

Breville



BDF200 Avance™ 3L Deep Fryer

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Congratulations

on the purchase of your new Breville Avance™ Deep Fryer



Breville Recommends Safety First

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 FOR YOUR BREVILLE AVANCE™ DEEP FRYER

- Always turn the appliance off, first turn off at the power outlet and then unplug cord when not in use before attempting to move the appliance, before cleaning or storing.
- Do not immerse the appliance controller, supply cord or plug in water or any other liquid.
- 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.
- Always use the appliance on a dry, level surface.
- Do not let the cord touch hot surfaces, become knotted or hang from the edge of benchtops.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- 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.
- Keep the unit clear of walls, curtains and other heat sensitive materials (minimum distance 200mm).
- Do not place unit under shelving or flammable materials when in use.
- Always follow the maximum and minimum quantities of oil stated in the instructions and recipes.
- Do not exceed the maximum fill level (3 litres). Never overfill the bowl with oil.
- Extreme caution must be used when the appliance is filled with hot oil. Always allow the appliance to cool before removing the oil.
- Do not move the deep fryer during cooking or whilst hot.
- When deep frying, ensure no water comes in contact with hot oil as this will cause splattering. Ensure that the deep fryer is dry before adding any oil.
- Never lean over the deep fryer when lifting the lid. Excess trapped steam created during the cooking process will be released when the lid is opened.
- Never pour oil out of the deep fryer when either the unit or oil is hot. Allow both the unit and contents to cool completely before removing oil.
- It is not recommended to add extra oil when hot as splashing may occur.
- Always ensure the heater element and controller are correctly positioned onto the bowl assembly and filled to min/max before connecting to a power outlet.
- Do not use the deep fryer on metal surfaces, for example, a sink drain board.
- At no time should the deep fryer be left unattended when in use.
- Do not place anything on top of the deep fryer when the lid is closed, when in use and when stored.
- 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.
- 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 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.
- 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. 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.

Know Your Breville Avance™ Deep Fryer

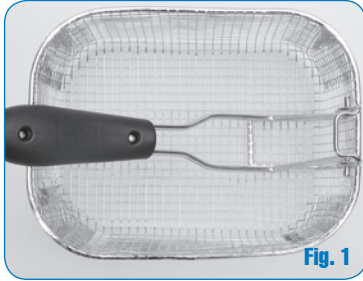
BDF200 BREVILLE AVANCE™ DEEP FRYER



- 1. Power 'On' switch
- 2. 'On' and 'Ready' lights
- 3. Variable temperature control
- 4. Large viewing window
- 5. 'Cool Zone' technology
- 6. 3 litre oil capacity
- 7. 1kg food capacity
- 8. Stylish stainless steel housing
- 9. Mesh filter
- 10. Frying basket
with fold down handle
- 11. Powerful 2400 watt removable element
- 12. Removable enamel bowl

How to Assemble/Disassemble your Breville Avance™ Deep Fryer

1. Remove lid by simply lifting off deep fryer.
2. The hinged basket is designed for compact storage (see fig 1).



3. To extend handle, pull handle and lift backwards.
4. Lift back panel upwards and away from unit (see fig 2).



5. Remove bowl by grasping rim of bowl and lifting upwards (see fig 3).



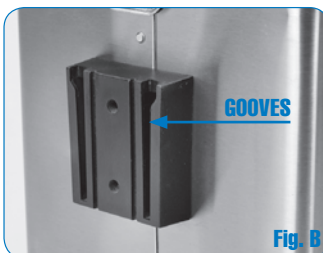
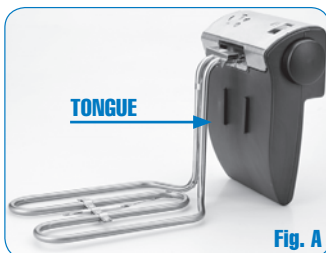
6. Reverse these steps to reassemble your new deep fryer.

NOTE

The enamel removable bowl can only be inserted one way.



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



Operating Your Breville Avance™ Deep Fryer

Before First Use

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

Wash the lid, removable bowl and wire frying basket in hot soapy water and dry thoroughly. Wipe inside of the bowl with a damp cloth and dry thoroughly.

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 hang over the edge.
2. With the basket out of the deep fryer, add oil to the bowl. Ensure not to add less than the minimum level mark or exceed the maximum level mark (3 litres).

NOTE

Important : NEVER exceed the maximum fill level (3 litres).

3. Replace the lid.
4. Plug the power cord into a 230/240 volt power outlet and turn on the power 'On' switch.
5. Turn the temperature control dial to the desired temperature. The red 'Power On' light will illuminate.

NOTE

Your Avance™ Deep Fryer is fitted with a special interlock switch and will not operate if not properly assembled.

6. Preheat the oil at the selected temperature until the 'Green' temperature ready light illuminates.

NOTE

When cooking the first batch of food, allow the deep fryer to cycle on and off twice (as indicated by the green temperature 'Ready' light) before placing the food into the deep fryer. This will take approximately 15-20 minutes.

7. When the oil has preheated, place the basket into the deep fryer in the raised position, with the basket handle in the extended horizontal position (see fig 4).



8. Add food to the basket. Do not fill the basket so that it is more than two-thirds full.
9. Holding the fryer basket handle lift from the holding position and gently lower the basket into the oil.
10. You may choose to cook with the lid on or off the deep fryer.

NOTE

Uniform-sized pieces will cook more evenly.



POWER CORD NEEDS TO BE FULLY EXTENDED BEFORE USE.

ALWAYS ADD THE REQUIRED AMOUNT OF OIL BEFORE SWITCHING THE POWER ON AT THE POWER OUTLET.

Operating Your Breville Avance™ Deep Fryer continued

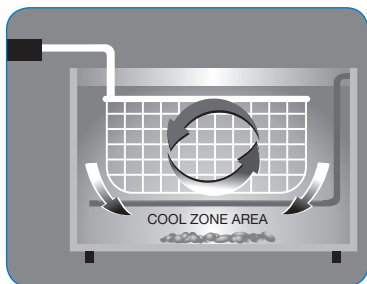
11. When the food is cooked, raise the basket out of the oil to drain, then turn temperature control dial back to 150°C then turn the power 'Off' with the power switch, then unplug the power cord.
12. Keep the basket in the raised position for a few minutes to drain the oil from the food before serving.
13. If continuing to cook allow the unit to reheat until the 'Green' temperature light illuminates.
14. Allow the deep fryer to fully cool before emptying the oil or cleaning the unit.

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 unit is turned on without oil in the bowl.

To re-activate the unit, let the unit cool completely and then reset by pushing the red button on the back of the controller assembly above the cord storage.

Cool Zone Technology



The submerged heating element system on the Avance™ 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.



DURING AND IMMEDIATELY AFTER COOKING, YOU MAY SEE STEAM RISING 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 THAT IS GENERATED IS AT A HIGH TEMPERATURE. AS THE BASKET ITSELF GETS VERY HOT, ONLY USE THE HANDLE TO HOLD OR CARRY THE BASKET FOR SERVING.

Care and Cleaning

- Before cleaning the deep fryer, always make sure the unit is disconnected from the power outlet.
- Make sure the unit and oil are completely cool.
- Do not attempt to move or carry the deep fryer, element and control assembly while it is hot
- Wash the basket in hot soapy water.
- Dry thoroughly.
- Remove the control assembly of the deep fryer by lifting upwards (see fig 5).



- Grasp each side of the removable bowl and lift upwards (see fig 6).



- Empty the bowl of cooled oil. As oil can be re-used several times (depending on type of food cooked), filter the oil through a fine sieve (such as a new chux cloth).

- The removable enamel bowl allows for easy cleaning. Wipe down the bowl with absorbent paper, then a damp cloth and a little mild detergent. Finally wipe the bowl with a clean damp cloth and dry with a clean dry cloth.
- Wipe over the controller assembly and element with a damp cloth and a little mild detergent. Finish off with a clean damp cloth followed by a clean dry cloth.
- The removable enamel bowl, frying basket and outer body are dishwasher safe.
- Wipe over the outside of the unit with a damp cloth and a little mild detergent. Finish off with a clean damp cloth followed by a clean dry cloth.
- Reassemble unit for storage.



ALWAYS TURN THE APPLIANCE OFF, TURN THE POWER 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 ASSEMBLY, THE SUPPLY CORD OR PLUG IN WATER OR ANY OTHER LIQUID.

Cooking Guide

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

Food	Temperature	Approximate Cooking Time
Fish (in batter)	180°C	5-7 minutes
Fish cocktail pieces (in batter)	190°C	4-6 minutes
Chicken pieces (crumbed)	170°C	12-15 minutes
Prawn cutlets (raw, crumbed)	180°C	3-4 minutes
Potato wedges (pre cooked)	170°C	7-10 minutes
Potato chips (thick)	190°C	5-6 minutes
Potato chips (thin)	190°C	2-4 minutes
Onion rings	190°C	2-4 minutes
Spring rolls (small)	180°C	4-6 minutes
Mushrooms	150°C	4-5 minutes
Fruit fritters	180°C	4-5 minutes

Handy Hints

Food should be crisp when deep fried. If results are soggy, it's because 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 a good quality liquid oil. For best results we recommend the oils listed in the table below. 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 the low smoke-point temperatures.
- Oil can be re-used several times before it starts to break down (smoke-point decreases ie. The oil will burn at a lower temperature, fried food will be less crisp). Filter the cooled oil through a fine sieve then store in an airtight container in a dark place. As oil will absorb food flavours, it's a good idea to label the container with the type of food the oil was used for. For example you wouldn't deep fry a dessert in oil previously used for cooking fish. A fine sieve can be a new chux cloth, paper coffee filter or clean cotton material.
- Olive oil is not recommended for deep frying due to its low smoke-point.

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 from 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.

Recipes

Delicious Avance™ Deep Fryer recipes from Breville



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Entrees and Light Meals

CRUMBED BRIE WITH STRAWBERRY SAUCE

Serves 4

4 x 125g Brie cheese
1 egg, beaten
1 tablespoon milk
1 cup dried breadcrumbs
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

Serves 4

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 3 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.

CRUMBED PRAWN CUTLETS WITH GARLIC CHIVE MAYONNAISE

Serves 4

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

3 litres oil for deep frying

4. 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.
5. Fill deep fryer with oil to maximum level. Preheat to 180°C.
6. 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.
2. Serve chilled as an accompaniment to Crumbed Prawn Cutlets.

SALMON CROQUETTES

Serves 4

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

3 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 them in the egg mix, then breadcrumb. Chill again for 30 minutes.
4. Fill deep fryer with 3 litres of oil. Preheat to 180°C.
5. 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

Serves 8

3 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 3 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

Serves 16

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
3 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 3 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

3 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 3 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.

TEMPURA DIPPING SAUCE

Makes 250ml

¼ cup soy sauce

¼ cup mirin or sherry

¼ 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.

NOTE

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.

HONEY PRAWNS

Serves 4

3 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 3 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.

NOTE

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

Mains

FISH AND CHIPS

Serves 4

1¼ cups plain flour
pinch salt
2 eggs, separated
250ml beer
1 tablespoon oil
3 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 3 litres of oil and preheat to 180°C. Preheat an oven to 150°C 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.

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.

NOTE

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.

CRUMBED LAMB CUTLETS WITH

Serves 4

green tomato salsa
12 frenched lamb cutlets
plain flour
2 eggs, beaten
2 tablespoons milk
1 cup dried breadcrumbs
3 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 3 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

Serves 4

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.

ITALIAN MEATBALLS

Serves 4

400g beef mince
1 egg, beaten
1 cup fresh breadcrumbs
2 teaspoons crushed garlic
½ teaspoon dried Italian herbs
plain flour
3 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 3 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

Serves 4

3 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 3 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.

NOTE

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

Accompaniments and Garnishes

SHOESTRING FRIES

Serves 4

3 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.

NOTE

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.

DEEP FRIED MUSHROOMS

Serves 4

3 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 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

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

1. Fill deep fryer with 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 ½ 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.

CRISPY PARSLEY

3 litres of oil for deep frying
parsley sprigs

1. Fill deep fryer with oil and preheat to 190°C.
2. Wash parsley and pat dry thoroughly with paper towel.
3. Deep fry about 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.

CROUTONS

3 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.

Deserts

DEEP FRIED ICE CREAM WITH

Serves 4

caramel sauce

Full cream vanilla ice cream

500g 2 day old commercial Madeira cake,

processed into crumbs

3 eggs, beaten

¼ teaspoon milk

3 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.

NOTE

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

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 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

Serves 4

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.

BANANA FRITTERS

Serves 4

- 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
- 3 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 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.

NOTE

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

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