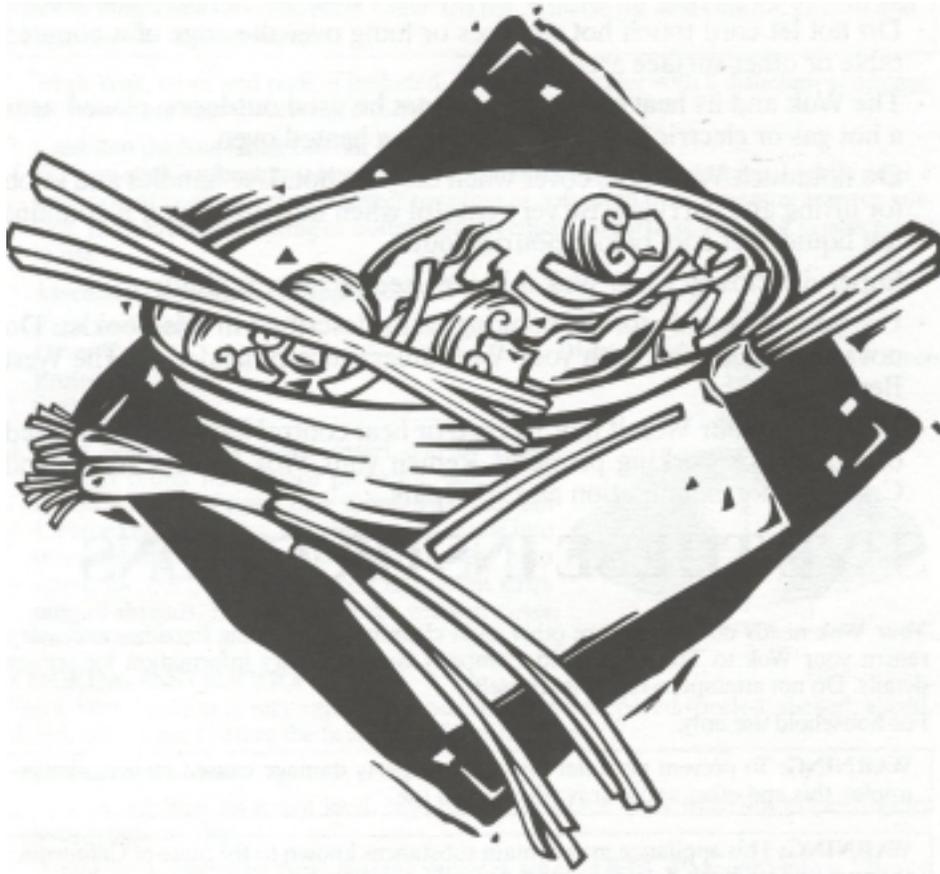


# **WEST BEND®**

# **ELECTRIC WOK**

Register this and other West Bend® products through our website:

[www.westbend.com](http://www.westbend.com)



**TO PREVENT PERSONAL INJURY OR PROPERTY DAMAGE, READ AND FOLLOW THE INSTRUCTIONS AND WARNINGS IN THIS CARE/USE INSTRUCTION MANUAL**

**Care and Use Instructions ♦ Recipes**  
**Contact us at:**

THE WEST BEND COMPANY  
ATTN: HOUSEWARES CUSTOMER SERVICE  
PO BOX 2780  
WEST BEND, WI 53095-2780  
262-334-6949

L-5312

# IMPORTANT SAFEGUARDS

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

- Read all instructions before using.
- Always attach heat control to Wok first, then plug cord into wall outlet. After cooking and serving, turn heat control to "OFF", and unplug from wall outlet. Let Wok cool before removing heat control. Do not leave Wok plugged in when it is not being used.
- Your Wok should always be unplugged before cleaning.
- Do not immerse heat control, its cord and plug in water or other liquid.
- Do not let cord touch hot surfaces or hang over the edge of a counter, table or other surface area.
- The Wok and its heat control should not be used outdoors, placed near a hot gas or electric burner, or placed in a heated oven.
- Do not touch Wok or its cover when they are hot. Use handles and knob for lifting and carrying. Be very careful when moving Wok if it contains hot liquid. Let cool before pouring out.
- Supervise closely when Wok is being used by or near children.
- Use your Wok only for the cooking tasks described in this booklet. Do not use attachments with your Wok unless recommended by The West Bend Company.
- Do not use your Wok if it or its cord or heat control has been damaged or if it is not working properly. Return your Wok to The West Bend Company for examination and/or repair.

## SAVE THESE INSTRUCTIONS

Your Wok needs no special care other than cleaning. See Warranty information for service details. Do not attempt to repair it yourself.

For household use only.

**WARNING:** To prevent personal injury or property damage caused by fire, always unplug this and other appliances when not in use.

**WARNING:** This appliance may contain substances known to the State of California to cause cancer, birth defects or other reproductive harm.

## Important Safety Instructions

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.

**CAUTION:** Your Wok has a short cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping, or becoming entangled with the cord. Do not allow children to be near or use this Wok without close adult supervision. If you must use a longer cord set or an extension cord when using the Wok, the cord must be arranged so it will not drape or hang over the edge of a countertop, tabletop or surface area where it can be pulled on by children or tripped over. To prevent electrical shock, personal injury or fire, the electrical rating of the extension cord you use must be the same or more than the wattage of the Wok (wattage is stamped on the underside of the Wok).

**CAUTION:** To prevent personal injury or electrical shock, always remove heat control before immersing this product in water. Do not immerse the heat control, its cord and plug in water or other liquid.

Wash Wok, cover and rack (if included), in hot soapy water with a dishcloth or sponge to remove any manufacturing oils. Rinse thoroughly and dry.

- **CONDITION THE NON-STICK INTERIOR SURFACE**

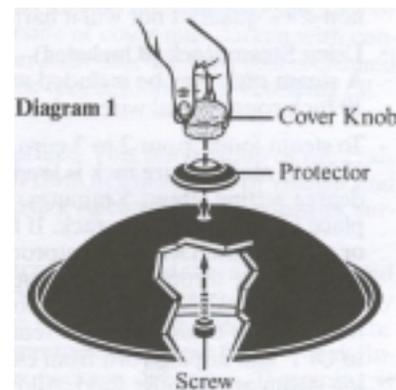
The non-stick surface must be conditioned to ensure stick-free cooking. Lightly wipe a teaspoon of cooking oil over the entire interior surface with a paper towel or soft cloth. Do not use shortening or butter. Let the oil remain on the surface. The Wok is now ready to use.

- **ASSEMBLE COVER KNOB (IF APPLICABLE)**

**Parts included:** Cover knob, protector and screw

From underside of cover, insert the end of screw through the center hole. Place protector dome side up, on the topside of cover over screw. See diagram:

Place knob on screw: inserting end of screw into the treaded opening. Turn knob to tighten onto screw. Do not over tighten screw to prevent stripping of threads. Do not use cover without knob attached.



- **COOKING INSTRUCTIONS**

Since Wok cooking is very rapid, all foods should be prepared (peeled, shelled, sliced, diced, cubed etc) before the heat control is turned on.

### **Operating the Wok**

1. Always use Wok on a dry, level, heat-resistance surface away from the edge. Be sure your hands are dry.
2. Attach heat control to Wok, making sure it is set at "OFF". Plug cord into a 120 volt AC electrical outlet ONLY.

**CAUTION:** To prevent personal injury or property damage, inspect the cord set for damage, or wear before each use. Do not use your product if it, its cord or heat control has been damaged or it is not working properly.

3. Follow recipe as directed. If recipe recommends preheating, do so with Wok uncovered, containing oil, at the recommended temperature setting. The signal light on the heat control will be on when the Wok is heating and go out when the selected temperature has been reached.

Heat may be increased or decreased during the cooking period. The signal light will go on/off during the cooking to indicate cooking temperature is being maintained.

For best results when stir-frying, add 1-2 cups of food at a time to the bottom of the Wok, stirring frequently with 2 wooden spoons until desired doneness is reached. Then push food up on the sides of the Wok. Continue this process until all the foods are cooked. Then combine for serving. Do not add larger amounts of food to the Wok at a time as this will result in loss of temperature and foods will simmer rather than sizzle.

At the end of cooking time, set heat control at WARM for serving or set at OFF if food will be removed immediately from the Wok. After set at OFF unplug cord from the wall outlet.

**CAUTION:** To prevent personal injury or property damage, handle the heat control carefully during use and if removed from the product immediately after cooking as plastic case and metal probe will be hot-do not touch the metal probe or let it touch anything or surface which may burn.

- **Cooking Tools to Use**

Plastic, rubber and wooden cooking tools are recommended for use on the non-stick surface. Two long-handled wooden spoons are recommended for stir-frying. Smooth-edged metal cooking tools may be used with care. Do not use sharp-edged cooking tools (knives, forks, food choppers) as they could scratch the non-stick surface. Minor scratching will affect only the appearance of the non-stick surface, it will not harm its non-stick qualities nor will it harm food cooked in the Wok.

- **Using Steam Rack (if included)**

A steam rack may be included with your Wok. If a steam rack is not included, a 9 or 10 inch round metal wire rack can be used for steaming.

To steam foods, pour 2-3 cups of water into the Wok and place steam rack into the bottom of Wok, making sure rack is level. Cover Wok and bring water to boil at the 225-250 degree setting for about 5 minutes. Uncover Wok, being careful of escaping steam, and place food directly onto the rack. If food is cut into small pieces, a sheet of aluminum foil or an 8 to 9 inch shallow heatproof plate or pan may be placed on the rack to prevent food from falling through the rack. Cover Wok and steam at 225-250 degrees until food is cooked to desired doneness. If food is steamed for more than 20 minutes, more water may need to be added to prevent Wok from boiling dry. After steaming, turn control to OFF and unplug cord from the electrical outlet. Uncover Wok, being careful to escaping steam and remove food. Allow Wok to cool before cleaning.

## **CLEANING INSTRUCTIONS**

- **Clean after Every Use:** To keep Wok looking attractive and cooking efficiently, clean it thoroughly after each use.
- **Let Wok Cool By Itself:** After using Wok, let it cool by itself. Do not pour cold water into Wok while it is hot or immerse hot Wok into cold water to hasten cooling to prevent warping.
- **Remove Heat Control:** After Wok has cooled, remove heat control and wipe clean with a damp cloth if necessary.

**Caution:** To prevent personal injury or electric shock, do not immerse heat control, its cord and plug into water or other liquid.

- **Retighten Loose Handles/Base**

**CAUTION:** To prevent personal injury or property damage, check Wok for loose handles or base after each use. Retighten loose screws only with appropriate tool, but do not over tighten. Over tightening can result in stripping of the screw or cracking of the handles/base.

- **In-the-Sink Cleaning**

Wash Wok in hot soapy water using a non-metal cleaning pad such as Scrunge® Scrubber Sponge, Dobie®, or Scotch-Brite® Cookware Scrub-n-Sponge, or other scrubber sponge recommended for non-stick surfaces. If necessary, a non-abrasive cleanser such as Bon Ami® or Copper Glo® may be used for the outside of the Wok to remove food or oil stains. **DO NOT** use metal scouring pads or abrasive cleansers on Wok surfaces as scratching may occur. After washing, rinse and dry.

Wash the cover in hot soapy water using a dishcloth or sponge. Do not use any type of scouring pad or cleanser on cover as scratching will occur. The aluminum underside of the cover may discolor after use, which is normal. After cleansing, rinse and dry.

Wash the rack (if included), in hot soapy water using a dishcloth or sponge. Do not use any type of scouring pad or cleanser on rack as damage the finish may occur. After cleansing, rinse and dry.

- **Dishwasher Cleaning**

The Wok, with heat control removed, cover and rack, may be cleaned in an automatic dishwasher. Position pieces into the dishwasher rack so they do not touch one another or other objects being cleaned. The aluminum underside of the cover may darken with continuous dishwasher cleaning, which is normal. After each time the Wok pan is cleaned in the dishwasher, the non-stick interior surface must be reconditioned with cooking oil.

- **Special Cleaning Instructions**

A spotted white film may form on the non-stick surface. This is a buildup of minerals and not a defect in the finish. To remove, soak a soft cloth in lemon juice or vinegar and rub onto the finish. After cleaning, wash and rinse onto the finish. After cleansing, wash, rinse and dry. Recondition the non-stick surface with cooking oil before using.

After consistent use, the non-stick surface may discolor. Minor stains are normal and do not affect the performance of the Wok. Dark staining, however, which usually results from overheating and/or improper cleaning, may lessen the effectiveness of the non-stick property. If staining occurs, treat with a commercial cleaner for non-stick finishes such as Dip-it® coffee pot stain remover. Follow the package directions. If staining is severe, simmer longer or repeat cleaning. (Do not use household bleach to clean the non-stick finish, as it will permanently fade it). After using commercial cleaner, wash Wok thoroughly, rinse and dry. Recondition the non-stick interior surface with a teaspoon of cooking oil before using. Dip-it® pot stain remover is available in most grocery or department stores.

# RECIPES

## **SAVORY PORK**

- 3 tablespoons soy sauce
- 1-pound pork tenderloin, cut into 1-inch cubes
- 1 ½ tablespoons sugar
- ¼ cup flour
- ¼ cup vegetable oil
- ¾ cup cold water
- 1-tablespoon cornstarch
- ¾ cup walnut pieces

1. Combine 2 tablespoons soy sauce and pork cubes in bowl. On plate, combine sugar and flour. Roll pork cubes in flour mixture.
2. Preheat oil in Wok at 350 degrees. Add half of pork cubes and stir-fry 2-3 minutes or until browned. Push up sides of Wok. Stir-fry remaining pork. Cover and reduce heat to simmer, cook 10-15 minutes.
3. Push pork up side. In a small bowl, combine water, cornstarch and remaining tablespoon soy sauce. Add to Wok and stir until thickened. Add walnuts and stir to combine ingredients. Reduce heat to warm for serving. Serves 3-4.

## **SWEET AND SOUR PORK**

- 1 ½ pounds boneless pork loin, cut into ½ inch cubes
- ¼ cup soy sauce
- 1 egg-slightly beaten
- ¾ cup cornstarch
- 1 ½ cups vegetable oil
- 1 small onion, cut into 6 wedges
- 1 small green pepper, cut into 1-inch cubes
- 1 8-oz can pineapple chunks, drained, reserve juice
- 1 large tomato, cut into 8 wedges
- ½ cup white wine vinegar
- 1-tablespoon vegetable oil
- 1-tablespoon brown sugar
- 1-tablespoon soy sauce
- 1 teaspoon freshly ground black pepper
- 2 teaspoons cornstarch dissolved in 4 teaspoons water

1. Toss pork cubes in soy sauce; roll in egg, then in cornstarch, shaking off any excess cornstarch.
2. Preheat 1 ½ cups oil in Wok at 375 degrees. Add pork in 4 batches, frying until golden brown. Drain on paper towels. Turn Wok off. Keep pork war in 200-degree oven.
3. Remove all but 1-tablespoon oil from Wok. Heat at 350 degrees. Add onion and stir-fry for 1 minute. Push up side. Add green pepper cubes, stir-fry for 1 minute. Push up side. Add pineapple and tomato wedges, stir-fry for 1 minute. Push up side.
4. Combine reserved pineapple juice, wine vinegar, oil, brown sugar, soy sauce and pepper. Add to Wok and bring to a boil. Add cornstarch mixture, stirring until thickened. Return pork to Wok and combine all ingredients. Serve immediately. Serves 4.

## **PORK AND VEGETABLE STIR FRY**

- 1 Tablespoon cornstarch
- ½ teaspoon salt
- ½ teaspoon sugar
- 1 pound lean pork, cut into ½ inch cubes
- 2 tablespoons dry white wine
- 1/8-teaspoon ground ginger
- 4 tablespoons vegetable oil
- 2 medium carrots, sliced thin on a diagonal
- 1 small green pepper cut in 1-inch pieces

½ lb fresh mushrooms, sliced  
1 15-ounce can of baby ears of corn, drained and rinsed  
½ cup chicken broth or bouillon

1. In bowl, combine cornstarch, sugar and salt. Add pork cubes and stir to mix. Add soy sauce, wine, and ginger to bowl; stir again to mix. Marinate 30 minutes.
2. Preheat 2 tablespoons oil in the Wok at 375 degrees. Add pork and stir-fry until no longer pink. Push up sides of Wok.
3. Add carrots and stir-fry 2-3 minutes until just tender. Push up sides. Add 1 tablespoon oil, heat briefly and add green pepper, stir-fry 1-2 minutes. Push up sides. Add mushrooms and stir-fry for 2 minutes. Push up side. Add corn and stir-fry for 2 minutes. Stir all ingredients gently to combine. Add chicken broth and stir until heated. Reduce heat to warm for serving. Serves 4.

### **ALMOND CHICKEN**

2 tablespoons vegetable oil  
2 whole chicken breasts, skinned, boned and thinly sliced  
1 8-ounce can sliced water chestnuts, drained.  
½ cup slivered almonds  
3 tablespoons soy sauce  
1-½ cups chicken broth or bouillon  
4 tablespoons cornstarch  
½ cup cold water

1. Preheat oil in Wok at 375 degrees. Add chicken and stir-fry until opaque (about 5 minutes).
2. Add water chestnuts, almonds, soy sauce and chicken broth to the Wok. Stir to blend, cover and cook for 1-½ minutes.
3. Combine cornstarch and water. Add to Wok and stir until thickened. Combine all ingredients. Reduce heat to warm for serving. Serves 4.

### **CHICKEN WITH SNOW PEAS AND CASHEWS**

2 cloves garlic, minced  
1-tablespoon soy sauce  
1 tablespoon dried sherry  
2 tablespoons cornstarch  
1-teaspoon hoi sin sauce  
1 whole chicken breast, skinned, boned and cut into 1 inch pieces  
2 tablespoons vegetable oil  
½ pound fresh snow peas, trimmed with strings removed  
1 8-ounce can sliced water chestnuts, drained  
½ cup chicken broth or bouillon  
½ cup cashews

1. In bowl, combine garlic, soy sauce, corn starch and hoi sin sauce. Stir to blend. Add chicken and stir to coat. Marinate 15 minutes.
2. Preheat oil in Wok to 375 degrees. Add chicken mixture and stir-fry until opaque (about 5 minutes). Push up side of Wok.
3. Add snow peas and water chestnuts. Stir-fry for 2 minutes. Add broth and combine all ingredients, stirring until slightly thickened. Garnish with cashews. Reduce heat to warm for serving. Serves 3-4.

### **CHICKEN BROCCOLI**

1 whole chicken breast, skinned, boned and thinly sliced  
2 tablespoons soy sauce  
1-tablespoon vegetable oil  
Dash of garlic powder  
½ pound fresh broccoli florets, **OR** 10 ounce package frozen broccoli cuts, rinsed in hot water

½ cup chicken broth or bouillon  
6-8 fresh mushrooms, sliced **OR** 4 ounce can mushroom pieces and stems, drained  
1 6 oz can bamboo shoots, drained  
1 tablespoon lemon juice  
1-tablespoon cornstarch  
1 tablespoon diced pimento  
1-tablespoon sesame seed

1. In a bowl, combine sliced chicken, soy sauce, vegetable oil, and garlic powder. Stir to blend and set aside.
2. Add chicken broth and broccoli to Wok. Set temperature to 325 degrees and cook broccoli until vibrant green (about 5 minutes), stirring about every minute. Push broccoli up side of Wok or remove.
3. Increase heat to 375 degrees. Add chicken mixture and stir-fry until chicken is opaque (about 3 minutes). Push up side of the Wok. Add mushrooms and stir-fry for 1 minute, push up side. Add bamboo shoots and stir-fry for 1 minute. Return broccoli to Wok if removed and mix all ingredients, stirring well.
4. Combine lemon juice and cornstarch with 2 tablespoons water. Add to chicken mixture, stirring until thickened (about 1 minute). Garnish with pimento and sesame seeds. Reduce heat to warm for serving. Serves 4.

### **TERIYAKI STEAK STRIPS**

¼ cup soy sauce  
1 tablespoon minced onion  
1 clove garlic, minced  
1-tablespoon sugar  
1 teaspoon fresh ginger root, minced **OR** 1/8 teaspoon ground ginger  
¼ cup dry white wine  
1 lb round or sirloin steak, thinly sliced  
2 tablespoons vegetable oil

1. In a medium bowl, combine soy sauce, onion, garlic, sugar, ginger and wine. Stir to blend. Add steak; stir to mix. Cover and marinate for 1 hour at room temperature or in refrigerator several hours.
2. Drain meat thoroughly. Add oil to Wok and preheat at 375 degrees. Place half of meat in Wok and stir-fry 1-½ minutes or until done. Push up side of Wok. Add remaining steak and stir-fry until done. Reduce heat to warm for serving over rice or noodles. Serves 2-3.

**HINT:** If you wish to add vegetables to this recipe, follow the guidelines. After meat is cooked, push up the side of the Wok. Add 1 cup each of sliced celery, and mushrooms, and ¼ cup diced green peppers to juices in Wok. Stir-fry at 375 degrees for 1 ½ to 2 minutes. Push up sides.  
Add 1 6-ounce can drained bamboo shoots. Stir to heat for about 30 seconds. Combine all ingredients. Thicken juices with ½ tablespoon of cornstarch dissolved in 1 tablespoon of water if desired. Serves 4.

### **ORIENTAL PEPPER STEAK**

1-tablespoon vegetable oil  
1 pound flank or round steak, thinly sliced  
1 clove garlic, minced  
1 thin slice fresh ginger root  
3 tablespoons soy sauce  
2 tablespoons water  
1 small green pepper, cut into 1-inch cubes  
1 small onion, sliced and separated into rings  
2 small tomatoes cut into wedges  
1-cup fresh bean sprouts  
2 teaspoons cornstarch  
¼ cup water

1. Preheat oil in Wok to 375 degrees. Add half the meat and stir-fry until done, (about 1 ½ minutes). Push up the sides of the Wok. Repeat frying remaining meat. Add garlic, ginger root, and soy sauce and 2 tablespoons water. Stir to blend. Cover and reduce heat to simmer. Cook 15-20 minutes.

2. Push meat up sides of the Wok. Increase heat to 350 degrees. Add green pepper and onion, stir-fry 2-3 minutes. Push up sides. Add tomatoes and bean sprouts, stir gently, cover and steam for 1 minute.
3. Combine cornstarch with water and stir into Wok, cook until thickened. Combine all ingredients. Reduce heat to warm to serve. Serves 4.

## **ORIENTAL BEEF WITH PEAS**

- 2 tablespoons sherry, dry white wine or beer
- 2 tablespoons soy sauce
- 1-tablespoon cornstarch
- ½ teaspoon salt
- 1 pound or sirloin steak, thinly sliced
- 2 tablespoons vegetable oil
- 1 thin slice fresh ginger root **OR** ½ teaspoon ground ginger
- 1 6-ounce package frozen pea pods **OR** a 10 ounce package of frozen peas, rinsed in hot water
- 1 8-ounce can sliced mushrooms drained
- 1 8-ounce can sliced water chestnuts, drained

1. In bowl, combine sherry, soy sauce, cornstarch and salt. Add sliced steak and stir to coat. Cover and marinate 1 hour at room temperature or several hours in the refrigerator.
2. Preheat oil in Wok at 375 degrees. Add fresh ginger root, cooking 10-15 seconds. Remove from Wok. If using ground ginger, sprinkle over meat mixture. Drain any marinate off meat. Add half of steak to Wok; stir-fry 1 ½ minutes or until done. Push up side of Wok. Ad remaining steak and stir-fry until done. Push up sides.
3. Add pea pods and stir-fry 2-3 minutes until completely thawed. Push up sides or remove if using peas. Add mushrooms and water chestnuts, stir-fry until heated. Combine all ingredients. Reduce heat to warm for serving. Serves 3-4.

## **SUKIYAKI**

- 2 tablespoons vegetable oil
- 1-pound tenderloin, sirloin, or tenderized road steak, thinly sliced
- ½ pound fresh mushrooms, sliced
- 1 cup sliced celery
- 1 medium onion, thinly sliced and separated into rings
- 1 8-ounce can sliced water chestnuts, drained
- ½ cup chicken broth or bouillon
- 1 green pepper, sliced into thin strips
- 1-teaspoon brown sugar
- ½ teaspoon salt
- ¼ cup soy sauce
- 2 cups raw spinach leaves, torn in large pieces

1. Preheat oil in Wok to 375 degrees. Add half the meat and stir-fry until done (about 1 ½ minutes). Push up side of Wok. Repeat frying remaining meat. Push up side.
2. Add mushrooms and stir-fry 1 minute. Push up side. Add celery and onion, stir-fry 1-½ minutes. Push up side. Add water chestnuts and chicken broth. Stir once and cook for 1 minute. Push up side. Add green pepper, brown sugar, salt and soy sauce. Stir once and cook for 30 seconds. **DO NOT** push up side.
3. Sprinkle spinach over top of all ingredients in Wok. Cover and simmer for 1 minute. Reduce heat to warm for serving. Gently stir ingredients together and serve over steamed rice or chow mein noodles. Serves 4.

## **SHRIMP AND MUSHROOMS**

2 tablespoons vegetable oil  
1 pound fresh shrimp, shelled and deveined  
3 ribs celery, sliced on diagonal  
½ pound fresh mushrooms, sliced **OR** an 8-ounce can sliced mushrooms, drained  
1 or 2 tablespoons soy sauce  
½ teaspoon ground ginger  
¼ teaspoon pepper  
2 teaspoons cornstarch  
2 teaspoons cold water  
½ cup beef broth **OR** 1 beef bouillon cube dissolved in ½ cup water

1. Preheat 1-tablespoon oil in Wok at 375 degrees. Add shrimp and stir-fry 3-4 minutes or until opaque. Push up side of Wok or remove.
2. Add remaining tablespoon oil to Wok, heat briefly. Add celery and stir-fry 1 ½ to 2 minutes or until just tender. Push up side. Add mushrooms and stir-fry 2 minutes for fresh, 1 minute for canned. Add soy sauce, ginger, and pepper. Stir to mix with mushrooms, and then push mushrooms up the side.
3. Combine cornstarch with water and broth. Pour into Wok stirring until thickened. Return shrimp if removed. Stir gently to combine all ingredients. Reduce heat to warm for serving. Serves 4.

## **SHRIMP AND BROCCOLI STIR FRY**

1/3-cup oyster-flavored sauce  
3 tablespoons cornstarch  
1 ½ cups water  
3 tablespoons vegetable oil, divided  
1 pound medium sized shrimp, shelled and deveined  
2 teaspoons minced fresh ginger root  
1 small onion, sliced and separated into rings  
1-pound fresh broccoli florets  
1 8-ounce can sliced water chestnuts, drained

1. Combine oyster sauce, cornstarch and water, set aside.
2. Preheat 2 tablespoons oil in Wok at 375 degrees. Add shrimp and ginger root, stir-fry 1 to 1 ½ minutes. Push up side.
3. Add remaining tablespoon of oil to Wok. Add onion, broccoli and water chestnuts, stir-fry 3 to 4 minutes or until vegetables are crispy tender. Push up side.
4. Add cornstarch mixture and stir until thickened. Combine all ingredients. Reduce heat to warm for serving. Serves 4.

## **CRAB STIR-FRY**

2 tablespoons cornstarch  
2 tablespoons soy sauce  
1 ½ tablespoons lemon juice  
1 10-½ -ounce can chicken broth or bouillon  
3 tablespoons vegetable oil  
½ pound fresh mushrooms, sliced  
1 small red pepper, sliced into thin strips  
1-pound imitation crabmeat, cut into ½ inch pieces  
6 green onions with green tops, cut into thin slices  
1 8-ounce can sliced water chestnuts, drained  
½ teaspoon tarragon leaves  
¼ pound fresh snow peas, trimmed with strings removed  
1/3-cup cashews

1. In a small bowl, combine cornstarch, soy sauce, lemon juice and bouillon. Set aside
2. Preheat 2-tablespoon oil in Wok at 375 degrees. Add mushrooms, and red pepper, stir-fry 1 ½ to 2 minutes. Push up side of Wok. Add crabmeat, green onion, water chestnuts and tarragon. Stir-fry 2 minutes. Push up side.
3. Add remaining tablespoon oil, heat briefly. Add snow peas and stir-fry for 1 minute. Push up sides. Add cornstarch mixture, and stir until slightly thickened. Combine all ingredients, stirring gently to combine. Garnish with cashews. Reduce heat to warm for serving. Serves 4

## **FRIED RICE WITH VEGETABLES**

- 1 ½ cups water
- 6 or 7-ounce package fried rice mix
- 2 tablespoons vegetable oil
- 2 ribs of celery, sliced on a diagonal
- 6-8 fresh mushrooms, sliced
- ¼ cup diced green pepper
- 8-ounce can sliced water chestnuts, drained

1. Bring water to boil in Wok at 250 degrees. Add rice and seasoning mix. Stir well and return to boil. Cover and reduce heat to high end of simmer range. Cook until liquid is absorbed (about 15 minutes). In the meantime, prepare the vegetables.
2. Push cooked rice up side of the Wok. Add 1-tablespoon oil and increase heat to 350 degrees. Stir-fry rice in hot oil for 1-2 minutes. Push rice back up the side.
3. Add 1-tablespoon oil to the Wok; heat briefly. Add celery and stir-fry for 2-3 minutes. Push up the sides. Add mushrooms and green pepper. Stir-fry 2 minutes. Push up side. Add water chestnuts and heat for 1 minute. Combine all ingredients until well mixed. Reduce heat to warm for serving. Serves 4.

## **GARDEN STIR-FRY**

- 2 tablespoons vegetable oil
- 1 carrot, thinly sliced on diagonal
- ½ pound fresh mushrooms, sliced
- 1 large green pepper, cut into thin strips
- 1 medium onion, sliced and separated into rings
- 2 small zucchini, thinly sliced on diagonal
- 1 medium tomato, cut into 6-8 wedges
- 2 cloves garlic, minced
- ½ teaspoon dried rosemary, crumbled
- ½ teaspoon thyme
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 teaspoons sesame seed
- 2 tablespoons dry white wine

1. Preheat 1-tablespoon oil in Wok at 350 degrees. Add carrots, and stir-fry until just tender (about 3 minutes). Push up side of Wok. Add mushrooms and stir-fry 2 minutes. Push up sides. Add green pepper and onion; stir-fry 2-3 minutes. Push up sides.
2. Add remaining tablespoon oil to the Wok. Add zucchini and stir-fry until just tender (about 2-3 minutes). Add tomato, garlic, rosemary, thyme, salt, pepper, sesame seeds and wine. Stir gently. Combine vegetables, stirring well to blend. Reduce heat to warm for serving. Serves 4-6.

## **GINGER STIR-FRIED VEGETABLES**

1-tablespoon vegetable oil  
1 teaspoon minced fresh ginger root  
1 clove garlic, minced  
¼ pound cauliflower florets, sliced  
1 carrot, thinly sliced on diagonal  
1/3-cup chicken broth  
¼ pound asparagus, cut into 1-inch pieces  
¼ pound snow peas, trimmed with strings removed  
½ teaspoon salt  
½ teaspoon sesame oil

1. Preheat Wok at 325 degrees. Add ginger root and garlic, stir-fry 20-30 seconds. Remove from Wok.
2. Add cauliflower, carrots, and chicken broth. Cover and cook 2 minutes. Add asparagus, cover and cook for 1 minute. Push vegetables up side. Add snow peas and stir-fry for 1 minute. Add salt and sesame oil, stir-fry 30 seconds, reduce heat to warm for serving. Makes 4 servings.

## **BROCCOLI-CAULIFLOWER STIR-FRY**

2 tablespoons vegetable oil  
1 clove garlic, crushed  
2 cups broccoli florets  
2 cups cauliflower florets  
1-cup chicken broth  
2 teaspoons corn starch  
2 teaspoons water

1. Preheat Wok to 350 degrees. Add garlic and stir-fry 15 to 20 seconds. Remove garlic.
2. Add broccoli and cauliflower florets, stir-fry for 2-3 minutes. Add chicken broth, cover and cook for 2 minutes or until vegetables are crispy tender.
3. Combine cornstarch with water and stir into Wok. Cook until thickened. Reduce heat to warm for serving. Serves 4.

## **GREEN BEANS WITH WATER CHESTNUTS**

1-teaspoon vegetable oil  
1-teaspoon sesame oil  
½ pound green beans cut diagonally in 1-inch lengths  
½ cup sliced water chestnuts  
½ cup sliced mushrooms  
1 clove garlic, crushed  
2 tablespoons soy sauce  
2 tablespoons water  
½ teaspoon salt  
¼ teaspoon freshly ground pepper  
2 teaspoons sesame seed

1. Preheat both oils in Wok at 350 degrees. Add beans, water chestnuts, mushrooms, and garlic; stir-fry for 1-2 minutes. Add remaining ingredients, cover and cook until beans are tender. About 4-5 minutes. Reduce heat to warm for serving. Makes 4 servings.

## **QUICK VEGETABLE STIR-FRY**

1-tablespoon butter or margarine  
2 tablespoons vegetable oil  
1 medium onion, thinly sliced and separated into rings  
1 large zucchini, thinly sliced  
1 clove garlic, minced  
1 12-ounce can whole kernel corn, drained

¼ teaspoon dill weed  
Salt and pepper to taste

1. Melt butter with oil in Wok at 325 degrees. Add onion, zucchini and garlic; stir-fry until zucchini is just tender (about 2 minutes).
2. Add corn and dill weed. Stir to combine and heat for about 1 minute. Season to taste. Garnish with chopped pimiento if desired. Reduce heat to warm for serving. Serves 4-6.

## **HOT-POT**

A collective name for foods cooked at the table in simmering broth. Hot Pot is thought to be of Mongolian origin. It is known as HOH-GO, TAN LO, OR DAR BIN LO in China; MITZUKAKI OR SHABU SHABU in Japan, and SIN SUL in Korea. Having much in common with Swiss Fondue, Oriental Hot-Pot is perfectly suited for informal "do it yourself" dining. Guests dip raw food into the broth to cook to their liking, then into sauces of their choice. An added treat is the broth itself, shared by all at the meals end.

### **HOT-POT COOKERY**

1. Before heating broth and before serving time, wash, slice, or section foods. Arrange foods, which will be cooked by the guests at the table onto individual plates or a large platter.
2. Place Wok on dining table and heat broth just before serving time. Broth (2 qts) should fill Wok to a center depth of about 1-½ inches.
3. Cook selected foods in either of the following ways.

#### **For "family style" dining:**

Place foods requiring longest cooking time in hot broth (raw meats, mushrooms, cauliflower, carrots, asparagus, broccoli, cabbage, onions, etc). Do not stir together; keep each food separate from the others as much as possible. Cover and cook at 250-300 degrees for 4-5 minutes. Add leafy vegetables such as spinach cover and cook 1 minute. Spoon a selection of all the foods into small bowl for each guest.

#### **For "do it yourself" dining:**

Supply each guest with a wire ladle or slotted spoon. Place 3-5 pieces of food in the ladle or spoon and hold in the broth until foods reach desired degree of doneness. Foods can also be "floated" in broth and removed with chopsticks.

4. Each person should be given little side bowls, or divided dishes for placement of peanut, mizutaki, or soy sauce with ginger, as well as other condiments to use for dipping and seasoning broth-cooked foods. Side bowls of rice may be served
5. When cooking of meat and vegetables is completed, bring remaining broth to a boil and serve to guests. Rice or drained, cooked noodles may be added to the broth.

### **FOODS TO USE FOR HOT POT COOKERY**

(Should be bite-size cut in thin slices)

#### **Meat and Seafood:**

Chicken breast-boned and skinned

Flank or round steak-tenderized and sliced across grain  
Sirloin or tenderloin steak  
Medium sized shrimp-shelled, defined, sliced lengthwise  
Canned oysters, drained  
Scallops-cut in half  
Canned abalone, drained  
Lamb-lean and boneless

### **Vegetables:**

Cauliflower segments	Eggplant-cubed
Carrots-peeled, cut in thin round slices	Watercress sprigs
Green onions-cut in 2-inch segments	Green pepper-cut in strips/slices
Leeks-cut in 2 inch segments	Spinach leaves
Asparagus-cut in 1 inch segments	Bamboo Shoots, sliced
Broccoli segments	Water chestnuts-sliced
Celery cabbage-broken pieces or thin slices	Mushrooms-cut in "T" shape
Celery-cut in strips or slices	

### **HOT POT BROTH**

2 10-½ ounce cans chicken broth  
2 10-½ ounce cans beef broth  
2 10-½ ounce cans onion soup

1. In Wok combine soups. Heat at 250-300 degrees, uncovered and stir occasionally until the mixture reaches a boil (about 15 minutes).
2. Follow general directions for Hot Pot cookery. If weaker broth is desired, dilute with water. All chicken and beef or an equal mixture of both beef and chicken broth may be used. Makes 2 quarts cooking liquid.

### **ORIENTAL WINE BROTH**

3 10-½ ounce cans beef broth  
1 qt red wine  
1-teaspoon parsley flakes  
1-teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon garlic salt (optional)  
¼ teaspoon marjoram (optional)  
1 bay leaf (optional)

1. In Wok combine all ingredients. Heat at 250-300 degrees, covered until mixture reaches a boil (about 12 minutes).
2. Follow general directions for Hot Pot cookery. If weaker broth is desired, dilute with water. Makes 2 quarts cooking liquid.

### **MITZUTAKI SAUCE**

1 ¼ cups mayonnaise  
1/3-cup sour cream  
2 tablespoons soy sauce  
2 tablespoons rice wine or sherry  
1/3-cup beef broth, chicken broth or soup stock

1. Combine all ingredients in mixing bowl. Refrigerate until serving time. Makes 2 cups or 6-8 servings.

## **SOY SAUCE WITH GINGER**

½ cup soy sauce

1-teaspoon ground or powdered ginger

1. In a small 1 quart saucepan, combine a small amount of soy sauce and ginger to form a paste.
2. Heat on low simmer setting of stove. Stir and gradually add soy sauce until mixture reaches a boil. Serve hot or cold. Makes ½ cup sauce.

## **PEANUT SAUCE**

¼ cup chunk-style peanut butter

2 teaspoons soy sauce

5 tablespoons water

½ teaspoon sugar

1/8-teaspoon garlic salt

1. In a bowl, combine peanut butter, soy sauce, 1-tablespoon water, sugar and garlic salt.
2. Gradually add remaining 4 tablespoons water, and stir until evenly blended.  
Makes about ½ cup sauce.

# **WEST BEND ® COMPANY 90-DAY WARRANTY**

Your West Bend® Warranty covers failures in the materials and workmanship of this Electric Wok for 90 days from the date of original purchase. This warranty does not cover discoloration or damage to the non-stick surface caused by misuse, abuse, and scratches or overheating. Any failed parts of the Electric Wok will be repaired or replaced without charge.

This warranty gives you specific legal rights and you may also have other rights, which vary from state to state. This warranty does not cover alleged damage caused by misuse, abuse, accidents, or alterations to the Electric Wok.

If you think the Wok has failed or requires service within it's warranty period, please carefully package and return the Electric Wok prepaid and insured with a description of the difficulty as well as sales slip or proof of purchase in order to assure warranty coverage to:

THE WEST BEND COMPANY  
ATTN: HOUSEWARES RETURNED GOODS  
1100 SCHMIDT ROAD  
WEST BEND, WI 53090

**NOT VALID IN MEXICO**

This booklet contains important and helpful information on your new product. Please file it for handy reference to instructions for proper use and care, warranty and service information.

For your personal reference, attach dated sales receipt for warranty proof of purchase and record the following information:

Date purchased or received as gift: \_\_\_\_\_

Where purchased and price if known: \_\_\_\_\_