OWNER'S MANUAL

MODEL Nos. EW-50, EW-70, EW-7

Temperature Controlled

Electric Wok

& Recipe Guide

salton®

MAXIM

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knob.
3. To protect against electrical hazards, do not immerse cord, plug, or heat control in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to Salton/MAXIM Housewares, Inc. for examination, repair or adjustment. See Warranty.
7. The use of accessory attachments not recommended by Salton/MAXIM may cause hazards.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Extension cords may be used if care is exercised in their use. If an extension cord is used: (a) The electrical rating of the extension cord should be at least that of the appliance. (b) The longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over.
11. Do not place near a hot gas or electric burner, or in a heated oven.
12. Extreme caution must be used when moving a wok containing hot oil or other hot liquids.
13. Prior to connecting or disconnecting plug from wall outlet turn control to **"OFF"**. To disconnect hold the plug and not the cord. Attach to the appliance first, and then plug cord into wall outlet. To disconnect remove plug from wall outlet first and then remove from the appliance.
14. Do not use appliance for other than intended household use.

SAVE THESE INSTRUCTIONS

Short Cord Instructions

A short power-supply cord (or detachable power-supply cord) is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

Polarized Plug

This appliance has a **polarized plug** (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

Introduction

Congratulations on owning your Electric Wok.

Chinese cooking can be traced back 4,000 years, yet it continues to be in tune with today's American lifestyle. The marvels of modern technology incorporated in the Electric Wok will allow you to prepare a large variety of Chinese recipes quickly and easily.

In the past, Chinese families cooked on small wood burning stoves which produced a high intense flame that could be maintained for rapid, continuous cooking. The Electric Wok provides the intense heat and a large cooking surface that traditional wok cooking demands.

The wok's temperature is thermostatically controlled and adjustable from "Warm" to 400°F(200C). Fast heat recovery, so necessary for good wok cooking, is achieved with its 1600 watts of power. The interior surface is coated with a unique non-stick coating that is "friendly to oil." It allows oil to form a patina on the surface enabling the food to be properly cooked without sticking. This same coating is featured on the outside too, making clean-up easy.

All the traditional oriental recipes are easily prepared in this wok, but don't stop there. The Wok is so versatile that it can be used to prepare many favorite American and ethnic recipes. The wok can be brought to the table for keeping food at serving temperature. Keep the Wok handy...it's a great addition to your kitchen.

Before Using For The First Time

Your new Electric Wok is coated inside and out with a specially formulated non-stick coating that is "friendly to oil." This means that cooking oil spreads evenly over the interior surface of your Electric Wok for perfect stir frying. Other non-stick coatings cause oil to puddle which is undesirable for wok cooking.

The interior of your Electric Wok may stain over time. Please be aware that this does not affect the non-stick characteristic of the coating or the cooking performance of the product.

Remove the temperature control and set aside. The Wok is completely immersible. Wash wok, cover and accessories with warm, sudsy water and rinse. Dry thoroughly before inserting the temperature control. No preconditioning of the cooking surface is required.

Operation

1. The sturdy, stay-cool metal base allows the wok to be used for cooking on the kitchen counter and to be brought to the table for keeping food at serving temperature.
2. Organize and prepare all foods to be cooked.
3. Seasoning or conditioning the wok surface before using is not required.
4. Set knob on temperature control to **"OFF"**. Insert control securely into wok socket. Plug cord into 120 volt AC outlet. ***Always insert control into wok first, then insert plug into wall outlet.***
5. If recipe calls for preheating, set control knob to desired temperature. When light on heat control goes out, the selected temperature has been reached. During cooking, the light will cycle on and off indicating that the wok is maintaining the selected temperature.
6. When cooking and serving is completed, turn temperature control knob to **"OFF"**. Disconnect wall plug. Leave temperature control connected to wok until cool.
7. **The wok must be used with the temperature control provided. *Do not use any other probe control or connector.***

Temperature Control

The temperature control probe is the nerve center and brain of the wok. Treat it carefully. Dropping or banging it could change its calibration and make the temperature settings inaccurate.

Select the temperature as called for in the recipe. Allow wok to cool before removing control from wok. Do not immerse in water. Wipe clean with damp cloth and dry.

If the temperature control needs to be checked and recalibrated, simply mail the control together with a $10.00 check or money order for handling and shipping to: Customer Service Dept., Salton/MAXIM Housewares, Inc., 550 Business Center Drive, Mt. Prospect, Illinois 60056. Attach your name and address to the control cord. Allow two weeks for service and return.

Cover

The aluminum cover is loose fitting so steam can escape during simmering or steaming. ***For safety, a cover should never be used while preheating or cooking with oil.*** ***(Water droplets on the inside of the cover could fall into the oil, turn to steam causing oil to splash.)***

The inside of the cover may discolor and become steam stained. Remove steam stains by scouring with steel-wool soap pad. After each use, wash cover in hot, sudsy water. Rinse and dry thoroughly.

Cooking Tools

The long wooden utensils designed specifically for the Salton/MAXIM wok are recommended. They will prevent scratching the surface. Do not use sharp-edged metal tools such as forks, knives, beaters, food choppers, etc., as they will scratch the surface.

Minor scratching of the non-stick surface will only affect the appearance of the wok. It will not diminish the wok's non-stick qualities or affect food cooked in the wok.

Steamer Rack
(EW-70 / EW-7 Only)

1. Prepare foods to be steamed according to recipe.
2. Add 2 to 3 cups water to wok. Water level should be about one inch below rack.
3. Place steamer rack in wok and place food on rack.
4. Set temperature control to 250°F(125°C) to keep water boiling. Cover the wok and steam according to the recipe. Add water as required.
5. Wash steamer rack in hot, sudsy water or in dishwasher.

Cleaning

Disconnect plug from wall outlet and allow wok to cool. Remove temperature control probe and set aside. The wok is completely immersible for cleaning. Wash the non-stick surface of the wok (inside and out) thoroughly with hot, soapy water. Cooking oils that are not removed may become a rubbery, varnish-like substance which is difficult to remove. Do not use abrasive cleaners or abrasive pads.

Hang Up and Storage

The opening between the small wooden handle and the wok body can be used to hang the wok. Care should always be taken to prevent the wok from being scratched.

An optional **Wok Storage Bag, Model BG-7** is available. This heavyweight cotton bag protects the wok and lets you hang it up inside a closet, behind a door, anywhere you can screw in a hook. It is large enough for wok, cover and accessories — and has convenient draw strings.

Methods of Chinese Cooking

Before attempting any of the delicious recipes, take a few moments to understand the various methods that can be used in Chinese cooking. Understanding the method will make preparing the recipe that much easier.

Preconditioning *(optional)*

Preconditioning is a step after food preparation and *before* actual cooking. It will help bring out the natural flavors. Blanching is a preconditioning that ***helps shorten the final cooking time.*** It's an extra step that will enhance the final results. Some preconditioning methods are:

Marinating

Food is soaked in a seasoned liquid mixture in to gain extra flavor or to be tenderized.

Oil Blanching

Oil blanching is a form of deep frying at a low temperature and for a short period of time. Oil blanching is used in *advance* of stir-frying and braising. This method separates the food, helps delicate ingredients retain their natural shape, prevents discoloration of certain foods and forms a light crust to seal in flavor.

200°F(100°C). Oil blanch delicate ingredients, such as sole and scallops.

275°–300°F(135°–150°C). Most foods are oil blanched and cook evenly at this temperature.

375°F(190°C). Produces a light crust on food.

Gently lower food into preheated oil. When food changes color, usually one to two minutes, remove and drain. The oil temperature is determined by the type of food used.

Water Blanching

Partially cook vegetables in boiling water or chicken broth for about a minute. Tougher and fibrous vegetables, such as carrots and broccoli, may take few minutes longer.

If preparing vegetables early in the day for later cooking, rinse vegetables under running cold water or plunge them into a bowl of cold water to stop the cooking action.

Preconditioning certain vegetables by water blanching will enable you to stir fry all the vegetables in the same amount of time with perfect results.

Cutting Methods

The Chinese cut all their food with an eye for appearance. A different shape is planned for each ingredient. Cutting food into small pieces will also speed the cooking time. Food should always be cut in bite-size pieces because knives are never used while eating. A sharp knife or a Chinese cleaver make slicing easier.

Straight Slice

A straight slice is used for slicing meals and tender vegetables such as peppers and mushrooms. Knife enters food at right angles to the cutting board. Meat should be sliced against the grain and fish with the grain. Slices should be bite-sized or smaller.

Shredding

Shredding is cutting of meat and vegetables into 1/4 inch slices — stacking them up and slicing again.

Match Stick

Sliced food is cut into long thin strips about 2 inches wide and then chopped into match sticks.

Diagonal Slice

Diagonal slicing is used to reduce fibrous texture food, such as celery and flank steak. The knife enters food on a 45° angle, cutting the food on a slant to increase surface area for cooking.

Chopping

Chopping can be finely or coarsely done. Foods, such as carrots, chicken and onion, are cut into 1/2 to 1 inch pieces.

Dicing

Dicing is used for vegetables such as onions, green peppers and celery. First cut the vegetables into strips and then slice vertically through the strips.

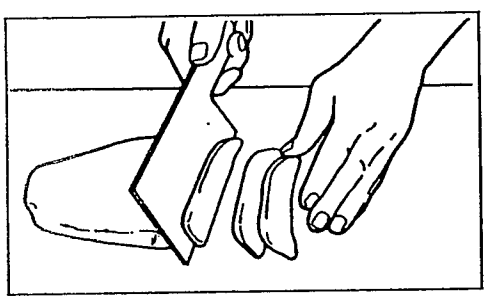
Mincing

Mincing is very fine dicing. The pieces should be about 1/16 inch square. Garlic and fresh ginger are common foods that are frequently minced.

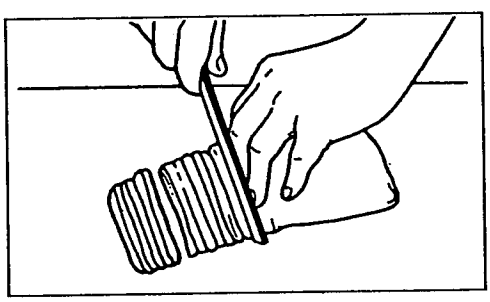
Smashing

This crushes garlic or ginger using the flat side of a cleaver. After being smashed, the clove can be minced.

Slicing



Shredding



Stir Frying

Stir frying is a rapid method of cooking food in a small amount of oil over high heat 375°F(190°C). The ingredients are stirred continuously.

It is important to preheat the wok to the correct temperature before adding oil and food. The hot oil seals in the natural juices in meats and seafood preserving flavor and nutrients. Stir frying produces crisp-tender, brightly colored vegetables.

Using the wooden utensils, constantly stir, lift and toss one food at a time. As items are cooked, they may be stored up into the sides of the wok, or placed in separate dishes prior to combining. Repeat this step until all food has been cooked. The preparation of ingredients and preconditioning should be done ahead of time because stir frying takes only minutes. Foods should be thinly sliced, shredded or diced into small uniform pieces, allowing them to cook quickly and evenly. *A dish prepared in this manner should be cooked just before serving.*

Deep Frying

Deep frying is quickly cooking food completely submerged in hot oil. Oil for deep frying must be at proper temperature. If the oil is not hot enough, the food will absorb the oil and be come soggy and greasy. If oil is too hot, the food will brown too quickly and will not be cooked inside.

Heat a maximum of 3 cups of oil in the electric wok with the temperature control set at 400°F.

When the light on the temperature control goes out, continue to heat the oil an additional 4 minutes. This allows the oil temperature to stabilize. Add food and cook as required. To prevent hot oil from splashing, dry food thoroughly with paper towels. Gently lower food into hot oil using a long handled kitchen utensil such as a slotted spoon, strainer or tongs.

Turn food in hot oil while cooking. Drain food briefly over wok and place on paper towels. To prevent over-crowding, deep fry only only enough food to form a single layer.

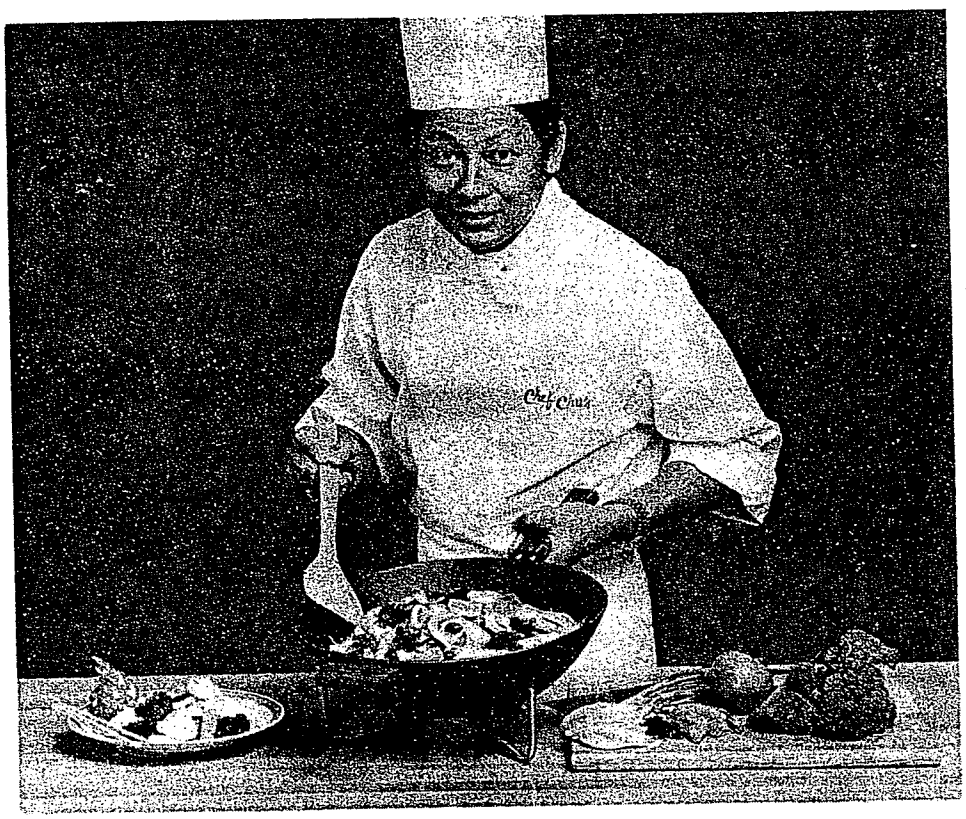
Never cover wok when heating oil or deep frying food.

Re-using Oil

Follow these simple directions to use the oil three or four times: Allow oil to cool, then pour through a strainer lined with several thicknesses of cheese cloth or paper towels into a clean container. Cover and store oil in a cool place. Add a few slices of raw potato to the used oil during the heating period. This will remove most food odors in the oil. Discard potatoes after they have browned. A small amount of fresh oil can be added to the used oil as required. If oil darkens or begins to smoke while heating, discard and use fresh oil.

Deep Fry/Tempura Accessory
(optional EW-70 / EW-7 Only)

An optional **Deep Fry/Tempura Accessory, Model TW-5,** will make deep frying easier and better. It consists of a drain rack, wooden tongs, a wire strainer with a long bamboo handle, a stainless steel skimmer to clean the oil, 5 pairs of chopsticks and a recipe book containing many Chinese deep fry and Japanese tempura recipes.



Chef Chu

Steaming

Steaming is a common method of Chinese cooking. Food is cooked in its own juices by steam over boiling water. Steaming is a healthy way to prepare food. The moist heat retains the food's nutrients, heightens the flavor, preserves the color and minimizes shrinkage.

A steamer rack is provided with the EW-70 / EW-7. Place the steamer rack in the wok. Add water to the wok so that it is one inch below the rack. Place the food to be steamed directly on the rack, or place the food in a heat proof dish and then on the rack. Food must never be in the boiling water. Cover with wok lid. Set temperature control knob to 250°F(125°C) and cook according to recipe. Add hot water to maintain steaming. *Be careful of hot steam when raising cover.*

For the EW-50 a stainless steel folding steamer is recommended.

Red Stewing

Red stewing, or *hung tsau,* is the Chinese way of slow cooking. The meat is browned, then simmered from 1 to 4 hours using lots of soy sauce and other seasonings. This method of cooking will produce a tender piece of meat smothered in a rich brown gravy.

Braising/Simmering

Braised food is sautéed in a small amount of oil and then cooked in a liquid at a low simmering point until the liquid is reduced to a sauce. Tender, flavored and moist are the results when meat, fish or firm vegetables are braised.

Many different meats are prepared in this manner including many western dishes and Japanese *sukiyaki.*

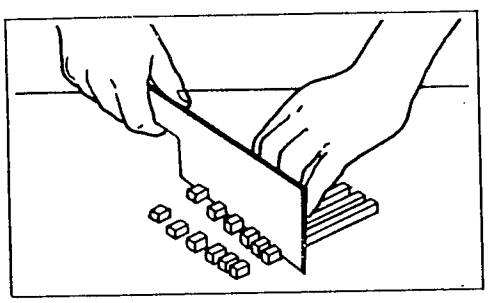
Simmering, called for in many recipes, is *cooking in liquid* just below the boiling point where bubbles form at a slow rate. The temperature setting at which food will simmer in the wok will vary according to the liquid being used and volume of food being prepared. The difference in altitude may also affect the simmer temperature.

Here's how to find the simmer setting: Follow the recipe directions. Boil at 250°F(125°C). Then turn down the temperature control knob until the light just goes out. This is the simmer point. Cover and simmer food for the necessary length of time. During cooking cycle, the light will go on and off, indicating the wok is maintaining the proper temperature for simmering.

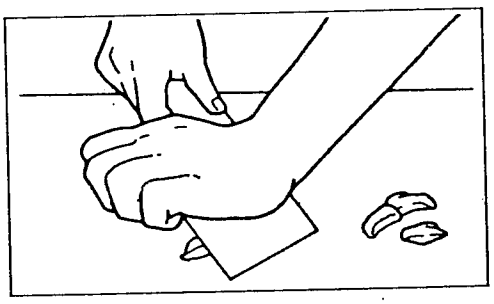
Suggestions for Easier Wok Cooking

1. Read recipe carefully and gather all necessary ingredients before beginning to cook. Advance preparation of food is very important in Chinese cuisine.
2. Slice vegetables into small, uniform pieces or slices.
3. Place meat in freezer for about 1 hour before slicing to make slicing easier.
4. Peanut oil is an excellent choice for both stir frying and deep frying, because it can be heated to a high temperature without smoking. Any good vegetable oil is suitable. Never use shortening, butter, margarine or olive oil.
5. Pour oil into wok using a circular motion so that oil flows down sides. This coats the sides in preparation for stir frying.
6. Cook ingredients in sequence, those with longest cooking time added first. *(See Blanching Section on page 7).*
7. Always mix cornstarch in a small amount of water before adding to wok.
8. ***Never cover wok when heating oil or deep frying.***
9. ***Always dry foods to remove excess water before immersing in deep oil. This will prevent hot oil splashing.***
10. In hard water areas, a film may appear on the wok surface when steaming. To remove, simply add 1 cup vinegar and 1 quart water to wok. Turn temperature control knob to 250°F(125°C) and boil for 5 minutes. Turn control knob to off and let cool. Rinse wok. Repeat if necessary.

Dicing



Smashing



Simple Garnishes

Once you begin Chinese cooking, you will want to make the most of each dish by adding pretty food decorations. Here are a few suggestions.

Celery Tassels

Wash the celery stalks and cut in approximately 2 inch lengths. Cut lengthwise at narrow intervals nearly to the base. Leave celery tassel in a bowl of cold water to curl.

Scallion Brushes

Using scallions cut green stalks in approximately 2 inch lengths. Cut down the lengths at narrow intervals to just half way. Turn and cut from other side. Leave in a bowl of cold water to curl.

Radish Roses

Make 6 to 8 cuts lengthwise through the radish from the head of the stalk. Place in cold water until they open like flowers.

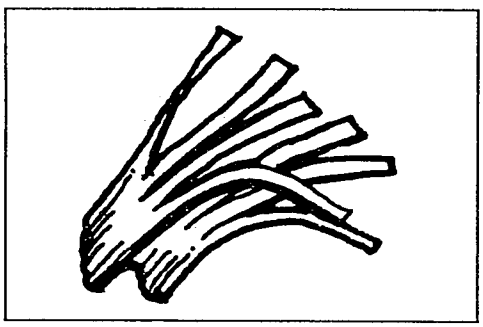
Twists

Oranges, lemons, cucumbers can be easily twisted. Thinly slice fruits or vegetables. Cut each slice through to the center. Then twist the two halves in opposite directions.

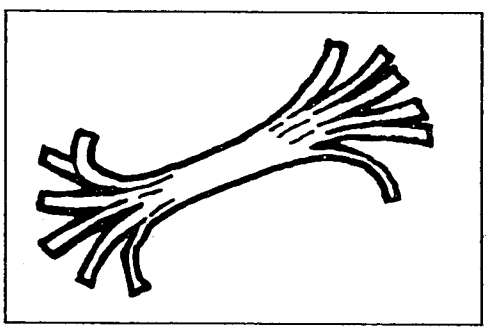
Carrot Curls

Using a potato peeler peel carrots wafer thin. Twist the slices and fasten with a toothpick. Place in a bowl of cold water to curl.

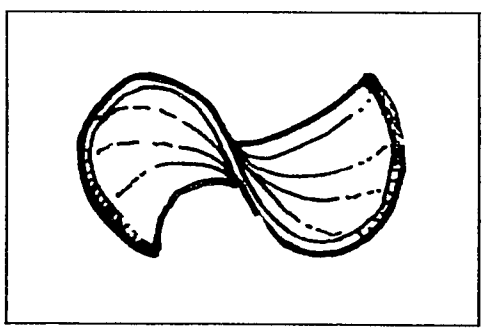
Celery Tassels



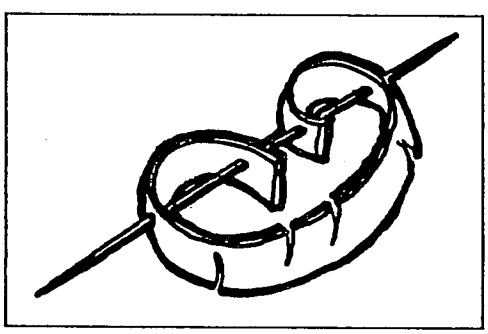
Scallion Brushes



Twists



Carrot Curls



Crunchy Shrimp Balls

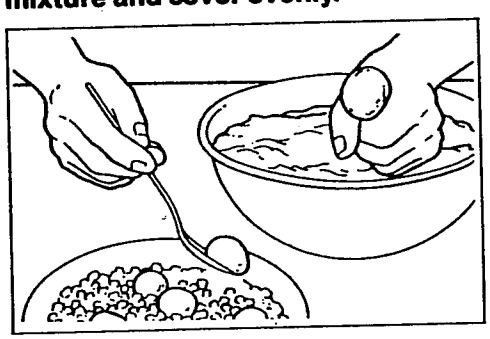
Makes about 20 balls

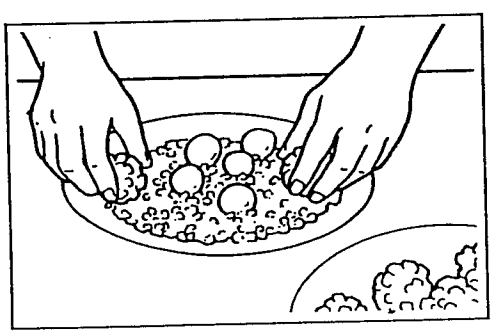
½ lb. fresh shrimp, shelled and deveined
1 strip bacon, coarsely chopped
½ teaspoon salt
1 teaspoon dry sherry
1 teaspoon sesame oil
2 water chestnuts, coarsely chopped
¼ teaspoon fresh ginger, minced
1 egg, slightly beaten
1 teaspoon cornstarch
1 cup flavored croutons, finely chopped
3 cups vegetable oil

Using a food processor or cleaver, finely chop shrimp and bacon into a paste. Combine with remaining ingredients. Shape mixture into 1 inch balls and roll in finely chopped croutons coating balls evenly.

Heat oil in wok at 400°F(200°C). Add a few balls at a time and deep-fry 3 to 4 minutes until golden brown. Remove from oil with a wire strainer or slotted spoon and drain on a paper towel. Repeat with remaining balls. Serve hot with a dipping sauce.

Dip hand in water to prevent sticking. Scoop a handful of mixture into hand and make a fist. Squeeze out 1 inch ball from top of fist. Roll balls in crouton mixture and cover evenly.





Shrimp Toast

Makes 20 pieces

½ lb. medium shrimp, shelled and deveined
5 slices white bread
1 egg, beaten
1 tablespoon Chinese rice wine
4 water chestnuts, coarsely chopped
⅛ teaspoon salt
Pinch of pepper
1 tablespoon cornstarch
2 scallions, minced
3 cups vegetable oil

Using a food processor or cleaver, finely chop shrimp into a paste. Combine with cornstarch, sugar, salt, egg, water chestnuts, pepper and wine, mixing until thoroughly combined. Set aside. Remove crust from bread and cut on the diagonal making triangles.

Heat oil at 400°F(200°C). Spread about 2 teaspoons of filling on each triangular piece of bread. Drop bread, shrimp side down into oil and deep-fry about 1 minute. Gently turn over and continue to fry another minute or until golden brown. Drain and keep warm in the oven until all the shrimp toast is fried.

Spring Rolls (Egg Rolls)

Makes 12 spring rolls or 36 pieces

¼ lb. ground lean pork
4 oz. cooked and peeled shrimp, chopped
2 scallions (white part only), finely chopped
1 celery stalk, finely chopped
1 tablespoon oil
½ lb. bean sprouts
1 tablespoon soy sauce
1 teaspoon salt
Pinch of pepper
1 teaspoon brown sugar
Pinch Chinese five spice powder (optional)
Dash of sesame oil
12 spring roll wrappers
1 egg, beaten
3 cups vegetable oil

Preheat wok at 375°F(190°C). Swirl one tablespoon of oil into wok. Add chopped scallions and stir-fry several seconds. Add pork and shrimp, cook approximately 2 minutes. Stir in vegetables and then seasonings, except sesame oil. Mix well and continue to stir-fry for 2 to 3 minutes more. Add sesame oil and toss gently. Remove from wok and place into colander to drain and cool.

Heat oil in wok at 400°F(200°C). While oil is heating fill spring rolls. Place wrapper with one point toward you, moisten upper edge with egg. Spoon about 3 tablespoons of filling into center of wrapper and fold bottom up and over filling to cover. Then roll up, jelly-roll style, sealing final corner. Repeat until all the mixture is used up. Place uncooked spring rolls on a platter and cover with plastic wrap as you go. When oil has reached temperature, gently lower 3 to 4 rolls in oil and deep fry 3 to 4 minutes or until golden brown on all sides. Remove and drain on paper towels. Repeat. Serve with Chinese mustard and dipping sauce.

NOTE: **Crepes can be substituted for spring roll wrappers.**

Fried Crab Won-tons

Makes 24 won-tons

2 oz. cooked crabmeat or cooked shrimp
1-3 oz. package cream cheese, softened
½ teaspoon Worcestershire sauce
Salt and pepper to taste
24 won-ton wrappers
1 egg, beaten
3 cups vegetable oil

In a small bowl thoroughly combine filling ingredients. Set aside. Heat oil in wok at 400°F(200°C). Place a level teaspoon of filling in center of wrapper. Fold to form a triangle. Lightly brush center of triangle with beaten egg, bring corners together forming another triangle.

Fry 3 won-tons at a time, approximately 2 minutes or until golden. Remove with a slotted spoon. Drain on paper towels. Serve with mustard and dipping sauces.

Won-ton Soup

Makes 6 servings.
(For EW-50, adjust recipe to four servings.)

Filling:
¼ lb. fresh shrimp, shelled and deveined
¼ lb. pork, finely ground
½ teaspoon fresh ginger root, minced
½ teaspoon salt
1 tablespoon soy sauce
1 egg, beaten
½ teaspoon sesame oil
1 teaspoon sugar
1 teaspoon dry sherry
3 tablespoons scallions, minced

24 won-ton wrappers
1 egg, beaten
8 cups water
1 cup cold water
6 cups chicken broth
½ teaspoon sesame oil
Salt and pepper to taste
1 tablespoon scallions, chopped

Rinse shrimp and pat dry with paper toweling. Using a food processor or cleaver chop shrimp into a fine paste. In a large bowl combine shrimp paste with remaining ingredients. Mix well and set aside.

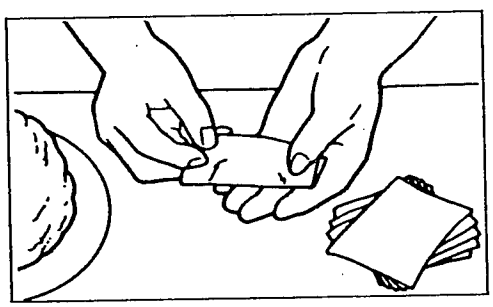
To assemble won-tons spoon about 1 teaspoon filing in center of won-ton wrapper, brush edge with beaten egg and fold as illustrated. As each won-ton is assembled, place on a large plate under a dry towel. Bring 8 cups of water to boil in the wok at 250°F(125°C). When water begins to boil add 1 cup cold water. When water reaches second boil gently lower won-tons. Won-tons will float to top when done. Carefully remove each won-ton with a strainer and set aside. Discard water from wok.

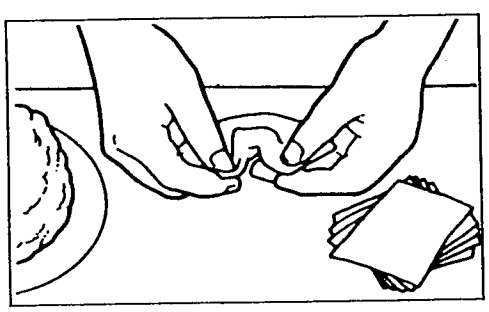
Bring chicken broth to boil in wok. Season with sesame oil, salt, and pepper to taste. Reduce heat to simmer. Lower won-tons into soup. Garnish with chopped scallions. Simmer 1 minute. Serve piping hot.

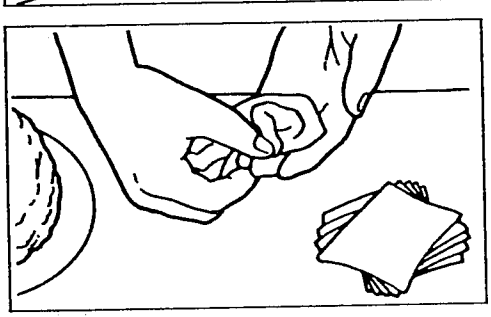
Fold in half and brush left side with beaten egg.

Bring right side over on top.

Press firmly making sure right and left corners are sealed.







Oriental Style Ribs

Makes 25 to 35 pieces.

3 lb. rack of pork backribs — cut lengthwise, then across in thirds
1 cup chicken broth
8 tablespoons soy sauce
7 tablespoons brown sugar
2 scallions, chopped

Heat the wok at 350°F(175°C). In a small bowl, combine broth, soy sauce and sugar. Set aside. Brown ribs on all sides a few at a time. Remove with wire strainer or slotted spoon, pausing over the wok to let excess fat drain. When all ribs have been cooked, return to wok. Lower temperature control knob to simmer. Pour in liquid mixture. Sprinkle in scallions. Cook covered for 30 minutes, or until liquid is reduced and thick. Serve with hot mustard and plum sauce.

Lemon Chicken

Makes 8 servings.

2 whole chicken breasts, sliced in quarters

Marinade:
2 teaspoons soy sauce
Dash salt and white pepper
1 teaspoon dry sherry or rice wine
1 egg, lightly beaten

3 tablespoons cornstarch
4 tablespoons all purpose flour
3 cups vegetable oil

Lemon sauce:
½ cup chicken broth
¼ cup honey
¼ cup sugar
2 tablespoons water
½ teaspoon salt
2 teaspoons cornstarch
1 teaspoon sesame oil
¼ cup lemon juice (1 lemon)
1 tablespoon vegetable oil

Garnish:
½ head lettuce, shredded
2 to 3 maraschino cherries
1 lemon, sliced

In a bowl, combine marinade ingredients. Place chicken in a shallow dish. Pour marinade over chicken and refrigerate for 30 minutes. Remove chicken from marinade. Reserve marinade. Heat 3 cups oil in wok at 375°F(190°C). While oil is heating, mix reserved marinade mixture with 3 tablespoons cornstarch and flour. Dip chicken pieces into batter. Carefully lower flour-coated chicken into hot oil with a wire strainer or slotted spoon. Deep-fry until light brown. Remove chicken from oil with strainer, drain well over wok and place on paper towel. Cut each piece crosswise into 5 or 6 pieces. Place in single layer over a bed of shredded lettuce. Remove all oil from wok except for 1 tablespoon. Heat remaining oil at 350°F(175°C). Mix lemon sauce ingredients into hot oil, stir and bring to boil. Continue stirring until sauce is slightly thickened. Pour over chicken and garnish with lemon slices and cherries.

Stir Fried Beef with Asparagus and Pea Pods

Makes 4 to 6 servings.

10 dried black mushrooms
1 cup warm water
½ lb. beef flank steak

Marinade:
1 tablespoon oil
1 teaspoon cornstarch
1 teaspoon sugar
2 teaspoons soy sauce
Salt and pepper to taste

1 lb. asparagus
½ lb. pea pods

Cornstarch mixture:
¼ cup chicken broth
2 tablespoons cornstarch
2 tablespoons oyster sauce
1 teaspoon sugar

Sauce:
3 tablespoons oil
1 teaspoon fresh ginger root, finely chopped
1 teaspoon garlic, finely chopped
2 tablespoons dry white wine
½ cup chicken broth
2 scallions (white part only), finely chopped

In a bowl soak dried mushrooms about 20 minutes until soft. Remove and drain. Discard stems and chop into small pieces. Trim excess fat from flank steak. Cut beef against grain into 2 inch strips. *Note:* beef will slice easier when it is slightly frozen. In a bowl combine marinade ingredients and toss with beef. Refrigerate and let stand for 20 to 30 minutes. Break off tough ends of asparagus as far down as stalk snaps easily. Cut asparagus in 2 inch pieces. Remove strings from pea pods. Bring water to boil in the wok at 250°F(125°C). Blanch pea pods and asparagus for 1 minute. *(See Blanching Section on page 7.)* Remove, drain and set aside. Pour out water.

In another bowl combine the cornstarch mixture. Set mixture aside. Heat the wok at 375°F(190°C). Swirl 2 tablespoons oil into wok. Add ginger root, garlic, beef and stir fry. Remove beef from wok. Add 1 tablespoon oil to wok, stir fry mushrooms and asparagus. Add wine, cook about 30 seconds and stir in ½ cup of chicken broth. Heat until mixture begins to bubble. Stir in cornstarch mixture and cook until sauce is thickened, about 20 seconds. Add pea pods and return beef to wok. Toss and garnish with chopped scallions.

Aromatic Red-Cooked *(hung tsau)* Beef

Makes 4 to 6 servings.

2½ lbs. boneless beef (chuck or eye of the round roast)
1 tablespoon oil
1 slice fresh ginger root, crushed
3 cloves garlic, crushed

Sauce:
½ cup soy sauce
2 dried hot chili peppers
2 tablespoons sugar
1 cup water
⅓ cup dry sherry

Cut beef into 1 inch cubes. In a bowl mix together sauce ingredients. Heat wok at 375°F(190°C). Swirl oil into wok. Stir fry ginger, garlic and beef cubes. Reduce temperature to 225°F(100°C). Pour sauce ingredients over meat. Cover and simmer 1½ hours. Uncover, turning meat in liquid. Continue cooking for about 1 hour more or until meat is tender. Remove meat and set aside. Discard ginger, chili peppers and garlic from sauce and pour sauce over beef chunks. Serve hot or cold over rice. *Suggestion:* Check beef from time-to-time while it is cooking, add more water as needed. There should be about 2 cups of sauce left in pot when meat is removed.

Fried Sesame Fish

Makes 4 to 6 servings.

1 lb. flounder fillets, cut in diagonal slices (15 to 16 pieces)

Marinade:
1 tablespoon fresh ginger root, minced
2 scallions, cut in 2 inch pieces
¼ cup chicken broth
2 tablespoons dry sherry
½ teaspoon five-spice powder

Coating:
2 egg whites
¼ cup cornstarch
1 teaspoon sugar
1½ cups sesame seeds, toasted
3 cups peanut oil

In a medium bowl combine ginger, scallions, broth, sherry, five-spice powder. Place fillet pieces in bowl and let soak 5 minutes. In a small bowl beat egg whites slightly till frothy, add cornstarch and sugar. Blend thoroughly. Using a slotted spoon or strainer drain fish pieces. Brush with cornstarch mixture and roll in sesame seeds. Arrange on a flat dish and refrigerate for 1 hour. Heat oil in the wok at 375°F(190°C). Lower several pieces of fish into oil and deep-fry 2 to 3 minutes or until golden brown on both sides. Drain. Continue until all fish is fried. Serve with white rice.

Snow Peas and Straw Mushrooms

Makes 4 to 6 servings.

1 lb. snow peas (in pods)
1 15 oz. can straw mushrooms, drained
2 tablespoons dry sherry
Salt and white pepper to taste
1 teaspoon sugar
¼ cup peanut oil

Remove strings from pea pods. In a bowl combine wine, salt, pepper and sugar. Stir to blend. Set aside. Heat the wok at 350°F(175°C). Swirl oil into wok. Add straw mushrooms, stirring constantly for about 1½ minutes. Add snow pea pods, and stir-fry. Add wine mixture and cook about 30 seconds.

Braised Cabbage with Mushrooms

Makes 4 to 6 servings.

1 lb. Chinese cabbage
2 tablespoons peanut oil
1 green pepper, cut in strips
1 tablespoon soy sauce mixed with 1 teaspoon sugar
4 oz. button mushrooms
¼ cup water

Wash cabbage and chop coarsely. Heat in wok at 350°F(175°C). Swirl oil into wok, and stir-fry cabbage. Add green pepper and mushrooms. Pour sauce over vegetables. Add water to wok and cover. Cook 5 to 7 minutes, shaking the wok occasionally.

Mixed Chinese Vegetables

Makes 4 to 6 servings.

½ head fresh broccoli
½ lb. fresh spinach
½ lb. fresh pea pods
4 stalks celery
2 carrots
2 medium onions
1 8 oz. can water chestnuts, sliced and drained
1 slice fresh ginger root, crushed
2 scallions
¾ cup chicken broth
2 tablespoons vegetable oil

Cut broccoli top into flowerettes. Cut broccoli stalks in thin strips 2 inches long. Chop spinach coarsely. Remove strings from pea pods. Cut celery in ½ inch diagonal slices. Cut onions in wedges and separate layers. Cut carrots and scallions in thin diagonal slices. Heat oil in the wok at 375°F(190°C). When light goes off add broccoli stalks, carrots, onion and ginger. Stir-fry 1 minute. Add all remaining vegetables. Toss lightly. Add chicken broth. Toss until vegetables are completely coated. Cook until liquid boils. Cover wok and cook until vegetables are crisp yet tender about 2 to 3 minutes.

Egg Foo Yung

Makes 2 to 3 servings.

4 eggs
½ cup shredded crabmeat
1 cup bean sprouts
1 tablespoon onion, minced
2 tablespoons soy sauce
Salt and pepper to taste
1 tablespoon vegetable oil

In a mixing bowl, beat eggs until frothy. Add crabmeat, sprouts, onions, soy sauce, salt and pepper. Add oil to wok and heat at 250°F(125°C). When light goes out, pour in egg mixture. Push egg mixture to middle with wooden spatula allowing the uncooked mixture to flow beneath. When bottom of eggs are golden brown, turn over with spatula. Cook until golden. Slide onto plate. Serve immediately with hot brown sauce. (See Recipe below.)

Try these variations:

Beef Egg Foo Yung — substitute ½ cup shredded beef for crabmeat
Chicken Egg Foo Yung — substitute ½ cup shredded chicken for crabmeat
Shrimp Egg Foo Yung — substitute ½ cup shredded shrimp for crabmeat

Brown Sauce

Makes about 1 cup.

2 tablespoons soy sauce
2 teaspoons sugar
2 tablespoons scallions, chopped
1 teaspoon oyster sauce
1 teaspoon dry sherry
1 cup chicken broth
2 tablespoons flour
2 tablespoons vegetable oil

Pour oil into the wok and heat to 225°F(100°C). When light goes off, stir in flour. Add broth in steady stream, stirring continually. Add remaining ingredients while stirring. Cook until gravy consistency is reached.

Fried Bananas

Makes 4 to 6 servings.

1½ cups all purpose flour
1 teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
¾ cup water
4 to 5 firm bananas
3 cups vegetable oil

In a large bowl combine 1 cup flour, baking powder, soda and salt. Gradually blend in water, beating with whisk until smooth. Peel bananas. Cut each banana on the diagonal in 3 to 4 pieces. Coat bananas lightly with the remaining flour. Heat oil in the wok at 400°F(200°C). Coat each banana piece by dipping in flour-water mixture. Gently lower several pieces of banana at a time into oil using strainer or slotted spoon. Cook bananas in oil until golden brown, about 3 to 5 minutes. Remove and drain on paper towels.

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Service and Repair

DO NOT attempt to repair your EW-7 Electric Wok. Attempts to repair this appliance yourself may render it dangerous to use. Should the appliance malfunction, you should first call our CONSUMER SERVICE DEPARTMENT toll free at 1-800-233-9054 Mon.-Fri. between the hours of 9:00 am and 5:00 pm Central Standard Time, stating that you are a consumer with a problem. If the problem cannot be resolved, you will be asked to return the appliance to the factory for repair. Under no circumstances should you attempt to open the housing and repair the appliance. Should you do this, your warranty will be voided

To Return for Service

1. Securely package and return the product, PREPAID to:
   Salton/MAXIM Housewares, Inc., Repair Department
   550 Business Center Drive, Mt. Prospect, IL 60056
2. Be sure to enclose:
   a. Your name, address and phone number.
   b. The date of purchase (or receipt as a gift).
   c. An explanation of the malfunction or reason for return.
   d. Eight dollars ($8.00) Check or Money Order payable to Salton/MAXIM Housewares, Inc. for return postage and handling.
   e. To insure prompt "In-Warranty" service, be sure to include proof of date of purchase.

   We recommend you take the necessary precaution of insuring the parcel.
3. **Toll Free Number: 1-800-233-9054.**

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