

Breville

Breville Customer Service Centre

Australian Customers

Mail: PO Box 22
Botany NSW 2019
AUSTRALIA

Phone: 1300 139 798

Fax: (02) 9384 9601

Email: Customer Service:
askus@breville.com.au

New Zealand Customers

Mail: Private Bag 94411
Botany Manukau 2163
Auckland NEW ZEALAND

Phone: 0800 273 845

Fax: 0800 288 513

Email: Customer Service:
askus@breville.com.au

www.breville.com.au

Breville is a registered trademark of Breville Pty. Ltd. A.B.N. 98 000 092 928.
Copyright Breville Pty. Ltd. 2010.

Due to continued product improvement, the products illustrated/photographed
in this brochure may vary slightly from the actual product.

BDF500 Issue - B11

Breville

the Smart Fryer™

Instruction Booklet



BDF500

CONGRATULATIONS

on the purchase of your new Breville
Smart Fryer™

CONTENTS

- 4** Breville recommends safety first
- 6** Know your Breville Smart Fryer™
- 8** Operating your Breville Smart Fryer™
- 11** Cooking with your Breville Smart Fryer™
- 17** Cooking techniques & tips
- 21** Care & cleaning
- 24** Recipes

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

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

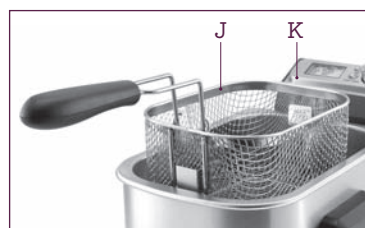
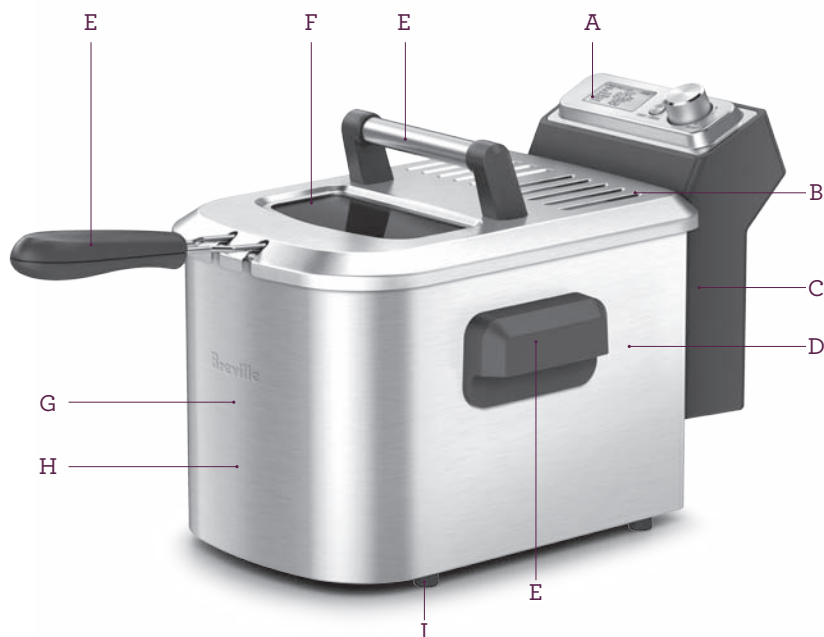
- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- The appliance is not intended to be operated by means of an external timer or a separate remote control system.

SAVE THESE INSTRUCTIONS

KNOW

your Breville Smart Fryer™

KNOW YOUR BREVILLE SMART FRYER™



- A. LCD display**
Indicates time, temperature plus preprogrammed cooking functions for your favourite dishes.
- B. Mesh filter**
Filter to minimize cooking odours.
- C. Cord storage**
- D. 'Cool Zone' technology**
Debris falls into cooler oil, preventing excess burning and extending oil life.
- E. Cool touch handles**
- F. Large viewing window**
- G. Large 4 litre capacity**
Easy to disassemble and clean. 1-1.2kg recommended cooking capacity.
- H. Stainless steel exterior**
High quality stainless steel cooking surface. Ideal for the professional cook.
- I. Non-skid feet**
- J. Frying basket with fold down handle**
Handle folds inside basket for easy storage.
- K. Powerful 2200 watt removable element**

OPERATING

your Breville Smart Fryer™

STEP 1

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

STEP 2

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

STEP 3

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

STEP 4

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

STEP 5

To reassemble the deep fryer, reverse steps 1-4.



WARNING

When assembling your deep fryer for use, please ensure the narrow tongues in the control panel are inserted into the corresponding grooves of the deep fryer body. The deep fryer will not operate unless correctly assembled.

BEFORE FIRST USE

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

1. Place the deep fryer on a dry, level surface. Ensure the deep fryer is not too close to the edge of the bench top, and that the power cord or basket handle does not extend over the edge.
2. Remove the frying basket from the deep fryer and add oil to the bowl. Do not add less than the minimum level mark (2.5 litres) or exceed the maximum level mark (4 litres).



IMPORTANT

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

3. Replace the lid.
4. Plug in the power cord. Ensure cord is fully extended. Switch on at power outlet and the deep fryer will beep once for self checking, the display panel will illuminate with white background light. The deep fryer enters COOK mode.

5. To change temperature format, press and hold the SCROLL/SELECT knob for three seconds. If the temperature format is set to Celsius, it will change to Fahrenheit after pressing the SCROLL/SELECT knob for three seconds. Change the format one time per command. To change the format again, release the knob, and again press and hold the SCROLL/SELECT knob for three seconds.

NOTE

When the deep fryer is switched off at the power outlet and then switched back on, the cooking temperature format display will default to the last selected format, Celsius or Fahrenheit.

STAND BY MODE

When the deep fryer remains inactive for 10 minutes, it will enter stand by mode. The white backlight will turn off and STANDBY will display. The fryer will come out of stand by mode by pushing any button or turning the SCROLL/SELECT knob and then is ready to start a cooking operation.

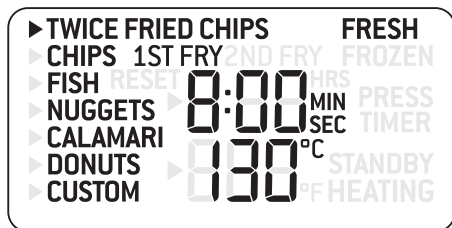
COOKING

with your Breville Smart Fryer™

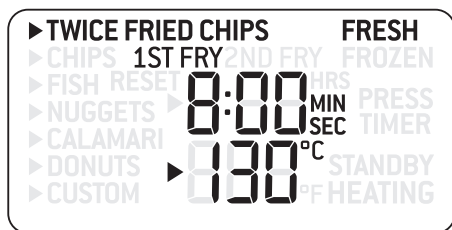
COOK MODE

When the unit is turned on the first selection available is cooking mode.

The display panel options will be



The default cooking mode will be



Selecting a different cooking mode will change the time and temperature settings. As each mode is selected, the times and temperatures will update to show the default time and temperature for each menu item. The time and temperature in every mode can be adjusted.

Turn the knob clockwise to scroll down and anticlockwise to scroll up. Push the SCROLL/SELECT knob to select a mode and to move on to the next setting.

FRESH/FROZEN Setting

For CHIPS, FISH, NUGGETS, CALAMARI, the next setting will be FRESH or FROZEN. Highlight the desired option. The selected option will display and the unselected option will disappear. The FRESH/FROZEN setting will automatically adjust the time and temperature.

Time Setting

If cooking time is to be adjusted for a selected cooking mode, push the SCROLL/SELECT knob to move to the time setting. Then turn the knob to adjust to the time desired.

Initially the time will be displayed in Minutes and Seconds and will be adjusted in 30 second increments. Once the time reaches 9 minutes 30 seconds, the time will show in minutes only (the display will read :10 MIN at 10 minutes). At this stage time will change in 1 minute increments.

After the cooking mode has been selected, the program will move onto the next setting. To get back to the mode menu, the SCROLL/SELECT knob must be pushed to cycle through the other settings until the program returns to the mode menu.

Temperature Setting

If temperature is to be adjusted for a selected cooking mode, push the SCROLL/SELECT knob to move to the temperature setting. Then turn the knob to increase or decrease the temperature. Temperature can be adjusted in 5 degree increments for both Celsius and Fahrenheit.

START/CANCEL BUTTON

Press the START/CANCEL button to confirm the chosen settings. When START/CANCEL is pushed, the elements will turn on, the display will turn orange, HEATING will display and the actual temperature of the oil will show. Pressing this button again will cancel any operation and turn off the elements. The HEATING display will turn on whenever the elements are turned on.

Ready for Frying

Once the oil has been heated to the set temperature the HEATING display will turn off. Time, Temperature, the selected cooking mode, PRESS TIMER and FRESH or FROZEN will display. Place the basket with food into the oil. Push the TIMER button to start the timer. PRESS TIMER display will disappear.

Completed Frying

When the timer has finished counting down the fryer will beep. PRESS TIMER will display. Push the TIMER button to reset for cooking or START/CANCEL to turn off the elements.

Note on adjusting temperature or time during cooking

The set temperature can be adjusted during the heating process. Press the SCROLL/SELECT knob so that the arrow indicates temperature. Turn the SCROLL/SELECT knob and the display will change from the actual temperature of the oil to the set temperature. Turn the knob to adjust the temperature and then press to confirm the new temperature.

The set time can be adjusted during cooking operation. Press the SCROLL/SELECT knob so the arrow indicates time. Turn the knob to adjust the time. Press the SCROLL/SELECT knob to confirm the new time.

TIMER BUTTON

After the oil is heated, press the TIMER button to start the timer.

Once the timer has finished counting down, the alarm will sound. Push the TIMER button to stop the alarm.

NOTE

When the timer finishes counting down, the elements will not turn off. They will remain on until the START/CANCEL button is pushed.

When the timer is set but not started, PRESS TIMER will display. As soon as the TIMER button is pushed, the PRESS TIMER graphic will disappear.

NOTE

If the TIMER button is pushed without a set time instead of the timer counting down it will count up to show how long the ingredients have been cooking.

NOTE

When the timer is counting up or down and is pushed once, it will pause. It will continue counting if pushed again. To reset push the TIMER button twice in rapid succession (double click).

Twice Fried Chips

When TWICE FRIED CHIPS mode is selected and confirmed by pressing the SCROLL/SELECT knob, 1ST FRY/2ND FRY displays.

1. Select 1ST FRY by highlighting and pressing SCROLL/SELECT knob to confirm. 1ST FRY flashes to indicate it is the selected option. Once the selection has been confirmed, the unselected option display turns off. After TWICE FRIED CHIPS and 1ST FRY have been selected, the fryer will automatically set the time and temperature.

NOTE

For TWICE FRIED CHIPS, FRESH is the only available option as frozen chips have been precooked.

2. Start the heating process by pushing the START/CANCEL button. The display will turn orange to indicate heating. TWICE FRIED CHIPS, FRESH, 1ST FRY, HEATING and the actual temperature of the oil will be displayed.

The deep fryer will now preheat the oil. Once the deep fryer has reached the correct temperature, the deep fryer will beep once to indicate it is ready to cook. PRESS TIMER will display.

3. Lower the basket of fresh chips into the oil and press the TIMER button. When the TIMER button is pressed, the timer will start to count down, and the cooking process begins.

NOTE

The fryer is programmed to heat to the correct overshoot temperature because when the cooler chips are lowered into the oil, the temperature of the oil will fall. The overshoot temperature ensures that the chips cook at the optimal temperature, even after they initially cause the oil temperature to drop.

When the timer finishes counting down, the alarm will sound to signal the end of the cooking cycle. PRESS TIMER, TWICE FRIED CHIPS, 1ST FRY and FRESH, the time and temperature will be displayed.

4. Push the TIMER button to stop the alarm and raise the basket. The deep fryer will automatically begin to reheat. Once the deep fryer has reached the correct temperature, it is ready to proceed.

NOTE

In TWICE FRIED CHIPS mode it is possible to adjust the timer and temperature once the timer has started but it is not possible to switch between 1ST FRY and 2ND FRY

At this point, the fryer is able to proceed to either the 2ND FRY or to another 1ST FRY of a second batch of chips, depending on the total quantity to be fried. TWICE FRIED CHIPS, FRESH, FIRST FRY, PRESS TIMER, the time and cooking temperature display.

NOTE

If a second batch of chips is to be cooked, Breville recommends to 1ST FRY both batches and then proceed to the 2ND FRY for both batches. This process means less heating and cooling of oil, providing better results and is more time efficient.

Proceeding to 2ND FRY

1. Empty the contents of the basket onto a plate lined with paper towel to cool slightly.
2. Push the SCROLL/SELECT knob. 1ST FRY starts to flash and 2ND FRY is displayed. Turn the SCROLL/SELECT knob to highlight 2ND FRY. 2ND FRY starts to flash to show it has been highlighted. Press the SCROLL/SELECT knob to confirm. 1ST FRY will now disappear. The deep fryer will move to the heating stage until the correct temperature is reached. TWICE FRIED CHIPS, FRESH, 2ND FRY, HEATING and the actual temperature of the oil will show.

When the oil has reached the correct temperature, PRESS TIMER will display.

3. Fill the basket with the 1st fried chips. Lower the basket into the deep fryer and press the TIMER button. PRESS TIMER will disappear. The timer will begin to count down. When the timer finishes counting down, the alarm will sound to signal the end of the cooking cycle. PRESS TIMER displays.
4. Press the TIMER button and raise the basket. Allow to drain and cool, then turn out into a lined bowl.

Repeating 1ST FRY with new batch of fresh chips

1. Empty the contents of the basket onto a plate lined with paper towel to cool.
2. Follow the instructions for 1ST FRY above.

Custom Mode

The CUSTOM cooking mode has a default setting of 5:00 minutes and 160°C. This can be changed by turning the SCROLL/SELECT knob to CUSTOM and then changing either the time or temperature or both. If the default setting in customer mode are changed, the deep fryer will remember the last settings that have been selected, even after being unplugged.

NOTE

During and immediately after cooking, steam may rise through the filter vent openings in the lid. This is normal, however avoid touching this area during cooking to prevent steam burns as the steam generated is at a high temperature.

As the basket gets very hot, only use the handle to hold or carry the basket for serving. Ensure the basket handle is locked into position.

Solid oil products, such as butter, margarine or animal fats of any kind should not be used in the deep fryer as they may overheat and cause a fire hazard.

Water and oil do not mix – never add any water or other liquid to hot oil. Even small amounts of water will cause the oil to splatter.

The deep fryer will generate a lot of heat and steam during and after the cooking process. To prevent the risk of burns, do not touch or block the steam ventilation area on the lid.

Extreme caution must be used when the deep fryer is filled with hot oil or other liquid. Do not move the deep fryer during cooking and allow it to cool before removing oil.

COOKING TECHNIQUES & TIPS

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

- Not enough preheating time
- Temperature too low
- Too much food in the basket (do not fill more than two thirds full)
- Do not use solid frying oil, only use liquid oils
- Use good quality liquid oil. For best results, use the below recommended oils.

The most suitable oil for deep frying include:

All oils have different smoke points. Smoke points are the point at which the fat begins to break down into visible gaseous products..

- The smoke point of different fats is determined by the free fatty acid content of the fat. Generally, the lower the free fatty acid content the more stable the fat and the higher the smoke point.
- Free fatty acid levels are generally lower in refined vegetable oils with a smoke point of around 230°C. Where as animal fats are around 190°C.
- The smoke point of a deep-frying fat is lowered every time it is used. Food particles are always left behind after cooking will also lower the smoke point of the fat.
- Suitable oils for deep frying include: Peanut oil, Vegetable oil, Canola oil, Safflower oil and Rice Bran oil. Olive oil is not recommended for deep frying due to its low smoke-point temperature. These oils are described below:

PEANUT OIL

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

VEGETABLE OIL

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

CANOLA OIL

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

SAFFLOWER OIL

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

RICE BRAN OIL

The oil is extracted from the germ and husk of rice. It has a mild, nutty flavour and high smoke point. It is high in vitamin E and antioxidants.

Method for the perfect chip

1. Peel and cut potatoes into an even 1cm thickness.
2. Soak in cold water overnight, changing the water 2 or 3 times to remove the starch.
3. Drain and dry thoroughly with paper towel.
4. Preheat oil 130°C.
5. Fry in small batches (500g) for 5 minutes or until potatoes are cooked but not coloured.
6. Remove and drain on paper towel. Spread out chips to a single layer and cool in refrigerator for 30-60 minutes or until cold.
7. Increase oil to 190°C.
8. Fry in small batches (500g) for 6 minutes or until crisp and golden. Remove and drain on paper towel.
9. Season with sea salt flakes.

Types of potatoes that make the most succulent chip include the following:

Bintje
Kennebec
Red rascal
Sebago
Russet
King Edward

When should I change the oil? What should I look for?

It is recommended to change the oil every week if deep fryer is used every day.

If using once or twice a week, the oil can be changed every three weeks.

There are distinct indicators that will show you when your oil is no longer deep frying effectively. These include:

- The surface of the oil will begin to foam once heated.
- Smoke will appear on the surface of the oil before the recommended deep frying temperatures are reached.
- Oils can develop an 'off' smell. This indicates that the oil has become rancid.
- The oil's odor is that of the foods you have cooked eg seafood.
- The oil will change in viscosity, that is, it will pour slowly and become thick with a syrupy appearance.

Storage and preparation of used oil

Re-using your oil is best achieved if proper methods are used after and during cooking.

1. Never season or salt food before or during cooking as it will burn and discolour the oil. This in turn shortens the lifespan of your oil.
2. Cool oil completely before pouring through a coffee filter or cloth to remove food solids and debris.
3. Store in a sealed container either in the refrigerator or in a cool dark cupboard.
4. Repeat the filtering and cleaning process after each use.
5. Properly dispose of old used oil according to council requirements.

COOKING GUIDE

FOOD	TEMPERATURE	APPROX. COOKING TIME
Mushrooms	160°C	3-4 mins
Chicken pieces (crumbed)	175°C	12-15 mins
Chicken Strips	180°C	3-4 mins
Prawn Cutlets (raw, crumbed)	175°C	3-4 mins
Fish cakes or pieces	190°C	4-6 mins
Onion rings	190°C	2-4 mins
Potato wedges	170°C	7-10 mins
Spring rolls, small	180°C	4-6 mins
Fruit fritters	180°C	4-5 mins

CARE & CLEANING

for your Breville Smart Fryer™

ERROR MESSAGE

When the deep fryer needs to be reset a RESET message will flash on the display. To reset, allow the deep fryer to cool completely, and then press the two red reset buttons located above the cord storage area at the back of the control panel.

If the Temperature Control detects oil temperature to be less than -20°C it will display the message ER1.

If the Temperature Control detects the oil temperature to exceed 210°C the display will show the message ER2. Reset the unit as per above.

AUTO CUTOFF SAFETY FEATURE

Always add the required amount of oil BEFORE switching the power on at the power outlet. An Auto Cut-Out safety switch will be activated if the deep fryer is turned on without oil in the bowl. The fryer will then need to be reset as above.

CLEANING

- Before cleaning, always ensure the deep fryer is turned off and disconnected from the power outlet.
- Ensure the deep fryer and oil are completely cool. Oil will retain its temperature for a long time after use. Do not attempt to move or carry the deep fryer, element or control panel while they are hot.
- Wash the frying basket in hot, soapy water. Rinse and dry thoroughly.
- Remove the control panel/element of the deep fryer by lifting upwards. Place the element onto kitchen paper to absorb excess oil. Wipe element with a soft, damp cloth and dry thoroughly.
- Grasp each side of the removable frying bowl and lift upwards.
- Empty the cooled oil from the frying bowl. Oil can be reused several times, depending on the type of food cooked. Filter the oil through a fine sieve.

NOTE

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

- Wash the lid, removable inner frying bowl, stainless steel outer body and wire frying basket in hot soapy water, rinse and dry thoroughly. The removable inner bowl allows for easy cleaning. Wipe the bowl with paper towel, then a damp cloth and a little mild detergent. Finish off with a clean damp cloth followed by a clean dry cloth.

CARE & CLEANING

- The removable inner frying bowl, frying basket and stainless steel outer body are dishwasher safe.

NOTE

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

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



IMPORTANT

Never immerse the deep fryer control panel, element or cord in water or any other liquid. Always turn the appliance off at the power outlet and then unplug cord before attempting to move the appliance and before cleaning.

RECIPES

TASTY BUFFALO WINGS

Serves 8-10

INGREDIENTS

2kg chicken wings, wing tips removed
1 teaspoon salt
2 teaspoons paprika
½ teaspoon cayenne pepper

Hot sauce

125g butter
¾ cup Masterfoods Hot sauce
2 teaspoons Tobasco sauce
1 tablespoon white vinegar
1 tablespoon Worcestershire sauce
¼ teaspoon cayenne pepper
2 teaspoons garlic powder
1 teaspoon salt

Blue cheese sauce

¼ cup sour cream
¼ cup mayonnaise
80g blue cheese, coarsely chopped
1 small garlic clove, minced
Squeeze lemon juice

METHOD

1. To make the blue cheese sauce, combine ingredients into a blender or food processor and process until smooth. Spoon into a small serving bowl.
2. Cut each wing in half and place into a large bowl.
3. Combine salt, paprika and cayenne pepper and mix well through the wings; toss to coat lightly; Cover with cling film and refrigerate for 30 minutes.
4. Fill the deep fryer with 4 litres of oil. Heat oil in the deep fryer to 180°C. place 6-8 wings into the basket, lower and cook 6-7 minutes or until cooked through and golden. Place onto a wire rack over a lined tray to drain. Repeat with remaining chicken, making sure to reheat the oil between batches.

5. To make the hot sauce, melt butter in a saucepan and add remaining ingredients. Stir and bring to the boil. Remove and set aside.
6. Place hot wings into a bowl and drizzle over the sauce; toss to coat.

Serve immediately with celery sticks and blue cheese sauce.

HONEY SESAME CHICKEN

Serves 4-6

INGREDIENTS

800g chicken breast fillet
1½ cups ice water
1 egg
¼ teaspoon salt
1 cup self raising flour
2/3 cup corn flour, plus extra for dusting
100g packet Vermicelli noodles
2 green onion, sliced for garnish.

Honey sauce

1 cup honey
½ cup Shaoxing wine
2 tablespoons sesame seeds
2 green onions, finely sliced

METHOD

1. Fill deep fryer with 4 litres of oil. Preheat to 180°C.
2. Slice chicken into 5mm thin strips, cutting across the grain.
3. Combine water, egg and salt and whisk together in a jug. Sift flours into a bowl and slowly whisk in egg and water mixture to form a smooth batter.
4. Working with small batches of chicken at a time, dust chicken in corn flour lightly and then dip into prepared batter.
5. Preheat oven 150°C.
6. With basket in lowered position, use tongs to lower chicken pieces individually into the hot oil. You should only do about 8-10 strips at a time. Cook approximately 2-3 minutes or until a golden colour and batter is crisp.. Drain on paper towel lined tray and place in the oven to keep warm. Repeat with remaining chicken and batter, making sure to reheat the oil between each batch.

7. Warm honey and Shaoxing wine together in a small saucepan and simmer until thick and syrupy. Tip chicken into a large bowl and pour over hot syrup. Sprinkle with sesame seeds and toss to coat evenly.
8. Place vermicelli noodles into hot oil and cook 20 seconds or until it puffs up. Remove and place onto serving platter. Top with honey sesame chicken and garnish with slice green onions. Serve immediately.

HOME MADE CHICKEN NUGGETS

Makes approx 25

INGREDIENTS

600g chicken breast fillet, diced
1 teaspoon salt
1 teaspoon ground white pepper
2 teaspoons dried parsley flakes
2 teaspoons garlic salt
2 eggs, beaten
1 cup plain flour

METHOD

1. Fill the deep fryer with 4 litres of oil. Set deep fryer to NUGGETS/FRESH setting. Line a baking tray with paper towel.
2. Place chicken into a food processor and process until it breaks down and forms a sticky paste. Transfer to a large bowl and add salt, pepper, parsley and onion garlic salt; mix well.
3. Roll tablespoon measures of chicken mixture into nugget shape and coat lightly in the flour.
4. Dip into beaten egg and coat again in the flour.
5. Cook in batches of 6, shaking basket regularly. Drain on paper towel and place into the oven to keep warm.
6. Repeat with remaining chicken, making sure to reheat the oil between each batch.

Serve hot with your favourite sauce.

BUTTERMILK FRIED CHICKEN

Serves 6-8

INGREDIENTS

- 3 cups butter milk
- 1 teaspoon each of salt, ground black pepper & white pepper
- 2 tablespoons paprika
- 2 tablespoons dried parsley flakes
- 2.5kg chicken pieces

Coating

- 3 cups plain flour
- 2 tablespoons garlic salt
- 1 tablespoon cayenne pepper
- 1 teaspoon white pepper

METHOD

1. Combine butter milk with seasonings and dried spices and mix well. Add chicken and toss to coat in mixture. Cover and refrigerate for 2 hours or overnight.
2. Fill the deep fryer with 4 litres of oil. Preheat oil to 160°C.
3. Line a baking tray with paper towel and place a metal wire rack over the top.
4. Preheat oven 160°C.
5. Coat 3-4 marinated chicken pieces with flour mix and place into basket. Cook in deep fryer for 10-12 minutes or until chicken is cooked through and coating is golden and crisp. Drain on wire rack and place in oven to keep warm. Repeat with remaining chicken and flour mix, making sure to reheat the oil between batches.

Serve warm with coleslaw.

NOTE

For more even cooking, fry similar sized chicken pieces in batches. Drumsticks will take longer to cook through to the bone cook larger pieces first and keep warm in the oven while cooking the rest.

POTATO SCALLOPS

Makes 6-8 as a side

INGREDIENTS

- 700g floury potatoes, peeled
- 2 cups self raising flour, plus extra for coating
- Pinch bi-carb soda
- 1 teaspoon salt
- ½ teaspoon ground white pepper
- 2 cups water
- Sea salt and malt vinegar to serve

METHOD

1. Fill the deep fryer with 4 litres of oil and preheat 180°C.
2. Slice potatoes into 3mm thick slices and place into a bowl of water with juice of a lemon to prevent them from browning.
3. Sift flour, bi-carb, salt and pepper into a large mixing bowl and pour in 1¾ cups of the water. Mix to form a smooth batter the consistency of thick cream. Add remaining water if batter becomes too thick. Set aside.
4. Drain potatoes and pat dry with paper towel. Dust in extra flour, shaking off excess.
5. Preheat oven 160°C.
6. With basket in lowered position, dip 4-5 floured slices into the batter. Using tongs, carefully lower slices into hot oil one at a time to prevent them from sticking. Cook 2-3 minutes, turning over half way or until batter has set and is golden brown. Remove and drain on paper towel. Place in oven to keep warm. Repeat with remaining potatoes and batter, allowing the oil to reheat between each batch.

Serve hot sprinkled with sea salt and malt vinegar.

REALLY GOOD BEER BATTERED FISH

Serves 4-6

INGREDIENTS

1kg flat head fillets (or substitute with whiting or blue eye cod), skin removed
 1¼ cup self raising flour
 ¼ cup corn flour, plus extra for dusting
 Pinch salt
 1 egg, beaten
 355ml cold beer of your choice
 Sea salt to taste

METHOD

1. Fill deep fryer with 4 litres of oil. Set deep fryer to FISH/FRESH setting.
2. Pat fillets dry with paper towel and place onto a clean dry plate.
3. Combine flours in a large bowl and mix well. Dust fillets lightly in corn flour, making sure to shake off any excess flour; return to plate.
4. Make a well in the centre of the flours and add beaten egg and beer. Slowly stir mixture from the centre out, making sure that the flour is incorporated slowly.
5. The batter should be the consistency of thick cream. If it is too thick, add a little more beer or soda water. Cover and stand for 15 minutes.
6. Preheat oven 160°C and line a baking tray with paper towel.
7. Dip 2-3 fillets at a time into the batter and carefully lower into the hot oil. Cook 2 minutes; turn over and cook a further 2 minutes or until batter is golden and crisp. Remove and drain on a wire rack sitting on a tray lined with paper towel.
8. Transfer to prepared tray and place in oven to keep warm. Repeat with remaining fish and batter, making sure to reheat the oil between each batch.

Season with salt and serve hot with tartare sauce and lemon wedges.

CRISPY CRUMBED CALAMARI

Serves 4

INGREDIENTS

800g fresh cleaned large squid tubes
 1 cup plain flour
 Pinch sea salt
 3 eggs, beaten
 2 tablespoons milk
 2 cups panko crumbs
 2 cups fresh breadcrumbs (made from 14 thick white sliced bread)

METHOD

1. Fill deep fryer with 4 litres of oil. Set deep fryer to CALAMARI/FRESH setting.
2. Slice tubes into 1cm thick rings and set aside.
3. Combine flour and salt and place into a shallow dish. Toss 5 or 6 squid rings into flour and shake off excess.
4. Whisk beaten eggs and milk together and dip squid into egg mixture.
5. Combine crumbs in a shallow tray and toss squid into breadcrumb mixture. Set aside and repeat with remaining squid rings.
6. Arrange a small batch (approx 200g) crumb squid rings into wire basket and LOWER BASKET. Press timer and cook 2 minutes.
7. Shake basket halfway through cooking.
8. Drain on paper towel.
9. Repeat with remaining squid rings, making sure to reheat oil between batches.

SPICY SALT AND PEPPER SQUID

Serves 4-6

INGREDIENTS

15 small dried chillies, coarsely chopped
 ½ cup sea salt
 3 tablespoons Sichuan peppercorns
 2 tablespoons white peppercorns
 400g rice flour (substitute with plain or cornflour)
 1.5kg medium whole squid, cleaned and peeled
 3 egg whites
 Finely sliced red chilli, lime wedges and coriander to serve

METHOD

1. Place chillies, sea salt, Sichuan and white peppercorns into a large frying pan and heat over medium heat for 5 minutes or until spices are fragrant and crackling. Remove and cool completely.
2. Grind cooled spices in a spice grinder or pestle and mortar until finely ground. Place flour and spices into a large snap lock bag, mix well and set aside.
3. Clean squid by removing innards and cutting off legs. Peel off skin and flap and cut open tube to expose inside flesh. Wash well and dry with paper towel.
4. Score inside of tube closely in a criss-cross pattern and cut into strips or squares.
5. Fill deep fryer with 4 litres of oil. Set deep fryer to CALAMARI/FRESH setting
6. Dip a small batch of squid into egg white and toss through flour mix.
7. Shake off excess flour and place into base of wire basket. Lower basket and PRESS start timer.
8. Drain on paper towel and repeat with remaining squid, eggs and flour.

Serve hot with sliced red chilli, lime wedges and fresh coriander sprigs.

SESAME PRAWN TOASTS

Makes 24

INGREDIENTS

300g peeled green prawns
 1 green onion, sliced
 1cm piece ginger, finely grated
 1 tablespoon Shaoxing wine
 1 teaspoon sesame oil
 Pinch white pepper and salt
 1 egg white
 2 teaspoons corn flour
 12 slices white day old bread, crusts removed
 ½ cup sesame seeds
 Hot chilli sauce to serve

METHOD

1. Place prawns, green onion, ginger, Shaoxing wine, sesame oil, seasonings, egg and corn flour into the bowl of a food processor and pulse until it forms a smooth paste. Set aside.
2. Cut each slice in half into 2 triangles and spread prawn filling over evenly, making sure to reach the edges of the bread.
3. Dip each triangle, prawn side down, into sesame seeds to coat and set aside.
4. Fill deep fryer with 4 litres of oil. Preheat to 180°C. Line a baking tray with paper towel.
5. Deep fry 4-6 triangles at a time for 1 minute each side. Drain and repeat with remaining bread, making sure to reheat the oil between each batch.

Serve prawn toast with hot chilli sauce.

THAI FISH CAKES

Serves 6-8 as part of an appetiser

INGREDIENTS

600g white fish fillets, such as barramundi, snapper and red fish fillets

2 tablespoons Thai red curry paste

1 tablespoon fish sauce

2 teaspoons white sugar

1 egg white

2 kaffir lime leaves, finely shredded

80g green beans, finely sliced

Dipping sauce

½ cup sugar

⅓ cup white vinegar

1 tablespoon fish sauce

½ Lebanese cucumber, seeded and finely diced

1 long red chilli, finely chopped

METHOD

1. To make the dipping sauce; combine sugar, vinegar and 2 tablespoons cold water into a small saucepan. Stir over medium high heat until sugar has dissolved. Stir in fish sauce and cool completely. Just before serving, stir through cucumber and chilli.
2. Dice fish into large cubes and place into the bowl of a food processor along with curry paste, fish sauce, white sugar and egg whites. Using the pulse button, process ingredients until mixture is smooth.
3. Tip mixture into a bowl and mix through finely shredded kaffir lime leaves and sliced green beans.
4. Wet hands with cold water and form fish cake mixture into flat round shapes 3-4cm wide and place onto a lined baking tray.

5. Fill deep fryer with 4 litres of oil. Preheat to 180°C. Place 6-8 fishcakes into the hot oil and cook 2-3 minutes or until golden brown. Remove and drain on paper towel. Repeat with remaining fish cakes, making sure to reheat the oil between batches.

Serve with dipping sauce and lime wedges.

VEGETARIAN THAI SPRING ROLLS

Makes approx 18

INGREDIENTS

- 100g dried vermicelli noodles
- 8 dried small shitake mushrooms
- 2 tablespoons peanut oil
- 3 garlic cloves, crushed
- 2cm piece ginger, peeled and grated
- 1 tablespoon finely chopped coriander root
- 2 carrots, grated
- ¼ Chinese cabbage (Wombok), finely shredded
- ¼ cup bamboo shoots, finely sliced
- 150g firm silken tofu, finely diced
- 3 tablespoons fish sauce
- 1 tablespoon sugar
- 2 kaffir lime leaves, finely shredded
- ⅓ cup coriander leaves
- 250g large frozen spring roll wrappers, thawed

METHOD

1. Soak noodles and shitake mushrooms in warm water for 5 minutes to soften. Drain well. Cut noodles into 5cm lengths and finely slice mushrooms; set aside.
2. Heat oil in a wok over high heat and stir fry garlic and ginger for 1 minute. Add carrot and toss until soften.
3. Add cabbage, bamboo shoots, tofu, noodles, mushroom, fish sauce and sugar and cook 3-4 minutes. Remove from heat and stir through kaffir lime leaves. Set aside to cool completely.
4. To make the spring rolls, place wrapper onto a flat work surface with one corner pointing towards you. Spoon a 2 tablespoons of filling in the centre of the wrapper, brush the edges with cold water. Roll up, tucking in the sides as you do so to make a 12cm long cylinder. Repeat with remaining filling and wrappers. Cover completed spring rolls with tea towel or cling film to prevent them from drying out.

5. Fill deep fryer with 4 litres of oil and preheat to 180°C. Place 3 spring rolls into the basket and carefully lower them into the oil. Cook for 2-3 minutes or until golden and crisp. Drain on paper towel and keep warm in a low oven.
6. Repeat with remaining spring rolls, making sure to reheat the oil between batches.

Serve warm with sweet chilli sauce.

NOTE

While assembling the spring rolls, cover the store-bought wrappers with a damp tea towel to stop them drying out.

To freeze spring rolls, assemble as per recipe. Place into a container lined with cling film between each layer. Cover and freeze for 1 month. Cook in preheated oil for 5 minutes or until golden and heated through.

ARANCINI BALLS WITH MUSHROOM, THYME AND TALEGGIO CHEESE

Makes 16

INGREDIENTS

- 2 ½ cups chicken stock
- 2 tablespoons olive oil
- 20g butter
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- ¾ cup arborio rice (or vialone and canaroli rice)
- 2 tablespoons grated parmesan
- Sea salt and freshly ground black pepper
- 120g Swiss brown mushrooms, trimmed and finely chopped
- 1 teaspoon chopped thyme
- 20g taleggio cheese, finely diced
- ½ cup dried breadcrumbs

METHOD

1. Place stock into a saucepan and warm gently over low heat.
2. Heat half the oil and butter together in a pan and cook onion and garlic over medium heat for 3-4 minutes or until softened. Remove half of the onion mixture and set aside to cook with the mushrooms.
3. Add rice and toss to coat for 1 minute. Pour in half the stock and stir occasionally until all the stock has been absorbed. Repeat with remaining stock until the rice is cooked; stir in parmesan and season with black pepper. Spoon onto a flat tray; cover and cool in the refrigerator.
4. Wipe out any rice remaining from pan and add remaining oil and onion mixture, mushroom and thyme. Cook over medium heat until mushrooms have softened and mixture is dry. Remove and cool completely.

5. Roll tablespoons of risotto into a ball and push a hole into the side. Spoon in a little of the mushroom mixture and taleggio cheese into the centre and roll to enclose, using a little extra rice to plug the hole. Coat balls in breadcrumbs and refrigerate until required.
6. Fill deep fryer with 4 litres of oil. Preheat to 190°C. Deep fry in batches for 1-1½ minutes or until golden brown and heat through.

Season with sea salt and serve hot.

STUFFED ZUCCHINI FLOWERS WITH FETA AND BASIL

Serves 4 as an entrée

INGREDIENTS

1 cup flour
Pinch salt
1 cup water
2 teaspoons olive oil
1 egg, separated
16 zucchini flowers
150g marinated goat's cheese feta
1 tablespoon finely chopped basil
Salt and freshly ground black pepper

METHOD

1. Mix flour and salt together and whisk in water, oil and egg yolk. Set aside to rest for 30 minutes.
2. Fill deep fryer with 4 litres of oil and preheat to 180°C.
3. Gently wash zucchini flowers and pat dry with paper towel. Open each flower and remove stamen from inside; Discard.
4. Mash goat's feta and basil together and season with freshly ground black pepper. Spoon a teaspoonful into each flower and press petals together to enclose.
5. Whisk egg white to soft peaks and fold through batter. Coating one at a time, dip each zucchini flower into the batter and lower into the hot oil. Cook in batches of 4 for 3-4 minutes or until crisp and golden. Drain on paper towel and season with salt. Repeat with remaining batter and zucchini, making sure to reheat the oil between batches. Serve immediately.

JAPANESE MISO GLAZED EGGPLANT

Serves 4-6

INGREDIENTS

2 tablespoons mirin
2 tablespoons sake
3 tablespoons shiro miso
2 tablespoons sugar
1 teaspoons sesame oil
6 Japanese eggplants
1 tablespoon sesame seeds
2 green onions, sliced

METHOD

1. Fill deep fryer with 4 litres of oil. Preheat to 190°C.
2. Combine mirin and sake in a small saucepan and bring to the boil over medium high heat. Boil for 1-2 minutes to cook off the alcohol. Remove and stir in miso and sugar until thick and smooth.
3. Reduce heat to low and return miso mixture to the stove. Cook, stirring occasionally for 5 minutes. Remove and cool completely; stir in sesame oil and set aside.
4. Slice eggplants in half lengthways and score flesh in a criss-cross pattern. Pat dry with paper towel.
5. Place 3-4 halves into the basket and carefully lower them into the hot oil. Cook 1-2 minutes. Remove and drain on paper towel. Repeat with remaining eggplant making sure to reheat the oil between each batch.
6. Preheat a grill on High. Lay cooked eggplant, cut side up, onto a baking tray lined with baking paper, and brush with miso glaze. Sprinkle with sesame seeds. Grill for 2-3 minutes or until golden and hot.

Serve immediately topped with slice green onions.

DEEP FRIED SHREDDED BEEF

Serves 6

INGREDIENTS

600g beef fillet, trimmed
 ¼ cup light soy sauce
 2 tablespoons Shaoxing wine
 1 tablespoon fish sauce
 1 teaspoon sesame oil
 3 garlic cloves, crushed
 2cm piece ginger, finely grated
 ½ cup corn flour
 Ice berg lettuce cups and sliced green onion to serve
 Plum or hoisin sauce to serve

METHOD

1. Wrap the fillet in plastic wrap and place into the freezer for 1 hour or until semi-frozen. Remove plastic and cut the fillet lengthways into six slices. Slice each strip thinly across the grain so that you have long thin strips the size of a match stick.
2. Place into a bowl and stir in soy, Shaoxing wine, fish sauce, sesame oil, garlic and ginger. Cover and refrigerate for 2 hours or preferably overnight.
3. Sift corn flour over beef and mix well. Spread the beef out onto a tray and refrigerate uncovered for 1 hour.
4. Fill deep fryer with 4 litres of oil. Preheat to 180°C.
5. Have basket in lowered position. Deep fry beef in small batches, separating the beef with metal tongs. Cook 3-4 minutes or until crisp and browned. Lift basket and drain on paper towel. Repeat with remaining beef, making sure to reheat the oil between each batch.
6. To serve, place lettuce cups onto serving plates and fill with a little sauce. Top with crispy beef strips and sprinkle over sliced green onions. Serve immediately.

YUMMY VEAL SCHNITZEL

Serves 6-8

INGREDIENTS

8 veal escalopes (approx 100g each)
 1 cup dried breadcrumbs
 1 cup panko crumbs
 ½ cup finely grated parmesan
 3 teaspoons garlic salt
 2 tablespoons dried parsley flakes
 ½ cup plain flour
 3 eggs, beaten
 Lemon wedges to serve

METHOD

1. Place veal between 2 layers of cling film and pound with a meat mallet until approximately 2mm thin.
2. Combine crumbs, parmesan, garlic salt and parsley and mix well; transfer crumb mixture to a flat plate.
3. Coat 1 veal steak in flour, shaking off any excess and then dip into beaten egg.
4. Cover with crumb mixture, pressing lightly so that the crumb sticks. Transfer schnitzel to a clean plate and repeat with remaining steaks, flour, egg and crumb.
5. Cover plate with cling film and refrigerate for 30 minutes.
6. Fill deep fryer with 4 litres of oil. Preheat to 180°C. Preheat oven 160°C and line a baking tray with paper towel.
7. Deep fry 1 or 2 schnitzel at a time for 2 minutes; place onto prepared tray and keep warm in oven. Repeat with remaining schnitzel, making sure to reheat the oil between batches.

Serve hot with wedges of lemon.

NOTE

Substitute with chicken for chicken schnitzel.

CHOCOLATE CANNOLI WITH ORANGE AND CHOCOLATE RICOTTA CREAM

Makes 16

INGREDIENTS

3 cups plain flour
2 tablespoons cocoa
¼ cup caster sugar
¼ teaspoon salt
70g cold lard
2 eggs, beaten
2 tablespoons white vinegar
60ml Marsala
1 egg white, lightly whisked

Orange and chocolate ricotta cream

600g fresh ricotta, well drained of excess liquid
½ cup icing sugar, plus extra for dusting
Finely grated rind of an orange
1 tablespoon Grand Marnier
½ cup dark Lindt 70% chocolate, finely chopped

METHOD

1. Place flour, cocoa, sugar and salt into the bowl of a food process and add lard. Pulse until mixture resembles fine breadcrumbs. Add eggs, white vinegar and Marsala and pulse until dough just comes together. Add an extra 1-2 tablespoons of water if dough is too dry. Tip onto a lightly floured surface and knead for 1-2 minutes until smooth and elastic. Divide dough in two and form into a disc. Cover with plastic wrap and refrigerate for 2 hours.
2. Fill deep fryer with 4 litres of oil. Preheat to 180°C and line a tray with paper towel.

3. Unwrap one pastry disc and roll out until about 1mm thick. Using an 8cm cutter, cut out discs from dough. Working with 4 discs at a time, roll out each pastry disc into an oval shape that will fit onto the cannoli tube. The dough should now be ½ mm thick. Grease 4 cannoli tubes with cooking spray and wrap each pastry disc around the cannoli tubes, securing the join with egg white and pressing down on the centre to seal completely.
4. Fry 4 tubes at a time for 2-3 minutes or until cannoli is golden and crisp. Remove from oil and drain on paper towel. Cool slightly.
5. While, still warm, remove cannoli shells from the tubes by holding cannoli in the centre and gently sliding cannoli from the tube. Allow to cool completely.
6. Repeat with remaining dough and tubes, making sure to reheat the oil between batches.
7. To make the ricotta cream; lightly beat ricotta and icing sugar until creamy and soft. Fold through orange rind and Grand Marnier. Spoon into a piping bag with a large nozzle and fill cooled cannoli tubes. Dip each end of the cannoli into the finely chopped chocolate and serve dusted with icing sugar.

Serve with coffee.

NOTE

Unfilled cannoli tubes can be kept in an air tight container for 3-4 days.

LITTLE CHOCOLATE FILLED DONUTS

Makes 24

INGREDIENTS

2 teaspoons dry yeast
 ½ cup warm milk
 2 tablespoons caster sugar
 50g butter, melted
 2½ cups plain flour, plus extra for kneading
 2 eggs, beaten
 50g dark chocolate bits

Chocolate icing

125g butter
 2 tablespoons cocoa powder
 250g icing sugar
 ¼ cup milk

METHOD

1. Combine the yeast, milk and half the sugar into a large bowl. Set aside for 5 minutes or until bubble appear on the surface.
2. Add butter, flour, eggs and remaining sugar. Using a butter knife, cut mixture until a soft sticky dough forms.
3. Turn out onto a lightly floured surface and knead for 3 minutes or until smooth. Place into an oiled bowl, cover and stand in a warm place for 30 minutes or until doubled in size. Punch risen dough and tip back onto a floured surface, knead again for 2-3 minutes so that the dough is smooth and very elastic. Roll tablespoons of dough into balls and place onto a baking tray lined with baking paper. Push 2 chocolate bits into the centre of each ball and roll to fully enclose; set aside for 30 minutes to rise.
4. Fill deep fryer with 4 litres of oil. Set deep fryer to DONUT/FRESH setting.
5. Place basket into lowered position and carefully drop 4 or 5 balls into oil; cook, turning over half way. Remove basket and turn out donuts onto paper towel. Repeat with remaining balls, making sure to reheat oil between batches. Cool donuts completely.
6. To make the icing, melt butter in a saucepan over low heat and stir in cocoa. Bring to the boil for 30 seconds and remove. Stir in icing sugar and milk and beat until smooth and glossy. Dip one side of doughnuts into icing and cool on a wire rack until set.

CINNAMON SUGARED POTATO DONUTS

Makes 14

INGREDIENTS

- 1 tablespoon dried yeast
- 1 cup warm milk
- $\frac{1}{4}$ cup caster sugar, plus extra $\frac{1}{2}$ teaspoon
- $\frac{1}{2}$ cup cool mashed potato
- 2 cups plain flour
- Pinch salt
- 2 tablespoons vegetable oil
- $\frac{1}{2}$ cup caster sugar
- 1 tablespoon ground cinnamon

METHOD

1. Combine yeast, milk and $\frac{1}{2}$ teaspoon of sugar into a large bowl. Set aside for 5 minutes or until bubbles appear on the surface.
2. Place remaining sugar, mashed potato, flour and oil into a large mixing bowl and pour in yeast mixture.
3. Using a butter knife, cut mixture until it forms a sticky dough. Turn out onto a lightly floured surface and knead for 5 minutes or until smooth. Place into an oiled bowl, cover and stand in a warm place for 30 minutes or until doubled in size.
4. Punch risen dough and tip back onto a floured surface, knead again for 5 minutes so that the dough is smooth and very elastic.
5. Roll out dough to approximately 1 $\frac{1}{2}$ cm thick. Use a 9cm round cutter to cut out circles. Use a 3cm round cutter to cut holes from the centre of the rounds to make rings. Place rings onto a baking tray lined with non-stick paper. Knead remaining dough and repeat with cutters until dough has been used up. Set aside for 10-15 minutes or until risen.

6. Fill deep fryer with 4 litres of oil. Set deep fryer to DONUTS/FRESH setting.
7. Place basket into lowered position and carefully drop 3 rings into oil, cook turning over half way, or until golden. Remove basket and turn out onto paper towel.

Dust warm donuts with combined sugar and cinnamon and serve hot or cold.

COCONUT BANANA FRITTERS WITH LIME & HONEY SYRUP

Serves 6

INGREDIENTS

1 cup rice flour, plus extra for dusting
 ¼ cup caster sugar
 ¼ cup shredded coconut
 2 tablespoons sesame seeds
 270ml can coconut milk
 1/2 cup water
 4 large bananas

Syrup

1/2 cup water
 ½ cup sugar
 2 tablespoons honey
 1 star anise
 Grated rind and juice of 1 lime

METHOD

1. To make the syrup, place water, sugar, honey, star anise and lime rind into a saucepan. Bring to the boil over medium high heat, stirring occasionally. Reduce to a simmer and cook until reduced by half and thick and syrupy. Remove and stir in lime juice; cool completely.
2. Combine rice flour, sugar, coconut and sesame seeds in a large bowl.
3. Stir in coconut milk and water to form a smooth batter the consistency of thick cream.
4. Fill deep fryer with 4 litres of oil. Preheat to 180°C.
5. Peel and halve bananas lengthways. Dust with extra rice flour, shaking off excess.
6. Coating one at a time, dip banana halves into batter and gently lower the 2 halves into the hot oil. Cook 2-3 minutes or until golden. Remove and drain on paper towel. Repeat with remaining banana and batter, making sure to reheat the oil between batches.

Serve hot bananas drizzled over with syrup and a scoop of ice cream.

HOME MADE APPLE TURNOVERS

Makes 8

INGREDIENTS

600g green apples (about 4)
 1 cinnamon stick
 2 tablespoons brown sugar
 Pinch ground nutmeg
 10g butter
 2 sheets frozen butter puff pastry, thawed
 Cinnamon sugar to serve

METHOD

1. Place apples into a saucepan with cinnamon stick and add enough water to come half way up. Cook over medium heat, stirring occasionally, for 8-10 minutes or until softened and all the water has evaporated.
2. Stir in sugar, nutmeg and butter and continue cooking until thickened and completely soft and broken down. Transfer to a bowl and chill in the refrigerator until cold.
3. Cut each sheet of pastry into 4 squares and fill one half of each square with a large heaped tablespoon of apple mixture. Brush edges with water and fold over pastry to form a rectangle.
4. Using a fork, press around the edges to seal.
5. Fill deep fryer with 4 litres of oil. Preheat to 190°C and deep fry two apple turnovers at a time for 2 1/2 minutes, turning over half way.
6. Drain on paper towel and sprinkle with cinnamon sugar. Repeat with remaining apple turnovers, making sure to reheat the oil between batches.

Serve hot with vanilla ice cream.

