

KAMBROOK

Food Processor Deluxe



KAMBROOK SAFETY

Welcome to Kambrook and your new Food Processor Deluxe.

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.

Never immerse the power cord, plug or blender/processor body in any form of liquid.

Place the appliance on a dry, level surface.

 Blades must be handled carefully as they are sharp!

Care is needed when handling the processor blade and all slicing, grating and chipping blades.

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

Before using the processor ensure that the blender drive cover is in place.

Do not remove blender jug or processing bowl from the motor base whilst blender/processor is in operation.

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

Do not place hands in the blender jug or 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/jug, lids.

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 blender/processor for anything other than food or beverage preparation.

Do not blend a dry, thick or heavy mixture for more than 60 seconds without turning the blender/food processor off and stirring the ingredients before continuing to blend.

Do not use the processor and blender at the same time.

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

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

The appliance is not intended for use by young children or infirmed 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.

Do not leave this appliance unattended while in use.

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

Do not use outdoors.

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 in Australia.

Features of your Kambrook Food Processor Deluxe

1. Power control dial – a choice of 3 speeds plus pulse for complete processing/blending control
2. Motor base - 650 watts of processing/blending power
3. Blender jug – 1.5 litre capacity, ideal for mixing liquids (this must be correctly locked into the blender drive or the blender will NOT operate)
4. Blender jug lid – ensure this is correctly in position before activating.
5. Blender jug filler cap – for adding ingredients whilst blending
6. Blender drive cover – this must be correctly in place before using the processor, otherwise the processor will NOT operate (see following instructions)
7. Processor bowl - extra large 1.5 litre capacity for grating/slicing vegetables, processing foods, mixing doughs etc
8. Processing lid and feed chute – (Processor lid must be fitted correctly or the processor will NOT operate)
9. Automatic safety cut out – prevents the Food Processor Deluxe from operating unless the processor bowl and lid, blender jug or blender drive cover are correctly engaged on the motor base (not shown)
10. Food pusher with removable inner 80ml Measuring Cup – fits the into the food chute for safe adding of foods onto the blades and prevents splashing when using the processing blade
11. Stainless steel thin slicing disc – for slicing vegetables and fruits
12. Stainless steel thick slicing disc – for slicing vegetables, chicken, meat and salami
13. Stainless steel fine grating disc – for grating chocolate and hard cheeses such as Parmesan
14. Stainless steel coarse grating disc – for grating firm cheeses, fruit and vegetables
15. Stainless steel chipping disc – for french fries. Also handy for stir fried vegetables
16. Stainless steel processing blade – use for all chopping, mixing and processing tasks
17. Mixing blade – use for making dough for pastry or bread
18. Disc holder – processing discs simply lock into place
19. Unique storage holder – conveniently and safely stores attachments on top of lid
20. Processing blade protective cover – for storage when blade is not in use.
21. Processor drive shaft
22. Spatula
23. Non-skid suction feet – for stability
24. Cord storage (not shown)




Blades must be handled carefully as they are sharp!



USING YOUR KAMBROOK FOOD PROCESSOR DELUXE

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

 All blades must be handled carefully as they are sharp!

Place the motor base on a level, flat surface.

ASSEMBLY AND OPERATION OF THE FOOD PROCESSOR




Your Food Processor Deluxe features 3 safety locking devices.

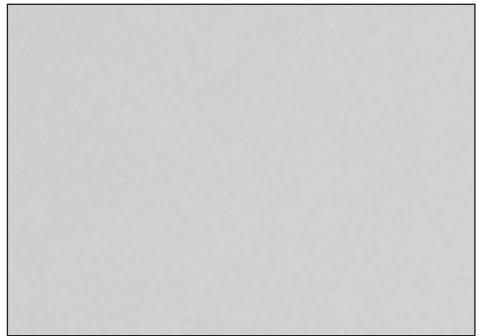
NOTE: THE FOOD PROCESSOR WILL NOT WORK UNLESS ALL OF THE BELOW ARE IN PLACE:

1. The blender drive cover is correctly LOCKED into position-
2. The processor bowl is correctly LOCKED into position
3. The processor lid is correctly LOCKED into position

NOTE: Always ensure that the Food Processor Deluxe is disconnected from the power outlet and operating dial is turned to '0' before assembling or disassembling the Food Processor Deluxe.




Correct locking procedure of the Blender Drive Cover

Place cover over drive with the arrow  on the drive cover aligned to the align arrow  on the motor cover. Turn clockwise until the arrow on the drive cover is aligned with lock arrow  on the motor cover.




Note the food processor will not operate unless the blender drive cover is locked in the correct 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 processor bowl handle with the align arrow  on the motor base. Turn the bowl clockwise until the arrow on the processor bowl handle is aligned with the 'lock' indicator arrow  on the motor base.



USING THE PROCESSING BLADE/DISCS

 All blades must be handled carefully as they are sharp!

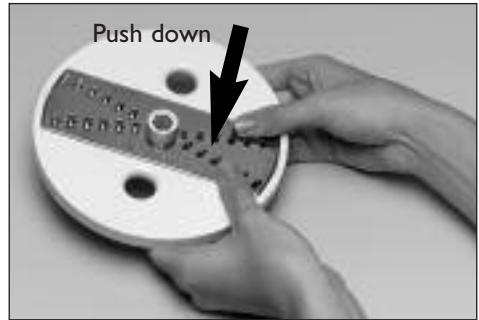
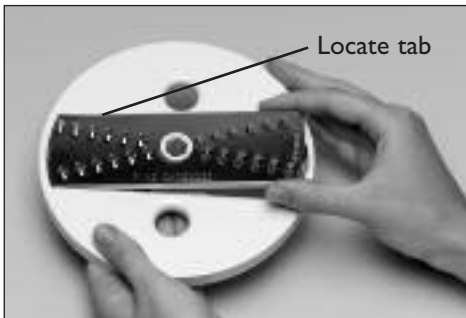


Using the processing/mixing blade

- a. Select either the processing or plastic mixing blade
- b. Place the processing /mixing blade over the drive shaft and push down.

Using the slicing/grating discs.

- a. Select the desired slicing/grating disc and assemble into the disc holder. To fit the stainless steel disc onto disc holder, fit left side of disc (when writing is towards you), with locating tab into holder, then push right side down firmly until it locks into place. Fit the end without the push up marking in first. Then push the “push up” side down firmly until it locks into place.



- b. To remove disc, hold disk away and place thumbs underneath disc at top of disc marked “push up” and push out. The disc may be tight for the first few times.



Correct placement of the processor lid

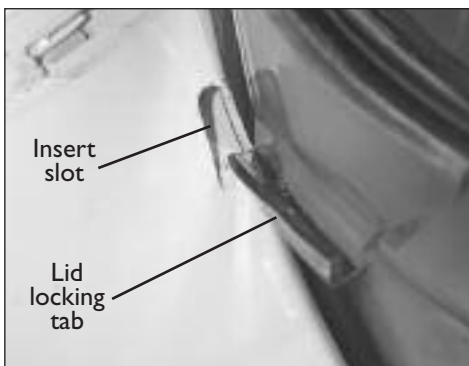


Place the lid on top of the bowl, align the indicator line on the lid with the circle ○ on the bowl.

Turn the lid clockwise – moving the ‘lid locking tab’ into the slot near the top of the motor unit - until the indicator line on the lid is aligned with the circle ● on the top of the bowl.

A “click” sound will be heard, to indicate it is correctly fitted.

NOTE: The Food Processor Deluxe will not operate unless the processing bowl, lid and blender drive cover 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), Medium (2) or High (3) speed, depending 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 feed through the food chute.

Place the food inside chute and push down with the ‘food pusher’.

NOTE! : 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 higher speeds (2 or 3) 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, remove lid and then push the food back onto the blades using the plastic spatula to scrape down the sides of the bowl. Then recommence processing.

NOTE: Do not over fill the processor bowl past the MAX line for solids and past the 750ml mark for liquids. For greater quantities of liquids the blender jug should be used.

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

ASSEMBLY AND OPERATION OF THE BLENDER

Your Food Processor Deluxe blender features 2 safety locking devices.

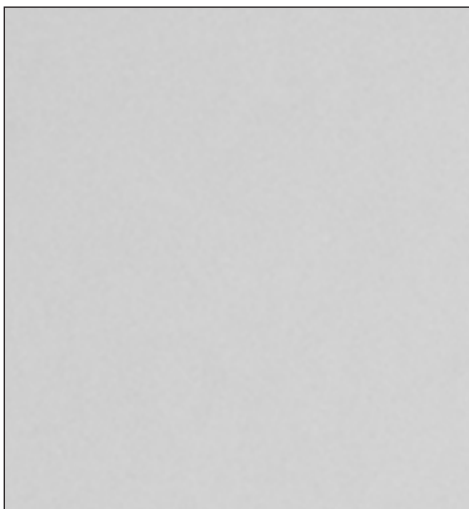
NOTE: the blender will not operate unless:

1. The blender jug is correctly positioned and LOCKED onto the motor base
2. The processor bowl AND lid are correctly locked into place (refer to previous instructions)

NOTE: The food processor will not operate while the blender jug is assembled to base. If processing is required, remove the blender and fit the Blender Drive Cover.

Correct placement of the blender jug

Unlock and remove the blender drive cover.



Align the arrow ① on the lower edge of the blender jug with the align handle arrow ^{ALIGN HANDLE} ① on the motor cover. Turn the blender jug clockwise until the arrow on the blender is aligned with the lock handle arrow ^{LOCK HANDLE} ① on the motor cover; a “click” sound will be heard.



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

Plug into a 230/240 volt power outlet.
Turn power on.

The blender is now ready to use.

Place ingredients into the jug. Note do not overfill the jug (ie/ above the MAX mark).

Firmly fit the lid to the top of the blender. Ensuring that the ‘filler cap’ (inside the lid) is correctly locked into position.

With your hand on top of the blender lid initially, turn the ‘Power Control Dial’ from the Off (0) position to either the Low (1), Medium (2) or High (3) speed, depending your requirements. The speed can be changed at any time during blending.

For short bursts of power, use the “PULSE” setting.

If ingredients stick to the sides of the jug during blending, turn the speed dial to the Off (0) position, switch off at the power outlet, remove lid and then push the food back onto the blades using the plastic spatula to scrape down the sides of the jug. Then replace lid and recommence blending.

Ingredients can be added during blending by removing the ‘filler cap’ and placing/pouring additional ingredients through the hole.

Note: Do not overfill the blender jug above the MAX mark.

This blender is not recommended for blending dry ingredients.

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

MAINTAINING YOUR KAMBROOK FOOD PROCESSOR DELUXE

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

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

Do not soak steel parts.

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.

THE STAINLESS STEEL PROCESSING BLADE

The cutting edges of this blade are extremely sharp, it should only ever be held by the central plastic spindle.

ALWAYS store the blade with the protective cover provided.

CHOPPING	USE PROCESSING BLADE
INGREDIENTS	PROCEDURE
ONIONS, VEGETABLES, FRUITS, COOKED MEATS	Cut ingredients into approximately 2.5cm cubes. Place in processing bowl, up to 750g at a time. Process, using the PULSE switch until the ingredients are chopped as desired. Remove lid and scrape the sides down with the spatula between pulses to ensure more even chopping.
RAW MEATS (BONELESS)	Trim the meat of fat and gristle, remove any bones. Cut into 2.5cm cubes. Process up to 750g at a time on speeds 2-3, scraping down the sides of the bowl, until the meat is coarse or fine as desired.
HERBS	Make sure the herbs are as dry as possible. Place in the processing bowl and process on speeds 2-3, until finely chopped. Scrape down the sides of the bowl at least once during processing. Up to 4 cups of firmly packed herbs can be processed at a time.
BREADCRUMBS OR BISCUIT CRUMBS	Quarter the slices of bread and break up the biscuits. Place them in the processing bowl and process using speed 2. Process up to 1½ loaves of bread, crusts removed, or 1 loaf with crusts, at a time. Use stale bread for dry breadcrumbs.
NUTS (SHELLS REMOVED)	Place up to 2 cups of nuts in the processing bowl at a time and process using the PULSE switch. If chopped too finely the nuts will become oily and eventually form a butter. Processing smaller quantities at one time will ensure even chopping.
HARD CHEESES	To process hard cheese such as Parmesan, first cut the cheese into 2 cm cubes. Turn the Food Processor Deluxe onto speed 1, and drop cubes of cheese down the feed tube, processing 200g at a time.
HARD BOILED EGGS	Shell and halve the eggs before placing in the processing bowl. Process using the PULSE switch.

PUREEING	USE PROCESSING BLADE
INGREDIENTS	PROCEDURE
COOKED SOUPS, SAUCES (1ltr OR LESS)	Place up to 4 cups of mixture in the processing bowl and process on speeds 2-3, until desired consistency is reached.
DIPS, SPREADS	Place ingredients in the processing bowl and process on speeds 2-3. If some ingredients are to remain in pieces, add them last and mix in using the PULSE switch.
COOKED VEGETABLES, FRUIT	These may first be cooked in a saucepan. Process on speed 3 until desired consistency is reached.

MIXING	USE MIXING BLADE
INGREDIENTS	PROCEDURE
PACKET CAKES	Place all the ingredients in the processing bowl. Process for 5 seconds using speed 3, remove lid and scrape down the sides of the bowl. Process for another 5-10 seconds.
BATTER – PIKELETS, CREPES, PANCAKES	Place all ingredients in the processing bowl and process on speeds 2-3 until combined, scrape sides of the bowl down once during processing. Do not fill above the 750ml fill line.
QUICK MIX CAKES	These are usually a melt and mix method. Add ingredients in the order specified in the recipe. Be careful not to over mix.
SHORT CRUST PASTRY AND SCONES	Place the flour and butter in the processing bowl and process using speed 2 until butter is rubbed in. With the motor running pour the liquid down the feed tube and process until mixture forms a ball, approximately 30 seconds. Do not mix more than 2 cups of flour at a time.
BISCUITS AND CHAMPAGNE PASTRY	Place butter, sugar and egg yolks in the processing bowl and process on speeds 2-3 until just combined. Remove lid, add the flour and mix until just combined using the PULSE switch. Do not mix more than 4 cups of flour at a time.
YEAST DOUGHS	Add ingredients in the order listed in the recipe. Add liquids through the feed tube with the motor running.

NOTE! When mixing liquids with the processing blade, do not fill above the bowls 750ml fill line. Do not use the highest speed 3 as liquids will spill over the bowl.

THE STAINLESS STEEL SLICING DISCS

For a wider choice of slicing options, we have included a thick and thin slicing disc.

For all foods, pack food into the feed tube firmly to ensure even results. Although firm pressure on the food pusher is recommended for some foods, do not press hard as the disc may jam.

Always use the food pusher when using the slicing disc. Use speed 2-3 for best results.

NOTE! Either the thick or thin slicing disc can be used for the ingredients listed on next page.

INGREDIENTS	PROCEDURE
ONIONS	Peel the onions and halve if too large to fit into the feed tube. Place the onions in the feed tube, cut edge down. Process, exerting firm pressure on the food pusher.
CARROTS, ZUCCHINI, EGGPLANT, BANANAS	Prepare the foods in the usual way. For rings arrange foods vertically in the feed tube, cutting them so they are even in height. For slices arrange foods horizontally in the feed tube. Process by exerting firm pressure on the food pusher.
CAPSICUMS	Remove the core and seeds. Halve the capsicums if necessary and arrange them vertically in the feed tube. Process using firm pressure on the food pusher.
MUSHROOMS	Wipe the mushrooms and pack in the feed tube on their sides. Process using firm pressure on the feed pusher.
APPLES, PEACHES	Peel if desired, remove the stone and quarter the fruit. Lie the quarters on their sides in the feed tube and process using firm pressure of the food pusher.
BEANS	Prepare the beans. Cut into lengths and pack horizontally into the feed tube. Process using firm pressure on the food pusher.
CHEESE	Cut the cheese into pieces large enough to just fit the feed tube. Process using light pressure on the feed tube to prevent cheese crumbling.
CABBAGE	Cut cabbage into wedges to fit feed tube and process using firm pressure.
LETTUCE	Separate the leaves of the lettuce and wash and dry. Roll the leaves firmly and pack into the feed tube. Process using firm pressure.
RAW MEAT, FISH, CHICKEN	Trim meat of fat and gristle and cut to fit snugly in the feed tube. Freeze until partly frozen. Process using firm pressure.
COOKED MEATS, CABANOSSI, SALAMI	Pack the feed tube snugly placing meat in the feed tube vertically. Process using firm pressure. For more even slicing remove sausage skins first.
CUCUMBERS	Trim the ends of the cucumber and cut into lengths to fit the tube vertically. If the cucumber is too wide, scoring it length wise with a fork will make it more pliable.
POTATOES	Peel the potatoes and cut into pieces if necessary to fit the feed tube. Process using firm pressure.

THE STAINLESS STEEL COARSE GRATING DISC

For a wider choice of grating options we have included a coarse grating disc as well as a fine grating disc.

For all foods, pack the tube firmly to ensure even results. Although firm pressure on the food pusher is recommended for some foods, do not press hard as the disc may jam.

ALWAYS use the food pusher when using the grating discs.

INGREDIENTS	PROCEDURE
ONIONS, POTATOES	Pack into the feed tube and process using firm pressure. Peel and cut into pieces if necessary to fit the feed tube.
CARROTS, ZUCCHINI, CUCUMBER	Prepare the vegetables and pack into the feed tube. Packing vertically will give shorter shreds than packing horizontally. Process using firm pressure.
CHEESE	Cut the cheese to fit the feed tube snugly. Process using a light pressure on the food pusher to prevent the cheese crumbling.

THE STAINLESS STEEL FINE GRATING DISC

Use speed 2 for best results

ALWAYS use the food pusher when using grating discs.

INGREDIENTS	PROCEDURE
CHOCOLATE	Break chocolate into pieces to fit the feed tube and process using firm pressure.
PARMESAN CHEESE	Cut the cheese to fit the feed tube snugly. Process using light pressure on the food pusher to prevent the cheese crumbling.
ONIONS	Peel the onions and chop into halves. Place onions in the feed tube, cut edge down. Process using firm pressure
GARLIC AND GINGER	Peel and place minimum 250g into the feed tube and process using firm pressure. Note : If small quantities are used, they may block the holes in the grating disc. To help wash the ingredients through, pour ¼ cup olive oil (for garlic) or ¼ cup sherry (for ginger) down feed tube. Excess amount can be stored for later use.

THE STAINLESS STEEL CHIPPING DISC

The chipping disc makes french fries from potatoes and also pumpkin or kumera (sweet potato) for something a bit different.

ALWAYS use the food pusher when using the chipping disc.

INGREDIENTS	PROCEDURE
POTATOES, KUMERA, PUMPKIN	Prepare the vegetables, pack into the feed tube and process using firm pressure.

THE BLENDER JUG

INGREDIENTS	PROCEDURE
DRINKS, MILKSHAKES	Fill the jug to at least $\frac{1}{4}$ full. Remember to leave room to allow froth to form as the drink is aerated.
SOUPS, SAUCES (PUREEING LESS THAN 1 LITRE)	Place mixture in the jug and blend on speeds 2-3, until desired consistency.
MAYONNAISE, MARINADES, DRESSINGS	Pour oil into the jug gradually through the opening in lid, with motor running. Blend on speed 2.

RECIPES ON THE RUN

AVOCADO CREAM DIP

Uses : Nacho's, Mezze Plate

1 ripe avocado, peeled and chopped

4 shallots, sliced

1½ tablespoons lemon juice

½ teaspoon salt

1½ teaspoons Worcestershire sauce

¼ cup sour cream

125g cream cheese

Using the processing blade on speeds 2-3

1. Place all ingredients into the processing bowl and process on speeds 2-3 until mixture is pureed and shallots are finely chopped.

2. Serve with corn chips or vegetable strips (vegetable strips can be made using the chopping blade).

HOMMOS

Serves 6

Uses: Dip, sauce, spread, thickener

2 cups chick peas, canned or precooked

2 cloves garlic, peeled

2 tablespoons plain yogurt

1 teaspoon paprika

1 teaspoon tahini

1 tablespoon olive oil

Using the processing blade on speed 3

1. Place all ingredients in the processing bowl and process until smooth.

PANFRIED LAMB WITH SUN-DRIED TOMATOES

Serves 6

6 lamb leg steaks

1 tablespoon olive oil

2 cloves garlic, crushed

SUN-DRIED TOMATO SAUCE

Uses: soup base, base of salad dressing, pasta, sauce for beef, pork, lamb and chicken

⅔ cup drained sun-dried tomatoes, chopped

½ cup pitted black olives

2 cloves garlic, crushed

1½ tablespoons olive oil

2 teaspoons fresh oregano, chopped

1. Heat oil in a heavy based frypan, add lamb and garlic.

2. Cook lamb for 2-3 minutes each side.

3. Serve with sun-dried tomato sauce

SUN-DRIED TOMATO SAUCE

Using the processing blade on speed 3

1. Place sun-dried tomatoes, olives, garlic and olive oil in the processing bowl and process until pureed and well combined. Stir oregano through the sauce, heat through and pour over lamb steaks.

GRILLED CHICKEN WITH PESTO

Serves 6

Pesto uses: on chicken, lamb, potatoes, pasta

6 chicken breast fillets, skin removed

PESTO

1 bunch basil

60g pinenuts

2 cloves garlic, roughly chopped

60g fresh Parmesan cheese, grated

½ cup olive oil.

1. Grill chicken fillets and serve hot with fresh pesto.

PESTO

Using the processing blade on speed 3

1. Place basil, pinenuts, garlic and Parmesan in the processing bowl, process until well combined.

2. Using speed 1 with the motor running, gradually add the olive oil and process until well combined.

SOUPS

POTATO AND LEEK SOUP

Serves 6

3 leeks, washed and tops removed

2 onions, peeled

3 large potatoes, peeled and roughly chopped

60g butter

5 cups chicken stock

salt and pepper to taste

¾ cup cream

Using the thick slicing disc on speed 3

1. Slice leeks, onions and potatoes using the thick slicing disc.

2. Melt butter in a saucepan and sauté leeks and onions until tender.

3. Add potatoes, chicken stock, salt and pepper and simmer for 10 minutes. Allow to cool.

Using the processing blade on speed 3

4. Blend the soup in the processing bowl until smooth, in two batches.

5. Return the soup to saucepan, stir through cream and reheat gently.

6. Do not allow to boil.

PUMPKIN AND CUMIN SOUP

Serves 6

500g butternut pumpkin, peeled and roughly chopped

2 potatoes, peeled and roughly chopped

2 onions, peeled and quartered

3 cups stock, vegetable or chicken

2 teaspoons ground cumin

pinch of salt

Sour cream and chives to serve

Using the processing blade on speed 3

1. Place all ingredients in a saucepan and simmer for 15 minutes or until pumpkin is tender. Allow to cool.

2. Pour cooked ingredients into the processing bowl and process speed 3 until smooth.

3. Serve with sour cream and chives.

PRAWN LAKSA

Serves 4

125g fresh ginger, peeled and roughly chopped

2 small red chillies, seeds removed

4 stalks lemon grass, peeled and roughly chopped

1/3 bunch coriander

3 cloves garlic, peeled

3 tablespoons peanut oil

1 teaspoon shrimp paste

2 tablespoons green curry powder

500g green king prawns, shelled and deveined

3 cups/750ml coconut milk

500g packet Asian style noodles, cooked (follow directions on packet)

200g fresh bean sprouts

Using the processing blade on speed 3

1. Place ginger, chillies, lemongrass, coriander into processing bowl.

2. Process until ingredients are finely chopped.

3. Heat oil in a saucepan and add the processed herbs, shrimp paste and curry powder. Cook stirring over a moderate heat for 4-5 minutes until mixture has softened.

4. Add prawns and coconut milk. Cook gently until prawns are opaque and cooked through.

5. Place noodles and sprouts in serving bowl and spoon laksa over the top.

TABOULI

Serves 8

2/3 cup cracked wheat

1 1/2 cups parsley sprigs

3/4 cup mint leaves

1 clove garlic, chopped

3 large tomatoes, quartered

1 medium onion, peeled and quartered

1/4 cup olive oil

1/4 cup lemon juice

1. Cover cracked wheat with boiling water and stand for 15 minutes. Drain and pat dry with paper towel.

Use the processing blade on speed 3

1. Place parsley, mint and garlic into processing bowl and process until finely chopped.

3. Add oil, lemon juice and cracked wheat and pulse until combined.

COLESLAW

Serves 8-10

6 sticks celery

8 shallots

1/4 red cabbage, separate leaves and roll into bundles

1/4 white cabbage, separate leaves and roll into bundles

4 carrots, peeled

3 green apples, cored and quartered

1 red capsicum

1½ cups mayonnaise

Using the thick slicing disc on speed 2

1. Slice celery, shallots and cabbage, place into large bowl

Using the coarse grating disc on speed 2

2. Process carrots and place in bowl with cabbage.

Using the processing blade on speed 2

3. Pulse apple & capsicum until roughly chopped.

4. Add mixture to the cabbage. Place mayonnaise into bowl with cabbage and combine well.

5. Refrigerate before serving.

LASAGNE

Serves 4-6

500g chuck steak, cubed

1 onion, peeled and quartered

2 cloves garlic

2 tablespoons vegetable oil

440g can tomatoes

2 tablespoons tomato paste

1 tablespoon mixed herbs

CHEESE SAUCE

90g tasty cheese

30g butter or margarine

2 tablespoons plain flour

¾ cup milk

½ cup cream

1 x 450g packet instant lasagne sheets

Using processing blade on speed 3

1. Place steak, onion and garlic in processing bowl and process until finely chopped.

2. Heat oil in a frypan and add meat mixture. Cook until browned, add tomatoes, tomato paste and herbs. Allow to simmer for 20 minutes.

CHEESE SAUCE

Using the coarse grating disc on speed 3

1. Grate tasty cheese

2. Melt butter in a small saucepan. Add flour, stir until smooth, cook for 1 minute.

3. Add milk and cream stirring over medium heat until sauce boils and thickens. Simmer for 3 minutes, add cheese and stir until cheese melts.

4. Place 1/2 of the meat sauce in the base of the lasagne dish. Pour 1/2 of the cheese sauce over the top. Assemble lasagne sheets over the cheese sauce and then repeat the procedure.

5. Bake in moderate oven for 20 minutes.

FISH AND PRAWN CAKES WITH PEANUT SAUCE

Makes 12

300g fish fillets

600g green prawns, peeled and deveined

1 tablespoon Penang curry paste

½ cup dessicated coconut

1 teaspoon ground black pepper

3 chillies, seeds removed

2 tablespoons brown sugar

Peanut Sauce

1 teaspoon sesame oil

1 clove garlic, peeled and chopped

2 small red chillies, chopped

½ cup crunchy peanut butter

1 cup water

2 tablespoons soy sauce

¼ cup coconut milk

Using the processing blade on speed 2

1. Place fish and prawns in the processing bowl and process until minced finely. Add coconut, curry paste, pepper, chillies and sugar and process until well combined. Mould tablespoons of the mixture into round patty shapes and grill or barbecue until golden brown. Serve hot with peanut sauce.

Peanut Sauce

1. Heat sesame oil in saucepan. Add garlic and chillies and sauté for 1 minute. Stir in peanut butter, water and soy sauce. Heat stirring until well combined and thickened. Fold through coconut milk and serve.

BASIC BUTTERCAKE

185g butter or margarine, cubed

1 cup sugar

½ teaspoon vanilla

3 eggs

3 cups self-raising flour

¾ cup milk

Using the mixing blade on speed 3

1. Place butter, sugar and vanilla into the processing bowl and process until light and fluffy.

2. While motor is running, add eggs one at a time through the feed tube, until well combined. Gradually add remaining flour and milk through the feed tube until mixture is well combined (approx 1 minute).

3. Remove the mixture from the bowl into a well greased, deep 20cm square cake tin and bake in moderate oven (180°C) for approximately 40 minutes or until golden brown.

VARIATIONS

LIGHT SULTANA CAKE

Add 1-cup sultanas after the addition of flour and milk, pulsing sultanas through until just combined.

CHERRY CAKE

Add 125g diced glace cherries after the addition of the flour and milk, pulsing through until just combined.

CHOCOLATE MUD CAKE

- 1 tablespoon white vinegar
- 1 cup milk
- 1 cup plain flour
- 1 cup self-raising flour
- 1 cup castor sugar
- $\frac{3}{4}$ cup cocoa
- $\frac{1}{2}$ teaspoon bicarbonate of soda
- 125g butter or margarine
- 3 eggs

Using the mixing blade on speed 2

1. Add vinegar to milk and allow to stand for 5 minutes.
2. Place flour, sugar, cocoa and bicarbonate of soda into the processing bowl and process until combined. Add melted butter, egg and milk and process until smooth.
3. Pour mixture into a greased 20cm ring and bake in a moderate oven (180°C) for 40 – 45 minutes or until cooked.

MANGO SMOOTHIE

- 2 mangoes, peeled and sliced
 - $1\frac{1}{2}$ cups plain yoghurt
 - 1 cup orange juice
1. Place mangoes, yoghurt and orange juice into the blender jug. Blend on speed 3 until smooth. Serve immediately.

POWER SHAKE

- 2 tablespoons cocoa powder
 - 1 teaspoon instant coffee
 - 2 tablespoons boiling water
 - 2 tablespoons sugar
 - 1 egg
 - 1 teaspoon wheat germ
 - 2 cups cold milk
1. Dissolve cocoa and coffee in boiling water. Combine with sugar, egg, wheat germ and milk. Pour into blender jug. Blend on speed 3, until smooth and frothy. Serve immediately.

BANANA SMOOTHIE

- 2 bananas, peeled and chopped
 - 1 cup plain yoghurt
 - 1 cup milk
 - $\frac{1}{2}$ cup honey
1. Place bananas, yoghurt, milk and honey into the blender jug. Blend on speed 3 until well combined. Serve immediately.

CHEESY BREAD ROLLS

- 500g bread flour
 - 310ml Tepid water
 - 1 tablespoon sunflower oil
 - 1 teaspoon salt
 - 1 teaspoon sugar
 - $1\frac{3}{4}$ teaspoon dry yeast
 - 150g grated cheese
1. Place the water, oil, and then all the dry ingredients into the processing bowl with the dough blade.

2. Process using speed 3 for up to 15 seconds, adding more water if necessary to form a ball.

3. Remove the dough from the bowl and place onto a lightly floured surface to knead.

4. Place the kneaded dough into a greased glass bowl, cover with plastic wrap and place in a warm position until the dough has doubled in size. (Approximately 30-40 minutes).

5. 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; then fold each side to meet itself and roll inwards to form a roll and place on a greased baking tray.

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

7. Bake in a moderate oven (180°-200°C) for 15-20 minutes.

NOTE! Other fillings can be incorporated in the same way ie. pesto, mustard and grains

SHORTCRUST PASTRY

Makes sufficient to line a 20cm pie base cover

2 cups flour

½ teaspoon salt

125g butter or margarine

2 tablespoons water

Using the mixing blade on speed 2

1. Place the flour, salt and butter into the processing bowl and process until mixture resembles fine breadcrumbs. While the motor is running, pour water down the feed tube until mixture forms a ball around blade.

2. Wrap the pastry in plastic wrap and refrigerate for 15 minutes before using.

3. Use as desired.

SCONES

Makes 18

3 cups self-raising flour

¼ teaspoon salt

45g butter or margarine

200ml milk

milk for glazing

Using the mixing blade on speed 1

1. Place the flour and salt into the processing bowl and process until well combined. Add the butter and process until mixture resembles fine breadcrumbs. While motor is running, gradually pour the required amount of milk down the feed tube until mixture forms a ball around the blade (approx 30 seconds), do not overmix the dough as this will toughen the scones.

2. Place the dough on the floured board and knead lightly. Cut into rounds with a scone cutter. Place each close together on a lightly greased oven slide. Glaze with milk and bake in a hot oven (230°-250°C) for 12-15 minutes or until brown.

PIZZA DOUGH

Makes 1 large pizza or 2 medium pizzas

2 cups plain flour

1 teaspoon salt

1 teaspoon sugar

7gms dried yeast

30g butter or margarine

1 egg

125mls warm milk

Using the processing or mixing blade on speed 3

1. Place the flour, salt, sugar and yeast into the processing bowl, add butter and egg, process until well combined, gradually add milk to combined dry ingredients down the feed tube whilst the unit is running. Process until well combined and the dough forms a ball around the blade. Remove the dough and knead lightly until smooth and elastic. Shape the dough into a ball, place in a bowl and cover and stand for 30 minutes or until dough has doubled in size.

2. Halve the dough and roll until the size of the pizza tray. Spread the dough with desired toppings.

3. Bake in hot oven for 20 minutes.

Notes

Notes

Notes



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 or 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 slicing and processing discs.

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