the Thermal Pro™ Stainless

Instruction Book - BEF560



Breville®

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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

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Do not place frypan near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water.
- Remove any promotional stickers before using the frypan for the first time.
- Do not place the frypan on or near a hot gas or electric burner, or where it could touch a heated oven. Place frypan at least 20cm away from walls and curtains.
- Do not use on metal surfaces, for example, a sink drain board.
- Always insert Temperature Control Probe into probe socket and ensure is fully inserted, before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the Temperature Control Probe.
- Ensure the cord is not touching the hot pan.

- To protect against electric shock, do not immerse cord or Temperature Control Probe in water or any other liquid.
- Ensure the Temperature Control Probe has cooled before removing from the appliance.
- Always remove Temperature Control Probe before cleaning the appliance.
- Only the Temperature Control Probe included with the frypan must be used.
- If using plastic utensils, do not leave in frypan when hot.
- Never immerse cord and/ or heat probe in water or any other liquid.
- Do not place hot glass lid under cold water.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the frypan to cool before removing oil or other liquid.
- Do not touch hot surfaces.
- Do not leave the appliance unattended when in use.
- Always turn the Temperature Control Probe to the MINIMUM position, 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 and before cleaning.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.
- Always use the appliance on a dry, level surface.

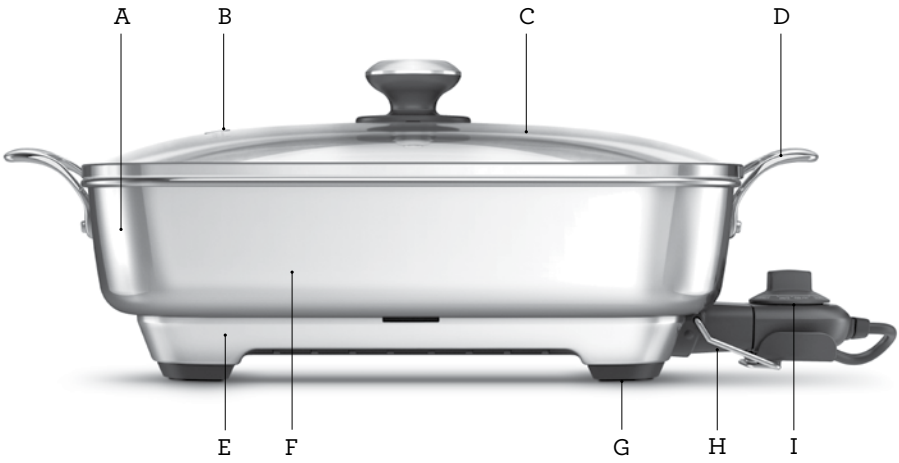
IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

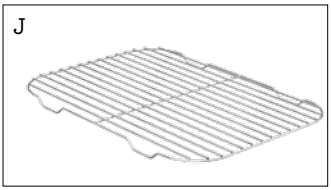
- Unwind the cord before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces, or become knotted.

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The appliance is not intended to be operated by means of an external timer or a separate remote-control system.
- It is recommended to inspect the appliance regularly. Do not use the appliance if power supply cord, plug, probe 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 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.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always switch appliance off, then switch off at the power outlet, then unplug the appliance when not in use, before attempting to move appliance and before cleaning.

SAVE THESE INSTRUCTIONS

Components





A. Large 39(L) x 31(W) x 7.8(H)cm banquet shaped frypan
Dishwasher safe.

B. Steam vent hole
Suitable size for insertion of meat probe.

C. Toughened glass high domed lid
Dishwasher safe.

D. Cast stainless steel handles

E. Cast-in butterfly element
2400 watts of power, provides even distribution of heat over the entire cooking surface.

F. Stainless steel cooking surface
High quality 18/10 stainless steel cooking surface with a 25 year guarantee.

G. Non-slip feet

H. Pan tilt lever

I. Precise variable temperature control
With 6 heat settings including SEAR.

J. Trivet
For steaming and roasting.

Functions

BEFORE FIRST USE

Remove any promotional materials and packaging materials before use. Wash your frypan and lid in hot soapy water. Rinse and dry thoroughly.

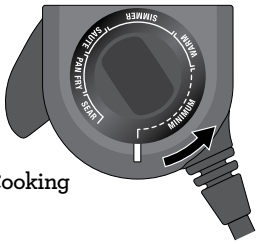
Do not immerse the cord, plug and/or Temperature Control Probe in water or any other liquid.

1. Insert the Temperature Control Probe into the probe socket on the appliance. Plug into a 230/240V power outlet and switch 'On'. Always insert the probe into the appliance first, then insert plug into power outlet.

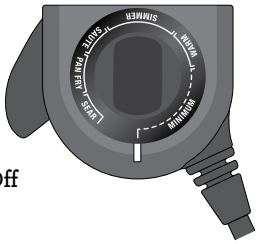
NOTE

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

2. Turn the dial on the Temperature Control Probe clockwise to the desired setting. The red heating light on the probe will illuminate.
3. The red heating light will remain illuminated until the frypan reaches the desired temperature. Once the temperature has been reached, the red light will cycle 'On' and 'Off' during cooking to maintain the desired temperature.
4. When cooking is completed, turn the dial anti clock-wise until the MINIMUM line is aligned with the red heating light. Switch off at the power outlet and unplug.



Cooking



Off

5. Leave the Temperature Control Probe connected to the appliance until cool.

NOTE

This frypan must be used with the Temperature Control Probe provided. Do not use any other probe or connector.

RECOMMENDED HEAT CONTROL PROBE SETTINGS

DIAL SETTING	USES
WARM	• Keeping food warm • Basting
SIMMER	• Slow cooking e.g. casseroles, curries and soups • Cooking roasts
SAUTE	• Browning nuts • Shallow frying • Pancakes and crepes • Rice and pasta
PAN FRY	• Sealing steaks and roasts
SEAR	• High Sear • Cakes and self saucing puddings

Care & Cleaning

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

Before cleaning, switch the frypan to the off position and unplug from the power outlet. Remove the Temperature Control Probe when cooled from the probe socket of the appliance.

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.
Never immerse the Temperature Control Probe, plug or cord in water or any other liquid.

STAINLESS STEEL COOKING SURFACE

The high quality 18/10 stainless steel cooking surface is designed for durability. To keep your stainless steel cooking surface in optimum condition and to achieve the best results, follow these simple instructions:

- Use sufficient oil when sautéing, pan frying and roasting to prevent food sticking. Two to three tablespoons is generally sufficient.
- Do not use high temperatures to brown and seal meat as this will cause it to stick. Use settings SAUTE-PAN FRY.
- Do not use harsh abrasive cleaners or metal scourer pads as continued use will scratch the stainless steel surface and make subsequent cleaning more difficult. It is recommended to use nylon scrubbing brushes or plastic scouring pads.
- To remove burnt on food, fill the pan with approx 5cm of water, heat the water in the pan till it boils, then turn off and leave to soak for 30 minutes. If burnt on food does not soften and lift off, leave frypan with water in it to soak overnight. Removing stubborn stains: A stainless steel powder cleaner can be used on stubborn stains on the stainless steel cooking surface only. Alternatively, a paste of bicarbonate of soda and water can be rubbed into the stained area and then thoroughly washed off.

GLASS HIGH DOMED LID

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

NOTE

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

DISHWASHER SAFE

The lid and cooking pan are dishwasher safe for easy cleaning. The recessed heating element is completely sealed so it is safe to immerse in water.

The frypan may also be washed in hot, soapy water. Dry thoroughly.

NOTE

Before inserting the temperature control probe into the frypan socket, ensure the interior of the frypan 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 temperature control probe carefully.

Do not knock or drop it as this can damage the probe. If damage is suspected, return the temperature control probe to your nearest Breville Service Centre for inspection.

TIPS

For convenient storage of the temperature probe, line the frypan with 2 sheets of kitchen paper and place the probe on the kitchen paper.
This will ensure the probe and plug don't scratch the surface.



Hints & Tips

STIR FRYING

Recommended temperature probe setting: SEAR for vegetables, PAN FRY for sealing meat.

- Preheat your frypan before adding any ingredients, allowing the temperature light to cycle "ON" and "OFF" several times. This will allow the frypan to reach an even higher 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 them as over cooking will give a tough, dry result. Cooking times will depend on the size and thickness of the cut, ie. the bigger the cut, the more time is needed.

RECOMMENDED CUTS FOR STIR FRYING

Beef

Lean beef strips prepared from topside, 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 fillet or medallion steaks.

Seafood

Whole peeled prawns, cleaned squid strips, mussels and cracked crab.

STIR FRY TIPS

- Stir fry strips in small batches (approx 400–500g) to prevent overloading pan and allowing the meat to "stew" in its juice, resulting in tougher meat.
- When adding meat strips to the frypan, the meat should sizzle.
- Stir fry strips for 1–2 minutes per batch. Any longer will toughen the meat.
- Remove each batch once cooked and allow the frypan to reheat before stir frying the next. By cooking in small batches, the heat of the frypan remains constant, ensuring the meat doesn't stew and toughen.
- Drain off the marinades from meat strips before stir frying to prevent stewing and splatter.
- Stir fry vegetables with a little oil or sprinkling of water until vivid in colour.

COOKING TIME	INGREDIENTS
3 minutes	Quartered onion, broccoli flowerets, sliced carrot, green beans
2 minutes	Snow peas, sliced capsicum, sliced zucchini, sliced water chestnuts, bamboo shoots
1 minute	Chopped garlic, minced chilli and ginger, sliced green onions, bean sprouts

These brief cooking times will keep vegetables crisp.

- Peanut oil is traditionally used for Asian stir fry dishes. However, other oils such as canola, rice bran oil and even light olive oils may be used.
- Do not over fill the frypan. Always cook in small batches and reheat at the end of stir frying by returning the meat to the pan with simmering sauce and vegetables.
- If using this method, remember to under cook meat slightly so that reheating will not spoil and toughen the finished dish.
- Serve stir fried foods immediately to retain their crisp texture.

SHALLOW FRYING

Recommended temperature probe setting: SAUTE-PAN FRY.

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

- Use approximately 2 cups of oil, or sufficient oil so that half the food is submerged.
- Preheat the oil before adding food. When using oil, never cover with the lid during the heating or cooking as this will cause condensation to drip into the oil and result in splattering.
- Do not move the frypan during heating or cooking.
- Wipe excess moisture from foods to avoid splattering.
- Cook food in batches to ensure crispness.
- Drain cooked foods on kitchen paper to absorb excess oil.
- Never leave your frypan unattended while shallow frying.
- Allow oil to cool completely before removing from the frypan. Vegetable, canola or rice bran oil is recommended for shallow frying.

PAN FRYING

Recommended temperature probe setting:

Searing meat: PAN FRY-SEAR

Medium heat: SAUTE-PAN FRY

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

- Preheat the frypan on SAUTE-PAN FRY. When heated add oil to prevent the food from sticking.
- Allow time for meat to sear on both sides or eggs to begin to set. Then reduce to SIMMER.

SAUTÉING

Recommended temperature setting: SAUTE- PAN FRY. Used for sautéing onions, garlic, spices, pastes, herbs, vegetables, meat and seafood.



NOTE

If using oil to sauté, use PAN FRY setting. If using butter, use SAUTE setting.

ROASTING

Recommended temperature probe setting:

Searing Roast: PAN FRY-SEAR

Cooking Roast: SIMMER

MEAT AND POULTRY

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

The frypan's dome lid allows for larger joints of meat and poultry of up to about 1.5kg to be cooked.

- Preheat the frypan on PAN FRY-SEAR. Fattier joints of meat such as lamb require a small amount of oil.
- Brown and seal the meat on all sides.
- Cover with lid.
- After browning, turn the dial down to SIMMER and cook to desired doneness.
- Turn the meat over during the cooking time.
- Once the meat is cooked, set aside and cover loosely with foil, whilst the gravy is prepared from the pan juices.
- To make gravy: Drain excess oil from pan, stir 1-2 tablespoons of plain flour into pan residue, cook for 1-2 minutes. Reduce heat to SIMMER and gradually add 1-2 cups stock. Increase heat setting to SAUTE and stir gravy continuously until it comes to the boil. Reduce heat and simmer 3-4 minutes until gravy thickens. Serve immediately with sliced roast meat.

VEGETABLES

- Cut into even sized pieces.
- Add to the frypan 40–65 minutes before serving.
- For crispier vegetables, remove the meat and increase the heat for the last few minutes before cooking.

ROASTING TIMES

The following times are for dishes that are well done. Reduce times by 5 minutes for medium and 10 minutes for rare.

COOKING TIME	INGREDIENTS
Pork	30-40 minutes/500g after browning
Lamb/Beef	30-40 minutes/500g after browning
Chicken	30-35 minutes/500g after browning

BASTING

Recommended temperature probe setting: WARM-SIMMER

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

- Position the Pan Tilt Lever and allow the juices to drain to the lower end of the frypan.
- Spoon juices over the food as desired.

BOILING

Recommended temperature probe setting: SAUTE-PAN FRY

Used for cooking rice, pasta and vegetables.

- Cooking times will vary with depending on types of rice and pasta used.
- To cook pasta; always bring water to the boil with the lid in position. Add a pinch of salt and follow packet instructions.
- Cook rice or pasta uncovered, stirring occasionally to prevent sticking.
- Reduce to a lower setting if water boils too quickly.

BAKING

Recommended temperature probe setting: SEAR

The frypan can be used for baking cakes or self-saucing puddings.

- Preheat the frypan on SEAR for 15 minutes with the lid on. Place wire rack into the base of the pan to elevate the cake away from the base of the frypan.
- Place the cake onto the wire rack and cook with the lid on.

SIMMERING

Recommended temperature control probe setting: SIMMER

- Used for cooking casseroles, stews and reducing and thickening sauces.
- Simmering food is to cook food in liquid between a temperature range of 85°C–96°C.
- Bubbles should be small and just breaking through the surface.
- For best simmering results, the frypan should have a minimum of 3 litres of combined food and liquid.
- Simmering can be achieved with and without the lid on.
- Follow cooking instructions as per recipe. The frying pan will cycle on and off in short bursts.
- Food should be stirred occasionally to allow food to be cooked evenly.

STEAMING

Recommended temperature control probe setting: SIMMER-SAUTE

- Steaming is the healthiest of cooking techniques. It retains the food's texture, flavour, vitamins and minerals which may otherwise be lost in the cooking water.
- Steaming consists of cooking food by setting it above a hot boiling liquid, and letting the steam from the liquid literally cook the food.
- When steaming always make sure that the water never comes in contact with the food.
- Always line a plate or tray with baking paper or cabbage leaves. This keeps the food from sticking to the plate and coming in contact with the water.
- Always fill the frypan with a minimum of 1-2 litres of water.
- Do not allow the frypan to boil dry.
- Check water levels during cooking and refill with boiling water to prevent frypan from boiling dry.
- To steam; fill the frypan with cold water. Set temperature probe to SEAR and place wire rack into the base.
- Line a plate with baking paper or cabbage leaves and place food on top. Position plate or tray onto wire rack and cover with lid.
- Bring water to the boil and reduce to SIMMER-SAUTE.
- Be careful when dealing with steam. When lifting the lid, steam can scald and burn.



Notes



Notes



Notes

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Breville®
Thought for food

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