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KAMBROOK
THE SMARTER CHOICE

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KAMBROOK

THE SMARTER CHOICE



Power Drive
Stick Mixer

KSB8

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 or www.kambrook.co.nz

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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 Power Drive Stick Mixer

- Carefully read all instructions before operating the Kambrook Power Drive Stick Mixer 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 Stick Mixer near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water, flour, etc.
- Do not place the Stick Mixer on or near a hot gas or electric burner, or where it could touch a heated oven.
- If using the Stick Mixer as the Hand Blender to blend hot food in a saucepan over heat, remove the saucepan from the heat source and ensure the power cord and body of appliance are also kept away from any heat source.
- Handle the Stick Mixer and attachments with care – remember the blade is very sharp and should be kept out of reach of children.
- Always make sure the Stick Mixer is completely and properly assembled before operating.
- Ensure the Stick Mixer is turned off by releasing the 'VARIABLE' or 'BOOST' button, the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to attach any of the accessories.
- Always ensure the Blending Shaft is securely fitted onto the blender motor body before operating.
- Do not use attachments other than those provided with the Stick Mixer.
- Do not attempt to operate the Stick Mixer by any method other than those described in this booklet.
- Do not process hot or boiling liquids in the chopping bowl – allow liquids to cool before placing into the chopper bowl.
- Do not operate the appliance continuously for more than 1 minute. Allow the motor to rest for 1 minute between each use.
- Never mix dry, thick or heavy mixtures for more than 30 seconds. Stop the operation and stir the ingredients before continuing. Allow the motor to rest for 1 minute between each use.
- Always ensure the Stick Mixer is turned off by releasing the 'VARIABLE' or 'BOOST' button, the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting

- to move the appliance, when not in use, if left unattended and before disassembling, cleaning or storing.
- If food becomes lodged around the processing blade or in the blade guard, release the 'VARIABLE' or 'BOOST' button, switch the power off at the power outlet and unplug the cord. Use a spatula to dislodge the food. Do not use fingers as the blades are sharp.
- To protect against electric shock do not immerse the motor body, cord or power plug in water or any other liquid.
- Do not remove the Stick Mixer from ingredients during operation. Ensure the appliance is switched off and has stopped turning before removing, to avoid contact with moving blade.
- Do not leave the Stick Mixer unattended when in use.
- Do not allow children to use the Stick Mixer without supervision.
- Do not use the Stick Mixer with wet hands.
- Keep the appliance 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 Kambrook Power Drive Stick Mixer

- 1. Variable speed control dial
- 2. 'VARIABLE' speed button
- 3. 'BOOST' button
- 4. Heavy duty 500 watt motor
- 5. Detachable stainless steel blending shaft for easy cleaning
- 6. Surrounding blade guard
- 7. High performance stainless steel processing blade
- 8. Chopper bowl with lid and chopping blade
- 9. Transparent jug for blending and measuring



Operating Your Kambrook Power Drive Stick Mixer

Before First Use

Remove any packaging material and promotional labels. Wash the blending shaft in warm soapy water. Rinse and dry thoroughly. Ensure no water remains inside the blending shaft to avoid water running into the motor when reattached.

Disassemble and wash chopping blade, chopper bowl and chopper bowl lid and jug in warm soapy water, rinse and dry thoroughly. Ensure no water remains on the chopper bowl lid to avoid water running into the motor body when reattached.

NOTE: The detachable blender shaft is dishwasher safe.

Do not wash any other parts of the Stick Mixer in the dishwasher.

The Stick Mixer Is a Versatile Appliance

The Stick Mixer motor body can be attached to:

- The stainless steel blending shaft – for use as a hand blender
- The chopper bowl with chopping blade and lid – for use as a Mini Chopper or Food Processor

NOTE: Before placing the blending shaft on the motor body, make sure the blending shaft is dried thoroughly after each washing.



WARNING: All processing blades are extremely sharp. Avoid any contact with hands.

Operating Your Kambrook Power Drive Stick Mixer continued

To Attach the Stainless Steel Blending Shaft

Hold the shaft with the blades down, and [▲]_{ALIGN} the indicator symbol on the top end of the blending shaft with the corresponding indicator symbol on the end of the motor body. Screw the motor body in a clockwise direction until the [▲]_{LOCK} indicator symbol on the motor body is aligned with the [▲]_{LOCK} indicator symbol on the blending shaft (See Fig 1).

Always ensure the blending shaft is dry, and no water is left inside, before reattaching.



To Use the Hand Blender

Ensure the blender is completely and properly assembled as detailed above.

1. Place food to be processed into the jug provided (or a sufficiently large mixing bowl or saucepan). The jug provided should be only $\frac{1}{2}$ full or less when blending liquids or when making a puree of fruit and/or vegetables (See Fig 2).
2. For food preparation tips and recipes refer to page 14 and the recipe section.



3. Insert the plug into a 230V or 240V power outlet and turn the power on.
4. By turning the Variable Speed Control dial on top of the motor body, select a speed between MIN and 5.
5. Place the blending shaft as deeply as possible into the jug, press and hold the 'VARIABLE' button to turn the blender on. The button must be kept depressed for the required duration of operation.
6. If extra turbo power is required when blending, press the 'BOOST' button.
7. Work through the ingredients in the jug with a gentle raising and lowering motion.
8. Switch off the motor by releasing the 'VARIABLE' or 'BOOST' button.
9. Ensure the motor has completely stopped before lifting the blender out of the jug.
10. When processing has finished, switch off at the power outlet and remove the power plug.

NOTE: When pressing and holding the 'VARIABLE' button the blender will operate at the speed selected by the Variable Speed Control. When using the 'BOOST' button the blender will always operate at maximum speed operation. The 'BOOST' button can be used at any time.

To Detach the Stainless Steel Blending Shaft

Ensure the Stick Mixer is turned off, the power is switched off at the power outlet and the appliance is unplugged.

Hold the motor body with one hand, (Fig 3) whilst holding the blending shaft in the other hand and turn the blending shaft in a clockwise direction. Pull the motor body away from the blending shaft to detach.



NOTE: The Stick Mixer has a Variable Speed Control. To decrease speed turn the dial anti-clockwise and to increase speed turn the dial clockwise (See Fig 4).

The Stick Mixer motor will only operate while the 'VARIABLE' or 'BOOST' button remain depressed – this is a safety feature.



Recommendations when Using the Stick Mixer as a Hand Blender

- The Stick Mixer blends foods and liquids rapidly, therefore it is easy to over-process. Remember when using the blending shaft, to stop the Stick Mixer and check food throughout the operation.
- The stainless steel blending shaft on the Stick Mixer allows for hot food to be processed directly in the saucepan. This makes blending soups and sauces very easy.
- For safety reasons move the saucepan away from the heat before processing.
- Ensure the body of the appliance and power cord are kept away from any heat source.
- When pureeing and blending, cut food into uniform sizes. This will ensure smooth and consistent results.
- Warm all liquids to be added to soups and purees, this will ensure even blending.

Operating Your Kambrook Power Drive Stick Mixer continued

- Place the jug on a damp cloth during blending. This will keep the jug stable.
- Do not operate the appliance continuously for more than 1 minute. Allow the motor to rest for 1 minute between each use.

If food becomes lodged around the processing blade or in the blade guard, follow the following safety instructions:

1. Release the 'VARIABLE' or 'BOOST' button, switch the power off at the power outlet and unplug the cord.
2. Use a spatula to carefully dislodge the food. Do not use fingers as the blades are sharp.
3. After the food has been removed and blades are clear, plug the appliance back into the power supply, switch the power on and continue blending.

To Attach the Chopping Blade, Chopping Bowl and Lid

Remove blending shaft from motor body as per Page 9.

NOTE: The chopping blade is extremely sharp and should be handled only by the upper plastic section.

Place the blade onto the metal pivot pin in the base of the chopper bowl (See Fig 5). Place the food inside the chopper bowl. Do not exceed the maximum (MAX) marking.



Fig. 5

Place the lid onto the chopper bowl and turn the lid in clockwise direction until the lid clicks and locks onto the chopper bowl (See Fig 6).



Fig. 6

Align the top end of the chopping bowl lid with the corresponding end of the motor body and press down (See Fig 7).

Ensure chopper bowl lid is dry with no water left inside before reattaching.



NOTE: Always place the chopping blade on its pivot pin on the bottom of the bowl **BEFORE** placing any stuff in the bowl. Do not lift the blade before the chopping operation is finished.

To Use the Chopping Bowl

For food preparation tips and recipes refer to page 14 and the recipes section.

Ensure the chopper is completely and properly assembled as detailed on the previous page.

1. Insert the plug into a 230V or 240V power outlet and turn the power on.
2. Select a speed between MIN and 5 on the Variable Speed Control Dial.
3. Press the 'VARIABLE' button to turn the appliance on and start the chopping blade.
4. Press and hold the 'BOOST' button if extra power is required when processing or chopping.
5. When processing has finished switch off the motor by releasing the 'VARIABLE' or 'BOOST' button, switch off at the power outlet and remove the power plug.
6. Detach the chopping bowl and lid (refer to instructions to right). Remove the lid from the chopper bowl. Carefully remove the chopping blade and use a spatula to scrape off any attached food back into chopping bowl. Use a spatula to remove food from the chopping bowl.



Operating Your Kambrook Power Drive Stick Mixer continued

To Detach the Chopping Bowl and Lid



WARNING: Ensure the 'VARIABLE' or 'BOOST' button is released, power is turned off at the power point and the appliance is unplugged.

Hold the motor body with one hand, whilst holding the chopping bowl lid in the other hand and turn the motor body in an anti-clockwise direction. (See Fig 9).



Pull the motor body away from the chopping bowl lid to detach.

Recommendations when Using the Stick Mixer with the Chopping Bowl

- Do not operate your Stick Mixer when the chopping bowl is empty.
- It is recommended during processing to hold the motor body with one hand and the chopping bowl and lid with the other.
- When processing, cut food into uniform sizes to ensure quicker, even and more consistent results.
- DO NOT process hard foods such as coffee, cereals or chocolate in lumps, as damage to the blade may result.
- DO NOT process boiling or hot foods in the chopping bowl.
- NEVER remove the blade from the bowl before food processing is completed.
- The Stick Mixer blends foods and liquids rapidly, therefore it is easy to over process. Remember to check food throughout the operation.

Care, Cleaning and Storage

Stick Mixer

Before cleaning, turn the power off at the power outlet and then remove the plug. Remove the motor body from the stainless steel blending shaft.

The stainless steel blending shaft should be hand washed in hot soapy water, rinsed and dried thoroughly after each use.

Do not use abrasive cleaners or steel wool.

QUICK WASH: Between each processing task, with the motor body attached and turned on at the power outlet, place the stainless steel blending shaft and blade assembly only in to a jug of water and press the 'BOOST' button for 5 seconds. This will remove any food on the blade and shaft and allow you to continue onto the next processing task.

Chopping Bowl

Before cleaning, turn the power off at the power outlet and then remove the plug. Remove the motor body from the chopping bowl lid, and then remove the lid and chopping blade from the chopping bowl. The chopping bowl, chopping bowl lid and chopping blade should be hand washed in hot soapy water, rinsed and dried thoroughly after each use. Do not use abrasive cleaners or steel wool.

Motor body

To remove any food residue wipe the motor body and cord with a damp cloth only. Do not use abrasive cleaners or steel wool.

Never immerse the motor body in water or any other liquid.

NOTE: The detachable blender shaft is dishwasher safe.

Do not wash any other parts of the Stick Mixer in the dishwasher.

Blades are extremely sharp, handle with care.











Storage

Before storage, turn the power off at the power outlet and then remove the plug. Ensure the appliance is clean and completely dry.

Attach the blending shaft to the motor body. Store upright on the bench or in a convenient cupboard.

Place the chopping blade into the chopping bowl and insert the chopping bowl lid. Store upright on the bench or in a convenient cupboard.

Food Preparation Guide

Food	Accessory	Method/Approx time
Milkshakes, smoothies, cocktails, fruit frappes		Use chilled milk. Blend until desired consistency is achieved. Use speed 3 to speed 5 for 30 seconds.
Soups, dips, baby food		Blend until smooth, Use speed 3 to speed 5 for 30 seconds.
Red meat, chicken fillets, fish fillets, (maximum weight 250g, pre-cut into 2cm cubes)		Use speed 3 to speed 5 with 'BOOST' pulses for 20-30 seconds.
Cheese (maximum weight 200g, pre-cut into 2cm cubes)		Use speed 5 for 20-30 seconds.
Carrot (maximum weight 200g, pre-cut into 2cm cubes)		Use speed 5 for 20-30 seconds.
Onion, herbs (maximum weight 30g)		Use speed 3 for 20 seconds.
Nuts (grind) (maximum weight 150g)		Use speed 3 to speed 5 for 20-30 seconds.
Yeast dough - Bread flour (260g maximum) - Water (210ml water, adjust the water quantity if necessary) - ½ teaspoon dry yeast		Use speed 3 for approximately 3 seconds. Press 'BOOST' instantaneous pulses for approximately 3 seconds.
Mixing dough with nuts- Already prepared dough (260g flour with 210ml water) - 30g prepared nut powder		Press 'BOOST' for approximately 4 seconds.
Ice		Use speed 5 for 20-30 seconds.

Recipes

Recipes

Pumpkin and Kumera Soup

Serves 4-6

2 tablespoons light olive oil
2 cloves garlic, crushed
2 large leeks, washed and thinly sliced
1.5kg pumpkin, peeled and chopped
750g kumera, peeled and chopped
6 cups chicken stock
2 teaspoon ground cumin
Pepper, to taste
1 cup light sour cream

1. Using a large saucepan heat oil, saute garlic and leeks until transparent and golden.
2. Add the next 4 ingredients, bring to the boil, then reduce heat to simmer.
3. Simmer until vegetables have softened.
4. Remove from heat, cool slightly.
5. Place Stick Mixer into saucepan and blend until soup is smooth. Fold in the remaining ingredients. Serve.

Mediterranean

Serves 4-6

2 tablespoons olive oil
2 large Spanish onions, chopped
2 eggplants (500g), chopped
5 zucchinis, chopped
500g tomatoes, chopped
3 cloves garlic
3 red capsicum, seeded and chopped
2 green capsicum, seeded and chopped
1 tablespoon pesto paste
6 cups chicken stock
Pepper, to taste

1. Using a large saucepan heat oil, saute onions until slightly golden.
2. Add remaining ingredients, bring to the boil, then reduce heat to simmer.
3. Simmer until vegetables are tender.
4. Remove from heat, cool slightly.
5. Place Stick Mixer into saucepan and blend until soup is smooth. Serve.

Carrot and Orange Soup

Serves 4-6

2 tablespoons olive oil
2 onions, chopped
2kg carrots, chopped
6 cups chicken stock
2 cups fresh orange juice
Pepper, to taste

1. Using a large saucepan heat oil, saute onions until slightly golden.
2. Add remaining ingredients, bring to the boil, then reduce heat to simmer.
3. Simmer until carrot has softened.
4. Remove from heat, cool slightly.
5. Place Stick Mixer into saucepan and blend until soup is smooth. Serve.

Zucchini and Potato Soup

Serves 4-6

2 tablespoons olive oil
2 leeks, thinly sliced
500g washed potatoes,
peeled and chopped
8 zucchinis, chopped
8 cups chicken stock
Pepper, to taste
1 cup cream

1. Using a large saucepan heat oil, saute leeks until they have softened.
2. Add the next 3 ingredients.
3. Bring to the boil, then reduce heat to simmer.
4. Simmer until vegetables have softened.
5. Stir in cream and bring to the boil.
6. Remove from heat, cool slightly.
7. Place Stick Mixer in the saucepan and blend until soup is smooth. Serve.

Sweet Coconut and Spinach Soup

Serves 4-6

2 tablespoons olive oil
2 cloves garlic, crushed
3 leeks, thinly sliced
1 tablespoon red curry paste
1 teaspoon ground cumin
800g English spinach, chopped
600ml chicken stock
200g kumara, peeled and chopped
3 Kaffir lime leaves or 1 teaspoon grated lime rind

1. Using a large saucepan heat oil, saute the first 2 ingredients until lightly softened.
2. Add the next two ingredients, cook over a high heat for 1 minute, add remaining ingredients.
3. Bring to the boil, then reduce heat to simmer.
4. Simmer until vegetables have softened.
5. Remove from heat, cool slightly.
6. Place Stick Mixer in the saucepan and blend soup until smooth. Serve.

Tomato and Red Pepper Dip

Serves 4-6

2 tablespoons olive oil
4 roasted red capsicums,
seeded and peeled
1 Spanish onion, chopped
3 cloves garlic, crushed
100g sundried tomatoes, drained
2 teaspoons sweet paprika
2 small red chillies

1. Place all ingredients into a large mixing bowl.
2. Place the Stick Mixer into the ingredients and blend until smooth.

Basic Bechamel Sauce

Serves 4-6

3 tablespoons butter
3 tablespoons plain flour
1½ cups milk
Pepper and salt, to taste

1. Melt butter in a small saucepan over medium heat.
2. Stir in flour and cook for a 1 minute.
3. Remove from heat.
4. Gradually add the milk, using the Stick Mixer to blend the ingredients.
5. Return to the heat and continue blending mixture until sauce boils and thickens.
6. Season with pepper and salt, if desired.

Variations:

Cheese Sauce

1 cup grated Cheddar cheese,
1 teaspoon English mustard

Herb Sauce

3 shallots, thinly sliced
3 tablespoons freshly chopped parsley
1 tablespoon finely snipped dill

Spicy Tomato and Bacon Pasta Sauce

Serves 4-6

15 Roma Italian tomatoes
2 Spanish onions, chopped
3 tablespoons extra virgin olive oil
2 cloves garlic, crushed
6 rashers bacon, finely chopped and lightly fried
¼ cup sweet Thai chilli sauce
¼ cup balsamic vinegar
Freshly ground black pepper

1. Place all ingredients into a large mixing bowl.
2. Place the Stick Mixer into the ingredients and blend until smooth.
3. Serve hot or cold over cooked pasta of your choice.

Smoked Salmon and Dill Pasta Sauce

Serves 4-6

300g smoked salmon
2 tablespoons fresh dill
1 teaspoon grated lemon rind
300ml sour cream
1 tablespoon lemon juice
200g light cream cheese, softened
2 teaspoons French mustard

1. Place all ingredients into a large mixing bowl.
2. Place the Stick Mixer into the ingredients and blend until smooth.
3. Serve hot or cold over cooked pasta of your choice.

Basic Mayonnaise

1 x 60g egg
¼ teaspoon salt
1 teaspoon mustard (optional)
½ teaspoon sugar
Pinch cayenne pepper
1½ tablespoons lemon juice
¾ cup vegetable oil

1. Place the first 6 ingredients into a medium mixing bowl.
2. Place the Stick Mixer into the ingredients and blend.
3. With Stick Mixer still blending, gradually drizzle oil into egg mixture; blend until thick and smooth.

Flavour Variations for Mayonnaise

2 tablespoons freshly prepared pesto
Or

2 tablespoons sundried tomatoes, finely diced

1 tablespoon freshly snipped chives
Or

1 teaspoon tandoori paste

1 tablespoon mango chutney
Or

½ cup corn relish

1. Blend in a selected flavour variation when the mayonnaise is thick and smooth.

Spicy Tartare Sauce

300ml egg mayonnaise
2 tablespoons lime juice
2 small red chillies, chopped
1 teaspoon grated lime rind
¾ cup chopped pickled gherkins
2 tablespoons freshly snipped chives
2 tablespoons capers, drained

1. Place all ingredients into a medium mixing bowl.
2. Place the Stick Mixer into the ingredients and blend until smooth.
3. Serve with seafood, fish or steak.

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 rice wine vinegar

2 tablespoons extra virgin olive oil

1. Place all ingredients into a medium mixing bowl.
2. Place the Stick Mixer into the ingredients and blend until smooth.
3. Serve over salad.

Olive and Herb Tapenade

250g black olives, pitted
2 tablespoons sweet Thai chilli sauce
2 cloves garlic
2 tablespoons olive oil
1 tablespoon balsamic vinegar
2 tablespoons coriander
2 shallots, chopped

1. Place all ingredients into the chopping bowl.
2. Assemble the Stick Mixer on the chopping bowl and blend the ingredients until smooth.
3. Serve on warm crusty bread.

Basic Pesto Sauce

1 cup fresh basil leaves
1 tablespoon fresh lemon juice
2 tablespoons extra virgin olive oil
2 cloves garlic
¼ cup roasted pinenuts
Freshly ground black pepper

1. Place all ingredients into the chopping bowl.
2. Assemble the Stick Mixer on the chopping bowl and blend the ingredients until smooth.

Spicy Satay Sauce

2 cups shelled peanuts (500g)
3 tablespoons lemon juice
1 cup chicken stock
250ml coconut cream
¼ cup sweet Thai chilli sauce
¼ cup fruit chutney
1 tablespoon Mussaman curry paste

1. Place all ingredients into a medium mixing bowl.
2. Place the Stick Mixer into the ingredients and blend until smooth.
3. Serve with barbecued steak, chicken or lamb.

Cucumber and Mint Raita

600ml thick Greek style yogurt
2 Lebanese cucumbers, seeded and chopped
1 teaspoon flaked sea salt
1 teaspoon ground cumin
½ cup mint leaves

1. Place all ingredients into a medium mixing bowl.
2. Place the Stick Mixer into the ingredients and blend until smooth.
3. Serve as an accompaniment with curries.

Milkshakes

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

1. Place all ingredients into jug.
2. Place the Stick Mixer into the ingredients and blend until smooth and frothy (about 30 seconds).

Flavour Variations: Chocolate

3. Add 1 tablespoon chocolate syrup
Or
4. ½ tablespoon cocoa and
½ tablespoon malt.

Strawberry

5. Add 5 fresh strawberries and 1
tablespoon strawberry syrup.

Strawberry Smoothie

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

1. Place all ingredients into jug.
2. Place the Stick Mixer into the ingredients and blend until thick and smooth (about 30 seconds)

NOTE: Strawberries can be substituted with fruit of your choice.

Get Up and Go Breakfast Shake

½ cup chilled milk
½ cup chilled fruit juice
1 60g egg
1 tablespoon honey

1. Place all ingredients into jug.
2. Place the Stick Mixer into the ingredients and blend until smooth and creamy (about 30 seconds)

Bread Rolls

½ cup (125ml) tepid water
1 tablespoon vegetable oil
200g bread flour
¼ teaspoon salt
½ teaspoon sugar
½ teaspoon dry yeast

1. Place water, oil then dry ingredients into the chopping bowl.
2. Assemble the Stick Mixer on the chopping bowl and process the ingredients until a dough ball forms (about 15 seconds). If necessary, interrupt the process and add a little more water to form the dough.
3. Remove the dough from the bowl and place onto a lightly floured surface. Knead dough to form a smooth ball.

NOTE: The process can be repeated to produce more bread rolls.

4. Place the dough into a lightly greased glass bowl, cover and place in a warm position until the dough has doubled in size.
5. Remove the dough and cut evenly into two. Knead into rolls and place on a lightly greased baking tray.
6. Place the tray into a warm position until the rolls have doubled in size.
7. Bake in a preheated moderate oven 180°C for 15 minutes or until cooked and golden brown.

One Bowl Cake

1½ cups self raising flour
1 cup castor sugar
125g butter, melted
2 x 60g eggs, lightly beaten
1 teaspoon vanilla
½ cup milk

1. Place flour, sugar, butter and eggs into a medium mixing bowl.
2. Place the Stick Mixer Whisk into the ingredients and whisk until just combined (about 30 seconds).
3. Combine vanilla and milk and whisk into flour mixture until just combined (about 30 seconds).
4. Pour cake mixture into a greased and base line 20cm round cake pan.
5. Bake in preheated moderate 180°C oven for 30-35 minutes or until cooked and golden brown.

Flavour Variations: Chocolate

6. Substitute ¼ cup self raising flour with ¼ cup cocoa.

Banana

7. Add ¼ cup mashed bananas and 1/2 teaspoon bicarbonate of soda with vanilla and milk.

Crepe Batter

Serves 10

1½ cups plain flour
Pinch salt
2 x 60g eggs
1½ cups milk
1 tablespoon oil

8. Place all ingredients into a medium mixing bowl.
9. Place the Stick Mixer into the ingredients and blend until just combined (about 40 seconds).
10. Pour ¼ cup of mixture into a preheated and lightly greased frypan. Cook until light golden brown, turn and cook other side. Remove, keep warm. Repeat with remaining mixture.
11. Serve hot drizzled with lemon juice and sprinkled with castor sugar.

Easy Swiss Chocolate Mousse

Serves 10

800ml thickened cream
3 x 60g eggs
2 x 200gms dark Toblerone chocolate, melted

1. Place cream into a medium mixing bowl.
2. Place the Stick Mixer Whisk into the ingredients and whisk until cream has doubled in size and soft peaks formed.
3. Place the eggs into a separate mixing bowl and whisk until smooth and creamy. Slowly whisk in the cooled chocolate.
4. Fold the whipped cream into chocolate and egg mixture.
5. Pour mixture into individual serving dishes, cover and refrigerate for several hours or overnight before serving.

Vegetable Blend

1 cup steamed vegetables

1. Place vegetables into jug.
2. Place the Stick Mixer into vegetables and blend until smooth (about 30 seconds).

NOTE: Liquids (for example milk, formula or water) may be added to thin the mixture down depending on the age of the child.

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