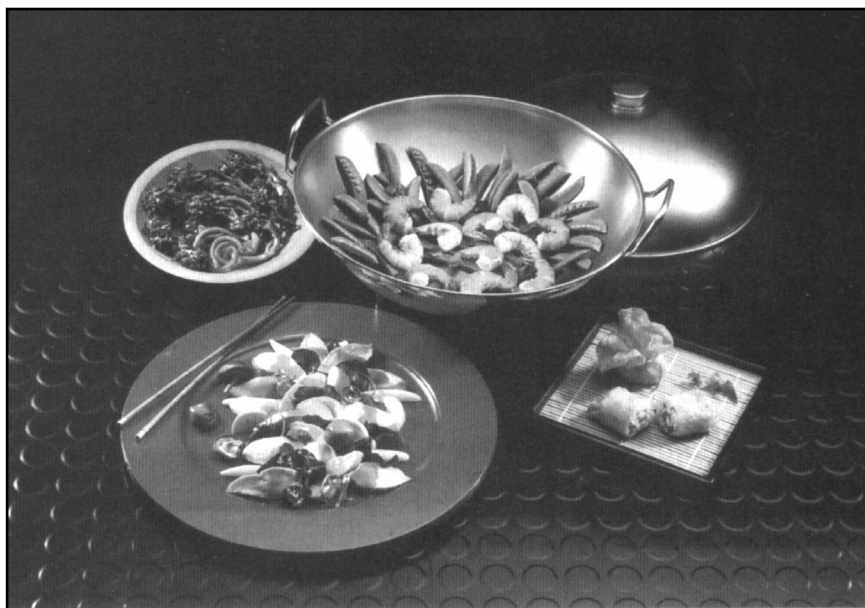


# FARBERWARE®

## 7 QT. ELECTRIC WOK



## USE AND CARE INSTRUCTIONS

MODEL FSW343

# 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 knobs.
3. To protect against fire, electric shock and injury to persons, do not immerse cord, plugs, or heat control plug 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 the nearest authorized service facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by FARBBERWARE® may result in fire, electric shock, or injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "OFF," then remove plug from wall outlet.
12. Do not use appliance for other than intended use.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.

## SAVE THESE INSTRUCTIONS

It is recommended that only FARBBERWARE® cord sets be used with this FARBBERWARE® appliance and not with any similar competitive appliance.

## **POLARIZED PLUG**

This appliance has a polarized plug (one blade is wider than the other): To reduce the risk of electric shock, this plug is intended to fit into 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 modify the plug in any way.

## **SHORT CORD INSTRUCTIONS**

1. A short detachable power-supply cord is provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.
3. If a longer detachable power-supply or extension cord is used, (1) the marked electrical rating of the detachable power-supply cord or extension cord should be at least as great as the electrical rating of the appliance, (2) if the appliance is of the grounding type, the extension cord should be a grounding type 3-wire cord, and (3) 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.

## **INTRODUCTION**

The FARBERWARE® Electric Wok is crafted of heavy-gauge stainless steel for durable service, lasting beauty and easy care. The wide sloping side and bonded aluminum bottom concentrate cooking heat in the center for true Asian cooking — stir-frying, red stewing and steaming. The wide side makes it perfect for cooking a dish with many ingredients. After each food is cooked, push it up the wide, sloping side so another food can be cooked, and so on until the dish is ready. This size wok is perfect for cooking for 2 to 6 people. The heat control offers a full range of cooking and serving temperatures, and is removable so the wok is completely immersible.

The Buffet Wok has a large 14” diameter and 7-qt. capacity. It boasts the high wattage necessary (1200 watts) for fast heat recovery so important to better wok cooking. The stainless steel dome cover with engraved cover knob, and tubular stainless steel side handles, enhance the wok’s rich appearance. The cover knob stays comfortable to the touch, except during cooking for extended periods at higher temperatures. Under these conditions — steaming, for instance, it is advisable to use a pot holder. This wok also features a disc for steaming, and a tempura rack. Put the tempura rack onto the wok rim and set foods on it for convenient draining when frying. (Remember to thoroughly wash the steamer and tempura accessories before using the wok.) The steamer rack is ideal for steaming vegetables, dumplings, wontons, hot dogs, and much more.

## COOKING CHOPSTICKS

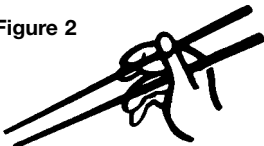
The cooking chopsticks are longer and stronger than regular chopsticks. They are used when stir-frying, and prevent scratching of the stainless steel surface. Use the pointed ends for cooking. See illustrations below on how to use.

Figure 1



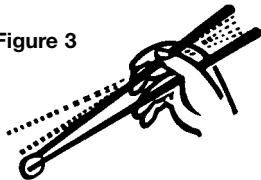
Hold one chopstick firmly in the crook of the thumb.

Figure 2



Hold the other chopstick like a pencil. Move this chopstick towards the first chopstick

Figure 3



This movement will form a “V” enabling the food to be picked up.

This FARBERWARE® Wok is an ideal cook and serve appliance for Asian dishes as well as many American style recipes.

## **SOME TECHNIQUES TO REMEMBER WHEN CHINESE COOKING**

Chinese cooking differs from other cuisines in that cooking with the wok is fast and efficient, while the preparation of ingredients takes the time. All food preparation needs to be finished before the cooking begins; this prevents over-cooking and helps maintain the tender, crisp texture that is the secret to Asian dishes.

To ensure fast, even cooking, all ingredients are cut to uniform size, shape and thickness. A dish looks prettier when vegetables are sliced diagonally. This also exposes a greater surface area to absorb the seasonings. Cutting the meat across the grain into thin slices will make it more tender. A major utensil needed for preparing Asian dishes is a sharp knife, cleaver or a food processor. Since eye appeal is important in Asian cooking, do not hesitate to garnish your dishes with tomato wedges, parsley, celery leaves, etc.

In frying, peanut oil is most often used because it does not impart flavor to the food and it has a higher heating point before smoking will occur. Other vegetable oils such as corn, soybean or sunflower oil can be used, but avoid shortening, lard, butter, margarine or olive oil.

Many of the basic ingredients for Chinese cooking will be familiar to you: soy sauce, red vinegar, salt, sherry, sugar, ginger, green onions, garlic, corn starch, hot pepper, water chestnuts, etc. Other ingredients that might not be so familiar include snow peas, fresh ginger root, bamboo shoots, hoisin sauce, cellophane noodles, star anise, etc. If a recipe calls for an ingredient unknown to you, ask for it at your local grocery or specialty food store. Check the yellow pages in your local phone directory for a Chinese grocery, or call a Chinese restaurant and ask where they purchase their Chinese ingredients. Many Chinese cookbooks give a partial listing of Chinese stores that will mail-order ingredients to you. It is fun to try these unusual ingredients while also making your dishes more authentic.

## METHODS OF CHINESE COOKING

An old Chinese saying is, “A well-prepared dish should appeal to the eye by its coloring, to the nose by the aroma, to the ear by its sounds, and to the mouth by its flavor.” Using the FARBERWARE® Electric Wok for stir-frying, steaming or red-stewing makes this possible.

**STIR-FRYING** is cooking foods over a high heat, 350°F on the heat control dial of the FARBERWARE® Electric Wok, and by stirring constantly. A small amount of cooking oil is placed in the wok to heat before the other ingredients are added. The food is stirred gently and continuously for a short cooking time.

Stir-frying quickly seals in natural flavor while preserving the color. A dish prepared in this manner should be cooked just before serving.

**STEAMING** is cooking with a small amount of water in the bottom of the wok. Add vegetables or other foods and cover. The steam from the boiling water cooks the food. Do not let the wok boil dry.

**RED-STEWING** is cooking food with soy sauce and water; sherry, ginger and green onions are often added along with the meat. The heat control dial is set at 250°F and the meat is cooked until tender, usually an hour or longer. This same method is used for cooking other types of stews and soups.

## **BEFORE USING FOR THE FIRST TIME**

Remove the heat control plug and set aside. Wash, rinse and dry wok, cover, chopsticks, tempura rack and steamer rack. The FARBERWARE® Electric Wok requires no special seasoning or conditioning before using.

## **HOW TO USE THE FARBERWARE® ELECTRIC WOK**

1. Turn heat control dial to “OFF”. Plug heat control securely into the wok. Plug cord into 120 volt AC outlet. Always plug cord into wok first, then into outlet.
2. If recipe calls for preheating, add the oil; set heat control dial to desired temperature. When light on heat control goes out for the first time, the selected temperature has been reached. During cooking, the light will cycle on and off indicating the wok is maintaining the selected temperature.
3. The stainless steel cover for the FARBERWARE® Electric Wok is loose-fitting so steam can escape during cooking.
4. To prevent scratching of the stainless steel, use utensils designed specifically for wok cooking. When frying, carefully use skimmer or metal slotted spoon. Sharp-edged metal tools (forks, knives, beaters, food choppers, etc.) may scratch the surface.
5. To reduce sticking when cooking with corn starch, lower the heat slightly. Stir ingredients constantly.
6. When cooking is completed, turn heat control dial to “OFF.” Disconnect wall plug and leave heat control in wok until cool.

## HOW TO USE THE STEAMER RACK

1. Prepare foods to be steamed according to recipe.
2. Add 2 cups water to FARBERWARE® Electric Wok.
3. Set steamer rack into wok, shiny side up.
4. Place food on the steamer rack. Cover; set heat control dial to BOIL and steam until food is cooked (according to recipe). Check water level after about 30 minutes; add water to wok as necessary. **DO NOT LET WOK BOIL DRY.** (Use standard cookbook as a guide for vegetable steaming times. Steam hot dogs about 15 minutes or until hot throughout.)
5. Wash steamer rack in hot, sudsy water or in a dishwasher.

## CARE OF THE FARBERWARE® ELECTRIC WOK

1. Remove heat control when cool, wipe with a clean, damp cloth and set aside; you can completely immerse the wok in water for easy cleaning.
2. Wash wok and cover in hot sudsy water. Clean thoroughly, removing food particles with damp sponge and scouring powder. Do not use a wok scrubber; it may scratch the stainless steel surface. If additional cleaning is necessary, use a stainless steel cleaner such as “Cameo,” “Bon Ami Polishing Compound” or “Kleen King” following manufacturer’s instructions. Rinse in hot water and dry immediately.

**ALL REPLACEMENT PARTS FOR THE FARBERWARE® ELECTRIC WOK SHOULD BE AUTHORIZED FARBERWARE® PARTS.**



There are many authentic Chinese and Japanese recipes that appear in magazines, newspapers or cookbooks, as well as the recipes included in this book, that you will want to try. The FARBERWARE® Electric Wok, due to its shape and to the “Perfect Heat” Control plug, makes an excellent fryer, stew or soup pot or table server.

## Chinese Recipes

### *Beef with Snow Peas and Water Chestnuts*

8 ounces flank steak, cut crosswise into thin strips  
2 tablespoons corn starch  
2 tablespoons peanut or vegetable oil  
1 package (8 oz.) frozen snow peas, thawed  
1/2 cup water chestnuts, drained and sliced  
1/4 cup sherry  
1/4 cup soy sauce  
1/4 cup water  
1/2 teaspoon sugar

In 1-quart FARBERWARE® Mixing Bowl, mix beef and 1 tablespoon of the corn starch. In FARBERWARE® Electric Wok, add oil. Set heat control dial at 350°F. When light goes out, add beef and stir-fry until cooked, about 2 minutes. Stir in snow peas and water chestnuts, stir-fry about 1 minute. In cup, mix together sherry, soy sauce, water, sugar and remaining 1 tablespoon corn starch. Add to wok, stirring constantly until mixture boils 1 minute.

Makes 2 to 3 servings.

## *Chicken and Watercress Soup*

1/4 cup dried Chinese mushrooms  
1/2 cup water  
2 cans (13-3/4 oz. each) chicken broth  
1 bunch watercress  
1/4 cup sliced water chestnuts  
1/2 small chicken breast, skinned, boned and cut into small pieces  
1 egg white  
Dash white pepper

Soak mushrooms in water about 20 minutes or until soft; drain and chop. In FARBERWARE® Electric Wok add chicken broth. Set heat control dial at 350°F. Cover and heat to boiling. Cut watercress into 1-inch pieces. When broth is boiling, add mushrooms, water chestnuts and watercress. Mix chicken with egg white; stir into broth to prevent chicken from sticking together. Cook until chicken turns white, about 2 minutes. Sprinkle with pepper.

Makes about 4 cups.

**NOTE:** Fresh mushrooms may be substituted for Chinese mushrooms and water.

## *Chicken Wrapped in Lettuce*

2 chicken breasts, skinned, boned and cut into small pieces  
1 tablespoon corn starch  
1 teaspoon minced fresh ginger or 1/2 teaspoon ground ginger  
1 teaspoon salt  
2 tablespoons sherry  
2 tablespoons peanut or vegetable oil  
1/2 to 1 teaspoon crushed red pepper  
1/4 cup roasted peanuts  
12 Boston lettuce leaves

In 2-quart FARBERWARE® Mixing Bowl, mix chicken, corn starch, ginger, salt and sherry. In FARBERWARE® Electric Wok add oil. Set heat control dial at 350°F. When light goes out, add pepper and stir-fry 30 seconds. Add chicken mixture, peanuts and stir-fry until chicken turns white. To serve, roll up 1/4 cup of hot chicken mixture in each lettuce leaf.

Makes 12.

## *Chinese Red Stew*

3 tablespoons peanut or vegetable oil  
2 lbs. boneless beef, cut in 1-inch cubes  
3 slices ginger root or 1/4 teaspoon ground ginger  
3 green onions with tops, cut in 1-inch pieces  
2/3 cup sherry  
1/2 cup water  
1/4 cup soy sauce  
1 teaspoon sugar  
1 star anise or dash anise seed  
1/4 lb. snow peas  
1 tablespoon corn starch  
2 tablespoons water  
Hot cooked rice

In FARBERWARE® Electric Wok add oil. Set heat control dial at 350°F. When light goes out, add beef, ginger and onion; stir-fry until meat is browned. Meanwhile, mix together sherry, water, soy sauce, sugar and anise. Stir into meat. Cover. Turn heat control dial to 250°F. Cook 45 minutes or until meat is tender. Cut snow peas into thirds lengthwise; add to meat mixture. Mix corn starch with water. Stir corn starch mixture into meat, stirring constantly, until mixture boils 1 minute. Serve with hot rice.

Makes 4 to 6 servings.

## ***Curried Beef***

2 tablespoons peanut or vegetable oil  
1 lb. flank steak, cut crosswise into thin slices  
1 medium onion, cut into thin wedges  
1 tablespoon curry powder  
1/2 cup water  
1 tablespoon soy sauce  
2 teaspoons corn starch  
1 teaspoon sugar  
Hot cooked rice

In FARBERWARE® Electric Wok add oil. Set heat control dial at 350°F. When light goes out, add steak, onion and curry powder; stir-fry until steak is browned on all sides, about 3 minutes. Add water, soy sauce, corn starch and sugar. Cook, stirring constantly until mixture boils 1 minute. Serve over hot cooked rice.

Makes 4 servings.

## ***Hoisin Chicken***

4 chicken breasts, skinned, boned and cut in 1/2-inch pieces  
1/4 cup sherry  
2 tablespoons corn starch  
1 teaspoon salt  
1/2 teaspoon sugar  
4 tablespoons peanut or vegetable oil  
1 cup sliced mushrooms  
1 can (8 oz.) water chestnuts, drained and sliced  
1 green pepper, seeded and chopped  
1/2 cup salted, roasted cashews or peanuts  
1/3 cup Hoisin sauce  
1 tomato, cut into wedges

In 2-quart FARBERWARE® Mixing Bowl, mix chicken, sherry, corn starch, salt and sugar; set aside. In FARBERWARE® Electric Wok add 1 tablespoon of the oil. Set heat control dial at 350°F. When light goes out, stir in mushrooms, water chestnuts and green pepper. Stir-fry 2 to 3 minutes or until tender crisp; remove to 1-quart FARBERWARE® Mixing Bowl. Add remaining 3 tablespoons of the oil to wok. Stir in chicken mixture and stir-fry until chicken turns white. Stir in mushroom mixture, cashews and Hoisin sauce. Stir-fry until mixture reaches serving temperature, 1 to 2 minutes. Garnish with tomato wedges. Serve immediately.

Makes 4 servings.

## ***Moo Goo Gai Pan***

3 tablespoons peanut or vegetable oil  
1/4 lb. snow peas or 2 cups sliced celery  
1 cup sliced mushrooms  
4 green onions with tops, cut in 1-inch pieces  
1 teaspoon corn starch  
1/2 teaspoon salt  
1/4 teaspoon ground ginger  
1/8 teaspoon white pepper  
3 chicken breasts skinned, boned and cut into 1-inch pieces  
1 tablespoon soy sauce

In FARBERWARE® Electric Wok add 1 tablespoon of the oil. Set heat control dial at 350°F. When light goes out, add snow peas, mushrooms and onions. Stir-fry 2 minutes; remove to 2-quart FARBERWARE® Mixing Bowl. In small cup, mix together corn starch, salt, ginger and pepper; set aside. Add remaining 2 tablespoons of the oil to the wok. Add chicken and corn starch mixture. Stir-fry until chicken turns white. Stir in mushroom mixture and soy sauce; stir-fry until hot.

Makes 3 to 4 servings.

## ***Pepper Steak***

1 lb. flank steak, cut crosswise into thin slices  
3 tablespoons sherry  
3 tablespoons soy sauce  
1 tablespoon corn starch  
1/2 teaspoon salt  
3 tablespoons peanut or vegetable oil  
2 green peppers, thinly sliced  
1 onion, cut into thin rings  
1 clove garlic, minced

In 2-quart FARBERWARE® Mixing Bowl, marinate steak at least 10 minutes with sherry, soy sauce, corn starch and salt. Set aside. In FARBERWARE® Electric Wok add 2 tablespoons of the oil. Set heat control dial at 350°F. When light goes out, add green pepper, onion and garlic. Stir-fry until pepper is tender crisp. Remove to 1-quart FARBERWARE® Mixing Bowl. To wok, add remaining tablespoon of oil and steak mixture. Stir-fry until steak is cooked. Add green pepper mixture and stir-fry until hot.

Makes 4 servings.

## *Shrimp Cantonese*

2 tablespoons peanut or vegetable oil  
1 chicken breast, skinned, boned and cut into 1-inch pieces  
2 cloves garlic, minced  
1 lb. shrimp, cleaned  
3 green onions with tops, cut into 1-inch pieces  
1 can (13-3/4 oz.) chicken broth  
2 tablespoons corn starch  
2 tablespoons sherry  
1 tablespoon soy sauce  
1/2 teaspoon salt  
1/2 teaspoon sugar  
1 egg, slightly beaten  
Hot cooked rice

In FARBERWARE® Electric Wok, add oil. Set heat control dial at 350°F. When light goes out, add chicken and garlic. Stir-fry until chicken turns white, about 1 minute. Add shrimp and green onions. Cook until shrimp turns pink, about 2 minutes. Add chicken broth. In cup, mix together corn starch, sherry, soy sauce, salt and sugar. Add to shrimp mixture and cook, stirring constantly until mixture boils 1 minute. Turn heat control to "OFF." Stir in egg. Serve immediately over cooked rice.

Makes 4 servings.

# FARBERWARE®

## ONE-YEAR LIMITED WARRANTY

This FARBERWARE® product warranty extends to the original consumer purchaser of the product.

**Warranty Duration:** This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

**Warranty Coverage:** This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished, or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

**Warranty Disclaimers:** This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

**Warranty Performance:** During the above one-year warranty period, a product with a defect will be either repaired or replaced with a comparable model (at the store's option) when the product is returned. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

### Important Notice

If any parts are missing or defective, return this product to the place of purchase or contact our Consumer Service Department for assistance.

### Consumer Service

This FARBERWARE® product is distributed by:

Salton/Maxim Housewares, Inc.  
708 South Missouri St.  
Macon, MO 63552  
E-mail: SALTON 550 @ aol.com

Any questions or comments can be directed to Salton/Maxim's address or call the Consumer Service Department:

1-900-884-8818, Monday - Friday, 7:30 a.m. - 6 p.m. CST

You will be charged 95 cents per minute, with a maximum charge of \$3.80 for this call.