

Breville

Instructions for use

Includes recipes



4L Deep Fryer

Model BDF450

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Congratulations

on the purchase of your new Breville 4L Deep Fryer

Breville recommends safety first

We at Breville are very safety conscious. We design and manufacture consumer products with 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.

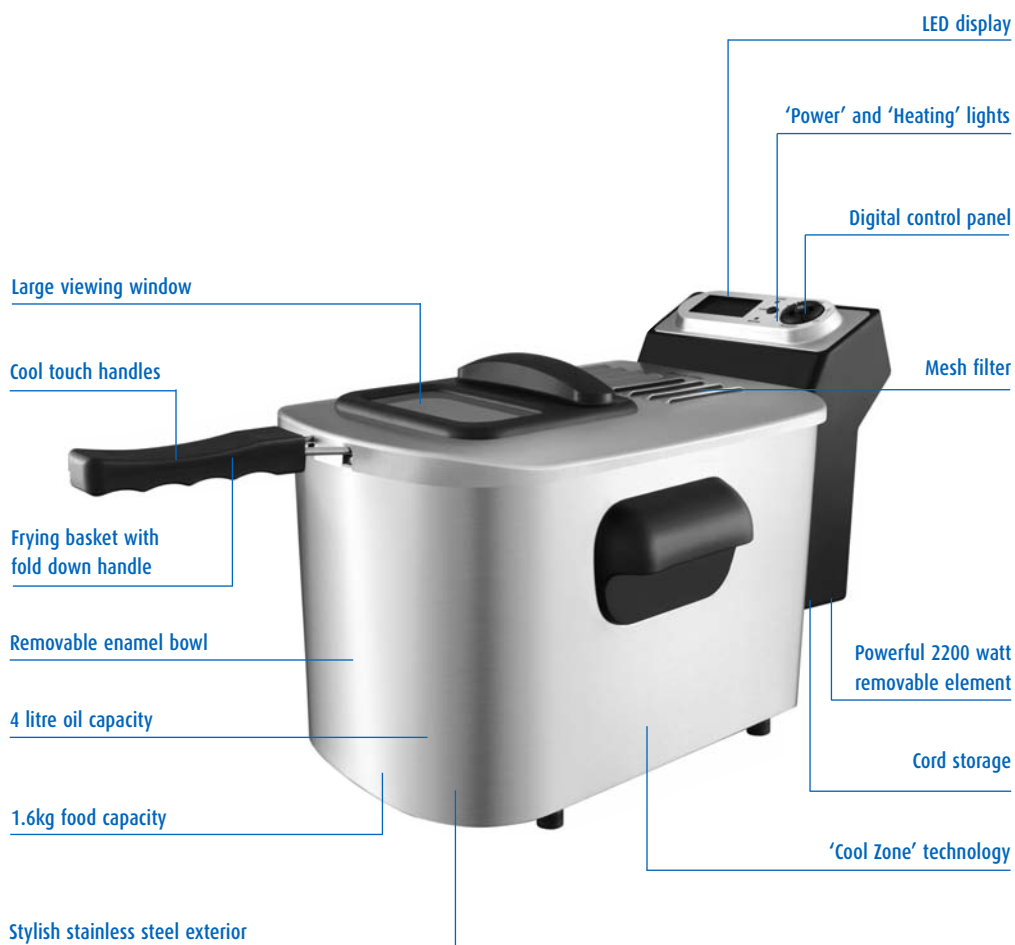
Important safeguards for your Breville 4L Deep Fryer

- Carefully read all instructions before operating the appliance and save for future reference.
- Remove any packaging material and promotional stickers before using the Deep Fryer for the first time.
- Do not place the Deep Fryer near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water.
- Do not place the Deep Fryer on or near a hot gas or electric burner, or where it could touch a heated oven. Place the Deep Fryer at least 20cm away from walls and curtains. Provide adequate space above and on all sides for air circulation around the deep fryer.
- Do not use on metal surfaces, for example, a sink drain board.
- Always ensure the Deep Fryer is properly assembled before use. Follow the instructions provided in this book.
- Do not touch hot surfaces.
- Extreme caution must be used when the Deep Fryer is filled with hot oil or other liquid. Do not move the Deep Fryer during cooking and allow it to cool before removing oil.
- Solid oil products, such as butter, margarine or animal fats of any kind should not be used in the deep fryer as they may overheat and cause a fire hazard.
- Ensure the Deep Fryer is completely dry and free of water before adding any oil. When deep frying, ensure water does not come in contact with hot oil as this will cause the oil to bubble and splatter.
- At no time should the Deep Fryer be left unattended when in use.
- The deep fryer will generate a lot of heat and steam during and after the cooking process. To prevent the risk of burns, do not touch or block the steam ventilation area on the lid.
- Take care when opening the lid. This product generates heat and steam at high temperatures, which will escape immediately when the lid is opened. Avoid touching hot surfaces.
- Do not place anything on top of the deep fryer when the lid is closed, when in use and when stored.
- Always switch the Deep Fryer off at the power outlet, then unplug and allow to cool, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the Deep Fryer clean. Follow the cleaning instructions provided in this book.
- Do not immerse the deep fryer control panel, element or cord in water or any other liquid.

Important safeguards for all electrical appliances

- Unwind the cord before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- Avoid the use of extension cords. Serious hot oil burns may result from a deep fryer being pulled off a bench top. Do not allow the cord to hang off the edge of a bench top where it may be grabbed by children, or become entangled by the user. Never leave the deep fryer unattended while in use.
- To protect against electric shock do not immerse the power cord, plug or appliance in water or any other liquid.
- This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible person to ensure that they can use the appliance safely.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to inspect the appliance regularly. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville 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.
- 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.

Know your Breville 4L Deep Fryer



How to assemble/disassemble your 4L Deep Fryer

Step 1.

Remove lid from the deep fryer by grasping the handle on top and lift off.

Step 2.

The wire frying basket has a hinged handle for compact storage. Remove the basket from the deep fryer. Extend and lock the basket handle into position by squeezing the two handle prongs together, pull back and lock behind the two wire supports extending from edge of basket.

Step 3.

Lift the control panel with attached element upwards and away from the deep fryer.

Step 4.

Remove the enamel frying bowl by grasping the rim and lifting upwards.

Step 5.

To reassemble the deep fryer, reverse Steps 1-4

The lid, enamel frying bowl and element are shaped so that they can only be inserted in the correct position.

Note



WHEN ASSEMBLING YOUR DEEP FRYER FOR USE, PLEASE ENSURE THE NARROW TONGUES IN THE CONTROL PANEL ARE INSERTED INTO THE CORRESPONDING GROOVES OF THE DEEP FRYER BODY. THE DEEP FRYER WILL NOT OPERATE UNLESS CORRECTLY ASSEMBLED.

Operating your Breville 4L Deep Fryer

Before first use

Remove all packaging materials and any promotional labels from your deep fryer.

Wash the lid, removable enamel bowl, stainless steel outer body and wire frying basket in hot soapy water, rinse and dry thoroughly. Wipe the element with a soft, damp cloth and dry thoroughly. Reassemble and ensure the bowl is completely free of water before adding any oil.

Step 1.

Place the deep fryer on a dry, level surface. Ensure the deep fryer is not too close to the edge of the bench top, and that the power cord or basket handle does not extend over the edge.

Step 2.

Remove the frying basket from the deep fryer and add oil to the bowl. Do not add less than the minimum level mark (2½ litres) or exceed the maximum level mark (4 litres).

Important: NEVER exceed the maximum level mark with oil (maximum is 4 litres). This product must be filled with oil to the exact marked level. The product will be severely damaged if heated without oil in the frying bowl.

Note

Step 3.

Replace the lid.

Step 4.

Plug the power cord into a 230/240 volt power outlet. Ensure cord is fully extended. Switch on at power outlet and the deep fryer will beep once; the red 'power' light will illuminate on the display panel

and a celsius temperature will be displayed on the LCD (liquid crystal display) screen. The °C will show the last temperature selection.

Step 5.

To choose a cooking temperature, use (a) the mode button to select a cooking mode option or (b) a cooking temperature selection:

(a) Cooking Mode Options

The 'Mode' button allows you to select a cooking mode with the temperature of the oil predetermined:

Press once:	190°C – chips
Press twice:	175°C – fish
Press 3 times:	175°C – chicken pieces
Press 4 times:	175°C – prawn cutlets
Press 5 times:	Display will return to the last °C temperature selected when using (b) Cooking Temperature Selection

If a Fahrenheit cooking temperature display is required, press the 'C° - F°' button on the left-hand side of the Control Selector. The cooking mode temperatures will display as follows:

Press once:	375°F – chips
Press twice:	350°F – fish
Press 3 times:	350°F – chicken pieces
Press 4 times:	350°F – prawn cutlets
Press 5 times:	Display will return to the last °F temperature selected when using (b) Cooking Temperature Selection

When the deep fryer is switched off at the power outlet and then switched back on, the cooking temperature display will default to the celsius temperature scale.

Note

(b) Cooking Temperature Selection

If you wish to select a celsius temperature (other than those predetermined in the Cooking Mode Options), change the initial display temperature by pressing the 'Time-Temp' button, then the '+' button to increase the temperature up to 190°C or the '-' button down to 100°C.

If you wish to select a Fahrenheit temperature (other than those predetermined in the Cooking Mode Options), change the initial display temperature by pressing the 'C°-F°' button, then the 'Time-Temp' button, then the '+' button to increase the temperature up to 375°F or the '-' button down to 210°F.

Step 6.

After selecting a cooking mode option or a cooking temperature, press the (symbol) button in the centre of the Control Selector. This starts the preheating and the orange 'heating' light will illuminate on the control panel. The word 'Heating' will flash and the actual temperature of the oil will display on the LCD screen and increase in 5° increments until the oil has heated to the selected temperature (the blue backlight will go out after 30 seconds). The orange 'Heating' light will go out and the word 'Heating' will stop flashing. The word 'Ready' will flash on the LCD screen and the deep fryer will sound 3 quick beeps 5 times.

Step 7.

Add food to the frying basket. Do not over fill the basket, it should not exceed two-thirds full. (refer to the MAX FILL LINE under handle).

Step 8.

Remove the lid and place the frying basket (with the basket handle locked into the extended horizontal position) into the holding position above the frying bowl (slip the slot on the frying basket onto the corresponding tongue in the frying bowl).

Step 9.

Holding the frying basket handle, lift from the holding position and gently lower the basket into the oil.

Step 10.

The default cooking time is 19 minutes. If a longer or shorter cooking time is required, press the 'Temp - Time' button on the right-hand side of the Control Selector, then press the '+' button to increase the cooking time up to 60:58 (60 minutes 58 seconds) or the '-' button to decrease the cooking time down to 00:58 (58 seconds).


Step 11.

Press the (symbol) button in the centre of the Control Selector. This starts the cooking and the word 'Cooking' will flash and the cooking time will display on the LCD screen. The time 19:00 will count down in 1-minute increments; when 1 minute remains on the screen the time will count down in 1-second increments.

Step 12.

At the end of the cooking time, the time and the word 'Cooking' on the LCD screen go out, the temperature selected is displayed and the deep fryer sounds 5 beeps.

Operating your Breville 4L Deep Fryer continued

The functions can be cancelled at any time by pressing the  button.

Care should be taken when lowering food in the frying basket into the hot oil. Some splattering may occur.

When cooking foods coated with batter, lower the frying basket into the hot oil then carefully add coated food directly into the oil using metal tongs – cook a few pieces at a time – and follow Steps 10-16.

Note

Step 13.

When the food is cooked, raise the frying basket out of the oil, place in the holding position to drain, then switch the power off at the power outlet and remove the power plug.

Step 14.

Keep the frying basket in the holding position for a few minutes to drain any excess oil from the food.

Step 15.

Lift the frying basket upwards to remove. Place the food on a heat resistant plate or tray lined with kitchen paper to absorb any excess oil.

Step 16.

Allow the deep fryer to cool completely before emptying the oil or cleaning.

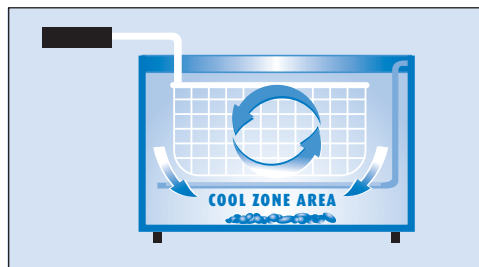
Do not overfill the basket with food, too many items lower the oil temperature causing food to absorb oil and not cook properly.

Note

TIP: Ensure the oil has reached the selected temperature before lowering foods into the oil. Food cooked in oil that has not reached the correct temperature will absorb more oil and become soggy.

TIP: Food should be of uniform size when placed in the basket to ensure even cooking. Wet foods should be patted dry to decrease the amount of water coming into contact with the oil.

Cool Zone Technology



The submerged heating element system in the Deep Fryer allows oil to be heated more effectively, and respond quickly to oil temperature changes.

Oil below the heating element is cooler and allows cooked foods, including crumbs, to sink to the bottom of the enamel bowl and not cook any further, tainting the oil taste. This allows further cooking to take place without food particles interfering or tainting the cooked result.

The Cool Zone Technology results in less need to change the cooking oil. Used oil can be re-used more times than in standard deep fryers.

Auto cut-out reset button

Always add the required amount of oil BEFORE switching the power on at the power outlet. An Auto Cut Out safety switch will be activated if the deep fryer is turned on without oil in the bowl.

To re-set, allow the deep fryer to cool completely then press the reset button located above the cord storage area at the back of the control panel.



DURING AND IMMEDIATELY AFTER COOKING, STEAM MAY RISE THROUGH THE FILTER VENT OPENINGS IN THE LID. THIS IS NORMAL, HOWEVER AVOID TOUCHING THIS AREA DURING COOKING TO PREVENT STEAM BURNS AS THE STEAM GENERATED IS AT A HIGH TEMPERATURE. AS THE BASKET GETS VERY HOT, ONLY USE THE HANDLE TO HOLD OR CARRY THE BASKET FOR SERVING. ENSURE THE BASKET HANDLE IS LOCKED INTO POSITION.

SOLID OIL PRODUCTS, SUCH AS BUTTER, MARGARINE OR ANIMAL FATS OF ANY KIND SHOULD NOT BE USED IN THE DEEP FRYER AS THEY MAY OVERHEAT AND CAUSE A FIRE HAZARD.

WATER AND OIL DO NOT MIX – NEVER ADD ANY WATER OR OTHER LIQUID TO HOT OIL. EVEN SMALL AMOUNTS OF WATER WILL CAUSE THE OIL TO SPLATTER.

AVOID THE USE OF EXTENSION CORDS. SERIOUS HOT OIL BURNS MAY RESULT FROM A DEEP FRYER BEING PULLED OFF A BENCH TOP. DO NOT ALLOW THE CORD TO HANG OFF THE EDGE OF A BENCH TOP WHERE IT MAY BE GRABBED BY CHILDREN, OR BECOME ENTANGLED BY THE USER. NEVER LEAVE THE DEEP FRYER UNATTENDED WHILE IN USE.

THE DEEP FRYER WILL GENERATE A LOT OF HEAT AND STEAM DURING AND AFTER THE COOKING PROCESS. TO PREVENT THE RISK OF BURNS, DO NOT TOUCH OR BLOCK THE STEAM VENTILATION AREA ON THE LID.

TAKE CARE WHEN OPENING THE LID. THIS PRODUCT GENERATES HEAT AND STEAM AT HIGH TEMPERATURES, WHICH WILL ESCAPE IMMEDIATELY WHEN THE LID IS OPENED. AVOID TOUCHING HOT SURFACES.

EXTREME CAUTION MUST BE USED WHEN THE DEEP FRYER IS FILLED WITH HOT OIL OR OTHER LIQUID. DO NOT MOVE THE DEEP FRYER DURING COOKING AND ALLOW IT TO COOL BEFORE REMOVING OIL.

Care and cleaning

- Before cleaning, always ensure the deep fryer is turned off and disconnected from the power outlet,
- Ensure the deep fryer and oil are completely cool. Oil will retain its temperature for a long time after use. Do not attempt to move or carry the deep fryer, element or control panel while they are hot.
- Wash the frying basket in hot soapy water. Rinse and dry thoroughly.
- Remove the control panel/element of the deep fryer by lifting upwards. Place the element onto kitchen paper to absorb excess oil. Wipe element with a soft, damp cloth and dry thoroughly.
- Grasp each side of the removable frying bowl and lift upwards.
- Empty the cooled oil from the frying bowl. Oil can be re-used several times, depending on the type of food cooked. Filter the oil through a fine sieve.
- Wash the lid, removable enamel frying bowl, stainless steel outer body and wire frying basket in hot soapy water, rinse and dry thoroughly. The removable enamel bowl frying allows for easy cleaning. Wipe the bowl with absorbent paper, then a damp cloth and a little mild detergent. Finish off with a clean damp cloth followed by a clean dry cloth.
- The removable enamel frying bowl, frying basket and stainless steel outer body are dishwasher safe.

Do not use any abrasive cleaners, such as steel wool to clean the surface of your deep fryer as this will scratch the coating.

Note

Oil should be filtered after each use and stored in a clean, air-tight container in a cool area. Good quality oil can be used several times. Do not store the oil in the deep fryer. Discard used oil in a sealed container with household waste. Do not pour down a sink or drain.

Note

- Wipe over the control panel with a soft, damp cloth and a little mild detergent. Finish off with a clean damp cloth and dry thoroughly with a clean dry cloth.
- Reassemble the deep fryer for storage. Do not place anything on top of the deep fryer during storage.



NEVER IMMERSE THE DEEP FRYER CONTROL PANEL, ELEMENT OR CORD IN WATER OR ANY OTHER LIQUID.

ALWAYS TURN THE APPLIANCE OFF AT THE POWER OUTLET AND THEN UNPLUG CORD BEFORE ATTEMPTING TO MOVE THE APPLIANCE AND BEFORE CLEANING.

DO NOT, UNDER ANY CIRCUMSTANCES, IMMERSE THE CONTROL PANEL/ELEMENT, THE POWER CORD OR PLUG IN WATER OR ANY OTHER LIQUID.

Cooking guide

Food	Temperature	Approx. Cooking Time
Mushrooms	160 degrees,	3-4 minutes
Chicken pieces (crumbed)	175 degrees,	12-15 minutes
Chicken strips	180 degrees,	3-4 minutes
Prawn cutlets (raw, crumbed)	175 degrees,	3-4 minutes
Fish cakes or pieces	190 degrees,	4-6 minutes
Fish fillets (in batter)	175 degrees,	5-7 minutes
Onion rings	190 degrees,	2-4 minutes
Chips (thick) 500g	190 degrees,	5-6 minutes
Potato wedges	170 degrees,	7-10 minutes
Spring rolls, small	180 degrees,	4-6 minutes
Fruit fritters	180 degrees,	4-5 minutes
Chips (thin) 500g	190 degrees,	2-4 minutes

The cooking times given in this chart are a guide only and should be adjusted to suit the quantity of food being deep fried.

Handy hints

Food should be crisp when deep fried. If results are soggy, the oil isn't hot enough. This can be attributed to one or more of the following:

- Not enough preheating time.
- Temperature setting is too low.
- Too much food in the basket (do not fill more than two thirds full).
- Do not use solid frying oil, only use liquid oils.
- Use good quality liquid oil. For best results we recommend the oils listed. We do not recommend fats that deteriorate quickly such as lard or dripping. Deep frying in butter or margarine is also not recommended because of their low smoke-point temperatures.
- Olive oil is not recommended for deep frying due to its low smoke-point temperature.

Oil can be re-used several times before it starts to break down (low smoke-point decreases (i.e. the oil will burn at a lower temperature and fried food will be less crisp). Filter the cooled oil through a fine sieve then store in an airtight container in a dark place. A fine sieve can be made by lining a funnel with an unused Chux-brand cloth, paper coffee filter or clean cotton material. Oil will absorb food flavours, so it's a good idea to label the oil storage container with the type of food the oil was last used to cook. For example, don't fry a dessert in oil previously used for cooking fish.

Note

Recommended oils

Vegetable oil

A general term that refers to a blend of oils extracted from various seeds and fruits. Vegetable oil has a very mild flavour and aroma. It is low in cholesterol and saturated fats.

Sunflower oil

The oil is extracted from the seeds of the sunflower plant. It is pale yellow in colour with virtually no flavour. Sunflower oil is high in polyunsaturated fats and low in saturated fats.

Canola oil

Made from seeds of the canola plant. It is relatively low in saturated fats, contains Omega 3 fatty acids and has a bland, neutral flavour.

Safflower oil

Safflower oil is derived from the seeds of the safflower. It is strong in flavour, rich in colour and has a high smoke point. Safflower oil is high in polyunsaturated fats and vitamin E.

Peanut oil

Peanut oil is obtained from the kernels of the groundnut or peanut. It has a delicate flavour, nutty odour and has a high smoke point. Peanut oil is high in mono-unsaturated oil and vitamin E.



DO NOT USE SOLID FRYING OILS, ONLY USE LIQUID OILS AS PER THE RECOMMENDATIONS.

Breville

Recipes

Delicious recipes

Includes instructions for use



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Entrees and light meals

Crumbed brie with strawberry sauce

MAKES
4 SERVES

4 x 125g Brie cheese
1 egg, beaten
1 tablespoon milk
1 cup dried breadcrumb
4 litres oil for deep frying

1. Coat cheese in combined beaten egg and milk, then breadcrumbs. Once coated, repeat coating in egg then breadcrumbs to give a thick coating. Chill for 30 minutes.
2. Fill deep fryer with oil to maximum level. Preheat to 180°C with lid closed.
3. Deep fry cheese in two batches until cooked and golden, approximately 2 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve as an entrée with Strawberry Sauce and a salad garnish.

STRAWBERRY SAUCE

1 punnet strawberries, washed and hulled
1 tablespoon sugar

1. Puree strawberries and sugar.

Serve chilled as an accompaniment to Crumbed Brie.

Salt and pepper calamari

MAKES
4 SERVES

4 litres oil for deep frying
½ cup corn flour
1 teaspoon salt
1 teaspoon finely ground pepper
500g calamari rings
1 egg white
2 tablespoons water
Sweet Thai Chilli Sauce

1. Fill deep fryer with 4 litres of oil. Preheat to 190°C.
2. Combine flour, salt, pepper, egg white and water. Add to calamari in a large plastic bag. Shake bag to coat calamari evenly with flour mixture.
3. Deep fry in two batches for approximately 3-4 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve with chilli sauce and salad as an entrée or light meal.

Entrees and light meals continued

Crumbed prawn cutlets with garlic chive mayonnaise

MAKES	
4	SERVES

750g (approx 36) green king prawns, peeled and deveined, tails intact
 250g plain flour
 1 egg, beaten
 1 tablespoon milk
 1 cup dried breadcrumbs
 grated zest 1 lemon
 4 litres oil for deep frying

1. Coat prawns in flour, then the combined beaten egg and milk, then breadcrumbs mixed with lemon zest. Once coated, repeat coating in egg then breadcrumbs to give a thick coating. Chill for 30 minutes.
2. Fill deep fryer with oil to maximum level. Preheat to 180°C.
3. Deep fry prawns in four batches until cooked and golden, approximately 2-3 minutes allowing oil to reheat between each batch. Drain.

GARLIC CHIVE MAYONNAISE

½ cup mayonnaise
 ¼ cup sour cream
 1 clove garlic, crushed
 finely grated zest 1 lemon
 2 tablespoons snipped chives
 salt and pepper to taste

1. Combine mayonnaise, sour cream, garlic, lemon zest and chives. Season to taste.
- Serve chilled as an accompaniment to Crumbed Prawn Cutlets.

Salmon croquettes

MAKES	
4	SERVES

2 large potatoes, peeled and diced
 415g can pink salmon, well drained
 1 small onion, finely chipped
 grated zest and juice 1 lime or lemon
 2 tablespoon chopped coriander or parsley
 1 egg, beaten
 1 cup grated tasty cheese
 salt and pepper to taste
 plain flour
 2 eggs, beaten
 3 cups plain flour
 4 litres oil for deep frying

1. Boil potatoes until tender. Drain and mash (yield approximately 2 cups). Combine mashed potato, salmon, onion, lime zest, juice, coriander, beaten egg and grated cheese. Season to taste.
 2. Divide and shape mixture into 12 sausage-shaped croquettes. Coat croquettes in flour. Chill for 30 minutes.
 3. Crumb the croquettes by placing hem in the egg mix, then breadcrumb. Chill again for 30 minutes.
 4. Fill deep fryer with 4 litres of oil. Preheat to 180°C.
 5. Deep fry croquettes in two batches until cooked and golden, about 4-5 minutes allowing oil to reheat between each batch. Drain.
- Serving suggestion: Serve as a light meal with salad.

Spring rolls

MAKES
8 SERVES

4 litres oil for deep frying
350g pork mince
200g green prawn meat diced
1 tablespoon soy sauce
½ cup finely diced water chestnuts
4 green shallots, finely sliced

1. Combine all the filling ingredients and mix well.
2. Place ¼ cup of mixture onto each wrapper and roll; secure the last rolled edge with a drizzle of water.
3. Place the finished rolls onto a flat tray, the rolls can be frozen and cooked at a later date. These need to be defrosted before cooking.
4. Fill the deep fryer with 4 litres of oil and preheat to 180°C.
5. Place up to 4 spring rolls into the basket and carefully lower them into the oil. Cook for 4-6 minutes or until golden brown, allowing the oil to reheat between each batch.

Samosas

MAKES
16 SERVES

1 tablespoon oil
1 small onion, finely chopped
1 teaspoon crushed garlic
1 teaspoon curry powder or paste
150g potato, finely chopped
100g carrot, finely chopped
1 tablespoon frozen peas
4 sheets ready rolled shortcrust pastry
1 tablespoon milk
4 litres oil for deep frying

1. To prepare filling, heat oil in a saucepan. Fry onion, garlic and curry powder until onion is soft. Add potato and carrot.
2. Cover and cook on a low heat until tender, approximately 10 minutes, stirring occasionally. Add peas.
3. Cool, then divide mixture into 16 portions.
4. Cut out 16 x 12 rounds from pastry. Top each with potato mixture and brush edges of pastry with milk. Fold pastries in half, pressing edges together.
5. Fill deep fryer with 4 litres of oil. Preheat to 190°C.
6. Deep fry samosas, 4 at a time until golden, approximately 4-5 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve as a starter to a curry meal or as a light meal.

Entrees and light meals continued

Tempura

Tempura is a style of deep frying that originated in Japan. It uses a very light batter to coat seafood (particularly prawns) and vegetables. Tempura is then traditionally served with a light dipping sauce.

Food suitable for Tempura are:

- * Prawns
- * Whole button mushrooms
- * Sliced sweet potato
- * Fresh asparagus
- * Whole beans
- * Whole baby corn
- * Cauliflower or broccoli florets

Tempura batter

4 litres oil for deep frying

2 cups plain flour

2 egg yolks

2 cups iced water

selection of food from above

1. Fill deep fryer with 4 litres of oil. Preheat to 190°C.
2. To prepare batter, sift flour into a bowl. Make a well in the centre. Add egg yolks and iced water stirring until just combined. The batter should be rough and only half mixed. As batter will thicken on standing, use immediately.
3. Coat food of choice in batter allowing excess batter to drain off.
4. With basket in lowered position, deep fry in small batches until pale golden, approximately 4-5 minutes allowing oil to reheat between each batch. Drain.

Serve with Tempura Dipping Sauce or teriyaki sauce.

Tip: If batter becomes too thick, thin down with extra iced water.

When the basket is in the lowered position always use tongs and gently lower the battered food into the oil.

Note

Tempura dipping Sauce

MAKES
250 ml

½ cup soy sauce

½ cup mirin or sherry

½ cup strained chicken stock

1. Combine soy sauce, mirin and stock. Serve as dipping sauce for Tempura.

Tempura Batter can also be used in recipes other than the traditional Tempura.

Honey prawns



4 litres oil for deep frying
16 green king prawns, peeled and deveined
½ quantity Tempura Batter
½ cup honey, warmed
⅓ cup toasted sesame seeds
100g packet vermicelli noodles

1. Fill deep fryer with 4 litres of oil. Preheat to 190°C.
2. Coat prawns in batter allowing excess batter to drain off.
3. With basket in lowered position, deep fry in two batches until golden, approximately 3-4 minutes allowing oil to reheat between each batch.
4. Drain and drizzle with the warmed honey, then toss in sesame seeds.
5. Deep fry noodles a bundle at a time until the noodles rise to the surface, approximately 2-3 seconds. Drain.

Serving suggestion: Serve prawns with crispy noodles.

When the basket is in the lowered position always use tongs and gently lower the battered food into the oil.

Note

Mains

Fish and chips

MAKES
4 SERVES

1 ¼ cups plain flour
pinch salt
2 eggs, separated
250ml beer
1 tablespoon oil
4 litres oil for deep frying
4 boneless fish fillets (150g each)
4 potatoes, peeled and cut in 1cm cubed chips
lemon wedges

1. To prepare batter, sift flour and salt into a bowl. Make a well in the centre. Add egg yolks, beer and oil. Beat until smooth then stand for 30 minutes. Beat egg whites until soft peaks form, fold through batter.
2. Fill deep fryer with 4 litres of oil and preheat to 180°C. Preheat an oven to 150c to keep fish warm when cooked.
3. Coat the fish in batter allowing excess batter to drain off.
4. Deep fry fish in two batches until cooked and golden, approximately 3-4 minutes allowing oil to reheat between each batch. Drain and keep warm.
5. Increase deep fryer temperature to 190°C. When heated, deep fry chips in two batches until golden, approximately 12-15 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve fish and chips with lemon wedges and Tartare sauce.

When the basket is in the lowered position always use tongs and gently lower the battered food into the oil.

Tip: If fish fillets have skin on, remove the skin otherwise the fish curls up while frying.

Note

Tartare sauce

½ cup mayonnaise
¼ cup sour cream
2 tablespoons chopped capers
2 tablespoons chopped gherkin
1 tablespoon chopped parsley
salt and pepper to taste

1. Combine mayonnaise, sour cream, capers and gherkin. Season to taste.

Serve as an accompaniment to Fish and Chips.

Crumbed lamb cutlets with green tomato salsa

MAKES	
4	SERVES

12 frenched lamb cutlets

plain flour

2 eggs, beaten

2 tablespoons milk

1 cup dried breadcrumbs

4 litres oil for deep frying

1. Coat cutlet in flour, shaking off any excess then coat in combined egg and milk, then breadcrumbs. Repeat coating in egg mixture and breadcrumbs to give a thick coating. Chill for 30 minutes.
2. Fill deep fryer with 4 litres of oil. Preheat to 180°C.
3. Deep fry cutlets in three batches until crisp and golden, approximately 5-6 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve with Green Tomato Salsa.

Accompany with mashed potato.

Green tomato salsa

MAKES	
4	SERVES

1 cup parsley sprigs

½ cup mint leaves

1 clove garlic, peeled

1 Spanish onion, quartered

2 green tomatoes, quartered

2 tablespoons olive oil

2 tablespoons lemon juice

1. Place parsley and mint into a food processor and process using pulse button until roughly chopped.
2. Add garlic, onion, tomatoes, olive oil and lemon juice. Process using pulse button until just combined but still chunky in texture.

Serve chilled with lamb cutlets.

Mains continued

Italian meatballs

MAKES	
4	SERVES

400g beef mince
1 egg, beaten
1 cup fresh breadcrumbs
2 teaspoons crushed garlic
½ teaspoon dried Italian herbs
plain flour
4 litres of oil for deep frying

1. Combine mince, egg, breadcrumbs, garlic and herbs. Form into 16 round meatballs then coat in flour.
2. Fill deep fryer with 4 litres of oil. Preheat to 160°C.
3. Deep fry meatballs in two batches until cooked and golden, approximately 10 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve with your favourite pasta sauce and spaghetti.

Southern style chicken

MAKES	
4	SERVES

4 litres oil for deep frying
1 cup flour
½ teaspoon salt
½ teaspoon ground black pepper
1 teaspoon paprika
8 chicken pieces (drumsticks, wings)
2 eggs, beaten
2 tablespoons milk

1. Fill deep fryer with 4 litres of oil. Preheat to 170°C.
2. Sift flour, pepper and paprika into a bowl. Coat chicken pieces in combined beaten egg and milk then flour mixture.
3. Deep fry in two batches until cooked and golden, approximately 15 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve with corn and salad.

To quicken cooking time, boil the chicken pieces first before crumbing.

Note

Accompaniments and garnishes

Shoestring fries

MAKES	
4	SERVES

4 litres oil for deep frying

4 potatoes

1. Fill deep fryer with oil to maximum level and preheat to 160°C.
2. While waiting for oil to heat, peel and cut potatoes into thin straws and soak in water to prevent discolouration. When ready to cook, drain potatoes well and pat dry with paper towel.
3. Deep fry potato straws in two batches for 3-4 minutes, drain and place on a tray with absorbent paper.
4. Increase the temperature to 190°C and cook the fries for 3-4 minutes to finish.

Allow oil to thoroughly reheat and potato straws to drain thoroughly in between frying. Frying twice will give a crisper result.

Tip: Use "baking" potatoes for deep frying (ie desiree and pontiac potatoes).

New potatoes are not recommended due to their high water content.

Note

Deep fried mushrooms

MAKES	
4	SERVES

4 litres oil for deep frying

24 button mushrooms (approx 200g),

stalks trimmed

1 egg, beaten

1 tablespoon milk

cup fresh breadcrumbs

1. Fill deep fryer with 4 litres of oil and preheat to 150°C.
2. Coat mushrooms in combined egg and milk then breadcrumbs.
3. Deep fry mushrooms until golden, approximately 5 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve as an accompaniment to chicken, or as a fingerfood idea served with a dipping sauce of sour cream and chopped chives.

Accompaniments and garnishes continued

Shredded vegetables

4 litres oil for deep frying
grated vegetables such as potato, carrot or zucchini

1. Fill deep fryer with 4 litres of oil and preheat to 180°C.
2. Squeeze any excess moisture from vegetables and pat dry thoroughly with paper towel.
3. Mix some tempura batter through the vegetables.
4. Deep fry about $\frac{1}{2}$ cup at a time until crisp and golden, approximately 2-3 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve as a garnish.

Croutons

4 litres of oil for deep frying
slices of day old bread, crusts removed

1. Fill deep fryer with oil and preheat to 190°C.
2. Cut bread into small cubes. Deep fry about 1 cup at a time until crisp and golden, approximately 1-2 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve as a garnish for soup or Caesar Salad.

Crispy parsley

4 litres of oil for deep frying
parsley sprigs

1. Fill deep fryer with 4 litres of oil and preheat to 190°C.
2. Wash parsley and pat dry thoroughly with paper towel.
3. Deep fry about $\frac{1}{2}$ cup at a time until crisp and golden, approximately 2-3 minutes allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve as a garnish to seafood dishes.

Desserts

Deep fried ice cream with caramel sauce

MAKES
4 SERVES

Full cream vanilla ice cream

500g 2 day old commercial Madeira cake,
processed into crumbs

3 eggs, beaten

½ teaspoon milk

4 litres oil for deep frying

1. Place a scone tray into the freezer for 10 minutes to get really cold. Scoop ice cream onto cold tray to make 8 balls. Return to freezer immediately until ice cream is very hard.
2. Meanwhile, break cake into small pieces and process in a food processor or crumble with fingers to yield 4 cups cake crumbs.
3. To coat ice cream, remove one ball at a time from freezer. Using two spoons, roll ice cream in combined egg and milk then cake crumbs. Return to freezer and repeat with remaining ice cream.

Working one at a time ensures ice cream doesn't melt.

Note

4. Leave in freezer for a minimum 1 hour then repeat coating in egg mixture then cake crumbs to ensure a thick, firm coating. Return to freezer for 15 minutes.
5. Fill deep fryer with 4 litres of oil and preheat to 190°C.
6. Deep fry ice cream in two batches until golden, approximately 30 seconds allowing oil to reheat between each batch. Drain.

Serving suggestion: Serve immediately with Caramel Sauce.

Caramel sauce

60g butter

¾ cup brown sugar

1 tablespoon cornflour

½ cup water

½ cup cream

pinch salt

1. Melt butter in saucepan or microwave. Add brown sugar stirring until smooth.
2. Add cornflour blended with water; bring to boil stirring until thickened.
3. Stir through cream and salt.

Desserts continued

Banana fritters

MAKES	
4	SERVES

1 cup self raising flour

1 teaspoon sugar

1 egg, beaten

$\frac{2}{3}$ cup milk

1 tablespoon butter, melted

4 bananas, peeled and cut in three

4 litres oil for deep frying

1. Sift flour into a bowl and make a well in the centre. Add sugar, combined egg, milk and melted butter.
2. Mix to a smooth batter and allow to stand for 15 minutes before using.
3. Coat bananas in batter allowing excess batter to drain off.
4. Fill deep fryer with 4 litres of oil and preheat to 180°C.
5. With basket in lowered position, deep fry bananas in two batches until golden, approximately 4-5 minutes allowing oil to reheat between each batch. Drain.

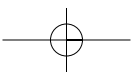
Serving suggestion: Serve with ice cream.

When the basket is in the lowered position always use tongs and gently lower the battered food into the oil.

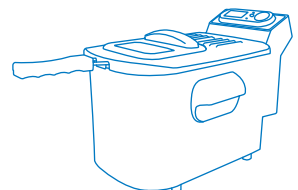
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