serve with sliced green onions.

THAI HOT AND SOUR SHRIMP SOUP 'TOM YUM GOON'

Makes 4-6 servings

INGREDIENTS

2 Kaffir lime leaves, cut in ½
1 stalk lemongrass, bottom third finely sliced
1 teaspoon grated ginger
1 tablespoon tom yum paste
4 button mushrooms, sliced
8 cups (2L) chicken stock
1 tomato, seeds removed and diced
16 medium shrimp, peeled and deveined
2 tablespoons (30ml) lime juice

METHOD

1. Set the wok temperature to 'High Sear'. Add the first 6 ingredients into the wok. Once the soup begins to boil, reduce the temperature to Heat Setting 2. Allow the flavors to infuse for 5 minutes.
2. Add tomato and shrimp and return to the boil, simmer for a further 5 minutes or until the shrimp are just cooked. Add lime juice and serve.

Serve with cilantro leaves.

CHINESE WON TON SOUP

Makes 6 servings

INGREDIENTS

- 1 cup (200g) dried sliced mushrooms
- 2 teaspoons grated ginger
- 4 cups (1L) chicken stock
- ½lb (225g) fresh egg noodles
- 24 prepared won tons (available refrigerated or frozen from the supermarket)
- 4 green onions, sliced

METHOD

1. Place mushrooms into boiling water for 10 minutes, then drain.
2. Set the wok temperature to 'High Sear'. Place ginger and stock into the wok and bring to a boil, add noodles and won tons, return to a boil.
3. Reduce the temperature to Heat Setting 2, simmer the soup for 7 minutes to cook the won tons.

Serve with sliced green onions

FRENCH ONION SOUP

Makes 4-6 servings

INGREDIENTS

- 2 tablespoons butter
- 1 tablespoon (15ml) oil
- 6 medium brown onions, finely sliced
- 1 clove of garlic, crushed
- 2 tablespoons of all purpose flour
- 1 cup (250ml) red wine
- 1 teaspoon chopped fresh thyme
- 4½ cups (1.2L) beef stock
- 1 tablespoon brown sugar

METHOD

1. Set the wok temperature to 'High Sear'. Add oil, butter, then onions and garlic to the wok. Stir-fry the onions until they have a golden color.
2. Add flour and cook for 1 minute. Then add wine and thyme and allow the liquid to reduce by half.
3. Add beef stock and brown sugar, bring the soup to a boil. Reduce the temperature to Heat Setting 2; simmer the soup for 30 minutes. Add salt and pepper if desired before serving.

Serve with cheese croutons.

MOROCCAN BUTTERNUT SQUASH SOUP

Makes 4-6 servings

INGREDIENTS

- 2 tablespoons (30ml) cooking oil
- 2 brown onions, finely diced
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin
- 1 teaspoon garam marsala
- 1 teaspoon paprika
- 2 teaspoons ground white pepper
- 2 cups (500g) Butternut squash, peeled and diced
- 4 cups (1L) chicken stock
- 1¼ cup (310ml) sour cream
- ¼ cup fresh cilantro, finely chopped

METHOD

1. Set the wok temperature to 'High Sear'. Add oil to the wok. Sauté onions, garlic, and ground spices for 2 minutes.
2. Add squash to coat with onion and spice mix, then add the stock and bring the mixture to a boil.
3. Reduce temperature to Heat Setting 2, place the lid on and cook the soup for 20 minutes. Once the pumpkin is tender when pierced with a fork, transfer the mixture to a blender to puree.
4. Return mixture to the wok to heat through, check the seasoning before serving.

Serve with a dollop of sour cream and cilantro.

NOTE

Use caution when blending hot ingredients. Allow ingredients to cool before placing into blending jug.

CRISPY TEMPURA VEGETABLES WITH DIPPING SAUCE

Makes 4-6 servings

INGREDIENTS

2¼ lbs (1kg) selection of vegetables i.e.: broccoli florets; eggplant, sliced; carrot, sliced; snow peas; beans, ends trimmed; cauliflower, florets; zucchini, sliced; green onions, cut into 2 inch (5cm) pieces

Dipping sauce

- ½ cup (125ml) light soy sauce
- 1 tablespoon (15ml) mirin
- 2 teaspoons (10ml) hot water

METHOD

1. To prepare dipping sauce place all ingredients into a small bowl and stir, let the sauce sit for 10 minutes before serving.

Batter

- 1 cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon white sugar
- ½ teaspoon baking powder
- 1 egg yolk
- ⅓ cup (75ml) ice water
- Vegetable oil for shallow frying

METHOD

1. Sift flour, sugar salt, and baking powder together.
2. In a medium bowl mix together egg yolk and ice water, add the flour mixture. Do not over mix; leave a few lumps of flour in the batter, as it will help the batter to become crispy.
3. Set the wok temperature to Heat Setting 8. Add 4 cups (1L) of vegetable oil and heat for 4 minutes.
4. Dip small batches of vegetables into batter mixture and then carefully place into hot oil.
5. Shallow fry until golden brown then remove onto paper towels. Continue until all vegetables are cooked.

Serve with dipping sauce.

SWEET POTATO, ZUCCHINI, BEAN SHOOT AND TOFU STIR-FRY

Makes 4 servings

INGREDIENTS

2 tablespoons (30ml) peanut oil
1 medium sweet potato, peeled and diced
1 zucchini, cut into matchsticks
1 clove garlic, diced
1 teaspoon ginger, sliced into matchsticks
4 oz (100g) bean sprouts
5 oz (150g) firm tofu cut into slices
1 teaspoon sesame seeds
1 teaspoon (5ml) sesame oil
1 tablespoon (15ml) dark soy sauce

METHOD

1. Set the wok temperature to 'High Sear'. Add oil then the sweet potato and cook for 2 minutes. Add zucchini, garlic and ginger. Continue to cook for a few more minutes to release the aromatics.
2. Add remaining ingredients, continue to cook for 2 minutes then serve.

Serve with grilled chicken or pork.

STIR FRIED CHINESE GREEN VEGETABLES

Makes 4-6 servings

INGREDIENTS

1 tablespoon (15ml) peanut oil
1 bunch Chinese green vegetables (bok choy or Chinese broccoli) cut into 2 inch (5cm) pieces washed
1 teaspoon garlic crushed
2 teaspoons (10ml) soy sauce
2 tablespoons (30ml) oyster sauce

METHOD

1. Set the wok temperature to 'High Sear'. Add oil then the remaining ingredients apart from the oyster and soy sauce.
2. When vegetables have wilted, add oyster and soy sauce, and cook for 1 minute.

Serve as an accompaniment.

CHICKEN

PLUM GLAZED CHICKEN WINGS

Makes 4-6 servings

INGREDIENTS

2¼ lbs (1kg) chicken wings or drumettes
½ cup (125ml) prepared plum sauce
1 tablespoon (15ml) honey
2 tablespoon (30ml) sweet Thai Chili sauce (Sriracha)
2 tablespoons (30ml) dark soy sauce
1 tablespoon sesame seeds
1 cup (250ml) chicken stock

METHOD

1. Place prepared chicken into a large mixing bowl.
2. Combine remaining ingredients and mix well.
3. Marinate and refrigerate for several hours or overnight.
4. Set the wok temperature to Heat Settings 8. Add chicken wings and stir for 5 minutes, add 1 cup of chicken stock and place the lid onto the wok for 10 minutes to complete the cooking.

Serve with mixed salad leaves.

NOTE

Remove each batch when cooked and allow the wok to reheat before shallow frying the next batch. By cooking in small batches, the heat of the oil remains constant.

CHILI CHICKEN WITH SINGAPORE NOODLES

Makes 4-6 servings

INGREDIENTS

6 chicken thighs
1½ cups sweet chili sauce
1 tablespoon vegetable oil
½ cup (125ml) chicken stock
2 sticks celery, finely sliced
1 x 15oz (410g) can champignon mushrooms
1 x 12oz (350g) packet of fresh Singapore noodles
3oz (100g) bean shoots

METHOD

1. Marinate chicken in the sweet chili sauce for 2 hours or overnight.
2. Set the wok temperature to 'High Sear'. Add oil and sear the chicken thighs on each side.
3. Remove chicken thighs and slice them.
4. Add chicken stock, celery, and mushrooms and bring to the boil, add the noodles and cook for 2-3 minutes to heat through.
5. Add chicken and bean shoots, heat the chicken through and serve.

Serve with fresh, warm bread.

CHICKEN

LEMON CHICKEN

Makes 4-6 servings

INGREDIENTS

2 ¼lb (1 kg) chicken breast fillets, sliced into strips
2 egg whites, lightly beaten
1 teaspoon finely chopped minced ginger
1 clove garlic, crushed
2 tablespoons cornstarch, divided
1 cup (250ml) peanut oil
1 cup (250ml) fresh lemon juice
¼ cup (55g) white sugar
2 tablespoons (30ml) water

METHOD

1. Toss chicken strips into the egg white, ginger, garlic and 1 tablespoon cornstarch, and mix well. Refrigerate for 1 hour.
2. Set the wok temperature to 'High Sear' and add the oil. Add chicken strips one at a time. Cook in small batches until golden, then remove.
3. Add lemon juice and sugar to the wok and bring the mix to a boil. Then whisk in 1 tablespoon (20ml) cornstarch mixed with water. Reduce the wok temperature to Heat Setting 8 after the cornstarch has been added.
4. Return chicken to the wok and stir to coat in the lemon sauce.

Serve with fried or boiled rice.

CHICKEN AND TOMATO RISOTTO

Makes 4-6 servings

INGREDIENTS

2 tablespoons (60g) butter
2 tablespoons (30ml) olive oil
1 Spanish onion, chopped
1 clove garlic, crushed
1½ cups (315g) Arborio rice
5 cups (1¼ L) chicken stock
2 tomatoes, chopped
1 tablespoon chopped basil
½ cup (125g) freshly grated Parmesan cheese
Freshly ground black pepper

METHOD

1. Set the wok temperature to 'High Sear', add the butter and oil.
2. Stir-fry onion and garlic until softened. Add rice and stir into the butter and oil mixture until all grains are covered.
3. Mix in stock. Bring to a boil, continually stirring.
4. Reduce the wok temperature to Heat Setting 6. Place lid on until the stock has been absorbed. Stir occasionally. Some additional stock or water may be required, depending on rice types.

NOTE

Remove each batch when cooked and allow the wok to reheat before shallow frying the next batch. By cooking in small batches, the heat of the oil remains constant.

CHICKEN, SPINACH AND PINE NUT RISOTTO

Makes 4-6 servings

INGREDIENTS

2 tablespoons pine nuts
2 tablespoons (30ml) olive oil
2 tablespoons butter
1 bunch of spinach leaves
2 cups (450g) Arborio rice (risotto rice)
2 cloves garlic, crushed
6 cups (1½ L) chicken stock
2 ¼lb (500g) roasted chicken, shredded (approximately 1 small roasted chicken)

METHOD

1. Set the wok temperature to 'High Sear', add pine nuts and toast until golden in color, then remove.
2. Add oil and butter. Lightly sauté spinach then remove.
3. Add rice, stir until all rice is coated in the oil. Add garlic and chicken stock. Bring risotto to a boil.
4. Reduce wok temperature to Heat Setting 6. Place lid on until the stock has been absorbed. Stir occasionally. Some additional stock or water may be required, depending on rice types.
5. Stir in chicken and toasted pine nuts, heat through and serve.

Serve with freshly grated Parmesan cheese.

NASI GORING (INDONESIAN FRIED RICE)

Makes 4 servings

INGREDIENTS

1 tablespoon (15ml) peanut oil
1 teaspoon crushed garlic
1 tablespoon ginger, minced
½ teaspoon dried chili flakes
3 x 60g eggs, beaten
½ cup (125g) cooked chicken breast, diced
12 medium shrimp, peeled, deveined and diced
3 ½ cups (735g) cooked and cooled jasmine rice
½ cup (125ml) water
4 tablespoons chopped green shallots
Soy sauce

METHOD

1. Set the wok temperature to 'High Sear'. Add oil, garlic, ginger and chili flakes and cook for 2 minutes. Add mixed egg and stir to cook through.
2. Add chicken and shrimp and stir into egg mixture. Add rice and water, and cook until the rice is hot and glowing.
3. Add green onions and soy sauce to taste. Cook for 1 minute before serving.

Serve as an accompaniment or as an entree.

THAI GREEN CHICKEN CURRY

Makes 6 servings

INGREDIENTS

- 1 tablespoon (15ml) vegetable oil
- 1 brown onion, diced
- 1 teaspoon crushed garlic
- 1 teaspoon diced ginger
- 1 ½ tablespoons Thai green curry paste
- 1 ¾lb (800g) chicken thighs diced
- 1 cup (250ml) chicken stock
- 2 (400ml) cans coconut cream
- 1 cup bamboo shoots
- 1 punnet cherry tomatoes
- ⅓ cup coriander leaves

METHOD

1. Set the wok temperature to 'High Sear' and add the oil. Cook the onion until it is translucent.
2. Add garlic, ginger and curry paste, cook until, the oil separates from the curry paste.
3. Add chicken and toss in the paste mix, add stock and half the coconut cream. Bring curry to the boil then reduce the wok temperature to Heat Setting 4.
4. Cook curry with the lid on for 20 minutes, or until the chicken is cooked, add remaining ingredients and cook for 5 minutes.

Serve with steamed jasmine rice.

CHICKEN WITH PLUM SAUCE AND BOK CHOY

Makes 4 servings

INGREDIENTS

- 2¼lbs (1kg) boneless chicken thighs, cut into strips
- 2 tablespoons (30ml) dry sherry
- 1 tablespoon (15ml) soy sauce
- 1 tablespoon (15ml) vegetable oil
- 1 medium Spanish onion, diced
- ½ cup (125ml) plum sauce
- 1 bunch bok choy, sliced
- 1 small can (8oz) water chestnuts

METHOD

1. Place chicken into a bowl and mix with the sherry and soy.
2. Set the wok temperature to 'High Sear'. Heat oil and add onion and stir-fry for 2 minutes. Add chicken and plum sauce and cook for 2 minutes. Reduce the wok temperature to Heat Setting 6 and simmer the chicken for 10 minutes.
3. Add bok choy and water chestnuts, increase the wok temperature to Heat Setting 14, stir-fry until the bok choy has wilted.

Serve with steamed egg noodles.

THAI BEEF AND SPINACH STIR-FRY

Makes 4 servings

INGREDIENTS

¾ cup (180ml) peanut oil, divided
 2 brown onions, sliced
 2 cloves garlic, finely sliced
 1 tablespoon ginger, finely diced
 2 red bell peppers, cut in strips
 1¼lbs (750g) lean beef strips
 5 oz (150g) baby spinach
 4 tablespoons mint leaves
 ½ cup (60g) roasted cashews
 1 tablespoon (15ml) lime juice
 2 teaspoons (10ml) fish sauce
 2 tablespoons (30ml) sweet Thai chili sauce
 1 teaspoon (15ml) lemon grass, thinly sliced

METHOD

1. Set the wok temperature to 'High Sear'. Add 1 tablespoon (20ml) oil and stir-fry garlic, ginger and onions. Cook for 2 minutes. Then add bell peppers. Cook for 2 minutes more and then remove.
2. Add remaining oil (1 tablespoon; 20ml) and stir-fry beef in small batches for 1 - 2 minutes.
3. Remove when cooked and allow wok to reheat before stir-frying next batch.
4. Return all the ingredients to wok.
5. Reduce the wok temperature to Heat Setting 8, and cook until spinach has softened.

Serve with coconut rice.

TERIYAKI BEEF

Makes 4-6 servings

INGREDIENTS

2 tablespoons (30ml) peanut oil
 1¼lb (750g) beef strips
 ¼ cup (60ml) soy sauce
 2 tablespoons (30ml) mirin
 2 teaspoons (2 teaspoons; 10ml) sake
 2 teaspoons granulated sugar (superfine if available)
 1 carrot, finely sliced
 1 zucchini, cut into batons
 5 oz (150g) spinach leaves

METHOD

1. Place beef strips into a bowl, add soy, mirin, sake and sugar and marinate for 4 hours.
2. Set the wok temperature to 'High Sear' and heat the peanut oil. Quickly sear ⅓ of the beef strips to seal in the juices and remove. Complete the process with all the strips.
3. Add carrot and zucchini, cook for 2 minutes, add beef back and then spinach. Stir-fry until the spinach has wilted.

Serve with steamed new potatoes.

NOTE

Remove each batch when cooked and allow the wok to reheat before shallow frying the next batch. By cooking in small batches, the heat of the oil remains constant.

MONGOLIAN LAMB

Makes 4-6 servings

INGREDIENTS

1½lbs (750g) lamb, cut into strips
 1 tablespoon (15ml) light soy sauce
 2 tablespoons (30ml) rice wine, divided
 ½ teaspoon (½ teaspoon; 2ml) salt
 1 teaspoon sugar
 1 tablespoon (15ml) soy sauce
 1 tablespoon (15ml) sesame oil
 2 tablespoons (30ml) peanut oil
 2 cloves garlic, diced
 1 brown onion, diced
 ½ bunch green onions, cut into ¾ inch (2cm) piece
 1 red pepper, sliced

METHOD

1. Place lamb into a bowl and mix with light soy sauce and 1 tablespoon (15ml) rice wine. Allow to marinate for 30 minutes.
2. While meat is marinating place salt, sugar, regular soy sauce, 1 tablespoon (15ml) rice wine, and sesame oil into a screw-top jar and shake to make the sauce.
3. Set the wok temperature to 'High Sear' and add peanut oil. When the oil is heated, add vegetables and stir-fry for 2 minutes, then remove. Add meat to the wok and cook for 2 minutes. Then add sauce, bring mixture to a boil and return the vegetables to heat through.

Serve with steamed rice.

MOROCCAN LAMB TAGINE

Makes 6-8 servings

INGREDIENTS

3 tablespoons (45ml) peanut oil
 2 brown onions, diced
 1 lb (450g) small diced lamb (½ in; 1.5cm)
 1½ teaspoons cumin
 1½ teaspoons ground black pepper
 1½ teaspoons ground coriander
 1½ teaspoons salt
 1 teaspoon paprika
 1 teaspoon ground ginger
 1 teaspoon turmeric
 1 teaspoon cinnamon
 16 oz (450g) chickpeas
 2 x 16 oz (450g) diced tomatoes
 2 stalks celery, diced
 ½ cup (125g) red lentils
 5 oz (150g) tomato paste
 1 teaspoon minced garlic
 5 cups (1¼ L) water

METHOD

1. Set the wok temperature to 'High Sear'. Add 2tsp oil and stir-fry the onion until soft. Add meat and sear to seal in the juices. Remove from wok and reserve.
2. Place all ground spices and extra oil into the wok and cook for 2 minutes to release the flavors of the spices.
3. Add remaining ingredients and reserved lamb and return the mixture to a boil. Reduce the wok temperature to Heat Setting 4. Place the lid on and cook for 1 hour.

Serve with steamed couscous.

SPICY PORK AND CHILI SALAD

Makes 4-6 servings

INGREDIENTS

2 tablespoons (30ml) peanut oil
½ cup peanuts
1 tablespoon Thai green curry paste
2 cloves garlic, lightly crushed
¾lb (300g) ground pork
1 tablespoon brown sugar
2 teaspoons (10ml) fish sauce
1 head iceberg lettuce, washed
2 tomatoes, cut into wedges

METHOD

1. Set the wok temperature to 'High Sear'. Add oil, nuts and curry paste and cook for a few minutes.
2. Add ground pork and stir to brown. Add brown sugar and fish sauce, stir-fry until the liquid has evaporated.
3. Arrange lettuce on serving plates and top with tomato then the pork mixture.

SANG CHOY BOW (CHINESE LETTUCE ROLLS)

Makes 4-6 servings

INGREDIENTS

2 cups (500g) ground pork
1 egg yolk
4 oz (120g) bamboo shoots, finely sliced
2 oz (60g) water chestnuts, finely diced
3 cloves garlic, finely diced
4 shitake mushrooms, diced (if fresh are unavailable dried and reconstituted in water are suitable)
2 green onions, finely sliced
2 tablespoons (30ml) vegetable oil

Sauce

1 tablespoon (15ml) soy sauce
1 tablespoon (15ml) oyster sauce
1 teaspoon (5ml) sesame oil
1 head Iceberg lettuce

METHOD

1. Combine ground pork, egg yolk and vegetables.
2. Set the wok temperature to 'High Sear'. Add oil, then pork and vegetable mixture and stir-fry until the pork is cooked.
3. Add sauce ingredients and cook for one more minute.
4. Place mixture into prepared lettuce cups and serve.

SZECHUAN PORK WITH THAI RICE STICK NOODLES

Makes 4-6 servings

INGREDIENTS

- ¼lb (110g) rice stick noodles
- 2 tablespoons (30ml) soy sauce
- 1 tablespoon (15ml) dry sherry
- 1 teaspoon (5ml) chili paste
- ½ teaspoon garlic
- 1 teaspoon sugar
- ½ cup (125ml) beef stock
- 2 tablespoons (30ml) peanut or vegetable oil
- ½ lb (250g) pork fillet sliced in ⅓ inch (1cm) rounds
- 2 green shallots, sliced
- 1 teaspoon grated ginger
- ½ cup sliced water chestnuts
- 1 punnet baby corn sliced in half

METHOD

1. Place the noodles into a bowl of boiling water, to soften for 5 minutes. Drain noodles and cut to approximately 2 inch (5cm) lengths, using kitchen scissors.
2. Combine next 6 ingredients in a small bowl.
3. Set the wok temperature to 'High Sear'. Add oil and stir-fry the pork for 3 - 4 minutes.
4. Add green shallots, ginger, and water chestnuts, cook for a further 30 seconds.
5. Add soy mixture and drained noodles, reduce the wok temperature to Heat Setting 8, cook until the liquid has almost absorbed but still moist.
6. Taste and adjust the seasoning.

Serve with steamed Chinese green vegetables.

THAI FISH CAKES

Makes 4 servings

INGREDIENTS

- 1lb (450g) boneless white fish fillets (cod or halibut is preferable)
- ½ bunch coriander
- 2 x 60g eggs
- ¼ cup well cooked rice
- 1 tablespoon red curry paste
- 1 teaspoon (5ml) fish sauce
- 1 tablespoon (15ml) sweet Thai chili sauce (Sriracha)
- 1 - 2 limes

METHOD

1. Dice fish and finely chop coriander.
2. Place all ingredients into a blender or food processor; blend using pulse button, until the mixture is pureed.
3. To shape the fish cakes can be a little difficult; to make it easier place a little oil onto the palm of your hands before molding. Shape the fish cakes onto a flat round shape 1-1¼ inch (3-4cm) wide and place onto a greased tray.
4. Set the wok temperature to Heat Setting 8. Add 4 cups (1L) of vegetable oil and heat for 4 minutes.
5. Place 6-8 fishcakes into oil and shallow fry until golden brown in color, repeat with the remaining fish cakes.

Serve with sweet chili sauce and lime wedges.

NOTE

Remove each batch when cooked and allow the wok to reheat before shallow frying the next batch. By cooking in small batches, the heat of the oil remains constant.

THAI SHRIMP AND MANGO SALAD

Makes 4 servings

INGREDIENTS

2 ¼ lbs (1kg) medium prawns, peeled and deveined
 3 tablespoons (45ml) light olive oil
 3 cloves garlic, crushed
 1 small red chili (Thai), chopped
 1 tablespoon chopped coriander
 2 mangoes peeled and chopped (frozen mango can be substituted if out of season)
 1 head butter lettuce or green leaf, washed
 4 green onions sliced in 1/3 inch (1cm) pieces
 ½ punnet cherry tomatoes, cut in half
 ½ cup cashew nuts

Dressing

2 tablespoons (30ml) lime juice
 ½ cup (125ml) sweet chili sauce
 2 teaspoons (10ml) fish sauce

METHOD

1. Marinate prawns with garlic, chili and coriander for 20 minutes.
2. Combine all dressing ingredients in a screw-top jar and shake to combine.
3. Place lettuce, green onions, tomatoes, and cashew nuts into a mixing bowl.
4. Set the wok temperature to 'High Sear'. Add prawns and cook for 3-5 minutes until cooked, then remove.
5. Add to the lettuce leaves and pour over the dressing, mix the salad before serving.

Serve with green onions.

MUSSELS IN TOMATO AND GARLIC SAUCE

Makes 4-6 servings

INGREDIENTS

2 tablespoons (30ml) olive oil
 2 Spanish onions, finely diced
 3 cloves garlic, minced
 1 cup (250ml) white wine
 2 ¼ cups (600ml) tomato pasta sauce
 2 ¼ lbs (1kg) fresh mussels, bearded and scrubbed
 4 tablespoons basil leaves, torn
 Black pepper, freshly ground

METHOD

1. Set the wok temperature to 'High Sear'. Add oil, onions and garlic and stir-fry until the onion is soft.
2. Add wine and reduce the liquid by half.
3. Add tomato sauce and bring mixture to the boil.
4. Add mussels then reduce the wok temperature to Heat Setting 8, place lid on and cook until the mussels have opened. Add basil and pepper.

Serve with crusty bread and extra virgin olive oil.

SALT AND PEPPER CALAMARI

Makes 4-6 servings

INGREDIENTS

2¼ lbs (1kg) Calamari
 1 tablespoon Szechwan peppercorns, ground
 2 teaspoon sea salt
 1 tablespoon cornstarch
 1 tablespoon all-purpose flour
 2 egg whites
 4 cups (1L) sunflower oil for shallow frying
 3 limes, quartered

METHOD

1. Cut Calamari open, clean and remove innards.
2. Cut shallow diagonal slashes in criss-cross pattern on the inside.
3. Cut into 2 inch x 3/4 inch (6cm x 2cm) pieces.
4. Combine remaining ingredients in bowl.
5. Toss prepared Calamari in the flour mixture.
6. Set the wok temperature to Heat Setting 8. Add 4 cups (1L) of vegetable oil and heat for 4 minutes, then shallow fry squid in 3 batches.
7. Remove and drain on paper towels.

Serve with lime wedges and Cilantro leaves.

NOTE

Remove each batch when cooked and allow the wok to reheat before shallow frying the next batch. By cooking in small batches, the heat of the oil remains constant.

GINGER AND CILANTRO CALAMARI WITH RICE NOODLES

Makes 4 servings

INGREDIENTS

2 ¼ lbs (1 kg) Calamari hoods
 1 tablespoons of pureed ginger
 ½ bunch of coriander, well washed
 2 tablespoon (30ml) peanut oil
 1 teaspoon (5ml) fish sauce
 ½ tablespoon (7.5ml) sesame oil
 1 red bell pepper cut into triangles
 1 punnet of baby corn cut in half
 1 packet (225g) of fresh rice noodles (sliced into ½ inch (1cm) strips if not already sliced)
 ½ bunch Thai basil leaves

METHOD

1. Cut calamari hoods open, clean and remove quill from calamari hood.
2. Cut shallow diagonal slashes in criss-cross pattern on the inside of the calamari, then cut into small triangles.
3. Place ginger, coriander and 1 Tbs peanut oil into a blender or food processor, blend to form a paste.
4. Marinate calamari with paste and add fish sauce. This mixture can be used immediately or left to marinate for 24 hrs.
5. Set the wok temperature to 'High Sear'. Add remaining oil and calamari. Cook for 2 minutes, then add remaining ingredients and cook until the noodles have heated through.
6. Add sesame oil and basil leaves into the stir-fry before serving.

Serve with steamed jasmine rice.

STIR-FRY SHRIMP WITH SNOW PEAS AND OYSTER SAUCE

Makes 4 servings

INGREDIENTS

1 tablespoon (15ml) peanut oil
 1 medium carrot peeled, finely sliced
 ¼lb (150g) snow peas
 1 clove garlic, finely sliced
 1 teaspoon grated ginger
 32 medium prawns, peeled and deveined
 2 tablespoons (30ml) oyster sauce
 1 cup green onions cut into 1 inch (3cm) pieces

METHOD

1. Set the wok temperature to 'High Sear'. Add oil and stir-fry carrots and snow peas. Cook for 3 minutes and then remove.
2. Add garlic and ginger to wok and cook for a minute before adding prawns. Cook the prawns until they are heated through.
3. Return vegetables to the wok, add oyster sauce and green onions, cook until prawns are coated in sauce.

Serve with boiled rice.

SAUTÉED SHRIMPS

Makes 4-6 servings

INGREDIENTS

32 medium prawns, peeled and deveined
 1 teaspoon ground coriander
 1 teaspoon ground cumin
 1 clove garlic, finely chopped
 1 small Thai chili, seeds removed, finely sliced
 2 tablespoons (30ml) light olive oil
 1 small brown onion, diced
 1 cup (125ml) crunchy peanut butter
 ½ cup (125ml) coconut cream
 2 teaspoons (10ml) soy sauce
 1 tablespoon (15ml) lemon juice

METHOD

1. Mix prawns with the ground spices, garlic, and chili.
2. Set the wok temperature to 'High Sear'. Add oil, then prawns and cook for 2 minutes. Remove.
3. Add onion and stir-fry until soft. Add peanut butter, coconut cream and soy sauce, bring to a boil then add prawns and lemon juice. Continue to cook until prawns have heated through.

Serve with steamed jasmine rice.

STIR-FRIED SEAFOOD WITH RICE NOODLES

Makes 4-6 servings

INGREDIENTS

- 1 tablespoon (15ml) peanut oil
- 1 tablespoon ginger, cut into matchsticks
- 1 garlic clove diced
- 2 cups (500g) mixed seafood (Marinara mix)
- 2 tablespoons (30ml) light soy sauce
- 1 x cup chicken stock
- ½lb (225g) fresh rice noodles, sliced
- ½lb (250g) can baby corn

METHOD

1. Set the wok temperature to 'High Sear'. Add oil then garlic and ginger, cook for 2 minutes or until the ginger is fragrant.
2. Add seafood and stir for a few minutes to infuse the flavors, add soy and stock then bring the mixture to boil.
3. Add noodles, corn, and stir to heat through.

Serve with sliced green shallots.

SINGAPORE HOKKIEN NOODLES

Makes 4 servings

INGREDIENTS

- 2 tablespoons (30ml) peanut oil
- 1 teaspoon crushed garlic
- ½ teaspoon dried chili pepper
- 2 x 60g eggs, lightly beaten
- 1 tablespoon curry powder
- ¼lb (100g) BBQ pork, finely sliced
- ½lb (225g) prawns, peeled and sliced in half
- 1 red capsicum, finely sliced
- 1 medium carrot, finely sliced
- 1 lb (450g) Hokkien noodles

Sauce

- ½ cup (125ml) chicken stock
- 1 tablespoon (15ml) sweet soy sauce
- 1 teaspoons (15ml) light soy sauce

METHOD

1. Set the wok temperature to 'High Sear'. Add oil then garlic and chili. Stir-fry for 1 minute, add eggs, and continue to stir until the eggs is cooked.
2. Add curry powder, prawns, pork, capsicum, and carrot. Continue to cook for 2 minutes then add noodles and sauce, stir until noodles are heated through.

Serve with toasted sesame seeds.

INDIAN EGGPLANT CURRY

Makes 6 servings

INGREDIENTS

12 small eggplants (Japanese), diced
2 tablespoons Madras curry powder
1 teaspoons sea salt
2 tablespoons (30ml) peanut oil
1 small onion, diced
1 teaspoon garlic, crushed
1 teaspoon ginger, minced
1 tablespoon (15ml) fish sauce
2 tomatoes, diced
¾ cup (180ml) yogurt

METHOD

1. Mix eggplants with half the curry powder and sea salt. Let sit for 20 minutes in a colander.
2. Set the wok temperature to 'High Sear'. Add oil, onion, curry powder, garlic and ginger and cook for 2 minutes. Add the drained eggplant and stir-fry until well browned.
3. Add fish sauce and tomatoes, reduce the wok temperature to Heat Setting 6. Cook until eggplant is tender. Mix in yogurt, but do not let the curry boil. (The yogurt will separate).

Serve with steamed basmati rice.