



Cuisinart Gourmet Pro Combi Oven with Convection, Steam & Air Fry

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Crab & Apple Tortillas

Serves 8-10

5 small flour tortillas

Olive oil for spraying

1 crunchy apple such as Gala or Granny Smith

Juice of ¼ lemon

150g cooked white crabmeat

1 tablespoon mayonnaise

Salt and pepper to taste

l tablespoon chopped coriander (optional)

METHOD

- Using a round cutter, stamp out 18 x 6cm discs from the tortillas and discard the trimmings. Spray each side of the discs with olive oil, place in the cooking basket in position 2 and air fry at 180°C for 2-3 minutes each side until golden.
- 2. Mix the crab meat with the mayonnaise and lemon juice. Season with salt and pepper to taste. If using tinned crabmeat, be sure to drain very well first.
- 3. Cut the apple into small matchsticks.
- Add a spoon of the crab mixture to each tortilla and top with a few apple match sticks. Garnish with coriander to serve.

Easy Asparagus Puff Pastry Tart

Serves 2-4

INGREDIENTS

2 sheets of store-bought puff pastry (thawed)

3 bunches of fresh green asparagus (washed and ends trimmed)

2 egg yolks

1 cup Philadelphia cream cheese

1⁄2 cup of grated parmesan cheese

legg (beaten)

2 teaspoons thyme leaves

- 1. To make the cheese mixture, in a bowl combine cream cheese, egg yolks, Parmesan cheese and thyme.
- Line the oven baking tray with baking paper. Place the puff pastry onto the baking tray and cut to size to fit the tray.
- 3. Gently score a 1cm border around the edge of the pastry, taking care not to cut right through.
- 4. Spread half of the cheese mixture onto the pastry within the border, brush the border with the beaten egg
- 5. Top with asparagus, lined up across the tart.
- 6. Air fry in position 3 at 220°C for 6-8 minutes or until pastry is cooked and golden.

Baja Fish Tacos Serves 2-4

400g white boneless & skinned fish fillets (perch, boneless fillet)

Salt and pepper, to taste

1/2 cup plain flour

1 egg, lightly beaten

1 cup panko breadcrumbs

2 cups cabbage, finely shredded

¹/₂ cup coriander leaves, fresh & roughly chopped

6 corn tortillas

Olive oil spray

Avocado slices (to serve)

Sour cream (to serve)

1 lime (to serve)

METHOD

1. Cut fish into strips about 4cm wide.

- 2. Place the flour, eggs and breadcrumbs into individual containers large enough for dipping the fish. Season the flour with salt and pepper.
- 3. Coat fish strips in the flour and shake off the excess before dipping into egg allowing excess to drain, then coat evenly with the breadcrumbs. Spray both sides liberally with olive oil.
- 4. Coat the cooking basket well with olive oil spray. Spray both sides of fish with olive oil and place into the cooking basket. Select Air Fry with the temperature set to 200°C and cook for 9 minutes; turn fish pieces and cook for an additional 3 5 minutes, or until evenly crispy.
- 5. Reserve cooked fish and then heat tortillas for about 2 3 minutes at 150°C using convection bake function, until soft and pliable. Serve tacos, each with 2 pieces of fish. Top with shredded cabbage, coriander, avocado and sour cream. Squeeze over fresh lime.

Crackling Air Fryer Pork Belly

Serves 4

INGREDIENTS

1kg piece pork belly

Olive oil cooking spray

1 teaspoon salt

2 teaspoons Chinese five spice powder

2 tablespoons char sui sauce

3 teaspoons chilli garlic sauce

1 tablespoon soy sauce

2 teaspoons rice wine vinegar

2 teaspoons lemon juice

2 tablespoons water

1 birds eye chilli, seeded, finely chopped

Coriander leaves, for garnish

Steamed rice, to serve

- Pat dry pork belly with kitchen paper towel. Score pork rind with the tip of a sharp knife at lcm intervals. Place on a plate, rind side up, and refrigerate uncovered overnight to dry out.
- 2. Pat dry again. Sprinkle underside of meat with five spice powder so it covers evenly the meat surface. Place with the rind facing upwards on a large piece of aluminium foil (with approximately 10cm border around the meat). Fold all sides of the foil into the meat to protect the sides and only leave the rind exposed.
- 3. Spray rind lightly with oil and sprinkle heavily with cooking salt. Rub salt into rind.
- 4. Place in cooking basket in position 2. Place the baking tray in position 1 to act as a drip tray.
- 5. Air fry pork in rack position 2 at 220°C for 20 minutes until rind has crackled. Reduce heat to 180°C and air fry in rack position 1 for a further 35 minutes or until meat turns white and rind has completely crackled.
- 6. Remove from oven and set aside for 10 minutes.
- 7. Combine sauces, vinegar, lemon juice and water in a small bowl. Cut pork belly into 3cm squares and arrange on a serving platter. Sprinkle with chilli and coriander leaves. Serve with sauce for dipping and steamed rice.

Crispy Duck Fat Roast Potatoes

Serves 6

INGREDIENTS

1.5kg potatoes such as sebago or dutch cream

50g duck fat

Salt and pepper, to taste

METHOD

- 1. Peel potatoes and cut into 3cm pieces.
- 2. Par boil potatoes by putting them into a saucepan of cold salted water and bringing to the boil. Reduce the heat and simmer for 5 minutes, drain and then return to the pan and shake well over a medium heat to dry out a little.
- 3. Line the baking tray with baking paper. Place the duck fat on the baking tray. Select air fry at a temperature of 220°C and place the baking tray in the oven for around 1 minute to heat the duck fat.
- 4. Remove the tray with duck fat from the oven. Add the potatoes to the tray and gently toss to coat. Sprinkle with salt and pepper to taste.
- 5. Place the baking tray in position 2 and air fry for 25 minutes, turning halfway.

French Fries

Makes 2-3 servings

INGREDIENTS

500g Sebago potatoes, peeled 1 teaspoon flaked salt Olive oil spray

- 1. Cut potatoes into 1cm thick slices, and then into thin strips about 1cm wide. Pat dry well with kitchen paper towel.
- 2. Put the dried potatoes into the cooking basket. Spray with oil and sprinkle with salt and toss. Spread into a single layer.
- 3. Put the assembled basket into rack Position 2. Use the baking tray in position 1 to catch any crumbs. Select Air Fry with the temperature set to 200°C for 20 minutes, cooking until desired crispiness is achieved. For best results, shake the basket once halfway through cooking.
- 4. When French fries are done, transfer to a serving bowl. Taste and adjust seasoning as desired.

Sweet Potato Fries with Chipotle Mayo

Makes 2 to 3 servings

INGREDIENTS

Chipotle Mayonnaise:

1/2 cup whole egg mayonnaise

1⁄2 tablespoon chipotle chilli sauce

1/4 teaspoon lemon juice

Sweet Potato Wedges:

450g sweet potatoes, unpeeled & washed

1 teaspoon flaked salt

Olive oil spray

Chicken Tenders

Makes about 4 servings

INGREDIENTS

500g chicken tenderloins, halved length wise

3/4 cup plain flour

- 2 large eggs, lightly beaten
- 1.5 cups panko breadcrumbs

Flaked salt

Freshly ground black pepper

Olive oil spray

METHOD

- 1. Place the mayonnaise, chipotle and lemon juice into a bowl and stir well to combine.
- 2. Cut sweet potato into slices about 2cm thick. Cut each slice into 3-4 wedge pieces. Put the cut sweet potatoes into the cooking basket. Spray with oil, sprinkle with salt and toss. Spread out into a single layer.
- 3. Put the assembled basket into rack Position 2. Use the baking tray in position 1 to catch any crumbs. Select Air Fry with temperature set to 200°C for 15 minutes, cooking until golden brown and crispy. Toss once during cooking.
- 4. When sweet potatoes are ready serve with chipotle mayonnaise.

- 1. Place the flour, eggs and breadcrumbs into individual containers large enough for dipping the chicken. Season the flour with salt and pepper.
- 2. Coat chicken pieces in the flour and shake off the excess before dipping into egg allowing excess to drain then finally coating evenly with the breadcrumbs. Spray both sides liberally with olive oil.
- 3. Generously coat the cooking basket with olive oil spray. Put the prepared tenders into the basket and put into rack Position 2. Place the baking tray in the position underneath to catch any cooking juices.
- 4. Air Fry at 200°C for 15 minutes, turn halfway through, cooking until chicken is evenly browned on both sides. Serve immediately.

Air Fryer "Churros"

Makes 2 to 3 servings

INGREDIENTS

50g butter

- 1 teaspoon vanilla extract
- 200g flour (gluten-free optional)

200ml water

2 tablespoon caster sugar

1/2 cup plain yoghurt (oat/soy/ dairy)

1 teaspoon baking powder

Pinch of salt

50g caster sugar

1 teaspoon cinnamon

200g dark chocolate

- Over a medium heat, bring 200ml water to a boil and add the butter, sugar and vanilla. Once the butter has melted and the water is boiling, turn off the heat and whisk in the flour and salt. Ensure there are no lumps.
- 2. Whisk in the yoghurt and baking powder and leave the mixture to cool for 10 minutes. Transfer the dough to a piping bag with a large star tip.
- 3. Line the cooking basket with baking paper and pipe your churros directly onto the sheet in lines cutting the dough with kitchen scissors, leaving approximately half a centimetre between each. They should be roughly 12-15cm in length. (To make baby churros, cut into 3cm lengths.)
- 4. Air fry on position 2 at 180°C for 10-12 minutes, or until golden brown. Once cooked, turn over the churros and let them cool down for 5 minutes.
- 5. Mix the cinnamon and sugar together and coat the cooked churros.
- 6. Melt some chocolate for dipping and drizzling. Enjoy!



Roast Beef

Makes 4 servings

INGREDIENTS

800g piece beef scotch fillet

4 garlic cloves, crushed

2 sprigs fresh thyme

2 sprigs fresh oregano

1/4 teaspoon freshly ground pepper

1/2 teaspoon flaked salt

1 tablespoon unsalted butter, melted

METHOD

- Place the beef fillet into a large resealable storage bag with the garlic, thyme, oregano and pepper. Toss to coat and marinate covered in refrigerator minimum 2 hours or best overnight.
- 2. Line the baking pan with baking paper. Remove beef from bag, discard garlic and herbs, place onto the baking pan. Season with salt and allow to stand covered at room temperature for 30 minutes before cooking.
- 3. Place the beef in the oven with the rack in the lower rack position (position 1). Set to Turbo Roast function at 180°C for 30 minutes. At the end of the Turbo Roast cycle, remove beef from oven and brush the top with melted butter. Return meat to the oven leaving door slightly ajar and set to Grill at 230°C for 5 minutes.
- 4. Allow the meat to rest covered with foil for 15 minutes before slicing and serving.

40 Minute Turbo Roast Chicken

Makes 4 servings

INGREDIENTS

1.5kg whole chicken

1 lemon, halved

1 tablespoon extra virgin olive oil

1/2 teaspoon flaked salt

Freshly ground black pepper

- 1. Pat the chicken dry and put onto the baking tray lined with baking paper.
- 2. Juice half the lemon over the chicken and drizzle with half the oil. Sprinkle with salt and season with pepper. Place the lemon halves into the chicken's cavity.
- 3. Put the Baking Tray with the chicken into rack Position 1. Select Auto Preset 1, 1.5kg Turbo Roast Chicken and cook for 40 minutes. Check juices are running clear and rest chicken covered in foil for 10 minutes before serving.

Duck Tartlets

Serves 12

INGREDIENTS

- 12 square wonton wrappers
- Olive oil spray
- 2 duck breasts (400g), whole
- 2 teaspoons Chinese five spice

1 cup cucumber, sliced

1/4 cup plum sauce

1 teaspoon hoisin sauce

2 shallots, thinly sliced

Chilli, optional

- Place wonton wrappers into a mini muffin tin. Generously spray with olive oil spray. Air fry at 180°C in the oven for 2 minutes or until the wontons are golden and crispy. Take out and allow to cool.
- Coat the duck breasts with the Chinese five spice. Turbo Roast in the oven for 16 minutes at 180°C. Once cooked, remove and allow to come to room temp and thinly slice.
- Place the cucumber slices in a bowl and mix the plum and hoisin sauces together and divide the mix into each tartlet, followed by a slice of the duck. Top with shallots and chilli.

DUCK TARTLETS

Sticky Asian Pork Ribs

Serves: 4

INGREDIENTS

- 8 pork ribs
- 3 tablespoons hoisin sauce
- 1 tablespoon plum sauce

1 tablespoon honey

1 tablespoon brown sugar

1 teaspoon Chinese five spice powder

1 tablespoon Kecap Manis (sweet soy)

1 telegraph cucumber, ribboned

1 long red chilli

1/4 cup mint

1/4 cup coriander

1 teaspoon sugar

1 tablespoon fish sauce

2 tablespoons peanut oil

1 lime, juiced

- In a mixing bowl add the hoisin sauce, honey, soy, Chinese five spice, brown sugar, and Kecap Manis. Mix until well combined. Add the pork ribs and allow to marinate for a minimum of an hour or even better overnight.
- Set the oven to convection bake at 180°C. Place the ribs on the baking tray ensuring they don't touch. Be sure to keep any remaining marinade.
- 3. Once the oven has reached temperature, place the tray in the oven. Cook for 25 minutes total ensuring every 15 minutes you baste the pork with more marinade.
- 4. To prepare the salad simply toss the cucumber, chilli, mint and coriander. In a jar, shake the sugar, fish sauce, oil and lime juice until well combined and the sugar is dissolved. Spoon the dressing over the salad just before serving.

STICKY ASIAN PORK RIBS

Vegetarian Nachos

Makes 4 servings

INGREDIENTS

175g corn chips, plain

1 cup grated 4 cheese blend

1 can (440g) refried beans

³⁄₄ cup tomato salsa, chunky & thick

Guacamole & sour cream (for serving)

Fresh coriander leaves (optional)

METHOD

- 1. Lightly grease a 20 x 20 cm baking dish.
- 2. Spread corn chips over the base of the dish then dollop on the beans and sprinkle with cheese.
- 3. Preheat the oven with the rack in Position 2. Select Dual Cook. First set to Convection Bake at 180°C for 5 minutes and then Grill for 5 minutes. Once preheated, put the nachos into oven. Keep an eye on the nachos while they are cooking – some cheeses melt and brown more quickly than others.
- 4. Serve immediately with salsa, guacamole, sour cream and coriander.

Roasted Vegetables

Makes 2-4 servings

INGREDIENTS

- 1 small, sweet potato, peeled
- 2 large carrots, peeled
- 1 red onion, sliced

Olive oil spray

2 shallots, thinly sliced

Chilli, optional

- 1. Cut potato and carrots into 3cm thick slices and halve again. Cut onion into quarters.
- 2. Place the vegetables onto the Baking Tray. Spray the potato and carrot moderately with olive oil.
- 3. Select Air Fry with temperature set to 200°C. Cook for 6 minutes, turn vegetables and add onion.
- 4. Cook a further 4 minutes or until lightly golden and the potato is cooked

Pizza Margherita

Makes 1 pizza

- 1 x 25 cm pizza base, fresh
- 3/4 cup tomato pizza sauce
- 2 tablespoons Parmesan, grated

100g mozzarella cheese, fresh & thinly sliced

1 tablespoon extra-virgin olive oil

1 cup basil leaves, thinly sliced & tightly packed

Non-stick cooking spray

- Lightly spray cooking oil onto a 25 cm pizza tray then place pizza base on top. Add a thin layer even layer of sauce to the centre of the dough (leaving a 3cm border for the crust).
- 2. Sprinkle the Parmesan and top with mozzarella slices. Brush the border with olive oil.
- 3. Preheat the oven by selecting Auto Preset 7 (Pizza) and cook for 7-10 minutes.
- 4. Once preheated, put pizza tray into rack Position 2. It is recommended to turn the tray halfway through baking time for best results.

Sweet Miso Glazed Eggplant Poke Bowl s

Serves: 4

INGREDIENTS

- 2 tablespoons white miso paste
- 1 teaspoon honey

1 tablespoon brown sugar

1 tablespoon mirin

- 2 teaspoons sesame oil
- 2 teaspoons sesame seeds
- 2 eggplants, halved and scored
- 2 cups of long grain rice
- 1 carrot, julienned
- 1/4 cup pickled ginger
- 1 avocado, quartered
- 1/2 cup edamame beans, steamed and shelled
- 1/4 cup nori seaweed, cut in strips
- 2 radishes, thinly sliced
- 1/4 cup fried shallots

Dressing:

- 3 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1 teaspoon finely grated ginger

- Make Rice: combine rice & 3 cups of water in an ovenproof dish and cover with foil. Place on oven rack in position 1 & set to Preset 14. Rest about 10 to 15 minutes covered before fluffing & serving.
- 2. In a mixing bowl add the miso, honey, brown sugar, mirin and sesame oil. Mix until well combined. Place the eggplant onto a prepared tray and score diagonally. Spoon the miso glaze evenly over the scored eggplant flesh. Sprinkle sesame seeds on top. Roast in the oven on Turbo Roast on 180°C for 15 minutes or until the eggplant is cooked and the miso glaze is golden.
- 3. To prepare the poke bowls, add the rice first and top with the eggplant and then add the carrot, pickled ginger, avocado, edamame, nori and radish.
- 4. For the dressing, mix the soy, vinegar, sesame oil and grated ginger. Generously spoon over the poke bowls. Top with fried shallots.

SWEET MISO GLAZED EGGPLANT POKE BOWLS



Caramelised Banana Cake

Serves 8 - 10:

Topping: 34 cup brown sugar 50g butter, melted 3 bananas, halved

<u>Cake</u>

- 125g butter, room temperature 1 cup brown sugar 2 eggs 1 teaspoon vanilla essence 4 small ripe bananas, mashed 3 teaspoons cinnamon, ground ½ cup sour cream ½ teaspoon bi-carb soda 1 ½ cups plain flour 1 ½ teaspoons baking powder
- Double cream (to serve)

- 1. Preheat oven on convection bake to 180°C. Grease and line a 24cm round springform cake tin.
- 2. Place the brown sugar and melted butter for the topping in a bowl and mix until well combined. Pour the mix into the prepared tin. Place the sliced bananas on top of the butter and sugar mix.
- 3. In a mixing bowl, using beaters, cream the brown sugar and butter until light and pale. Add the eggs one at a time, followed by the vanilla. Using a wooden spoon, mix in the bananas, cinnamon, sour cream, bi-carb, flour and baking powder. Mix until well combined.
- 4. Pour the batter into the tin so it covers the prepared bananas. Place on the oven rack in position 1 and bake for 40-45 minutes, or until a skewer comes out clean after being inserted into the centre of the cake.
- 5. Allow to cool for an hour. When ready to serve, invert the cake. Generously dollop with double cream.

STEAM / STEAM ASSIST

Steamed Asian Style Snapper

Serves 2

INGREDIENTS

3 green shallots, thinly sliced diagonally once ends are removed

3cm piece fresh ginger, sliced into thin matchsticks

1 garlic clove, finely sliced

11/2 tablespoons soy sauce

1 tablespoon rice vinegar

1 teaspoon sesame oil

1/4 teaspoon brown sugar

1 fresh whole snapper, to fit baking tray. Cleaned and scaled.

- 1. To make filling place shallots, ginger, garlic, and chilli in a small bowl. Then combine soy sauce, rice vinegar, sesame oil, and brown sugar into a separate small bowl.
- 2. Wash the fish with cold water and pat dry. Cut 2 slashes about 1cm deep and 7cm long on each side at the thickest part of the fish. Place 1/3 of the shallot mixture on the cooking tray and place the fish on top. Place 1/3 of the shallot mixture into the cavity of the fish and sprinkle the remaining 1/3 on top of the fish, along with the soy sauce mixture.
- 3. Place the baking tray on position 2. Place the cooking basket in position 2 and set on steam at 100°C for 30 minutes.
- 4. When steaming is complete, remove tray and drain off any excess moisture. Cover fish with foil to rest for 5 minutes then serve.

Ginger and Sesame Salmon Fillets Serves 4

- <u>Salmon Marinade</u>
- 4 tablespoons white miso
- 2 tablespoons sake

2 tablespoons mirin

1/2 teaspoon sesame oil

4 salmon fillets (500g)

Salad Dressing

1 teaspoon garlic, minced

1 teaspoon ginger, grated

1 tablespoon rice vinegar

<u>Salad</u>

Baby spinach

Avocado

Cucumber

Edamame beans

Chilli

Black & white sesame seedstoasted

Spring onions

- 1. Whisk the miso marinade together in a small bowl.
- 2. Pour half the marinade over the salmon fillets, ensure that the fillets are evenly coated. Set aside for 1 hour.
- 3. In the meantime, to make the salad dressing, combine the leftover unused marinade with the garlic, ginger and rice vinegar. Whisk and set aside.
- 4. Scrape off any excess marinade from the salmon filletsmiso burns easily! Lightly spray the cooking basket with olive oil and place the salmon in the basket in the oven at position 2. Set to bake steam at 230°C for 6 minutes, then set to Grill at 230°C for 5 minutes until golden brown. (Alternatively, you can use the dual cook setting to program both functions in succession). Remove from oven and rest for 5 minutes.
- Scatter the salad over a serving platter. Place the salmon fillets on top, then garnish with extra red chilli, toasted sesame seeds and a generous handful of spring onions.

Super Steamed Chicken and Coconut Rice Paper Rollos

Makes 8 rolls

INGREDIENTS

- For the steamed chicken:
- 2 chicken breasts
- 2 cloves garlic, smashed

3cm piece of ginger, sliced

1 lemongrass stalk, smashed and chopped

Salt and pepper, to taste

For the Coconut Rice Paper Rolls:

8 rice paper sheets

1 cup cooked rice vermicelli noodles

1 cup shredded lettuce

1 carrot, julienned

1 cucumber, julienned

1 cup bean sprouts, trimmed

Mint / Vietnamese mint and / or coriander chopped

Cooked steamed chicken, shredded (see ingredients above)

1⁄2 cup unsweetened coconut flakes

For the Dipping Sauce:

1/4 cup hoisin sauce

2 tablespoons peanut butter

1 tablespoon soy sauce

1 teaspoon sriracha sauce (adjust to taste)

1 teaspoon lime juice

Water, as needed to thin the sauce

METHOD

- I. In a bowl, combine chicken with smashed garlic, sliced ginger, chopped lemongrass, salt, and pepper.
- 2. Line the baking tray with baking paper. Add the chicken and place in oven in position 2. Use the Super Steam function 120°C for about 15-20 minutes, or until cooked through.
- 3. Remove the chicken from the oven and allow it to cool. Once cooled, shred the chicken into bite-sized pieces.

For the Coconut Rice Paper Rolls:

- 1. Prepare a large bowl of warm water. Dip one rice paper sheet into the warm water for about 10-15 seconds, until it softens. Place it on a clean, damp kitchen towel.
- 2. On the lower third of the softened rice paper, layer some shredded lettuce, julienned carrots, cucumber, bean sprouts, herbs, cooked rice noodles, shredded chicken, and coconut flakes.
- Fold the sides of the rice paper over the filling, then tightly roll from the bottom to enclose the filling, just like a burrito. Repeat the process with the remaining rice paper sheets and filling ingredients.
- 4. Once rolled, place the rice paper rolls seam side down on a serving plate. Cover them with a damp paper towel to prevent them from drying out while you make the others.

For the Dipping Sauce:

In a small bowl, whisk together hoisin sauce, peanut butter, soy sauce, sriracha sauce, and lime juice. Add a little water to thin the sauce to your desired consistency. Taste and adjust the flavors if needed.

To Serve: Serve the coconut rice paper rolls with the dipping sauce on the side. You can also garnish the rolls with additional herbs and coconut flakes before serving.

Prown Sliders

Makes 8

INGREDIENTS

- 2 tablespoons aioli
- 2 drops Tabasco
- Sea salt and cracked pepper
- 2 tablespoons dill, chopped

Zest of one lime

400g raw prawns, peeled and deveined

8 mini-sub rolls

4 cos lettuce leaves

1 lime, quartered

- 1. In a mixing bowl add the aioli, Tabasco, salt, pepper, dill and lime zest. Mix until well combined and save for later.
- 2. Place the prawns on the baking tray and set to super steam on 180°C for 3 minutes. Once cooked take out of the oven and allow to cool.
- 3. Slice the rolls vertically, being sure not to cut through the entire roll. Place a lettuce leaf on each roll followed by a few prawns. Drizzle the dressing on the top and serve with a wedge of lime.

PRAWN SLIDERS

Barley, Leek, Capsicum & Mushroom Pilaf

Serves 4

INGREDIENTS

- 1 cup pearl barley
- 1.5 cups chicken stock
- 1 tablespoon olive oil

1 leek, sliced

1 garlic clove, crushed

1 small red capsicum, chopped coarsely

6 button mushrooms, sliced

1/2 teaspoon dried marjoram

1/2 teaspoon dried oregano

1/4 teaspoon dried thyme

- 1. Rinse the barley under cold running water until the water runs clear. Place the barley and chicken stock into an ovenproof baking dish.
- 2. Heat oil in a frying pan, cook the leek and garlic over medium heat for 2 minutes. Add the capsicum and mushrooms, cook for 2-3 minutes or until the leek is soft and golden. Transfer into the baking dish with the barley mixture, stir in the marjoram, oregano and thyme.
- 3. Place baking dish onto the cooking rack in position 1. Cover the baking dish with foil or ovenproof lid. Select Steam at 100°C for 60 minutes. Once cooked, allow pilaf to rest for an additional 5 minutes.

Sticky Char Sin Pork

Makes 2-4 servings

For the Pork Marinade:

(700 - 900g) boneless pork shoulder or pork tenderloin

3 tablespoons hoisin sauce

3 tablespoons soy sauce

3 tablespoons honey

2 tablespoons oyster sauce

2 tablespoons Chinese rice wine

1 tablespoon dark soy sauce

1 teaspoon Chinese five-spice powder

1 teaspoon minced garlic

1 teaspoon minced ginger

1/2 teaspoon ground pepper

For the Glaze:

2 tablespoons honey

1 tablespoon hoisin sauce

1 tablespoon water

- Marinate the Pork: In a bowl, combine hoisin sauce, soy sauce, honey, oyster sauce, rice wine, dark soy sauce, Chinese five-spice powder, minced garlic, minced ginger, and pepper. Mix well to create the marinade. Place the pork in a resealable plastic bag or a glass container and pour the marinade over it. Seal the bag or cover the container and refrigerate for at least 4 hours or preferably overnight, allowing the flavors to infuse into the pork.
- 2. Line the baking tray with baking paper. Remove the marinated pork from the fridge and let it come to room temperature for about 20-30 minutes. Place the pork on the prepared baking tray, reserving the marinade for later use and place in the oven in position 1.
- 3. Set the oven to Turbo Roast function, cook at Cook at 230°C for 25 minutes, reduce to 180°C and cook for an additional 15-20 minutes or until the internal temperature reaches 63°C. The pork should be slightly charred on the edges.
- 4. While the pork is roasting, prepare the glaze. In a small saucepan, combine honey, hoisin sauce, and water. Heat the mixture over medium heat, stirring constantly, until it thickens slightly. Remove from heat and set aside.
- 5. Once the pork reaches the desired internal temperature and has a nice char on the edges, brush a generous amount of the prepared glaze over the pork. Return the pork to the oven and airfry for an additional 5-7 minutes at 180°C, allowing the glaze to caramelize and create a sticky coating on the pork.
- 6. Cover the pork with foil to rest for at least 10 minutes. Slice the Sticky Char Siu Pork into thin pieces and serve it with bao buns. You can also drizzle any remaining glaze over the sliced pork for extra flavour.

Char Sin Jua Bao

Serves 4

1 packet of Mr Chens store bought Bao, or similar

Sticky Char Siu Pork, (see recipe above)

2 continental cucumbers, sliced length ways

1 bunch coriander

1 large fresh chilli, deseeded and sliced

- 1. Place frozen buns on the cooking tray in position 2, with the baking tray underneath in position 1.
- 2. Set the oven to steam at 100°C for 8 minutes.
- 3. Remove the steamed bao and fill with char siu pork, cucumber, coriander and chilli to your liking.

CHAR SIU GUA BAO

MATCHEN

Chicken & Zinger Dumplings

Makes 48 dumplings

350g minced chicken or turkey

3 tablespoons fresh ginger, chopped (approx. 5 cm piece)

2 tablespoons spring onion, chopped

1 tablespoon fresh coriander, chopped

1 tablespoon soy sauce (reduced sodium)

2 teaspoons sesame oil

1/2 teaspoon rice vinegar

Water (for sealing dumplings)

Cornflour (for sealing dumplings)

48 wonton squares

Nonstick cooking spray

- In a medium mixing bowl, combine the chicken, ginger, onion, coriander, soy sauce, sesame oil and vinegar. Mix well with hands or a spoon.
- 2. Prepare a large, clean and flat work surface equipped with two small bowls, one with water and the other with cornflour and a pastry brush.
- 3. Sprinkle the work surface with cornflour and arrange wonton wrappers in rows on the work surface (starting with 2 rows of 3). Put 1 teaspoon of filling in the center of each wrapper. Brush the edges of each wrapper with water and then fold the wrapper in half, sealing in the filling and also sealing together the damp edges. Pull the edges on the long side of the triangle together and seal. Continue with remaining filling and wrappers. Toss the dumplings very lightly with cornflour as they sit.
- 4. Generously coat the cooking basket with nonstick cooking spray. Arrange half of the dumplings on the cooking basket and place basket in position 2 in the oven.
- 5. Set to Steam at 100°C for 12 minutes. Once timer expires, remove and repeat with the second batch of dumplings.
- 6. Serve dumplings with a soy sauce.

Baby Bok Choy Filled with Mushrooms

Makes 6

INGREDIENTS

6 Chinese dried mushrooms

6 baby bok choy

2 tablespoons peanut oil

150g oyster mushrooms, finely chopped

100g shitake mushrooms, finely chopped

250g button mushrooms, finely chopped

2 garlic cloves, crushed

2 teaspoons fresh ginger, grated

2 tablespoons soy sauce

1 tablespoon oyster sauce

1 teaspoon sesame oil

String for tying the bok choy

METHOD

- 1. Put the dried mushrooms in a small bowl and cover with boiling water. Set aside to stand for 20 minutes, drain. Discard the mushroom stems and chop the caps finely.
- 2. Heat half the peanut oil in a large frying pan, add all the mushrooms, garlic and ginger, stir over a medium heat until mushrooms are soft and almost all the liquid has evaporated. Add the soy and oyster sauce, bring to the boil. Remove from the heat, set aside to cool for 5 minutes.
- 3. Cut each bok choy, lengthwise, about threequarters of the way through, taking care not to cut right through. Open each bok choy gently, to form a v-shape.
- 4. Divide the mushroom mixture among the bok choy. To secure the mixture, use string to tie each bok choy about 7cm from the ends of the leaves.
- 5. Arrange the bok choy onto the cooking basket. Place the cooking basket in position 2 and set on steam at 100°C for 5 minutes.
- 6. Drizzle with the combined peanut oil and sesame oil before serving

Baked Custard

Makes 4 Ramekins

INGREDIENTS

6 egg yolks

130g caster sugar

400ml thickened cream

1 teaspoon vanilla essence

Pinch of nutmeg, to dust

- 1. In a bowl, whisk the eggs, vanilla essence and sugar in a bowl until the sugar dissolves.
- 2. In a saucepan, bring the thickened cream to a simmer. Remove saucepan from the heat.
- 3. Pour the cream into the egg mixture, whisking continuously until smooth.
- 4. Divide the custard mixture evenly among the 4 ramekins. Sprinkle the top of each ramekin with nutmeg.
- 5. Bake for 30–40 minutes at 100°C on steam or until custards are set but still wiggle slightly when moved.

Strawberry, Rhubarb and Rose Cobbler

Serves: 8

500g rhubarb, chopped

500g strawberries, hulled and halved

1 vanilla pod, scraped

1/2 cup caster sugar

1 tablespoon rose water

2 tablespoons cornflour

1½ cups self-raising flour
1 teaspoon baking powder
½ cup caster sugar
125g butter, chopped
1 tablespoon thickened cream
Vanilla ice cream
Rose petals (optional)

- Pre-heat oven on convection bake to 180°C. In a 1.5 litre baking dish add the rhubarb, strawberries, vanilla bean seeds and pod, sugar and rose water. Place in the oven for 15 minutes uncovered until the rhubarb is tender. Remove from the oven.
- 2. For the topping, add the flour, baking powder, sugar and chopped butter into a food processor and pulse until the mix resemble breadcrumbs. Still using the food processor, slowly add the cream until the mix forms a dough. Once formed, roll the dough into small balls and then slightly press down to make them flat. Place on top of the fruit mixture and return the oven on steam assist for 15 minutes at 180°C or until golden on top.
- 3. Serve the cobbler with generous scoops of ice cream and top with dried rose petals.

STRAWBERRY, RHUBARB & ROSE COBBLER

Steamed Chocolate Pudding

Makes 4-6 individual pudding moulds.

INGREDIENTS

100g unsalted butter (plus extra for greasing)

100g caster sugar

100g self-raising flour

2 medium eggs

1 tablespoon cocoa powder

200g dark cooking chocolate, roughly chopped (divided in 2)

1 tablespoon milk

25g unsalted butter

30ml golden syrup

Whipped cream (to serve)

METHOD

1. Grease 4 to 6 individual pudding moulds.

- 2. Break 100g chocolate into a bowl over a pan of gently simmering water and melt slowly, stirring occasionally. Remove from heat and set aside.
- 3. Whisk the butter and sugar together until pale and creamy. Gradually beat in the eggs.
- 4. Sift in the flour and cocoa powder and fold into the mixture with the melted chocolate and milk. Carefully spoon the pudding mixture into the individual moulds whilst allowing some room for expansion.
- 5. Cover the moulds with both baking paper and aluminium foil large enough to fit over the moulds (again, leave some room for expansion). Grease the underside of the baking paper squares and lay the foil on top. Fold a pleat in the middle and place on the puddings. Tie a piece of string around each mould to secure the top, sealing in the pudding.
- 6. Place the puddings on the baking tray in position 2 and set to steam on 100°C for 30 minutes.
- 7. Five minutes before timer is up make the chocolate sauce. Place the balance of ingredients into a heatproof bowl and set over a pan of gently simmering water. Stir occasionally until melted. Remove from the heat and stir until smooth.
- 8. Once the time is up carefully remove the puddings, take off the wrapping and discard. Turn the puddings out onto individual serving plates and serve with the chocolate sauce, topped with lightly whipped cream.

Maple Cinnamon Oatmeal

Makes 4 cups

INGREDIENTS

1 cup steel-cut oats

⅓ cup raisins or any other dried fruit (chopped into small, bite-size pieces)

1 cinnamon stick

1 tablespoon pure maple syrup

1-2 pinches salt

2 cups water

Pinch ground nutmeg

METHOD

- 1. Put all of the ingredients into a 22 x 7cm cm loaf pan.
- 2. Cover with foil and place on oven rack position 1 on the steam setting at 100C for 45 minutes. Once timer expires, allow oats to rest for an additional 5 minutes.
- 3. Carefully remove foil from the pan. Remove cinnamon stick, stir and serve immediately.

Steamed & Grilled Peaches with Honey and Thyme

INGREDIENTS

4 ripe peaches, halved and pitted

2 tablespoons melted butter or olive oil

2 tablespoons honey

Fresh thyme sprigs

Pinch of salt

Vanilla ice cream or whipped cream, for serving (optional)

METHOD

- 1. Wash and dry the peaches. Cut them in half and remove the pits.
- 2. Place the peach halves cut side up in the cooking basket, position 2. Steam the peaches on Steam for about 5-7 minutes until they start to soften slightly.
- 3. Once the peaches are done steaming, remove them from the oven and brush the cut side of each peach half with melted butter or olive oil.
- 4. Place the peaches cut side down back in the cooking basket, position 3. Set the grill function at 230°C for 2 minutes on each side until peaches are caramelized
- 5. Remove the peaches from the grill and place them on a serving platter, cut side up.
- 6. Drizzle honey over the cut side of each peach half and sprinkle a pinch of salt over them.
- 7. Strip the leaves from a few sprigs of fresh thyme and sprinkle them over the peaches.

To Serve: serve the peach warm. You can enjoy them on their own or serve them with a scoop of vanilla ice cream or a dollop of whipped cream for an extra treat.



l teaspoon caster sugar

7g dried yeast

2¼ cups 00 plain flour

1 tablespoon extra virgin olive oil

1 teaspoon salt

1 tablespoon extra olive oil

2 fresh figs, quartered

50g marinated goats cheese, crumbled

6 sprigs of thyme

Sea salt flakes

- 1. In a large mixing bowl add 1 cup lukewarm water, sugar and yeast. Mix and allow to rest for 10 minutes. The mixture will become slightly frothy.
- 2. Add the flour, extra virgin olive oil and salt to the yeast mixture. Use a wooden spoon to combine the ingredients until the mix forms a dough. Using your hands, begin to knead the dough on a lightly floured surface for 10 minutes. Lightly oil a large bowl and place the dough in the bowl. Place a tea towel or plastic wrap over the bowl and allow to rest in a warm area for 1 hour. Alternatively, place the bowl in the baking tray, position 1 and proof in the oven with Auto Preset 15, 40°C for 60 minutes.
- 3. Punch the centre of the dough and knead once again on a lightly floured surface. Using I tablespoon of the extra olive oil, grease a 20cm x 30cm shallow baking dish. Stretch the dough into the pan and press the slices of fig into the dough. Sprinkle the dough with the goats cheese, thyme and salt flakes.
- 4. Bake in the oven on Steam Assist function at 180°C for 15 minutes or until golden. You will know it is fully cooked when you tap the top of the focaccia, and it sounds hollow.



Brioche

Makes 1 loaf

INGREDIENTS

- 1¼ teaspoon (4g) active dry yeast
- 2 tablespoons caster sugar
- 2 tablespoons lukewarm milk

1 ¹/₃ cups bread flour (or 00 flour)

2 eggs, room temperature, lightly beaten

1/2 teaspoon salt

120g chilled unsalted butter, cubed*

1 large egg whisked with 1 tablespoon water

METHOD

- 1. In a small bowl, dissolve the yeast and teaspoon of sugar in the warm milk. Let mixture stand 5 to 10 minutes, or until it foams a little.
- 2. Put the flour and extra sugar in the bowl of a stand mixer fitted with the paddle attachment. Mix to combine. Once yeast has proofed, add mixture to the flour/sugar. Mix on a low-medium speed until completely combined, then gradually add the eggs, not adding more until the previous bit has been absorbed by the flour mixture. Continue to mix until dough is completely combined without any lumps. You may need to raise the speed to a medium/ medium-high at this point. The dough will be very sticky and glue-like. Allow this to mix for about 10 minutes to allow gluten to develop well. Stop the mixer to scrape down the sides of the bowl and the paddle as needed to be sure that the dough is well mixed and smooth.
- 3. Replace the paddle with the dough hook. Start mixing on a low/low-medium speed and add the salt. Gradually add the cold butter, cube by cube, not adding more butter until the earlier piece is fully incorporated. Increase speed to medium and continue kneading until all the butter has been added. If the dough is getting a little too sticky add additional flour, 1 teaspoon at a time. The kneading process should take about 15 to 20 minutes. Dough is done when it is smooth and elastic, and when pulled should not break apart easily.
- 4. Form dough into a ball and put in a clean lightly oiled bowl, cover with plastic and allow to rest in the refrigerator for 3¹/₂ hours. After chilling, let stand at room temperature for an additional 30 minutes.
- 5. Generously grease a 22cm loaf pan. Gently shape dough into a loaf and put it in the pan. With the rack in the lower rack position, put pan in oven. Set to Steam at 40°C for 25 minutes to proof (or use Preset 15 for 25 min). Remove from oven and lightly brush with egg wash. Return to oven and then set to Steam Assist at 180°C for 30 minutes to bake. Brioche should be shiny and well browned at the end of the baking cycle.
- 6. Remove brioche from the pan and allow to cool completely on a wire rack before serving.

* It's important to keep the butter chilled in refrigerator until ready to use.

Gluten-Free White Bread

Makes 1 loaf

INGREDIENTS

2 cups gluten-free flour

1/2 cup potato starch

1/2 cup tapioca flour

l teaspoon xanthan gum

1 teaspoon salt

1 tablespoon active dry yeast

2 tablespoons sugar or honey

1 ¼ cups warm milk (about 43°C)

2 large eggs

1/4 cup melted butter or oil

1 teaspoon apple cider vinegar

METHOD

In a bowl, combine the warm milk, sugar (or honey), and active dry yeast. Let it sit for about 5-10 minutes, or until it becomes frothy.

In a separate large bowl, whisk together the gluten-free allpurpose flour blend, potato starch, tapioca flour, xanthan gum, and salt.

In another bowl, beat the eggs. Add the melted butter or oil and apple cider vinegar to the beaten eggs. Mix well.

Pour the wet ingredients (yeast mixture and egg mixture) into the dry ingredients. Mix everything together using a wooden spoon or a mixer on low speed. Beat the mixture for about 2 minutes until it's well combined and smooth.

Grease a loaf pan and line the bottom with baking paper. Transfer the bread dough into the prepared pan and smooth the top using wet fingers or a spatula.

Cover the pan loosely with a clean kitchen towel and place it in a warm, draft-free area. Let the dough rise for about 60-90 minutes, or until it's doubled in size. Alternatively, place the bowl in the baking tray, position 1 and proof in the oven with Auto Preset 15, 40° C for 60 -90 minutes.

Once the dough has risen, place the pan in the oven and use Steam Assist function. Bake for about 40-45 minutes at 175°C, or until the bread is golden brown and sounds hollow when tapped on the bottom.

Remove the bread from the oven and let it cool in the pan for about 10 minutes. Then, transfer the bread to a wire rack to cool completely before slicing.

Remember that gluten-free bread can be a bit more delicate than traditional bread, so be gentle when handling it. Store any leftovers in an airtight container to keep it fresh.

Feel free to customize the recipe by adding seeds, nuts, or dried fruits to the dough for added flavour and texture.

Chocolate & Hazelnut Babka

Serves 6-8

INGREDIENTS

2¼ cups plain flour, extra for kneading

1/4 cup caster sugar

1.5 teaspoons dried yeast

2 eggs, room temperature, beaten

1/2 cup warm water

50g salted butter, cubed, room temperature (extra to serve)

Chocolate filling

60g dark chocolate, finely chopped

30g butter

2 tablespoons icing sugar mixture, sifted

1 teaspoon cinnamon

1/4 cup (45g) finely chopped hazelnuts

<u>Glaze</u>

⅓ cup sugar

¹⁄₃ cup water

- Sift flour into a large bowl. Add sugar and yeast and stir until combined. Add egg and water and stir until mixture forms a dough. Knead on a floured surface for 3 minutes or until smooth.
- 2. Gradually knead in butter, 2 cubes at a time. Knead with extra flour to avoid sticking for about 7 minutes or until smooth and elastic. Place in a medium lightly oiled heatproof bowl. Cover with plastic wrap and place in your Gourmet Pro Oven, with the rack in position 1. Set to Steam at 40°C for 50 minutes to proof (or use Preset 15 for 50 min) until tripled in size.
- 3. Meanwhile, to make filling, put chocolate and butter in a glass heatproof bowl and heat in the microwave on high for 40 seconds –1 minute. Stir until melted and smooth. Stir in icing sugar and cinnamon until mixture forms a paste. Refrigerate for 15 minutes until firm.
- 4. Punch down dough. Knead on a lightly floured surface until just smooth. Roll out to a 35cm x 25cm rectangle. Spread chocolate mixture over dough leaving a 2cm border at one end. Moisten that end with water. Sprinkle hazelnuts over chocolate. Roll up from short side ending at moist end. Press edges together to seal.
- 5. Grease and line two sides of a 23cm x 13cm x 6.5cm deep (inner top measurement) loaf pan with baking paper. Cut roll of dough in half down the centre lengthways to expose chocolate layers. Plait two halves together by crossing them over and pressing ends together to join. Place in loaf pan, tucking under ends.
- 6. Set aside covered with a plastic wrap in a warm place for 30 minutes until risen just above rim of pan. Place on inverted wire oven rack in rack position 1 for 20-25 minutes on steam assist setting at 180°C, covering the top of babka with foil after 10 minutes to avoid overbrowning.
- 7. Meanwhile, to make glaze, put sugar and water in a small saucepan over a medium high heat and stir until sugar dissolves. Bring to a simmer and simmer for 5 minutes. Remove from heat. Pour and brush on top of hot babka. Allow to cool completely. Cut into thick slices and serve with butter.