

AMC Cookware offers the finest quality cookware with a lifetime guarantee, that enables healthy cooking for your family's well-being – **for life.**

SPEEDCOOKER®

PRODUCT INFORMATION

Product Code
A2480

Capacity
8 litres

Diameter
24 cm

Height
18 cm



**COOKWARE
FOR LIFE**

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THE ULTIMATE SPEEDCOOKER®

AMC Cookware is continuously developing new products in which to cook and prepare economic, nutritious and delicious meals. The Speedcooker® has been designed for preparing food quickly, while preserving as much of the nutritional value as possible. The Speedcooker® is available as a standard 8 litre unit, as well as an 8 litre Electrospeed®.

Using the Speedcooker® is perfectly safe – provided you follow the instructions correctly. **Before using the Speedcooker® for the first time, it is essential that you read the instructions in this booklet carefully.** This will explain the use and care of your unit, and provide tips and recipes.

ADVANTAGES OF SPEED COOKING

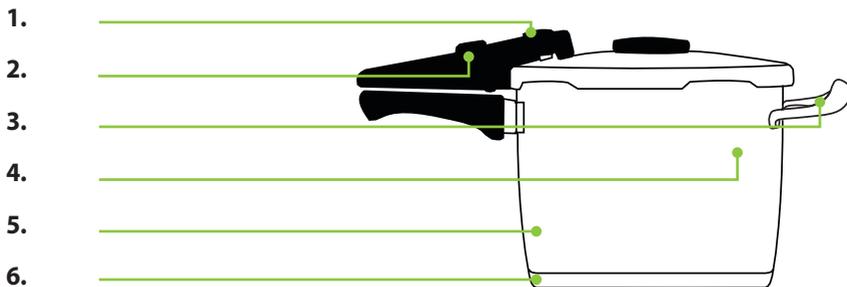
Saves time and labour

With the increasing price of food costs and decrease in leisure time, the Speedcooker® is becoming more and more essential in the home. The most significant advantage of pressure cooking is the substantial reduction in cooking time. With the AMC Speedcooker® your cooking time is cut by two-thirds. Also don't forget – anything that is cooked the conventional way, can also be cooked in a Speedcooker®.

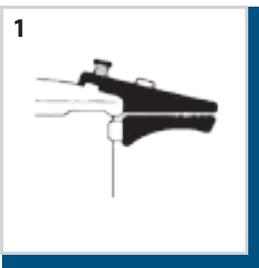
Economical

You save on electricity costs due to the reduced cooking time. You are also able to save by buying and cooking less expensive cuts of meat and dried pulses in your Speedcooker®, with excellent results.

FEATURES OF THE SPEEDCOOKER®



1. **Cooking indicator:** Allows you to cook various foods at their ideal pressure.
2. **Safety valve or lid lock:** This red button is a safety feature and used to open and close the Speedcooker®.



- 3. Gourmet handle:** Stay-cool stainless steel handles for easy handling while cooking.
- 4. Two-third indicator:** A two-third ($\frac{2}{3}$) indicator line is on the inside of the unit, under the short handle, for easy reference. Please note that the Speedcooker® should never be filled more than two-thirds, or more than half of its capacity when cooking foods that foam.
- 5. Extra thick stainless steel:** Only the finest grade of stainless steel is used, thicker than other AMC units because this unit is exposed to very high pressures.
- 6. Akkutherm molecular base:** Conducts and maintains heat to provide even heat distribution throughout the entire base of the unit.
- 7. Rubber sealing ring:** Fits into the rim of the Speedcooker® lid and forms a pressure tight seal during the cooking process.
- 8. Optimum cooking chart:** A guide showing the different colours that correspond to the optimum cooking levels on the cooking indicator, of various foods that can be prepared.

SAFETY FEATURES OF THE AMC SPEEDCOOKER®

The AMC Speedcooker® is possibly the safest pressure cooker available on the market today. Below are descriptions of the 4 safety features which ensure this.

- 1.** Red safety valve used to open and close the Speedcooker®. This valve releases the pressure rapidly through two steam outlets on either side of the valve if there is excess pressure build-up.
- 2.** Extra metal valve on the inside of the lid. This valve lets air out on the sides of the black cover on top of the lid, creating a whistling sound.
- 3.** Extra rubber valve on the lid. This pushes out of its operating position should the previous 2 safety features be blocked. This valve will pop up revealing a red ring. If this happens the Speedcooker® should be sent to the factory for inspection.
- 4.** Final safety device on the rim of the Speedcooker® lid. This ensures that if an excessive amount of pressure should build up in the unit, the rubber sealing ring will automatically pop out of the opening in the rim of the lid and release the pressure.



The metal valve



The rubber valve



Final safety device on rim

HOW TO OPERATE YOUR SPEEDCOOKER®

Please read the following instructions carefully before using your Speedcooker® for the first time. Also remember to wash your Speedcooker® in warm soapy water with a non-scratch sponge before your first use. This will ensure that all polishing residue has been removed from the unit.

SEALING AND OPENING THE SPEEDCOOKER®



Sealing the lid:

Place the lid on the Speedcooker® by aligning the line on the lid with the corresponding line on the bottom part of the handle. Lightly press the lid onto the Speedcooker®. Press the red button firmly down and in this position, simultaneously turn the handle of the lid to the left. Lift your finger from the button while doing this, until a 'click' is heard. This indicates that the Speedcooker® is properly sealed and locked.



Opening the lid:

Push the red button down and turn the lid towards the right until the line on the lid is parallel with the line on the centre of the handle. In this position the lid may be lifted off and the Speedcooker® can be opened. **Never attempt to open the Speedcooker® while the cooking indicator is still lifted. Only when the cooking indicator has dropped completely, and all the pressure has been released, should you open the Speedcooker®.**

COOKING INSTRUCTIONS

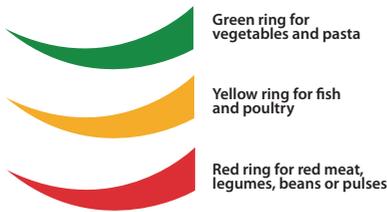
Filling the Speedcooker®:

Never fill the Speedcooker® more than two-thirds ($\frac{2}{3}$) of its capacity. The minimum amount of liquid necessary for the Speedcooker® to maintain an adequate pressure is 250 ml (1 cup).

Important: Do not fill the Speedcooker® to more than half ($\frac{1}{2}$) of its capacity when cooking dried fruit, pasta, beans and other foods that tends to foam. This will avoid the possible blockage of the safety valves.

Cooking with the correct temperature and pressure:

It is recommended to start cooking at a medium temperature so that the Speedcooker® can reach the correct temperature level as rapidly as possible. Also bring the food inside the unit to the boil before the Speedcooker® is sealed. This will ensure that the desired cooking level on the cooking indicator is reached as soon as possible. As the Speedcooker® heats up, three coloured rings will progressively appear on the cooking indicator; a green ring, a yellow ring and a red ring. These rings indicate the optimum cooking pressure for different types of food:



The cooking indicator is heat and pressure sensitive, so the more heat one applies, the greater the pressure inside the Speedcooker® and the higher the indicator will rise. As soon as the correct level on the indicator has been reached, turn the heat down slightly to maintain that level. The cooking time is measured from this point.

Opening the Speedcooker® after cooking:

Once the required cooking time is up, remove the Speedcooker® from the heat source and allow the cooking indicator to drop completely. If you are concerned about over cooking the food, you can release the pressure by pressing the red button down very gently and slowly allow the steam to escape through the safety valve while the cooking indicator gradually drops. **Only when there is no more pressure remaining inside the Speedcooker® (when the cooking indicator has completely dropped and no more steam escapes from the valve), should one attempt to open the Speedcooker® according to the instructions given previously.** The lid should be opened immediately after the pressure has been released. Do not allow the Speedcooker® to stand before opening the lid as pressure will continue to build up while the unit is still hot.

Cleaning the Speedcooker®:

After each use, clean the Speedcooker® with dish washing liquid or Classic Cleaner. **Never put the Speedcooker® lid in the dishwasher.** If food has bubbled up and touched the inside of the lid, remove and immediately run hot water over the cooking indicator valve, both inside and outside. To clean the indicator valve refer to point 16 on pg 06. Remove and wash the rubber sealing ring and clean the lid thoroughly. Dry the Speedcooker® with a clean dish towel.

How to store the Speedcooker®:

It is best to store the Speedcooker® without sealing it. Place the lid with the rubber sealing ring up, so that it can dry completely. To prolong the life of the rubber sealing ring, it is advisable to wipe it with a little oil every so often. **If the ring becomes brittle or perishes, the Speedcooker® will not seal properly and could be unsafe to use.** A new sealing ring is available at an AMC Cookware Consultant Centre or on our website.

COOKING GUIDE

Cooking times and pressure guide for Speedcooker®

Cooking times are effective after the cooking indicator has reached the desired level, indicated by the colour rings.

GREEN RING: VEGETABLES

0.6 BAR
WATER MINUTES

| | | |
|--------------------------|--------|---------|
| Artichoke | 300 ml | 6 - 10 |
| Asparagus | 300 ml | 2 |
| Beetroot (small) | 300 ml | 10 - 12 |
| Beetroot (large) | 300 ml | 15 - 20 |
| Beans, runner (sliced) | 300 ml | 2 - 3 |
| Beans, french (cut) | 300 ml | 2 - 4 |
| Beans, broad | 300 ml | 2 - 4 |
| Broccoli, florets | 300 ml | 2 - 3 |
| Brussels sprouts | 300 ml | 3 - 4 |
| Cabbage (quartered) | 300 ml | 3 - 4 |
| Cabbage (shredded) | 300 ml | 1 |
| Carrots, medium (whole) | 300 ml | 5 |
| Carrots (diced) | 300 ml | 3 |
| Cauliflower (whole) | 300 ml | 5 - 7 |
| Cauliflower, florets | 300 ml | 3 |
| Green peas | 300 ml | 1 - 2 |
| Leeks, medium (whole) | 300 ml | 2 - 3 |
| Mealies (whole) | 300 ml | 3 - 5 |
| Marrow, medium (whole) | 300 ml | 3 |
| Onions, medium (whole) | 300 ml | 3 - 4 |
| Potatoes, large (whole) | 300 ml | 8 - 12 |
| Potatoes, medium (whole) | 300 ml | 5 - 7 |
| Potatoes, 2 cm pieces | 300 ml | 5 - 7 |
| Potatoes, baby | 300 ml | 5 - 7 |
| Turnips (quartered) | 300 ml | 5 - 7 |

CEREAL & PASTA WATER MINUTES

| | | |
|-------------|-----------------|-------|
| Fettucine | Fill to | 3 - 4 |
| Fusilli | cover plus 1 | 3 - 4 |
| Macaroni | litre of water, | 4 - 5 |
| Ravioli | ensuring the | 4 - 5 |
| Rice | Speedcooker® | 10 |
| Spaghetti | is no more | 3 - 4 |
| Tagliatelli | than half full. | 3 - 4 |
| Vermicelli | | 2 - 3 |

FRUIT WATER MINUTES

| | | |
|----------|--------|-----------------------|
| Apples | 300 ml | Bring up to pressure, |
| Apricots | 300 ml | remove from heat |
| Guavas | 300 ml | and allow the |
| Peaches | 300 ml | indicator to drop for |
| Pears | 300 ml | 10 minutes. |
| Plums | 300 ml | |
| Quinces | 300 ml | |

DRIED FRUIT WATER MINUTES

| | | |
|----------|--------|---------|
| Apples | 400 ml | 1 |
| Apricots | 400 ml | 3 - 5 |
| Figs | 400 ml | 10 - 12 |
| Peaches | 400 ml | 3 - 5 |
| Pears | 400 ml | 3 - 5 |
| Prunes | 400 ml | 3 - 5 |

YELLOW RING: POULTRY & FISH WATER MINUTES

| | | |
|-------------------------------|--------|---------|
| Whole chicken (750 g - 1 kg) | 300 ml | 12 |
| Whole chicken (1,4 kg - 2 kg) | 300 ml | 15 - 18 |
| Chicken pieces | 300 ml | 10 - 12 |
| Chicken casserole | 300 ml | 10 - 12 |
| Fish fillets | 300 ml | 7 |

RED RING: MEATS WATER MINUTES

| | | |
|-----------------------|--------|---------|
| Beef strips | 400 ml | 10 - 15 |
| Beef stew (on bone) | 400 ml | 18 - 25 |
| Lamb / Mutton (500 g) | 400 ml | 15 - 20 |
| Pork/Veal (500 g) | 400 ml | 8 - 10 |

LEGUMES WATER MINUTES

| | | |
|---------------|-----------------|---------|
| Haricot beans | Fill to cover, | 25 |
| Kidney beans | ensuring the | 30 |
| Chickpeas | Speedcooker® | 30 |
| Lentils | is no more | 10 - 12 |
| Split peas | than half full. | 12 - 15 |
| Soya beans | | 25 - 30 |

NOTE: Pressure is measured in bars.

IMPORTANT SAFETY PRECAUTIONS AND TIPS

1. Make sure that the lid fits properly, with the lid handle directly above the bottom handle. If not properly closed, the Speedcooker® will not build up steam and pressure.
2. **Never** try to open the Speedcooker® by force, especially when it is still hot. Wait until it cools sufficiently, and the cooking indicator has dropped completely before attempting to open it.
3. **Never** pour water over the hot sealed Speedcooker® – this is dangerous.
4. If steam escapes the rubber sealing ring is poorly positioned, dirty or damaged. In each case you must clean and reposition the rubber sealing ring once cooled down, or it may need to be replaced.
5. **Do not** store the Speedcooker® with the lid on. Limited ventilation will cause musty smells and the rubber sealing ring may become over compressed and unable to perform its function.
6. **For best results, it is recommended to change the rubber sealing ring once a year.** You can purchase new rubber sealing rings at any AMC Cookware branch nationwide, or from our website.
7. **Never** fill your Speedcooker® more than two-thirds of its capacity.
8. Do not fill the Speedcooker® more than half of its capacity when preparing foods that tend to foam a lot i.e. dried fruit, pasta, beans, pulses etc.
9. The **minimum** amount of liquid necessary for the Speedcooker® to maintain an adequate pressure is 250 ml (1 cup).
10. Always test that the cooking indicator is functioning properly before use. To do so, press the red valve shaft (red pin on the inside of the lid) two or three times with your fingertip. It should spring back with ease.
11. If too much steam escapes from the valve during cooking or escapes in a violent burst, reduce the heat. If too much steam still continues to escape, check to see if there is too much liquid in the Speedcooker® or the condition of the rubber sealing ring.
12. If the cooking indicator does not rise accordingly, turn the heat up. If the indicator still does not rise, remove the unit from the heat source and allow to cool before removing the lid. Check that the cooking indicator valve on the inside of the lid is clean, and check the condition of the rubber sealing ring. If no food is stuck in the valve, you may have too little liquid in the Speedcooker® (250 ml is necessary to provide the adequate pressure).
13. It is important to remember that different heat sources and stoves will give you different reactions. After the first few uses, you will get to know how the Speedcooker® reacts to your heat source i.e. solid plate stove, spiral plate, glass top, gas etc.
14. Never let the gas flames pass the diameter of the base of the Speedcooker®. If using an electric stove, the plate should be smaller than the base diameter of the Speedcooker®.
15. Too high a temperature will cause the pressure inside the unit to become too much. This will result in steam escaping from the unit, spillage, and you could burn your food.
16. Food particles and frothy foods can cause a build-up in the Cooking Indicator Valve. The residue may become hard and sticky after a while and may interfere with the operation of the Speedcooker® and ElectroSpeed®. It is important to **clean the cooking indicator valve** on a regular basis, or at least once a month depending on the type of cooking and frequency of use. To do this, unscrew the brass cap on the inside of the lid and remove the red pin. Allow hot water to run over the opening by keeping the lid in an upside down position, to remove the clogged particles. Use a drop of dishwashing liquid and a small brush to ensure any sticky residue inside the valve and the red pin is properly cleaned, and to ensure that movement is not impeded. Place the red pin back in the opening after cleaning, and ensure that the O-ring (small red rubber ring) is in its original position before the brass cap is screwed on again.

By following these steps you will be guaranteed proper functioning of your Speedcooker® and ElectroSpeed®.

AMC Cookware's 8 litre Electrospeed® was specifically designed for convenience. It's transportable, practical and easy to use – all you need is access to a power point.

ELECTROSPEED®

PRODUCT INFORMATION

Product Code
A2481

Capacity
8 litres

Diameter
24 cm

Height
18 cm

Use
Electric



**COOKWARE
FOR LIFE**

ADDITIONAL FEATURES OF THE ELECTROSPEED®

Element: The heating element is encapsulated and fixed to the world patented AMC Cookware Akkutherm molecular base.

Probe: This scientifically designed probe, with its pivoting dial, can be set at different temperatures for the different foods being prepared in the Electrospeed®.

Socket: This is where the probe is plugged into the Electrospeed®.

Feet: These 5 evenly spaced Bakelite feet ensure that the unit stands perfectly level.

OPERATING INSTRUCTIONS OF THE ELECTROSPEED®

Care and cleaning:

Before using the Electrospeed® for the first time, wash the unit in hot soapy water, using a soft cloth or a non-scratch sponge. The unit should not be immersed in water. If the prongs and socket area come into contact with water, ensure that it is dried thoroughly before using again. The probe must never be immersed in water.

Clean the Electrospeed® and lid after each use in hot soapy water and dry immediately to maintain the shiny appearance of the unit. Classic Cleaner is ideal for cleaning purposes. The inside and outside of the unit can be washed with a non-scratch sponge or cloth. Never place the Electrospeed® unit or lid in the dishwasher.

08

ELECTROSPEED®



When inserting the probe in the socket, ensure the probe is set on *Off*.

THE AMC ELECTRIC PROBE

The AMC Electric Probe has two lights, a red light to indicate that the probe is switched on and a green light indicating the temperature.

Inserting the Probe

Insert the probe into the socket on the side of the unit. Ensure the dial is set on the *Off* position. Insert the plug into the electric wall outlet and switch on. The red light on the probe will glow to indicate that there is a supply of electricity, but the Electrospeed® will not heat up.

Setting the Probe

Turn the dial to the required setting (from Simmer to 10), depending on the food being prepared. The green light on the probe will glow, to indicate that the unit is heating up. The probe then controls the temperature to ensure that the unit maintains the desired heat until the temperature setting is changed manually. When you turn the probe to a lower setting, the unit will start cooling down automatically until the new desired temperature is reached.



A glowing green light indicates that the Electrospeed® is heating up

Cooking on the *Simmer* setting

When cooking on the *Simmer* setting, it is important to note that the probe controls the temperature by going through a continuous cycle of switching on and off. Do not increase the temperature if it appears that the food is no longer cooking. The probe will control the temperature. Should you increase the temperature, the unit may become too hot and cause the food to burn.

Removing the Probe

When the cooking process is complete, turn the probe to the *Off* position and remove the plug from the electrical wall outlet. Remove the probe from the socket. Store probe in a dry place.

OPENING AND CLOSING THE UNIT

(See page 3)

SAFETY PRECAUTIONS AND COOKING INSTRUCTIONS

(See pages 4 to 6)

1. Read all the instructions carefully before using the Electrospeed® for the first time.
2. Always attach the probe to the appliance before plugging the cord into the wall outlet. When the probe is not in use, disconnect it.
3. Place the Electrospeed® on a level surface.
4. This appliance must only be used with the probe provided.
5. Do not place this unit on a hot electrical plate, near a gas flame or in a heated oven.
6. Do not let the electrical cord touch hot surfaces or hang over the edge of a counter or table.
7. Always unplug the Electrospeed® before cleaning it.
8. Do not immerse the probe, cord or plug in water or any liquid.
9. Do not use the Electrospeed® for any other purpose than its intended use.
10. Close supervision is needed when the unit is near children.
11. When using the Electrospeed® for the first time, you will notice slight smoking from the socket area. Ignore this – it is a protective oil used in the manufacturing process, which will burn off after the first use.
12. The “crackling” noise heard when using the unit is due to metal expansion. This is normal and of no concern.
13. Do not use the appliance if it has malfunctioned or has been damaged in any way, or if the probe and cord are damaged. Take it into your nearest AMC Cookware Consultant Centre for inspection, repair or adjustment.
14. Remember that the Electrospeed® has a thick Akkutherm molecular base, which retains heat for a long period of time after the heat supply has been reduced or turned off. Once the base is hot, it will maintain its heat for a long period of time.
15. It is important to clean the cooking indicator valve on a regular basis. Refer to point 16 on page 6.

RECIPES FOR THE 8 LITRE SPEEDCOOKER® AND ELECTROSPEED®

Remember never to fill your Speedcooker® more than half its capacity for foods that foam, or two-thirds full for other foods.

Rather make a thicker soup and add water, stock or cream after cooking. To make an even richer, tastier soup, you can add bones (either chicken or meat) to the ingredients before sealing the unit.

Always try to add hot liquids to the unit, otherwise it will take a long time for the pressure to build up, and the cooking indicator to rise.

Brown meat well before cooking under pressure, otherwise it could look dull in colour.

Vegetables and meat can be cooked at the same time in the Speedcooker®. Meat cooks longer, so start by cooking the meat and near the end of the cooking time remove from heat, allow indicator to drop and open Speedcooker®. Add vegetables, and cook for the required time as indicated on the cooking chart.

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BARLEY SOUP WITH SAUSAGES & SOUR CREAM

Serves 8

A wholesome and delicious soup that fills your tummy and warms your heart during colder months.

5 pork sausages or sausage of your choice | 2 onions, chopped | 2 cloves of garlic, crushed | 2 - 3 celery stalks, sliced | 4 carrots, coarsely grated | 4 baby marrows, coarsely grated | 1 large potato, peeled and coarsely grated | 2 litres chicken or vegetable stock | 2 bay leaves | 30 - 40 ml dried mixed herbs or organum | 150 - 200 ml pearl barley | 1 tin (410 g) chopped tomatoes | 10 ml sugar | ½ cup (125 ml) sour cream | salt & freshly ground black pepper | fresh organum leaves for garnish

Place sausages in an AMC 8 litre Speedcooker®, cover with a normal 24 cm lid and heat over a medium temperature until the Visiotherm® reaches the first red area. Remove the lid, turn sausages over and cook until golden brown and almost cooked through. Spoon out and set aside. **Sauté** onion, garlic and celery in the same unit until transparent. Add carrots, baby marrows and potato and sauté further. Add stock, bay leaves, dried herbs, barley, tomatoes and sugar, mix well and bring to a simmer.

Seal with the Speedcooker® lid and heat until the red ring on the indicator shows. Reduce temperature slightly to maintain indicator at this level and cook for 15 minutes. **Remove** from heat and allow indicator to drop completely before opening the Speedcooker®. **Thinly slice** the sausages and add with the sour cream to the soup. Simmer for 5 minutes, season to taste and garnish with fresh organum before serving.

VARIATION:

Vegetarian option: Omit the sausages and instead sprinkle finely grated pecorino or Cheddar cheese over the warm soup. These ingredients prevent beans from softening.

THICK PEA SOUP

Serves 6 - 8

1 large onion, finely chopped | 1 clove of garlic, crushed | 4 celery stalks with leaves, finely chopped | 2 carrots, coarsely grated | 1 large potato, peeled and coarsely grated | 1 large turnip, peeled and coarsely grated | 750 g - 1 kg smoked pork knuckles or beef shin on bone (or any other soup meat on bone) | 250 g (300 ml) dried green split peas, well rinsed | 1,5 litres vegetable or chicken stock | 20 ml dried mixed herbs | 2 bay leaves | lemon juice, salt and freshly ground black pepper to taste

Heat AMC 8 litre Speedcooker® or Electrospeed®, with a normal AMC 24 cm lid on, over medium temperature (probe on 6) until Visiotherm® reaches first red area. **Sauté** onion, garlic and celery until transparent. **Add** carrots, potato and turnip and sauté for another 2 - 3 minutes. **Add** rest of ingredients, except lemon juice, salt and pepper and bring to the boil. **Seal** with Speedcooker® lid and heat until the red ring on the indicator shows. Reduce temperature slightly to maintain indicator at this level (probe on 4 - 5). **Cook** soup for 15 - 20 minutes. Turn heat off and allow indicator to drop completely. Release any excess steam before the lid is opened, by pressing down the red safety valve. **Spoon** meat from soup and remove bone and any excess fat and skin. Cube meat and add to soup. Season to taste and serve with bread.

VARIATION:

Bean soup in Speedcooker: Use 250 g (310 ml) dried beans (for example, speckled sugar beans) instead of the peas. Use beef shin on bone instead of pork or half the quantity of each. The beans need no soaking and will cook for 50 - 60 minutes in the Speedcooker. Allow indicator to drop completely before opening the lid. Once cooked, remove meat and cube. Blend half of the bean mixture in a food processor. Add to rest of soup with meat and 2 ripe tomatoes, skinned, seeded and chopped. Stir in 15 ml tomato paste and simmer with normal lid on for 10 minutes. Season to taste and garnish with chopped parsley. Don't add tomatoes, lemon juice or salt to beans before they are cooked. These ingredients prevent beans from softening.



QUICK CHICKEN CURRY WITH PINEAPPLE

Serves 8

This is an easy curry to prepare for a cold winter's day.

10 - 12 chicken thighs | 1 large onion, chopped | 2 cloves of garlic, crushed | 1 green pepper, seeded and chopped | 25 ml curry powder | 15 ml garam masala or another 5 ml curry powder | 1 - 2 small red chillies, seeded and chopped (optional) | 30 ml cake flour | 250 ml chicken stock | 1 small pineapple, peeled and diced | 50 ml Bulgarian yoghurt, sour cream or coconut milk | salt and freshly ground black pepper to taste | 30 - 45 ml fresh, chopped coriander

Heat an AMC 8 litre Speedcooker® or Electrospeed®, with a normal AMC 24 cm lid on, over a medium temperature (probe on 6) until Visiotherm® reaches first red area. **Fry** chicken, skin side first, until golden brown. Turn and fry other side until golden brown.

Remove chicken from unit and then sauté onion, garlic and pepper until tender. **Add** spices, sauté for another 5 minutes, and add flour. Stir well to make sure that all the flour is absorbed. Stir in stock and bring to the boil. Place chicken portions in sauce.

Seal with Speedcooker® lid and heat until the yellow ring on the indicator shows. Reduce temperature slightly to maintain indicator at that level (probe on 4 - 5). Cook for 12 minutes. **Turn** heat off and allow indicator to drop completely. Release any excess steam before opening lid, by pressing down the red safety valve. **Add** pineapple and simmer with normal lid on over a low temperature, for 15 minutes. Stir in Bulgarian yoghurt, sour cream or coconut milk, and heat through. **Season** to taste and sprinkle with coriander. Serve with basmati or white rice.

VARIATIONS:

- Add 10 ml fresh, grated ginger.
- Omit pineapple for an ordinary chicken curry.

SAMP & BEANS WITH MEAT

Serves 6 – 8

Samp and beans cooked with vegetables and stewing meat is an economical one-dish meal.

500 g stewing lamb | 1 large onion, chopped | 2 cloves of garlic, crushed | 2 – 3 baby marrows, halved and thinly sliced | 3 carrots, coarsely grated | 1 celery stalk with leaves, sliced | 270 g (350 ml) samp | 200 g (250 ml) speckled sugar beans | 1 litre chicken stock | 2 tins (400 g each) whole peeled tomatoes, chopped | 15 ml dried mixed herbs | salt and freshly ground black pepper to taste | 20 ml fresh, chopped parsley

Heat AMC 8 litre Speedcooker® or Electrospeed®, with normal AMC 24 cm lid on, over medium temperature (probe on 6) until Visiotherm® reaches first red area. **Add** meat to unit and allow fat to fry out before turning. Brown on all sides and spoon out. Set aside. **Sauté** all the vegetables until tender, and add samp and beans. Stir and then add stock, with meat, to mixture. **Seal** unit with Speedcooker® lid and allow indicator to reach red level. Lower temperature slightly to maintain indicator at this level (probe on 4 - 5). Cook for 1 hour. **Remove** from the heat. Allow indicator to drop completely and release excess steam by pressing red safety valve. **Add** tomatoes and seasoning. Simmer without lid over low-medium temperature for 15 minutes. Serve with bread.

VARIATIONS:

- Add 2 - 3 spinach leaves, cut into strips, with tomatoes.
- For a vegetarian dish, substitute meat with 1 tin (400 g) kidney beans and add with tomatoes to dish.
- Prepare samp and beans without meat and serve as a side dish. Add spinach if preferred.



TOMATO BREDIE

Serves 6 - 8

Bredies, a type of stew, are very popular in South Africa and part of the traditional repertoire.

1 kg mutton thick rib, cut into pieces or neck or shank slices (or other stewing meat on the bone) | 2 medium onions, chopped | 2 cloves of garlic, crushed | 10 ml fresh, grated or 2,5 ml ground ginger | 3 - 4 cardamom pods, crushed (optional) | 15 ml each ground coriander, dried thyme and origanum | 1 small red chilli, seeded and chopped (optional) | 45 ml cake flour | 1 kg very ripe tomatoes, skinned and chopped | 15 ml tomato paste | 10 ml sugar | 3 medium potatoes, peeled and diced | lemon juice, salt and freshly ground black pepper to taste

Heat AMC 8 litre Speedcooker® or Electrospeed®, with normal AMC 24 cm lid on, over a medium temperature (probe on 6) until Visiotherm® reaches first red area. **Brown** a few pieces of meat, remove with a slotted spoon, set aside and repeat with rest in small batches. Don't brown too many pieces at a time - the meat will draw water. **Sauté** onions in remaining fat and add garlic, ginger, spices, herbs and chilli. Sauté and then add flour. Stir well. **Add** tomatoes, tomato paste and sugar. Bring to the boil over medium temperature. **Add** meat, stir well and seal with Speedcooker® lid. Allow indicator to reach red level. Lower temperature slightly to maintain indicator at this level (probe on 4 -5). Cook for 25 minutes. **Remove** the unit from the heat. Allow indicator to drop completely and release excess steam by pressing red safety valve. **Add** potatoes, seal with Speedcooker® lid again and allow indicator to reach green level. Lower temperature to maintain this level and cook for 15 - 20 minutes. **Then** remove the unit from the heat, allowing indicator to drop completely before opening the lid. Check that meat and potatoes are tender. **Season** to taste and serve with brown or white rice, pearled wheat rice, samp or couscous.

CHICKEN SOUP

Serves 8 - 10

8 - 10 chicken thighs or a 1 - 1,5 kg whole chicken, without giblets | 1 large onion, finely chopped | 1 clove of garlic, crushed | 4 medium carrots, coarsely grated | 4 medium potatoes, peeled and finely diced | 15 ml red wine vinegar or balsamic vinegar | 20 ml dried oregano | 1 bouquet garni (see tip) | 1,75 litres chicken or vegetable stock | 15 ml soy sauce | 100 g (125 ml) uncooked pasta rice or white rice | 15 ml fresh, chopped or 7,5 ml dried rosemary | 3 - 4 baby marrow, coarsely grated | 15 ml French or wholegrain mustard | lemon juice, salt and freshly ground black pepper to taste

Heat AMC 8 litre Speedcooker® or Electrospeed®, with a normal AMC 24 cm lid on, over medium temperature (probe on 6) until Visiotherm® reaches first red area. **Brown** chicken on all sides. Remove from unit. **Sauté** onion and garlic in remaining fat and add the carrots and potatoes. Sauté further and then add vinegar to loosen bits from base of unit. Add oregano, bouquet garni and chicken pieces. Pour stock and soy sauce over ingredients and bring to the boil. **Cover** with Speedcooker® lid and heat over medium temperature until yellow ring on indicator shows. Reduce temperature to keep indicator at yellow level and cook chicken pieces for 15-20 minutes. (A whole chicken will cook for 5 minutes longer.)

Remove unit from heat and set aside until indicator has dropped completely. Release excess steam before opening, by pressing down red safety valve. **Spoon** chicken from liquid and remove bouquet garni. Mash vegetables lightly. Add rice to soup and allow to boil for 15-20 minutes, stirring occasionally. Remove bones, excess fat and skin from meat, and cut into small pieces. **Add** meat to soup with rosemary, baby marrows and mustard. Boil for 5-10 minutes to heat through. Season to taste with lemon juice, salt and pepper, garnish with fresh rosemary and serve with fresh bread rolls or rye bread.

TIP:

Bouquet garni: A combination of fresh herbs used for cooking. Normally 2-3 sprigs each of fresh parsley and thyme, a bay leaf and a piece of celery, wrapped in a muslin cloth or leek leaf. Dried bouquet garni can also be bought in supermarkets.



STEAMED TOFFEE & ALMOND PUDDING

Serves 6 - 8

125 g (125 ml) butter | 80 g (100 ml) soft brown sugar | 40 ml golden syrup | 200 ml milk | 1 extra large egg | 5 ml vanilla essence | 280 g (500 ml) cake flour | 10 ml baking powder | 100 g almonds, coarsely chopped

TOFFEE SAUCE

120 g (150 ml) soft brown sugar | 125 ml cream or milk | 50 g (50 ml) butter

Line base of AMC 20 cm Dome or 2 litre glass bowl with baking paper and lightly grease sides. Cut two pieces of greaseproof paper (40 x 40 cm) and a piece of foil that size. **Place** butter, sugar and syrup in AMC 20 cm Gourmet Low and heat over a low temperature. Stir until sugar has dissolved and do not allow to boil. Remove from heat. **Beat** milk, egg and vanilla, and stir into butter mixture. **Pour** 500 -750 ml water into AMC 8 litre Speedcooker®. Place an inverted AMC Grater on the base of unit, cover with a normal AMC 24 cm lid and bring to the boil over medium heat. **Sieve** dry ingredients together in a Dome and stir butter mixture into flour until just blended. Stir in nuts. **Spoon** batter into prepared Dome or bowl. Place foil, shiny side down, on top of 2 layers of greaseproof paper. Make a fold of 2,5 cm in all three layers, and place over dessert with paper towards batter. **Tie** a piece of string securely around Dome or bowl to prevent water from running into dessert. Tie an extra piece of string on both sides, to be able to lift dessert from unit. **Place** dessert in boiling water and seal with the Speedcooker® lid. Allow indicator to reach green level, reduce heat to maintain this level and simmer for 40-50 minutes. Remove unit from heat.

Sauce:

Place ingredients in AMC 16 cm Gourmet Low and heat over low temperature, stirring to dissolve sugar. Boil for 2-3 minutes, remove from heat and keep warm. **Allow** indicator to drop completely and release excess steam by pressing down red safety valve. Open unit. **Lift** dessert from unit, open and turn out onto a large plate. Serve immediately, with sauce.

OXTAIL

Serves 4 - 6

100 - 125 ml cake flour, seasoned with salt and pepper | 2 oxtails, cut through at joints (about 1,5 kg in total) | 2 medium onions, peeled and coarsely chopped | 3 cloves of garlic, crushed | 2 celery stalks, cut into thick pieces | 4 medium carrots, cut into thick pieces | 15 ml dried mixed herbs | 25 ml dried thyme | 2 bay leaves | 4 whole cloves | 400 ml red wine or red grape juice | 200 ml beef stock | 3 - 4 thin strips of naartjie peel | 1 tin (400 g) whole peeled tomatoes, chopped | 10 ml sugar | salt and freshly ground black pepper to taste

Heat AMC 8 litre Speedcooker® or Electrospeed®, with a normal AMC 24 cm lid on, over medium temperature (probe on 6) until Visiotherm® reaches first red area. **Place** flour in a plastic bag and put in half of meat. Shake bag to cover meat with flour and shake off excess. Brown half of oxtail and remove. Repeat procedure with rest of meat, and set aside. Reserve flour in bag. **Add** onions, garlic, celery and carrots to unit and sauté. Add herbs, bay leaves and cloves, and sauté for 3-5 minutes. **Stir** in reserved flour, add rest of ingredients and bring to the boil. **Add** meat and put Speedcooker® lid on. Allow indicator to reach red level. Reduce heat to keep indicator at red level (probe on 4 - 5) and cook for 45-50 minutes. **Remove** unit from heat. Allow indicator to drop completely and then release excess steam by pressing down red safety valve before opening. Thicken further with cornflour if preferred. **Season** and sprinkle with extra thyme. Serve with pap, rice or samp.

TIPS:

- Substitute oxtail with ostrich neck. Use 15-30 ml oil to brown meat. Add 250 g bacon, fried and chopped, for extra flavour.
- When naartjies are not in season orange peel may be used, but first remove the white pith so that it does not give the dish a bitter taste.

LIFETIME GUARANTEE

The AMC Cookware Speedcooker® and Electrospeed® is covered by the famous AMC Cookware Lifetime Guarantee. The safety valve, cooking indicator, element, probe, handles and feet have a two year guarantee and the rubber sealing ring a one year guarantee. It is a condition of our guarantee that you read and follow the instructions in this booklet. Not only will this ensure satisfying cooking results, but it will also make your guarantee effective. Improper use of the cookware can result in injury.

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