

Sunbeam

StickMaster® Smart System

Stick blender, Processing bowl, Whisk, Milk frother and Smart storage system

Instruction Booklet

SM8900

Please read these instructions carefully
and retain for future reference.



Contents

Sunbeam's Safety Precautions	1
Features of your Sunbeam StickMaster stick blender	2
Using your StickMaster stick blender	6
A Guide to your StickMaster stick blender	11
Care and Cleaning	13
Recipes	14

Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşılığundan emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM STICKMASTER STICK BLENDER.

- Do not handle appliance with wet hands.
- Avoid contact with moving parts.
- Do not touch the blade while it is operating, as it is very sharp. After the appliance has been switched off the blade will continue to rotate a moment longer.
- Do not use the appliance with hot oil, as there is a risk of burns due to splashing.
- Hold the stick blender firmly and up right while using it.
- Do not operate the appliance without a workload.
- When using extremely heavy loads, the appliance should not be operated for more than 4 seconds. This does not apply to the recipes detailed in this booklet.
- Never insert metal or other utensils, such as knives or forks, into the inside of the bowl while the appliance is operating.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This 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.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

Features of your Sunbeam StickMaster stick blender

Variable speed control

A five speed setting allows the optimum speed to be used for various food processing tasks.

Power button

Pressing the 'I' button will operate the stick blender at the speed selected on the variable speed control dial.

Turbo speed button

Pressing the 'II' button will provide an extra boost of power.

600 watt motor housing

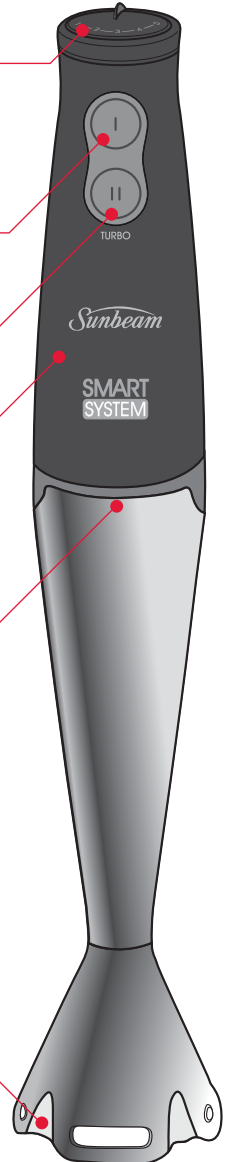
High powered 600 watt motor for the most demanding blending tasks.

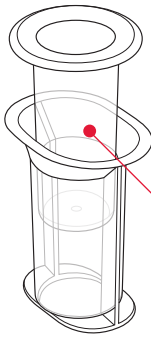
Detachable stainless steel shaft

The stainless steel shaft detaches with the push of the side buttons for easy cleaning.

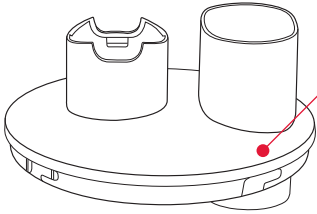
Ice crushing blades

Unique blade design with vertical teeth for optimal blending. Crushes ice in seconds.





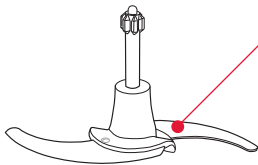
Food pusher



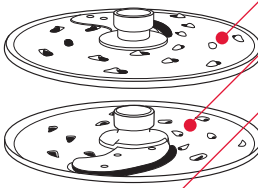
Lid

Chopping blade

Dual sided shredding / slicing disc

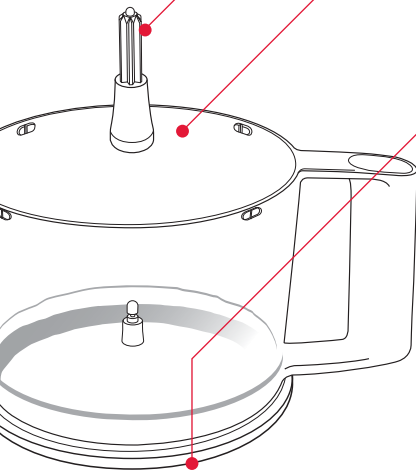


Spindle



Processing bowl attachment

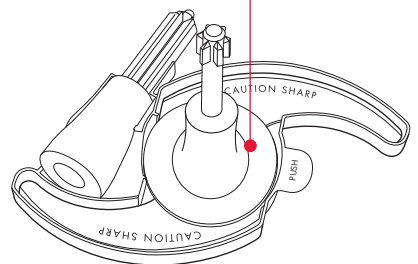
1250ml/5 cup processing bowl attachment conveniently attaches to the stick blender motor housing to process ingredients for doughs, pastries, patties etc. as well as chop, shred and slice a variety of food including meats, vegetables, nuts and herbs.



Non-slip mat

Keeps the processing bowl secure on the bench during use.

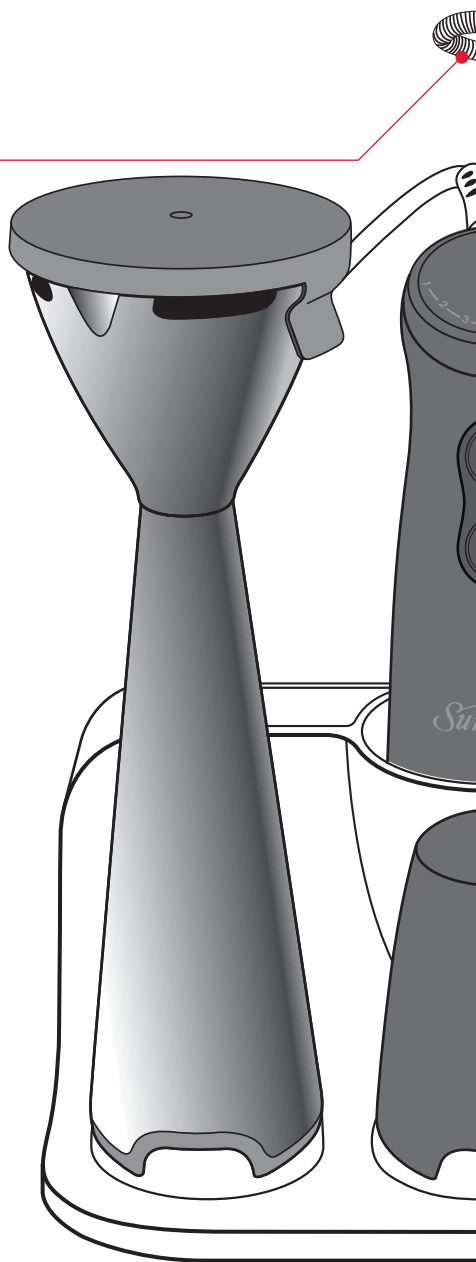
Chopping blade holder

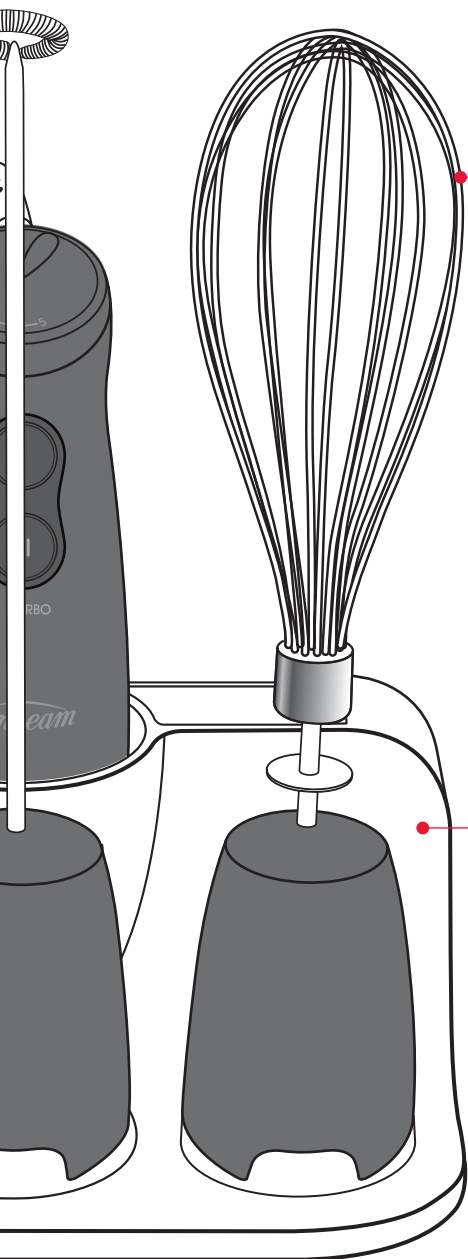


Features of your Sunbeam StickMaster stick blender (continued)

Milk frother attachment

Frothes warm or cold milk in an instant and is ideal for baby chinos, hot chocolates or froth for other beverages.





Whisk attachment

Stainless steel whisk conveniently attaches to the stick blender. Ideal for beating egg whites and mixing light batters.

Accessory stand

Holds motor housing, stainless steel shaft, milk frother and whisk attachments when not in use.

Using your StickMaster stick blender

Important: Ensure that the stick blender is unplugged from the power outlet before assembling or removing attachments.

1. Insert the motor housing into the hole on the top of the shaft until you hear a click. See Figure 1.

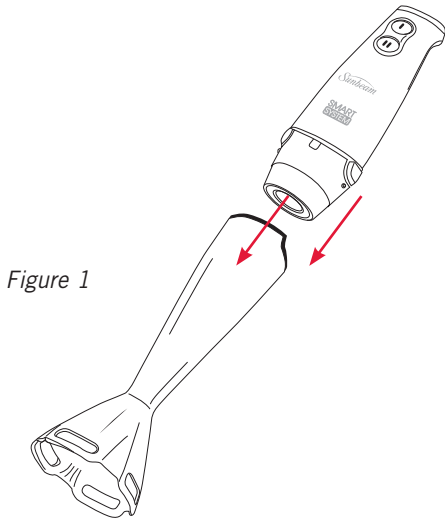


Figure 1

2. Plug the power cord into a 230-240 volt power outlet and turn the power on.
3. Select the optimal speed for the processing task, by turning the speed control dial from 1 to 5. Speed one on the speed control dial is the slowest and speed five is the fastest. Then lower the stick blender into food and depress the power button (I).

Note: All stick mixers are designed to operate only when the power buttons remain depressed.

4. For an extra boost of power during operation, the turbo speed button (II) may be depressed.

Note: The power button (I) should be released when selecting turbo speed.

5. To stop the stick blender, take your finger off the power button or the turbo speed button.
6. To detach the shaft, push the buttons at either side of the base of the motor housing until the two pieces separate. See Figure 2.

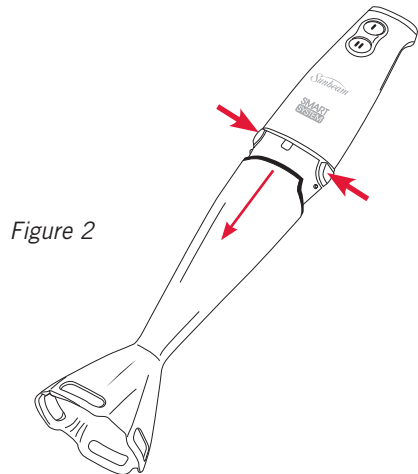


Figure 2

Using your StickMaster stick blender continued

Using the processing bowl

Using the processing bowl with the chopping blade

1. Place the processing bowl on the non-slip mat, ensuring the surface is clean and level.
2. Fit the stainless steel chopping blade into the processing bowl.
3. Place food into the processing bowl.
4. Attach the lid onto the processing bowl and rotate the lid in a clockwise direction until it locks into position.
5. Insert the motor housing into the hole on

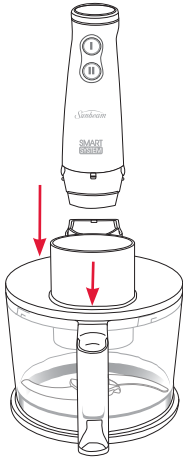


Figure 3

the top of the processing bowl attachment until you hear a click. See Figure 3.

6. Plug the power cord into a 230-240 volt power outlet and turn the power on.
7. Hold the bowl with one hand while operating the power button with the other. Select the optimal speed for the processing task by turning the speed control dial from 1 to 5 and then depressing the power button (I). Speed one on the speed control dial is the slowest and speed five is the fastest.

Note: All stick blenders are designed to operate only whilst the power buttons remain depressed.

8. For an extra boost of power during operation, the turbo speed button (II) may be depressed.

Note: The power button (I) should be released when selecting the turbo speed button (II).

9. To stop the stick blender, take your finger off the power button or turbo speed button.
10. To detach the processing bowl attachment, push the buttons at either side of the base of the motor housing until the two pieces separate. See Figure 4.

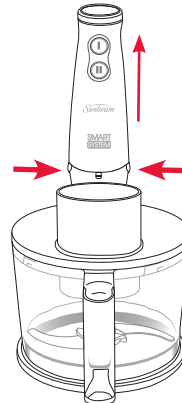


Figure 4

Using your StickMaster stick blender continued

Using the processing bowl attachment with the slicing/shredding disc

1. Place the processing bowl on the non-slip mat, ensuring the surface is clean and level.
2. Fit the shredding/slicing disc with the spindle into the processing bowl.
3. Attach the lid onto the processing bowl and rotate the lid in a clockwise direction until it locks into position.
4. Insert the motor housing into the hole on the top of the processing bowl attachment until you hear a click. See Figure 5.
5. Plug the power cord into a 230-240 volt power outlet and turn the power on.

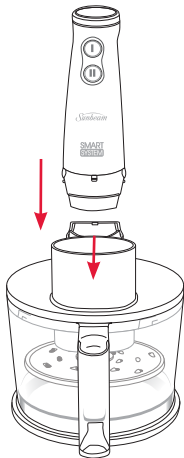


Figure 5

6. Remove the food pusher and place ingredients into the feed tube. Using the food pusher guide food down the feed tube evenly, while operating the power button with the other hand.

7. Select the optimal speed for the processing task by turning the speed control dial from 1 to 5 and then depressing the power button (I). Speed one on the speed control dial is the slowest and speed five is the fastest.

Note: All stick blenders are designed to operate only whilst the power buttons remain depressed.

8. For an extra boost of power during operation, the turbo speed button (II) may be depressed.

Note: The power button (I) should be released when selecting the turbo speed button (II).

9. To stop the stick blender, take your finger off the power button or turbo speed button.
10. To detach the processing bowl attachment, push the buttons at either side of the base of the motor housing until the two pieces separate. See Figure 6.

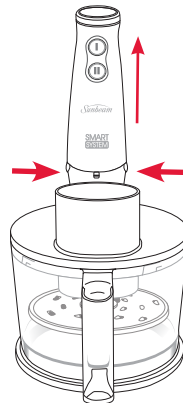


Figure 6

Using your StickMaster stick blender continued

Using the whisk attachment

1. Insert the whisk attachment onto the base of the motor housing until you hear a click. See Figure 7

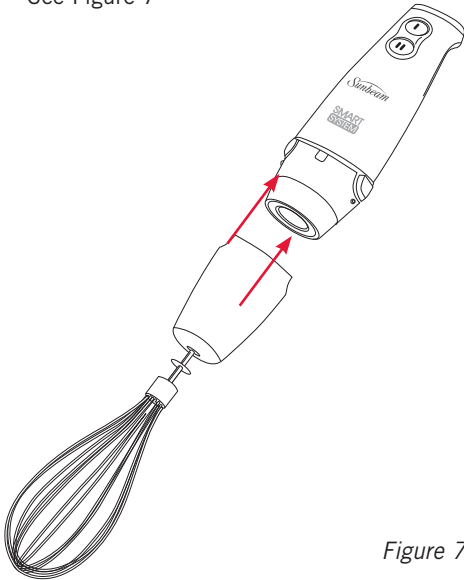


Figure 7

2. Plug the power cord into a 230-240 volt power outlet and turn the power on. Holding the stick blender, lower the whisk into food.
3. Select the optimal speed for whisking by gradually increasing the speed control dial from 1 to 5, or as desired, and then depressing the power button (I). Speed one on the speed control dial is the slowest and speed five is the fastest.

Note: All stick blenders are designed to operate only whilst the power buttons remain depressed.

4. For an extra boost of power during operation, the turbo speed button (II) may be depressed.

Note: The power button (I) should be released when selecting the turbo speed button (II).

5. To stop the stick blender, take your finger off the power button or the turbo speed button.
6. To detach the whisk attachment, push the buttons at either side of the base of the motor housing until the two pieces separate. See Figure 8.

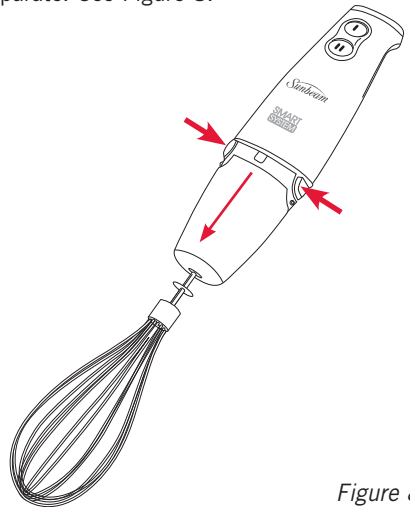


Figure 8

Using your StickMaster stick blender continued

Using the milk frothing attachment

1. Insert the milk frothing attachment onto the base of the motor housing until you hear a click. See Figure 9.

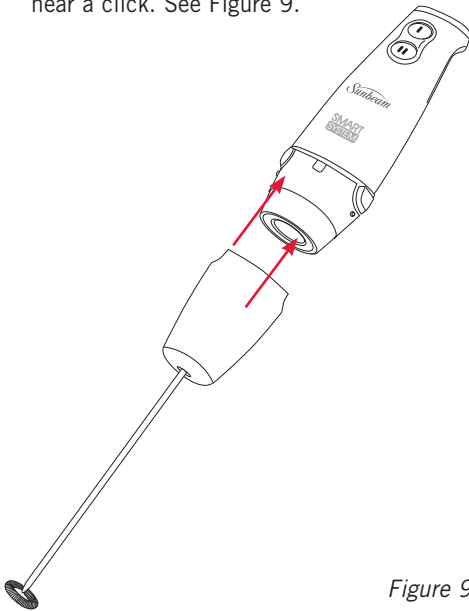


Figure 9

2. Plug the power cord into a 230-240 volt power outlet and turn the power on.
3. Holding the stick blender, lower the milk frother into milk. Select speed 1 on the speed control dial, and then depress the power button (I).

Note: All stick blenders are designed to operate only whilst the power buttons remain depressed.

Frother attachment should not be lifted from the milk while in operation.

4. To stop the stick blender, take your finger off the power button.
5. To detach the milk frother attachment, push the buttons at either side of the base of the motor housing until the two pieces separate. See figure 10.

Note: Please ensure to use a large enough jug when frothing as milk may splash. Milk volume can increase by up to 3-4 times of the original volume. A tall deep jug is recommended over a short shallow jug. Fat content and temperature of the milk will affect the way it froths.

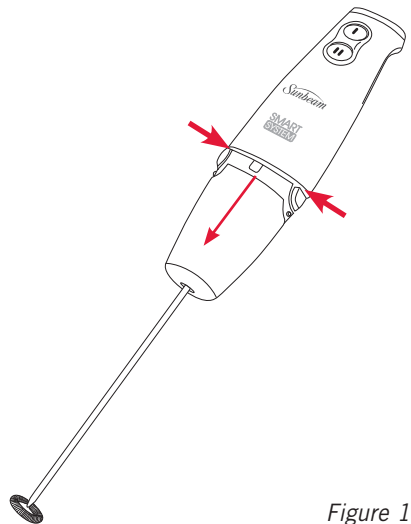














Figure 10

Note: Frother should not be used with hot liquids.

A Guide to your StickMaster stick blender

Attachment	Processing Task	Food	Suggested Setting	Suggested Processing Procedure
	Aerating	Milkshakes, Smoothies, Cocktails, Fruit Frappes	5	Use chilled milk. Blend until desired consistency is achieved.
	Pureeing	Soups, Sauces, Dips, Baby Food	3-5	Blend until smooth.
	Ice Crushing	Cocktails, Children's Ice Treats	5	Use small sized ice cubes.
	Emulsifying	Salad Dressing	3	Blend until well combined.
	Mincing	Red meat, Chicken fillets, Fish fillets, Prawns	4-5	Use the chopping blade.
	Chopping	Herbs, Nuts, Olives, Fruit, Vegetables	4-5	Use the chopping blade. Process in batches, to ensure evenly sized pieces.
	Dicing	Onions, Garlic, Ginger, Leeks, Carrots	4-5	Use the chopping blade.
	Crumbing	Bread Crumbs Biscuit Crumbs	2-3	Tear bread roughly. Use the chopping blade and process until desired consistency. Break into pieces and process until crumbed using the chopping blade.
	Slicing	Fruits (e.g. apples) Vegetables (e.g. zucchini, carrot, capsicum, cucumber).	4	Pick fruits that are the same size and thickness. Use the slicing disk. Trim all vegetables and wash before processing. Use the slicing disk.
	Shredding	Vegetables (zucchini, carrot, cabbage) Chocolate	4-5	Trim all vegetables and wash before processing. Use the shredding disk. Break block of chocolate into 2 or 3 pieces to fit into the feed tube, one piece at a time. Use the shredding disk.

A Guide to your StickMaster stick blender (continued)

Attachment	Processing Task	Food	Suggested Setting	Suggested Processing Procedure
	Whisking	Cream, Egg Whites, Light Batters	4-5	Lower whisk into food and whisk to desired consistency. Use a large vessel to avoid spillage .
	Milk Frothing	Milk, Cold and Warm beverages	1	Lower milk frother attachment into beverage and froth to desired consistency. Use a tall vessel to avoid spillage.

Care and Cleaning

After each use

1. Always remove the power cord from the power outlet before cleaning and remove the detachable stainless shaft of the stick blender.

Note: **DO NOT immerse**, that is, soak the detachable shaft of the stick blender in water because overtime the lubrication on the bearings can wash away.

2. Wash the detachable shaft under running water, without use of abrasive detergents.
3. When you have finished cleaning the detachable shaft of the stick blender, place it upright so that any water which may have got in, can drain out.
4. To clean attachments including the lid, the processing bowl, chopping blade, slicing/shredding disc, whisk and milk frothing attachment wipe with warm soapy water.
5. Dry thoroughly.

Important: Blades are extremely sharp, handle with care.

Note: Should the stainless steel chopping blade dull from extensive use, sharpening is recommended at your local sharpening shop to ensure consistent results.

For a quick wash up

Between processing tasks, hold the stick blender in the beaker half filled with water and depress the power button for a few seconds.

Motor Housing

Clean the motor housing with a damp cloth.

Important: Ensure that the motor housing is not immersed in water or any other liquid.

Recipes

Pesto

Makes 1 cup (approximately)

2 cups fresh basil leaves (approx 1 bunch)

2 cloves garlic

2 teaspoons lemon juice

½ cup pine nuts, roasted

60g pecorino or parmesan, grated

Salt and pepper, to taste

½ cup extra virgin olive oil

1. Place the basil, garlic, juice, pine nuts and cheese in the processor bowl fitted with the chopping blade. Process on speed 2 until chopped.
2. With the motor operating, add oil through the feed tube. Continue processing until combined. Season with salt and pepper.

Hummus

Makes 2 cups (approximately)

420g can chickpeas, drained

¼ cup tahini

¼ cup lemon juice

1 tablespoon water

¼ cup olive oil

1 clove garlic, crushed

½ teaspoon ground cumin

Salt and pepper, to taste

1. Place all ingredients into the processor bowl fitted with the chopping blade. Process on speed 4 until combined and smooth.
2. Season with salt and pepper. Serve as a dip or spread.

Recipes continued

Rocket, chilli and cashew nut dip

Makes about 2 cups

- 1 clove garlic
- 1 large red chilli, seeds removed and roughly chopped
- 3 cups wild rocket leaves
- ½ cup light olive oil
- 2-3 teaspoons lemon juice
- ⅔ cup unsalted toasted cashews
- ½ cup grated parmesan cheese
- Salt and freshly ground black pepper

1. Place the garlic, chilli, rocket, oil and juice in the processor bowl fitted with the chopping blade. Process on speed 2 until chopped. Scrape down any ingredients that may have come up the sides of the bowl.
2. Add cashews and cheese. Pulse again until a desired texture is achieved. Season with salt and pepper.

Chocolate Cherry Ripe Mousse

Serves 6

- 300ml thickened cream
- 3 eggs, separated
- 200g dark chocolate, chopped
- 30g butter, softened
- 80g cherry ripe, finely chopped

1. Using the whisk attachment, whip cream on speed 5 until soft peaks form. Wash and dry whisk attachment.
2. Using the whisk attachment, whip egg whites on speed 5 until soft peaks form.
3. Place chocolate in a microwave-safe bowl. Microwave on medium power (50%) for 1 minute; stir. Repeat process in 30 second intervals until melted. Add butter and stir until melted. Stir in egg yolks.
4. Fold through cream and egg whites in 2 batches. Fold through cherry ripe. Spoon into serving glasses. Refrigerate until firm.

Recipes continued

Buttermilk Pikelets

Serves 6

1 cup self raising flour

Pinch salt

½ teaspoon bicarbonate soda

¼ cup caster sugar

1 egg, lightly beaten

½ cup buttermilk

40g butter, melted

Jam and whipped cream, to serve

1. Sift dry ingredients into a bowl. Add sugar, egg, buttermilk and butter; using the whisk attachment, whisk until thoroughly combined.
2. Heat non stick frying pan over a medium heat.
3. Spoon heaped spoonfuls of batter in frying pan and cook on both sides until golden.
4. Serve warm with jam and whipped cream

Pizza Dough

Makes 2 thin pizzas or 1 thick pizza

2 teaspoons (7g) dry yeast

1 teaspoon sugar

¾ cup warm water

2 tablespoons olive oil

2 cups plain flour

½ teaspoon salt

1. Combine yeast, sugar and warm water in a bowl. Stir to combine. Cover mixture and stand in a warm place for 5 minutes until frothy; add oil.
2. Using the processing bowl fitted with the chopping blade, process flour, salt and yeast mixture on speed 1 until mixture forms a dough (about 10-15 seconds).
3. Remove blade. Turn dough onto a floured surface and knead for about 8-10 minutes or until the dough is firm and elastic. Place dough in a lightly greased bowl. Cover with plastic wrap and allow to rest in a warm place for 20-30 minutes or until dough has doubled in size.
4. Meanwhile, preheat oven to 240°C (220°C fan-forced)
5. Using your fist, punch down dough, fold sides to centre and turn dough over. Place dough onto a floured surface and lightly knead until smooth.

For a thin pizza crust: Halve dough. Roll dough out to about a 4-5mm thickness and place onto 2 oiled pizza trays.

For a thick pizza crust: Press dough onto an oiled pizza tray and allow to rest in a warm place until dough has risen again.

6. Spread with pizza sauce and assorted toppings.
7. Bake for 10-15 minutes or until crisp.

Recipes continued

Chocolate Chip Cookies

Makes 25

125g butter, softened

½ cup brown sugar, lightly packed

½ cup caster sugar

½ teaspoon vanilla essence

1 egg

1¾ cups self-raising flour

¼ teaspoon salt

1 cup chocolate chips

1. Preheat oven to 180°C (160°C fan-forced). Grease and line two baking trays.
2. Using the processor bowl fitted with the chopping blade, process butter, sugars and vanilla on speed 3 until well combined.
3. Remove the processing bowl cover and scrape the sides of the bowl.
4. Add egg and continue to process on speed 3 for 5 seconds. Once again remove the processing bowl cover and scrape the sides of the bowl.
5. Add flour and salt and process until combined. Transfer mixture to a bowl. Fold through chocolate chips. Roll mixture into small balls.
6. Place on baking trays, allowing room for spreading. Flatten balls slightly with a fork. Bake for 12-15 minutes or until golden. Allow to cool on trays.

Shortcrust pastry

1 ½ cups plain flour

125g butter, chilled, cubed

1 egg, whisked

2-3 tablespoons chilled water

1. Place flour and butter in the processor bowl fitted with the chopping blade and process until mixture resembles breadcrumbs. Add egg and 2 tablespoons water. Process until pastry comes together in a ball.
2. Turn pastry onto a lightly floured surface and knead gently. Wrap in baking paper. Refrigerate for 15 minutes or until firm.

Recipes continued

Fresh Tomato Soup

Serves 6

- 1 tablespoon butter
- 2 cloves garlic, crushed
- 2 onions, chopped
- 8 large tomatoes, peeled and quartered
- $\frac{1}{3}$ cup tomatoes paste
- 4 cups chicken stock
- 2 tablespoons Worcestershire sauce
- 1 tablespoon sugar
- 2 teaspoons fresh chopped oregano
- $\frac{1}{4}$ cup cream
- Salt and pepper, to taste

1. Melt butter in a large saucepan. Add garlic and onions; stir over low heat until tender.
2. Using the processor bowl fitted with the chopping blade, process tomatoes in batches until smooth. Add tomatoes to saucepan.
3. Add remaining ingredients except cream. Bring to boil. Reduce heat and simmer for 10 minutes. Remove from heat. Cool slightly.
4. Using the stainless steel shaft attachment, process soup until smooth, using a gentle up and down action.
5. Stir through cream and season with salt and pepper. Reheat over low heat if necessary.

Pumpkin Soup

Serves 4

- 1kg butternut pumpkin, chopped
- 1 onion, chopped
- 1 litre chicken stock
- $\frac{1}{3}$ cup cream or sour cream to serve (optional)
- Salt and pepper, to taste

1. Place pumpkin, onion and stock in a large saucepan. Bring to boil; reduce heat and simmer until pumpkin is soft. Cool slightly
2. Using the stainless steel shaft attachment, process soup until smooth, using a gentle up and down action.
3. Stir through cream and season with salt and pepper. Reheat over low heat if necessary.

Recipes continued

Herb and Lemon Lamb Patties

Makes 12

2 slices wholegrain bread
2 cloves garlic, halved
4 green onions, roughly chopped
½ cup flat-leaf parsley leaves
½ cup mint leaves

1 lemon, rind grated, juiced

550g lean lamb mince

1 egg

Salt and pepper, to taste

1. Using the processor bowl fitted with the chopping blade, process bread until crumbs are formed. Transfer to a bowl.
2. Add garlic, onions, parsley, mint and lemon rind to the processor bowl. Process on speed 3 until finely chopped.
3. Add mince, 1 tablespoon lemon juice, egg and breadcrumbs. Season with salt and pepper. Pulse until combined and mixture comes together.
4. Remove mixture from bowl; divide into 12 patties. Place on a plate.
5. Heat a frypan over medium heat. Grease with cooking oil spray. Cook patties for 3-4 minutes each side or until cooked through.
6. Serve patties on burgers or with a salad.

Tzatziki

Makes 1 ¼ cups (approx)

1 small Lebanese cucumber

250g Greek-style yoghurt

½ cup mint leaves

2 teaspoons lemon juice

Salt and pepper, to taste

1. Using the processor bowl fitted with fitted with the shredding disc, feed the cucumber through the feed tube using the food pusher. Remove cucumber from bowl and place in sieve. Using your hands, squeeze out excess liquid.
2. Using the processor bowl fitted with the chopping blade, process yoghurt, mint and lemon juice until smooth. Transfer yoghurt mixture to a bowl. Add cucumber and stir to combine. Season with salt and pepper.

Recipes continued

Corn Fritters

Makes 12

- 4 fresh corn cobs
- ½ cup flat-leaf parsley leaves
- 1 cup self-raising flour
- 5 eggs
- 4 green onions, thinly sliced
- Salt and pepper, to taste
- Cream cheese, smoked salmon and rocket, to serve

1. Using a sharp knife, cut corn kernels from cobs. Place half the corn in a large mixing bowl.
2. Using the processor bowl fitted with the chopping blade, process remaining corn, parsley, flour and 3 whole eggs on speed 3 until combined.
3. Transfer mixture to corn bowl. Stir in green onions. Season with salt and pepper.
4. Separate remaining eggs. Discard yolks. Using the whisk attachment, whisk egg whites to soft peaks. Fold egg whites into corn mixture.
5. Heat a frypan over medium heat. Spray with cooking oil spray. Add heaped tablespoons of mixture. Cook for 2-3 minutes each side or until golden.
6. Serve fritters, topped with cream cheese, smoked salmon and rocket.

Thai Fish Cakes

Makes 25 (approx)

- 500g firm white fish fillets (ie. Ling, Gemfish, Redfish)
- 1 teaspoon fish sauce
- 2 tablespoons mild red curry paste
- 50g green beans, chopped finely
- Oil, for deep frying
- Sweet chilli sauce and lime wedges, to serve
- Coriander leaves, to garnish

1. Using the processor bowl fitted with the chopping blade, process fish, fish sauce and curry on speed 5 for 30- 40 seconds or until smooth.
Note: Be careful not to over process the seafood as this will toughen the fish cakes.
2. Transfer mixture to a bowl and stir through beans.
3. Using wet hands, roll tablespoons of mixture into balls, flatten slightly and place on a plate.
4. Deep-fry fish cakes until golden and cooked through. Drain on absorbent paper towel.
5. Serve with sweet chilli dipping sauce and lime wedges; garnish with coriander.

Recipes continued

Herb Crumbed Schnitzel

Makes 4

- 4 slices mixed grain bread, torn
- 1/3 cup flat-leaf parsley
- 1 tablespoon chopped chives
- 1 tablespoon thyme leaves
- 2 garlic cloves, halved
- 1/4 cup finely grated parmesan cheese
- Salt and pepper, to taste
- 1/3 cup flour
- 2 eggs, lightly beaten
- 2 tablespoons milk
- 4 thin veal schnitzels
- Vegetable oil, for frying

1. Using the processor bowl fitted with the chopping blade, process bread until crumbs are formed. Transfer to a large bowl.
2. Add herbs and garlic to the processor bowl. Process on speed 3 until finely chopped. Add breadcrumbs and cheese. Pulse until combined. Season with salt and pepper. Transfer to a flat plate.
3. Using the whisk attachment, whisk egg and milk together in a bowl. Place flour in a separate shallow bowl.
4. Coat veal lightly in flour, shaking off excess. Dip in egg mixture. Lightly press in breadcrumb mixture.
5. Heat oil in a large frypan over medium-high heat. Cook veal in batches for 2-3 minutes each side or until golden and cooked through. Drain on absorbent paper towel.
6. Serve veal with crispy potatoes and mixed salad.

Bacon and Mushroom Quiche

Serves 6

- Cooking oil spray
- 1/4 cup packaged breadcrumbs
- 125g tasty cheese
- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 100g shortcut bacon, chopped
- 150g button mushrooms, sliced
- 4 eggs
- 1 cup milk
- 1/2 cup thickened cream
- 1/2 cup self-raising flour
- Salt and pepper, to taste

1. Preheat oven to 180°C (160°C fan-forced). Lightly grease a 23cm pie dish with cooking oil spray. Coat the inside of dish with bread crumbs and shake out excess.
2. Using the processor bowl fitted with the shredding disc, feed the cheese through the feed tube using the food pusher.
3. Heat oil in a fry pan over medium heat. Add onion, bacon and mushrooms. Cook for 3-4 minutes or until onions and mushrooms are soft. Transfer to a bowl.
4. Using the processor bowl fitted with the chopping blade, process eggs, milk, cream and flour on speed 4 for 20 seconds. Season with salt and pepper.
5. Place the bacon mixture into the prepared dish. Sprinkle with grated cheese. Pour over the egg mixture.
6. Bake for 45-50 minutes or until set. Stand for 10 minutes before slicing.
7. Serve quiche with salad.

Recipes continued

Banana Smoothie

Serves 2

- 1 large ripe banana, peeled, chopped
- ¼ cup natural yoghurt
- 1 scoop vanilla ice cream
- 1 cup milk
- 1 tablespoon honey

1. Place all ingredients into a large jug.
2. Using the stainless steel shaft attachment, process until smooth and frothy.

Breakfast Shake

Serves 2

- 1 cup milk
- ½ cup vanilla yoghurt
- 125g soft fresh fruit (strawberries, passionfruit, banana), chopped
- 1 tablespoon wheat germ or bran

1. Place all ingredients into a large jug.
2. Using the stainless steel shaft attachment, process until smooth and frothy.

Vanilla Milk Shake

Serves 2

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

1. Place all ingredients into a large jug.
2. Using the stainless steel shaft attachment, process until smooth and frothy.

Tip: For a chocolate milkshake variation, substitute vanilla ice cream for chocolate ice cream and add some chocolate topping or syrup, to taste.

Hot Chocolate

Serves 2

- ¾ cups warm milk
- 2 tablespoons drinking chocolate
- ¼ cup boiling water
- Marshmallows, to serve

1. Place milk in a large jug. Using the milk frother attachment, on the lowest speed (speed 1) for about a 1 min or until frothy.
2. Place drinking chocolate in 2 tall glasses; top with boiling water and stir to dissolve. Top with frothy milk. Serve with marshmallows.

Irish Cream Cappuccino

Serves 2

- ¾ cup warm milk
- 2 espresso coffee
- 30mls Irish cream liqueur
- Cocoa, to serve

1. Place milk in a large jug. Using the milk frother attachment, process on the lowest speed (speed 1) for about 1 min or until frothy.
2. Place the espresso in 2 cappuccino cups. Stir in liqueur. Top with frothy milk. Dust lightly with cocoa, to serve.

Notes

Notes

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