

KAMBROOK

Essentials Food Processor



Welcome to Kambrook and your new Essentials Food Processor.

At Kambrook we believe that the safe performance of our products 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 you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions:

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ACTIVATING THE APPLIANCE AND RETAIN THEM FOR FUTURE REFERENCE.

Ensure that the power source to be used is the same as the voltage requirements of the product.

Switch off then unplug from the power outlet when not in use and before cleaning.

Do not immerse the power cord, plug or processor body in water or any form of liquid.

Place the appliance on a dry, level surface.

⚠ WARNING: Blades must be handled carefully as they are sharp!

Care is needed when handling the processing blade and the slicer/grater blade.

Ensure the food processor lid is securely locked in place before operating.

Do not remove processing bowl from the motor base whilst processor is in operation.

Do not place your hands or utensils in the processing bowl while the processor is operating.

Do not place hands in the processor bowl unless the unit is switched off and then disconnected from the power outlet.

Switch off the power supply and then unplug the unit from the power outlet before removing any parts including blades, bowl & lid.

Before attaching or detaching any parts ensure that the power supply is turned off and the power plug disconnected from the power supply.

Do not use this processor for anything other than food or beverage preparation.

Do not process boiling liquids, let cool before placing into processing bowl.

Make sure the motor and blade have completely stopped before disassembling.

The appliance is not intended for use by young children or infirm persons without supervision.

Close supervision is required at all times when operating the appliance near children.

Young children should be supervised to ensure that they do not play with the appliance

Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.

Do not place on or near a hot gas burner, electric element, or in a heated oven.

This appliance is suitable for domestic use only. Do not use this appliance for anything other than its intended use.

Do not use outdoors.

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.

Regularly inspect the power cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest authorised Kambrook Service Centre for examination, replacement or repair.

Please call 1800 800 634 for Service Centre details.

FEATURES OF YOUR KAMBROOK ESSENTIALS FOOD PROCESSOR



1. Power control dial – 1 for low speed processing/blending, 2 for high speed processing/blending and ‘pulse’ for short bursts of power (when held in position)
2. Motor base – 550 watts of processing/blending power
3. Processor bowl – 1000 ml bowl for grating/slicing vegetables, small goods, mixing doughs etc
4. Processor lid and food chute – (Processor lid must be fitted correctly or the product will NOT operate)
5. Lid locking tab – (this must be fitted correctly or the product will NOT operate)
6. Food pusher – fits into the food chute for safe pushing of foods onto the blades and prevents splashing when using the mixing blade.
7. 2 in 1 fine slicing and grating blade – use one side of the blade for slicing and use the reverse side for grating (Not shown).
8. Stainless Steel Processing blade – use for chopping fresh meat, mixing doughs etc
9. Processor drive shaft
10. Non-skid feet – for stability

Using Your Kambrook Essentials Food Processor

Before first use remove any promotional labels and wash the food processor bowl and all blades in warm, soapy water. Dry thoroughly.

Place the motor base on a level, flat surface.

ASSEMBLY AND OPERATION OF THE FOOD PROCESSOR

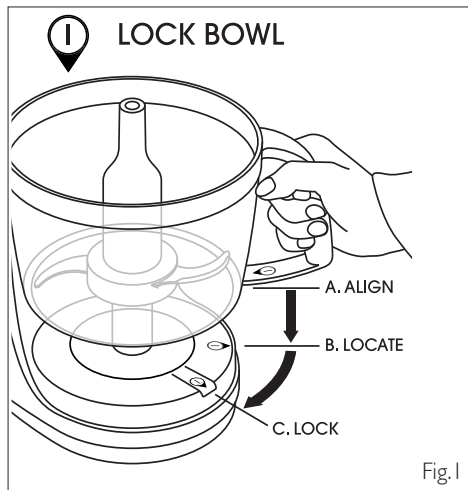
Your Essentials, food processor and blender features 2 safety locking devices.

NOTE: THE FOOD PROCESSOR WILL NOT WORK UNLESS ALL OF THE BELOW ARE IN PLACE:

1. The processor bowl is correctly LOCKED into position
2. The processor lid is correctly LOCKED into position

Correct placement of the Processor Bowl

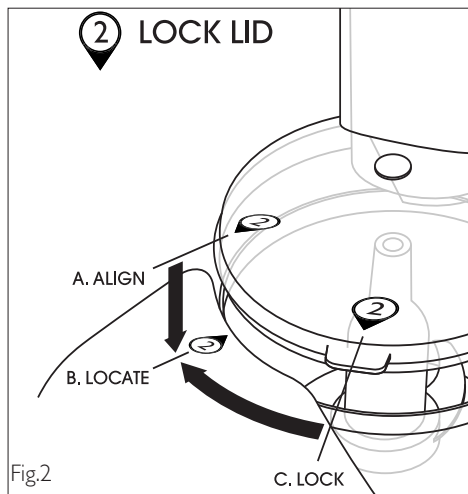
Place the empty bowl onto the base, with the handle on your right align the arrow on the lower edge of the bowl with the 'unlocked indicator arrow' on the motor base. Turn the bowl clockwise until the arrow on the bowl is aligned with the 'locked indicator arrow' on the motor base. (refer fig. 1)



Correct placement of the processor lid

Place the lid on top of the bowl, align the 'unlock indicator arrow' on the lid with the unlock indicator on the bowl.

Turn the lid clockwise – moving the 'lid locking tab' into the slot near the top of the unit until the 'lock indicator arrow' on the lid is aligned with the small red line on the top of the unit. A "click" sound will be heard, to indicate is correctly fitted.



Attaching the slicer/grater blades and the processor blade

Using the processor blade:

Place/insert the processor blade over the processor drive shaft and push down.

Using the slicer/grater blades:


Place the slicing/grating blade over the shaft adaptor.

The blade is correctly in place, when the square opening of the slicer/grater blade fits over the square shaft adaptor.

How to select the slicing or grating side of the blade

To select the grater have the raised grating ridges facing up towards the lid.

To select the slicer have the protruding side of the slicer blade facing up towards the lid.

 All blades must be handled carefully as they are sharp!

The Essentials Food Processor will not operate unless the processing bowl, and lid are correctly locked into position.

Ensure the speed dial is in the Off (0) position.

Plug into a 230/240 volt power outlet.

Turn power on.

The processor is now ready to use.

To begin processing/slicing/grating turn the 'Power Control Dial' from the Off (0) position to either the Low (1) or High (2) speed, depending on your requirements. The speed can be changed at any time during the process.

For short bursts of power, whilst processing, use the "PULSE" setting.

For slicing and grating – ensure that the food items you want to slice or grate are of a suitable size to be fed through the food chute.

Place the food inside chute and push down with the 'food pusher'.

Never push down any foods with your hands and do not put your hands down the food chute at any time during processing.

For using the processing blade – with the ingredients inside the processor bowl, start the unit on low speed (1) moving to the higher speed (2) if necessary. Before commencing ensure that the 'food pusher' is in place to avoid splashing from the food chute. Ingredients can be added through the food chute whilst processing.

If ingredients stick to the sides of the processor bowl during processing, turn the speed to the Off (0) position, switch off at the power outlet, then push the food back onto the blades using a plastic spatula to scrape down the sides of the bowl. Then recommence blending.

NOTE: Do not over fill the processor bowl when mixing liquids – do not fill above the bowls "MAX" fill line.

When processing is complete, turn to the Off (0) position. Wait until blades have stopped rotating before removing the lid, blades or processor bowl.

Maintaining your Kambrook Essentials Food Processor

Always turn the power off at the power outlet and then unplug before disassembling any parts.

Wash the processor bowl, blades and food pusher in warm soapy water after each use. Rinse thoroughly and dry.

The processing blade and slicing/grating discs are extremely sharp! Use caution when handling and storing these parts. Always store the processing blade with the protective covers provided.

Store the food processor with the processing blade in the bowl and the lid and the food pusher in position, but **DO NOT** lock as this places unnecessary strain on the operating switch.

Never use an abrasive cleaner. Do not place any parts in the dishwasher.

Wipe the motor base with a soft, damp cloth.

DO NOT immerse the motor base, power plug or cord in water or any other liquid.

Processing Guide

Ingredients	Preparation and procedure	Speed setting	Approx. time
Fruit, vegetables and cooked meats	Roughly cut food before placing into the processing bowl (max. 500g) and process.	1 or 2	30–60 sec
Raw meat, chicken and fish fillets	Trim meat of any bones, gristle or fat. Cut the ingredients to approx 25mm cubes. Place into the processing bowl (max 500g) and process.	2	15–30 sec
Herbs	Remove stalks if necessary. Process up to 3 cups of herbs. The bowl will need to be scraped down during operation.	1	30 sec
Breadcrumbs or biscuit crumbs	Break up the bread or biscuits into small pieces	1	30 sec
Nuts (shells removed)	Place up to 2 cups	2	30 sec for crushed, longer to form a paste
Hard boiled eggs	Peel and halve the eggs.	Pulse	30–40 sec
Cooked soups and sauces	Place up to 2 cups of liquid.	2	30 sec
Pastry	Process butter and flour to resemble breadcrumbs, add liquids to form a ball, do not over-process. (max 4 cups at a time)	1 or 2	30–60 sec
Bread dough	Place all dry ingredients into the processing bowl, add liquids through the feed chute to form a ball	2	15–30 sec

Slicing Guide

Ingredients	Preparation and procedure	Speed setting
Onions	Peel and halve the onions, place them down the food chute and slice	1
Carrots and zucchini	Peel and wash the vegetables. Place food in horizontally for slices or place in vertically for round shaped slices	1
Small goods eg salami, prosciutto etc.	Small diameter salami and cabanossi will fit straight into the food chute; other smallgoods may need to be cut to fit the food chute.	1 or 2
Mushrooms	Place the mushrooms on their sides in the food chute. Slice using light pressure from the food pusher	1
Celery and rhubarb	Trim and pack into the food chute vertically	1
Cabbage	Cut into wedges to fit into the food chute, slice using firm pressure.	2

Grating Guide

Ingredients	Preparation and procedure	Speed setting
Potatoes	Peel and cut the potatoes into pieces that will fit into the food chute, grate using firm pressure	1 or 2
Carrots and zucchini	Wash and peel carrots, cut any vegetable into lengths that will fit into the food chute. For longer lengths place food in horizontally, for shorter lengths place the food in vertically.	1
Cheese	Cut the cheese to fit into the food chute, grate using light pressure to prevent the cheese crumbling.	1
Chocolate	Break into pieces that will fit into the food chute. Grate using firm pressure.	2

NOTE: when slicing or grating food items some food pieces will remain between the disc and the lid, this is unavoidable. If the gap between the food pusher and the blades was not present the food pusher would be damaged possibly resulting in plastic entering the food.

RECIPES

COCONUT, PUMPKIN AND GINGER PASTA SAUCE

Makes 1 Lt.

1 tablespoon vegetable oil

1 small brown onion

1 tablespoon ginger

500g diced pumpkin

100 ml chicken stock

1 x 410 ml can of coconut cream

Salt and pepper to taste

Using the processing blade, chop the onion into small pieces. Then with the grating blade, grate the ginger.

Heat the oil in a saucepan and saute the onions, and ginger without browning them. Add the pumpkin and stir for 2 minutes

Add sufficient water to just cover the pumpkin, cook until the pumpkin is soft. Add the coconut cream, stock and stir through.

Allow the sauce to cool before transferring half of the mixture to processing bowl and process using speed 2, repeat the process with the remaining mixture.

Serving Suggestion

Toss the sauce through any pasta including gnocchi or serve with grilled chicken.

MINISTRONE SOUP

Makes 2 Lt

1 brown onion

1 small Leek

1 stick of celery

1 carrot

4 ripe tomatoes

50 g Butter

2 bacon rashers sliced

2 tablespoons tomato paste

1 litre chicken stock

¼ cup Parmesan cheese

¼ bunch parsley chopped

¼ Clove garlic finely sliced

Clean and wash the vegetables.

Using the slicing blade, slice the onion, leek and celery. Remove from processing bowl.

Using the grating blade, grate the carrot. Remove from processing bowl.

Using the processing blade, puree the tomatoes until liquefied, using speed 2.

Melt the butter in a saucepan, add half the sliced bacon, and cook for a few minutes.

Add the sliced vegetables to the saucepan and saute them gently. Add the tomato paste, pureed tomatoes and stock, bring to the boil. Reduce heat and simmer for 30 minutes. Then add the remaining bacon and salt and pepper to taste. Simmer for 10 minutes.

Using the processing blade, finely chop the parsley, add the garlic and process for a few more seconds. Add this to the soup mixture.

Using the grating blade in the food processor, grate the cheese to serve with the soup.

Serving Suggestion

Serve with crusty bread

QUICK AND EASY RICE PAPER ROLLS

Makes 20

1 medium carrot

1 medium green zucchini

100 g bean shoots

2 tablespoons soy sauce

50 g dried vermicelli

100 g unsalted peanuts

½ bunch coriander leaves and stems

½ bunch mint

20 rice paper wrappers (round or square)*

Sweet chilli sauce

Clean and wash the vegetables.

Using the grating blade, grate the zucchini and carrot and place into a mixing bowl; add the bean shoots and the soy sauce.

Pour hot water into a bowl and add the vermicelli, soften it for 5 minutes, drain the water and cut the noodles into small lengths; add them to the vegetable mixture.

Using the processing blade, coarsely

crush the peanuts for a few seconds using speed 2 and add to the vegetable mixture.

Using the processing blade process the coriander and mint, until finely chopped, add to the vegetable mixture.

Wrapping

Step 1: Using a bowl of warm water place a wrapper in for 10-15 seconds or until slightly softened. Remove and place it onto a damp tea towel.

Step 2: Place a 5cm x 2cm rectangle of mixture in the middle of the wrapper

Step 3: Fold the sides of the wrapper across the mixture.

Step 4: Fold the end (end closest to you) of the wrapper over the mixture, tighten and roll until tightly wrapped.

Repeat the process for all the wrappers.

Serving Suggestion

Serve with sweet chilli sauce

**Rice paper wrappers are available from most supermarkets in the Asian food section.*

CHICKEN AND BROCCOLI LASAGNE

Serves 4

1 brown onion

500g chicken, diced

2 cloves of garlic

1 tablespoon oil

500ml tomato pasta sauce

1 head of broccoli

_ bunch of oregano, chopped

150g tasty cheese

200g packet of fresh lasagne pasta or precooked dried packet sheets

Using the slicing blade, slice the onion.

Place the diced chicken and garlic into the processor bowl and process using speed 2 until the chicken is minced.

Heat the oil in a frypan and cook the onion until soft, then add the chicken mince, stir until cooked. Add the tomato pasta sauce and oregano and return to the boil, reduce heat and simmer for 10 minutes.

Cut the broccoli into florets and cook (boil or steam) for 1 minute. Drain and run under cold water to refresh.

Using the grating blade, grate the cheese and set aside.

Using an oven proof lasagne dish assemble the lasagne with half of the chicken and tomato mixture in the base of the dish. Place 1 layer of pasta on top. Then place the broccoli and half of the cheese, then place another layer of pasta. Add the remaining chicken mixture on top, then another layer of pasta, sprinkle top with remaining cheese.

Bake in a moderate oven (180°C) for 20 minutes

TIP: The lasagne can be pre-prepared and kept in the fridge until you are ready to cook. If the lasagne has been stored in the fridge place foil over the lasagne and cook for 20 minutes before removing the foil and cooking as instructed above.

Serving Suggestion

Serve with a tomato salad.

ZUCCHINI BAKE

Serves 4

3 medium zucchinis

1 tablespoon grain mustard

250 ml cream

3 slices of stale bread (crusts removed)

Salt and pepper to taste

Using the slicing blade, slice the zucchini; layer the zucchini into an ovenproof dish.

Using the processing blade, process the stale bread using speed 2 until the mixture resembles fine crumbs.

Whisk the cream and mustard together and pour over the zucchini. Sprinkle the top with breadcrumbs, salt and pepper.

Bake at 200°C for 30 minutes until golden

Serving Suggestions

Serve as an accompaniment to grilled chicken or fish.

CAESAR SALAD DRESSING

Makes 1 Lt

4 egg yolks

10 anchovy fillets

2 tablespoons grain mustard

2 tablespoons white vinegar

700 ml peanut oil

1/3 cup white wine

100 g grated Parmesan cheese

Using the grating blade, grate the cheese and set aside.

Using the processor blade, process the egg yolks, anchovies, mustard and vinegar for 30 seconds using speed 1.

While the motor is running slowly pour the half of the oil down the food chute to thicken the dressing. When the dressing becomes thick, pour in the white wine, then the remaining oil.

Add the cheese and process until combined.

Serving Suggestions

Store in an airtight jar and use with salads and coleslaw style dishes.

CHOCOLATE CAKE

1 tablespoon white vinegar

1 cup of milk

1 cup of plain flour

1 cup of self-raising flour

1 cup of castor sugar

$\frac{3}{4}$ cup of cocoa

$\frac{1}{2}$ teaspoon bi-carb soda

125g butter melted

3 x 70g eggs

Add vinegar to the milk and stand for 5 minutes.

Using the processing blade, process the flours, sugar, cocoa and bi-carb using speed 1 until combined.

Add the melted butter, eggs and milk, process until combined, do not over mix.

Pour the mixture into a greased 20-cm cake tin.

Bake in a moderate oven (180-200°) for 40 minutes or until cooked.

Serving Suggestion

Serve with chocolate ice cream and fresh berries

FARMHOUSE APPLE PIE

Sweet pastry

4 cups plain flour

1 teaspoon salt

3 tablespoons castor sugar

250g butter, diced

$\frac{1}{2}$ cup chilled water

600g can pie apples

2 tablespoons brown sugar

50g sultanas

Extra sugar to sprinkle on top for baking.

Note: process the pastry in two batches.

Using the processor blade, process half of the salt, sugar, flour and butter into the processing bowl using speed 1, mix until the mixture resembles breadcrumbs.

While the motor is running slowly pour half of the water down the food chute to combine the pastry.

Wrap the pastry in plastic and refrigerate for 20 minutes.

Repeat the process for the second pastry dough.

Preheat oven to 200°c

Roll one of the pastry balls on a lightly floured surface until approximately 4mm thick and 25cm in diameter. Use the pastry to line a 20cm flan tin and blind bake for 15 minutes.

While the pastry is cooking mix the pie apples with the brown sugar and sultanas. When the pastry is cooked add the filling to the flan tin. Roll the other ball of pastry as before, place on top of the apples, and press the edge of the pastry lid to the edge to make a perfect fit. Sprinkle the top with castor sugar.

Bake in a moderate oven (180°C to 200°C) for 40 minutes until golden brown.

Serving Suggestions

Serve with thickened cream or ice cream.

Tip: To blind bake effectively, place a layer of greaseproof paper over the pastry and fill with uncooked rice. This will stop the pastry from rising during cooking

CHEESY BREAD ROLLS

Makes 4

500g of bread flour

310 ml of tepid water

1 tablespoon of sunflower oil

1 teaspoon salt

1 tablespoon white sugar

1¾ teaspoon dry yeast

Place the water, oil, and then all the dry ingredients to the processing bowl with the processing blade. Process using high speed for up to 25 seconds, adding more water if necessary to form a dough ball. Remove the dough from the bowl place on onto a lightly floured surface to knead.

Place the dough into a greased glass bowl, cover the bowl with plastic wrap and place in a warm position until the dough has doubled in size.

Remove the dough and cut into 4, flatten the pieces and place some grated cheese onto the dough fold the top corner into the centre of the dough; fold each side to meet itself and roll inwards to form a roll and place on a greased baking tray.

Place the tray into a warm position until the rolls have doubled in size.

Bake in a moderate oven for 15–20 minutes.

NOTE: other fillings can be incorporated in the same way i.e. pesto, mustard, and grains.

YOUR RECIPES

YOUR RECIPES



Kambrook 12 Month Replacement Warranty

KAMBROOK warrants the purchaser against defects in workmanship and material, for a period of 12 months from the date of purchase (3 months commercial use).

Guarantee and purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the terms of the KAMBROOK guarantee.

KAMBROOK reserves the right to replace or repair the appliance within the warranty period.

Warranty does not apply to any defect, deterioration, loss, injury or damage occasioned by, or as a result of the misuse or abuse, negligent handling or if the product has not been used in accordance with the instructions. The guarantee excludes breakages and consumable items such as kneading blades.

This warranty is void if there is evidence of the product being tampered with by unauthorised persons.

If the product includes one or a number of accessories only the defective accessory or product will be replaced.

In the event of KAMBROOK choosing to replace the appliance, the guarantee will expire at the original date, ie. 12 months from the original purchase date.

In Australia, this KAMBROOK Guarantee is additional to the conditions and guarantees which are mandatory as implied by the Trade Practices Act 1974 and State and Territory legislation.

For service, spare parts or product information in Australia, please call KAMBROOK on the customer Service Line (free call) 1800 800 634.

For service, spare parts or product information in New Zealand, please call KAMBROOK New Zealand, Greenmount, Auckland Phone 09 271 3980 Fax 0800 288 513. For spare parts phone 09 271 3980.

If claiming under this guarantee the product must be returned to freight prepaid.

YOUR PURCHASE RECORD (Please complete)

Attach a copy of purchase receipt here.

DATE OF PURCHASE _____

MODEL NUMBER _____

SERIAL NUMBER (If applicable) _____

PURCHASED FROM _____

Please don't return purchase record until you are making a claim

KAMBROOK



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