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KAMBROOK

THE SMARTER CHOICE



Banquet **Electric Frypan**

For All KEF170 models

Instruction Booklet

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 2738 45 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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Kambrook Recommends Safety First

IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook Banquet Frypan

- Carefully read all instructions before operation and save for future reference.
- Remove and safely discard any packaging material and promotional stickers before using the Banquet Frypan for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug of the Banquet Frypan.
- Do not place the Banquet Frypan near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water.
- Keep the Banquet Frypan clear of walls, curtains and other heat or steam sensitive materials. Minimum 200mm distance.
- Do not place on or near a gas burner, electric element or in or near a heated oven.
- Do not use on a sink drain board.
- 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.
- The Banquet Frypan must be used with the temperature control probe provided. Do not use any other probe or connector.
- To protect against electric shock, do not immerse power cord or temperature control probe in water or any other liquid, or allow moisture to come in contact with these parts.
- Ensure the temperature control probe has cooled before removing from the appliance.
- Always remove temperature control probe before cleaning the appliance.
- If using plastic utensils, do not leave in Banquet Frypan when hot.
- Do not place hot glass lid under cold water.
- Always have the glass lid positioned correctly on the Banquet Frypan throughout operation of the appliance unless stated in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard, it may break or weaken and could at a later time shatter into many small pieces without apparent cause.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the Banquet Frypan to cool before removing oil or other liquid.
- Do not touch hot surfaces. Use the handles for lifting and carrying the Banquet Frypan.
- Do not leave the appliance unattended when in use.
- The Banquet Frypan is not intended to be operated by means of an external timer or a separate remote control system.

- Always turn the temperature control probe to 'MIN', then switch off at the power outlet and allow probe to cool, then remove probe and unplug, if appliance is to be left unattended, if not in use before attempting to move Banquet Frypan and before cleaning.
- Keep the Banquet Frypan clean. Refer to 'Care, Cleaning and Storage' (page 8).
- Do not place anything on top of the Banquet Frypan when the lid is in position, when in use and when stored.
- Do not use harsh abrasive, caustic cleaners or oven cleaners when cleaning this Banquet Frypan.
- Always lift the lid away from you, when removing from the Banquet Frypan, to avoid steam escaping from under the lid.
- Do not use metal utensils. Use suitable sized heat-proof plastic or wooden utensils to stir or remove food.
- Avoid the use of extension cords. Serious hot oil burns may result from a Banquet Frypan being pulled off a bench top. Do not allow the cord to hang over the edge of a bench top where it may be grabbed by children, or become entangled by the user. Never leave the Banquet Frypan unattended while in use.

Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Connect only to a 230V or 240V power outlet.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the Banquet Frypan, base, power cord or power plug 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 Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- 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 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.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.



WARNING: Do not operate the frypan on an inclined surface. Do not move the frypan while it is switched on.



WARNING: The frypan gets very hot during use, allow all parts to cool before moving, dismantling, cleaning or storage.

Your Kambrook Banquet Frypan

1. Removable temperature control probe thermostatically controlled with 10 settings.
2. Easy-Clean Non-Stick Cooking Surface for fat free cooking.
3. Glass lid with stainless steel rim.
4. Super Size – 38 x 29cm rectangular frypan. Extra deep – 70mm.
5. Adjustable steam vent.
6. Cool Touch knob.
7. Pan tilt lever



Using Your Kambrook Frypan

Before First Use

Before first use wash, rinse and dry your Banquet Frypan and lid. Season the cooking surface by applying a thin coating of cooking oil with paper towelling.



WARNING: Do not immerse the power cord, power plug or temperature control probe in water or any other liquid.

Do not use metal utensils, as these will scratch the non-stick cooking surface.

Only use wooden or good quality plastic utensils to stir or serve food.

Do not leave plastic cooking utensils in contact with the hot surface while cooking.

NOTE: This Banquet Frypan must be used with the temperature control probe provided. Do not use any other probe or connector.

Ensure that the Banquet Frypan socket is fully dry before inserting the temperature control probe.

Plug the cord into a 230V or 240V power outlet and then turn the power on.

Set the temperature control probe to the desired temperature setting. Refer to table below.

The temperature light on the temperature control probe will switch off automatically when the temperature selected has been reached. The light will cycle "ON" and "OFF" during the cooking cycle indicating that the selected temperature is being maintained.

The Glass Lid

The Cook 'n' Look glass lid enables you to monitor your cooking without removing the lid and losing heat. To adjust the steam outflow from the Banquet Frypan, turn the adjustable steam vent (attached to the knob).

Using The Pan Tilt Lever

Pan tilt lever is located under the temperature control probe. Pull lever away from base and rest in upright position on bench top. This will slope frypan to one side so that when sautéing or roasting, oil/fats can collect in one area away from food.

Dial Setting	Uses	Temp.Guide
Min – 4	Slow cooking casseroles, keeping food warm, simmering sauces, basting, bolognaise sauce.	Simmer/Low
4 – 8	Cooking steaks, sausages, bacon, eggs, pikelets, roast vegetables, pancakes, roasting joints, crumbed food, toasted sandwiches, popcorn.	Medium/High
8 – 10	Sealing steaks and roasts, cakes, boil rice, stirfry.	High

Care, Cleaning and Storage

Care

- Do not leave plastic cooking utensils in contact with the hot surface while cooking.
- Do not use metal utensils on the non-stick coating of the Banquet Frypan. Only use wooden or good quality plastic utensils to stir or serve food.
- Before cleaning, switch the Banquet Frypan to 'MIN' and unplug from the power outlet. Remove the temperature control probe from the probe socket of the appliance when cooled.

Cleaning

temperature control probe

- If cleaning is necessary, wipe the temperature control probe over with a slightly damp cloth. Ensure it is completely dry before use.

NOTE: Never immerse the temperature control probe, plug or cord in water or any other liquid.

Non-Stick Cooking Surface

Cooking on a non-stick surface minimises the need for oil. As food does not stick, cleaning is easier.

Any discolouration that may occur on the non-stick surface may detract from the appearance of the Banquet Frypan but will not affect the cooking performance.

Do not use metal (or other abrasive) scourers when cleaning the non-stick coating. Wash with hot soapy water. Remove stubborn spots with a soft plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

NOTE: To clean the interior and exterior surface and glass lid wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush.

Removing Discolouration Of The Non-Stick Surface

Combine 2 tablespoons bicarbonate of soda, ¼ cup household bleach, 1 cup water.

Pour into the Banquet Frypan, place lid on with the vent closed, and simmer for 5-10 minutes.

Clean in a well-ventilated area and avoid breathing in the vapours. Wash as directed before re-use. In some instances this may not remove all the staining.

Glass Lid

Wash the lid in warm soapy water using a soft cloth or sponge, rinse and dry thoroughly.

Dishwasher Safe

Your Banquet Frypan and glass lid are dishwasher safe for easy cleaning. Remove the probe and power cord before placing Banquet Frypan into the dishwasher.

NOTE: Before inserting the temperature control probe into the probe socket, ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

Storage

Store the Banquet Frypan upright with the lid in position.

Store the temperature control probe carefully. Take care not to knock or drop the probe as this can cause damage. If damage is suspected, return the temperature control probe with the Banquet Frypan to your nearest Kambrook Service Centre for inspection.

TIP: For convenient storage of the temperature control probe, line the Banquet Frypan with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug do not scratch the non-stick surface.

Cooking with Your Kambrook Frypan

Stir-Frying

Recommended Temperature Probe setting 8 – 10.

An energy efficient and healthy way of cooking foods. The benefit of this cooking method is its speed and the flavour of the foods. The non-stick cooking surface on your Banquet Frypan 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 Banquet Frypan before adding any ingredients, allow the temperature light to cycle 'on' and 'off' several times. This will allow the Banquet Frypan to reach an even, high temperature.

Stir frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor when cooking meat, 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 is needed.

Recommended cuts for stir frying

Beef	Lean beef strips prepared from rump, sirloin, rib eye, 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, eye of loin
Pork	Lean pork strips prepared from leg, butterfly or medallion steaks or fillet
Veal	Eye of loin, fillet, round, rump or topside

Buy meat strips from your butcher or from your supermarket, or prepare meat strips from recommended cuts listed, by removing any fat and slicing thinly across the grain (across the direction of meat fibres). Slicing across the grain ensures tenderness. Cut into very thin strips, approx 5 – 8 cm in length. Partially freeze meat for approx 30 minutes to make slicing easier.

Stir fry meat strips in small batches (approx 200 – 300g) to stop meat shedding its juice and 'stewing', resulting in tougher meat.

When adding meat strips to the Banquet Frypan, the strips should sizzle. Stir fry meat strips for 1 – 2 minutes. Any longer will toughen meat.

If cooking large batches, remove each batch when cooked and allow the Banquet Frypan to reheat before stir frying the next batch. By cooking in small batches the heat of the Banquet Frypan remains constant, ensuring the meat doesn't stew and toughen.

Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.

Do not overfill the Banquet Frypan. If necessary cook vegetables in batches as well and reheat at the end of stir frying. If using this method remember to under cook slightly so reheating will not spoil the finished dish.

Serve stir fried foods immediately to retain their crisp texture.

Sautéing

Recommended Temperature Probe setting 8 – 10.

Used for sautéing onions, garlic, spices, curry, pastes, herbs, vegetables, meat and seafood.

Shallow Frying

Recommended Temperature Probe setting 6 – 8.

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

Use approx 1 cup 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 lid during heating or cooking, as this will cause condensation to drip into the oil and result in bubbling and splattering.

Do not move the Banquet Frypan 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 Banquet Frypan unattended or unsupervised while shallow frying.

Allow oil to cool before removing from Banquet Frypan.

Vegetable or canola oil is recommended for frying.

NOTE: Deep frying is not recommended as the frypans have a large surface area and shallow sides, this results in heat loss and possible oil overflow.

Cooking with Your Kambrook Frypan continued

Pan Frying

Recommended Temperature

Probe setting:

Searing - 8 – 10.

Medium heat - 6 – 8.

Used for cooking meats, fish, seafood, eggs, chicken, sausages.

Preheat Banquet Frypan. When heated, add a small amount of oil, which prevents the food from sticking.

The Banquet Frypan's non-stick coated surface allows you to reduce the amount of oil when cooking.

Alternatively brush whole meat cuts eg. Steaks, chicken breast, fish fillet with small amount of oil before pan-frying rather than adding oil directly to the pan.

When cooking meats, seal each side for approx. 1 – 2 minutes on setting 10. Once both sides are sealed, reduce heat to setting 6 – 8 to cook through meats to desired doneness.

Slow Cooking (braising)

Recommended Temperature Probe setting 1 – 4.

Slow cooking method is ideal for less tender cuts of meat. Timing does not depend on the size of the cut as much as the connective tissue (gristle and sinew) which need long slow cooking to soften it. Never use tender cuts of meat for moist heat cooking as the long cooking time will make the meat shrink and toughen.

Always brown and seal meat on setting 10 before reducing heat to simmer.

Cut meat into 3cm cubes. Trim off any fat.

Cook for approx 1½ – 2 hours stirring occasionally.

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 in a little cornflour blended with water, or plain flour blended with margarine or butter. Alternatively, coat meat in plain flour before frying (extra oil may be needed).

Recommended cuts for slow cooking (braising)

Beef	Diced blade (boneless), chuck, round, shin, silverside
Chicken	Diced thigh, leg
Lamb	Diced forequarter
Veal	Diced shoulder
Pork	Diced forequarter

NOTE: As the Banquet Frypan is thermostatically controlled, it will cycle on and off during the cooking process.

Basting

Recommended Temperature Probe setting 2.

The Pan Tilt lever makes basting easy by allowing the juices to drain to one side of the pan.

Reduce the temperature to prevent fat and juices from splattering.

Position the Pan Tilt Lever and allow the juices to drain to the lower end of the Banquet Frypan.

Spoon the juices over the food as desired.

Roasting

Recommended temperature probe setting 4 – 10.

Meat and Poultry

The Banquet Frypan is ideal for roasting meat and poultry, as the meat retains the flavour and juices.

The Banquet Frypan's domed lid provides ample room for larger joints of meat and poultry.

Preheat the Banquet Frypan, on setting 10. Fattier joints of meat require no oil. Use only a small amount for less fatty joints.

Brown and seal the meat on all sides. Position the lid.

After browning, turn the dial to setting 4 – 6, cooking the meat as desired.

Turn the meat during cooking.

Once the meat is cooked, set aside and cover with foil, whilst the gravy is prepared from the juice in the Banquet Frypan.

Vegetables

Cut into even sized pieces.

Add to the Banquet Frypan 40 – 65 minutes before serving.

For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times

The following times are for dishes that are well done. To suit your personal taste, these times can be reduced.

Recommended roasting times (well done)

Pork	30 – 40 minutes/500g after browning
Veal	30 – 40 minutes/500g after browning
Lamb	25 – 30 minutes/500g after browning
Chicken	25 – 30 minutes/500g after browning
Beef	25 – 30 minutes/500g after browning

NOTE: As the Banquet Frypan is thermostatically controlled, it will cycle on and off during the cooking process.

Cooking with Your Kambrook Frypan continued

Toasting Sandwiches

Recommended Temperature Probe setting 8.

Up to six sandwiches can be toasted at once in the Banquet Frypan. Choose fillings which will hold together and not spill out of the sandwich.

Preheat the Banquet Frypan.

Butter the pieces of bread well and place the sandwich in the Banquet Frypan with the buttered sides on the outside.

Cook for approx 3 – 4 minutes on either side, depending on the depth of colour desired.

Note: Temperature setting will depend on filling.

Boiling - Pasta/Rice

Recommended Temperature Probe setting 10.

Using no more than 8 cups boiling water to 1 cup pasta/rice.

Cooking time approx 8 – 12 minutes.

Cooking times will vary with the usage of different types of rice and pasta.

Always bring water to the boil covered. Add ½ teaspoon salt and 1 tablespoon oil to water to assist with cooking to prevent rice and pasta from sticking.

Cook rice or pasta uncovered, stirring occasionally to prevent sticking.

Reduce to a lower setting if water boils too quickly.

Baking

Your Banquet Frypan can be used for baking cakes.

Preheat the Banquet Frypan on setting 10, with the lid on.

Elevate the cake pan or tray from the base of the Banquet Frypan using a small wire rack.

Cooking times will be longer than those of a conventional oven. Use recipes in this book as a guide to the cooking times for your own recipes.

Recipes

Recipes

Chilli Basil Beef

Makes 4 Serves

- 500g beef strips
- 2 tbsp oyster sauce
- 2 tbsp fish sauce
- 2 tsp caster sugar
- 2cm piece ginger, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 tbsp sunflower oil
- 1 red capsicum, cut into strips
- 4 shallots, 2cm pieces
- 2 large red chillis, seeds removed, thinly sliced
- 10 basil leaves

1. Place the beef, oyster sauce, fish sauce, sugar, ginger and garlic into a bowl and stir to combine.
2. Turn the heat setting dial to heat setting 'MAX' for 3 minutes and then add the oil and beef and allow to brown on each side for approximately 3 minutes.
3. Add the capsicum, shallots, chilli and basil leaves and stir to combine. Place the lid on top of the wok and allow to cook for 2 minutes.

NOTE: You can serve this with steamed rice or serve as is.

Corn and Thyme Fritters

Makes 12 (approx)

- 3 cobs corn, kernels only
- 1 green chilli, halved, seeds removed, finely sliced
- 2 eschallots, finely diced
- 2 cloves garlic, finely sliced
- 2 sprigs thyme, shredded + extra, to serve
- 1 tsp salt
- 2 x 59g free range eggs
- ½ cup self raising flour
- 8 vine cherry tomatoes, roasted, to serve
- 1 avocado, diced, to serve

1. In a bowl, place the corn, chilli, eschallots, garlic, 2 thyme sprigs, salt, eggs and flour and fold until completely combined.
2. Place the butter and oil into the frypan and preheat to heat setting '8' for 2 minutes.
3. Spray the frypan lightly with canola oil spray and scoop a heaped tablespoon of mixture into the frypan to form a fritter. Repeat this until each fritter has approximately 1cm distance from the next. Allow to cook for 3 minutes or until golden brown and then flip over to cook for a further 3 minutes.
4. Allow to drain on paper towel and repeat until all fritters have been cooked. Serve with roasted cherry tomatoes, avocado and a sprig on thyme.

Seared Soft Beef Tacos

Makes 8 Serves

- 1kg diced beef
- 1 tbsp Mexican chilli powder
- 2 tsp ground coriander
- 1 tsp sweet paprika
- ¼ tsp chilli flakes
- 1 tsp dried oregano
- ½ tsp garlic flakes
- ½ tsp onion flakes
- 1 tsp flaked salt
- ¼ tsp ground black pepper
- 2 tbsp tomato paste
- 3 tbsp olive oil
- 1 medium red onion, diced
- 4 cloves garlic, thinly sliced
- 2 long green chillis, halved, seeds removed, thickly sliced
- 16 soft tacos
- 1 bunch coriander, to serve
- lime, cut into wedges, to serve

1. In a large bowl, place the beef, spices and tomato paste and toss to combine. Set aside for 10 minutes.
2. Turn the heat setting dial to setting 'MAX' for 3 minutes and then add the oil and beef then add the beef in 2 separate lots and sear until browned and cooked through, approximately, 6 minutes. Repeat with the second batch of beef and then sauté the onion, garlic and green chillis until just browned.
3. Serve on soft tacos with coriander and fresh lime juice.

NOTE: Optional toppings include shredded lettuce, avocado, tomato, grated cheese, salsa and red onion.

Hoi Sin Chicken Stir Fry

Makes 4 Serves

- 1 tbsp sesame oil
- 1 tbsp peanut oil
- 400g bag stir fry vegetables mix
- 500g chicken thighs, cut into strips
- ½ cup hoi sin sauce
- 4 cups cooked white rice, to serve
- ¼ cup fresh coriander, to serve

1. Preheat the frypan to heat setting '10' and add the oil and allow to heat. Add the chicken and cook for 4 minutes, tossing every minute.
2. Add the vegetables and stir to combine. Place the lid on top for 2 minutes and then stir through the hoi sin sauce.
3. Serve with white rice and fresh coriander.

NOTE: Stir fry vegetables mix can be found in the herb and leafy greens section of your supermarket. It is a mix of fresh, precut vegetables that are perfect for stir frying.

Moroccan Chicken with Quinoa

Makes 4 serves

600g free range chicken breast, diced

3 tbsp Moroccan seasoning

2 tbsp olive oil

1 red capsicum, diced

200g sweet potato, peeled

1 cup multi coloured quinoa

2 cups chicken stock

Fresh coriander, to serve

1. In a bowl, place the chicken and Moroccan seasoning and toss well to combine.
2. Preheat the frypan to heat setting '8' and add the oil and allow to heat. Add the chicken and sauté until golden brown and cooked through. Remove from the frypan and set aside.
3. Add the capsicum and sweet potato to the pan and sauté until golden brown and cooked through. Remove from the frypan and set aside.
4. Add the quinoa and chicken stock to the pan and lower the heat to heat setting '6' until the quinoa is simmering gently. Cook for approximately 10 minutes, stirring every few minutes so that the base doesn't stick. Add the capsicum and sweet potato back to the pan and serve with chicken and fresh coriander.

Tuna Patties with Wasabi Aioli

Makes 8 (approx)

400g potatoes, peeled, diced, steamed

425g can tuna in saltwater, drained

4 shallots, thinly sliced

2 cloves garlic, minced

59g free range egg

½ cup panko bread crumbs

1 tsp flaked salt

½ tsp white pepper, ground

1 cup vegetable oil, for frying

½ cup mayonnaise

1 tbsp wasabi paste

1. Place the potato, tuna, shallots, garlic, egg, bread crumbs, salt and pepper into a bowl and mash using a potato masher until just combined.
2. Divide the mixture into 8 patties and shape until they form round patties, approximately 2cm thick. Set aside to rest for 2 minutes.
3. Preheat the frypan to heat setting '8' and add the oil and allow to heat. Place the patties into the frypan and allow to cook for 5 minutes on each side or until golden brown.
4. In a bowl, combine the mayonnaise and wasabi paste and serve with the patties.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.