

Breville

The Control Grip

Instruction Booklet



BSB400

CONGRATULATIONS

on the purchase of your new
Breville Control Grip

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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Remove any packaging material and promotional stickers before using the stick mixer for the first time.
- 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 to blend hot food in a saucepan over heat, remove the saucepan from the heat source and ensure the power cord and body of appliance are also kept away from any heat source.
- Handle the stick mixer and attachments with care – remember the blade is very sharp and should be kept out of reach of children.
- Always make sure the stick mixer is completely and properly assembled before operating.
- Ensure the Stick mixer is turned off at the trigger switch, the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to attach any of the accessories.
- Always ensure the Blending Leg is securely fitted onto the blender motor body before operating.
- Do not use attachments other than those provided with the Stick mixer.
- Do not attempt to operate the stick mixer by any method other than those described in this booklet.
- Do not process hot or boiling liquids in the chopping bowl – allow liquids to cool before placing into the chopper bowl.
- Do not operate the appliance continuously for more than 1 minute. Allow the motor to rest for 1 minute between each use.
- Never mix dry, thick or heavy mixtures for more than 30 seconds. Stop the operation and stir the ingredients before continuing. Allow the motor to rest for 1 minute between each use.
- When using heavy loads, the appliance should not be operated for more than 30 seconds.
- Recipes in this instruction booklet are not considered heavy loads.
- Always ensure the Stick mixer is turned off, the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to move the appliance, when not in use, if left unattended and before disassembling, cleaning or storing.
- If food becomes lodged around the processing blade or in the blade guard, release the ON button, switch the power off at the power outlet and unplug the cord. Use a spatula to dislodge the food. Do not use fingers as the blades are sharp.
- To protect against electric shock do not immerse the motor body, cord or power plug in water or any other liquid.

- Do not remove the stick mixer from ingredients during operation. Ensure the appliance is switched off and has stopped turning before removing, to avoid contact with moving blade or whisk.
- Do not leave the stick mixer unattended when in use.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.
- Do not use the stick mixer/stick blender with wet hands.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Unwind the cord fully before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville service centre for examination and/or repair.
- Any maintenance, other than cleaning, should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

SAVE THESE INSTRUCTIONS

KNOW

your Breville Control Grip

KNOW YOUR BREVILLE CONTROL GRIP STICK MIXER



- A. Motor Body
- B. Speed Control Dial
- C. Easy Grip Trigger Switch
- D. Detachable blending leg
- E. Stainless steel blending blade

- F. Chopping bowl
- G. Chopping blade
- H. Chopper bowl lid
- I. Blending Jug
- J. Dual-purpose storage lid and anti-slip mat

ASSEMBLY & OPERATION

of your Breville Control Grip

ASSEMBLY & OPERATION

BEFORE FIRST USE

Remove any packaging material and promotional labels. Remove the blending leg from the mixer motor body and wash it in warm soapy water (refer to assembly instructions in this booklet). Rinse and dry thoroughly. Ensure no water remains inside the blending leg to avoid water running into the motor body when reattached.

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



USING AS A STICK MIXER

Ensure the blending leg is assembled to the motor body as detailed above.

1. Place food to be processed into the blending jug provided (or a sufficiently large mixing bowl or saucepan). The jug provided should be only be $\frac{1}{2}$ full or less when blending liquids or when making a puree of fruit and/or vegetables.
2. Insert the plug into a 230/240V power outlet and turn the power on.
3. By turning the dial at the top of motor body, select a speed between low and high.

NOTE

The detachable blending leg, chopping bowl, chopping blade, blending jug, and dual purpose storage lid/anti-slip mat can also be washed in the dishwasher. The chopper bowl lid, and motor body are not dishwasher safe – see the care and cleaning section of this booklet for cleaning instructions of these parts.

This stick mixer is a versatile appliance that can be attached to:

- The blending leg– for use as a stick mixer
- The chopper bowl with chopping blade and lid – for use as a mini chopper

TO ATTACH THE BLENDING LEG

Hold the blending leg with the blades down, and align the top end of the blending leg with the corresponding end of the motor body and push until the blending leg ‘clicks’ and locks onto the motor body.

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

NOTE

If selecting a high speed, it is recommended that you start with a slow speed and gradually increase to the higher speed to avoid splattering and over-processing.

4. Place the blending leg as deeply as possible into the jug and press the trigger switch to turn the stick mixer on. The button must be held for the required duration of operation.

ASSEMBLY & OPERATION

1. Work through the ingredients in the jug with a gentle raising and lowering motion.
2. Switch off the motor by releasing the trigger switch
3. Ensure the motor has completely stopped before lifting the blender out of the jug.
4. When processing has finished, switch off at the power outlet and remove the power plug.

TO DETACH THE BLENDING LEG

Ensure the trigger switch is released, the power is turned off at power point and the appliance is unplugged.

Hold the motor body with one hand, and using thumb and finger of the other hand, press on the two EJECT buttons on either side of the motor body. Pull the motor body away from the blending leg to detach.



RECOMMENDATIONS WHEN USING AS A STICK MIXER

- The stick mixer blends foods and liquids rapidly, therefore it is easy to over-process. Remember when using the blending leg to stop the stick mixer and check food throughout the operation.
- Allow food to cool before blending. (under 80 °C).
- Ensure the body of the appliance and power cord are kept away from any heat source.
- When pureeing and blending, cut food into uniform sizes. This will ensure smooth and consistent results.
- Warm all liquids to be added to soups and purees, this will ensure even blending.
- Place the blending jug on the anti-slip mat during blending. This will keep the jug stable.
- Do not operate the appliance continuously for more than 1 minute. Allow the motor to rest for 1 minute between each use.

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

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

USING AS A MINI CHOPPER

To attach the chopping blade, chopping bowl and chopper bowl lid

Remove the blending leg from the motor body (follow the instructions on page 10 “To detach the blending leg”)

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



Place the lid onto the chopper bowl.



Align the motor body with the chopper bowl lid and push down until the motor body ‘clicks’ into place. Ensure the chopper bowl lid is dry with no water left inside before reattaching.



NOTE

Always place the chopping blade on the pivot pin on the bottom of the chopper bowl BEFORE placing any food in the bowl. Do not lift the blade before the complete chopping operation is finished.

TO USE THE CHOPPING BOWL

For food preparation tips and recipes refer to page 17 and the recipes section of this booklet.

Ensure the chopper is completely and properly assembled.

1. Insert the plug into a 230/240V power outlet and turn the power on.
2. Select a speed between low or high on the speed control dial.
3. Depress the Trigger Switch to turn the appliance on and start the chopping blade.
4. When processing has finished switch off the motor by releasing the Trigger Switch, switch off at the power outlet and remove the power plug.

ASSEMBLY & OPERATION

1. Detach the chopping bowl and lid (refer to instructions). Remove the lid from the chopper bowl. Carefully remove the chopping blade and use a spatula to scrape off any attached food back into chopping bowl. Use a spatula to remove food from the chopping bowl.

TO DETACH THE CHOPPING BOWL AND LID

Ensure the switch is released, power is turned off at power point and the appliance is unplugged.

Hold the motor body with one hand, and, using thumb and finger of the other hand, press on the two EJECT buttons on either side of the motor body. Pull the motor body away from the chopper bowl lid to detach.



RECOMMENDATIONS WHEN USING THE STICK MIXER WITH THE CHOPPING BOWL

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

CARE, CLEANING & STORAGE

of your Breville Control Grip

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.

BLENDING LEG

Before cleaning, turn the power off at the power outlet and then remove the plug. Remove the motor body from the blending leg. The blending leg can be hand washed in hot soapy water, rinsed and dried thoroughly after each use. Alternatively, the blending leg can also be washed in the dishwasher. 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 blending leg and blade assembly only in to a jug of water and press the trigger switch to turn on for 5 seconds. This will remove any food on the blade and blending leg and allow you to continue onto the next processing task.

CHOPPING BOWL, CHOPPER BOWL LID, CHOPPING BLADE AND STORAGE LID/ANTI-SLIP MAT

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

The chopping bowl, chopping bowl lid and chopping blade should be hand washed in hot soapy water, rinsed and dried thoroughly after each use. Alternatively, the chopping bowl, chopping blade and storage lid/anti-slip mat can also be washed in the dishwasher. Do not wash the Chopper bowl lid in the dishwasher. Do not use abrasive cleaners or steel wool.

BLENDING JUG

The blending jug can be hand washed in hot soapy water, rinsed and dried thoroughly after each use. Alternatively, the blending jug can also be washed in the dishwasher. Do not use abrasive cleaners or steel wool.

STORAGE

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

Attach/assemble chopper bowl lid to the chopper bowl, place chopper bowl inside blending jug, attach storage lid to the bottom of blending jug (non slip base).

FOOD PREPARATION GUIDE

for your Breville Control Grip

FOOD PREPARATION GUIDE

FOOD PREPARATION GUIDE

Milkshakes, smoothies, cocktails, fruit frappes	Blending leg	Use Chilled milk. Blend until desired consistency is cocktails, fruit frappes achieved. Use mid to maximum speed for 30 seconds.
Soups, dips, baby food	Blending leg	Blend until smooth, Use mid to maximum speed for 30 seconds.
Cheese (maximum weight 200g, pre cut into 2cm cubes)	Chopper bowl	Use maximum speed for 20-30 seconds.
Carrot (maximum weight 200g, pre cut into 2cm cubes)	Chopper bowl	Use maximum speed for 20-30 seconds.
Onion, herb (maximum weight 30g)	Chopper bowl	Use mid speed for 20 seconds.
Nuts (grind) (maximum weight 150g)	Chopper bowl	Use mid to maximum speed for 20-30 seconds.
Red meat, chicken fillets, fish fillets, (maximum weight, 250g, pre-cut into 2cm cubes)	Chopper bowl	Use mid to maximum speed with fish fillets, for 20-30 seconds.
Ice	Chopper bowl	Use maximum speed for 20-30 seconds.

RECIPES

PUMPKIN AND KUMERA SOUP

Serves 4-6

INGREDIENTS

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

METHOD

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

Serve.

MEDITERRANEAN SOUP

Serves 4-6

INGREDIENTS

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

METHOD

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

Serve with crusty Italian bread.

SWEET COCONUT AND SPINACH SOUP

Serves 4-6

INGREDIENTS

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

METHOD

1. Heat oil in a large saucepan over medium heat, sauté garlic and leeks until lightly softened.
2. Add the curry paste and cumin; cook, stirring regularly over a high heat for 1 minute, add remaining ingredients.
3. Bring to the boil, and then reduce heat to simmer.
4. Simmer until all vegetables have softened.
5. Remove from heat, cool slightly.
6. Place Stick Mixer in the saucepan and blend soup until smooth.

Serve.

ZUCCHINI AND POTATO SOUP

Serves 4-6

INGREDIENTS

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

METHOD

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

Serve.

PUMPKIN SOUP

Serves 2-4

INGREDIENTS

2 tablespoons oil
1 brown onion, peeled and diced
2 cloves garlic, peeled and crushed
400g butternut pumpkin, peeled and diced
4 cups/1 liter chicken stock

METHOD

1. Heat oil in a large saucepan; add onion and garlic, sauté for 5 minutes.
2. Add the pumpkin to the pan and stir to coat with the onion mix, and then add the stock, bring the mixture to the boil.
3. Reduce to a simmer for 20 minutes, cook with the lid on until the pumpkin is cooked.
4. Allow the mix to cool slightly.
5. Place Stick mixer into saucepan and blend until soup is smooth.

Serve.

Variations

MOROCCAN PUMPKIN SOUP

Add the following spices to the onion when sautéing.

Serve with coriander leaves and yoghurt.

1 teaspoon ground cumin
1 teaspoon garam marsala
1 teaspoons paprika
½ teaspoon ground white pepper

CURRIED PUMPKIN SOUP

Add 1 tablespoon curry powder to the onions when sauteing.

CREAMY PUMPKIN SOUP

Add ½ cup cream when adding the stock.

THAI STYLE PUMPKIN SOUP

Add 2 small fresh red chillies and 1 tablespoon chopped lemon grass to the onion mixture. Add ½ cup/125ml coconut milk before pureeing the mix.

PUMPKIN AND RED LENTIL SOUP

Add ½ cup thoroughly washed red lentils when adding the chicken stock to the saucepan. You may need to add a little more water to thin if mixture becomes to thick.

GUACAMOLE

Makes approx. 1¼ cups

INGREDIENTS

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

METHOD

1. Place all ingredients into the chopper bowl
2. Assemble STICK MIXER and pulse until mixture is combined.

Serve with tacos, burritos or with carrot and celery sticks

PESTO DIP

Makes approx. 1½ cups

INGREDIENTS

- 1 cup fresh basil leaves
- 1 clove garlic, peeled and chopped
- 2 tablespoons lemon juice
- ¼ cup pine nuts
- ¼ cup olive oil
- ½ cup cottage cheese
- ¼ cup grated fresh Parmesan cheese

1. Place basil leaves, garlic, lemon juice and pine nuts into blender jug and blend using speed 2 until finely chopped.
2. With motor running, remove the inner measuring cup, slowly pour in oil and blend until smooth.
3. Remove mixture, stir in cheeses, cover and chill until ready to use.

Serve with toasted Turkish bread

TOMATO AND RED PEPPER DIP

Makes approx. 1¼ cups

INGREDIENTS

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

METHOD

4. Place all ingredients into the blending jug or a large mixing bowl.
5. Place the Stick Mixer into the ingredients and blend until smooth.

BASIC BECHAMAL SAUCE

Makes approx. 1 ½ cups

INGREDIENTS

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

METHOD

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

Variations:

CHEESE SAUCE

1 cup grated Cheddar cheese
1 teaspoon English mustard
Herb sauce
3 shallots, thinly sliced
3 tablespoons parsley, chopped
1 tablespoon dill, finely chopped

SPICY TOMATO & BACON PASTA SAUCE

Makes approx. 1½ cups

INGREDIENTS

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

METHOD

1. Place all ingredients into the blending jug a large mixing bowl.
2. Place the Stick Mixer into the ingredients and blend until smooth.
3. Stir through cooked pasta and serve with shavings of fresh parmesan.

SMOKED SALMON & DILL PASTA SAUCE

Makes approx. 2 cups

INGREDIENTS

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

METHOD

1. Place all ingredients into a large mixing bowl.
2. Place the Stick Mixer into the ingredients and blend until smooth.
3. Serve with fresh pasta.

BASIC MAYONNAISE

INGREDIENTS

2 x 60g eggs
½ teaspoon salt
1-2 teaspoons mustard (optional)
½ teaspoon sugar
Pinch cayenne pepper
3 tablespoons lemon juice
1 ½ cup vegetable oil

METHOD

1. Place all ingredients except oil into the blending jug or a medium mixing bowl.
2. Place the Stick Mixer into the ingredients and blend for 10 seconds or until well combined.
3. With Stick Mixer still blending, gradually drizzle oil into egg mixture; blend until thick and smooth.

Flavour variations for mayonnaise

2 tablespoons freshly prepared pesto

Or

2 tablespoons sundried tomatoes, finely diced
1 tablespoon freshly snipped chives

Or

1 teaspoon tandoori paste
1 tablespoon mango chutney

Or

½ cup corn relish

Or

3-4 garlic cloves, roasted, peeled

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

SPICY TARTARE SAUCE

Makes approx. 2 cups

INGREDIENTS

300ml egg mayonnaise
2 tablespoons lime juice
2 small red chillies, chopped
1 teaspoon lime rind, grated
3/4 cup pickled gerkins, chopped
2 tablespoons chives, chopped
2 tablespoons capers, drained

METHOD

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

CITRUS AND CORIANDER DRESSING

Makes approx. 1 1/4 cups

INGREDIENTS

3/4 cup orange juice, freshly squeezed
2 tablespoons lime juice
3 tablespoons sweet Thai chilli sauce
2 tablespoons coriander leaves
2 tablespoons rice wine vinegar
2 tablespoons extra virgin olive oil

METHOD

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

OLIVE AND HERB TAPENADE

Makes approx. 1 1/2 cups

INGREDIENTS

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

METHOD

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

BASIC PESTO SAUCE

Makes approx. 1 1/2 cups

INGREDIENTS

1 cup fresh basil leaves
1 tablespoon fresh lemon juice
2 tablespoons extra virgin olive oil
2 cloves garlic
1/4 cup roasted pine nuts
Freshly ground black pepper

METHOD

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

SPICY SATAY SAUCE

INGREDIENTS

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

METHOD

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

CUCUMBER AND MINT RAITA

INGREDIENTS

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

METHOD

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

VANILLA MILKSHAKE

INGREDIENTS

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

METHOD

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

Flavour variations

CHOCOLATE

Add 1 tablespoon chocolate syrup

Or

½ tablespoon cocoa and ½ tablespoon malt.

STRAWBERRY

Add 5 fresh strawberries and 1 tablespoon strawberry syrup.

STRAWBERRY SMOOTHIE

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

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

Strawberries can be substituted with seasonal fruit of your choice; mangoes, blueberries, raspberries or bananas

GET UP AND GO BREAKFAST SHAKE

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

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

CREPE BATTER

Makes approx. 8-10 crepes

INGREDIENTS

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

METHOD

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

PANCAKES

Makes approx. 8-10 pancakes

INGREDIENTS

1 cup/150g plain flour
¼ teaspoon salt
1 x 60g egg
1¼ cups/312ml milk
2 tablespoons butter, softened

METHOD

1. Combine the flour, salt, egg and milk in the blender jug, mix on speed 4 with the lid firmly held in position, to form a smooth batter.
2. Heat a small greased frying pan over a moderate heat; pour a small quantity of batter into frying pan to cover base of pan.
3. Cook until bubbles come to the surface and break.
4. Carefully turn the pancake over and cook until golden brown. Remove from pan.

Repeat with remaining batter mixture.

Serve with maple syrup and ice cream.

VEGETABLE BLEND

INGREDIENTS

1 cup steamed vegetables; carrots, pumpkin, potato, cauliflower

METHOD

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

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

TIP: Freeze single serve baby food portions in ice cube trays.

Breville

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