

Breville

Wizz Electronic

Combined blender and food processor

Instructions for use

Includes recipes



Model BBL500

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Congratulations

on the purchase of your new Breville Wizz Electronic Combined Blender and Food Processor

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind.

In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

Read all instructions before operating and save for future reference

Important safeguards for all electrical appliances
Remove any packaging material and promotional stickers before using the Breville Wizz Electronic for the first time.

- Do not place the Breville Wizz Electronic near the edge of a bench or table during operation. Ensure that surface is level, clean and free of water, flour etc. Vibration during operation may cause the appliance to move.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the Breville Wizz Electronic is properly assembled before use. Follow the instructions provided in this book.
- Use only the blender jug, food processor bowl and parts supplied with the Breville Wizz Electronic.
- Always assemble the blade assembly into the blender jug, before attaching to motor base. Never place blade assembly on motor base without the blender jug attached.
- Always ensure the blender lid is firmly positioned on the blender jug or that the food processor lid is locked into position on the food processor bowl before operating.
- Do not leave the Breville Wizz Electronic unattended when in use.
- Ensure control panel buttons are switched off by pressing the 'Stop' button, switch the appliance off at the power outlet and unplug from the power outlet before attaching the blender or food processor or attempting to move the appliance, or

when the Breville Wizz Electronic is not in use and before cleaning and storing.

- Do not operate the appliance continuously with heavy loads for more than 1 minute. None of the recipes in this instruction book are considered a heavy load.
- Be careful when handling the Breville Wizz Electronic processing and blending blades and processing disc as they are very sharp. Mis-handling of the blades or disc may cause injury.
- Never place your fingers inside the blender jug or food processor bowl during operation.
- Keep hands, hair, clothing, as well as spatulas and other utensils away from the blender jug or food processor bowl during operation.
- Do not remove blender jug or food processor bowl from the motor base whilst in operation.
- To protect against electric shock do not immerse the motor base, plug or cord in water or any other liquid.
- Do not use the Breville Wizz Electronic for anything other than food and/or beverage preparation.
- Do not process boiling liquids, allow to cool before placing into the blender jug or food processor bowl.
- Make sure the motor and blade have completely stopped, the control panel buttons are switched off by pressing the Stop button, the appliance is switched off at the power outlet and unplugged from the power outlet the before disassembling.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

Important safeguards for all electrical appliances

- Fully unwind the cord before use.
- To protect against electric shock, do not immerse cord, plug or motor base in water or any other liquid.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- 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.
- It is recommended to regularly inspect the appliance. Do not use the appliance if the power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. 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.



DO NOT OPERATE THE BREVILLE WIZZ ELECTRONIC CONTINUOUSLY ON HEAVY LOADS FOR MORE THAN 60 SECONDS.

Blender Blade Assembly Tool

Reversible Stainless Steel slicing/shredding disc
slicing side perfect for slicing vegetables and fruits; shredding side ideal for shredding firm cheeses, fruit and vegetables.

Food Processor Bowl with handle
400 mls liquid, 2 cups of food

Processor Bowl safety locking lid

Food Pusher
guides food down the feed chute.

Stainless Steel chopping blade
perfect for all chopping, mixing and processing tasks

Food Processor Bowl support

Disc shaft
locks onto motor spindle



Before first use

Before using your Breville Wizz Electronic for the first time, remove any packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash all parts (except motor base and food processor bowl support) of the Breville Wizz Electronic in warm, soapy water with a soft cloth. Rinse and dry thoroughly. Do not place parts in the dishwasher.

When first using your Breville Wizz Electronic Combined Blender and Processor, you may notice an odour coming from the motor. This is normal and will dissipate with use.

Note

Assembling and Attaching the Blender



Step 1.

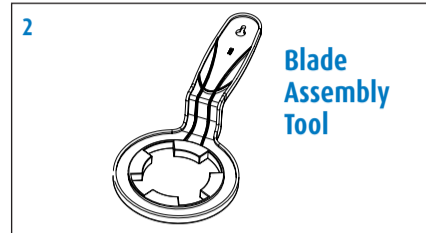
Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched OFF at the power outlet and the power cord is unplugged.



THE WHITE PLASTIC SURROUND ON THE BASE OF THE BLENDER JUG CANNOT BE REMOVED

Step 2.

Turn the glass blender jug upside down with the white plastic surround facing upward. Insert the silicon seal onto the round glass base of the blender jug. Carefully insert the blender blade assembly into the round glass base of the blender jug, aligning the white tabs of the blade assembly in between the white tabs of the white plastic surround. Use the Blade Assembly Tool to press the blade assembly down and turn clockwise to lock into position.



Step 3.

Turn the glass blender jug upright and insert onto motor base, aligning the jug handle with the 'align handle' graphic on the motor base. Add food or liquid into the blender jug. Place the blender lid firmly into position on the top of the blender jug and turn anticlockwise to lock into position. Insert the inner lid into the blender lid.



Step 4.

Plug the power cord into a 230/240v power outlet and switch on. The red light beside the Stop button will illuminate and remain illuminated whilst the appliance is switched on at the power outlet.



Step 5.

Select the required speed function by pressing in the corresponding speed button for example Low Speed 1 up to High Speed 5. A red light will illuminate beside the speed button as it is selected. Speed can be changed at any time during the blending process. Press Stop button, located at the front of the motor base, to finish blending.

Step 6.

For ingredients that require short bursts of power, use the Pulse function. Press the Pulse button and the red light beside it will flash then select a speed button and press in short bursts until blending is complete. When a speed button is selected, the red lights beside the Pulse and Speed buttons will remain illuminated whilst the speed button is pressed in.

Step 7.

The Ice Crush button has the highest speed and operates independent of the Pulse function. Press the Ice Crush button in short bursts to operate.

Step 8.

At the end of use, switch off at the power outlet and remove the power cord.

Important: to crush ice

Place 1 cup of frozen ice cubes into the Blender Jug. Replace lid and push the button in to PULSE for short bursts until a snowy textured ice is achieved. This will take approximately 15 seconds.

During the blending process, ingredients may stick to the sides of the either the Blender jug or Food Processor bowl. To push the food back onto the blades, press the Stop button and switch off at the power outlet. Remove the lid and use a plastic spatula to scrape down the sides of the jug. Replace the lid before recommending blending or processing.

Note

If any moisture or liquid appears on top of the motor base, press the Stop button, switch off at the power outlet and remove the power plug. Remove the blender jug or food processing bowl. Wipe the motor base immediately with paper towelling and check the blender jug or food processing bowl are correctly assembled.

Note



NEVER PLACE ANYTHING OTHER THAN FOOD AND LIQUIDS IN THE WIZZ ELECTRONIC WHILST THE MOTOR IS RUNNING.

DO NOT OPERATE THE WIZZ ELECTRONIC CONTINUOUSLY ON HEAVY LOADS FOR MORE THAN ONE MINUTE.

Assembling and Attaching the Food Processor Bowl with the chopping blade

Step 1.

Place the motor base on a flat, dry surface such as bench top. Ensure that the motor base is switched 'OFF' at the power outlet and the power cord is unplugged.



Step 2.

Insert the food processor bowl support onto the motor base. Place the food processor bowl onto the spindle of the food processor bowl support and turn anti-clockwise until locked into position. Ensure the handle on the food processor aligns with the 'align handle' graphic on the motor base. Insert the chopping blade over the shaft, and rotate into position. Add food or liquid into the food processor bowl. Do not overfill the food processor bowl.



Step 3.

Attach the processing bowl lid by positioning the feed chute opposite to the handle then turning the lid anticlockwise until it locks into position.



Step 4.

To commence processing ensure the food pusher is positioning in the feed chute. Plug the power cord into a 230/240V power outlet and switch on. Select a function by pressing in the corresponding function button on the control panel and its light will illuminate.



Step 5.

The food pusher can be removed throughout the processing to add liquids or other foods.



Step 6.

To switch off, press the same button again or press the Stop button in the middle of the speed control panel.



Step 7.

At the end of use, switch off at the power outlet and remove the power cord.

Assembling and Attaching the Food Processor Bowl with the reversible slicing/shredding disc

Step 1.

Place the motor base on a flat, dry surface such as bench top. Ensure that the motor base is switched off at the power outlet and the power cord is unplugged.



Step 2.

Insert the food processor bowl support onto the motor base, aligning the arrow on the support with the arrow on the motor base. Place the Food Processor Bowl onto the motor spindle of the food processor bowl support, and turn anti-clockwise until locked into position.



Step 3.

Insert the disc shaft over the motor spindle. Place the disc onto the disc shaft, with required function facing upwards, for example, for slicing have slicing side facing upwards. Align the disc centre onto the shaft, rotate and push down, until it locks into position. Attach the processor bowl lid by positioning the feed chute opposite to the handle then turning the lid anticlockwise until it locks into position.



Step 4.

To commence processing ensure the food pusher is positioning in the feed chute. Plug the power cord into a 230/240V power outlet and switch on. Select a function by pressing in the corresponding function button on the control panel and its light will illuminate.



DO NOT OPERATE THE BREVILLE WIZZ ELECTRONIC CONTINUOUSLY ON HEAVY LOADS FOR MORE THAN 1 MINUTE.

DO NOT USE THE BREVILLE WIZZ ELECTRONIC FOR ANYTHING OTHER THAN FOOD AND OR BEVERAGE OPERATION.



Step 5.

Remove the food pusher, insert the food to be sliced or shredded and push down with the food pusher to guide the food through the chute. Repeat with remaining food. Do not overfill the food processor bowl.

Step 6.

To switch off, press the same button again or press the Stop button in the middle of the speed control panel.



Step 7.

At the end of use, switch off at the power outlet and remove the power cord.

- Always ensure the Breville Wizz Electronic is in the off position, by pressing Stop on the speed/function control panel and switching off at the power outlet and unplugging the power cord.
- To remove the blender jug from the motor base, grasp the handle and lift upwards. Use the Blender Blade Assembly Tool to remove the Blender Blade Assembly. The white plastic surround on the base of the blender jug cannot be removed.
- To remove the food processor bowl from the food processor support on the motor base, turn bowl clockwise and lift upwards. Follow instructions in 'Assembly and Operation of your Breville Wizz Electronic' on page 9.

Cleaning the Motor Base, Food Processor Bowl Support and Blender Blade Assembly Tool

- Wipe the motor base, food processor bowl support and blender blade assembly tool with a soft, damp cloth then dry thoroughly.
- Wipe any excess food particles from the power cord.

Cleaning the Food Processor Bowl, Lid, Blade, Disc, Disc Shaft and Food Pusher, Blender Jug, Blade Assembly, Inner Lid and Lid

- Wash all parts in warm soapy water with a soft cloth. Use a kitchen bottle brush to dislodge foods from the disc shaft, processing blade and disc. Rinse and dry thoroughly.

Note: do not use abrasive scouring pads or cleaners when cleaning the parts or motor base as they may scratch the surface.

Note

Removing stubborn or strong food stains and odours

Strong smelling foods such as garlic, fish and some vegetables such as carrots may leave an odour or stain on the processor bowl, lid and disc holder, blender jug and lid. To remove, soak processing bowl, lid and disc holder or blender jug and lid for 5 minutes in 100mls bleach dissolved in 2 litres water. Then wash with a mild detergent and warm water, rinse well and dry thoroughly.

Storage

Store Breville Wizz Electronic on the kitchen bench top. The slicing/shredding disc can be stored in the food processor bowl, with the lid and food pusher in position. The blender jug, blade assembly and lids can be assembled and stored next to it. Place the food processor blade and blender blade assembly tool in the blender jug for safe storage.



BE CAREFUL WHEN HANDLING THE CUTTING BLADES AS THEY ARE SHARP. MISHANDLING OF THE BLADES MAY CAUSE INJURY.



THE CHOPPING BLADE AND DISCS ARE EXTREMELY SHARP!! USE CAUTION WHEN HANDLING AND STORING THESE PARTS. ALWAYS STORE THE CHOPPING BLADE WITH THE PROTECTIVE COVER PROVIDED

Do

- Use Low speeds (1-3) for emulsions such as mayonnaise, dressings, marinades and foods that require mixing until just combined, such as batters.
- Use High speeds (4-5 and Ice Crushing) for pureeing, drink or cocktail making.
- Use PULSE for foods that only require short bursts of power such as chopping nuts.
- Ensure all parts have been thoroughly washed, rinsed and dried before assembly.
- Ensure the Breville Wizz Electronic is correctly assembled before operating (see page 9).
- Ensure the base of the blender jug is thoroughly dry before placing onto the motor base.
- Ensure the food processor support and base of the food processor bowl are thoroughly dry before placing onto the motor base.
- Ensure the Breville Wizz Electronic is placed on a clean, dry and level surface to operate.
- Ensure liquid ingredients are placed into Breville Wizz Electronic before solid ingredients, except where specified in recipes.
- Ensure all foods are cut into cubes (approx. 2-3cm squares) where appropriate to achieve an even result.
- Use a plastic or rubber spatula to dislodge food from sides of jug or bowl. Always ensure that the Breville Wizz Electronic is turned off by pressing the "Stop" button on the control panel and that the power has been switched off at power outlet and the power plug removed. Ensure blades have stopped rotating. Do not use metal utensils as they may damage the blades, jug or bowl.

Don't

- Do not operate a heavy mixture for more than 1 minute. For normal blending tasks, for example, mayonnaise, dressings etc, do not operate for longer than 1 minute at one time without turning off the Breville Wizz Electronic and stirring the ingredients, and then continue blending.
- Do not operate Breville Wizz Electronic without having the blender lids or food processing lid in position. To add additional ingredients whilst blending remove inner lid and place ingredients through the opening in the middle of the lid. If having to add additional ingredients to the food processor while blending, the food pusher can be removed and additional ingredients can be added through the feed chute.
- Do not place any objects, other than food, into the Breville Wizz Electronic whilst the motor is running.
- Do not use either blender jug or food processor bowl to store food.
- As air does not circulate when blending, therefore the Breville Wizz Electronic will not beat egg whites, knead dough or mash potatoes.
- Do not remove either blender jug or food processor bowl while the Breville Wizz Electronic is operating. Always make sure the control panel is on the 'Stop' position, switch off the power at the power outlet and unplug the power cord from the power outlet.
- Do not overload the Breville Wizz Electronic with more than the specified quantity of ingredients as doing so could cause the motor to stall. Turn the Breville Wizz Electronic off by pressing the 'Stop' button on the control panel, switch off the power at the power outlet and unplug cord. Remove a portion of the mixture before continuing.
- Do not place hot ingredients into the Breville Wizz Electronic, allow to cool before placing into the blender jug or food processor bowl.

Crush ice

Place 1 cup of frozen ice cubes into Blender jug only and blend using the 'ice crush' speed control until crushed.

Drinks

Fill the container to at least $\frac{1}{4}$ full, remember to leave room to allow froth to form as the drink is aerated.

Soups, sauces, purees

The most efficient amount to blend will depend on the food/recipe used. Generally, the more liquid used, the more can be processed at one time. Do not place hot ingredients into the Breville Wizz Electronic, allow to cool before pureeing.

Batters

Place liquid ingredients, then dry ingredients, into either the blender jug or food processor bowl. Blend until a smooth batter is formed.

Quantities and Handy Hints

- Do not put more than 2 cups of warm ingredients into the Breville Wizz Electronic before blending or processing starts. After the blending process has begun and the blades are turning you may slowly add another $1\frac{1}{2}$ cups of ingredients through the opening in the lid if desired.
- Thick mixtures puree more efficiently if the Breville Wizz Electronic is $\frac{1}{4}$ to $\frac{1}{2}$ full.
- When using several ingredients, place liquid ingredients in the blender jug or food processor bowl first unless specified in the recipe.

- When blending thick or dry mixtures it may be necessary to stop the Breville Wizz Electronic and scrape down the sides of the blender jug and or food processor bowl with a plastic or rubber spatula, once or twice during blending or processing.
- Cut all food pieces into 2 cm cubes where appropriate.

Recommended foods, quantities and function

Type of food/drink	Preparation	Maximum amount at one time	Function - mix puree etc	Approximate time
Lean meat	Trim excess fat and sinew	300g	Chop Food Processor (button 2)	10-20 seconds
Fish	Remove skin and bones and cut into 2cm cubes	300g	Chop Food Processor (button 2)	10-20 seconds
Onions, whole	Peel and cut into 1.5-2cm pieces	300g	Chop Food Processor (button 2)	10-15 seconds
Garlic, clove	Peel	5 cloves	Chop Food Processor (button 2)	10-15 seconds
Apple, raw	Peel, cored and cut into 1.5cm pieces	50g	Chop Food Processor (button 2)	10-15 seconds
Cabbage, green or red	Remove the core and cut into 2 cm cubes	50g	Chop Food Processor (button 2)	5 seconds
Peanuts, whole, shells removed	Remove the skin	200g	Grind Food Processor (button 5)	15 seconds
Bread or biscuit crumbs	Cut bread into 2 cm pieces and break up biscuits	100g	Chop Food Processor (button 2)	15 seconds
Mayonnaise	Mix the egg yolk and vinegar. Then add the oil	125g	Mix Blender (Speed 1) and Food Processor (button 1)	60 seconds
Whipped cream	Add sugar or vanilla if desired	200ml	Mix Blender (Speed 1) and Food Processor (button 1)	60 seconds
Peppercorns	Whole	100g	Grind Food Processor (button 5)	20-30 seconds
Cinnamon sticks	Halve	30g	Grind Food Processor (button 5)	20-30 seconds
Fresh ginger	Peel, cut into 1.5cm pieces	100g	Chop Food Processor (button 2)	20-30 seconds
Carrots, zucchini, eggplant	Arrange foods vertically in the feed chute, cutting them so they are even in height. For slices arrange foods horizontally in the feed chute. Process by exerting firm pressure on the food pusher.	300g	Slicing disc Food Processor (button 3)	20-30 seconds
Mushrooms	Wipe the mushrooms and pack in the feed chute on their sides. Process using light pressure on the food pusher	200g	Slicing disc Food Processor (button 3)	20-30 seconds
Cheese	Cut the cheese into piece large enough to just fit the feed chute. Process using light pressure on the food pusher to prevent cheese crumbling	120g	Slicing/shredding disc Food Processor (button 3)	20- 30 seconds

Trouble Shooting Chart

Problem	Solution
Motor doesn't start or blade doesn't rotate	<ul style="list-style-type: none"> Check that the blender jug or processing bowl and lid are securely locked into position. Check the Stop ready light is illuminated. Check that the power plug is securely inserted into the power outlet and switched ON Be sure to press only one function control button at a time
Food is unevenly chopped	Either too much food is being chopped at one time or the pieces are not small enough. Try cutting food into smaller pieces of even size and processing a smaller amount per batch. For best results the food should be chopped into pieces no larger than 2cm
Food is chopped too fine or is watery	The food is over processed. Use brief pulses or process for a shorter time.
Food collects on processing bowl cover or side of bowl	Processing too much food. Turn the Food processor off. When the blade stops rotating, remove the cover and clean the bowl and cover with a spatula. Reduce quantity of food to be processed
Food sticks to blade	Processing too much food. Turn the Food processor off. When the blade stops rotating, remove the cover. Carefully remove the blade. Remove the food from the blade with a spatula, reduce quantity of food and continue processing.

Food Processor Bowl Capacity

Item	Capacity
Onion	300g
Meat	300g
Cheese	200g
Fish	300g
Pumpkin	300g
Eggs	4 x 60g eggs
Prawns	300g

Breville

Recipes

Delicious recipes

Includes instructions for use



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Guacamole

- 1 large avocado, peeled, de-stoned and chopped
- 40 ml lemon juice
- ½ cup sour cream
- 1 teaspoons minced garlic
- 1 teaspoon chilli

1. Place avocado, lemon juice, sour cream, garlic and chilli sauce in blender jug.
2. Use speed 2 and blend until smooth.

Serve with crustini or crudités

This recipe can be made in the food processor using the chopping blade

Note

Pesto dip

- 1 cup fresh basil leaves
- 1 clove garlic peeled and chopped
- 40 ml lemon juice
- 60g pine nuts
- ¼ cup olive oil
- ½ cup cottage cheese
- 60g grated fresh Parmesan cheese

1. Place basil leaves, garlic, lemon juice and pine nuts in blender, using high speed, blend until finely chopped.
2. With motor running, pour in oil and blend until smooth. Add cheeses and mix to combine.
3. Chill until ready to use.

Serve with toasted Turkish bread.

This recipe can be made in the food processor using the chopping blade

Note

Tomato soup

1 tablespoon oil
 2 cloves garlic, crushed
 1 brown onion, peeled and diced
 2 x 410g cans diced tomatoes
 1 tablespoon tomato paste
 2 teaspoons brown sugar
 3 cups (750ml) vegetable stock or water

1. Heat oil in a large saucepan, add garlic and onions, cook over a medium heat for 2-3 minutes or until onion is soft.
2. Combine tomatoes, tomato paste, and brown sugar.
3. Pour into pan with onion mixture, add stock or water and bring to the boil, then reduce heat and simmer, uncovered for 20 minutes or until liquid has reduced by one third.
4. Allow the mixture to cool, then transfer mixture into three batches into blender jug
5. Use speed 4 and puree until smooth.

Pumpkin soup

2 tablespoons cooking oil
 1 brown onion diced
 2 cloves garlic, crushed
 400g Butternut pumpkin, peeled and diced
 4 cups (1litre) chicken stock

1. Heat oil in a hot saucepan, add onions and garlic and sauté for 5 minutes.
2. Add the pumpkin and toss to coat with the onion mixture, then add the stock and bring the mixture to the boil.
3. Reduce heat to simmer for 20 minutes and cook with the lid on until the pumpkin is cooked.
4. Allow mixture to cool and transfer in batches to the blender jug.
5. Use speed 4 and puree until smooth.
6. Return pureed soup to the saucepan to heat through, check the seasoning before serving.

Pancakes

Makes approximately 8-10 pancakes

1¼ cups milk
 1 x 60g egg
 2 tablespoons butter, softened
 1 cup plain flour
 ½ teaspoon salt
 Extra butter, for greasing

1. Place milk, egg, butter, flour and salt in the blender jug.
2. Use speed 3 and mix to a smooth batter.
3. Heat a small greased frying pan over a moderate heat. Pour a small quantity of batter into frying pan then move batter around to cover base of pan.
4. Cook until bubbles come to the surface and break.
5. Carefully turn the pancake over and cook until golden brown.
6. Remove from pan. Continue cooking with remaining batter.

Serve with maple syrup and ice cream.

Crepes

Makes 10 - 12

3 x 60g eggs, lightly beaten
 1¼ cups milk
 2 tablespoons butter, melted
 1 teaspoon vanilla essence
 1½ cups plain flour
 ¼ teaspoon salt
 Extra butter, for greasing

1. Add eggs, milk, butter, essence, flour and salt to the blender jug.
 2. Use speed 3 and mix to a smooth batter.
 3. Lightly grease crepe pan and heat over a moderate heat.
 4. Pour sufficient batter into the pan to cover thinly and evenly.
 5. Crepes will cook quickly in 1-2 minutes, overcooking causes crepes to toughen.
 6. Carefully turn crepes over and cook until golden.
- Serve with raspberry sauce

Raspberry Sauce

250g fresh or frozen raspberries
 ¼ cup icing sugar
 2 tablespoons Grand Marnier or orange liqueur
 2 tablespoons water

1. Place raspberries, icing sugar, Grand Marnier and water into blender jug.
 2. Use speed 3 and mix until smooth.
- Spoon over crepes and serve.

Margarita

60 ml Tequila
60 ml Cointreau
80 ml lime juice
12 ice cubes

1. Place Tequila, Cointreau, lime juice and ice cubes into blender jug.
2. Use speed 5 and blend until well combined and ice is crushed.

Serve in salt rimmed glasses.

Daiquiris

Basic recipe
Fruit (approximately 1 cup)
120 ml white spirits (white rum, vodka or kirsch)
60 ml sugar syrup
1 cup ice

1. Place all ingredients into the blender jug.
2. Use speed 5 and puree until smooth.

Most fresh fruit and berries can be used, if using frozen fruit defrost before use. Fruit with hard skins or stones must have them removed before pureeing. Large fruit must be diced first.

Fruit cocktail

250 ml pineapple juice
1 banana, peeled and chopped
1 orange, skin and pith removed then quartered
250 ml soda water
2 tablespoons passionfruit pulp

1. Place pineapple juice, banana, and orange into blender jug.
2. Use speed 5 and blend until well combined.
3. Stir in passionfruit pulp and soda water and serve.

Rockmelon and pineapple frappé

1 cup chopped rockmelon
1 cup canned pineapple pieces
1 cup ice
Mint leaves, to serve

1. Place rockmelon, pineapple and ice into the blender jug.
2. Use speed 5 and blend until all ingredients are crushed and mixture is smooth and thick.
3. Serve with chopped mint leaves.

Mango Smoothie

1 mango, peeled and sliced
¾ cup unflavoured yogurt
120 ml orange juice

1. Place mango, yogurt and orange juice into blender jug.
2. Use speed 5 and blend until smooth.

Serve immediately.

Strawberry Smoothie

150 g strawberries
250 ml milk
2 scoops vanilla ice cream
Strawberry topping, to serve

1. Place strawberries, milk and ice cream into the blender jug.
2. Use speed 5 and blend until smooth and combined.

Serve with strawberry topping drizzled over top.

Smoked Salmon Pate

1 teaspoon grated lemon rind
1 tablespoon lemon juice
75g cream cheese
75g smoked fish, skin and bones removed (salmon, trout or mackerel)
1 teaspoon horseradish cream
1 teaspoon fresh parsley sprigs
White pepper, to taste

1. Assemble food processor using the chopping blade.
2. Place lemon rind, juice and cream cheese into food processor bowl and process until smooth using the CHOP (button 2) function.
3. Add fish, horseradish cream, parsley and pepper and process for 10-15 seconds.
4. Scrape mixture from sides of bowl with a spatula.
5. Process mixture in short bursts until smooth.
6. Cover and refrigerate until well chilled.

Serve with water biscuits or Melba toasts.

Herb Dressing



3/4 cup mixed fresh herbs (parsley, coriander, mint, chives, rosemary, and basil)
1 clove garlic, optional
2 tablespoons olive oil
3 tablespoons balsamic vinegar

1. Assemble food processor using the chopping blade.
2. Place herbs and garlic into food processor bowl and process until chopped finely using the CHOP (button 2) function.
3. Add oil and vinegar and process until combined. Serve with lamb, chicken or fish.

Mayonnaise



2 egg yolks
1 teaspoon dry mustard
1 tablespoon vinegar
Salt and white pepper, to taste
1/2 cup vegetable oil

1. Assemble food processor using the chopping blade.
2. Place egg yolks, mustard, salt and pepper into food processor bowl and process for 10-15 seconds using the STIR (button 1) function.
3. With the motor running, add the oil slowly through the feed chute on top of the processing lid and process until smooth. DO NOT OVER-PROCESS.
4. Taste and adjust seasoning with extra salt, pepper and vinegar if required.
5. Cover and store in the refrigerator.

Satay Sauce



2 cloves garlic
1 small onion
2 teaspoons peanut oil
1/2 cup roasted peanuts
1 small chilli, halved and seeded
3/4 cup water
2 tablespoons lemon juice
1 tablespoon dark soy sauce
2 tablespoons coconut milk
1 teaspoon brown sugar

1. Assemble food processor using the chopping blade.
2. Place garlic and onion into processing bowl and chop in quick bursts using the CHOP (button 2) function.
3. Heat oil in a saucepan and cook garlic and onion mixture until lightly browned.
4. Place remaining ingredients into food processor bowl and process until smooth.
5. Pour combined mixture over garlic and onion mixture and stir over a gentle heat to warm through.

Serve immediately or cover and store in the refrigerator.

Satay Sauce may thicken on standing, if this happens stir in a little more warm water.

Note

Tandoori-Style Fish



Rind and juice of 1 lemon
125g natural yogurt
1 onion, cut into quarters
4 cloves garlic
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon paprika
Sprinkle of cayenne pepper
4 Atlantic salmon cutlets

1. Assemble food processor using the chopping blade.
2. Place rind, juice, yoghurt, onion, garlic and spices into processing bowl and process until smooth using the CHOP (button 2) function.
3. Arrange salmon cutlets in a shallow glass or ceramic container. Coat salmon with smooth paste, cover and refrigerate for 2 hours.
4. Cook salmon cutlets on a preheated grill or barbeque for 3 minutes each side or until fish is cooked when tested.

Lamburgers



1 tablespoon fresh herb sprigs (parsley, coriander or rosemary)
1 slice bread, crusts removed
1/2 small onion, quartered
200g Trim Lamb, diced
1 tablespoon mint sauce
Salt and pepper, to taste

1. Assemble food processor using the chopping blade.
2. Place herbs, bread, onion and lamb into food processor bowl in two batches and process 10-15 seconds using BLEND (button 5) function.
3. Place processed ingredients into a mixing bowl, add mint sauce and seasonings and mix well.
4. Shape mixture into 3-4 burgers, cover and refrigerate 20-30 minutes.
5. Cook burgers on a preheated grill or pan fry for 5 minutes each side or until cooked when tested.

Coleslaw

3 sticks celery
 4 shallots
 ¼ red cabbage, separate leaves and roll into bundles
 ¼ white cabbage, separate leaves and roll into bundles
 2 carrots, peeled
 2 green apples, cored and quartered
 1 red capsicum
 210g can pineapple pieces, drained
 125g can corn nibbles, drained
 1 cup mayonnaise

1. Assemble food processor using the slicing disc.
2. Use button 3 to slice celery, shallots and cabbage, place into a large bowl.
3. Reverse the disc to the shredding side and use button 3 to grate carrots.
4. Remove the slicing\shredding disc and insert the chopping blade. Use the Pulse button to process apple, capsicum and pineapple until chopped.
5. Add chopped mixture to the sliced vegetables. Add corn and mayonnaise and toss all ingredients until well combined.
6. Refrigerate until ready to serve.

Carrot and Zucchini Cake

3 small zucchinis
 2 carrots
 3 x 60g eggs
 2 cups sugar
 3 teaspoons vanilla
 ½ cup oil
 1 cup walnuts, finely chopped
 2½ cups self raising flour
 ¼ teaspoon baking powder
 1 teaspoon salt
 2 teaspoons cinnamon

1. Assemble food processor using the shredding disc.
2. Grate zucchinis and carrots, set aside.
3. In a mixing bowl, beat the eggs until pale in colour. Add the sugar, vanilla and oil, process until slightly thickened. Add walnuts, zucchinis and carrots, flour, baking powder, salt and cinnamon, mix until well combined.
4. Pour mixture into 2 well greased and base lined 20cm cake pans.
5. Bake in a preheated moderate oven 180°C for 40-45 minutes or until cooked when tested.

When mixing cakes do not over mix as this will toughen the mixture.

Note

A baby's first foods will influence their life long eating habits. The food processor is ideal for processing small quantities of nutritious baby food.

First Foods

These recipes are ideal for baby's first taste experience. They are easily digested and suitable for babies under 12 months old.

Golden Puree

½ small sweet potato, peeled and sliced
3 baby squash, trimmed and halved

1. Assemble food processor with the chopping blade.
2. Place sweet potato into processing bowl and roughly chop for 5-10 seconds using button 4.
3. Cook chopped sweet potato and squash in a microwave oven or steamer until tender. Cool.
4. Return cooled vegetables to processing bowl and PUREE (button 4) until smooth.

Avocado and Pear

½ ripe pear, peeled and halved
½ avocado, stoned and peeled

1. Assemble Food processor using chopping blade.
2. Place ingredients into food processor bowl and PUREE (button 4) until smooth.

Serve immediately to avoid fruit discolouring.

Apple and Banana Custard

½ small apple, cored
1 small banana, peeled and diced
½ cup prepared baby custard

1. Cook apple until just soft. Cool.
2. Assemble food processor using chopping blade.
3. Place cooled apple and banana into food processor bowl and PUREE (button 4) until smooth.
4. Fold fruit into custard.

Serve immediately to avoid fruit discolouring.

As baby gets older the digestive system becomes stronger and is able to digest foods like egg yolks, fish and cottage cheese.

Baby may also prefer food less smooth. For slightly coarser textured food simply puree for less time.

These recipes are suitable for babies over 12 months of age.

Fast Fish

100g tuna or other cooked flaked fish, bones removed
1 zucchini, sliced and cooked
½ potato, diced and cooked

1. Assemble Food processor using chopping blade.
2. Place cooled ingredients into food processor bowl and puree (button 4) until smooth.

Serve chilled or warm.

Creamy Chicken and Apricot

5 dried apricots
75g boneless chicken, diced
200mls chicken stock or water
1 tablespoon natural yoghurt

1. Assemble Food Processor using chopping blade.
2. Place apricots into food processor bowl and roughly chop using button 4.
3. Combine apricots, chicken and stock in a small saucepan, bring to the boil, reduce heat and simmer 10-12 minutes or until chicken is cooked. Cool slightly.
4. Place cooled ingredients into food processor bowl and puree (button 4) until smooth. Add yoghurt and blend into chicken mixture using button 4.
5. Warm before serving.

Baby Muesli

1 tablespoon rolled oats
2 tablespoons baby rice cereal
1 teaspoon sultanas
½ small apples, peeled, sliced
4 tablespoons prepared formula milk

1. Assemble Food processor using chopping blade.
2. Place oats, cereal, sultanas and apple into food processor bowl and roughly chop for 5-10 seconds using button 4.
3. Continue processing and add milk through the feed chute to achieve desired consistency.
4. Warm before serving.

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