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KAMBROOK

THE SMARTER CHOICE



X Blade Pro Food Prep System

KSB400

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 X Blade Pro Food Prep System

- Carefully read all instructions before operating the Kambrook X Blade Pro Food Prep System for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the Stick Mixer 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 Stick Mixer.
- 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 a hand blender to blend hot food in a saucepan, firstly remove the saucepan from the heat source and ensure the power cord and body of Stick Mixer are also kept away from any heat source.
- Take care when handling the Stick Mixer, attachments and sharp cutting blades, when emptying the bowl and during cleaning. Remember the blade and attachments are 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 'ON' or 'TURBO' button on the Stick Mixer motor. Turn the power off at the power outlet and remove the power plug from the power outlet before attempting to attach or disassemble any of the accessories.
- Always ensure the Stick Mixer motor is securely fitted onto the food processing bowl lid, blending shaft or masher attachment before operating.
- Always ensure the food processing bowl lid is securely locked in place before operating the food processing bowl.
- 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 processing bowl – allow liquids to cool before placing into the processing bowl.
- Do not operate the Stick Mixer 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 20 seconds. Stop the operation and stir the ingredients before continuing. Allow the motor to rest for 1 minute between each use.

- Ensure the Stick Mixer is turned OFF by releasing the 'ON' or 'TURBO' button on the motor head. Turn the power off at the power outlet and remove the power plug from the power outlet before attempting to move the Stick Mixer, when not in use, if left unattended and before disassembling, cleaning or storing.
- When blending or mashing, if food becomes lodged around the processing blade or in the blade guard, release the 'ON' or 'TURBO' speed button, switch the power off at the power outlet and remove the power plug from the outlet. Use a spatula to dislodge the food. Do not use fingers as the blades are sharp.
- Ensure the Stick Mixer is switched off and unplugged at the power outlet before changing accessories or approaching parts that move when they are in use.
- Do not use the Stick Mixer with wet hands.
- Do not push the food into the feed chute with your fingers or other utensils. Always use the food pusher provided.
- Keep fingers, hands, knives and other utensils away from moving blades and discs.
- Do not place hands or fingers in the food processing bowl unless the motor, processing blade or disc has come to a complete stop. Ensure the Stick Mixer is switched off and unplugged at the power outlet before removing the lid from the food processing bowl.
- Use the blade protector when storing the processing blade.
- Do not process thin fluids such as water, milk, stock, juice etc in the food processing bowl as this could result in overflow. To reduce the risk of overflow, always add drier or thicker ingredients to the food processing bowl prior to adding fluids.
- Do not place anything on top of the appliance when the lid is on, when in use and when stored.
- To protect against electric shock, do not immerse the Stick Mixer motor, cord or power plug in water or any other liquid.
- Do not remove the Stick Mixer from ingredients during operation. Ensure the Stick Mixer 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 place any parts of the Stick Mixer in a microwave oven.
- Do not wash the mashing attachment connector, processing bowl lid or the motor of the Stick Mixer in the dishwasher. The detachable blending shaft, processing bowl, cube cutter blade, cube cutter disc, cube cutter blade holder, cube cutter cleaning accessory, processing blade, shredding/ slicing disc, chipping disc and masher attachment are dishwasher safe.
- Keep the Stick Mixer clean. Follow the Care, Cleaning and Storage instructions provided in this book.

Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Connect only to 230V or 240V power outlet.
- 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 any way. 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 X Blade Pro Food Prep System

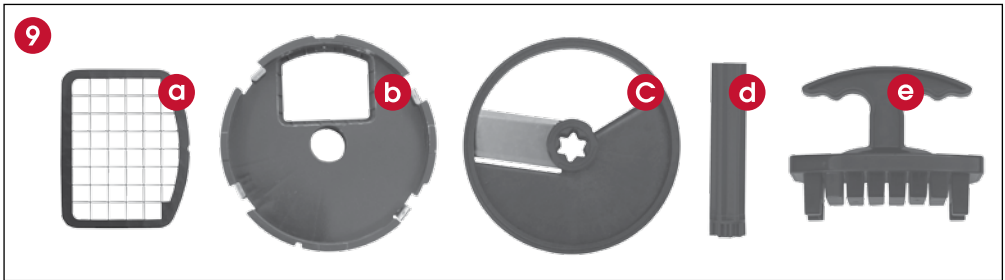
1. 'ON' speed button
2. 'TURBO' speed button
3. 600 watt powerful Stick Mixer motor controls stick mixer and attaches to food processing bowl for operating cubic and food processing attachments
 - a) Variable speed control dial to adjust motor speed from low to high as required depending on the processing task
4. Stick Mixer attachments for blending or mashing
 - a) Stainless steel four tip blending shaft
 - b) Masher attachment
 - c) Masher attachment connector
5. 2 litre processing bowl used with cubic and food processing attachments
6. Lid release button on processing bowl handle. Press down on button to release the locking mechanism on the lid.
7. Processing bowl lid with feed chute and food pusher used with cubic and food processing attachments
8. Non-slip rubber ring (removable)

NOTE: The rubber non-slip ring on the base of the food processing bowl is removable for cleaning but should always be in place when using the food processing bowl.



Your Kambrook X Blade Pro Food Prep System *Continued...*

- 9. Cubic attachment for dicing
 - a) Cube cutter blade
 - b) Blade holder with locking clips
 - c) Disc with stainless steel blade
 - d) Cube cutter shaft- inserted into the assembled cubic attachment and placed inside the processing bowl
 - e) Cube cutter cleaning accessory to help remove foodstuffs that may get caught in cube cutter blade after dicing
- 10. Food Processing attachment for processing, slicing, shredding or chipping
 - a) Spindle - sits inside the processing bowl to be used with processing blade, slicing/shredding disc and chipping disc
 - b) Reversible stainless steel slicing/ shredding disc
 - c) Stainless steel chipping disc
 - d) Stainless steel processing blade



Operating Your Kambrook Stick Mixer

Before First Use

Remove any packaging material and promotional labels.

When unpacking the Stick Mixer, check to see you have received all the required parts and accessories as outlined in the parts list before discarding the packaging.

Disassemble and wash blending shaft, cube cutter blade, cube cutter disc, processing blade, processing bowl, slicing/shredding disc, chipping disc and mashing attachment with warm soapy water, rinse and dry thoroughly. Ensure no water remains inside the blending shaft to avoid water running into the Stick Mixer motor when re-attached.

NOTE: Carefully remove the protective safety storage cover from the processing blade. The processing blade is extremely sharp, it should only ever be held by its central plastic.



WARNING: All blades are extremely sharp. Handle with care.

NOTE: DO NOT place the masher connector, processing bowl lid and Stick Mixer motor into a dishwasher or submerge in water for cleaning. Wipe the masher connector, processing bowl lid and Stick Mixer motor with a damp cloth. The detachable blending shaft, processing bowl, blade holder, cube cutter blade, cube cutter disc, cube cutter shaft, cube cutter cleaning tool, processing blade, slicing/shredding disc, chipping disc and masher attachment are dishwasher safe.

NOTE: Before placing the blending shaft back onto the Stick Mixer motor after washing, make sure that the blending shaft has been dried thoroughly.

Stick Mixer Motor

The Stick Mixer motor with button controls is versatile and can be attached to:

- The stainless steel four blade blending shaft for use as a hand blender
- The masher attachment to conveniently make lump-free mash
- The processing bowl lid for use with the cubic attachment to dice vegetables and fruit in a short amount of time
- The processing bowl lid using the slicing/shredding disc, chipping disc or processing blade for use as a food processor

Operating Your Kambrook Stick Mixer Continued...



WARNING: Do not immerse the Stick Mixer motor, power cord, or plug in water or any other liquid.

Stick Mixer Attachments



WARNING: All processing blades are extremely sharp. Handle with care and only lift from the shaft.

To Attach the Stainless Steel Blending Shaft to the Stick Mixer Motor

Align the lock buttons on the drive end of the Stick Mixer motor with the grooves found at the top of the four blade blending shaft. Push down to lock into place until an audible "click" sound is heard to indicate that it is secure.

Using the Hand Blender

Ensure the blender is correctly and securely assembled as detailed prior.

1. Place food to be processed into a sufficiently large mixing bowl or saucepan (not provided).
2. Insert the power plug into a 230V or 240V power outlet and turn the power on.
3. Using the Variable Speed Control Dial located on top of the Stick Mixer motor (See Fig. 1), turn the dial to a low speed setting and then, if required, adjust to a higher speed setting depending on what the recipe specifies.

4. Place the blending shaft as deeply as possible into the saucepan and press and hold the 'ON' button. The button must be kept pressed for the duration of operation. If an extra burst of power is required when blending, press the 'TURBO' speed button instead of the 'ON' button.
5. With one hand work through the ingredients in the saucepan with a gentle raising and lowering motion of the Stick Mixer, whilst with the other hand hold onto the saucepan handle for increased control.
6. Once processing is complete, switch OFF the motor by releasing the 'ON' or 'TURBO' speed button, switch off at the power outlet and remove the power plug from the outlet.
7. To avoid splashing when lifting the Stick Mixer out of the saucepan, ensure the motor has completely stopped and the blades have stopped rotating.

NOTE: The Stick Mixer has a Variable Speed Control Dial that adjusts speed from low to high depending on the processing task. Turn dial from a low speed of 1 up to a higher speed if required (See Fig. 1). Pressing the 'TURBO' button however will override the Variable Speed and operate at maximum speed.



Fig. 1



WARNING: DO NOT process hard foodstuffs such as ice, coffee beans, cereals or chocolate in lumps as these may result in damage to the blades.

NOTE: The Stick Mixer motor will only operate while the 'ON' or 'TURBO' speed button remains pressed - this is a safety feature.

To Detach the Stainless Steel Blending Shaft

1. Once blending is complete, switch OFF the motor by releasing the 'ON' or 'TURBO' speed button, switch off at the power outlet and remove the power plug from the outlet.
2. Holding the Stick Mixer motor with one hand and the upper plastic part of the blending shaft with the other hand, press the two 'Release' buttons found at the drive end of the Stick Mixer motor and pull the blending shaft away from the motor.

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 foodstuffs 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 Stick Mixer 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.
- DO NOT process hard foodstuffs such as ice, coffee beans, cereals or chocolate in lumps as these may result in damage to the blades.

Dislodge Food from the Blending Blade

If foodstuffs become lodged around the four tip blade or in the blade guard surrounding the blade, follow the safety instructions outlined below:

1. Release the 'ON' or 'TURBO' speed button, switch the power off at the power outlet and unplug the power plug from the outlet.

Operating Your Kambrook Stick Mixer Continued...

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 Stick Mixer back into the power supply, switch the power on and continue blending.

To Attach the Masher Attachment to the Stick Mixer Motor

1. To assemble the masher attachment, align the (∅) symbol on the masher attachment connector with the (●) symbol found on the masher attachment. Turn the masher attachment anti-clockwise so that the (♥) symbol on the masher attachment connector aligns with (♣) symbol on the masher attachment (See Fig. 2).



2. Align the lock buttons on the drive end of the Stick Mixer motor with the grooves at the top of the masher attachment connector after the connector has been connected to the masher attachment. Push down to lock into place until an audible "click" sound is heard to indicate that it is secure (See Fig. 3).



NOTE: Ensure the masher attachment is dry and that there is no water inside before attaching to avoid any water getting in the Stick Mixer motor.

Using the Stick Mixer as a Masher

1. Place cooked foodstuffs to be mashed into a saucepan.
2. Insert the plug into a 230V or 240V power outlet and then turn the power on at the power outlet.
3. Insert the mashing attachment deeply into a saucepan and press and hold the 'ON' or 'TURBO' button to turn the masher on. Choose a Variable Speed as per the recipe guideline or alternatively, press and hold the 'TURBO' speed button to select the maximum speed.
4. To efficiently mash the foodstuffs, use a gentle raising and lowering motion.
5. Switch OFF the motor by releasing the 'ON' button and then lift the Stick Mixer out of the saucepan. To avoid splattering, allow the blades to stop rotating before lifting the masher out of the saucepan.

6. The Stick Mixer will only operate while either the 'ON' or 'TURBO' speed control button is continuously pressed - this is a safety feature.

To Remove the Masher Attachment

1. Once mashing is complete, release the 'ON' or 'TURBO' speed button, switch the power off at the power outlet and unplug the power plug from the outlet.
2. To remove the masher from the Stick Mixer motor, press the two 'Release' buttons found at the drive end of the Stick Mixer motor and pull the masher away from the motor.
3. To separate the masher attachment connector from the masher attachment, turn the masher attachment in a clockwise direction and pull apart.

Recommendations when using the Stick Mixer with the Masher Attachment

- The Stick Mixer is powerful and processes quickly. It is recommended that in order to avoid 'over mashing' potatoes, stop the Stick Mixer and check the consistency of the foodstuffs regularly.
- The masher attachment allows for foodstuffs to be mashed directly in the saucepan. For safety reasons, always remove the saucepan from the heat and allow to cool to room temperature before mashing.

- When mashing, ensure the potatoes are cut into uniform sizes and fully cooked to ensure even and consistent results.
- Ensure the body of the Stick Mixer and power cord are kept away from any heat source.

NOTE: The masher attachment should only be used for mashing tasks; do not use it to blend.

Cubic Attachment

To assemble the Cubic Attachment into the Food Processor Bowl



WARNING: The cube cutter blade and disc are extremely sharp and should only be handled by the plastic parts.

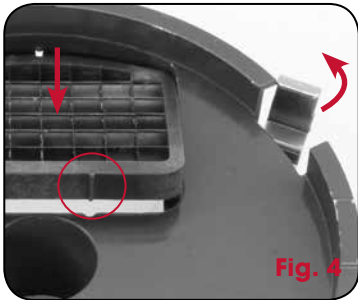
The cubic attachment is used to dice fruits and raw or cooked vegetables, such as carrots, pumpkin and onions.

1. To use the cubic attachment, the cube cutter blade and blade disc must first be assembled into the blade holder. To do this, sit the blade holder on a bench so that the protruding cylinder is facing downwards and pull the four locking clips away from the edges of the blade holder. Next, holding the cube cutter blade by the outside plastic edges, align the tab on the cube cutter blade with the matching groove on the blade holder and drop into the blade holder cavity (See Fig. 4). Make sure the cube cutter blade sits securely and flush inside the cavity of the blade holder.

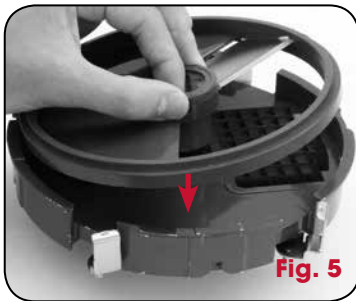
Operating Your Kambrook Stick Mixer *Continued...*

HINT: Pinch the top and bottom of each clip between thumb and index finger and pull outwards to release locking clips.

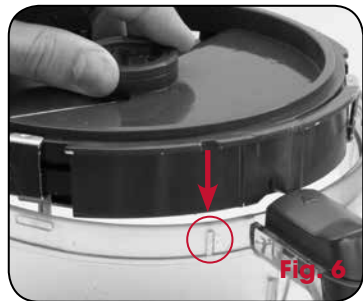
NOTE: The cube cutter blade will only sit inside the blade holder when fitted in the correct position.



2. Hold the blade disc only by the plastic part to avoid the sharp blade. Turn the disc so the sharp side of the blade is facing up and drop the protruding cylinder on the blade disc into the hole of the blade holder (See Fig. 5). Make sure the disc fits securely inside the blade holder and then push the four locking clips towards the blade holder edges to lock the disc in place for dicing.



3. Place the food processing bowl on a flat benchtop and remove the lid. To do this, press downwards on the lid release button found on the handle of the processing bowl to release and twist the lid clockwise to unlock. Remove the lid from the bowl.
4. Locate the small vertical tab found on the inside of the processing bowl just to the left of the handle near the top edge. Align the small groove on the blade holder with the vertical tab. Once aligned, drop the assembled cubic attachment inside the processing bowl. Make sure the cubic attachment is level and sits securely under the three horizontal tabs found inside the processing bowl close to the top edge (See Fig. 6).



5. Align the star shaped end of the cube cutter shaft with the matching star shaped hole in the disc and drop inside the assembled cubic attachment. Make sure the shaft drops all the way down and fits onto the metal pivot inside the processing bowl (See Fig. 7).

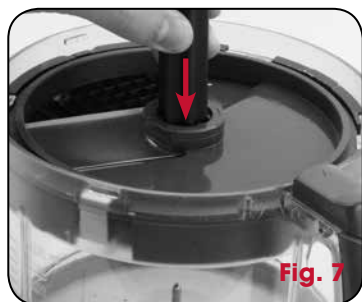


Fig. 7

6. Place the lid on the processing bowl so that the small tab on the lid sits just left of the handle on the processing bowl. Press downwards on the lid release button found on the handle of the processing bowl to release and twist the lid anti-clockwise so the '🔒' symbol on the lid is directly above the '▲' symbol on the lid release button. Make sure the tab on the lid sits inside the lid release button and the lid is secure before using.

NOTE: The lid will only sit properly on the bowl when the tab is in the correct starting position.

7. To attach the Stick Mixer motor, align the lock buttons on the drive end of the Stick Mixer motor with the grooves at the top of the processing bowl lid. Push down to lock into place until an audible "click" can be heard to indicate it is secure (See Fig. 8).

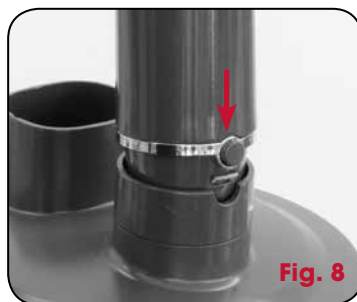


Fig. 8

8. Put the Food Pusher inside the feed chute on the processing bowl lid.

Using the Cubic Attachment

HINT: Before dicing, organise ingredients in terms of soft or hard foods. It is recommended to dice soft foods such as strawberries, kiwi fruit, boiled eggs or zucchini first. Then dice hard foods, which includes uncooked root vegetables such as pumpkin, carrots, potatoes, beetroot or parsnip.

Ensure the cubic attachment is completely and correctly assembled as detailed prior.

1. Insert the power plug into a 230V or 240V power outlet and turn the power on.
2. Make sure food to be diced are of a suitable size to be fed through the feed chute.
3. Using the Variable Speed Control Dial located at the top of the Stick Mixer motor, start by setting the dial to a low speed setting and then, if required adjust to a higher speed setting depending on what the recipe suggests.

Operating Your Kambrook Stick Mixer Continued...

4. Remove the Food Pusher from the feed chute. Place food inside the feed chute and simultaneously push food into the bowl with the food pusher while pressing the 'ON' or 'TURBO' button.

NOTE: After dicing each hard food or root vegetable, before moving to the next dicing task, remove the processing bowl lid and check for any foodstuffs caught in the cube cutter blade. If food is caught in the blade, see 'Using the Cube Cutter Cleaning Accessory' section on page 29 to clean the blade before dicing again.



WARNING: Never push food into the feed chute with your fingers or other utensils. Always use the food pusher provided.

5. When processing has finished, switch OFF the motor by releasing the 'ON' or 'TURBO' speed button, switch off at the power outlet and remove the power plug from the outlet.
6. Release the Stick Mixer motor from the processing bowl lid and remove the lid from the processing bowl following the instructions on page 22 under section 'To Detach the Stick Mixer Motor and Processing Bowl Lid'. Carefully remove the cubic attachment as described below and use a spatula to scrape off any attached foodstuffs back into the processing bowl.

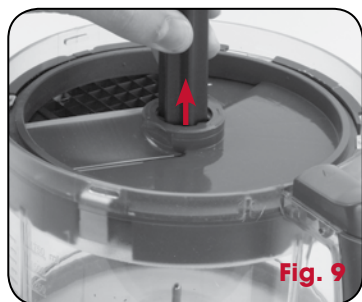
7. Remove the foodstuffs from inside the processing bowl using a spatula.
8. Clean the food processor bowl and cubic attachments as per the Care, Cleaning and Storage Instructions on page 28.

To Detach the Cubic Attachment

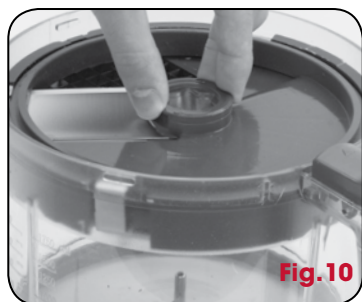


WARNING: Ensure the 'ON' or 'TURBO' speed button is released, power is turned off at the power outlet and the power plug is removed from the outlet before detaching the Stick Mixer motor from the processing bowl lid.

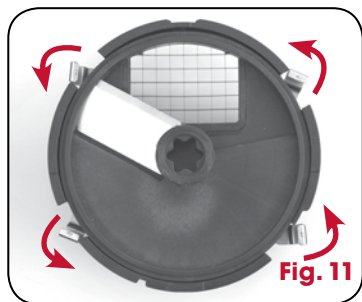
1. With the Stick Mixer motor unplugged from the outlet, press the two 'Release' buttons found at the drive end of the Stick Mixer motor to eject the motor from the processing bowl lid. Pull the motor away from the processing bowl lid to detach.
2. To remove the processing bowl lid from the processing bowl, press downwards on the lid release button found on the handle of the processing bowl and twist the lid clockwise to unlock. Pull the lid away from the processing bowl.
3. Pull the cube cutter shaft out of the assembled cubic attachment (See Fig. 9).



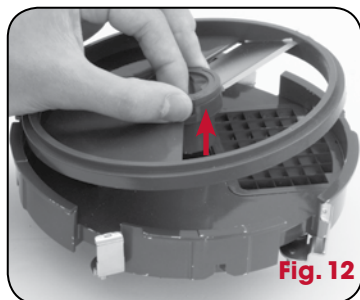
4. Carefully holding onto the plastic part in the middle of the disc to avoid contact with the sharp stainless steel blade (See Fig.10), pull the disc assembled to the blade holder out and away from the processing bowl.



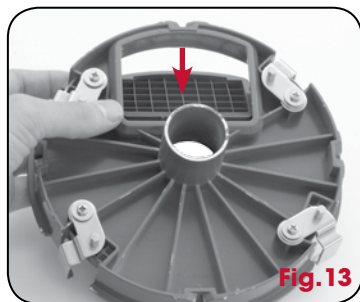
5. Pull the four locking clips away from the blade holder edges to unlock the disc from the blade holder (See Fig. 11).



6. Carefully holding only the plastic part in the middle of the disc, avoiding contact with the sharp stainless steel blade, pull the disc away from the blade holder (See Fig. 12).



7. Carefully remove the cube cutter blade from the blade holder. To do this, flip the blade holder upside down over a benchtop so that the protruding shaft faces upwards and lightly tap on the bench. The cube cutter blade should fall onto the bench. If it does not fall out, press lightly on the two plastic corners to disengage (See Fig. 13). The cube cutter blade is now removed for cleaning. Follow the Care, Cleaning and Storage instructions on page 29 for instructions to use the cube cutter cleaning accessory.



Operating Your Kambrook Stick Mixer *Continued...*

Recommendations when Using the Stick Mixer with Cubic Attachment

- When dicing, cut food into uniform sizes that will easily fit down the feed chute to ensure quicker, even and more consistent results.
- DO NOT dice hard ingredients such as fruits with stones, meat with bones or frozen ingredients as they could block and cause damage to the blades.
- When dicing is finished, use the cube cutter cleaning accessory provided to remove any foodstuffs left on the cube cutter blades.

Food Processing Attachments

Assembly of Food Processor Bowl with Processing Blade, Reversible Slicing/Shredding Disc or Chipping Disc

Assemble the Processing Blade



WARNING: The processing blade is extremely sharp and should only be handled by its central plastic.

1. Place the food processing bowl on a benchtop. Press downwards on the lid release button on the handle and twist the lid clockwise to unlock the lid and remove from the bowl.

2. When using the processing blade, place the Spindle onto the metal pivot pin located on the base of the processing bowl (See Fig. 14).



Fig.14

NOTE: Do not use the processing blade when using the Slicing/Shredding or Chipping Disc.

3. Carefully remove the protective safety storage cover from the processing blade. The cutting edge of the processing blade is extremely sharp, it should only ever be held by its central plastic body.
4. With the wider opening facing downwards, place the processing blade over the centre of the Spindle. Ensure the processing blade is pushed all the way down to the base of the Spindle (See Fig. 15).



Fig.15

Assemble the Stainless Steel Reversible Slicing/Shredding and Chipping Disc

1. Place the Spindle onto the metal pivot pin located on the base of the processing bowl (See Fig. 14).
2. Carefully select the desired stainless steel disc to be used (slicing/shredding or chipping disc).
3. Hold the selected disc only by the edge keeping fingers away from the sharp blades. Place the required disc onto the Spindle and push down so that it sits securely on top of the Spindle (See Fig. 16).

NOTE: The reversible slicing/shredding disc is labelled. To select the slicing side, ensure the blade is sharp side up and the "SLICER" label is facing upwards. Or, to select the shredding side, ensure the "SHREDDER" label is facing upwards.



Assemble the Food Processor Lid and Stick Mixer Motor

Once the processing bowl is assembled with the Spindle and the chosen processing accessory, it is time to place the lid on the processing bowl.

1. Place the lid on the processing bowl so that the small tab on the lid sits just left of the handle on the processing bowl. Press downwards on the lid release button found on the handle of the processing bowl to release and twist the lid anti-clockwise so the '🔒' symbol on the lid is directly above the '▲^{LOCK}' symbol on the locking clip. Make sure the tab on the lid sits inside the lid release button and the lid is secure before using.

NOTE: Always ensure the food processing lid is securely locked in place before operating the food processing bowl.

2. Put the food pusher inside the processing bowl lid.
3. To attach the Stick Mixer motor, align the lock buttons on the drive end of the motor body with the grooves at the top of the processing bowl lid. Push down to lock into place until an audible "click" can be heard to indicate it is secure.

Operating Your Kambrook Stick Mixer *Continued...*

Using the Assembled Attachments

Using the Stick Mixer Motor with Food Processing Bowl and Processing Blade

Ensure the processing blade is completely and correctly assembled as detailed prior.

1. Insert the power plug into a 230V or 240V power outlet and turn the power on.
2. Place the processing blade into the processing bowl as previously directed.
3. Place ingredients to be processed into the processing bowl.

NOTE: Kambrook recommends a maximum of 1 litre of liquid be put inside the processing bowl.

4. Lock the lid securely into place and attach Stick Mixer motor.

NOTE: Always ensure the food processing lid is securely locked in place before operating the food processing bowl.

5. Using the Variable Speed Control Dial located at the top of the Stick Mixer motor, start by setting the dial to a low speed setting and then, if required adjust to a higher speed setting depending on what the recipe suggests.
6. Press and hold down the 'ON' button to turn the Stick Mixer motor on and start processing.

7. Press and hold down the 'TURBO' speed button when an extra burst of power is required.
8. When processing has finished, switch off the motor by releasing the 'ON' or 'TURBO' speed button, switch off at the power outlet and remove the power plug from the outlet.
9. Release the Stick Mixer motor from the processing bowl lid and remove the lid from the processing bowl following the instructions on page 22 under section 'To Detach the Stick Mixer Motor and Processing Bowl Lid'. Carefully remove the processing blade from the bowl, refer to page 22 under section 'Remove the Processing Blade from the Processing Bowl'.
10. Remove the foodstuffs from inside the processing bowl using a spatula.
11. Clean the food processor bowl and processing blade as per the Care, Cleaning and Storage Instructions on page 30.

Recommendations when Using the Stick Mixer with Processing Blade and Bowl

- Do not operate your Stick Mixer when the processing bowl is empty. Ensure the processing blade is in place before adding foodstuffs into the processing bowl.
- When processing, cut food into uniform sizes to ensure quicker, even and more consistent results.
- For effective processing, press the 'ON' or 'TURBO' speed button a few times in succession; this will create a rapid pulse action.

- DO NOT process hard food such as ice, coffee beans, cereals or chocolate in lumps as these may result in damage to the blade.
- DO NOT process boiling or hot foods in the processing bowl.
- NEVER remove the blade from the bowl before processing is complete.
- The processing blade blends food and liquids rapidly, therefore it is easy to over process. Remember to check food throughout the operation to ensure perfect results are achieved.

Using the Food Processor with the Reversible Slicing/Shredding or Chipping Disc

Ensure the selected disc is completely and correctly assembled as detailed prior.

1. Insert the power plug into a 230V or 240V power outlet and turn the power on.
2. Place the chosen stainless steel disc securely on the Spindle inside the processing bowl.
3. Lock the lid securely into place and attach Stick Mixer motor.
4. Using the Variable Speed Control Dial located at the top of the Stick Mixer motor, start by setting the dial to a low speed setting and then, if required adjust to a higher speed setting depending on what the recipe suggests.
5. Remove the Food Pusher from the feed chute. Place food inside the feed chute and simultaneously push food into the bowl with the food pusher while pressing the 'ON' or 'TURBO' button.
6. Ensure that the ingredients to be sliced, shredded or chipped are of suitable size to be fed through the feed chute and then push the food down the feed chute using the food pusher.
7. When processing has finished, switch off the motor by releasing the 'ON' or 'TURBO' speed button, switch off at the power outlet and remove the power plug from the outlet.
8. Release the Stick Mixer motor from the processing bowl lid and remove the lid from the processing bowl following the instructions on page 22 under section 'To Detach the Stick Mixer Motor and Processing Bowl Lid'. Carefully remove the stainless steel disc from the bowl, refer to page 22 under section 'Remove the Slicing/Shredding or Chipping Disc from the Processing Bowl'.
9. Remove the foodstuffs from inside the processing bowl.
10. Clean the processing bowl and stainless steel discs as per the Care, Cleaning and Storage Instructions on page 30.

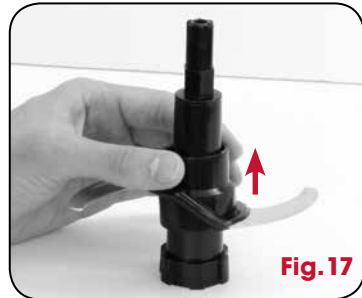
Recommendations when Using the Shredding/Slicing or Chipping Discs

- For all foods, pack the feed chute 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.
- The slicing disc processes vegetables and hard cheeses into thin pieces with a large surface area.

Operating Your Kambrook Stick Mixer Continued...

- The shredding disc processes vegetables and hard cheeses into a large grate.
- The chipping disc makes chips from potatoes and also pumpkin, zucchini and sweet potato.
- Always use the food pusher when using the shredding/slicing or chipping disc.
- When processing, cut food into uniform sizes to ensure quicker, even and more consistent results.

2. Holding the Spindle with one hand and the plastic part of the processing blade with the other, carefully slide the processing blade up and away from the shaft to remove for cleaning (See Fig. 17).



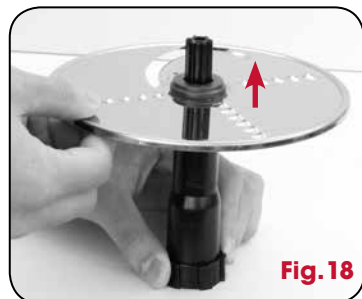
Removing Attachments

To Detach the Stick Mixer motor and Processing Bowl Lid

1. Once processing is complete, release the 'ON' or 'TURBO' speed button, switch the power off at the power outlet and unplug the power plug from the outlet.
2. Holding the Stick Mixer motor with one hand and the processing bowl with the other, press the two 'Release' buttons found at the drive end of the Stick Mixer motor. Pull the Stick Mixer motor away from the processing bowl lid to detach.
3. To remove the processing bowl lid from the processing bowl, press the lid release button on the processing bowl handle to unlock and turn the lid in a clockwise direction. Pull the lid away from the processing bowl to detach.

Remove the Slicing/Shredding or Chipping Disc from the Processing Bowl

1. Pull upwards on the Spindle to remove from the metal pivot inside the processing bowl.
2. Holding the Spindle with one hand and the disc with the other, lift the disc away from the Spindle to remove for cleaning (See Fig. 18).





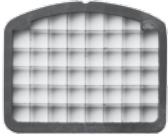
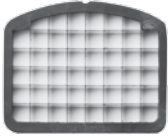
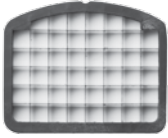
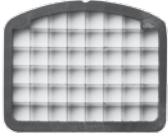
Remove the Processing Blade from the Processing Bowl

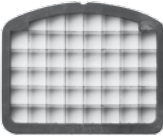
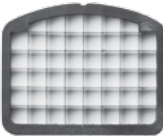
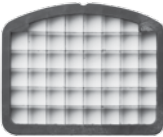
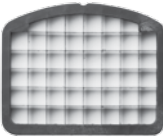
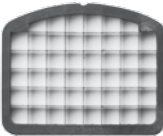
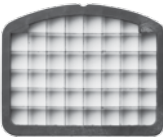
1. Pull upwards on the Spindle to remove from the metal pivot inside the processing bowl.









WARNING: Never mix dry, thick or heavy mixtures for more than 20 seconds. Stop the operation and stir the ingredients before continuing. Allow the motor to rest for 1 minute between each use.




Food Preparation Guide

Food	Accessory	Method/Approx. Time
Milkshakes, smoothies, cocktails, fruit frappes		Blend until desired consistency is achieved. Use speed setting '6' to speed '8' for 20 seconds.
Soups, dips, baby food		Blend until smooth. Use speed setting '6' to speed setting '8' for 60 seconds.
Onions		Peel and cut in half, or to fit. Place into the feed chute and push down using the food pusher. Use speed setting '10'.
Root Vegetables (Potatoes, Pumpkin, Carrots, Sweet Potatoes, Swede, Parsnip)		Peel or scrub clean and cut to fit the feed chute. Place into the feed chute and push down using the food pusher. Use speed setting '10'.
Zucchini, Eggplant, Cucumbers, Celery		Wash and cut to fit the feed chute. Place into the feed chute and push down using the food pusher. Use speed setting '8'.
Mushrooms		Cut to fit the feed chute. Place into the feed chute and push down using the food pusher. Use speed setting '6'.

Apples, Peaches (seed removed), Pears		Peel or scrub clean and cut to fit the feed chute. Place into the feed chute and push down using the food pusher. Use speed setting '10'.
Strawberries, Tomatoes		Hull and place into the feed chute and push down gently using the food pusher. Use speed setting '6'.
Avocados, Mangoes, Bananas		Peel and then cut to fit the feed chute. Place into the feed chute and push down using the food pusher. Use speed setting '6'.
Melons		Peel and scoop out the seeds and then cut to fit the feed chute. Place into the feed chute and push down using the food pusher. Use speed setting '8'.
Medium Cheeses (Cheddar, Gouda, Swiss)		Cut to fit the feed chute. Place into the feed chute and push down using the food pusher. Use speed setting '8'.
Hard Boiled Eggs		Remove the shells under cold water. Place into the feed chute and push down using the food pusher. Use speed setting '6'.

Food Preparation Guide Continued...

<p>Cooked Potato, Sweet Potato</p>		<p>Blend until smooth and lump free. Use speed setting '8' for 30-60 seconds.</p>
<p>Cheddar, parmesan, mozzarella cheese (maximum weight 250g, pre-cut into 2cm cubes), cabbage, carrot</p>		<p>Cut to fit the feed chute and push down using the food pusher. Use speed setting '8'.</p>
<p>Onions, carrots, potatoes, pumpkin, zucchini, eggplant, cucumbers, capsicum, cabbage, cheese, lettuce, cooked meats; cabanossi and salami</p>		<p>Cut to fit the feed chute and push down using the food pusher. Use speed setting '8' to speed setting '10'.</p>
<p>Potatoes, sweet potatoes, zucchini, pumpkin</p>		<p>Peel or scrub clean and cut to fit the feed chute. Place into the feed chute and push down using the food pusher. Use speed setting '10'.</p>
<p>Onions, herbs</p>		<p>Use speed setting '4' for 20 seconds.</p>
<p>Nuts (grind)</p>		<p>Use setting speed '8' for 30 - 40 seconds</p>

<p>Yeast dough- Bread flour (260g maximum)- Water (160ml water, adjust the water quantity if necessary)- ½ teaspoon dry yeast</p>		<p>Use speed setting '2' for approximately 1 second increments until the dough ball is formed.</p>
<p>Mixing dough with nuts- Already prepared dough (260g flour with 160ml water)- 30g chopped nuts</p>		<p>Use speed '2' for approximately 1 second increments until desired consistency is reached.</p>
<p>Red meat, chicken fillets, fish fillets (maximum weight 250g, pre-cut into 2cm cubes)</p>		<p>Use speed setting '6' to speed setting '8' for 20-30 seconds.</p>

NOTE: Do not allow foodstuffs to exceed the 1.75ml marking on the food processing bowl.

Care, Cleaning and Storage

Stick Mixer Motor

To remove any food residue, wipe the Stick Mixer motor and cord with a damp cloth only. Do not use abrasive cleaners or steel wool. Never immerse the motor in water or any other liquid.

HINT: See the Table on page 31 for a quick guide to washing each part of the X Blade Pro Food Prep System.

NOTE: DO NOT place the masher connector, processing bowl lid and Stick Mixer motor into a dishwasher. Wipe the Stick Mixer motor with a damp cloth. Wash the masher connector and processing bowl lid in warm, soapy water and dry thoroughly. The detachable blending shaft, processing bowl, blade holder, cube cutter blade, cube cutter disc, cube cutter shaft, cube cutter cleaning tool, processing blade, slicing/shredding disc, chipping disc and masher attachment are dishwasher safe.



WARNING: All blades are extremely sharp. Handle with care.

Stick Mixer Attachments

Four Blade Blending Shaft

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

The stainless steel blending shaft can be placed in the dishwasher. Alternatively, hand wash in warm soapy water, rinse and dry thoroughly after each use.

Do not use abrasive cleaners or steel wool.

QUICK WASH: Between each processing task, with the Stick Mixer motor attached and turned on at the power outlet, place the stainless steel blending shaft and blade assembly into a jug of water and press the 'ON' button for 5 seconds.

This will remove any foodstuffs on the blade and shaft and allows you to quickly continue onto the next processing task.

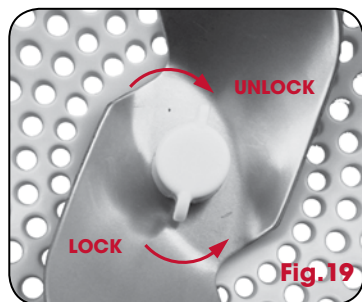
Masher Attachment

Before cleaning the mashing attachment, turn the power off at the power outlet and remove the power plug from the outlet.

Remove the Stick Mixer motor from the mashing attachment by pressing the 'Release' buttons.

The mashing attachment and mashing attachment connector can be hand washed in warm soapy water, rinsed and dried thoroughly after each use. Only the masher attachment is dishwasher safe. Do not put the masher attachment connector in the dishwasher.

The mashing blade can be removed for cleaning by holding the shaft firmly and unscrewing the cap in a clockwise direction. After cleaning, dry thoroughly and replace the blade and cap. Tighten the cap in an anti-clockwise direction (See Fig. 19). Make sure the cap and blade are reassembled before storing.



NOTE: In order to ensure the cap does not loosen while processing, firmly tighten by turning anti-clockwise.



WARNING: The masher blade is sharp. Handle with care.

Cubic Attachment

Before cleaning the cubic attachment, turn the power off at the power outlet and then remove the power plug from the outlet. Remove the Stick Mixer motor from the processing bowl lid and cube cutter shaft, disc, blade holder, and cube cutter blade from the processing bowl, following instructions on page 16 'To detach the Cubic Attachment'.

The cube cutter blade, disc, blade holder, cube cutter shaft, and cube cutter cleaning accessory can be washed in warm soapy water, rinsed and dried thoroughly or put in the dishwasher for cleaning.

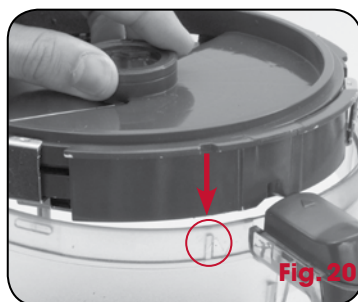
Wipe the processing bowl lid with a cloth to clean. Do not put the processing bowl lid in dishwasher.

Do not use abrasive cleaners or steel wool.

Using the Cube Cutter Cleaning Accessory

After emptying the processed food from inside the processing bowl, use the cleaning accessory to assist in removing food residue left on the cube cutter blade after processing.

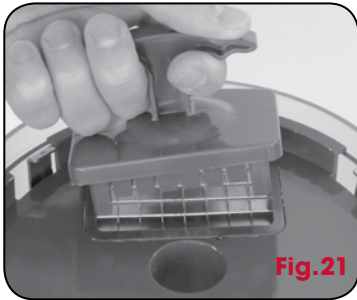
1. Assemble the cubic attachment as described prior, except without attaching the blade holder.
2. Put the assembled cubic attachment without the blade holder inside the processing bowl by aligning the small groove on the blade holder with the vertical tab inside the processing bowl near the handle (See Fig. 20). Make sure the blade holder is level and sits securely in the processing bowl.



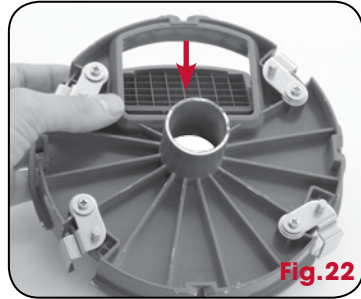
Care, Cleaning and Storage Continued...

- Align the cubic cutter cleaning accessory with the cube cutter blade. Apply some pressure and push the cleaning accessory down onto the cube cutter blade to push the excess foodstuffs into the processing bowl (See Fig. 21).

HINT: If hard foodstuffs are difficult to push through the blade, apply pressure to one side of the cube cutter cleaning tool and then the other, instead of both sides at once.



- When foodstuffs are removed, put one finger inside the hole in the blade holder and remove the blade holder from the processing bowl.
- Carefully remove the cube cutter blade from the blade holder. To do this, flip the blade holder upside down over a benchtop so that the protruding shaft faces upwards and lightly tap on the bench. The cube cutter blade should fall onto the bench. If it does not fall out, press lightly on the two plastic corners to disengage (See Fig. 22).



- The blade holder and cube cutter blade are now removed for cleaning.
- Use a spatula to remove excess foodstuffs found inside the processing bowl.
- The cube cutter blade, cube disc with stainless steel blade, cube cutter shaft, and cube cutter cleaning accessory are all dishwasher safe. Alternatively, wash in warm, soapy water and dry thoroughly. Do not use abrasive cleaners or steel wool.

Processing Bowl/ Processing Blade/ Slicing/Shredding Disc/ Chipping Disc

Before cleaning the processing bowl, turn the power off at the power outlet and then remove the power plug from the outlet. Remove the Stick Mixer motor from the processing bowl lid and processing blade or stainless disc used disc from the processing bowl.

The processing bowl, processing blade, slicing/shredding disc and chipping disc should be hand washed in hot soapy water, rinsed and dried thoroughly after each use.

The processing bowl, processing blade, slicing/shredding disc and chipping disc are also dishwasher safe.

Wipe the processing bowl lid with a cloth. Do not put the processing bowl lid in the dishwasher.

Do not use abrasive cleaners or steel wool.

Quick Cleaning Guide

Part	Warm soapy water	Dishwasher	Wipe with cloth
Motor Body	No	No	Yes
Blending shaft	Yes	Yes	Yes
Masher attachment	Yes	Yes	Yes
Masher attachment connector	No	No	Yes
Processing bowl lid	No	No	Yes
Processing bowl	Yes	Yes	
Cubic attachment; cube cutter, disc, blade holder, cubic shaft, cleaning accessory	Yes	Yes	Yes
Processing blade, slicing/shredding disc, chipping disc, the Spindle	Yes	Yes	Yes

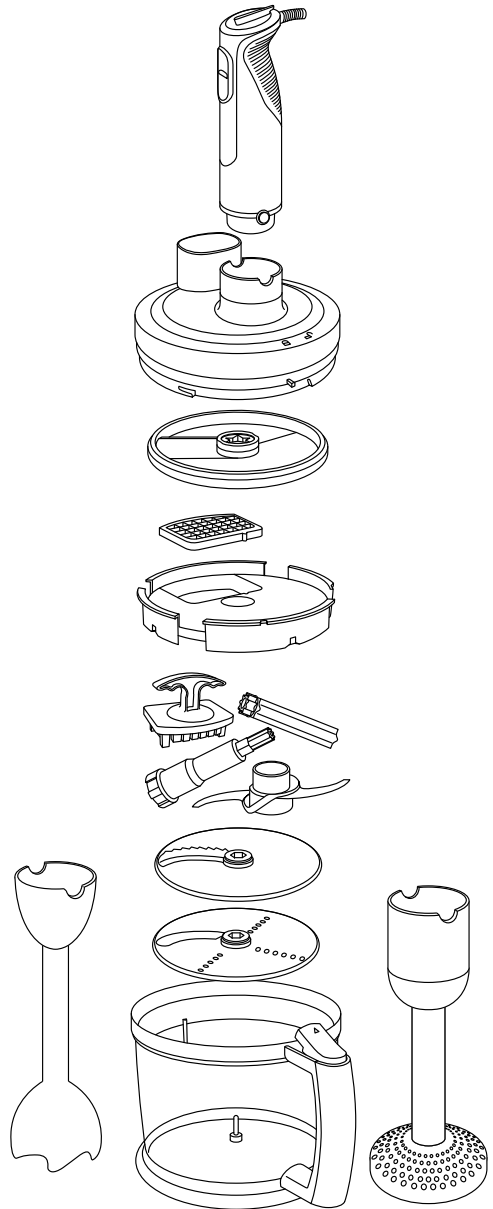
Care, Cleaning and Storage Continued...


Storage

Before storing, turn the power off at the power outlet and then remove the power plug from the outlet. Ensure the Stick Mixer and all accessories are clean and completely dry.

Carefully put the processing blade inside the protective safety storage cover. The cutting edge of the processing blade is extremely sharp, it should only ever be held by the plastic shaft.

Place the slicing/shredding and chipping disc inside the processing bowl so they sit flat. Place the Spindle, cube cutter shaft, cube cutter blade cleaning accessory and processing blade on top of the discs. Assemble the cubic attachment as described prior, without the cube cutter shaft. Fit the cubic attachment inside the processing bowl. Attach the processing bowl lid. Attach the Stick Mixer motor to the processing bowl lid. Put the food pusher inside the feed chute. Store the masher attachment and blending shaft separately (See Fig. 23).



 **WARNING:** All the blades are extremely sharp. Handle with care.

Recipes

Recipes

NOTE: Kambrook recommends a maximum of 1 litre of liquid be put inside the processing bowl.

NOTE: Do not allow foodstuffs to exceed the 1.75ml marking on the food processing bowl.

Fruit Salad

Makes 6 serves

½ rockmelon, peeled
½ honeydew melon, peeled
300g strawberries, hulled
2 red apples, cored, quartered

1. With the assembled cubic attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
2. Cut the fruit to fit through the feed chute and then feed the fruit through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all fruit has been processed.
3. Toss together in a bowl and serve immediately.

Guacamole

Makes 1 cup

2 avocados, halved, seed removed
1 vine ripened tomato, halved
1 red onion, halved
Juice 1 lemon
2 tsp sweet chilli sauce
2 tsp flaked salt

1. With the assembled cubic attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
2. Scoop the avocado flesh out using a dessert spoon and feed the through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all avocado has been processed.
3. Feed the tomato and onion through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all has been processed.
4. Toss together the avocado, tomato, onion, lemon juice, chilli sauce and salt in a bowl and serve immediately.

Pumpkin and Feta Salad

Makes 4 serves

400g pumpkin, peeled
2 tbsp olive oil
2 tsp flaked salt
300g Australian feta cheese
2 Lebanese cucumbers
1 red onion, halved
1 tbsp seeded mustard
1 tbsp apple cider vinegar
1 tbsp grapeseed oil
2 tsp brown sugar
1 clove garlic, minced
250g salad leaves, washed

1. Preheat a fan forced oven to 180°C and set aside a baking tray.
2. With the assembled cubic attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
3. Cut the pumpkin to fit the feed chute and then feed through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all pumpkin has been processed.
4. In a bowl, toss together the pumpkin, olive oil and salt until combined. Pour onto the prepared oven tray and place into the oven to bake for 20 minutes, scraping at 10 minutes.
5. With the assembled cubic attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
6. Feed the feta cheese and then the cucumber and onion through the feed chute and push down using the pusher while pressing the 'ON' button.
7. In a bowl, whisk together the mustard, vinegar, grapeseed oil, brown sugar and garlic until the sugar has dissolved.
8. In a bowl, toss together the pumpkin, feta cheese, cucumber, onion, salad leaves and dressing and serve immediately.

Cheesy Potato Bake

Serves 4

800g potatoes, peeled
1 brown onion, halved
½ cup parmesan cheese, grated
3 sprigs thyme, shredded
300ml pure cream
200ml milk
59g free range egg
2 tsp flaked salt
½ cup cheddar cheese, grated
200g baby spinach, to serve

1. Preheat a fan forced oven to 180°C.
2. With the assembled slicing disc attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
3. Cut the potatoes to fit through the feed chute and then feed the potatoes and onion through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all potatoes and onion has been processed.
4. Pour half of the onion and potato into a 20cm x 30cm crockery dish and then top with the parmesan cheese. Layer the remaining potato and onion.
5. In a 1 litre jug, whisk together the thyme, cream, milk, egg and salt and pour over the potato and onions.
6. Top with cheddar cheese and cover with aluminium foil. Bake for 45 minutes and then removed the aluminium foil and cook for a further 15 minutes.
7. Serve over baby spinach or as an accompaniment to another meal.

Bolognaise Sauce

Serves 4

1 brown onion, halved
2 tbsps olive oil
2 cloves garlic, minced
700g lean beef mince
300g carrots, peeled
500ml tomato passata
1 cup beef stock
2 bay leaves
½ tsp dried Italian herbs
2 tsp flaked salt
4 cups spaghetti, cooked, to serve
½ cup parmesan cheese, to serve

1. With the assembled cubic attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
2. Feed the onion through the feed chute and push down using the pusher while pressing the 'ON' button.
3. Using a large pot, heat the oil over a medium heat and sauté the onion and garlic until golden brown. Add the mince and cook until crumbly and browned.
4. With the assembled shredding disc attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
5. Feed the carrots through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all carrots have been processed.
6. Place the carrots, passata, stock, bay leaves, herbs and salt to the pot and stir to combine. Allow to simmer for 60 minutes.
7. Remove the bay leaves and serve over spaghetti with grated parmesan cheese.

Strawberry and Lime Daiquiri

Makes 2 serves

½ cup strawberries, frozen

Juice and zest of 1 lime

1 cup apple juice

100ml vodka

Strawberry, to serve

1. With the four blade blending shaft attached, place the strawberries, lime, apple juice and vodka into a glass jug and hold the 'PULSE' speed setting for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. Serve in a cocktail glass with a strawberry on the side of the glass.

Low Fat Mango Smoothie

Makes 2 serves

2 mango cheeks, flesh only, frozen

1 ½ cup light milk

½ cup low fat vanilla yoghurt

½ cup pineapple juice

1 tbsp maple syrup

Lime wedge, to serve

1. With the four blade blending shaft attached, place the mango, milk, yoghurt, pineapple juice and maple syrup into a glass jug and hold the 'PULSE' speed setting for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. Serve with a lime wedge.

Pumpkin Soup

Makes 1 litre

1 brown onion, halved

400g pumpkin, peeled

2 tbsp olive oil

2 cloves garlic, minced

1 teaspoon salt

500ml vegetable stock

100ml water

100ml cream

Bread toasted, to serve

½ cup sour cream, to serve

1. With the assembled cubic attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
2. Feed the onion and pumpkin through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all has been processed.
3. Using a 2 litre pot, heat the oil over a medium heat and sauté the onion, garlic and pumpkin until softened, approximately 5 minutes, stirring regularly.
4. Add the salt, stock and water and allow to simmer over a medium to low heat for 20 minutes. Remove from the heat, stir through the cream and allow to cool for 10 minutes.
5. With the four blade blending shaft attached, turn the speed setting dial to setting 10 and blend by pressing the 'ON' button for 30 seconds or until completely blended.
6. Serve with toasted bread and a dollop of sour cream.

Basil and Cashew Dip

Makes 1 cup

2 cups basil leaves

1 cup olive oil

1 cup dry roasted cashew nuts

1 tbsp rock salt

2 tbsp lemon juice

4 cloves garlic, peeled

½ cup parmesan cheese, grated

Biscuits, vegetable batons, bread, to serve

1. Place the basil, olive oil, nuts, salt, lemon juice, garlic and parmesan cheese into the processing bowl and the processing blade attached and hold the 'PULSE' speed setting for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. Blend on speed setting 10 by pressing the 'ON' button for 15 seconds and serve with biscuits, vegetable batons or bread.

Thai Chicken Patties

Makes 30 patties

600g chicken breast (2 approximately)
1 small bunch coriander, roughly chopped
4 shallots, root removed, thinly sliced
1 tbsp fish sauce
1 tbsp soy sauce or kecap manis
1 tbsp sweet chilli sauce
½ cup panko bread crumbs
15 green beans, finely sliced
¼ cup vegetable oil
1 tbsp sesame oil
½ cup satay sauce, to serve

1. Place the chicken, coriander, shallots, fish sauce, soy sauce, sweet chilli sauce and bread crumbs into the processing bowl and the processing blade attached and hold the 'TURBO' speed setting for 3 second increments at one time for approximately 20 seconds or until it forms a smooth mixture.
2. Stir through the green beans and shape into 1 tbsp sized patties.
3. Place the oils into a large frypan and heat over a medium heat for 1 minute. Add half of the patties and cook for 3 minutes on each side or until golden brown. Repeat and set all patties aside on absorbent paper towel.
4. Serve with satay sauce.

Carrot Cupcakes

Makes 18

300g carrots, peeled, tops removed
1 cup self-raising flour
½ cup plain flour
1 tsp baking soda
1 tsp ground cinnamon
1 tsp ground nutmeg
½ cup brown sugar
¾ cup vegetable oil
½ cup golden syrup
3 x 59g free range eggs, lightly whisked
1 tsp vanilla bean paste
200g cream cheese, cubed and softened
2 cups pure icing sugar
2 tbsp honey
2 tsp boiling water

1. Preheat a fan forced oven to 160°C. Line 3 x 6 hole cupcake tins with patty pans.
2. With the assembled shredding attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
3. Feed the carrots through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all carrots have been processed.
4. Combine the carrots, flours, baking soda, cinnamon, nutmeg, brown sugar, oil, golden syrup and eggs in a bowl until they have all come together consistently and evenly.
5. Distribute into patty pans and bake for 16 minutes or until a skewer is inserted and comes out clean. Allow to cool.
6. To make the icing, combine the vanilla bean paste, cream cheese, icing sugar, honey and boiling water using an electric mixer, until light and fluffy, approximately 3 minutes.
7. Pour into a piping bag with a tip of your choice. Pipe in a circular motion and refrigerate if not eating immediately.

Apple Coleslaw

Makes 4 serves

- 400g white cabbage
- ½ medium red onion, peeled
- 4 sticks celery, washed
- 500g red apples, cored, peeled, halved
- ¼ cup Greek yoghurt
- 2 tsp lemon juice
- 1 tsp paprika

Grilled chicken breast, to serve

1. With the assembled slicing attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
2. Cut the ingredients to fit through the feed chute and then feed the cabbage, onion and celery through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all have been processed.
3. With the assembled cubic attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
4. Cut the apple to fit through the feed chute and then feed the apple through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all apple has been processed.
5. In a bowl, combine the yoghurt, lemon and paprika and toss through the coleslaw.
6. Serve with grilled chicken.

Sweet Potato Fries

Makes 500g

- 3 litres vegetable oil, for deep frying
- 500g sweet potato, peeled
- ¼ cup plain flour
- 1 tsp sweet paprika
- 1 tbsps sesame seeds
- 2 tsp flaked salt

1. Fill with oil and preheat a 3 litre deep fryer to 190°C.
2. With the assembled chipping disc attachment, secure the processing bowl lid. Turn the speed setting dial to setting 10 and attach the motor to the processing bowl lid.
3. Cut the sweet potato to fit through the feed chute and then feed the sweet potato through the feed chute and push down using the pusher while pressing the 'ON' button. Continue until all have been processed.
4. In a bowl, toss together the sweet potato batons, flour, paprika and sesame seeds until completely coated.
5. Shake away the excess flour and place into the deep frying basket. Cook for 6 minutes or until golden brown. Raise the deep frying basket and allow to drain for 2 minutes.
6. Place the chips into a large bowl and toss with salt and serve immediately.

NOTE: To make potato chips, follow the same instructions but cook for 8 minutes or until golden brown.

Pumpkin, Horseradish and Sage Mash

Makes 6 serves

1kg butternut pumpkin, peeled, 3cm diced
2 tbs milk
3 tsp horseradish cream
2 tsp flaked salt
40g butter
10 sage leaves

1. In a large saucepan, place the pumpkin over with water until the level is 2cm above the pumpkin and place onto the stove top over a medium heat. Allow to cook for 20 minutes or until a skewer can be inserted easily.
2. Once cooked, drain the pumpkin through a sieve and place back into the pot along with the milk, horseradish cream, salt and mash using the mashing attachment on speed setting 10 by pressing the 'ON' for approximately 60 seconds.
3. In a small frypan, heat the butter and sage over a low heat and allow to cook until golden brown and bubbling. Reserve two leaves and pour the remaining butter and sage into the saucepan over the pumpkin and blend using the four blade blending shaft on speed setting 10 by pressing the 'ON' button for approximately 60 seconds.
4. Top with reserved sage leaves and serve immediately.

Thai Style Sweet Potato Mash

Makes 6 serves

1.2kg sweet potato, peeled, 3cm diced
1 kaffir lime leaf
1 tbs vegetable oil
2cm piece ginger, peeled, minced
2 cloves garlic, minced
270ml can coconut milk
2 tsp salt
3 shallots, thinly sliced
¼ cup coriander leaves, roughly chopped

1. In a large saucepan, place the sweet potato and kaffir lime leaf. Cover with water until the level is 2cm above the sweet potatoes and place onto the stove top over a medium heat. Allow to cook for 20 minutes or until a skewer can be inserted easily.
2. Once cooked, drain the sweet potato through a sieve and place back into the pot.
3. In a small frypan, heat the oil over a low heat and sauté the ginger and garlic until golden brown. Add to the large saucepan along with the coconut milk and salt.
4. Mash using the mashing attachment on speed setting 10 by pressing the 'ON' for approximately 60 seconds.
5. Stir through the shallots and coriander and serve immediately.

Creamy Mashed Potato with Chives

Makes 6 serves

1kg potatoes, peeled, quartered

40g butter, cubed

½ cup pure cream

2 tsp flaked salt

3 tbsps chives, finely sliced

1. In a large saucepan, place the potato and cover with water until the level is 2cm above the potatoes and place onto the stove top over a medium heat. Allow to cook for 30 minutes or until a skewer can be inserted easily.
2. Once cooked, drain the potato through a sieve and place back into the pot. Add the butter, cream and salt and mash using the mashing attachment on speed setting 10 by pressing the 'ON' for approximately 60 seconds.
3. Stir through ¾ of the chives and sprinkle the remaining over the top.

Veggie Baby Food

Makes 4 serves

50g sweet potato, peeled, steamed

50g carrot, peeled, steamed

1 broccoli floret, steamed

⅓ cup water

1. Place the sweet potato, carrot, broccoli and water into a flat bottomed bowl and mash using the mashing attachment on speed setting 10 by pressing the 'ON' for approximately 60 seconds.
2. Pour into containers to be refrigerated or frozen.

NOTE: You can add 1 tablespoon of grated cheddar cheese if the child is old enough to consume dairy products.

