# *the Ultimate Cook™ 6 in 1*

Instruction Book - LMC700




Breville®

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## Limited Product Warranty

Breville's warranty for this product covers the repair or replacement if it's found to be defective due to faulty materials, workmanship, or function within the warranty period. All legal warranty rights under applicable national legislation will be respected and will not be impaired by our warranty. For details on length of warranty, to obtain a printed copy or to read full terms and conditions please scan the QR code or visit **www.breville.com** Alternatively, call the Breville Service Centre (see back cover for contact details).

QR149

# REVILLE 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

- Carefully read all instructions before operating the Breville multicooker for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the multicooker for the first time.

- When unpacking the multicooker, check to see you have received all the items listed in the parts list, before discarding the packaging.
- Always ensure the multicooker is properly assembled before use. Follow the instructions provided in this book.
- The multicooker and its cord should be kept out of reach of children aged 8 years or younger.
- Always operate the multicooker on a stable and heat resistant surface.
- Do not place the multicooker near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water and other substances.
- Do not operate the multicooker on a sink drain board.
- Do not place the multicooker, hot cast iron pot and/or lid on a heat sensitive benchtop, such as a stone benchtop, during or after cooking. This type of benchtop is sensitive to uneven heat and may crack if heated locally. To cook on a heat sensitive benchtop, place a chopping board or heat-proof mat underneath the cooker.
- Do not operate the multicooker on an inclined plane. Do not move the multicooker while it is in operation.
- Use the cast iron pot supplied with the multicooker. Do not use any other pot on the multicooker base.
- Do not use cast iron pot if damaged, replace pot before using multicooker.
- Lift and remove the lid carefully to avoid scalding from escaping steam.
- Never plug in or switch on the multicooker without the cast iron pot placed on the multicooker base.

- Ensure the supplied cast iron pot is correctly positioned in the multicooker base before you commence cooking.
- Do not place food or liquid directly on the multicooker base. Only the cast iron pot is designed to contain food or liquid.
- When using the multicooker, liquid, oil, fat or butter should completely cover the base of the cast iron pot before heating begins. Do not leave the multicooker unattended, and do not allow the pot to boil dry, as this may permanently damage the enamel.
- The cast iron pot, lid and handles will become hot during operation. Always use a dry thick tea towel or oven mitts when lifting the pot.
- Do not plunge the hot cast iron pot into cold water. While the enamel is designed to be durable in line with market standards, thermal shock may still occur, resulting in cracking or loss of enamel.
- Never operate the multicooker without food and liquid in the cast iron pot. Ensure the cast iron pot is at least ½ to ¾ full of food or liquid before switching on the multicooker.
- Always cook with the lid on for the recommended time.
- Do not place anything, other than the provided lid and cast iron pot, on top of the multicooker when assembled, when in use and when stored.
- Always have the lid placed correctly into position on the cast iron pot throughout operation of the multicooker unless stated otherwise on the recipe.
- Do not allow water from the lid to drip directly onto the multicooker base, only into the cast iron pot.

- Do not touch hot surfaces. Use the handles for lifting and carrying the cast iron pot. Use dry oven mitts when handling the lid and/or cast iron pot. Lift and remove the lid carefully, and angle away from you to avoid scalding from escaping steam. Allow the multicooker to cool completely before moving or cleaning any parts.
- Extreme caution must be used when the multicooker contains hot food and liquids.
- The temperature of accessible surfaces will be high when the multicooker is operating and for some time after use.
- Do not place the multicooker, hot cast iron pot and/or lid on any surface that may be affected by heat.
- To prevent scratching the enamel coating on the cast iron pot, always use wooden, silicone or plastic utensils.
- High humidity, altitude, cold tap water, ingredients and minor fluctuations may affect cooking time when using the multicooker.
- The recommended cooking times are approximate. Cooking times may vary depending on ingredients and quantities in recipes.
- Care should be taken when handling the multicooker after cooking, ensuring that the multicooker base and parts are not touched as these may still be hot.
- If you are not home during the slow cooking process and the power goes out, throw away the food even if it looks cooked.
- If you are at home during the slow cooking process and the power goes out, finish cooking the ingredients immediately

by some other means such as a gas stove, on an outdoor grill or elsewhere where the power is on.

- If the power goes out after cooking has completed, the food should remain safe to consume up to two hours in the cooker with the power off.
- If using plastic utensils, do not leave them inside the cast iron pot when hot.
- The multicooker is not intended to be operated by means of an external timer or separate remote-control system or any other device that switches the multicooker on automatically.
- Do not use the cast iron pot in a microwave oven.
- Do not place the cast iron pot on a gas burner or electric hotplate.
- To avoid an electrical overload, it is recommended that no other appliances are plugged into the same circuit as your multicooker when in use.
- Cleaning and user maintenance of the multicooker should not be carried out by children.
- Do not use chemicals or abrasive cleaners to clean the outside of the multicooker base, cast iron pot and lid as these can damage the base or the enamel coating of the cast iron pot and lid.
- Keep the multicooker clean. Follow the cleaning instructions provided in this book.

## 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 power cord, power plug or appliance in water or any other liquid or allow moisture to come in contact with the parts, unless it is recommended in the cleaning instructions.
- 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 authorized 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

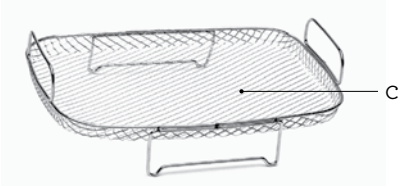
protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

- 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 plates, ovens, 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.

## FOR HOUSEHOLD USE ONLY
## SAVE THESE INSTRUCTIONS

# Components







A. Lid handle
B. Cast iron lid
C. Large stainless steel steaming basket (dishwasher safe)
D. 5.5L cast iron pot
With enamel coating and cool touch handles
E. Easy-to-use control panel featuring 2 browning settings and 4 versatile cooking functions
F. START/CANCEL button with indicator light
G. KEEP WARM indicator light
H. PREHEAT indicator light
I. ▲ and ▼ buttons
To increase or decrease power levels
J. + and — buttons
To increase or decrease cooking time

**NOTE**

The cast iron pot and lid are oven safe up to 200°C and should always be positioned on the lowest oven rack.

**NOTE**

The cast iron pot and lid are **NOT DISHWASHER SAFE**. Do not place them in the dishwasher at any time, as doing so can lead to adverse effects, including the formation of rust on the rim of the pot and lid, deterioration of the enamel surface.

# Functions

## BEFORE FIRST USE

Remove all promotional labels and packaging materials from the multicooker. Ensure that all parts and accessories listed are accounted for before discarding the packaging. Wash the cast iron pot, lid and steaming basket in hot, soapy water, rinse and dry thoroughly.

## IMPORTANT NOTE

The cast iron pot and lid should be seasoned before their initial use by adhering to the guidelines provided in the care and cleaning section on page 18 of this instruction booklet.

Ensure that the multicooker base and the exterior of the cast iron pot are free from any dirt or debris prior to placing the cast iron pot onto the multicooker base.

Place the cast iron lid on the cast iron pot.

## USING THE MULTICOOKER

All cooking tasks must be completed with the cast iron pot securely placed on the multicooker base.

## CAUTION

When cooking with functions that generate moisture, such as steam, condensation on the exterior of the pot may result in water pooling on the benchtop. To protect the benchtop surface, ensure that the cooking base and pot are placed on a heat-resistant, water-resistant surface or non-slip mat when in use.

## WARNING

Always operate the multicooker on a stable and heat resistant surface.

## WARNING

Do not place the multicooker, hot cast iron pot and/or lid on a heat sensitive benchtop, such as a stone benchtop, during or after cooking. This type of benchtop is sensitive to uneven heat and may crack if heated locally. Always use an appropriately sized wooden chopping board. Utilize the wooden chopping board to safely rest the hot cast iron pot or lid when necessary. This includes placing the lid on a wooden chopping board during cooking, especially when you need to remove it for stirring, and also using a wooden chopping board when serving the pot at the table.

Insert the power plug into a 230V or 240V power outlet and switch on. The multicooker will beep and the screen will illuminate, indicating that it is now in standby mode.

Use the preset function buttons to select your desired browning or cooking function.

Once the preset function has been selected, the LED display will show the default time and/or power level (P1, P2, P3, P4, or P5). These power levels are applicable only to the SEAR and SAUTÉ functions. The abbreviation "P" stands for Power, with level 1 being the lowest and level 5 being the highest.

To customise cooking settings, use to + and — to adjust cooking time, and ▲ and ▼ to change power level for applicable functions.

Select the START/CANCEL button to confirm the selection and start cooking.

The START/CANCEL button can be pressed at any time to stop and cancel the function. The multicooker will return to standby mode.

The multicooker should be switched off and unplugged from the power outlet.

## NOTE

During operation, you may hear a clicking noise originating from the relay switch. Please be assured that this is a standard occurrence and indicates normal functioning of the appliance.

## THE ULTIMATE COOK™ 6 IN 1 FUNCTIONS

| SETTING | DEFAULT POWER LEVEL | POWER LEVEL RANGE | DEFAULT TIME | TIME RANGE | KEEP WARM | PREHEAT |
|---|---|---|---|---|---|---|
| SLOW COOK HIGH | N/A | N/A | 4 HRS | 2 - 8 HRS | YES | N/A |
| SLOW COOK LOW | N/A | N/A | 8 HRS | 2 - 12 HRS | YES | N/A |
| SEAR | P5 | P3-P5 | 10 MINS | 1 - 30 MINS | N/A | YES |
| SAUTÉ | P4 | P1-P5 | 10 MINS | 1 MIN - 1 HR | N/A | YES |
| STEAM | P2 | N/A | 15 MINS | 1 MIN - 1 HR | N/A | YES |
| FAST COOK | N/A | N/A | 1.5 HRS | 30 MINS - 3 HRS | YES | N/A |

**Time Range:**

• Time is adjustable by 1 minute increments for each preset if below 30 minutes.
• Time is adjustable by 5 minute increments for each preset if above 30 minutes.
• Time is adjustable by 30 minute increments for each preset if above 2 hours.

## BROWNING FUNCTIONS

The multicooker has two browning functions for all sautéing, browning and searing tasks. These functions are ideal for sealing meats and pre-cooking vegetables prior to slow cooking, allowing you to seal in flavours and juices creating more flavoursome slow cooked dishes.

| BROWNING FUNCTION | POWER LEVEL OPTIONS |
|---|---|
| Sear | P3-P5 |
| Sauté | P1-P5 |

Select either the SAUTÉ or SEAR button to activate your preferred browning function. The default time for both browning functions is 10 mins, if more time is required, use the + and — timer buttons.

Utilise the power level, ▲ and ▼ buttons to raise or lower the intensity of the power settings. Select the START/CANCEL button to confirm the selection, the light around the selected function will illuminate. The light next to preheat will also illuminate and the multicooker will start preheating. Once preheating is complete, the multicooker will beep three times and the timer will begin to count down. Once the timer reaches zero, the unit will beep once and switch into standby mode. Alternatively, the START/CANCEL button can be selected at any time to stop cooking.

If proceeding to a different cooking function, select the desired function and START/CANCEL button to confirm the selection and start cooking.

## COOKING FUNCTIONS

### SLOW COOK LOW & HIGH

With the cast iron pot securely placed into the multicooker base, place all ingredients into the pot ensuring food is evenly spread across the base of the pot. Place the lid onto the cast iron pot.

Select the desired cooking function then use the + and — timer buttons to adjust the cooking time. Select the START/CANCEL button to confirm the selection and commence cooking. The light around the selected function will illuminate and the LED display will show the countdown timer.

Once the cooking time elapses, the multicooker will beep three times and the KEEP WARM light will illuminate. The automatic keep warm mode will operate for 2 hours before switching to standby mode.

The SLOW COOK LOW setting gently heats food for an extended period of time without overcooking or burning.

The SLOW COOK HIGH setting will cook food in approximately half the time required for LOW setting. Some foods may boil when cooked on the HIGH setting, so it may be necessary to add extra liquid. This will depend on the recipe and the amount of time in which it is cooked. Occasional stirring of stews and casseroles will improve the flavour distribution.

For more information, refer to the Slow Cooking Guide on page 14 of this manual.

### NOTE

The cast iron pot and lid are oven safe up to 200°C and should always be positioned on the lowest oven rack.

### WARNING

If you are not home during the slow cooking process and the power goes out, throw away the food even if it looks cooked.

### CAUTION

Do not touch hot surfaces. Use dry oven mitts and handles when lifting and carrying the cast iron pot. Lift and remove the lid carefully, angling it away from you to prevent scalding from escaping steam, and place it a wooden chopping board . Allow the multicooker to cool completely before moving or cleaning any parts.

### CAUTION

Extreme caution must be used when the multicooker contains hot food and liquids.

### WARNING

The temperature of accessible surfaces will be high when the multicooker is operating and for some time after use.

### STEAM

Before steaming, ensure that the cast iron pot is clean. Place the steaming basket into the base of the cast iron pot. Place 0.5 - 1.5L of water or stock into the cast iron pot, ensuring that the liquid level is below the base of the steaming basket.

Depending on the food and desired cooking result, the food to be steamed can either be placed on the steaming basket before the function is selected or once the liquid has reached boiling temperature.

Place the food to be steamed onto the steaming basket and place the lid onto the cast iron pot. For best results, do not open the lid until food is cooked. Opening the lid will allow steam to escape and will prolong cooking time.

Once the STEAM function is selected, the light around the function button and preheat light will illuminate. The unit will preheat for approximately 7-15 minutes, with the time dependent on water temperature and amount, before the timer commences counting down. Then, use the + and — timer buttons to adjust the required steaming time. Ensure that you have enough water for the set time.

It is important to note that for the STEAM function, the power level is fixed at P2 and cannot be adjusted.

While steaming, monitor the liquid levels in the cast iron pot. If more liquid is required, remove the lid, top up with hot water or stock before replacing the lid. With the lid closed, 1L of water will take approximately 45 minutes to evaporate.

Once steaming is complete, use heat-proof mitts to remove the steaming basket from the cast iron pot. Alternatively, use tongs to remove food from the steaming basket and allow the steaming basket to completely cool before removing it from the cast iron pot.

For more information, refer to the Steaming Guide page 16 of this manual.

### FAST COOK

The FAST COOK setting is designed to expedite the cooking process by utilising higher temperatures to cook food more quickly. This setting is particularly useful when you are looking to prepare meals in a shorter amount of time without compromising on flavour and tenderness.

Prepare and gather all the ingredients in the cast iron pot before setting it on the multicooker base. Cover the cast iron pot with the lid. Select the FAST COOK function and use the + and — timer buttons to set the necessary cooking duration.

### KEEP WARM

This multicooker has an automatic KEEP WARM feature. The automatic keep warm will activate after using SLOW COOK LOW, SLOW COOK HIGH and FAST COOK.

This is indicated by the illumination of the KEEP WARM indicator light, and the display will begin counting up.

The KEEP WARM function will run for a maximum of 4 hours before the multicooker transitions into standby mode. The KEEP WARM function can be cancelled at any point by pressing the START/CANCEL button.

### CAUTION

Do not place the cast iron pot or lid into or under cold water while it is still hot.

### NOTE

If there is a power interruption during a browning or cooking function, the multicooker will retain the current program and timing. When the power is restored to the unit, the multicooker will resume the program.

# Slow Cooking Guide

The Ultimate Cook™ 6 in 1 Multicooker allows you to enhance and deepen the taste of meals by using the same pot for browning, searing and slow cooking. Depending on the temperature and ingredients, slow cooking can take between 3 and 12 hours.

Browning prior to slow cooking is recommended but not strictly necessary. Searing and browning seals in the moisture, intensifies the flavour and provides more tender results.

Brown meat in small batches for best results.

## PREPARING MEAT

When purchasing meat for slow cooking, select leaner cuts and trim the meat or poultry of any visible fat and sinew.

For casserole type recipes, cut the meat into cubes, approximately 2-4 cm. Slow cooking allows less tender cuts of meat to be used. The bones can be left on meat or poultry, if desired, and will help to keep meat tender during cooking but will increase the required cooking time.

**SUITABLE CUTS FOR SLOW COOKING**

| | |
|---|---|
| Beef | Chuck, skirt, round steak, boneless shin (gravy), bone-in-shin (Osso Bucco) blade, topside. |
| Lamb | Shanks, drumsticks (frenched shanks), neck / forequarter chops, shoulder, ribs. |
| Veal | Diced leg, shoulder, neck chops, knuckle , cheek, shanks, shin, forequarter. |
| Pork | Diced shoulder, belly, loin, tenderloin, leg, spare ribs. |
| Chicken | Drumsticks, thigh meat, Maryland, lovely legs. |

## PREPARING VEGETABLES

All vegetables should be cut into even-sized pieces (approximately 2-3cm) to ensure even cooking. Frozen vegetables must be thawed before adding to other foods cooking in the multicooker.

## SLOW COOKING IN THE MULTICOOKER

The long, slow, covered cooking process breaks down and softens the connective and muscle tissue within the meat, making it easier to slice. Cheaper cuts of meat can be used with this method.

Sear the meat using the SEAR function prior to slow cooking.

## TIPS

- Trim all visible fat and sinew from meat or poultry.
- Meat and poultry require at least 5-7 hours of cooking on SLOW COOK LOW or 2-4 hours on SLOW COOK HIGH.
- Ensure that the food and liquid do not exceed ¾ full in the cast iron pot.
- If the liquid quantity is excessive after cooking time has elapsed, remove the lid and operate the multicooker on FAST COOK for 30–45 minutes or until liquid begins to reduce. Alternatively, the liquid can be thickened by adding a mixture of cornflour and water to the hot liquid.
- Brown meat in small batches for best results.

## Do's

- ✓ Always thaw frozen meat and poultry before cooking.
- ✓ Use dry heat-proof oven mitts when lifting the lid or removing the cast iron pot after use.
- ✓ Whenever the hot cast iron pot is not being used on the multicooker base, place the cast iron pot on wooden chopping board to protect benchtop.

## Don'ts

- ✘ Do not operate the multicooker without the cast iron pot in position in the multicooker base.
- ✘ Do not cook with frozen meats or poultry.
- ✘ Do not remove the lid from the multicooker unnecessarily as it will result in a major loss of heat.
- ✘ Do not use the SLOW COOK HIGH setting if you intend on being away from the house for over 3 hours.

## WARNING

- Do not place the cast iron pot or lid on any bench without appropriate heat protection.
- Never put the hot cast iron pot or lid directly on the bench. Always utilize a suitably sized wooden chopping board.
- Never place water or other liquids directly into multicooker base
- Never immerse the multicooker base, power cord, or power plug in water or any other liquid.
- Never touch hot surfaces. Always use dry, heat-proof oven mitts when removing the lid or cast iron pot after cooking.

# Steaming Guide

Steamed foods retain most of their nutritional value. Foods can be steamed by placing them on the provided steaming basket over stock or water in the cast iron pot. Ensure that the food sits above the liquid level in the pot.

When steaming, it is important to keep the lid closed, as opening it will allow the steam to escape, resulting in prolonged cooking times and uneven cooking. Depending on the food and the desired cooking result, the food can be placed on the steaming basket either before selecting the function or after preheating is complete. The multicooker will beep to indicate the end of preheating, and then the timer will begin counting down from the set time. The preheat time typically varies from 7 to 15 minutes, depending on the water temperature and the amount of water used.

## STEAMING VEGETABLES

- Smaller pieces will steam faster than larger pieces.
- Vegetables should be a uniform size to ensure a more consistent cooking result.
- Both fresh and frozen vegetables can be steamed. Frozen vegetables will require a longer cooking time and should not be thawed before steaming.
- Size and shape of vegetables and personal preference may require adjustments to the advised cooking times. For softer vegetables, allow extra cooking time.
- Do not let the water or stock in the cast iron pot touch the base of the steaming basket.

## STEAMING FISH

- Season fish with fresh herbs, onions, lemon etc. before cooking.
- Ensure fish fillets are in a single layer on the steaming basket wrapped en papillote (in paper wrapper) and do not overlap.
- Fish is cooked when it flakes easily with a fork and is opaque in colour.

## STEAMING POULTRY

- Select similar sized pieces of poultry to ensure even cooking.
- For even cooking results arrange poultry in a single layer on the steaming basket.
- Remove visible fat, sinew and skin.
- To obtain a browned appearance, sear the chicken before steaming.
- Check poultry is cooked by piercing the thickest part. It is cooked when the juices run clear.

## STEAMING DUMPLINGS

- Fresh or frozen dumplings and savoury buns can be steamed.
- Place small pieces of baking paper, cabbage or lettuce leaves under the dumplings to avoid sticking while cooking.

| FOOD TYPE | COOKING TIME (APPROX.) | QUANTITY | PREPARATION AND TIPS |
|---|---|---|---|
| Green Vegetables | 3-6 minutes | 250g | Fresh |
| Peas - frozen | 4-8 minutes | 1 cup | Frozen |
| Corn | 6-12 minutes | 2 small cobs | Whole corn cobs |
| Root Vegetables | 10-18 minutes | 200-400g | Peel and cut into 3-5cm pieces |
| Chicken<br>Breast –<br>Thigh –<br>Drumstick - | <br>10-20 minutes<br>15-30 minutes<br>20-40 minutes | 250g | Lay chicken flat, do not overlap |
| Fish<br>Fillets –<br>Whole –<br>Cutlets – | <br>8-20 minutes<br>15-25 minutes<br>10-20 minutes | 250g | Steam until opaque and easy to flake. A cutlet is cooked when the centre bone is able to be easily removed |
| Dumplings - frozen | 10-15 minutes | Single layer in steaming basket | Cook from frozen |
| Dumplings – fresh | 12-18 minutes | Single layer in steaming basket | Lightly spray the steaming basket |

# Care & Cleaning

Before cleaning, turn the multicooker off by switching off at the power outlet and unplug. Always allow the multicooker to fully cool before removing the lid and cast iron pot for cleaning. Cast iron is prone to thermal shock when suddenly cooled or heated - allow the cast iron pot and lid to cool completely before washing.

Wash the cast iron pot, lid and steaming basket in hot, soapy water, rinse and dry thoroughly.

Except for the steam basket, which is dishwasher safe, it is not recommended to clean any part of the multicooker in the dishwasher.

Doing so can damage the enamel coating on the cast iron pot and lid. To prolong the life of the enamel coating, it is recommended to wash with hot, soapy water using a mild detergent, then rinse and dry thoroughly.

The multicooker base should be wiped over with a soft, damp cloth and dried thoroughly.

To remove stubborn cooked on foods from the cast iron pot, fill the pot with warm, soapy water and soak for 20-30 minutes. Use a soft nylon kitchen brush to lightly scrub the food off the pot.

**WARNING**

Do not use chemicals or abrasive cleaners to clean the outside of the multicooker base, cast iron pot and lid as these can damage the base or the enamel coating of the cast iron pot and lid.

**WARNING**

Do not immerse the base, power cord or power outlet in water or any other liquid as this may cause electrocution.

**Maintaining and Re-seasoning Your Cast Iron Pot**

Re-season regularly to preserve the enamel coating and maintain optimal cooking performance.

1. Preheat your oven to 180°C.
2. Ensure the cast iron pot and lid are clean and free from any food residue or debris. Wipe with a damp cloth or paper towel if required.
3. Dip paper towel or cloth into the vegetable oil, ensuring it is not saturated; a thin layer of oil is sufficient. Gently rub the oil onto the inside and rim of the cast iron pot and lid.
4. Wipe off any excess oil, leaving a very light, almost invisible coating of oil on zthe surface.
5. Place the pot and lid upside down on a baking sheet, sheet of aluminium foil and/or baking tray to catch any potential oil drips during seasoning.
6. Place the cast iron pot and lid in the preheated oven on the lowest rack position.
7. Bake for 1 hour to allow the oil to bond with the exposed cast iron surface.
8. Turn off the oven and let the pot and lid cool down inside the oven. This gradual cooling helps the oil bond and create a protective layer.
9. The above steps may be repeated for a more durable seasoning result or if you notice any uneven spots.

## IMPORTANT NOTE

- Avoid Immersion: Never soak your cast iron pot in water for extended periods or place in a dishwasher. Excessive exposure to moisture can lead to rust.
- Regular Use: Cooking in the pot regularly helps maintain the seasoning and prevents rust.
- Watch for Rust: If you notice any rust, scrub the affected area with a brush and re-season.

## STORAGE

Before storing, ensure that the multicooker has cooled down entirely, is cleaned, and dried. Store the multicooker with the cast iron pot resting on the base, the steaming basket placed inside the pot, and the lid placed on top of the pot.

## WARNING

Do not store anything on top of the multicooker.

# Recipes

## *Cajun Chicken Burgers*

**SAUTÉ**
Preparation time – 15 minutes
Cooking time – 15 minutes
Serves : 4

***Ingredients***

1 tsp onion powder
1 tsp. garlic powder
1 tsp. ground cumin
½ tsp. ground coriander
1 tsp. smoked paprika
½ tsp. turmeric
1 tsp. salt
½ cup chicken stock
4 chicken thighs (approx. 600g)
2 tbsp. vegetable oil
¼ cup chicken stock

***Burger Assembly***

1½ cups coleslaw
1 tbsp. spring onions, finely chopped
Chipotle mayonnaise
4 x burger buns
1 avocado, mashed
1 cup lettuce, shredded
12 sprigs of coriander

1. Mix together the onion powder, garlic powder, cumin, coriander, paprika, turmeric and salt. Stir to combine well. Rub spice mixture over the chicken thighs set aside.
2. Select the SAUTÉ function and adjust the timer to 12 minutes. Press START/CANCEL to begin preheating. Once preheated, add the oil. Add the seasoned chicken thighs to the pot and cook for 3 minutes. Flip the chicken thighs and place the lid on the top of the cast iron pot. Allow to cook for a further 3 minutes. Deglaze the pot with the chicken stock and replace the lid. Allow the chicken to cook for the remainder of the set time. Ensure the chicken is properly cooked (over 74°C) before removing.
3. ***Burger assembly*** – Lightly toast the burger buns and smear a quarter of an avocado on each bun. Mix the sliced spring onions with the coleslaw before adding the lettuce and coleslaw to the bun. Slice the chicken and divide chicken between each burger. Drizzle with chipotle mayonnaise, add 3 sprigs of coriander and place on the burger top. Serve immediately.

## *Steak Diane*

**SEAR**
Preparation time – 15 minutes
Cooking time – 20 minutes
Serves : 4

***Ingredients***

4 x 150g-200g eye fillet steaks
¾ tsp. salt
1 tbsp. vegetable oil
50g butter
4-5 cloves garlic, sliced thinly
400g green beans, trimmed
1 tsp. tomato paste
4 tsp. Worcestershire sauce
200ml beef stock
¾ cup fresh cream
1 tbsp. chopped chives

***Season steaks***

1. Sprinkle the salt onto both sides of the steaks and set aside at room temperature for 15 to 30 minutes.
2. Place the cast iron pot onto the cooking base. Select the SEAR function and adjust the timer to 18 minutes. Press START/CANCEL to begin preheating. Once preheated, add the vegetable oil to the cast iron pot and heat for 30 seconds. Add the steaks to the pot and cook for 5 minutes each side (your preference). Using tongs, carefully remove the steaks and set aside to rest on a separate plate.
3. Add butter to the cast iron pot, then add the sliced garlic and the trimmed beans, cook for 3 minutes or until the beans are a vibrant green. Using tongs, remove the beans and place into a separate bowl. Add the tomato paste then deglaze with the Worcestershire sauce. Add the beef stock and cream, allow to reduce for 2-3 minutes. Add the steaks back in for the remaining time to warm slightly whilst the sauce thickens. Remove the steaks and allow to rest on a separate plate for 5 minutes.
4. Serve the steaks with garlic green beans, Diane sauce, and sprinkle chopped chives over the top.

# *Slow Cooked Beef Stroganoff*

**SEAR and SLOW COOK HIGH**
Preparation time – 30 minutes
Cooking time – 4 hours
Serves : 6

***Ingredients***

1kg chuck steak, diced
2 tbsp. plain flour
1 tbsp. paprika
2 tsp. salt
2 tbsp. vegetable oil
50g butter
1 small onion, finely diced
300g button mushrooms, sliced
4 tbsp. tomato paste
½ cup brandy
4 tbsp. Worcestershire sauce
1 ½ cup beef stock
¼ tsp. ground black pepper
1 ½ cup sour cream

1. Toss the diced beef with the flour, paprika and salt. Set aside.
2. Place the cast iron pot onto the cooking base. Select the SEAR function and adjust the timer to 30 minutes. Press START/CANCEL to begin preheating. Once preheated, add the vegetable oil and butter to the cast iron pot.
3. Add the diced beef in two batches to ensure it browns well. Cook each batch for 5 minutes or until nicely browned. Then, add the onion and cook for an additional 1 minute. Add the sliced mushrooms and cook for a further 5 minutes. Add the tomato paste and cook for 2 minutes. Add the brandy and stir for 2 minutes. Add the Worcestershire sauce, beef stock, pepper and stir to combine. The multicooker will beep when the SEAR function is complete.
4. Place the lid onto the cast iron pot and select the SLOW COOK HIGH function. Adjust the timer to 4 hours. Press START/CANCEL to begin slow cooking. When the timer has 2 hours remaining, add the sour cream to the stroganoff and stir well to combine, return the lid to the pot and continue slow cooking. The timer will beep when the cooking is complete. Season the stew if required and serve on mashed potato.

# *Sweet Potato and Carrot Dahl*

**SAUTÉ and SLOW COOK LOW**
Preparation time – 15 minutes
Cooking time – 4 hrs
Serves : 6

***Ingredients***

3 tbsp. vegetable oil
1 large onions, finely diced
2 cloves garlic, crushed
2 tsp. curry powder
1 tbsp. grated ginger
1 ½ tsp. turmeric
¾ cup sweet potato, grated
½ cup carrot, grated
200g red lentils, rinsed and drained
100g yellow split peas, rinsed and drained
650ml chicken stock
400ml coconut milk
1 tsp. salt
¼ tsp. ground white pepper
1 cup natural yoghurt
½ bunch fresh coriander, roughly chopped

1. Place the cast iron pot onto the cooking base. Select the SAUTÉ function and adjust the timer to 10 minutes. Press START/CANCEL to begin preheating. Once preheated, add the oil to the cast iron pot and heat for 30 seconds. Add the onion, garlic and ginger. Sauté for 4 minutes, stirring regularly. Add the turmeric and curry powder and stir for 1 minute. Add the grated sweet potato, carrot, red lentils, yellow split peas, chicken stock, coconut milk, salt and pepper, stir to combine. The multicooker will beep when the SAUTÉ function is complete.
2. Place the lid onto the cast iron pot and select the SLOW COOK LOW function. Adjust the timer to 4 hours. Press START/CANCEL to begin slow cooking. Stir occasionally.
3. At timer completion, use heatproof mitts to remove the lid and place it on a heatproof surface (e.g., a chopping board). Stir the dahl and season if necessary. Serve it over steamed white rice with yogurt and coriander.

   Serve immediately.

# *Steamed Fig and Chocolate Spiced Pudding*

**STEAM**
Preparation time – 20 minutes
Cooking time – 45 minutes
Serves : 4

***Ingredients***

6 figs, cut in half across ways
90g dried figs, diced
150ml water
¾ tsp. bi-carbonate soda
75g unsalted butter
¾ cup brown sugar
1 tsp. vanilla paste
2 eggs
¾ cup self raising flour
2 ½ tbsp. cocoa powder
1 ½ tsp. ground ginger
¼ tsp. ground nutmeg
⅓ cup dark chocolate bits
300ml pouring custard

1. Lightly spray 4 x 250ml ramekins with baking spray. Cut 4 large (6cm x 6cm) squares of baking paper and place the baking paper into the bottom of the ramekin. Place the halved figs with the cut surface facing down towards the bottom of the ramekin. Set aside.
2. Place the figs and water into a small pot and bring to the boil – reduce to a simmer and simmer for 2-3 minutes or until the figs are soft. Remove from the heat and add the bi-carbonate soda and allow to cool to room temperature. Blend to a rough consistency.
3. Cream the butter and sugar together until light and fluffy. Add the eggs one at a time until well incorporated. Add the vanilla and stir to combine.
4. Sift together the flour, cocoa powder, ginger and nutmeg.
5. Fold the fig and flour mixture into the butter alternately to incorporate well.
6. Fold through the chocolate bits.
7. Place a ¾ cup of batter into each ramekin. Cover with a small piece of baking paper on the top and then cover tightly with aluminum foil.
8. Place the cast iron pot onto the cooking base and add 1.5L water to the pot. Lower the steaming basket into the cast iron pot. Place the lid on the top and select the STEAM function. Adjust the timer to 45 minutes. Press START/CANCEL to begin pre-heating.
9. Once pre-heated, remove the lid and place the pudding ramekins onto the steaming basket and replace the lid.
10. The timer will beep when the set time is complete. Using heatproof mitts, carefully remove the lid and place on a heatproof surface (eg. chopping board). Allow the puddings to rest on the steaming basket in the cast iron pot for 15 minutes before carefully removing. Remove the foil from the puddings and slide a butter knife around the puddings inside the ramekin to help loosen the pudding.
11. To serve, invert the pudding onto a plate and carefully lift the ramekin away from the pudding. Ensure that you remove the baking paper from the top and bottom of the pudding. Serve warm, with custard.

# *Pepper Beef Cheeks*

**SAUTÉ and FAST COOK**
Preparation time – 15 minutes
Cooking time – 3 hrs 30 minutes
Serves : 4

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***Ingredients***

3 tbsp. vegetable oil
4 beef cheeks (approx. 1.2kg)
150g onion, diced
25g garlic, crushed
1 cup red wine
750ml beef stock
4 carrots, cut into thick batons
1 tsp. thyme, chopped
½ tsp. ground black pepper
2 tbsp. gravy powder

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1. Place the cast iron pot onto the cooking base. Select the SAUTÉ function and adjust the timer to 10 minutes. Press START/CANCEL to begin preheating.
2. Once preheated, add 2 tbsp. oil to the pot. Add the beef cheeks to the pot and cook each side for 2-3 minutes or until browned all over. Carefully remove the beef cheeks and place into a separate bowl.
3. Add the remaining vegetable oil, onion and garlic to the cast iron pot. Sauté for 2 minutes. Add the red wine, beef stock, carrots and thyme to the pot and combine. The multicooker will beep when the set time is complete.
4. Place the lid onto the top of the cast iron pot, select the FAST COOK function and adjust the timer to 3 hours. Press START/CANCEL to begin cooking. At timer completion, use heatproof mitts to remove the lid and place on a heatproof surface (e.g., chopping board). Use tongs to carefully remove the beef cheeks from the pot and place on a separate plate. Add the pepper and stir to combine.
5. Mix the gravy powder with 2 tbsp. of water and stir until no lumps, add gravy mix to the sauce and stir to thicken slightly. Return the beef cheeks to the sauce.
6. Serving suggestion: serve on mashed potato with green beans.

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