

KAMBROOK



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KAMBROOK



Essentials Stick Mix



KAMBROOK SAFETY

Welcome to Kambrook and your new Essentials Stick Mix.

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 used is the same as the as the voltage requirements of the product.

Always switch the power off at the power outlet and then unplug the stick mix when not in use, before adding or removing parts, before cleaning and storing.

Do not immerse motor unit of stick mix, cord or plug in water or any other liquid.

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

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

Do not leave the appliance unattended when in use.

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.

The mixing jug supplied is not suitable for a microwave 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.

Keep hands, knives and utensils away from moving blades.

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

Do not touch blade or guard unless the unit is disconnected from the electrical supply.

Do not process boiling liquids, let cool before processing.

The processing blade is extremely sharp, handle with care!

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 supply 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 STICK MIX



1. Powerful 250 watt motor

2. Two speed push button control

3. Stainless steel detachable shaft for easy cleaning

4. Stainless steel blades

5. Large measuring and mixing jug

6. Chopper attachment

USING YOUR KAMBROOK STICK MIX

Remove any packaging and promotional labels.

Wash the blending shaft and accessories in warm soapy water, then rinse and dry thoroughly making sure there are no remains of water that can run into the motor section.

⚠ WARNING Do not immerse the motor unit, cord or plug in water or any other liquid.

⚠ CAUTION The processing blades in the stick mix shaft and chopping bowl are extremely sharp, handle with care.

To remove the mixing shaft

First switch off the power at the power outlet and then unplug. Unscrew the shaft from the motor unit by turning the shaft in a clockwise direction (Fig 1).



To attach the mixing shaft

Align the **◆** mark on shaft with the **◇** mark on the motor body and screw the shaft into the motor unit by turning the shaft in anti-clockwise direction (Fig 2).



Make sure the **◆** mark on the shaft is aligned with the **◇** mark on the motor body and that a 'click' is felt.

Ensure shaft is dry with no water left inside before re-attaching.

USING THE STICK MIX

Place foodstuffs to be processed into the mixing container or a sufficiently large mixing bowl to avoid splashing.

Insert the plug into a 230/240V power outlet and then turn the power on at the power outlet.

Insert the mixing shaft deeply into the mixing container and press the required speed control switch to the low speed to turn the blender on. High speed can be selected during the processing task.

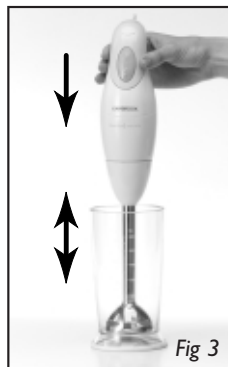
To efficiently process the foodstuff use a gentle raising and lowering motion (Fig 3).

Switch off the unit and then lift the stick mix out of the mixing container. To avoid splashing allow the blades to stop rotating before lifting the unit out of the container.

The Essentials Stick Mix motor will only stay on while the speed control switch is depressed – this is a safety feature.

While blending always hold the container with the other hand.

Never blend hot ingredients!



IMPORTANT: It is advisable to use the stick mix in short bursts, 'pulse' action. Do not use the stick mix continuously for more than one minute. If used for a continual minute, allow the unit to cool down for 5 minutes before resuming operation.

DISLODGING FOOD FROM THE MIXING BLADE

Release the speed control switch. Switch off at the power outlet and then unplug.

Use a spatula to carefully dislodge the food. Do not use fingers as the blades are sharp.

After the food has been removed, plug the unit back into the power supply and then turn the power on and continue processing.

RECOMMENDATIONS FOR THE STICK MIX

The Kambrook Stick Mix processes quickly, therefore it is easy to over process food. Remember to stop the Stick Mix and check food regularly.

Always remove saucepan from heat and allow to cool to room temperature before blending.

When pureeing and blending, cut food into uniform sizes, this will ensure even and consistent results.

Hard food stuffs such as coffee beans, ice cubes, cereals and chocolate in lumps should not be processed with this appliance, as these may damage the blades.

To reduce spills, always use the mixing container less than 1/2 full or process small quantities at a time.

USING THE CHOPPER ATTACHMENT

Remove any packaging and promotional labels before first use. Remove and wash chopping blade and chopper bowl in warm soapy water, rinse and dry thoroughly.

⚠ CAUTION: CHOPPING BLADE IS EXTREMELY SHARP; HANDLE ONLY BY THE UPPER PLASTIC SECTION.

To attach the chopper bowl

Remove blending shaft from the motor unit.

The chopping blade is extremely sharp and you should grip it only by the upper plastic section. Place the blade on the drive shaft inside the chopper bowl (Fig 4).

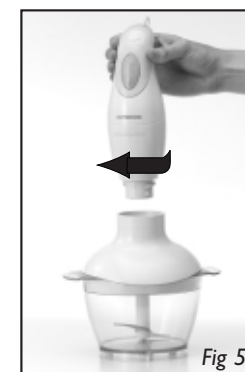
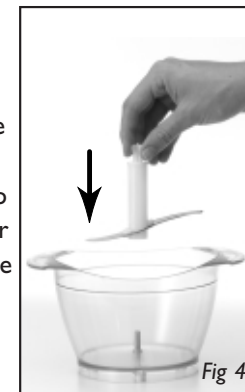
Place the foodstuff inside the chopper bowl no higher than halfway.

NOTE: Always place blade in bowl before adding the food to be chopped.

Place the lid onto the chopper bowl. The lid should sit into the designated keys on the sides of the bowl.

Align the **◆** mark on the motor unit with the **◇** mark chopper bowl.

Screw the motor unit into the chopper lid by turning the motor unit in a clockwise direction until the mark **◆** on the motor unit is aligned with the **◆** mark on the chopper lid (Fig 5).



USING THE CHOPPER BOWL

Plug into a 230/240V power outlet and switch on at the power outlet.

Depress the desired speed control switch on the motor unit to commence processing. The Stick Mix motor will only operate while the speed control switch remains depressed – this is a safety feature.

When you have finished processing the food, switch off at the power outlet and remove plug.

Before removing processed food from the chopper bowl, remove the blade.

RECOMMENDATIONS FOR THE CHOPPER BOWL

Do not operate your Stick Mix chopper when the bowl is empty.

When processing, cut food into uniform sizes, this will ensure quicker, consistent results.

For effective processing depress the speed control switch a few times in succession, using a 'pulse' action.

During processing hold the motor body with one hand and the chopper attachment with the other.

Hard food stuffs such as coffee beans, ice cubes, cereals, large whole spices and chocolate in lumps should not be processed with this appliance, as these may damage the blades.

CARE AND CLEANING

Your Stick Mix stainless steel processing shaft, mixing container and chopper attachment should be rinsed thoroughly after use.

Quick wash – To quickly wash between processing, hold the Stick Mix in a jug of water and turn on for 5 seconds. This will remove food and allow you to continue onto the next processing task.

To clean thoroughly after each use, switch off from the power outlet and then unplug.

Disassemble the unit and wash the shaft in warm soapy water. Dry all parts thoroughly after washing and rinsing them.

NOTE: When refitting the shaft ensure that it is dry and no water is left inside.

THE CHOPPER

Wash the container and cutting blade in warm soapy water.

Do not put any part of the Stick Mix in the dishwasher.

⚠ WARNING! DO NOT IMMERSE THE MOTOR UNIT, CORD OR PLUG IN WATER OR ANY OTHER LIQUID.

Wipe down the motor unit with a damp cloth only. Do not use abrasives, harsh cleaning solutions or hard brushes for cleaning as these may scratch and damage the unit.

⚠ WARNING! THE SHAFT BLADE IS VERY SHARP, USE EXTREME CARE WHEN WASHING.

The mixing jug supplied is not suitable for a microwave oven.

FOOD PREPARATION GUIDE

FOOD	ACCESSORY	APPROX AMOUNT	METHOD	APPROX MIXING TIME
Dressings	Blending shaft	250ml	Oil & Vinegar flavouring 1 seasoning	30 seconds
Smoothies	Blending shaft	250ml	100g fruit 150ml milk	40 seconds
Pureed vegetables	Blending shaft	250g	Soften, vegetable or fruit 2 tablespoons milk/juice	30 seconds
Breadcrumbs	Chopper bowl	Half full	Roughly chopped, dried or fresh bread and crusts, chop to desired consistency	Approx 1 minute
Cheese	Chopper bowl	100g Small dice	Harder cheese will cut and chop more evenly	30 seconds
Hard boiled eggs	Chopper bowl	2 eggs (120g)	Remove shell, slice in half, season if required, chop to desired consistency	15 seconds
Nuts	Chopper bowl	½ cup (125g)	Place chosen nuts into bowl, pulse to desired fineness or coarseness	30 seconds
Garlic	Chopper bowl	100g	Peeled cloves 1 tablespoon olive oil, process desired texture	20 seconds
Ginger	Chopper bowl	125g	Peeled and chopped 2 tablespoons dry sherry	40 seconds
Meat	Chopper bowl	150g	Dice meat to a 2cm dice before chopping	15 seconds

RECIPES

PUMPKIN AND KUMERA SOUP

Serves 4-6

2 tablespoons oil

2 cloves garlic, crushed

2 leeks white only, washed and thinly sliced

1.5kg pumpkin, peeled and chopped

750g kumera, peeled and chopped

6 cups chicken stock

2 teaspoon ground cumin

freshly ground pepper

1 cup light sour cream

Using large saucepan heat oil, saute garlic and leeks until soft.

Add the next 4 ingredients, bring to the boil, reduce to a simmer for 30 minutes or until the vegetables are soft.

Remove from heat and allow to cool.

Place stick mix into saucepan and process until soup is smooth.

ZUCCHINI AND POTATO SOUP

Serves 4-6

2 tablespoons oil

2 leeks white only, washed and thinly sliced

500g washed potatoes, peeled and chopped

8 zucchinis, chopped

8 cups chicken stock

1 cup cream

Using large saucepan heat oil, saute leeks until soft.

Add the next 3 ingredients.

Bring to the boil, reduce to a simmer for 30 minutes or until the vegetables are soft.

Remove from the heat and allow to cool.

Place stick mix into saucepan and process until soup is smooth.

Add cream to soup and bring soup to the boil, season with salt and pepper before serving.

Serve with crusty bread.

SPICY TOMATO AND BACON PASTA SAUCE

Serves 4-6

2 tablespoons oil

2 Spanish onions, chopped

2 cloves garlic, crushed

4 rashers bacon, finely chopped

2 400g cans peeled tomatoes

¼ cup sweet chilli sauce

¼ cup balsamic vinegar

freshly ground black pepper

Using large saucepan heat oil, saute onion, garlic and bacon for 2 minutes.

Add the next 4 ingredients.

Bring to the boil, reduce to a simmer for 30 minutes.

Remove from the heat and allow to cool.

Place stick mix into saucepan and process until sauce is smooth.

Serve hot or cold with cooked pasta of your choice.

SMOKED SALMON AND DILL PASTA SALAD

Serves 4-6

300g smoked salmon

2 tablespoons fresh dill, chopped

1 teaspoon grated lemon rind

300ml sour cream

1 tablespoon lemon juice

200g light cream cheese

2 teaspoons French mustard

200g bow tie pasta, cooked and cooled

lemon pepper seasoning

Place all ingredients, apart from the pasta and lemon pepper in a large mixing container.

Process until smooth using Stick Mix.

Mix with the cooked pasta, season with lemon pepper.

Serve with toasted rye bread.

CITRUS AND CORIANDER DRESSING

¾ cup orange juice, freshly squeezed

2 tablespoons lime juice

3 tablespoons sweet Thai chilli sauce

2 tablespoons coriander leaves

2 tablespoons white wine vinegar

2 tablespoons olive oil

Place all ingredients in the mixing jug, process until smooth using stick mix.

Serve over salad leaves, grilled chicken or fish.

CUCUMBER AND MINT RAITA

600 ml Greek yogurt

2 Lebanese cucumbers, seeded and chopped

1 teaspoon sea salt

1 teaspoon ground cumin

½ cup mint leaves

freshly ground pepper

Place all ingredients in a sufficiently large mixing container, process until smooth using stick mix.

Serve as an accompaniment with curries.

OLIVE PASTE

1 cup pitted black olives

1 clove garlic, diced

4 anchovy fillets

2 teaspoons capers

2 tablespoons olive oil

Place all ingredients into chopper bowl with the blade in position. Process in short bursts until smooth.

Serve as an accompaniment with cheese.

BASIL PESTO

1 cup fresh basil leaves

1 clove garlic, diced

2 tablespoons pine nuts

¼ teaspoon black pepper, ground

2 tablespoons olive oil

Place all ingredients into chopper bowl with the blade in position. Process in short bursts until smooth.

Serve with sliced tomatoes and mozzarella.

DRINKS

MILKSHAKES

- 1 cup chilled milk
- 2 scoops vanilla ice-cream
- ¼ teaspoon vanilla essence

Place all ingredients into the mixing jug.

Process until smooth and frothy using the stick mix (approximately 30 seconds).

VARIATIONS:

CHOCOLATE

Add one teaspoon chocolate syrup or ½ teaspoon cocoa and ½ teaspoon malt.

STRAWBERRY

Add 5 fresh strawberries and 1 tablespoon strawberry syrup.

STRAWBERRY SMOOTHIE

- 5 fresh strawberries, washed and hulled
- 50g natural yogurt
- 1 scoop ice cream
- 1 cup chilled milk
- 1 tablespoon honey

Place all ingredients into the mixing jug.

Process until smooth and frothy using the stick mix (approximately 30 seconds).

NOTE: Strawberries can be substituted with any fruit.

GET UP AND GO BREAKFAST SHAKE

- ½ cup chilled milk
- ½ cup chilled fruit juice

1 egg

1 tablespoon honey

Place all ingredients into the mixing jug.

Process until smooth and frothy using the stick mix (approximately 30 seconds).

CREPE BATTER

Makes about 10 crepes

1½ cups plain flour

Pinch salt

2 eggs

1½ cups milk

1 tablespoon oil

Place all ingredients into the mixing jug.

Process until combined using low speed (approximately 40 seconds).

Using a ¼ cup mixture at a time, cook crepes in a moderately heated fry pan until lightly golden on each side.

Serve hot with lemon juice and castor sugar or maple syrup.

BABY FOOD

1 cup steamed vegetables

Place vegetables in the stainless steel jug.

Process until smooth with stick mix.

NOTE: Liquids (e.g. milk, formula or water) may be added to thin the mixture down depending on the baby's age.



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 kneading blades and mixing containers.

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

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 unless you are making a claim

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