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**KAMBROOK**  
THE SMARTER CHOICE

Due to continual improvement in design or otherwise, the product you purchase may differ slightly from the illustration in this book. Issue B12

# KAMBROOK

THE SMARTER CHOICE



**Essentials**  
**500 Watt**  
**Blender**

KBL70

**Instruction Booklet**

# Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at [www.kambrook.com.au](http://www.kambrook.com.au)

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# IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

## Important Safeguards For Your Kambrook Essentials 500 Watt Blender

- Carefully read all instructions before operating the Kambrook Essentials Blender for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the blender for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the blender near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances. Vibration during operation may cause the appliance to move.
- Do not use the blender on a sink drain board.
- Do not place the blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Handle the blender and attachments with care – remember the blades are razor-sharp and should be kept out of the reach of children.
- Always ensure the blender is completely assembled before operating. The blender will not operate unless properly assembled.
- Do not use attachments other than those provided with the blender.
- Do not attempt to operate the blender by any method other than those described in this booklet.
- Always secure the blade assembly onto the blender jug before attaching to the motor base.
- Ensure the Speed Control dial is in the 'OFF' position and the blender is switched off at the power outlet and the power cord is unplugged before attaching the blender jug.
- Always operate the blender with the blender jug lid in position.
- Keep fingers, hands, knives and other utensils away from moving blades.
- Do not place hands or fingers into the blender jug unless the motor and blades have come to a complete stop. Ensure the Speed Control dial is in the 'OFF' position and the appliance is switched off at the power outlet and the power cord is unplugged before removing the lid from the blender.
- Ensure the motor and the blades have completely stopped before disassembling. Ensure the Speed Control dial is in the 'OFF' position and the appliance is switched off at the power outlet and the power cord is unplugged from the power outlet before attempting to move the blender, when not in use, if left unattended and before disassembling, cleaning or storing.
- It is not recommended to blend with an ingredient volume capacity of less than 1 cup (250ml). Always place one hand firmly on top of the closed blender lid to enhance the stability of the blender during operation.

- Care should be taken when removing the food from the blender jug by ensuring the motor and the blades have completely stopped before disassembling. Ensure the Speed Control Dial is turned to the 'OFF' position, the appliance is switched off at the power outlet and unplugged, before removing the lid from the blender jug. The blender jug should then be unlocked from the motor body and the food carefully removed before attempting to remove the blade assembly.
- Do not operate the blender continuously for periods longer than 1 minute on any setting or if processing a heavy load. None of the recipes in this book are considered a heavy load. If the blender is operated continuously for too long, it should be allowed to rest for 30 minutes before recommencing.
- Do not process hot or boiling liquids – allow liquids to cool before placing into the blender jug.
- Do not move the blender whilst in operation.
- Do not leave the blender unattended when in use.
- Do not place any part of the blender in the dishwasher or microwave oven.
- Do not place anything on top of the blender jug when the lid is on, when in use and when stored.
- Do not allow children to use the blender without supervision.
- Keep the blender clean. Follow the cleaning instructions provided in this book.

## Important Safeguards For All Electrical Appliances

- Carefully read all instructions before operating the appliance and save for future reference.
- Remove and safely discard all packaging material and promotional labels before using the appliance for the first time.
- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid, unless it is recommended in the cleaning instructions.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance, by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug, connector or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.  
**Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

# Your Essentials 500 Watt Blender

- 1. Powerful 500 watt motor
- 2. Large 1.5L plastic jug
- 3. 2 speed control plus pulse function
- 4. Jug chute and inner cap
- 5. Sturdy non-slip feet
- 6. Stainless steel multi-blade design



# Using Your Essentials 500 Watt Blender

## Before First Use

Before using your Kambrook Essentials Blender for the first time, remove all packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and power cord is unplugged.

Wash the lid, inner cap and blender jug in warm soapy water with a soft cloth. Rinse and dry thoroughly (refer to care and cleaning instructions).

The motor base can be wiped with a damp cloth. Dry thoroughly.

## Assembling/Operating Your Kambrook Blender

1. Place the power cord through the cord slot and place the motor base on a flat, dry surface. Ensure that the blender is switched off at the power outlet and the power plug is unplugged from the power outlet.
2. Place the blender jug onto the motor base. Ensure that the blender jug is securely positioned.
3. Add food or liquid to the blender jug. Place the lid on the blender, and push down to seal. Insert the inner cap into the hole of the blender jug lid.
4. Plug the power cord into a 230V or 240V power outlet and switch on at the power point.
5. Turn the speed control dial clockwise for the speeds 'LOW' and 'HIGH' setting and anticlockwise for 'PULSE' setting. The speed can be changed at any time during the blending process. Ideally, start blending on 'LOW' speed and then increase to a 'HIGH' speed if necessary to

blend until desired consistency is reached. For ingredients that require a short burst of power, use the pulse speed. This is ideal for thick liquids or nuts.

6. To stop the blending at any time, turn the speed control dial to 'OFF'.
7. After use, ensure the blender is switched off by turning the speed control dial to the 'OFF' position, then switch off at the power outlet and remove the power cord. Allow the blender to cool before storing.

**NOTE:** During the blending process, ingredients may stick to the sides of the blender jug. To push the food back on the blades, turn the speed control dial to 'OFF' and switch the power off at the power outlet and remove the power cord. Remove the lid and use a plastic spatula to scrape down the sides of the jug. Replace lid before recommencing blending.

**NOTE:** If the blades become stuck, immediately select the speed control dial to 'OFF' and switch the power off at the power outlet and remove the power cord. Remove the jug from the blender base and remove the lid. Use a plastic spatula to dislodge the food or liquid from the blades. Replace lid before recommencing blending.



## Hints and Tips

- Ensure the maximum level on the blender jug is not exceeded. Ensure the lid fits securely and the inner cap is on.
- Use 'LOW' speed for dressings, marinades and foods that require blending until just combined.
- Use 'HIGH' speed for pureeing smoothie or cocktail making.
- Use 'PULSE' for mixtures that require short bursts of power such as thick liquids or chopping nuts.
- Ensure all removable parts have been thoroughly washed and dried before assembly.
- Ensure the blender is correctly assembled before operating.
- Ensure the blender is used on a clean and dry surface.
- Place liquids into the blender jug before solid ingredients except where specified in recipes.
- Cut all food into small cubes (approx 2-3 cm square) to achieve an even result.
- If mixing hard and soft foods together, begin with the hard foods and then add soft foods. Continue blending until you have reached the desired consistency and even texture.
- To add ingredients during blending, remove the inner cap on the lid and drop solid ingredients or pour liquids through the lid opening. Use a container with a pouring lip, such as a measuring cup, when adding liquids.
- Place one hand on top of the blender lid and hold it down when blending large quantities of thin liquids. This will prevent the lid from popping off due to excessive pressure.

**NOTE:** Do not blend dry, thick or heavy mixtures for more than 1 minute without switching off the blender and stirring the ingredients with a plastic spatula, and then continuing blending.

- For simple blending tasks, for example, mayonnaise, salad dressings, do not operate for longer than 1 minute at one single time.
- Do not use the blender to store food.
- Do not use the blender to beat egg whites as it will not incorporate air.
- Do not use the blender to mash potatoes.
- Do not use the blender to knead dough or other heavy mixtures.
- Do not place large pieces of solid or frozen foods into the blender jug. Always break pieces before blending.
- Do not remove the blender jug or lid while the blender is operating. Always switch off at the power outlet and unplug at the power point before removing the blender jug.
- Do not overfill by exceeding the maximum mark on the blender jug. Some mixtures increase in volume during blending.
- Do not overload the blender with more than specified amounts. Overloading could cause the motor to stall.



**CAUTION:** Do not process boiling liquids or hot ingredients. Allow hot ingredients to cool before placing them into the blender jug.

## Hints and Tips continued



**CAUTION:** It is not recommended to blend with an ingredient volume capacity of less than 1 cup (250ml). Always place one hand firmly on top of the closed blender lid to enhance the stability of the blender during operation.

## Care and Cleaning

Ensure the blender has stopped operation by turning the speed control dial to "OFF".

Switch off at the power outlet and unplug the power cord.

Lift the blender jug upwards from the motor base to remove.

Ensure all liquids have been removed from the blender jug.

Wash the blender jug, lid, and inner cap in warm, soapy water, rinse and dry thoroughly.



**CAUTION:** Blades must be handled carefully as they are sharp!

**NOTE:** Do not place any part of the blender in the dishwasher.

**NOTE:** Do not immerse the motor base, power cord or power plug in water or any other liquid.

## Cleaning the Motor Body

The motor body can be cleaned with a soft, damp cloth (do not use abrasive agents or cloths which can damage the surface). Dry and polish with a soft, lint free cloth.

## Storage

Before storing, thoroughly wash and dry all removable parts.

Assemble the blender and store on the kitchen bench or in an easy to access cupboard.

Store out of reach of children.

Store the appliance upright.

Do not store anything on top of the appliance.

# Recipes

## Pumpkin Soup

### Serves 4

2 tablespoons oil  
1 large brown onion, diced  
2 cloves garlic, finely chopped  
400g butternut pumpkin flesh, diced  
4 cups/1 litre chicken stock  
Salt and pepper

1. Heat oil in saucepan, add onion and garlic and sauté for 5 minutes.
2. Add pumpkin and toss to coat with the onion mixture. Add the stock and bring mixture to the boil.
3. Reduce heat and simmer for 20 to 30 minutes or until pumpkin is cooked.
4. Allow mixture to cool and process cooled soup in batches in blender on 'HIGH' Speed until smooth.
5. Return pureed soup to saucepan to heat through, season to taste with salt and pepper.

## Roast Capsicum Soup

### Serves 4

6 red capsicums  
1 tablespoon oil  
3 cloves garlic, finely chopped  
2 brown onions, chopped  
1 apple peeled, cored and finely chopped  
1 teaspoon smoked paprika  
425g can peeled tomatoes  
4 cups vegetable stock

1. Salt and freshly ground black pepper
2. Place capsicum into a large baking dish.
3. Bake in a hot oven (200°C) until skins have turned black and blistered.
4. Remove from oven and allow to cool. Peel skin and remove seeds from capsicum and discard. Chop roughly.
5. Heat oil in a large saucepan, add garlic, onions, apple and paprika, cook for 5 minutes.
6. Add canned tomatoes including the juice and the vegetable stock, bring to the boil. Lower heat and simmer for 5 minutes.
7. Stir in capsicum and allow to cool.
8. Process cooled soup in batches in blender on 'HIGH' Speed until smooth.
9. Return pureed soup to saucepan and season to taste with salt and pepper. Heat gently and serve with sour cream and chopped chives.

## Garden Variety Soup

### Serves 2

3 medium tomatoes, quartered  
1 leek, white part only, quartered  
1 clove garlic  
1 tablespoon chopped dill  
1 carrot, cut into quarters  
1 stalk celery, cut into quarters  
2 cups/500ml chicken stock  
2 tablespoons chopped parsley

1. Place all ingredients into a large saucepan bring to a boil. Lower heat and simmer with lid on for 10 minutes. Set aside to cool.
2. Carefully spoon all the cooked vegetables into the blender with 200ml of the liquid.
3. Cover tightly with lid. Use 'LOW' Speed and blend for 30 seconds.
4. Remove the inner cap from lid and pour remaining liquid into blender jug.
5. Blend using 'HIGH' Speed for 30 seconds until mixture is smooth.
6. Return pureed soup to saucepan to heat through. Serve immediately.

## Easy Hollandaise Sauce

### Makes $\frac{2}{3}$ cup

3 egg yolks  
2 tablespoons lemon juice  
 $\frac{1}{2}$  teaspoon salt  
Pinch pepper  
125g butter melted and cooled slightly

1. Place egg yolks, lemon juice, salt and pepper into the blender jug. Cover with lid. Process using 'LOW' Speed for 10 seconds.
2. Using 'HIGH' Speed, open inner cap and slowly pour in melted butter while blender is running, process for 1 minute or until the mixture thickens.

## Fresh Herb Dressing

### Makes 1 cup

$\frac{3}{4}$  cup mixed fresh herbs (parsley, coriander, mint chives, rosemary and basil)  
1 clove garlic, peeled (optional)  
2 tablespoons olive oil  
3 tablespoons balsamic vinegar

1. Place all ingredients into the blender jug.
2. Using 'LOW' Speed, process for 20 to 30 seconds or until herbs are well chopped and mixture is well combined.

## Mayonnaise

Makes  $\frac{3}{4}$  cup

2 egg yolks  
1 teaspoon dry mustard  
2 tablespoons white vinegar  
Salt and white pepper to taste  
1 cup light olive or vegetable oil

1. Place egg yolks, mustard, vinegar, salt and pepper into blender jug.
2. Process on 'LOW' Speed for 10 to 15 seconds or until well combined.
3. Using 'HIGH' Speed, open inner cap and slowly pour in oil while blender is running, process for 1 minute or until the mixture thickens.

### Mayonnaise variations:

4. Garlic: Add 2 cloves garlic, peeled and chopped to the egg yolk mixture.
5. Herb: Add  $\frac{1}{2}$  cup chopped mixed fresh herbs (such as basil, chives, parsley, thyme) to the prepared mayonnaise.

## Caesar Dressing

Makes 1 cup

1 clove garlic, peeled  
4 anchovy fillets, drained  
 $\frac{1}{3}$  cup grated parmesan cheese  
2 teaspoons Dijon mustard  
2 teaspoons Worcestershire sauce  
 $\frac{1}{4}$  cup fresh lemon juice  
 $\frac{1}{2}$  cup light olive oil  
Freshly ground black pepper

1. Place all ingredients into blender jug.
2. Using 'HIGH' Speed, process for 1 minute or until all ingredients are well combined and mixture is creamy.

## Tandoori Chicken

Serves 4 – 6

2 tablespoons oil  
1 onion, quartered  
4 cloves garlic, peeled  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
2 tablespoons paprika  
2 teaspoons cayenne pepper  
1 teaspoon salt  
125g natural yogurt  
Rind and juice of 1 lemon  
2 tablespoons sugar  
6 to 8 chicken thigh fillets

1. Fry onion, garlic, spices and salt in oil until fragrant and onions have softened. Allow to cool.
2. Place onion mixture into blender with yoghurt, lemon rind, juice and sugar. Process on 'LOW' Speed for 1 minute.
3. Arrange chicken fillets in a shallow dish and coat well with tandoori mixture.
4. Cover and allow to marinate in refrigerator for at least 2 hours before cooking.
5. Barbecue or cook in a hot oven (200°C) until well browned and chicken is cooked through.

## Big Berry Smoothie

Makes 2–3 large glasses

1½ cups/375ml chilled milk  
150g strawberries, hulled and halved  
150g fresh or frozen blueberries  
100g fresh or frozen raspberries  
3 sprigs fresh mint  
3 scoops vanilla ice cream

1. Place all ingredients into the blender jug and process on 'LOW' Speed for 30 seconds.
2. Increase to 'HIGH' Speed for 30 seconds.
3. Smoothie should be smooth and thick. Serve immediately into large glasses.

## Double Choc Nut Smoothie

Makes 2–3 large glasses

1½ cups/375ml chilled milk  
1 x 100ml carton chocolate mousse dessert  
4 scoops chocolate ice cream  
¼ cup caramel fudge sauce  
2 tablespoons ground almonds

1. Place all ingredients into blender jug.
2. Process using 'HIGH' Speed for 30–40 seconds or until smooth and thick.
3. Serve immediately in chilled glasses.

## Zip Zip Smoothie

Makes approx 2 large glasses

1 cup/250ml chilled skim milk  
125ml skim milk natural yoghurt  
2 scoops low fat vanilla ice cream  
3 prunes, pitted  
¼ teaspoons ground nutmeg  
1 tablespoon honey

1. Place all ingredients into the blender jug and process on 'LOW' Speed for 30 seconds.
2. Increase to 'HIGH' Speed for 30 seconds
3. Smoothie should be smooth and thick. Serve immediately in chilled glasses.

## Low Fat Pink Pirouette Smoothie

Makes 2–3 large glasses

1 cup/250ml chilled cranberry juice  
1 x 200g carton low fat cherry yoghurt  
1 x 425g can stoneless black cherries, drained

Place all ingredients into the blender jug and process using 'LOW' Speed for 30 seconds.

4. Increase to 'HIGH' Speed for 30 seconds.
5. Smoothie should be smooth and thick. Serve immediately into chilled glasses.

## White Wonder Smoothie

**Makes 2–3 large glasses**

1 cup/250ml chilled low fat or skim milk  
200g natural low fat yoghurt  
4 scoops low fat vanilla ice cream  
2 tablespoons maple syrup  
1 teaspoon vanilla essence

1. Place all ingredients into the blender jug and process on 'HIGH' Speed for 30–40 seconds or until smooth and thick.
2. Serve immediately into chilled glasses.

## Lemon Ice Tea

**Makes 2–3 glasses**

1½ cups/375ml freshly brewed lemon flavoured tea, cooled  
½ cup frozen lemon sorbet  
1 tablespoon finely grated lemon rind  
½ teaspoon ground ginger  
1 cup small ice cubes

1. Place all ingredients into the blender jug and process on 'HIGH' Speed for 30–40 seconds.
2. Serve immediately into chilled glasses.

## Berry Daiquiri

**Makes about 2–3 glasses**

½ cup/125ml white rum  
1 tablespoon lime juice  
1 tablespoon orange juice  
1 cup frozen berries (strawberries, blueberries or raspberries)  
3 scoops berry flavoured frozen yogurt  
½ cup small ice cubes

1. Place all ingredients into the blender jug and process on 'HIGH' Speed for 30–40 seconds or until smooth and thick.
2. Serve immediately into chilled glasses.

## Grapefruit Grin Cocktail

**Makes 2–3 glasses**

¼ cup/60ml gin  
1½ tablespoons orange flavoured liqueur  
2 cups fresh pink grapefruit segments, frozen  
½ teaspoon ground cinnamon

1. Place all ingredients into the blender jug and process on 'HIGH' Speed for 30 to 40 seconds.
2. Serve immediately into chilled glasses.

## Pink Mary Cocktail

### Makes 2 glasses

1 cup/250ml tomato juice  
½ cup/125ml cranberry juice  
1 teaspoon Worcestershire sauce  
2–3 drops Tabasco sauce  
½ cup small ice cubes  
Celery tops, for serving  
Salt and pepper, if desired

1. Place juices, sauces and ice into the blender jug, season to taste and process using 'HIGH' Speed for 30–40 seconds.
2. Serve immediately in 2 chilled glasses, garnish with celery tops.

## Strawberry Sorbet

### Makes 2 cups

½ cup/125ml water  
¼ cup/60ml apple juice  
¼ cup sugar  
2 cups frozen strawberries, frozen without liquid

1. Place all ingredients into the blender jug and process on 'HIGH' Speed for 30–40 seconds until berries are pureed and mixture is smooth.
2. Spoon puree into a plastic container, cover and place in the freezer for several hours or until firm.

## Frozen Peach Yoghurt

### Makes : 2 cups

¾ cup/200ml low fat yoghurt  
½ cup sugar  
1 teaspoon vanilla  
1 cup drained peach slices, frozen

1. Place all ingredients into the blender jug and process on 'HIGH' Speed, until smooth, about 30 seconds.
2. Spoon into a plastic container, cover and place in the freezer for several hours or until firm.

**NOTE:** When processing drinks or smoothies the Pulse setting can also be used.



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