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KAMBROOK

THE SMARTER CHOICE



Essentials
Stick Mix

KSB7

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 273845 (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 Essentials Stick Mix

- Carefully read all instructions before operating the Kambrook Essentials Stick Mix for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the Stick Mix 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 the Stick Mix.
- Do not place the Stick Mix 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 Mix on or near a hot gas or electric burner, or where it could touch a heated oven.
- If using the Stick Mix as the Hand Blender to blend hot food in a saucepan over heat, remove the saucepan from the heat source and ensure the power cord and body of appliance are also kept away from any heat source.
- Handle the Stick Mix and attachments with care – remember the blade is very sharp and should be kept out of reach of children.
- Always make sure the Stick Mix is completely and properly assembled before operating.
- Ensure the Stick Mix is turned OFF by releasing the 'On/Off' button, the power is switched off at the power outlet and the cord is unplugged 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 Mix.
- Do not attempt to operate the Stick Mix by any method other than those described in this booklet.
- Do not process hot or boiling liquids in the chopping bowl – allow liquids to cool before placing into the chopper bowl.
- Do not operate the appliance continuously for more than 1 minute. Allow the motor to rest for 1 minute between each use.
- Never mix dry, thick or heavy mixtures for more than 30 seconds. Stop the operation and stir the ingredients before continuing. Allow the motor to rest for 1 minute between each use.
- Always ensure the Stick Mix is turned off by releasing the speed switch control button, the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to move the appliance, when not in use, if left unattended and before disassembling, cleaning or storing.
- If food becomes lodged around the processing blade or in the blade guard, release the speed switch control 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 Mix from ingredients during operation. Ensure the appliance is switched off and has stopped turning before removing, to avoid contact with moving blade.
- Do not leave the Stick Mix unattended when in use.
- Do not allow children to use the Stick Mix without supervision.
- Do not place any parts of the Stick Mix in a microwave.
- Do not wash any parts of the Stick Mix in a dishwasher.
- Keep the appliance clean. Follow the cleaning instructions provided in this book (page 11).

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 or allow moisture to come in contact with the part, 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 regularly inspect the appliance. To avoid a hazard, do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorized 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 anything 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 Essentials Stick Mix

1. Powerful 250 watt motor
2. Two speed push button control
3. Stainless steel detachable shaft for easy cleaning
4. Stainless steel blades
5. Large measuring and Blending Jug
6. Chopper attachment



Operating Your Kambrook Essentials Stick Mix

Before First Use

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

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

NOTE: The detachable blender shaft is dishwasher safe.

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



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



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

The Stick Mix Is A Versatile Appliance

The Stick Mix motor body can be attached to:

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

Operating Your Kambrook Essentials



Stick Mix continued

To Remove The Blending Shaft

First switch off the power at the power outlet and then unplug. Unscrew the shaft from the motor unit by turning the shaft in a clockwise direction (Fig 1).



To Attach The Blending Shaft

Align the  mark on shaft with the  mark on the motor body and screw the shaft into the motor unit by turning the shaft in an anti-clockwise direction (Fig 2).



Make sure the  mark on the shaft is aligned with the  mark on the motor body and that a 'click' is felt.

Ensure shaft is dry with no water left inside before re-attaching.

Using The Stick Mix

Place foodstuffs to be processed into the Blending Jug or a sufficiently large mixing bowl to avoid splashing.

Insert the plug into a 230V or 240V power outlet and then turn the power on at the power outlet.

Insert the Blending Shaft deeply into the Blending Jug and press the required speed control switch to the low speed to turn the blender on. High speed can be selected during the processing task.

To efficiently process the foodstuff use a gentle raising and lowering motion (Fig 3).



Switch off the unit and then lift the stick mix out of the Blending Jug. To avoid splashing allow the blades to stop rotating before lifting the unit out of the container.

The Essentials Stick Mix motor will only stay on while the speed control switch is depressed – this is a safety feature.

While blending always hold the container with the other hand.



WARNING: Never blend hot ingredients!



IMPORTANT: It is advisable to use the stick mix in short bursts, 'pulse' action. Do not use the stick mix continuously for more than one minute. If used for a continual minute, allow the unit to cool down for 5 minutes before resuming operation.

Dislodging Food From The Mixing Blade

Release the speed control switch. Switch off at the power outlet and then unplug.

Use a spatula to carefully dislodge the food. Do not use fingers as the blades are sharp.

After the food has been removed, plug the unit back into the power supply and then turn the power on and continue processing.

Recommendations For The Stick Mix

The Kambrook Stick Mix processes quickly, therefore it is easy to over process food. Remember to stop the Stick Mix and check food regularly.

Always remove saucepan from heat and allow to cool to room temperature before blending.

When pureeing and blending, cut food into uniform sizes, this will ensure even and consistent results.

Hard food stuffs such as coffee beans, ice cubes, cereals and chocolate in lumps should not be processed with this appliance, as these may damage the blades.

To reduce spills, always use the Blending Jug less than ½ full or process small quantities at a time.

Using The Chopper Attachment

Remove any packaging and promotional labels before first use. Remove and wash chopping blade and chopper bowl in warm soapy water, rinse and dry thoroughly.



CAUTION: The chopping blade is extremely sharp; handle only by the upper plastic section.

To Attach The Chopper Bowl

Remove Blending Shaft from the motor unit.

The chopping blade is extremely sharp and you should grip it only by the upper plastic section. Place the blade on the drive shaft inside the chopper bowl (Fig 4).

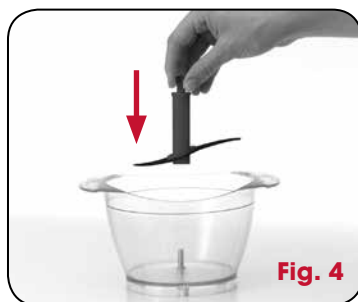


Fig. 4



Place the foodstuff inside the chopper bowl no higher than halfway.

Operating Your Kambrook Essentials

Stick Mix continued

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

Place the lid onto the chopper bowl. The lid should sit into the designated keys on the sides of the bowl.

Align the  mark on the motor unit with the  mark chopper bowl.



Screw the motor unit into the chopper lid by turning the motor unit in a clockwise direction until the mark  on the motor unit is aligned with the mark  on the chopper lid (Fig 5).



Fig. 5

Recommendations For The Chopper Bowl

Do not operate your Stick Mix chopper when the bowl is empty.

When processing, cut food into uniform sizes, this will ensure quicker, consistent results.

For effective processing depress the speed control switch a few times in succession, using a 'pulse' action.

During processing hold the motor body with one hand and the chopper attachment with the other.

Hard food stuffs such as coffee beans, ice cubes, cereals, large whole spices and chocolate in lumps should not be processed with this appliance, as these may damage the blades.

Using The Chopper Bowl

Plug into a 230V or 240V power outlet and switch on at the power outlet.

Depress the desired speed control switch on the motor unit to commence processing. The Stick Mix motor will only operate while the speed control switch remains depressed – this is a safety feature.

When you have finished processing the food, switch off at the power outlet and remove plug.

Before removing processed food from the chopper bowl, remove the blade.

Care, Cleaning and Storage

Stick Mixer

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

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

Do not use abrasive cleaners or steel wool.

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

Chopping Bowl

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

Motor body

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

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

NOTE: The detachable blender shaft is dishwasher safe.

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

Blades are extremely sharp, handle with care.











Storage

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

Attach the Blending Shaft to the motor body. Store upright on the bench or in a convenient cupboard.

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

Food Preparation Guide

Food	Accessory	Approx. Amount	Method	Approx. Mixing
Dressings		250ml	Oil & Vinegar flavouring 1 seasoning	30 seconds
Smoothies		250ml	100g fruit 150ml milk	40 seconds
Pureed vegetables		250g	Soften, vegetable or fruit 2 tablespoons milk/juice	30 seconds
Breadcrumbs		half full	Roughly chopped, dried or fresh bread and crusts, chop to desired consistency	Approx. 1 minute
Cheese		100g small dice	Harder cheese will cut and chop more evenly	30 seconds
Hard boiled egg		2 eggs (120g)	Remove shell, slice in half, season if required, chop to desired consistency	15 seconds
Nuts		½ cup (125g)	Place chosen nuts into bowl, pulse to desired fineness or coarseness	30 seconds
Garlic		100g	Peeled cloves 1 tablespoon olive oil, process desired texture	20 seconds
Ginger		125g	Peeled and chopped 2 tablespoons dry sherry	40 seconds
Meat		150g	Dice meat to a 2cm dice before chopping	15 seconds

Recipes

Recipes

Pumpkin and Kumera Soup

Serves 4-6

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

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

Zucchini and Potato Soup

Serves 4-6

2 tablespoons oil
2 leeks white only, washed and thinly sliced
500g washed potatoes, peeled and chopped
8 zucchinis, chopped
8 cups chicken stock
1 cup cream

1. Using large saucepan heat oil, saute leeks until soft.
2. Add the next 3 ingredients.
3. Bring to the boil, reduce to a simmer for 30 minutes or until the vegetables are soft.
4. Remove from the heat and allow to cool.
5. Place stick mix into saucepan and process until soup is smooth.
6. Add cream to soup and bring soup to the boil, season with salt and pepper before serving.
7. Serve with crusty bread.

Spicy Tomato and Bacon Pasta Sauce

Serves 4-6

2 tablespoons oil
2 Spanish onions, chopped
2 cloves garlic, crushed
4 rashers bacon, finely chopped
2 400g cans peeled tomatoes
¼ cup sweet chilli sauce
¼ cup balsamic vinegar
freshly ground black pepper

1. Using large saucepan heat oil, saute onion, garlic and bacon for 2 minutes.
2. Add the next 4 ingredients.
3. Bring to the boil, reduce to a simmer for 30 minutes.
4. Remove from the heat and allow to cool.
5. Place stick mix into saucepan and process until sauce is smooth.
6. Serve hot or cold with cooked pasta of your choice.

Smoked Salmon and Dill Pasta Salad

Serves 4-6

300g smoked salmon
2 tablespoons fresh dill, chopped
1 teaspoon grated lemon rind
300ml sour cream
1 tablespoon lemon juice
200g light cream cheese
2 teaspoons French mustard
200g bow tie pasta, cooked and cooled
lemon pepper seasoning

1. Place all ingredients, apart from the pasta and lemon pepper in a large Blending Jug.
2. Process until smooth using Stick Mix.
3. Mix with the cooked pasta, season with lemon pepper.
4. Serve with toasted rye bread.

Citrus and Coriander Dressing

$\frac{3}{4}$ cup orange juice, freshly squeezed
2 tablespoons lime juice
3 tablespoons sweet Thai chilli sauce
2 tablespoons coriander leaves
2 tablespoons white wine vinegar
2 tablespoons olive oil

1. Place all ingredients in the mixing jug, process until smooth using stick mix.
2. Serve over salad leaves, grilled chicken or fish.

Cucumber and Mint Raita

600ml Greek yogurt
2 Lebanese cucumbers, seeded and chopped
1 teaspoon sea salt
1 teaspoon ground cumin
 $\frac{1}{3}$ cup mint leaves
freshly ground pepper

1. Place all ingredients in a sufficiently large Blending Jug, process until smooth using stick mix.
2. Serve as an accompaniment with curries.

Olive Paste

1 cup pitted black olives
1 clove garlic, diced
4 anchovy fillets
2 teaspoons capers
2 tablespoons olive oil

1. Place all ingredients into chopper bowl with the blade in position. Process in short bursts until smooth.
2. Serve as an accompaniment with cheese.

Basil Pesto

1 cup fresh basil leaves
1 clove garlic, diced
2 tablespoons pine nuts
 $\frac{1}{4}$ teaspoon black pepper, ground
2 tablespoons olive oil

1. Place all ingredients into chopper bowl with the blade in position. Process in short bursts until smooth.
2. Serve with sliced tomatoes and mozzarella.

Milkshakes

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

1. Place all ingredients into the mixing jug.
2. Process until smooth and frothy using the stick mix (approximately 30 seconds).

Variations:

Chocolate

1. Add one teaspoon chocolate syrup or ½ teaspoon cocoa and ½ teaspoon malt.

Strawberry

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

Strawberry Smoothie

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

1. Place all ingredients into the mixing jug.
2. Process until smooth and frothy using the stick mix (approximately 30 seconds).

NOTE: Strawberries can be substituted with any fruit.

Get Up and Go Breakfast Shake

½ cup chilled milk

½ cup chilled fruit juice

1 egg

1 tablespoon honey

1. Place all ingredients into the mixing jug.
2. Process until smooth and frothy using the stick mix (approximately 30 seconds).

Crepe Batter

Makes about 10 crepes

1½ cups plain flour

Pinch salt

2 eggs

1½ cups milk

1 tablespoon oil

1. Place all ingredients into the mixing jug.
2. Process until combined using low speed (approximately 40 seconds).
3. Using a ¼ cup mixture at a time, cook crepes in a moderately heated fry pan until lightly golden on each side.
4. Serve hot with lemon juice and castor sugar or maple syrup.

Baby Food

1 cup steamed vegetables

1. Place vegetables in the stainless steel jug.
2. Process until smooth with stick mix.

NOTE: Liquids (e.g. milk, formula or water) may be added to thin the mixture down depending on the baby's age.