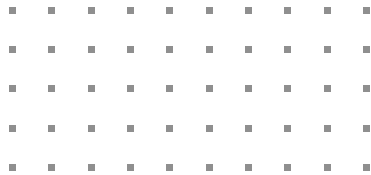


electric wok



PLUGGING - PRE-HEATING

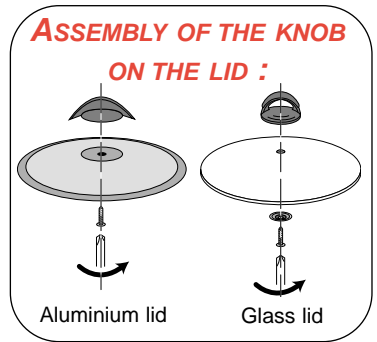
- Before the first use, wash the Wok pan and lid with hot water and dry thoroughly. Pour a teaspoon of cooking oil into the pan, spread over thoroughly with paper kitchen towel and wipe off any excess oil.
- Place the pan on the base and check it is correctly positioned and stable.
- Switch on at the mains.
- If an extension cable is necessary, it must be earthed.
- Set the thermostat to the position of your choice.
- Note : During the first use, the appliance may give off a slight odour and smoky haze. This is normal.

SAFETY WARNINGS

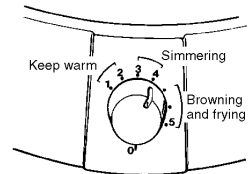
- Never place aluminium foil or any other object between the Wok pan and heating element.
- Do not use any other pans on the base other than the one supplied with your appliance. The thickness, material and shape of the Wok pan have been specially designed for use with the base.
- Do not use the Wok pan on any other heat source other than the base supplied.
- Keep the appliance out of the reach of children when in use.

USER INSTRUCTIONS

- The different positions of the thermostat are given only for a guide :
 - Function "keep warm"
 - for liquids (like soup) : position 1
 - for solids (like paëlla) : position 2
 - Function "simmering" (gentle and fast) : position 3-4
 - Function "browning and frying" : position 5
- If using position 2 for a prolonged period of time, reduce the thermostat to position 1, stir from time to time and add some water, if necessary.
- After cooking the meal in the kitchen, take care when carrying the appliance to the table and always follow the steps below :
 - Turn the thermostat to position 0 (stop).
 - Remove the lid.
 - Lift the pan from the base and place it on a heatproof mat or plate.
 - Unplug at the mains.



- To prolong the life of your Wok :
 - never heat the Wok without food for more than a few minutes to avoid damaging the non-stick interior ;
 - only use wooden, plastic or non-stick coated utensils ;
 - never cut food directly in the Wok.



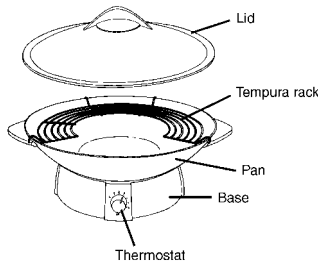
- Carry the base to the table very carefully as the food is hot. We recommend using protective oven mitts when handling.
- Switch off at the mains.
- Place the pan on the base and set the thermostat to "keep warm" position.
- Cover with the lid if necessary.

CLEANING

- Unplug at the wall and leave the appliance to cool.
- Remove the pan from the base and clean it by wiping with a cloth, hot water and washing-up liquid. Never use wire wool, scouring pads, scouring powders, washing soda, or oven cleaners. If you have burnt anything, fill the Wok with water and leave it to soak for a few hours before cleaning.
- The base must be cleaned with a sponge and your normal washing-up liquid.
- **NEVER IMMERSER THE BASE, FLEX OR PLUG IN WATER.**

Note :

*The tempura rack will be used to reserve food when preparing some dishes.
When necessary, it will be indicated in the recipe.*



FEATURES

Electrical specifications

- Power indicated on the appliance.
- Adjustable thermostat :
 - position 1-2 : keep warm
 - position 3-4 : simmering
 - position 5 : browning or frying
- If the power supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Thermo-Spot™ (depending on model) :



When the Thermo-Spot™ heat indicator turns solid red, your pan is perfectly pre-heated and ready to cook.

FOR U.K. USERS ONLY : ADDITIONAL INFORMATION AND INSTRUCTIONS

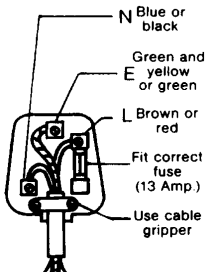
WIRING INSTRUCTIONS

WARNING : ALL APPLIANCES MUST BE EARTHED.
IMPORTANT : the wires in this lead are coloured in accordance with the following codes.

Green and Yellow : Earth
Blue : Neutral
Brown : Live

Connect the Green/Yellow wire to the terminal in the plug marked «E» (or by the earth symbol) or coloured Green and Yellow.
Connect the Brown wire to the terminal in the plug marked «L» or coloured Red.

Connect the Blue wire to the terminal in the plug marked «N» or coloured Black.
Seek professional advice if you are unsure of the correct procedure for the above.



ABOUT YOUR FACTORY FITTED PLUG

The cord is already fitted with a plug incorporating an appropriate fuse. If the plug does not fit your socket outlet, see paragraph below. Should you need to replace the

fuse in the plug supplied, an appropriately rated approved BS 1362 fuse must be used (refer to electrical specification for fuse rating).

If the plug supplied does not fit your socket outlet, it should be removed from the mains lead and disposed of safely. The flexible cord insulation should be stripped back as appropriate and a suitable alternative plug fitted. The replacement plug must be equipped with an appropriate fuse. If the plug has external access to the fuse (non-rewirable type plug) please note that the fuse cover is an important part of the plug. Please ensure that it always refitted correctly. If you lose this cover, please do not use the plug. You may contact Tefal U.K. Limited for a replacement.

Used in China for centuries, nowadays the Wok is a very practical cooking appliance. Thanks to its shape, the electric Wok let you cook a great variety of dishes and exotic, Asiatic specialities...

Some delicious recipe ideas with vegetables, meats, fishes, or also pastas are included in this leaflet.

And for women in a rush, the Wok can also reheat dishes. A great idea for saving time ! The electric Wok is as good for traditional recipes as for prepared meals. A "keep warm" function keeps food warm during the meal.

Practical and easy to use, the electric Wok enables always you to prepare and savour the cooking from all over the world, with family or friends.

RECIPES

ORIENTAL STIR FRY

SMOKED CHICKEN WITH GREEN VEGETABLES

FOR 3-4 PERSONS : • 750 g smoked chicken • 1 head chicory • 250 g Chinese leaves • 100 g snow peas • 100 g cucumber • 2 tbs ground nut oil • 2 tbs garlic, coarsely chopped • 1 tbs root ginger, grated • 1tbs dark soy sauce • 1 tbs Chinese rice wine or dry sherry

Remove the chicken meat from the bones and shred it. Discard the bones. Coarsely chop chicory and Chinese leaves. Remove stalks from mange tout, cut the cucumber into matchstick sized pieces. Heat the Wok set at th. 5, add the oil, garlic and ginger. Stir fry for 30 seconds. Add chicory, Chinese leaves and snow peas, continue to cook for a further 5 minutes. Add soy sauce and sherry cook for 1 minute. Add cucumber and chicken, reduce heat to th. 4 and cook for 1 minute. Serve immediately with special fried rice, or plain noodles.

BAMBOO PRAWNS

FOR 4 PERSONS : • 500 g extra large prawns, peeled • 1 bamboo shoot • 1 zucchini • 1 small red pepper • 1 carrot • 3 slices ham, thickly sliced • 175 ml boiling water • 1 chicken stock cube • 1 tsp cornflour • 2 tsp dry sherry • 3 tsp groundnut oil • 1 tsp grated root ginger

Cut the bamboo shoots into 1 cm slices, and then cut each slice into 5 mm in thick strips. Cut zucchini, red pepper, carrot and ham into strips about the same size. Cut a 1 cm slit right through the prawn, along the line of the vein. Push a strip of bamboo shoot, pepper, zucchini, carrot and ham through the slit in the prawn. Dissolve the stock cube in the water and add the cornflour and sherry. Heat the oil in the Wok set at th. 5. Reduce the heat to th. 4 and saute the ginger for 1 minute. Push the prawns. Fry for a few minutes. Add the stock mixture and stir until sauce boils and thickens. Simmer for 1 minute. Ideal as an entrée or as part or a main course served with rice or noodles.

SOUP RECIPES

NOODLE SOUP

FOR 4 PERSONS : • 250 g peeled prawns • pinch of salt • 1 tsp cornflour • 100 g bamboo shoots • 100 g Chinese leaves • 350 g egg noodles • 600 ml chicken stock • 2 tbs light soy sauce • 3 tbs groundnut oil • 2 spring onions, finely chopped • 2 tbs Chinese rice wine or dry sherry • 1 tbs sesame oil

Sprinkle the prawns with salt in a deep bowl. Blend cornflour with a little water, stir in with the prawns. Shred bamboo shoots and Chinese leaves. Cook the noodles as directed on the packaging, drain and keep warm in covered bowl. Heat the Wok, set at th. 5. Add the stock and half of the soy sauce, bring to a boil. Pour over the noodles and keep hot. Wipe the Wok with kitchen paper and heat again, set at th. 5. Add the oil and allow to heat for 30 seconds. Add the spring onions, prawns and shredded vegetables. Stir fry for 2 minutes, add remaining soy sauce, rice wine or sherry. Cook for a further 1 minute, stirring constantly. Pour over the noodles and sprinkle with sesame oil.

FAST SEAFOOD SOUP

FOR 3-4 PERSONS : • 500 g cod fillet • 1 tsp salt • few twists freshly ground pepper • 2 tsp sesame oil • 600 ml water • 125 ml dry sherry • 1 tbs root ginger, grated • 1 tbs light soy sauce • 1 chilli bean sauce • 2 tbs cooked rice • 3-4 large shelled prawns

Cut fish into 2,5 cm squares, mix with salt and pepper and sesame oil. Put water and sherry into the Wok, cover with lid and heat, set at th. 5. When the liquid is boiling, after 2-3 minutes, add ginger, soy sauce, chilli bean sauce and fish. Cover the pan and reduce heat to th. 3. Cook for 5 minutes. Add the rice and prawns, cook for 1 minute. Serve hot with prawn crackers.

TEMPURA RECIPES

TEMPURA VEGETABLES

FOR 4 PERSONS : • 1 large red pepper • 8 button mushrooms • 1 large carrot, peeled • 100 g french beans, trimmed • 1 eggplant, sliced • 100 g snow peas, trimmed • 600 ml ground nut oil
Batter : 1 egg, 75 g plain flour, 25 g cornflour
Serving : lemon wedges, dark soy sauce

Halve the red pepper, remove seeds, cut each half into 4 pieces. Cut the mushrooms in half. Cut the carrot into 5 cm pieces and slice length ways into 8. To make the batter, mix the egg with 100 ml of cold water then sift in the plain flour and cornflour. Beat lightly with a fork, do not over mix. Heat the Wok, set at th. 5, add oil and heat until a slight haze forms. Using tongs or chopsticks pick up the vegetables, French beans and snow peas in bunches of 4 or 5, and dip into the batter. Fix the tempura rack onto the Wok. Put into hot oil and fry for about 30 seconds. Remove from oil and drain on the tempura rack. Serve with lemon wedges and a dish of dark soy sauce in which the vegetables can be dipped when eaten.

CRISPY PRAWNS

FOR 4-6 PERSONS : • 500 g uncooked prawns • 2 tbs Chinese rice wine or dry sherry • 1 tbs Chinese five spice powder • 1 tsp tomato puree • 400 ml ground nut oil • 100 g cornflour • 2 eggs, beaten • 100 g brown breadcrumbs • wedges of lime to serve

Peel the prawns, use a small knife to remove the black cord running the length of the prawns. Dry with kitchen paper. Mix together, rice wine or dry sherry, five spice powder and tomato puree. Add prawns and mix to cover well. Heat the Wok, set at th. 5. Add the oil. Whilst the oil is heating toss the prawns in cornflour. Shake to remove excess. Then dip into beaten egg and finally toss in breadcrumbs. When the oil develops a light haze, fry the prawns, a few at a time until golden brown (2-3 minutes). The Wok setting may need to be reduced to th. 3 or 4 as the frying progresses. Put the cooked prawns on the tempura rack for a minute, to cool slightly before serving with wedges of lime.

RECIPES FROM AROUND THE WORLD

PAELLA

FOR 4-5 PERSONS : • 5 chicken thigh joints • 100 g spicy continental sausage • 1 onion • 1 green pepper • 2 tbs olive oil • 350 g long grain rice • 2 cloves garlic, crushed • 600 ml chicken stock • 3 tomatoes diced • 100 g frozen peas • 100 g squid, sliced • 10 large prawns with shells on • 10 mussels in shells • pinch of saffron • salt • freshly ground black pepper • cayenne pepper

Trim any fat and excess skin from the chicken. Slice the sausage. Chop onion and green pepper. Scrub mussels. Heat the Wok, set at th. 5. Add the olive oil and the chicken joints. Saute the chicken evenly to brown. Stir in the sausage, onion and green pepper, saute for a further 3 minutes to soften the onion. Add the long grain rice and garlic, cook whilst stirring to mix thoroughly. Turn the heat to th. 3 add the stock. As the liquid comes to a boil, add tomatoes and peas. Stir in the squid and prawns. Arrange mussels on top of the mixture. Add saffron, salt, pepper and cayenne. Put the lid on the Wok and simmer at th. 3 for 25-30 minutes or until the stock is absorbed into the rice. Serve hot with a green salad.

JAMBALAYA CREOLE

FOR 4 PERSONS : • 1 large onion • 2 sticks celery • 1 green pepper • 250 g cooked ham in a piece • 100 g pepperoni sausage • 4 large tomatoes • 1 tbs olive oil • 25 g butter • 250 g long grain rice • 450 ml chicken stock • 2 tbs tomato puree • pinch of mixed herbs • salt • freshly ground pepper • Cayenne pepper • 250 g large peeled prawns • 1 tbs chopped parsley

Finely chop onion and celery. De-seed the green pepper and dice. Cut the ham and pepperoni into bite sized pieces. Skin the tomatoes and finely chop. Heat the Wok, set at th. 5. Add the oil and butter. When the butter has melted fry the onion, celery and pepper to soften. Stir the ham, pepperoni and tomato. Add the rice, and stir whilst cooking for 2 minutes. Pour in the stock, add tomato puree and herbs. Bring the mixture to the boil, turn the setting to th. 3. Cover with the lid and simmer for about 20 minutes or until the liquid is absorbed. Taste and season with salt, pepper and Cayenne. Stir in the prawns and stir whilst heating for a further 2 minutes. Sprinkle the creole with chopped parsley and serve immediately.

BEEF STROGANOFF

FOR 3-4 PERSONS : • **750 g fillet steak** • **50 g unsalted butter** • **1 onion, finely chopped** • **100 g button mushrooms, sliced** • **1 tbs French mustard** • **1 tbs plain flour** • **100 ml soured cream** • **salt and freshly ground black pepper** • **lemon juice** • **1 tbs fresh parsley, chopped**

Trim the steak. Beat it flat between 2 sheets of waxed paper and cut in thin strips 5 cm long. Heat the Wok, set at th. 4, add half of the butter and allow to heat and foam. Add chopped onion and sliced mushrooms, fry stirring often, until soft and just beginning to colour. Remove from Wok. Wipe the Wok with paper towel. Heat remaining butter in the Wok set at th. 5. When hot, add prepared beef and quickly stir fry to brown all over. Scatter the plain flour over the meat, stir briskly for 1 minute. Add the cooked vegetables and mustard, stir over heat for 30 seconds. Turn the Wok off. Remove the Wok from the base. Stir in sour cream, salt, pepper and lemon juice to taste. Serve the Stroganoff immediately with boiled rice and sprinkle with chopped parsley.

RECIPES

VEGETABLE MINESTRONE SOUP

COOKING TIME : 2 HOURS

FOR 4 PERSONS : • **1 onion, chopped** • **100 g mushrooms, sliced** • **2 celery stalks, sliced** • **1 head of romaine lettuce** • **200 g chard, sliced** • **2 leeks, minced** • **100 g fresh peas, shelled** • **3 squash (zucchini), sliced** • **300 g green beans, split** • **1 bunch of parsley, chopped** • **1 bunch of basil, minced** • **50 g of lard** • **olive oil** • **salt** • **pepper**

Clean and prepare all vegetables as indicated above. Brown the onion and lard in 2 tbsp of olive oil in the Wok set at th. 5. Add all remaining vegetables, stir. Slowly add 1,5 l of water, cover and bring to a boil at th. 5. Simmer, covered, for 2 hours at th. 3. Add the minced basil. Season to taste and serve.

VEGETABLE SOUP

SOAKING TIME : 12 HOURS

COOKING : 2 HOURS

FOR 8 PERSONS : • **500 g dried beans** • **1 bunch of mixed herbs** • **250 g of green beans, thinly sliced** • **2 squash (zucchini), thinly sliced** • **2 carrots, diced** • **2 turnips, diced** • **2 tomatoes, peeled** • **4 tbsp basil** • **5 cloves of garlic** • **50 g parmesan** • **olive oil** • **salt** • **pepper**

Soak the dried beans in water for 12 hours. Drain and pour in the Wok with 2,5 l of cold water. Add a dash of salt and the fresh herbs and bring to a boil in the Wok at th. 5. Lower the heat to th. 3 and cook for 1 1/2 hour. Add the diced carrots and turnips. Cook for 20 minutes at th. 3. Add the thinly sliced green beans and squash. Cook for another 10 minutes at th. 3. Add the peeled tomatoes. Cook for another 10 minutes. Using a mortar, mash the garlic and basil, then add the 4 tbsp of olive oil. Add the garlic and oil mixture to the soup. Add pepper to taste and stir. Sprinkle with parmesan cheese and serve in the Wok.

MOULES MARINIÈRES

COOKING TIME : 7-8 MINUTES

FOR 4 PERSONS : • 3 litres of mussels • 1 large onion • 1 bunch of parsley • 30 g of butter • 200 ml of dry white wine • 1 thyme leaf • 1 bay leaf • 3 tbsp of cream • salt • pepper

SPAGHETTI CARBONARA

COOKING TIME : 5-8 MINUTES

FOR 4-5 PERSONS : • 400 g of spaghetti • 100 g of pancetta or smoked chicken or turkey breast • 4 egg yolks • 2 tbsp of fresh cream • 75 g of grated parmesan • 75 g of butter • salt • pepper

SEAFOOD TAGLIATELLI

COOKING TIME : 20 MINUTES

FOR 6 PERSONS : • 1 litre of cockles, scallops or other molluscs • 1 litre of mussels • 400 g of green tagliatelli pasta • 18 large pink shrimps • 50 g of butter • 250 ml of cream • 40 g of parmesan • salt • pepper

Clean the mussels. Chop the onion and parsley. Melt the butter in the wok at th.5. Fry the onion for 1 minute. Add mussels and white wine. Add the salt and pepper, the thyme, and bay leaf. Stir and cook for 6 minutes. Stir the mussels 2 or 3 times with a wooden spoon. Remove the thyme and bay leaf. Strain the cooking juices, then blend with 3 tbsp of cream. Pour this mixture over the mussels. Stir and serve.

Cut the meat in very small cubes. Grate the parmesan. Melt a little bit of butter in the Wok and add the pancetta. Brown at th. 5 for 2 to 3 minutes, stirring constantly. Remove from the Wok and set aside. Beat the egg yolks, slowly adding the fresh cream and half the cheese. Blend well. Add salt and pepper to taste. In the Wok set at th. 5, cook the pasta in swiftly boiling, salted water. When the pasta is cooked «al dente», drain, then return to the Wok. In a small saucepan, melt the remaining butter over medium heat. When the butter turns light brown, add it to the egg mixture, stirring rapidly. Add the meat to the mixture, then pour into the Wok, over the pasta. Stir and serve.

Using two separate pots, cook the cockles and mussels in rapidly boiling water until the shells are open. Throw out any which remain closed and shell the others. Strain and boil the water until reduced to about 5 tbsp. Shell the shrimp and cut in half. Cook the tagliatelli in rapidly boiling, salted water in the Wok at th. 5. When the pasta is cooked «al dente», drain, then return to the Wok, set at th. 3. Add the butter and stir. Stir in the cream, parmesan, salt and pepper. Add the cockles, mussels and shrimp, then stir in the 5 tbsp of water. Season to taste (do not add too much salt as the seafood and cheese are already quite salty). Serve immediately.

BOUILLABAISSSE

COOKING TIME : 20 MINUTES

FOR 6 PERSONS : • 1,5 kg of your favourite fish • 2 tbsp of oil • 2 leeks • 2 onions • 6 cloves of garlic • 500 g of tomatoes • 2 glasses of white wine • 2 cups of water • 1 tbsp of salt • 1/2 tsp of pepper • 1 tbsp of chopped parsley • 2 g of saffron • 18 croutons

Ask your fish merchant for a blend of firm-fleshed fish, for example : gurnard, sea eel, burbot, angler, mackerel and 1 or 2 whittings or cod (this recipe requires tender fish which will become mashed during cooking and serve to bind and thicken the sauce). Clean and cut the fish into bite-size pieces. Heat the oil and fry the fish in the Wok at th. 3 along with the finely chopped onion and leek. Add the minced garlic, the peeled and diced tomatoes (or canned tomato paste), the white wine and the water. Season with salt, pepper, parsley and saffron. Add a dash of oil and boil briskly for 20 minutes at th. 5. Serve immediately with fried bread croutons sprinkled with chopped parsley or rouille. Rouille : blend mayonnaise with 1 tbsp of tomato paste, 2 tsp of paprika and 1 tbsp of chopped shallot.

CHICKEN AND MUSHROOM RISOTTO

COOKING TIME : 35-40 MINUTES

FOR 4 PERSONS : • 4 medium onions • 200 g of canned mushrooms • 300 g of cooked white chicken meat, cut into small cubes • 100 g of butter • 250 g of long grain rice • 100 ml of dry white wine • 400 ml of chicken broth • 80 g of parmesan • salt • pepper

Melt the butter in the wok at th. 5. Add the chopped onions and cook for about 3 minutes, stirring often. Stir in the rice. When the rice becomes translucent, add the mushrooms and the wine. Cook, uncovered at th. 5 until all the liquid is absorbed. Add the diced chicken. Slowly stir in the chicken broth. Add the salt and pepper to taste. Simmer at th. 3 for 15 to 20 minutes. Sprinkle with parmesan, stir and serve piping hot.

RATATOUILLE

COOKING TIME : 45 MINUTES

FOR 4 PERSONS : • 500 g of aubergines (eggplant), sliced • 500 g of zucchini (courgettes), sliced • 500 g of bell peppers, cut in sticks • 500 g of tomatoes, cut in large chunks • 3 onions, chopped • 2 cloves of garlic, pressed • olive oil • 1 bay leaf • 1 sprig of thyme • salt • pepper

Heat 2 tbsp of oil in the wok th. 5. Add the aubergines, zucchini, bell peppers, onions and tomatoes and brown, stirring often. Add the bay leaf and thyme, salt and pepper. Cover and simmer at th. 3 for 30 minutes. Add the garlic and stir. Season to taste and continue cooking for another 15 to 20 minutes.

SPICY BEEF

COOKING TIME : 15 MINUTES

FOR 4 PERSONS : • 600 g of rump roast, cubed • 1/2 shallot, chopped • 1 ginger root, minced • 1/2 tbsp of cooking wine • 1 clove garlic, minced • 4 tbsp of soy sauce • 2 tbsp of sesame oil • 5 small bell peppers • oil

Marinate meat with wine, soy sauce, sesame oil, shallot, ginger and garlic for 10 minutes. Clean out peppers and cut into 1 cm thick strips. Heat 3 tbsp of oil in the Wok at th. 5. Brown meat and set on the grid to drain. Brown pepper strips at th. 5, then return meat and marinade to the Wok for a few minutes, stirring well. Serve hot.

COQ AU VIN

COOKING TIME : 1 HOUR 40 MINUTES
FOR 6 PERSONS : • 1 chicken (2 kg), cut in pieces • 12 white pickling onions • 125 g of lean bacon strips • 1 tbsp of oil • 100 g of butter • 1 tbsp of cognac • 1 bottle (750ml) of red wine • mixed herbs • 2 cloves of garlic, peeled and pressed • 200 g of fresh mushrooms • 1 tbsp of flour • salt • pepper

VEAL BOURGUIGNON

COOKING TIME : 3 HOURS
FOR 4-5 PERSONS : • 1 kg of veal , cut in cubes • 1 slice (150 g) of uncooked ham • 1l of red wine • 500 g of carrots • 1 bouquet garni (mixed herbs) • 1 onion • 1 tbsp of flour • 1 tbsp of oil • 1 tsp of butter • 1 tbsp of chopped parsley • salt • pepper

CASSOULET

COOKING TIME : 2 HOURS 30 MINUTES
FOR 4 PERSONS : • 250 g of dried white beans (soaked overnight) • 500 g of mutton (shoulder of neck) cut in pieces • 4 medium-sized sausages • 125 g of bacon strips • 1/2 can of peeled tomatoes or 3 fresh tomatoes • 3 cloves of garlic • 1 onion, cut in 4 • 2 carrots, sliced • 1 bouquet garni (mixed herbs) • 2 tbsp of oil • salt • pepper

Season the chicken pieces with salt and pepper. Heat 1 tbsp of oil and 30 g of butter in the wok at th. 4. Brown the bacon, onions and chicken pieces, turning the meat often. Add the cognac and light with a match. When the fire has subsided, add the wine slowly, then the herbs and garlic. Bring to a boil slowly at th. 5. Cover and reduce heat to th. 3. Simmer for at least one hour. Clean and mince the mushrooms. In a separate fry pan, brown the mushrooms in 30 g of butter, then add to the Wok. Let simmer for 20 to 25 minutes. About 10 minutes before serving, mix the rest of the butter and the flour in a small bowl. Stir in a small quantity of the cooking sauce, then pour the mixture into the Wok. Stir for 5 minutes, then simmer for 4 to 5 minutes until the sauce thickens. Season to taste. Serve very hot with steamed potatoes or fresh pasta.

Cut slice of ham into 1 cm squares. Cut carrots in 2 mm slices, mince onion. Heat oil in the Wok at th. 5. Brown veal pieces on all sides for about 15 minutes, turning with a wooden spoon. Remove meat from the Wok. Next, brown onion and ham for about 10 minutes. Remove from Wok, using a strainer, and set aside. Melt butter in Wok. Sprinkle flour over butter and brown ; return the meat, onion and ham to the Wok. Add wine, bouquet garni and carrots. Add salt and pepper to taste. Cover Wok and simmer at th. 3 for 2 1/2 hours. Before serving, remove the bouquet garni and sprinkle with chopped parsley. Serve directly from the Wok.

Soak the beans overnight. Pour the beans in Wok. Add 1 l of water, cover and simmer for 1 hour 30 minutes at th. 3. Drain the beans and set aside. Heat 2 tbsp of oil in the Wok at th. 5. Brown meat and bacon. Add tomatoes, garlic, carrots, sausages, onion, bouquet garni, salt, pepper and beans. Stir. Cover and simmer for 1 hour at th. 3.

CHICKEN CURRY

COOKING TIME : 1 HOUR 50 MINUTES
FOR 4 PERSONS : • 1 chicken (about 1,7 kg), cut in pieces
• 100 g of cooked ham • 2 onions • 2 apples, peeled and chopped • 1 can of peeled tomatoes • 2 coconuts • 3 bay leaves • 2 sprigs of thyme • 3 cloves of garlic • 1/2 tsp of powdered cinnamon • 1 tsp of ground nutmeg • 1 tsp of ground ginger • 1 tsp of curry • cup of margarine • juice from 2 lemons • 100 ml of fresh cream • salt • pepper

Heat the margarine in the Wok at th. 5. Brown the chicken pieces. While the chicken is browning, add the onions and finely chopped ham. When the mixture starts to brown, add the apples, ginger, cinnamon, nutmeg, thyme, bay leaves and pressed garlic. Stir and brown. Drain, empty and crush the tomatoes with a fork. Pierce the coconut shells with a nail or sharp, hard blade knife. Collect the milk in a bowl. When the chicken is golden brown, sprinkle with the curry powder. Add the tomatoes and coconut milk. Add salt and pepper. Stir well, cover and simmer for 30 minutes at th. 3. Half-way through the cooking time, check the sauce : if it has reduced too much, add a little warm water. After 30 minutes, add the fresh cream and lemon juice, stir and cook for another 10 minutes. Remove the thyme and bay leaves. Serve.

SWEET RECIPES

POACHED PEARS WITH APRICOTS

FOR 4 PERSONS : • 4 firm dessert pears • 1 tbs lemon juice • 8 dried apricots • 300 ml boiling water • 2 tbs brown sugar • 2 tbs apricot brandy

Peel the pears thinly, slice in half and remove core. Brush with lemon juice to prevent discolouration. Cut the apricots in half and place in a bowl. Cover with boiling water, allow to sit for 5 minutes. Put the pears, apricots with water and sugar into the Wok. Heat at th. 5, until the liquid comes to a boil. Reduce the setting to th. 3 to simmer and cover the Wok with the lid. Cook for about 5 minutes turning pears during cooking. The pears should be tender but not soft. Turn off the heat and pour the apricot brandy into the pan. Serve warm or cold with thick cream.

BANANA & KIWI FRUIT FRITTERS

FOR 4 PERSONS : • 4 kiwi fruit • 2 bananas • 1 egg • 4 tbs cornflour • 600 ml groundnut oil • for deep frying
Caramel : 100 g sugar, 3 tbs sesame oil, 1 tbs sesame seeds
To serve : lemon or lime wedges, whipped cream

Finely peel the kiwi fruit and cut into 4 quarters. Peel bananas, cut in half and cut each piece lengthways in half again. Beat the egg in a bowl, blend in cornflour and enough cold water to make a smooth batter. Heat the Wok set at th. 5, add the oil and heat until a haze rises from the pan, turn down to th. 4. Dip each piece of fruit in the batter and deep fry in the hot oil for 2-3 minutes. Fit tempura rack and put the fried fruit on it to drain and cool. To make the caramel put the sugar and sesame oil in a small pan over a low heat for 5 minutes. Add 3 tbs water and stir for a further 2 minutes. Add the sesame seeds and fruit fritters and stir gently to coat each one in caramel. Remove from pan and plunge the coated fritters in a bowl of cold water to harden the caramel. Serve hot or cold with lemon or lime wedges and whipped cream.

CARIBBEAN BANANAS

FOR 4 PERSONS : • 4 ripe bananas
• 50 g butter • 25 g soft brown
sugar • juice of 1 orange • 2 tbs
Cointreau or orange liqueur

Peel and slice bananas thickly. Put the butter into the Wok, heat at th. 3 until the butter melts. Add the sugar and heat until it begins to dissolve with the butter. Add the sliced bananas and gently stir to coat with the sweet sauce. As the mixture begins to sizzle, stir in the orange juice. Heat through for 30 seconds. Remove from the heat and add the liqueur. Serve hot or cold with fresh cream.

GLOSSARY

CHINESE RICE WINE

Made from rice, yeast and spring water and used for drinking and Chinese style cooking. Available from Chinese grocers and some Wine Merchants. Although the flavour is not the same, a pale dry sherry can be used as a substitute in recipes.

GINGER

In the Wok recipes given in this booklet, the ginger used is fresh root ginger. This is available in many supermarkets and greengrocers and often sold by weight. A piece of root ginger if wrapped and stored in the vegetable compartment of the fridge will keep for several weeks. Dried ginger powder is not a substitute.

SESAME OIL

Thick, rich oil extracted from roasted seeds with a nutty aroma and taste. It is used in Chinese style cooking to flavour, in small amounts for marinades at the end of cooking. Available in most larger supermarkets.

SESAME SEEDS

Used to add flavour and texture to sweet and savoury recipes. They can be browned by dry frying, baking or putting under a grill to bring out a distinctive nutty flavour. Available in supermarkets and health food shops.

SOY SAUCE (ALSO SOYA SAUCE)

Made from fermented soya beans and used extensively in oriental recipes and as a condiment. Light soy has a more delicate flavour than dark soy which is richer. Japanese soy sauce (also soya) has a different flavour and should not be substituted for Chinese soy sauce.