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KAMBROOK

THE SMARTER CHOICE



X Blade
Four Blade
Precision

KSB100

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 Stick Mixer

- Carefully read all instructions before operating the Kambrook Stick Mixer 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.
- Handle the Stick Mixer and attachments with care – remember the blade is very sharp and should be kept out of reach of children.
- Always make sure the Stick Mixer is completely and properly assembled before operating.
- Ensure the Stick Mixer is turned OFF by releasing the '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 attach or disassemble any of the accessories. Always ensure the blending shaft is securely fitted onto the blender motor body before operating.
- Do not use attachments other than those provided with the Stick Mixer.
- Do not attempt to operate the Stick Mixer by any method other than those described in this booklet.
- Do not process hot or boiling liquids in the chopper bowl – allow liquids to cool before placing into the chopper 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.

- 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.
- Turn OFF the Stick Mixer and disconnect from the power outlet before changing accessories or approaching parts that move when they are in use.
- To protect against electric shock, do not immerse the motor body, cord or power plug in water or any other liquid.
- Do not remove the Stick Mixer from ingredients during operation. Ensure the 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, chopper blade, chopper bowl lid or the motor body of the Stick Mixer in the dishwasher. The detachable blender shaft, blending jug, chopper bowl 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 anyway. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

Your Kambrook X Blade Stick Mixer

1. 'ON' button
2. 'TURBO' speed button
3. Variable Speed Control Dial
4. 600 watt powerful motor
5. Detachable stainless steel blending shaft for easy cleaning
6. Stainless steel four tip blade
7. Plastic mashing attachment with stainless steel blades
8. Masher attachment connector
9. 500ml chopper bowl with chopper blade and lid
10. 800ml blending jug with measurements and lid



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.

Wash the Stick Mixer blending shaft in warm soapy water. Rinse and dry thoroughly. Ensure no water remains inside the blending shaft to avoid water running into the motor body when the motor body and blending shaft are assembled.

Disassemble and wash chopper blade, chopper bowl, chopper bowl lid, blending jug, mashing attachment and mashing attachment connector with warm soapy water, rinse and dry thoroughly. Ensure no water remains on the chopper bowl lid to avoid water running into the motor body when re-attached.

NOTE: The detachable blender shaft, blending jug, chopper bowl and masher attachment are dishwasher safe. Do not wash the mashing attachment connector, chopper blade, chopper bowl lid and the motor body of the Stick Mixer in the dishwasher.

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

Stick Mixer Versatility

The Stick Mixer motor body can be attached to:

- The stainless steel blending shaft – for use as a hand blender
- The chopper bowl with chopper blade and lid – for use as a mini chopper or food processor.
- The mashing attachment – to conveniently make lump free mash in a short amount of time.



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



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

To Attach the Stainless Steel Blending Shaft

Align the lock buttons on the drive end of the motor with the grooves found at the top of the blending shaft. Push down to lock into place until an audible “click” sound is heard to show that it is secure.

Operating Your Kambrook Stick Mixer continued

To Use the Hand Blender

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

1. Place food to be processed into the blending jug provided (or a sufficiently large mixing bowl or saucepan). The quantity inside the blending jug should not exceed the maximum (MAX) level specified on the blending jug.
2. Insert the 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 motor body, 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 blending jug 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.
5. With one hand work through the ingredients in the jug with a gentle raising and lowering motion of the Stick Mixer, whilst with the other hand hold onto the blending jug 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 blending jug ensure the motor has completely stopped and the blades have stopped rotating. Always ensure the motor has completely stopped before lifting the blender out of the jug.

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 high speed as required (See Fig.1). Pressing the 'TURBO' button however will override the Variable Speed and operate at maximum speed.



NOTE: When the 'ON' button is pressed, the Stick Mixer will operate at the speed selected by the Variable Speed Control Dial. When using the 'TURBO' button, the Stick Mixer will always operate at a maximum speed. The 'TURBO' button can be used at any time.

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 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 from the outlet.
2. Holding the motor body with one hand whilst holding the upper plastic part of the blending shaft with the other hand, press the 'Release' buttons found at the drive end of the motor to eject the blending shaft from the motor body.

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.
- To reduce spills, do not exceed the maximum (MAX) level specified on the blending jug.
 - Place the jug on a level surface during blending. This will keep the jug stable.
 - DO NOT process hard foodstuffs such as coffee, cereals or chocolate in lumps as these may result in damage to the blades.

Dislodging Food From The Blending Blade

If foodstuffs become lodged around the processing blade or in the blade guard, 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.
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.

Operating Your Kambrook Stick Mixer continued

To Attach the Chopper Blade Chopper Bowl and Lid

NOTE: The chopper blade is extremely sharp and should only be handled by the plastic shaft.

1. Place the chopper blade onto the metal pivot pin located on the base of the chopper bowl (See Fig.2).



2. Place the foodstuffs to be processed inside the chopper bowl. Do not exceed the maximum (MAX) marking.

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

3. Ensure that the chopper bowl lid is dry, with no water left inside. Place the lid onto the chopper bowl and turn the lid in a clockwise direction until an audible "click" sound is heard that indicates the lid is secure.
4. Align the lock buttons at the drive end of the motor body with the grooves at the top of the chopper bowl lid. Push down to lock into place until an audible "click" can be heard to show it is secure (See Fig.3).



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

To Use the Chopper bowl

For food preparation tips, refer to the Food Preparation Guide and the Recipe section. Ensure the chopper bowl is completely and properly assembled as detailed previously.

1. Insert the power plug into a 230V or 240V power outlet and turn the power on.
2. Using the Variable Speed Control Dial located on top of the motor body, 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 specifies.
3. Press the 'ON' button to turn the Stick Mixer on and to start the chopper blade.
4. Press and hold down the 'TURBO' speed button when an extra burst of power is required.

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 motor body from the chopper bowl lid, following the instructions below and remove the lid from the chopper bowl. Carefully remove the chopper blade and use a spatula to scrape off any attached foodstuffs back into the chopper bowl. Use a spatula to remove the food from the chopper bowl.

To Detach the Chopper bowl and Lid



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.

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 motor body with one hand and the chopper bowl lid that is attached to the chopper bowl in the other hand, press the 'Release' buttons found at the drive end of the motor to eject the motor body from the chopper bowl lid. Pull the motor body away from the chopper bowl lid to detach.
3. To remove the chopper lid from the chopper bowl, turn the chopper lid in an anti-clockwise direction.

Recommendations when Using the Stick Mixer with the Chopper bowl

- Do not operate your Stick Mixer when the chopper bowl is empty. Ensure chopper blade is in place before adding foodstuffs into the chopper bowl.
- It is recommended during processing to hold the motor body with one hand and the chopper bowl and lid with the other.
- When processing, cut food into uniform sizes to ensure quicker, even and more consistent results.
- For effective processing, press the 'ON' button or the 'TURBO' speed button a few times in succession; this will create a rapid pulse action.
- DO NOT process hard foods such as coffee, cereals or chocolate in lumps as these may result in damage to the blades.
- DO NOT process boiling or hot foods in the chopper bowl.
- NEVER remove the blade from the bowl before food processing is completed.
- The Stick Mixer blends foods and liquids rapidly, therefore it is easy to over process. Remember to check food throughout the operation to ensure perfect results are achieved.

Operating Your Kambrook Stick Mixer continued

To Attach The Masher Attachment

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.4).



Fig. 4

2. Align the lock buttons on the drive end of the motor with the grooves at the top of the mashing attachment connector after the connector has been connected to the mashing attachment. Push down to lock into place until an audible "click" sound is heard to show that it is secure (See Fig.5).



Fig. 5

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

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 the 'ON' button to turn the masher on. Choose a Variable Speed as per the recipe guideline or alternatively, maximum speed can be selected by pressing the 'TURBO' speed button.
4. To efficiently mash the foodstuffs, use a gentle raising and lowering motion.
5. Switch off the unit 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 motor will only stay on while either the 'ON' or 'TURBO' speed control button is pressed - this is a safety feature.

To Remove the Masher Attachment











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. To remove the masher from the motor body, press the 'Release' buttons found at the drive end of the motor.
3. To separate the mashing attachment connector from the mashing attachment, turn the mashing attachment in a clockwise direction and pull apart.

NOTE: We recommend that you only use the masher attachment for mashing tasks; do not use it to blend.

Recommendations when Using the Stick Mixer with the Masher Attachment

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

Food Preparation Guide

Food	Accessory	Method/Approx time
Milkshakes, smoothies, cocktails, fruit frappes		Use chilled milk. Blend until desired consistency is achieved. Use speed 3 to speed 5 for 3 seconds.
Soups, dips, baby food		Blend until smooth. Use speed 3 to speed 5 for 30 seconds.
Mashed potato		Blend until smooth and lump free. Use speed 3 to speed 5 for 30-60 seconds.
Cheese (maximum weight 250g, pre-cut into 2cm cubes)		Use speed 5 for 20-30 seconds.
Carrot (maximum weight 200g, pre-cut into 2cm cubes)		Use speed 5 for 20-30 seconds.
Onions, herbs (maximum weight 30g)		Use speed 3 for 20 seconds.
Nuts (grind) (maximum weight 150g)		Use speed 3 to speed 5 for 20-30 seconds.
Yeast dough - Bread flour (260g maximum) - Water (210ml water, adjust the water quantity if necessary) - ½ teaspoon dry yeast		Use speed 1 for approximately 1 second increments until the dough ball is formed.
Mixing dough with nuts - Already prepared dough (260g flour with 210ml water) - 30g prepared nut powder		Use speed 1 for approximately 1 second increments until desired consistency is reached.
Red meat, chicken fillets, fish fillets (maximum weight 250g, pre-cut into 2cm cubes)		Use speed 3 to speed 5 with 'TURBO' pulses for 20-30 seconds.



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.

Care, Cleaning and Storage

Stick Mixer

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

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

Do not use abrasive cleaners or steel wool.

QUICK WASH: Between each processing task, with the motor body attached and turned on at the power outlet, place the stainless steel blending shaft and blade assembly 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.

Accessories

Chopper Bowl

Before cleaning the chopper bowl, turn the power off at the power outlet and then remove the power plug from the outlet. Remove the motor body from the chopper bowl lid and chopper blade from the chopper bowl.

The chopper bowl, chopper bowl lid and chopper blade should be hand washed in hot soapy water, rinsed and dried thoroughly after each use.

Do not use abrasive cleaners or steel wool.

Only the chopper bowl is dishwasher safe. Do not wash the chopper blade and chopper bowl lid in the dishwasher.

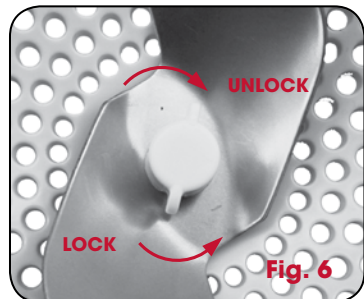
Masher Attachment

Before cleaning the mashing attachment, turn the power off at the power outlet and remove the power plug from the outlet. Remove the motor body from the mashing attachment by pressing the 'Release' buttons.

Turn the mashing attachment clockwise to detach it from the mashing attachment connector.

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.6). 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.

Care, Cleaning and Storage continued



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

Blending Jug

The plastic blending jug can be hand washed in warm soapy water, rinsed and dried thoroughly after each use. The blending jug is also dishwasher safe.

Motor Body

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

NOTE: The detachable blender shaft, blending jug, chopper bowl and masher attachment are dishwasher safe. Do not wash the mashing attachment connector, chopper blade, chopper bowl lid and the motor body of the Stick Mixer in the dishwasher.

Storage

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

Attach the blending shaft to the motor body. Place the chopper blade into the chopper bowl and attach the chopper bowl lid. Place the mashing attachment into the blending jug. Store upright on the bench or in a convenient cupboard.

Recipes

Thai Sweet Potato Soup

Makes 2 serves

1 tbsp peanut oil
1 small brown onion, diced
1 clove garlic, minced
1cm piece ginger, minced
½ tsp brown mustard seeds
½ tsp coriander seeds
½ tsp cumin seeds
½ tsp salt
300g sweet potato, roughly chopped
250ml vegetable stock
120ml water
50ml coconut milk
Bread, to serve
Fresh coriander, to serve

1. Using a 1 litre pot, heat the oil over a medium heat and sauté the onion, garlic and ginger until golden brown, approximately 5 minutes, stirring regularly.
2. Add the mustard seeds, coriander seeds, cumin seeds and salt and sauté for a further 5 minutes, stirring regularly.
3. Add the sweet potato, stock and water and allow to simmer over a medium to low heat for 40 minutes. Remove from the heat and pour over the coconut milk and allow to cool for 10 minutes.
4. Pour soup into the blending jug and turn the variable speed dial to speed setting 4 and press the 'ON' button for 20 seconds. Serve with crunchy bread and fresh coriander.

Potato and Leek Soup

Makes 2 serves

20g butter
2 tsp olive oil
½ leek, thinly sliced, washed thoroughly
1 clove garlic, minced
1 sprigs thyme
300g potato, peeled, cut into 1/8ths
1 tsp salt
¼ tsp ground white pepper
250ml vegetable stock
100ml water
Bread, to serve
¼ cup sour cream, to serve
Optional – crispy bacon, to serve

1. Using a 1 litre pot, heat the butter and oil over a medium heat and sauté the leek and garlic until softened, approximately 5 minutes, stirring regularly.
2. Add the thyme, potato, salt, pepper, stock and water and allow to simmer over a medium to low heat for 30 minutes. Remove from the heat and allow to cool for 10 minutes.
3. Pour soup into the blending jug and turn the variable speed dial to speed setting 4 and press the 'ON' button for 20 seconds. Serve with toasted bread and a dollop of sour cream.

Pumpkin Soup

Makes 2 serves

1 tbsp olive oil
1 small brown onion, diced
1 clove garlic, minced
1 tsp salt
200g pumpkin, peeled, roughly chopped
250ml vegetable stock
50ml water
50ml cream

Bread, to serve

¼ cup sour cream, to serve

1. Using a 1 litre pot, heat the oil over a medium heat and sauté the onion and garlic until softened, approximately 5 minutes, stirring regularly.
2. Add the salt, pumpkin, stock and water and allow to simmer over a medium to low heat for 30 minutes. Remove from the heat, stir through the cream and allow to cool for 10 minutes.
3. Pour soup into the blending jug and turn the variable speed dial to speed setting 4 and press the 'ON' button for 20 seconds. Serve with toasted bread and a dollop of sour cream.

Satay Sauce

Makes 8 serves

¼ cup peanuts
1 tbsp peanut butter
2 tbsp coconut cream
1 small red chilli, roughly chopped
2 cloves garlic, roughly chopped
1 tbsp kecap manis
2 tsp lime juice

1. Place the peanuts, peanut butter, coconut cream, chilli, garlic, kecap manis and lime juice into the chopper bowl and hold the 'TURBO' speed setting for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. To blend, turn the variable speed dial to speed setting 8 and press the 'ON' button for 15 seconds and serve with serve over chicken skewers or on vegetable burgers.

Green Curry Paste

Makes 1 curry

4 eschallots, diced
1 stick lemon grass, thinly sliced
3 cloves garlic, roughly chopped
2cm piece of ginger, roughly chopped
2 small green chillis, sliced
½ cup coriander leaves, washed
½ cup vegetable oil

1. Place all ingredients into the chopper bowl and hold the 'TURBO' button for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. To blend, turn the variable speed dial to speed setting 8 and press the 'ON' button for 15 seconds and then store in an airtight container for 6 months in the freezer or 1 week in the refrigerator.

Kambrook Dukkah

Makes 1 cup

2 tsp coriander seeds
2 tsp cumin seeds
1 tsp cinnamon, ground
2 tbsp sesame seeds
½ cup hazelnuts
½ cup almonds
1 tsp sea salt
Bread, to serve
½ cup olive oil, to serve

1. Place the coriander seeds, cumin seeds, cinnamon, sesame seeds, hazelnuts, almonds and sea salt into the chopper bowl and turn the variable speed dial to speed setting 8 and press the 'ON' button for 15 seconds.
2. Press the 'TURBO' button for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
3. Serve with crusty bread dunked in good quality olive oil.

Balsamic Salad Dressing

Makes 1 cup

½ cup olive oil
¼ cup balsamic vinegar
1 tbsp brown sugar
2 tsp salt
2 tbsp Dijon mustard
1 clove garlic

1. Place all ingredients into the chopper bowl and hold the 'TURBO' button for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. To blend, turn the variable speed dial to speed setting 6 and press the 'ON' button for 15 seconds and then store in an airtight container in the refrigerator for up to 2 weeks.

Basil and Cashew Dip

Makes 1 cup

1 cup basil leaves, chopped
½ cup olive oil
½ cup cashew nuts
2 tsp rock salt
1 tbsp lemon juice
2 cloves garlic, peeled
¼ 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 chopper bowl and hold the 'TURBO' button for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. To blend, turn the variable speed dial to speed setting 8 and press the 'ON' button for 15 seconds and serve with biscuits, vegetable batons or bread.

Olive Tapenade

Makes 8 serves

3 tbsp kalamata olives, pitted
1 tbsp olive oil
2 cloves garlic
1 tsp rock salt
1 tsp lemon juice
8 basil leaves
Bread, to serve

1. Place the olives, olive oil, garlic, salt, lemon juice and basil into the chopper bowl and hold the 'TURBO' button for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. To blend, turn the variable speed dial to speed setting 6 and press the 'ON' button for 15 seconds and serve with crusty bread.

Berry Frappe

Makes 2 serves

½ cup raspberries, frozen
½ cup strawberries, frozen
½ cup blueberries, frozen
1 cup apple juice
6 mint leaves

1. Place the raspberries, strawberries, blueberries, apple juice and mint leaves into the blending jug. Blend using the blending attachment, by turning the variable speed dial to speed setting 10 and press the 'ON' button for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. Serve in a tall glass with a piece of pineapple on the side.

Strawberry and Lime Daquiri

Makes 2 serves

½ cup strawberries, frozen
Juice and zest of 1 lime
1 cup apple juice
100ml vodka

1. Place the strawberries, lime, apple juice and vodka into the blending jug and blend using the blending attachment, by turning the variable speed dial to speed setting 10 and press the 'ON' button 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.

Choc-Nana Protein Starter

Makes 2 serves

1 banana, peeled
1 tbsp honey
1 tbsp cocoa powder
1 cup milk
1 scoops vanilla ice cream
2 tbsp protein powder

1. Place the banana, honey, cocoa, milk, ice cream and protein powder into the blending jug and blend using the blending attachment, by turning the variable speed dial to speed setting 10 and press the 'ON' button for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. Serve immediately.

Low Fat Mango Smoothie

Makes 2 serves

1 mango cheek, flesh only, frozen
1 cup light milk
½ cup low fat vanilla yoghurt
¼ cup pineapple juice
1 tbsp maple syrup

1. Place the mango, milk, yoghurt, pineapple juice and maple syrup into the blending jug and blend using the blending attachment, by turning the variable speed dial to speed setting 10 and press the 'ON' button for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. Serve with a lime wedge.

Creamy Mashed Potatoes

Makes 4 serves

800g potatoes, peeled, quartered
½ cup sour cream
¼ cup pure cream
30g butter, cubed
2 tbsp chives, finely sliced

1. Place the potatoes into a large saucepan, and cover with cold water. Place onto the stovetop over a medium heat and cook until soft, approximately 25 minutes simmering. Drain using a sieve.
2. Place the hot potatoes, sour cream, cream and butter into a large heat proof bowl and stir to combine until the butter has melted. Blend using the mashing attachment, by turning the variable speed dial to speed setting 10 and pressing the 'ON' button for 1 minute or until no lumps are visible.
3. Serve in a bowl and top with chives.

Mushy Peas

Makes 4 serves

1 medium potato, peeled, quartered
1 cup frozen peas, defrosted
20g butter, cubed
1 tbsp pure cream
1 tbsp natural yoghurt
¼ cup mint leaves, roughly chopped
1 tsp salt
¼ tsp ground white pepper

1. Place the potatoes into a saucepan, and cover with cold water. Place onto the stovetop over a medium heat and cook until soft, approximately 20 minutes simmering. Add the peas and allow to cook for a further 2 minute and then drain the whole mixture using a sieve.
2. Place the hot potatoes, peas, butter, cream and yoghurt into a large heat proof bowl and stir to combine until the butter has melted. Blend using the mashing attachment, by turning the variable speed dial to speed setting 10 and pressing the 'ON' button for 1 minute or until no lumps are visible.
3. Stir through the mint, salt and pepper and serve with sausages and spinach leaves.

Cheesy Pumpkin Puree

Makes 4 serves

400g pumpkin, peeled, 4cm pieces
40g butter, cubed
1 tbsp milk
2 tbsp ricotta cheese
2 tbsp parmesan cheese, grated
½ tsp salt
½ tsp fresh thyme, leaves only

1. Place the pumpkin into a saucepan, and cover with cold water. Place onto the stovetop over a medium heat and cook until soft, approximately 15 minutes simmering. Drain using a sieve.
2. Place the hot pumpkin, butter, milk, ricotta, parmesan, salt and thyme into a large heat proof bowl and stir to combine until the butter has melted. Blend using the mashing attachment, by turning the variable speed dial to speed setting 10 and pressing the 'ON' button for 1 minute or until no lumps are visible.
3. Serve with grilled salmon or poached chicken breast.

Sweet Potato and Carrot Baby Food

Makes 4 serves

200g sweet potato, peeled, 4cm pieces
1 carrot, peeled, 4cm pieces
2 tbsp water
1 tbsp apple juice, no added sugar

1. Place the carrot into a saucepan, and cover with cold water. Place onto the stovetop over a medium heat and cook until soft, approximately 15 minutes simmering. Add the sweet potato and simmer for another 15 minutes. Drain using a sieve.
2. Place the carrot, sweet potato, water and apple juice into a large heat proof bowl and stir to combine. Blend using the mashing attachment, by turning the variable speed dial to speed setting 10 and pressing the 'ON' button for 1 minute or until no lumps are visible.

Apple and Pear Baby Food

Makes 4 serves

2 red apples, peeled, cored, quartered
2 green pears, peeled, cored, quartered
¼ tsp ground cinnamon
2 tbsp apple juice
1 tbsp water

1. Place the apples and pears into a saucepan, and cover with cold water. Place onto the stovetop over a medium heat and cook until soft, approximately 15 minutes simmering. Drain using a sieve.
2. Place the apple, pear, cinnamon, apple juice and water into a large heat proof bowl and stir to combine. Blend using the mashing attachment, by turning the variable speed dial to speed setting 10 and pressing the 'ON' button for 1 minute or until no lumps are visible.

NOTE: Freeze left over baby food in an ice cube tray, cover with cling wrap and store in the freezer for up to 3 months. Simply defrost in the microwave when needed.

NOTE: Standard baby food serves are 100g.