

Breville

Ikon™ 600 Blender

Instructions
Includes Recipes
BBL600



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Congratulations
on the purchase of your new Breville Ikon™ Blender

Breville recommends safety first

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

Important safeguards for your Breville Ikon Blender

- Carefully read all instructions before operation and save for future reference.
- Remove any packaging material and promotional stickers before using the Breville Ikon Blender for the first time.
- Do not place the Breville Ikon Blender near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Do not place the Breville Ikon Blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the Breville Ikon Blender is properly assembled before use. Refer to assembly and operation (Page 9).
- Use only the blender jug and lid supplied with the Breville Ikon Blender.
- Always ensure the blender lid is firmly positioned on the blender jug before operating.
- Always ensure the Breville Ikon Blender is turned off by pressing the 'Power' button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have completely stopped before attempting to move the appliance, or when the Breville Ikon Blender is not in use and before disassembling, cleaning and storing.
- Do not operate the appliance continuously with heavy loads for more than 30 seconds. Allow the motor to rest for 1 minute between each use. None of the recipes in this instruction book are considered a heavy load.
- Do not leave the Breville Ikon Blender unattended when in use.
- If food becomes lodged around the blending blade, turn the Breville Ikon Blender off by pressing the "Power" button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have completely stopped before removing the jug from the motor base. Use a spatula to dislodge or stir the food before continuing. Do not use fingers as the blades are sharp.
- Keep hands, fingers, hair, clothing, as well as spatulas and other utensils away from the blender jug during operation. Never place your fingers, hands or utensils inside the blender jug without unplugging the appliance from the power outlet.
- Be careful when handling the blending blade assembly as the blades are very sharp. Mishandling of the blades may cause injury.
- Do not remove the blender jug from the motor base whilst in operation.
- Do not use the Breville Ikon Blender for anything other than food and/or beverage preparation.
- Do not operate the Breville Ikon Blender without food or liquid in the blender jug.
- Do not process hot or boiling liquids. Allow to cool before placing into the blender jug.
- Do not subject the blender jug to extremes of hot or cold, for example placing a cold jug in hot water or vice versa.
- Keep the appliance clean. Refer to care and cleaning (Page 15).

Important safeguards for all electrical appliances

- Fully unwind the cord before use.
- To protect against electric shock, do not immerse the cord, plug or motor base in water or any other liquid.
- Do not allow the cord to 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 unless they have been adequately supervised by a responsible person to ensure they can use the appliance safely.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if the power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.



DO NOT OPERATE THE BLENDER CONTINUOUSLY ON HEAVY LOADS FOR MORE THAN 30 SECONDS.

Know your Breville Ikon Blender



Operating your Breville Ikon™ Blender

Before first use

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

Wash the lid, inner lid, blender jug and blade assembly (refer to Disassembling the blender jug on Page 13) in warm, soapy water with a soft cloth. Rinse and dry thoroughly. Do not place parts in the dishwasher (with the exception of the blender jug). The blender jug may be washed in the dishwasher. Ensure the lid and blade assembly have been removed from the blender jug before placing into the dishwasher. The motor base can be wiped with a damp cloth. Dry thoroughly.

- When using your Breville Ikon™ Blender for the first time, you may notice an odour coming from the motor. This is normal and will dissipate with use.
- The blending blades are extremely sharp. Avoid any contact with fingers and hands.

Note

Assembling and attaching the blender

Step 1.

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

Step 2.

To reassemble the blender jug, replace the silicon seal onto the blade assembly (see Page 14 - Fig 1). Upturn the blender jug and insert the blade assembly into the jug base (see Page 14 - Fig 2). Twist the 1/4 turn Blade Removal System anticlockwise until firmly locked into position.

Step 3.

Turn the blender jug upright and insert on to the motor base. The handle of the blender jug can be positioned to the left or right hand side of the appliance.

Step 4.

Add food or liquid into the blender jug ensuring not to exceed the 'MAX' mark. Place the blender lid firmly into position on the top of the blender jug. Insert the clear inner lid into the blender lid and turn clockwise to lock into position. (see Fig 1)



When adding oil or other liquids during operation, turn the lid to the unlocked position and pour through the small holes on either side of the inner lid (see indents for finger placement Fig. 1.) The inner lid can be removed to add ingredients or check the texture of ingredients.

Note

Operating your Breville Ikon™ Blender continued

The Breville Ikon™ Blender features a Breville Assist™ Lid. This allows the lid to fit tightly onto the blender jug, avoiding displacement during operation. The ring pull design allows the user to easily remove the lid with a simple leverage action. (See Fig 1)

Note



Step 5.

Plug the power cord into a 230/240V power outlet and switch on.

Step 6.

Press the 'Power' button on the far left of the control panel to turn the blender on. The 'Power' button will illuminate and flash. The LCD timer screen will illuminate with '00' displayed.

Do not fill the blender jug above the 'MAX' line. When the blender jug is filled at or near the 'MAX' line place one hand on the blender lid to avoid displacement of the lid during operation.

Note

Step 7.

Select the required speed (1 to 5) by pressing the corresponding speed button. The blender will start to operate and the selected speed button will illuminate. The 'Power' button will illuminate and cease to flash. The 'Stop' button will illuminate and flash. The LCD timer screen will start counting upwards in one second increments until 120 seconds is reached.

Operate the blender only for the appropriate amount of time required – do not over blend.

Note

Step 8.

When 120 seconds is reached, the blender will automatically cease to operate and the selected speed button and 'Stop' button illumination will go out. The 'Power' button will illuminate and flash. After a few seconds the LCD timer screen will revert to '00'.

- The Ikon™ Blender will automatically stop blending after 120 seconds (2 minutes). This is a safety feature and restricts wear on the motor.
- To stop blending at any time, press the 'Stop' button or the selected speed button. The 'Power' button can also be pressed, but this will also turn the appliance off and all illuminations will go out.
- The speed can be changed at any time during the blending process. Each time a new speed is selected its button will illuminate and the previous speed button illumination will go out. The number of seconds on the LCD timer screen will continue to count upwards to 120 seconds unless interrupted.

Note

Step 9.

The Breville Ikon™ Blender features two additional functions, 'ICE CRUSH' and 'SMOOTHIE'. These are pre-programmed cycles which automatically adjust the blending time and speeds to optimise blending results. Select the required function by pressing the corresponding function button.

The blender will start to operate and the selected function button will illuminate. The 'Power' button will illuminate and cease to flash. The 'Stop' button will illuminate and flash. The LCD timer screen will start counting downwards in one second increments until '00' is displayed.

The smoothie function has a unique processing technique that blends the denser ingredients at a lower speed, then increases as ingredients thicken. This may happen several times while blending smoothies.

Note

When '00' seconds is reached, the blender will automatically cease to operate and the function button and 'Stop' button illumination will go out. The 'Power' button will illuminate and flash.

- To stop blending at any time, press the 'Stop' button or the selected function button. The 'Power' button can also be pressed, but this will also turn the appliance off and all illuminations will go out.
- The maximum amount of ice cubes the blender can blend at any one time is 1 standard ice tray or 250g.

Note



NEVER PLACE ANYTHING OTHER THAN FOOD AND LIQUIDS IN THE IKON™ BLENDER WHILST THE MOTOR IS RUNNING.

Operating your Breville Ikon™ Blender continued

Step 10.

For ingredients that require short bursts of power, select the 'PULSE' function. The 'PULSE' button will illuminate and remain illuminated while the button is depressed. When this function is selected, the LCD timer screen will illuminate and count upwards in one second increments during pulsing. Press the 'PULSE' button in short bursts until blending is complete.

Use the 'PULSE' button when the food that is being processed is too thick or coarse to circulate within the blender jug.

Note

Step 11.

At the end of use, always ensure the blender is turned off by pressing the 'Power' button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Ensure the motor and blades have completely stopped before attempting to move the appliance, or when the Breville Ikon™ Blender is not in use and before disassembling, cleaning and storing.

- During the blending process, ingredients may stick to the sides of the blender jug. To push the food back onto the blades, press the 'Power' button on the control panel and switch off at the power outlet and remove the power cord. Remove the lid and use a plastic spatula to scrape down the sides of the jug. Replace the lid before recommencing blending.
- If any moisture or liquid appears on top of the motor base during blending, press the 'Power' button on the control panel, switch off at the power outlet and remove the power plug. Remove the blender jug. Wipe the motor base immediately with a dry cloth or paper towelling to absorb the liquid. Check the blender jug is correctly assembled.
- Never place anything other than food and liquids in the Ikon™ blender whilst the motor is running.

Note

Disassembling your blender for cleaning, care and storage

Step 1.

Always ensure the Breville Ikon™ Blender is off by pressing the 'Power' button on the control panel. Then switch off at the power outlet and unplug the power cord.

Step 2.

Remove the blender jug from the motor base by grasping the handle and lifting the jug in an upward direction.

Step 3.

Remove the blade assembly by upturning the blender jug and twisting the $\frac{1}{4}$ turn Blade Removal System clockwise for $\frac{1}{4}$ of a turn to unlock (see Fig 1), then lift upwards and away from the base of the blender jug. The circular plastic surround attached to the base of the blender jug is not removable.

Step 4.

Remove the silicon seal from the blade assembly.

The Breville Ikon™ Blender features a $\frac{1}{4}$ turn Blade Removal System for the easy removal of the blade for cleaning.

Note

Fig 1



Reassembling your blender for cleaning, care and storage

Reassembling your blender jug after cleaning

Step 1.

Ensure all parts are clean and completely dry.

Step 2.

To reassemble the blender, replace the silicon seal onto the blade assembly (see Fig 1). Upright the blender jug and insert the blade assembly housing into the jug base (see Fig 2), ensuring to align the indicator symbol (▼) on the inside of the jug base, with the indicator symbol (▲) on the blade housing. Twist the 1/4 turn Blade Removal System anticlockwise in the direction of the indicator symbol (◀ TURN TO LOCK) until firmly locked into position.



Care and cleaning

Cleaning the motor base

- Wipe the motor base with a soft, damp cloth then dry thoroughly.
- Wipe any excess food particles from the power cord.

Do not use abrasive scouring pads or cleaners when cleaning the motor base as they may scratch the surface.

Note

Cleaning the blender jug, lid, inner lid and blade assembly

- Wash all parts in warm soapy water with a soft cloth. Use a kitchen bottle brush to dislodge stubborn foods. Rinse and dry thoroughly.

The blender jug can be washed in the dishwasher. Ensure the lid and blade assembly have been removed from the blender jug before placing into the dishwasher.

Note

Removing stubborn or strong food stains and odours

Strong smelling foods such as garlic, fish and some vegetables such as carrots may leave an odour or stain on the blender jug and lid. To remove, soak blender jug and lid for 5 minutes in warm soapy water. Then wash with a mild detergent and warm water, rinse well and dry thoroughly.

Storage

Store your Breville Ikon™ Blender upright with the blender jug, lid and inner lid assembled and inserted on the motor base or beside it. Do not place anything on top.



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



THE BLENDING BLADES ARE EXTREMELY SHARP. AVOID ANY CONTACT WITH FINGERS AND HANDS. USE CAUTION WHEN HANDLING AND STORING.

Tips on how to use your Breville Ikon™ Blender

Do

- Use Low speeds (1-3 – Mix, Chop and Blend) for drink or cocktail making and emulsions such as mayonnaise, dressings, marinades and foods that require mixing until just combined, such as batters.
- Use High speeds (4-5 – Puree and Liquify) for pureeing soups and aerating liquids.
- Use 'PULSE' for foods that only require short bursts of power such as chopping nuts.
- Use 'ICE CRUSH' for ice crushing. The maximum amount of ice cubes the blender can blend at any one time is 1 standard ice tray or 250g.
- Use 'SMOOTHIE' for drink making using both liquid and solid ingredients
- Ensure all foods are cut into cubes (approx. 2-3cm squares) where appropriate to achieve an even result.
- Do not put more than 2 cups of warm ingredients into the blender before blending commences. After the blending process has begun and the blades are turning you may slowly add another 1½ cups of ingredients through the opening in the lid if desired.
- Thick mixtures puree more efficiently if the blender is ¼ to ½ full.
- When using several ingredients, place liquid ingredients in the blender jug before solid ingredients, unless specified in the recipe.
- When blending thick or dry mixtures it may be necessary to stop the blender and scrape down the sides of the blender jug with a plastic or rubber spatula, once or twice during blending. Do not use metal utensils as they may damage the blades or blender jug.

Don't

- Do not blend a heavy mixture for more than 30 seconds. For normal blending tasks, for example, mayonnaise, dressings etc., do not operate for longer than 1 minute at one time without turning off the blender and stirring the ingredients, and then continue blending.
- Do not operate the blender without having the blender lid in position. To add additional ingredients whilst blending, remove the inner lid and place ingredients through the opening in the lid. When adding oil or other liquids during operation, slowly pour through the small holes on either side of the inner lid.
- Do not fill the blender jug above the 'MAX' line. When the blender jug is filled at or near the 'MAX' line, place one hand on the blender lid to avoid displacement of the lid during operation.
- Do not place any objects, other than food or liquid, into the blender whilst the motor is running.
- Do not use the blender jug to store food.
- The blender will not knead dough or mash potatoes.
- Do not remove the blender jug while the blender is operating. Always make sure the blender is off by pressing the 'Power' button, switch off the power at the power outlet and unplug the power cord from the power outlet.
- Do not overload the blender with more than the specified quantity of ingredients as doing so could cause the motor to stall. Turn the blender off by pressing the 'Power' button on the control panel, switch off the power at the power outlet and unplug the cord. Remove a portion of the mixture from the blender jug before continuing.
- Do not place hot or boiling ingredients into the blender; allow to cool before placing into the blender jug.

Suggested uses for your Breville Ikon™ Blender

Food	Preparation & Usage	Quantity	Function	Time
Lean meat/ poultry	Trim excess fat and sinew, cut into 2cm cubes Use: mince	250g	Chop/speed 2	10-20 secs
Fish/seafood	Remove skin and bones and cut into 2cm cubes Use: mince	300g	Chop/speed 2	10-15 secs
Raw veg	Peel and cut into 1.5-2cm cubes Use: stuffing, filling, puree, soup	200g	Chop/speed 2	10-30 secs
Nuts	Remove shells Use: cakes, toppings, pastes	200g	Chop/speed 2	10-30 secs
Bread or biscuit crumbs	Cut bread into 2cm pieces, break up biscuits Use: cheesecake crust	100g	Chop/speed 2	10-30 secs
Mayonnaise	Mix the egg yolk and vinegar. Add the oil Use: dressings	125g	Mix/speed 1 Blend/Speed3	10-15 secs 60 secs
Whipped cream	Add sugar or vanilla if desired Use: topping	300ml	Mix/speed 1 Pulse	20 secs 1-2 times
Herbs/spices	Whole or halved Use: pastes, sauces	1 cup	Chop/speed 2	20-30 secs
Smoothie	Milk, whole fresh fruits, yoghurt, ice cream Use: milkshakes, frappes	Max 800 ml	Smoothie or Blend/speed 3	20-30 secs
Fresh fruit	Whole, chopped berries Use: dessert sauce	250g	Chop/speed 2	30 secs
Dried Fruit	Chopped dry fruit Use: fruit mince	300g	Chop/speed 2	30 secs
Ice	Crush Use: mixed drinks, cocktails, slurpies	Max 1 tray/250g	Ice Crush or Chop/speed 2	10-20 secs

This blending chart is to be used as a guide only.

Note

Trouble shooting

Notes

Trouble shooting chart

Problem	Solution
Motor doesn't start or blade doesn't rotate	<ul style="list-style-type: none"> • Check that the blender jug and lid are securely locked into position. • Check that the 'Power' button and selected function or speed setting is illuminated. • Check that the power plug is securely inserted into the power outlet and switched on.
Food is unevenly chopped	<p>Either too much food is being blended at one time or the pieces are too large. Try cutting food into smaller pieces of even size and processing a smaller amount per batch.</p> <p>For best results, the food should be chopped into pieces no larger than 2cm.</p>
Food is chopped too fine or is watery	Blend for shorter period of time. Use ice-crush function for more control.
Food sticks to blade and jug	The mixture may be too thick. Try adding more liquid to the mixture and / or use a slower speed.

Notes

Breville Customer Service Centre

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Model BBL600 Issue 3/06

Breville Recipes

Delicious recipes

Includes instructions for use



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Pesto

- 1 bunch basil leaves
- 2 cloves garlic
- 2 tablespoons lemon juice
- 100g pine nuts
- 125mls olive oil
- 60g grated parmesan cheese

1. Place all ingredients into blender jug, select speed 2/chop, blend until smooth.
 2. Transfer mixture to a serving bowl. Chill until ready to use.
- Serve with toasted Turkish bread.

Ricotta and olive dip

- 1 bunch fresh coriander, stems removed
- 200g ricotta cheese
- 200g cottage cheese
- 125ml light cream
- 2 teaspoons lemon juice
- ½ cup grated fresh Parmesan cheese
- 1 tablespoon capers
- ¼ cup chopped black olives
- ½ cup toasted pine nuts

1. Place all ingredients into blender jug, select the speed 2/chop, blend until smooth.
 2. Transfer mixture to a serving bowl. Chill until ready to use.
- Serve as a dip with a selection of raw vegetables.

Mayonnaise

- 2 egg yolks
- 1 teaspoon dry mustard
- 1 tablespoon vinegar
- Salt and white pepper, to taste
- ¾ cup/125ml vegetable oil

1. Place egg yolks, mustard, vinegar, salt and pepper into blender jug and blend for 10-15 seconds using speed 1/mix until light and fluffy.
2. With blender running on speed 3/blend, slowly pour oil through the inner measuring lid. Blend until mixture thickens. This should take about 1 minute.

Mayonnaise variations:

- Raspberry:** replace 1 tablespoon vinegar with 1 tablespoon raspberry vinegar
- Garlic:** add 2 cloves garlic, peeled and chopped to the egg yolk mixture
- Herb:** add ½ cup chopped mixed fresh herbs (such as basil, chives, parsley, thyme) to the prepared mayonnaise.

Herb dressing

- ¾ cup mixed fresh herbs (parsley, coriander, mint, chives, rosemary and basil)
- 1 clove garlic, peeled (optional)
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar

1. Place all ingredients into the blender jug, select speed 1/mix, blend until combined.
- Serve with lamb, chicken, fish.

Recipes use Australian metric weights and metric cup and spoon. Recipes to be used as a guide only.

Note

Dips, sauces, dressings, curry pastes continued

Spicy peach sauce

1 x 410g can sliced peaches
½ cup/125ml white wine
2 cloves chopped peeled garlic
2 teaspoons grated fresh ginger
1 small red chilli, chopped
1 tablespoon lemon juice
2 tablespoons sweet sherry
2 tablespoons honey
2 teaspoons light soy sauce

1. Place all ingredients into the blender jug, select the 2/chop speed, blend until smooth.
Serve with poultry or pork.

Satay sauce

2 cloves garlic, peeled
1 small onion, peeled and quartered
2 teaspoons peanut oil
½ cup roasted peanuts
1 small chilli, halved and seeded
¾ cup/165ml water
2 tablespoons lemon juice
1 tablespoon dark soy sauce
2 tablespoons coconut milk
1 teaspoon brown sugar

1. Place garlic and onion into the blender jug, pulse until chopped.
2. Heat peanut oil in a saucepan and cook garlic and onion mixture until lightly browned.
3. Place remaining ingredients into the blender jug, select 3/blend speed, blend until smooth. Pour combined mixture over garlic and onion mixture and stir over a gentle heat to warm through.

Serve immediately or cover and store in the refrigerator.

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

Thai green curry paste

4 large green chillies, stems removed and roughly chopped
1 teaspoon black peppercorns
1 onion, roughly chopped
2 cloves peeled garlic
1 bunch coriander, including root, washed and chopped
1 stem lemongrass, trimmed and thinly sliced
1 teaspoon salt
2 teaspoons ground coriander
1 teaspoon ground cumin
2 teaspoons dried shrimp paste
1 teaspoon ground turmeric
1 cup/250ml oil

1. Place all ingredients into blender jug, select 3/blend speed, blend to a smooth paste.

TIP: Scrape sides of blender jug with a spatula and add a little extra oil or tablespoon of water if necessary.

TIP: This curry paste is best suited to poultry. Allow 2 tablespoons paste per 500g poultry.

TIP: Store curry paste in an airtight container in the refrigerator.

TIP: Substitute 2 teaspoons chopped lemon rind for lemongrass.

Dips, sauces, dressings, curry pastes continued

Malaysian curry paste

½ cup coriander seeds
1 tablespoon cumin seeds
2 teaspoons fennel seeds
¼ cup dried chillies, broken
6 cloves garlic, peeled
4 teaspoons chopped fresh ginger
5 candle nuts, chopped
2 tablespoons desiccated coconut
3 teaspoons blachan (shrimp paste)
2 teaspoons tamarind paste
2 teaspoons ground turmeric
4 stems fresh lemon grass, thinly sliced
1 ¼ cup/400ml oil

1. Place all ingredients in blender jug, select 3/blend speed, blend to a smooth paste.

TIP: Store curry paste in an air tight container in the refrigerator.

TIP: Candle nuts, blachan and tamarind paste are all available in the Asian section of most supermarkets or Asian grocery stores.

TIP: If candle nuts are difficult to find use other nuts such as peanut and macadamia.

TIP: This curry paste is best suited to fish and shellfish. Allow 2 tablespoons paste per 500g seafood or fish.

TIP: Add a little extra oil or a tablespoon of water if necessary.

Soups

Wonton soup

125g lean pork meat, trimmed and roughly chopped
125g green prawns, shelled and deveined
2cm piece ginger, peeled and sliced
1 tablespoon soy sauce
½ teaspoon salt
1 clove garlic
¼ teaspoon sesame oil
16 wonton wrappers
1 x 60g egg, lightly beaten
4 cups/1 litre chicken stock
2 shallots, finely chopped

1. Place pork, prawns, ginger, soy sauce, salt, garlic and sesame oil in blender jug and pulse to a smooth paste.
2. Place a teaspoon of mixture slightly below centre of wonton wrapper and brush edges of the wrapper with egg. Fold wrapper in half to make a triangle and press edges to seal, excluding any air. Moisten the two edges of the triangle with egg, bring together and pinch to seal.
3. Drop wontons into boiling salted water and cook for 10 minutes.
4. Meanwhile, bring chicken stock to the boil in a saucepan, reduce heat and simmer 2-3 minutes.
5. Lift out wontons from boiling water and place four wontons each in four individual bowls, spoon over chicken stock. Garnish with chopped shallots.

Sweet corn and bacon soup

1 tablespoon oil
1 onion, chopped
4 cloves garlic, peeled and crushed
2 teaspoons ground coriander
1 teaspoon Cajun seasoning
2 cups frozen corn kernels, thawed
3 cups/750ml chicken stock
1 cup/250ml milk
3 bacon rashers, rinds removed and chopped
½ cup/125ml cream
2 tablespoons snipped chives

1. Heat oil in a large saucepan and add onion, garlic, coriander and Cajun seasoning.
2. Cook over a medium heat, stirring constantly until onion is soft; add corn, stock, milk. Bring to boil, then reduce heat and simmer, covered for 30 minutes.
3. Cook bacon in a separate pan until crisp, drain on absorbent kitchen paper.
4. Allow mixture and bacon to cool.
5. Transfer mixture in two batches into blender jug, select 5/puree speed, blend until smooth. Return soup to pan, add cream, bacon and chives, heat through gently.

Serve immediately.

Pumpkin soup

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

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

Sweet peppered tomato soup

1 tablespoon oil
2 cloves garlic, crushed
2 leeks, sliced
2 x 410g canned tomatoes, mashed
2 teaspoons chicken stock powder
1 tablespoon tomato paste
2 teaspoons brown sugar
1 bay leaf
¼ teaspoon dried thyme
1 teaspoon chopped fresh mint
1 teaspoon chopped fresh coriander
¼ teaspoon ground cloves
Pinch of cayenne pepper
2 tablespoons chopped fresh parsley

1. Heat oil in a large saucepan, add garlic and leeks, cook over medium heat for 2-3 minutes or until leeks are soft.
2. Combine tomatoes, stock powder, tomato paste, brown sugar, bay leaf, thyme, mint, coriander, cloves and pepper.
3. Pour into pan with leek mixture, bring to boil, then reduce heat and simmer, uncovered for 20 minutes or until liquid has reduced by one third.
4. Allow the mixture to cool.
5. Transfer mixture into two batches into blender jug, select the 5/puree speed, blend until smooth.
6. Ladle soup into serving bowls, sprinkle with parsley and serve immediately.

Salads

Prawn salad with raspberry sauce

500g cooked prawns, peeled and deveined
100g salad mix
100g snow pea sprouts
1 orange, peeled and segmented
2 kiwi fruit, peeled and sliced

Raspberry Sauce

125g fresh or frozen raspberries, thawed
2 tablespoons balsamic vinegar
2 tablespoons vegetable oil
1 teaspoon finely chopped fresh mint
1 tablespoon sugar

1. Arrange prawns, salad mix, sprouts, orange segments and kiwi fruit attractively on a serving platter and chill until required.
2. To make sauce, place raspberries into blender jug, select 2/chop speed, blend until smooth. Push through sieve to remove seeds. Combine raspberry puree with vinegar, oil, mint and sugar. Pour sauce over salad and serve immediately.

TIP: Substitute prawns for 2 lobster tails, cooked and shells removed. Cut lobster tail flesh into thick medallions approximately 1cm thick.

Egg salad with fresh herb dressing

1 bunch rocket leaves, washed and trimmed
6 hard boiled eggs, peeled and quartered
2 Italian tomatoes, quartered
1 avocado, stoned, peeled and cut into slices
12 black olives, pitted

Fresh Herb dressing

1 cup/250ml light sour cream
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh basil leaves
1 tablespoon chopped fresh coriander
2 tablespoons apple juice
¼ teaspoon ground nutmeg
Ground black pepper

1. Arrange rocket leaves, eggs, tomatoes, avocado slices and olives on a serving platter. Chill until required.
2. To make dressing: place sour cream, parsley, basil, coriander, apple juice, nutmeg and pepper to taste into blender jug, select 2/chop speed, blend until smooth.

Pour dressing over salad and serve immediately.

Main meals

Crispy batter for fish

1 x 60g egg
⅔ cup water
¾ cup milk
2 tablespoons vinegar
1½ cups plain flour
Pinch salt

1. Place ingredients in blender jug, select the low speed, blend until smooth. Allow to stand for 15 minutes before using to coat fish for deep frying.

TIP: Quantity sufficient to coat 1kg fish fillets.

Lamburgers

1 tablespoon fresh herb sprigs (parsley, coriander or rosemary)
1 slice bread, crusts removed
½ small onion, quartered
200g trim lamb, diced
1 tablespoon mint sauce
Salt and pepper, to taste

1. Place all ingredients into blender jug, select 2/chop speed, blend until well combined.
2. Shape mixture into 3-4 burgers, cover and refrigerate 20-30 minutes.
3. Cook burgers on a preheated grill or pan fry for 5 minutes each side or until cooked when tested.

Thai fish cakes

1 small onion, peeled and quartered
2 cloves garlic, peeled
2 thick slices peeled ginger
2 red chillies
2cm piece fresh lemongrass
6 fresh kaffir lime leaves
¼ bunch coriander, roughly chopped
350g white boneless fish fillets, cubed
1 x 60g egg
2 tablespoons water
1 tablespoon fish sauce
8 green beans, sliced
Oil for shallow frying

1. Place all ingredients except oil in blender jug
2. Pulse until well combined.
3. Remove mixture from the jug and shape mixture into 24 fish cakes.
4. Cover and chill for 30 minutes.
5. Heat oil in a large fry pan and cook fish cakes on a medium heat until golden on both sides and cooked through, approximately 10 minutes.

Serve with cucumber sauce made by combining ¼ cup warmed honey with 1 tablespoon lime juice and 1 tablespoon finely chopped, peeled cucumber.

Main meal continued

Lamb and tabbouleh pita pockets

500g minced lamb
2 x 60g eggs, lightly beaten
1 cup stale breadcrumbs
1 onion, finely chopped
2 tablespoons chopped fresh mint
½ teaspoon ground cinnamon
½ teaspoon ground coriander
½ teaspoons ground cumin
1 small red chilli, finely chopped
2 teaspoons turmeric
½ teaspoon garam masala
6 pita pockets
½ cup plain yoghurt

Tabbouleh
¾ cup burghul
2 cups chopped fresh parsley
2 tablespoons chopped fresh mint
1 tomato, seeded, chopped
1 yellow capsicum, seeded and chopped
¼ cup oil
2 tablespoons lemon juice
2 cloves garlic, chopped

1. Place lamb, eggs, breadcrumbs, onion, mint, cinnamon, coriander, cumin, chilli, turmeric and garam masala in a bowl.
2. Mix well to combine, form into small sausage shapes. Grill or barbecue until cooked through.
3. To make tabbouleh, place burghul in a bowl, cover with hot water, stand for 30 minutes. Drain and squeeze dry.
4. Place burghul, parsley, mint, tomato, capsicum, oil, lemon juice and garlic into blender jug, pulse until ingredients are finely chopped. Transfer mixture to a bowl, cover and refrigerate until required.
5. Open pita pockets, place spoonful of tabbouleh into each pocket, top with lamb sausage then drizzle with yoghurt.

Serve immediately.

TIP: Burghul is cracked wheat and is available at health food stores and delis

Rosemary Parmesan crusted lamb steaks

4 slices white bread, crusts removed
¼ cup grated fresh Parmesan cheese
2 teaspoons fresh rosemary leaves
4 lamb leg steaks
Plain flour
1 x 60g egg, lightly beaten
2 tablespoons oil
60g butter
1 tablespoon lemon juice
2 tablespoons capers

1. Break bread slices into pieces, place into blender jug with Parmesan cheese and rosemary leaves. Pulse until fine bread crumbs form. Transfer crumb mixture to a large plate.
2. Toss meat in flour, shake off excess, dip into egg and coat with bread crumb mixture.
3. Heat oil in a fry pan, add meat, cook over medium heat until golden brown. Remove from pan and drain on absorbent kitchen paper. Set aside and keep warm.
4. Wipe pan clean, heat butter, stir in lemon juice and capers, cook until heated through. Serve lamb steaks with lemon sauce.

Tandoori style fish

Rind and juice of 1 lemon
125g natural yoghurt
1 onion, cut into quarters
4 cloves garlic, peeled
1 teaspoons ground cumin
1 teaspoon ground coriander
½ teaspoon paprika
Pinch of cayenne pepper
4 Atlantic salmon cutlets

1. Place all ingredients except salmon into the blender jug. Select 2/chop speed, blend until smooth paste.
2. Arrange salmon cutlets in a shallow dish, coat salmon with tandoori paste, cover and refrigerate for 2 hours.
3. Cook salmon cutlets in a preheated grill or barbeque for 3 minutes each side or until fish is cooked when tested.

Serve with rice or lemon wedges and tossed salad greens.

Sweet treats

Chilled cheesecake with raspberry puree

250g pkt plain sweet biscuits, broken
125g butter, melted
250g cream cheese, cubed and softened
400g can sweetened condensed milk
½ cup/125ml cream
1 tablespoon grated lemon zest
⅓ cup lemon juice
1 punnet raspberries, washed

1. Place biscuits in blender, select 2/chop speed, blend until finely crushed. Add melted butter to blender jug and continue to blend until well combined.
2. Press biscuit mixture over base and sides of a greased 20cm spring form pan. Chill until firm.
3. Place cream cheese, condensed milk, cream, lemon zest and juice in blender jug. Select 3/blend speed, blend until smooth. Pour into prepared crumb crust, cover and refrigerate for at least 24 hours before serving.
4. Place raspberries into blender jug and puree on low speed. If desired, sweeten raspberry puree with a little icing sugar.

Serve with whipped cream and raspberry puree.

TIP: Cream cheese is best softened at room temperature.

Mixed berry crepes

2 x 60g eggs
1 cup/250ml milk
1 tablespoon butter, melted
1 cup plain flour
2 teaspoons caster sugar
¼ cup/60ml caster sugar, extra
¼ cup/60m water
250g mixed fresh berries (strawberries, raspberries, blueberries), washed and hulled

1. Place eggs, milk, butter, flour and caster sugar into blender jug. Select 3/blend speed, blend until smooth. Allow to stand for 1 hour.
2. Heat a small non stick frypan or crepe pan. Pour ¼ cup batter into pan, swirling to cover base. Cook on medium heat until underside is golden, approximately 1 minute. Turn crepe to cook other side. Remove from pan and place on a plate. Repeat with remaining batter, stacking crepes onto plate and interweaving with grease proof paper. Set aside.
3. To make mixed berry sauce, heat extra sugar and water in a small saucepan until dissolved. Add mixed berries and cook until soft. Allow to cool.
4. Place cooked mixture in blender jug and blend until smooth, using low speed.
5. Fold crepes into quarters and arrange in an ovenproof dish overlapping layers. Pour over sauce over crepe and bake in a preheated oven at 200°C for 10-15 minutes.

Serve with scoops of vanilla ice cream.

TIP: Brandy can be added to mixed berry sauce if desired.

Whipped cream

1 x 300ml thickened or pure cream

1. Place cream into blender jug and select speed 1/min speed, blend for approximately 20 seconds. Check thickness. Pulse once or twice if thickening is required. Do not overblend.

Cocktails

Margarita

¼ cup/60ml tequila
¼ cup/60ml cointreau
½ cup/80ml lime juice
12 ice cubes

1. Place tequila, cointreau, lime juice and ice cubes into blender jug.
 2. Use ice crush function or speed 2/chop and blend until well combined and ice is crushed.
- Serve in salt rimmed glasses.

Daiquiris

Basic Recipe
Fruit (approximately 1 cup) (see TIP)
½ cup/125ml white spirits
(white rum, vodka or kirsch)
¼ cup/60ml sugar syrup
1 cup ice

1. Place all ingredients into the blender jug.
 2. Use ice crush function or speed 2/chop and blend until smooth.
- TIP: Most fresh fruit, and berries can be used, if using frozen fruit, defrost before use. Fruit with hard skins or stones must have them removed before pureeing. Large fruit must be diced first.

Sunset cooler

1½ cups/375ml sauternes
2 cups frozen pears, peeled, cored and diced
1 cup frozen apricots, de-seeded and diced
1 tablespoon lemon juice

1. Place all ingredients in blender jug.s
 2. Use ice crush function or speed 2/chop and blend until smooth.
- TIP: Sauternes is a sweet dessert wine.
TIP: Place diced fruit in a plastic bag and freeze until firm.

Frozen sangria

1 cup/250ml fruity red wine, chilled
½ cups/125ml cranberry or red grape juice
½ cups/125ml lemon sorbet
¼ cups/80ml orange concentrate
½ cup fresh seedless grapes, frozen
1 cup canned plums, drained

1. Place all the ingredients in a blender jug.
2. Use ice crush function or speed 2/chop and blend until smooth.

Pina colada

2 tablespoons white rum
2 tablespoons coconut cream
2 teaspoons sugar
¾ cup/190ml unsweetened pineapple juice
10 ice cubes

1. Place all ingredients into blender jug.
 2. Use ice crush function or speed 2/chop and blend until well combined and ice is crushed.
- Serve immediately.

Non-alcoholic drinks

Wild thing

1 cup/250ml orange juice, chilled
1 punnet strawberries, hulled
½ teaspoon grated orange rind
1 tablespoon oatmeal
2 large scoops wildberry Vitari or another frozen fruit based yoghurt

1. Place all ingredients into blender jug.
2. Select the 2/chop speed, blend until smooth and thick.
3. Pour into two glasses and serve immediately.

Golden orchard

1 cup/250ml apple juice
½ cup thick plain yoghurt
1 x 310g canned mandarin segments
1½ tablespoons golden syrup

1. Place all ingredients into blender jug.
2. Select the 3/blend speed, blend until smooth and thick.
3. Pour and serve immediately.

TIP: Try using natural yoghurts with live acidophilus and bifidus cultures, to promote a healthy intestinal system and good digestion

Fruit cocktail

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

1. Place all ingredients in blender jug except soda water and passionfruit.
2. Select the 3/blend speed, blend until well combined.
3. Stir in passionfruit pulp and soda water and serve immediately in cocktail glasses.

Frappés, smoothies and milkshakes

Rockmelon and pineapple frappé

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

1. Place rockmelon, pineapple and ice into the blender jug.
2. Use ice crush function or speed 2/chop and blend until ice is crushed and mixture is smooth and thick.

Serve with chopped mint leaves.

Raspberry, orange and passion fruit frappé

1 punnet fresh raspberries or 2 cups frozen (allow to thaw until just soft)
Juice of 2 oranges
Pulp of 2 passionfruit
2 cups ice

1. Place all ingredients into blender jug.
2. Use ice crush function or speed 2/chop and blend until ice is crushed and mixture is well combined.
3. If desired, add honey or sugar to sweeten.

Peppermint tea and citrus whip

1 cup/250ml strong brewed peppermint tea, chilled
1 cup lemon or citrus sorbet
1½ cups fresh orange segments, frozen
1 cup fresh grapefruit segments, frozen

1. Place all ingredients into blender jug.
2. Select 2/chop low speed, blend until smooth.

Serve immediately.

TIP: Place citrus segments in a plastic bag and freeze until firm.

Banana smoothie

2 bananas, peeled and chopped
1 cup unflavoured yoghurt
1 cup/250ml milk
¼ cup honey

1. Place banana, yoghurt, milk and honey into blender jug.
2. Use smoothie function until well combined.

Serve immediately.

Peanut smoothie

2 cups/500ml milk
2 large scoops of vanilla ice cream
2 tablespoons smooth peanut butter

1. Place all ingredients into blender jug.
2. Select the low speed for 5-10 seconds until mixed, then the high speed until well combined.

Serve immediately.

Power shake

2 tablespoons cocoa powder
1 teaspoon instant coffee
2 tablespoons boiling water
2 tablespoons sugar
1 x 60g egg
1 teaspoon wheat germ
2 cups/500ml milk

1. Dissolve cocoa and coffee in boiling water.
2. Combine with sugar, egg, wheat germ and milk.
3. Pour into blender jug and blend on high speed until smooth and frothy.

Serve immediately.

Mango smoothie

2 mangoes, peeled and sliced
1½ cups unflavoured yoghurt
1 cup/250ml orange juice

1. Place all ingredients into blender jug.
 2. Select the low speed, blend until well combined.
- Serve immediately.

Strawberry and passionfruit milkshake

1 punnet strawberries, hulled
Pulp of 4 passionfruit
2 cups/500ml milk, chilled
4 scoops passionfruit ice cream
2 tablespoons strawberry topping

1. Place strawberries in blender jug.
2. Select the 2/chop speed, puree until smooth.
3. Add half passionfruit pulp, milk, and two ice cream scoops.
4. Select 3/blend speed, blend until smooth and thick.
5. Pour into two glasses then top with remaining ice cream and passionfruit pulp and strawberry topping.

Serve immediately.

Chocolate malted smoothie

2 cups/500ml milk, chilled
3 tablespoons malted milk powder
4 scoops vanilla ice cream
4 scoops chocolate ice cream
4 tablespoons caramel sauce
Chocolate curls, for garnish (optional)

1. Place milk, malted milk powder and vanilla ice cream in blender jug. Use smoothie function and blend until well combined.
2. Divide between 2 glasses and add chocolate ice cream. Top with caramel sauce and garnish with chocolate curls.

TIP: Create chocolate curls to garnish your drinks by grating a block of flat chocolate with a potato peeler.

TIP: Substitute the dairy products to suit you: i.e. replace milk or ice cream with soy or low fat variations.

TIP: Milkshakes and smoothies are a great way to get your kids to eat fruit.