

*Sunbeam*

# NutriOven

Multi use convection oven

Instruction/Recipe Booklet

CO3000

Please read these instructions carefully  
and retain for future reference.



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## Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

# Sunbeam's Safety Precautions

## SAFETY PRECAUTIONS FOR YOUR SUNBEAM HEALTH CONVECTION OVEN.

- Always operate on a flat surface
- Avoid contact with the lid and glass bowl surfaces during and after use, as they will be hot.
- Do not touch the element or fan during use as it will be very hot
- Use well away from walls and curtains.

**Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:**

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.

If you have any concerns regarding the performance and use of your appliance, please visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

- Do not place any items on top of the oven whilst in use
- Do not block or cover the air vents on the top, back or sides of the oven
- Do not use in confined spaces.
- Do not immerse the unit in water or any other liquid.
- Ensure that the cord is kept well away from the element during use.

- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

# Features of your Sunbeam CO3000 NutriOven

## Temperature Control

Variable temperature control allows you to select the perfect temperature for each cooking task.

## Lid

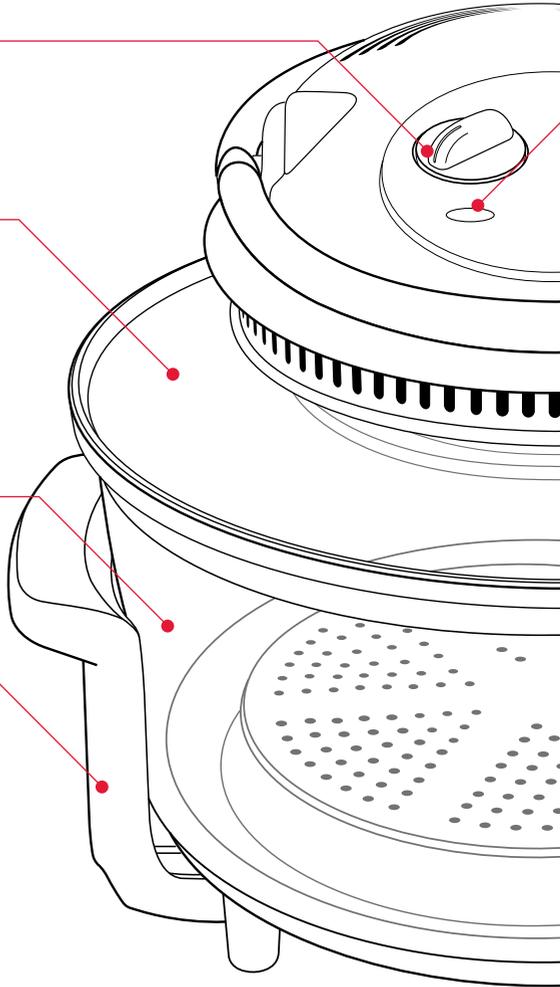
The lid contains the heating element and the fan so it will become extremely hot during use. Always remove lid using the handle and always place the hot lid correctly on the lid stand. Never place the hot lid on the benchtop.

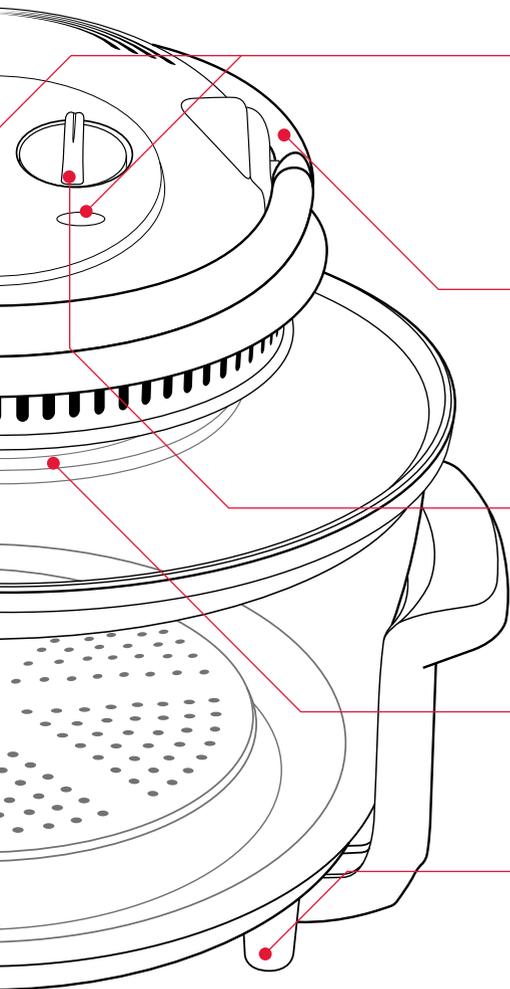
## Glass Bowl

Glass bowl is dishwasher safe. Easily removable from the base stand.

## Base Stand

The glass bowl and the lid can become extremely hot during use. Always move the oven using the base stand handles. Keep hands and fingers from touching the hot glass bowl during carrying.





### **Power and Warm Up Lights**

The Power light indicates when the oven is turned on. Note that if the Power Safety Handle is raised the Power will not be on. The Warm Up light Indicates when the oven is heating up.

### **Power Safety Handle**

When the handle is in the down position, the oven is ready for use. When the handle is raised, the fan and the motor switch off automatically for safety. Always lift the lid by the safety handle.

### **Timer Control**

60 minute safety timer switch. If longer cooking time is needed, the timer will need to be reset during cooking.

### **Element**

Powerful 1200 watt element for fast heat up.

### **Non-slip rubber feet**

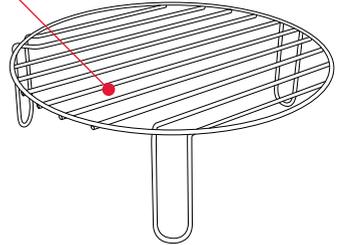
Keeps the oven secure on the bench top during use and prevents scratching of bench top surfaces.

# Features of your Sunbeam NutriOven continued

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## High Rack

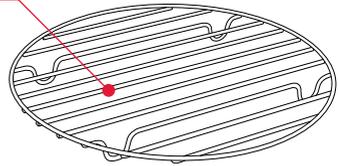
The high or the low rack should always be used, even if used with another accessory. Can be used by itself or with the low rack for dual level cooking. Food cooked on the high rack cooks the fastest. Suitable for Grilling, Toasting and Dry Frying.



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## Low Rack

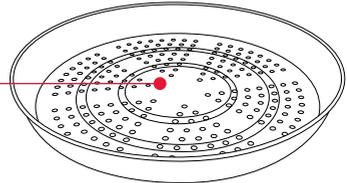
The high or the low rack should always be used, even if used with another accessory. Food should not be placed directly on the bottom of the oven. The low rack allows air to circulate under the food, which is essential for efficient convection cooking, and also allows the food to sit above the fats and juices which accumulate at the bottom of the bowl. Suitable for Roasting, Steaming and Baking.



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## Multi-Purpose Baking Dish

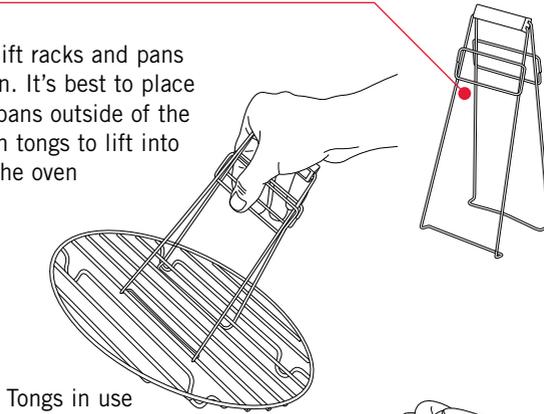
Can be used to bake and dry fry small items such as scones, vegetables and chips.



## Features of your Sunbeam NutriOven continued

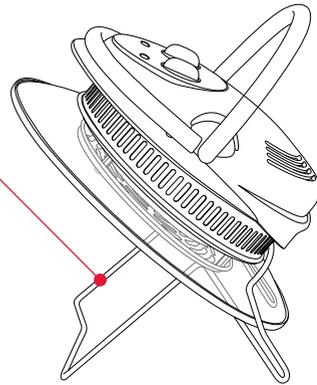
### Oven Tongs

Use the oven tongs to lift racks and pans into and out of the oven. It's best to place food on the racks and pans outside of the oven, then use the oven tongs to lift into the oven for cooking. The oven tongs are not to be used to lift food.



### Lid Holder

The lid contains the element and the fan so it is very hot. Never place the lid directly onto any benchtop or other surface. Always place the lid into the lid holder as per the photograph. Ensure the electrical cord is facing down towards the bench top. Do not use the electrical cord to lift the lid.



# Using your NutriOven

Position the oven on a dry, level surface ensuring the ventilation slots on the lid are not obstructed. Plug the power cord into a 230-240 volt power outlet and turn the power on.

Preheat to 250°C. This compensates for the heat lost when removing the lid and placing food in the oven. Outside the oven, arrange food on the appropriate racks and/or pans.

Remove the lid. Using the oven tongs lower the racks and/or pans into the oven. Set the temperature and the timer as required.

When cooking has completed, turn off the temperature and the timer. Remove the lid and place in the lid holder. As the lid will still be hot, move to an area that is away from your food preparation and plating up area. Use the oven tongs to remove the racks and pans from the oven.

Similar to a built-in oven in your kitchen, you will need to become familiar with your NutriOven and adjust cooking times and temperatures according to your requirement.

## Helpful Tips

- Overloading the oven will slow down the cooking process.
- Food will take slightly longer to cook if the oven is in a very cold environment
- Placing vegetables in a bowl and covering with boiling water for 5 minutes will assist the cooking process.
- Always pre-heat oven to 250°C – this compensates for the heat lost while removing lid and placing food in the oven.
- Work quickly to minimise heat loss. Before removing the lid, ensure you are prepared and have everything you need close by
- Where possible, place food directly onto the wire racks to allow air to circulate freely.
- Where possible, arrange food on the racks outside the oven before removing the lid.
- Always use the oven tongs provided to add or remove wire racks, baking dish, trays etc
- Be aware that when the timer finishes, the oven will turn off. If you are cooking food for longer than 1 hour, we recommend that you keep an eye on the timer and increase the timer during cooking.
- It is important to cook mince meat, sausages and poultry until well done. No pink should be visible and juices should run clear.
- Silicone bakeware is not suitable to use in the NutriOven.
- Oven bags are not suitable to use in the NutriOven.

# Cooking Temperature Guide

Use these cooking times as a guide. Cooking times and temperatures will vary depending on factors such as weight, cut of the food and your personal taste. Similar to your built-in oven in your kitchen, you may need to adjust cooking times and temperatures to your requirements. Monitor the food as it's cooking and modify accordingly. It is important to cook mince meat, sausages and poultry until well done. No pink should be visible and juices should run clear.

Cooking Temperature Guide	
Bake	170 - 190°C
Roast	200 - 250°C
Steam	180 - 200°C
Grill	220 - 250°C
Dry Fry	220 - 250°C
Toast	220 - 250°C

# Roasting Guide

A meat thermometer shows the exact temperature inside the poultry or meat. If using a meat thermometer, insert the probe into the centre of the thickest part of the food ensuring it does not contact bone, fat or gristle.

Meat/Poultry	Internal temperature of food once cooked. °C	Approximate time per 500g cooked at 200°C
Beef - Medium Rare	55	15 minutes
Beef – Medium	60	20 minutes
Beef – Well done	70	25 minutes
Lamb - Medium Rare	55	15 minutes
Lamb – Medium	60	20 minutes
Lamb – Well done	70	25 minutes
Veal - Medium Rare	55	20 minutes
Veal – Medium	60	25 minutes
Veal – Well done	70	30 minutes
Pork – Medium	68	30 minutes
Pork – Well done	80	35 minutes
Whole chicken	75	25-30 per 500g
Thighs, Wings, Legs	75	45 minutes
Breast	70	15 minutes

# Basic Cooking Functions

## Bakes

Bake at around 170 - 190°C. You can bake almost anything – Cakes, Scones, Biscuits, Muffins, Breads, Quiches, Frittatas, Potatoes and Fish. If baking biscuits or scones, we recommend you use the multi-purpose baking dish to allow air to circulate. For cakes, we recommend ring tins which allow cakes to cook through to the centre. If using your own baking pans or tins, and not the ones supplied with the NutriOven, check that they fit in the oven before using. Silicone bakeware is not suitable to use in the NutriOven.

## Roasts

Roast at around 200 - 250°C. You can roast meats, vegetables, potatoes and wedges. We suggest lining the bottom of the bowl under the rack with aluminium foil turned up at the edges. This will catch drippings and make cleaning easier. Roasts will need to be turned at least once in the cooking cycle unless they are very small. For vegetables, it may be necessary to remove meat and let it stand whilst the vegetables finish cooking.

Note: Meat with a bone will take longer than a boneless roast. Oven bags are not suitable to use in the NutriOven.

## Steams

Steam at around 180 - 200°C. Steam your favourite seafood, poultry and vegetables. When steaming, food should not be very cold. To steam vegetables, wrap wet vegetables in foil parcels with a little hot water. Secure the foil ends well, so the foil is not blown off or sucked up by the convection fan. Oven bags are also suitable instead of foil. Place the foil parcels in the oven so that the air can circulate around them. Fish can also be

steamed using foil parcels as this will allow the fish to steam in its own juices.

**Note:** To speed up steaming time of vegetables, soak them in hot water.

## Grills

Grill at around 220 - 250°C. Grill meats, seafood, vegetables and your favourite cheese topping. For grilling, the oven needs to be very hot for fast cooking and the food must not be too cold. Using cold food for grilling and for any of the other cooking functions, can extend cooking times.

**Note:** You will not achieve the same amount of browning as you would on a barbecue or in a frypan. A small amount of oil sprayed or wiped onto the food will help in browning.

## Dry Fry

Dry fry at around 220 - 250°C. Dry fry bacon, sausages, eggs, vegetables, chips and more. Once cooked, do not allow the food to stand in the oven as the steam may cause the food to soften. A small amount of oil sprayed or wiped onto the food will help in browning and crisping.

## Toasts

Toast at around 220 - 250°C. Toast sweet and savoury breads, pastries, rolls and sandwiches. You can also toast cheese melts and pizzas.

# Care and Cleaning

- The NutriOven is incredibly easy to clean.
- Always turn the power off and remove the plug from power outlet after use and before cleaning.
- Allow the glass bowl and accessories to cool down before cleaning.
- It is important to clean the oven after each use for good food safety hygiene and to prevent a build up of grease or residue and to prevent unpleasant odours.
- Never place the lid element down on the bench surface. Use the Lid Holder to brace the lid during use. Be careful not to place the lid on the electrical lead.
- Do not touch the element
- The glass bowl is dishwasher safe.
- The glass bowl is not suitable for the fridge, freezer or oven.
- The glass bowl can be washed in the unit itself. Fill up the glass bowl with approximately 80mm of hot water and add mild dishwashing detergent. Replace the lid, push the power safety handle down and set the timer for 10-15 minutes. Set the temperature to 150 degrees. At the conclusion, if there is any excess residue remove with a dishwashing brush and rinse with warm water to remove the soap residue and food remnants.
- Never leave water in the bowl after washing is completed, as the condensation can build up and cause damage to the element and fan.
- The glass bowl, wire racks, multi-purpose baking pan, drip tray, and crumb tray, may be washed in warm soapy water and rinsed.
- The lid of the oven can be wiped with a mild detergent and a damp cloth.

**Note:** Do not clean the lid of the oven in the dishwasher. Never immerse the lid of the oven in water.

# Light Meals and Snacks

## **Chorizo Sausage Rolls**

Serves 4 as finger food

- 4 chorizo or Kransky sausages
- 1 sheet pre-made puff pastry (defrosted)
- 1 egg, beaten
- 1 tablespoon poppy seeds

1. Preheat oven to 250°C.
2. Cut each sausage into equal thirds vertically and cut long strips of pastry the same length of the sausage pieces.
3. Roll each sausage piece in the puff pastry strips, using the beaten egg wash to seal with a pastry brush. Using a paring knife, make two small incisions on top of each of sausage roll in the pastry. Brush with egg wash and sprinkle with poppy seeds.
4. Using the oven tongs, lower the high rack into the oven and place in sausage rolls. Lower heat to 220°C and bake for 20 minutes, or until golden. Serve with tomato sauce.

## **Lemonade Scones**

- 1.5 cups self-raising flour, plus extra for kneading
- ½ cup cream
- ½ cup lemonade

1. Preheat oven to 220°C and lightly grease the multi-purpose baking dish.
2. Measure flour into a large mixing bowl and pour over lemonade and cream to form a sticky dough.
3. Turn onto a lightly floured surface and knead gently. Press into a rectangular shape about 2-3cm thick.
4. Using a floured 5cm round biscuit cutter, cut scones and place into the multi-purpose baking dish.
5. Using the oven tongs, lower the multi-purpose dish into the oven and reduce temperature to 200°C. Bake for about 15-20 minutes, or until golden and the scones sound hollow when tapped. Allow to cool before serving with jam and whipped cream.

## Light Meals and Snacks continued

### Potato Wedges

Serves 4 (as a side dish)

800g large potatoes, washed, cut into wedges

1 tablespoon olive oil

½ teaspoon paprika

Salt, to taste

1. Preheat oven to 220°C.
2. Place potatoes, oil, paprika and salt in a bowl; toss to coat. Outside the oven, arrange the wedges onto the high and low racks.
3. Using the oven tongs, lower the racks into the oven. Cook for about 40 minutes or until crisp and golden.
4. Serve with sour cream and sweet chilli sauce.

### Roast Beetroot Salad

Serves 4 (as a side dish)

1 bunch beetroot, trimmed

1 ½ tablespoons olive oil

1 ½ tablespoons white wine vinegar

½ teaspoon Dijon mustard

100g baby spinach

1 small red onion, thinly sliced

100g feta, crumbled

1. With the low rack in place, preheat oven to 250°C.
2. Peel the beetroot using a vegetable peeler and cut into wedges. Arrange beetroot in the multi-purpose baking dish. Using the oven tongs lower the dish into the oven. Reduce the temperature to 200°C. Cook for about 30 minutes or until tender.
3. To make dressing, whisk the oil, vinegar and mustard together in a small jug.
4. Arrange the baby spinach and onion on a serving platter. Top with beetroot and feta. Drizzle with dressing just before serving.  
Tip: Use gloves when handling beetroot or they will stain your hands.

## Light Meals and Snacks continued

### **Panzanella Salad**

Serves 4 (as a side dish)

200g stale bread (e.g. ciabatta, pane di casa bread)

2 tablespoons garlic infused olive oil

600g mixed tomatoes (cherry, truss, grape, etc.), roughly chopped

½ cup basil leaves, finely sliced

½ small red onion, finely chopped

1 tablespoon capers, drained

1 tablespoon red wine vinegar

2 tablespoons extra virgin olive oil

Salt and pepper, to taste

1. Preheat oven to 250°C.

2. Tear bread into rough 3-5cm pieces and place onto multi-purpose baking dish. Drizzle with garlic oil and toss gently to combine.

3. Using the oven tongs, lower the baking dish into the oven. Bake for 10-15 minutes, or until garlic croutons are golden and crisp.

4. Combine tomatoes, basil leaves, chopped onion, capers, red wine vinegar and extra virgin olive oil in a large mixing bowl. Season with salt and pepper to taste. Add garlic croutons and toss to combine. Serve.

**Tip:** This is a great way to use up leftover stale bread from your pantry.

# Mains

## Roast Chicken

Serves 4

1.4kg whole chicken  
2 tablespoons olive oil  
Salt and pepper, to taste

1. With the low rack in place, preheat oven to 250°C.
2. Remove excess fat from chicken and rinse out cavity. Pat dry inside and out with absorbent paper towel.
3. Rub oil over chicken skin. Rub salt and pepper all over chicken. Place chicken on the low rack, breast side down. Reduce temperature to 200°C.
4. Roast for 1 hour or until cooked through, turning chicken halfway through cooking.

## Pork Ribs with Barbecue Sauce

Serves 2

2 small racks (750g) pork spare ribs  
½ cup barbecue sauce  
½ cup tomato sauce  
⅓ cup sweet chilli sauce  
⅓ cup brown sugar  
2 tablespoons Dijon mustard  
Wedges and salad, to serve

1. Preheat oven to 250°C.
2. Cook the spare ribs in a large saucepan of boiling water for 10 minutes; drain.
3. Combine sauces, sugar and mustard in a large bowl. Add ribs and toss to coat well in mixture.
4. Outside the oven, place ribs in on the low rack and cover with foil. Using the oven tongs, lower the rack into the oven. Reduce temperature to 220°C and cook for 1.5 hours or until caramelised and tender. Serve with wedges and salad.

## Mains continued

### Sticky Ginger Salmon

Serves 2

2 salmon fillets with skin on  
1 teaspoon brown sugar  
1 long red chilli, finely chopped  
1 tablespoon shredded ginger  
1 tablespoon soy sauce  
1 green spring onion, finely sliced  
Steamed rice, to serve

1. Preheat oven to 250°C.
2. Outside the oven, place the salmon fillets on the high rack. Sprinkle with brown sugar, chilli and ginger.
3. Using the oven tongs, lower the rack into the oven.
4. Cook for about 8-10 minutes or until cooked as desired. Serve on rice, topped with green onion and soy sauce.

### Basic White Bread

Makes 1 loaf

3 teaspoons dried yeast  
2 teaspoons white sugar  
½ cup (125mls) warm water  
2½ cups (375g) plain flour  
1 teaspoon salt  
30g butter, melted  
½ cup (125ml) warm milk

1. Place the yeast, sugar and water in a small bowl; whisk to combine. Cover and stand in a warm place for about 10 minutes or until frothy.
2. Place the flour, salt, butter, milk and yeast mixture in a large bowl; stir to combine. Turn onto a lightly floured surface and knead for about 10 minutes or until elastic. Place in a large oiled bowl, turning to coat. Cover and stand in a warm place for 1 hour or until doubles in size.
3. Lightly grease a 24cm x 14cm loaf pan.
4. Knead dough on a floured surface until smooth. Roll dough on a floured surface into a 20cm x 30cm rectangle. Roll dough from the short side into a log. Place in prepared pan and cut 3 diagonal slashes across the top. Cover and stand in a warm place for 20 minutes or until risen.
5. Meanwhile, with the low rack in place, preheat oven to 250°C.
6. Using the oven tongs, lower the pan into the oven. Reduce temperature to 200°C. Cook for about 40 minutes or until golden and cooked through.

**Tip:** Dough should not stick to the bench or your fingers when kneading, so have a little extra flour on hand to sprinkle the bench lightly if necessary.

## Mains continued

### Seeded Wholemeal Loaf

Makes 1 loaf

- 3 teaspoons dried yeast
- 2 teaspoons white sugar
- ½ cup (125mls) warm water
- 2 cups (300g) plain flour
- ¼ cup (50g) whole meal plain flour
- 1 teaspoon salt
- 1 tablespoon olive oil
- ½ cup (125ml) warm milk
- ¼ cup mixed seeds (such as pepitas, sunflower seeds, poppy seeds and sesame seeds)
- 2 teaspoons mixed seeds, extra

1. Place the yeast, sugar and water in a small bowl; whisk to combine. Cover and stand in a warm place for about 10 minutes or until frothy.
2. Place the flours, salt, oil, milk and yeast mixture in a large bowl; stir to combine. Turn onto a lightly floured surface and knead into a ball.
3. Make an indent in the centre and add the mixed seeds. Work the seeds into the dough, kneading for about 10 minutes or until elastic. Place in a large oiled bowl, turning to coat. Cover and stand in a warm place for 1 hour or until doubles in size.
4. Lightly grease a 24cm x 14cm loaf pan.
5. Knead dough on a floured surface until smooth. Roll dough into a 20cm x 30cm rectangle. Roll dough from the short side into a log. Place in prepared pan and cut 3 diagonal slashes across the top. Cover and stand in a warm place for 20 minutes or until risen. Lightly brush with water and sprinkle with extra seeds.
6. Meanwhile, with the low rack in place, preheat oven to 250°C.
7. Using the oven tongs, lower the pan into the oven. Reduce temperature to 200°C. Cook for about 40 minutes or until golden and cooked through.

# Sweets

## Chocolate Chip Cookies

125g butter, softened  
½ cup brown sugar, lightly packed  
½ cup caster sugar  
½ teaspoon vanilla essence  
1 egg  
1¾ cups self-raising flour  
¼ teaspoon salt  
1 cup chocolate chips

1. With the low rack in place, preheat oven to 200°C. Lightly grease the multi-purpose baking dish.
2. Using an electric mixer, beat butter, sugars and vanilla in a bowl. Add eggs one at a time, mixing well between additions.
3. Add flour, salt and chocolate chips; mix until combined. Roll tablespoons of mixture into balls and flatten slightly.
4. Place 6 cookies in prepared dish. Using the oven tongs, lower the dish into the oven.
5. Reduce temperature to 170°C. Cook for about 10-12 minutes or until golden. Repeat with remaining cookie dough.

## Almond Shortbread

125g butter, softened  
¼ cup caster sugar  
1 teaspoon almond extract  
1 cup plain flour  
¼ cup rice flour  
¼ cup almond meal  
Sugar, for sprinkling

1. With the low rack in place, preheat the oven to 250°C. Lightly grease the multi-purpose baking dish with cooking oil spray.
2. Beat butter, sugar and vanilla in a small bowl with an electric mixer until pale and fluffy.
3. Transfer to a large bowl; stir in flours and almond meal in two batches. Press ingredients together and knead on a lightly floured surface until just smooth.
4. Roll dough between baking paper to 5mm thick. Using a 3.5cm round cutter, cut rounds from dough; place in prepared dish. Sprinkle shortbread rounds with extra sugar.
5. Using the oven tongs, lower the multi-purpose baking dish into the oven. Reduce temperature to 180°C.
6. Bake for about 20 minutes or until lightly golden. Transfer to a wire rack to cool. Repeat with remaining shortbread.

## Sweets continued

### Blueberry & White Choc Chip Muffins

50g butter, melted  
½ cup milk  
1 egg  
1.5 cups self-raising flour  
1 cup frozen (or fresh) blueberries  
½ cup white chocolate chips

1. With the low rack in place, preheat the oven to 250°C. Line a 6-hole muffin pan with patty cases.
2. Place all ingredients except blueberries into a medium bowl. Stir with a wooden spoon until just combined; fold through blueberries and white chocolate chips.
3. Divide mixture among patty cases. Using the oven tongs, lower the muffin pan into the oven. Reduce temperature to 190°C.
4. Bake for 15-20 minutes or until just cooked. Stand for 5 minutes before turning onto a wire rack to cool.
5. Serve dusted with icing sugar.

**Tip:** Blueberries are best folded through while still frozen as this helps them to not break apart easily and “bleed” colour into your mixture.

### Chocolate Hazelnut Croissant Pudding

Serves 2

2 stale croissants  
2 tablespoons chocolate hazelnut spread  
2 eggs  
½ cup milk  
½ cup cream  
3 tablespoons caster sugar

1. Preheat oven to 200°C and lightly grease a 20cm round baking dish.
2. Halve croissants and spread with chocolate hazelnut spread. Tear into rough 3-5cm pieces and place into baking dish.
3. Combine eggs, milk, cream and caster sugar in a jug and whisk to combine. Pour over croissants in the baking dish and allow to sit for at least 15 minutes.
4. Using the oven tongs, lower the dish into the oven. Bake for 20 minutes and serve, dusted with icing sugar and vanilla ice-cream.

## Sweets continued

### **Caramel Pear Crumble**

4 pears, peeled, deseeded and quartered  
¼ cup water  
¼ cup brown sugar  
50g unsalted butter  
½ teaspoon ground cinnamon  
¼ teaspoon ground cardamom  
¼ teaspoon ground nutmeg  
½ cup oats  
½ cup plain flour  
2 tablespoons brown sugar, extra  
60g butter, extra

1. Preheat oven to 200°C and grease a 20cm round baking dish.
2. Place pears, water, brown sugar, butter and spices into a medium sized saucepan and place over high heat. Bring to a simmer and allow to cook for 10 minutes. Take saucepan off the heat and allow to cool while you make the crumble.
3. Place oats, flour, sugar and butter into a large mixing bowl and use your finger tips to rub the butter into the flour mixture until it resembles fine breadcrumbs.
4. Spoon the pear mixture into the baking dish and scatter crumble mixture evenly on top. Using the oven tongs, lower crumble into the oven and bake for 15-20 minutes, or until golden. Serve with custard and/or ice-cream.

# Notes

# 12 Month Warranty

This Sunbeam product is covered by a 12 month replacement or repair warranty, which is in addition to your rights under the Australian Consumer Law (if your product was purchased in Australia) or New Zealand Consumer Guarantees Act (if your product was purchased in New Zealand).

Should you experience any difficulties with your product during the warranty period, please contact our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

Alternatively, you can send a written claim to Sunbeam to:

## Australia

Units 5 & 6, 13 Lord Street  
Botany NSW 2019 Australia

## New Zealand

Level 6, Building 5, Central Park,  
660-670 Great South Road,  
Greenlane, Auckland

Upon receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the product is defective, advise you on how to obtain a replacement or refund.

To assist us in managing warranty claims, we recommend you register your product as soon as practicable after purchase by creating a MySunbeam account on our website and send a copy of your original receipt to Sunbeam.

In order to make a claim under our warranty, you must have the original proof of purchase documentation for the product and present it when requested.

Should your product develop any defect within 12 months of purchase because of faulty materials or workmanship, we will replace or repair it, at our discretion, free of charge. A product presented for repair may be replaced by a refurbished product of the same type rather than being repaired. Refurbished parts may be used to repair the product.

Our replacement or repair warranty only applies where a defect arises as a result of faulty material or workmanship during the warranty period. Your warranty does not cover misuse or negligent handling (including damage caused by failing to use the product in accordance with this instruction booklet), accidental damage, or normal wear and tear.

Your warranty does not:

- cover freight or any other costs incurred in making a claim, consumable items, accessories that by their nature and limited lifespan require periodic renewal (such as filters and seals) or any consequential loss or damage; or
- cover damage caused by:
  - power surges, power dips, voltage supply problems, or use of the product on incorrect voltage;
  - servicing or modification of the product other than by Sunbeam or an authorised Sunbeam service centre;
  - use of the product with other accessories, attachments, product supplies, parts or devices that do not conform to Sunbeam specifications; or
  - exposure of the product to abnormally corrosive conditions; or
- extend beyond 3 months if the product is used in commercial, industrial, educational or rental applications.

**The benefits given to you by our warranty are in addition to other rights and remedies under law in relation to the product.**

**In Australia our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.**

**Our goods also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.**

If your warranty claim is not accepted, we will inform you and if requested to do so by you, repair the product provided you pay the usual charges for such repair. You will also be responsible for all freight and other costs.

Should your product require repair or service after the warranty period, contact your nearest Sunbeam service centre. For a complete list of Sunbeam's service centres, visit our website or call our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

## Need help with your appliance?

Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

### In Australia

Visit [www.sunbeam.com.au](http://www.sunbeam.com.au)

Or call 1300 881 861

### In New Zealand

Visit [www.sunbeam.co.nz](http://www.sunbeam.co.nz)

Or call 0800 786 232

 is a registered trademark.

'NutriOven' is a trademark of Sunbeam Corporation.

Made in China.

Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet.

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ABN 45 000 006 771

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