

*Sunbeam*

**CAFE SERIES**

COMMERCIAL DESIGN GUARANTEED PERFORMANCE

# BLENDER

## Instruction & Recipe Booklet

Please read these instructions carefully and retain for future reference



# 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

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# Sunbeam's Safety Precautions

## SAFETY PRECAUTIONS FOR YOUR SUNBEAM CAFÈ SERIES BLENDER.

- Ensure fingers are kept well away from the blades when in use. The processing baton may be used while the motor is running with the main part of the lid in place.
- Always operate on a flat level surface.
- Ensure the control dial is in the "OFF" position and the jug is in place before plugging into the power outlet.
- Do not operate on low speed for more than 30 seconds at a time when blending heavy loads.
- Always remove the plug from the power outlet when the blender is not in use, before disassembling, putting on or taking off parts, and before cleaning other than washing the jug.
- Blade is sharp, handle carefully.
- Always operate the blender with the lid in place.
- Do not place the blade assembly onto the motor base without it being correctly fitted to the jug.
- The maximum load capacity of the jug is 2 litres, and substantially less with thick mixtures.
- When making peanut butter (or other nut butters, or oil based foods) do not process for more than one minute after mixture starts circulating. Over-processing will cause the mixture in the jug to overheat.
- Jug should not be more than 2/3 full when the processing baton is left in place while blending. Do not exceed 30 seconds of continuous blending with processing baton in place.
- The blender is fitted with a safety switch to prevent the motor operating unless the jug is in place.
- Do not blend boiling ingredients, allow to cool before placing in jug.

# Sunbeam's Safety Precautions

**Sunbeam are 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.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Young children should be supervised to ensure that they do not play with the appliance.
- 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.

If you have any concerns regarding the performance and use of your appliance, please visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

# Features of your Sunbeam Cafè Series™ Blender

## Ingredient cap

Handy 60ml ingredient cap.

## Jug lid with removable ingredient cap

To provide the necessary safety, the lid seals tightly to the jug and features a pouring hole, that allows you to add ingredients during the processing.

## 2 litre square jug

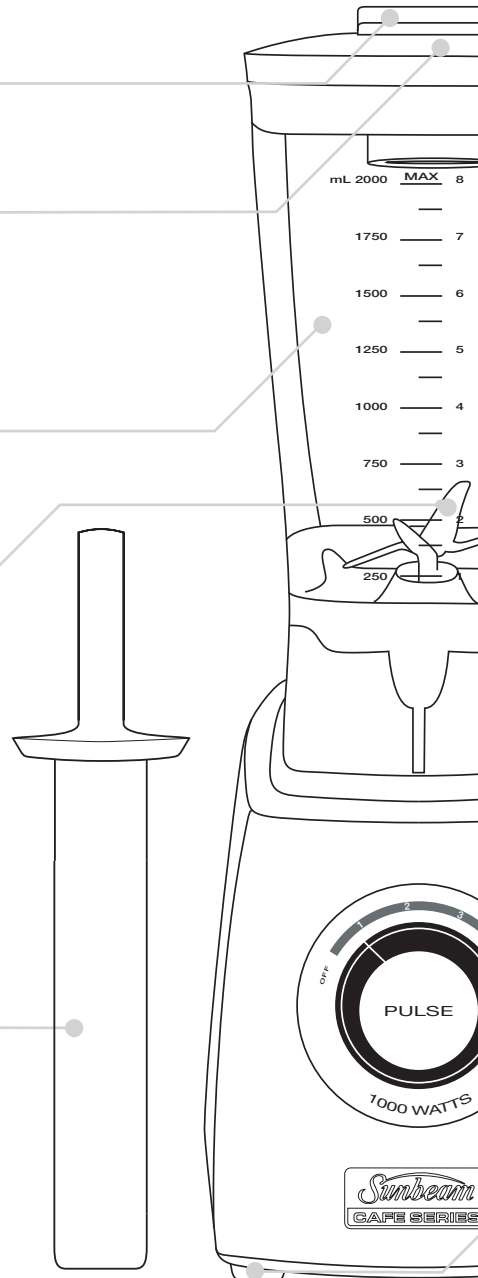
Inherent with superior blending performance the square jug design has a large 2 litre capacity and is constructed from clear engineering grade polycarbonate for its lightweight and impact resistant properties.

## Stainless steel blade assembly

Configured to optimise all processing tasks and provide the ultimate performance, the precision cut and sharpened stainless steel blade assembly is mounted on a sealed bearing for faster speed and longer life.

## Processing baton

Specially designed to assist during demanding processing tasks, the baton allows you to safely push food into the blades while the blender is operating.





**Removable blade assembly**

Blade assembly is removable for thorough cleaning.

**Dampener**

The rubber dampener locates and keeps the jug stable in 4 positions during processing, wipes clean and also protects the long life metal-to-metal driver.

**Variable speed control and pulse**

The variable speed control and pulse function provide maximum versatility for a wide range of food processing tasks rather than purely blending of liquids.

**Heavy-duty 1000 watt motor**

Enables blade speeds to reach up to 22,000 revolutions per minute (RPM) delivering the power to uniformly chop small or large quantities of ingredients regardless of the load. Its high performance and reliability are backed by a 5 year motor guarantee.

**Non-slip feet**

Heavy-duty non-slip feet ensure the blender remains stable and prevents slipping on the bench top during use.

**Cord wrap**

Cord wraps away to keep bench top clean.

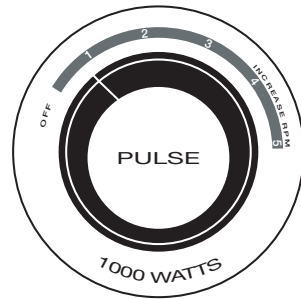
# Speed dial and Pulse function

## Variable speed dial

Turn the speed control dial in a clockwise direction and the blender automatically starts. The variable speed dial allows you to select continuously variable motor speeds ranging from 7,000 to 22,000 revolutions per minute (free load).

## Pulse button

The Pulse feature provides short bursts of power, to activate depress the Pulse button and hold down as long as needed. Ideal for crushing ice, preparing breadcrumbs, grinding chocolate, nuts and biscuits and for refreshing ingredients in the jug.



# Lid assembly

The lid is easy to position on or remove, and to clean for quick operation, see figure 1.

1. Simply push lid down firmly to seal.
2. To secure the measuring cap, slide it into the top of the rubber lid and rotate to lock.
3. The measuring cap can be removed when using the processing baton or when adding ingredients.

**Note:** As there is no locking design we advise that you place your hand on the lid as you initially start processing.

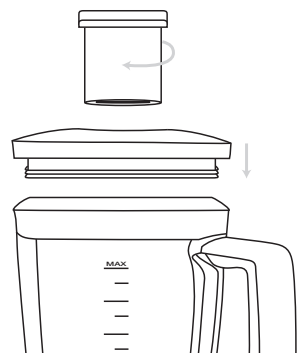


Figure 1



# Operating your Cafè Series™ Blender

1. Place the jug on the motor base by locating it over the nodules on the rubber dampening pad. The jug can be placed on the motor base in 4 different positions.

2. Place ingredients into the jug.

**Note:** Do not operate the blender when the jug is empty.

3. Place the lid firmly into position on the jug. Always ensure the measuring cap is in place when processing except when the processing baton is inserted through the opening in the lid.

**Note:** Always have the lid in position during processing.

4. Using the variable speed dial, select the desired processing speed from 1 – 5 and this will provide continuous processing until the dial is turned anti-clockwise to the OFF position.

Due to the high processing speed of the Cafè Series™ Blender, processing times are significantly reduced over those of standard blenders. Therefore we advise that until you are familiar with the speed of the Cafè Series™ Blender that you keep a close watch on ingredients being processed.

**Tip:** Once processing has commenced, further ingredients can be added by removing the measuring cap and pouring ingredients through the hole in the lid.

**Note:** Wait until blade comes to a complete stop before removing the lid or jug.

# Blade assembly

**Important:** Always ensure the blender is unplugged from the power outlet before fitting or removing the blade assembly. Always handle the blade assembly with caution, as the blades are extremely sharp. To assemble the blade assembly follow these steps and refer to figure 2;

1. Position blade assembly into position in jug.
2. Whilst carefully holding the blade assembly in position place the locking nut on the underside of the jug and tighten.
3. Using the spanner tighten and lock the blade assembly onto jug.

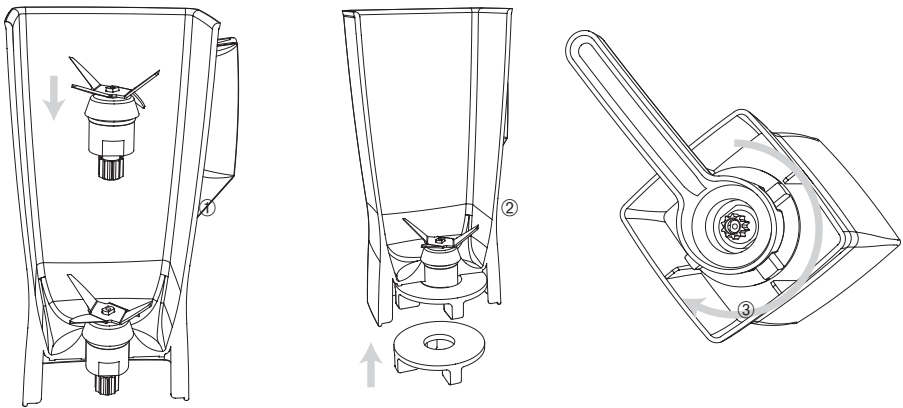


Figure 2

# Processing Baton

Specially designed to assist during demanding processing tasks, the baton allows you to safely push food down into the blades while the blender is operating. See figure 3.

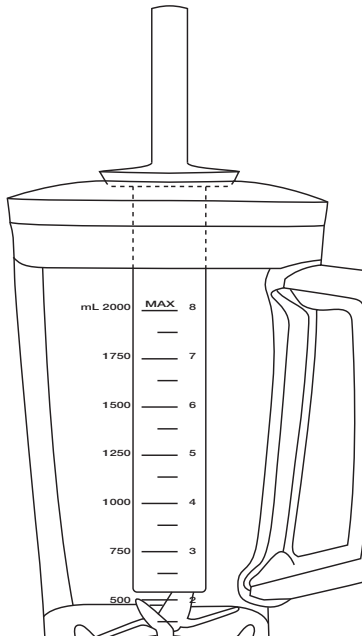


Figure 3

**Note:** When using the processing baton ensure the lid is firmly in place and the measuring cap is removed.

## Uses for the processing baton

- The processing baton can be used as a scraper or spatula to easily remove thick mixtures such as batters and sauces from the jug.
- Use the processing baton to encourage hard to process ingredients into the blades.
- Using the processing baton reduces blending times.

# Care and Cleaning

**Note:** Ensure that the blender is unplugged from the power outlet prior to cleaning.

## **Dishwashing**

All parts of the Café Series™ Blender, excluding the motor base can be placed in the dishwasher for effortless cleaning after processing.

## **Quick clean**

Half fill the blender with warm water and a small amount of detergent. Position the jug on the motor base and run the blender for 20-30 seconds. Remove the jug, rinse it under running water and then allow to air dry.

## **Thorough cleaning**

After completing the quick clean, should any ingredients remain, using the spanner, remove the blade assembly and wash both the jug and blade assembly in warm soapy water. Rinse well and dry.

Rinse the lid, ingredient cap and processing baton under running water and wash with warm soapy water. Rinse well and dry.

## **To clean the motor base**

Use a damp, soft sponge with mild detergent and wipe over the motor base.

**Note:** Never immerse the motor base in water or other liquid.

# Helpful blending hints

- Use the processing baton to remove thick mixtures from the container.
- Make caster sugar or pure icing sugar from regular sugar. Simply place up to 2 cups of sugar into the jug and continue to pulse mixture for caster sugar or blend on speed 4 for icing sugar.
- Ice cubes can be blended to make fluffy ice shavings. Place up to 8 large ice cubes into the jug and Pulse until a snow like texture is achieved.
- Achieve crushed ice suitable for snow cones, simply place 1 tray of ice cubes into the jug with approximately 30mls of water and pulse until combined.
- When freezing fruit make sure the fruit is of the best quality. Peel all fruit that has skin that cannot be pureed. Chop fruit into even size chunks approximately 3cm square. If strawberries are large, cut in half. Peel bananas and cut into even size chunks. Lay fruit in a single layer on a tray, cover and freeze. Remove pulp from passionfruit and freeze in ice cube trays. Once frozen, transfer into sealable bags or freezer containers. This way you will always have fruit ready to blend.
- When chopping ingredients such as onions, nuts or biscuits use the pulse button. This helps you to achieve a perfect result without overprocessing.
- Thickened cream can be whipped in seconds. Blend on speed 4 until the mixture thickens then use the processing baton to check the cream for the desired texture.
- Ensure all fruit juices are chilled before blending as this will help to keep drinks colder for longer.
- When making thick shakes don't use hard ice cream straight from the freezer. Leave ice cream out for approximately 5 minutes before blending, this time may vary depending on how cold your freezer is. Ice cream with a higher cream content may need a little extra milk and always place ice cream in the jug in small pieces, never in large chunks.

**Note:** Never fill above the maximum level indicator of 2 litres.

**Note:** Ensure the lid is firmly and securely placed on the jug and do not operate the blender without the lid on. If you wish to add any additional ingredients remove the ingredient cap and add as necessary.

# Recipes

## **BLENDED MILK DRINKS**

For all recipes in this section unless otherwise stated; follow these steps:

1. Place all ingredients into jug and place lid firmly on jug.
2. Pulse mixture 5 times.
3. Slowly increase the speed to 5 and blend for approximately 20 seconds or until the drink is well combined.

### **Strawberry Madness**

- 350ml tropical juice
- 5 frozen strawberries
- 1 frozen banana, cut into 3
- 1 scoop (60g) frozen vanilla yogurt

### **Mango Tango**

- 350ml mango nectar
- 100g frozen mango pieces
- 1 small frozen banana, cut into 3
- 1 passionfruit (pulp fresh or frozen)
- 1 scoop (60g) frozen vanilla yogurt

### **Crazy Cranberry**

- 400ml cranberry juice
- 2 frozen bananas cut into 6
- 1 scoop (60g) frozen vanilla yogurt

### **Choc Banana**

- 250ml low fat milk
- 3 large ice cubes
- 1 frozen banana, cut into 3
- $\frac{1}{4}$  cup chocolate syrup
- 2 scoops (120g) frozen vanilla yogurt or ice cream

### **Classic Banana Smoothie**

- 500ml skim milk
- 2 medium bananas, roughly chopped
- $\frac{1}{2}$  cup low fat yogurt
- 1 tablespoon honey
- $\frac{1}{4}$  teaspoon cinnamon
- 4 ice cubes (optional)

### **Classic Milkshake**

- 250ml milk
- 2 scoops ice cream – any flavour
- 2 tablespoons topping – any flavour

### **Iced Coffee**

- 2 tablespoons instant coffee dissolved in
  - 2 tablespoons boiling water
  - 2 cups milk
  - 4 ice cubes or 2 scoops vanilla ice cream whipped cream to serve
1. Place all ingredients into jug and place lid firmly on jug.
  2. Slowly increase the speed to 5 and blend for approximately 20 seconds or until the drink is well combined.
  3. Pour into glasses and top with whipped cream, dust with chocolate.

### **Classic Thick Shake**

- 270g chocolate ice cream
  - $\frac{1}{3}$  cup milk
1. Place all ingredients into jug and place lid firmly on jug. Remove the measuring cap and insert the processing baton.
  2. Slowly increase the speed to 5 and use the processing baton to move the ice cream during processing. This helps to get a thick, creamy thick shake faster.
  3. Spoon into glasses.

## Recipes (continued)

### **Berry Yogurt Thick Shake**

270g frozen berry yogurt

¼ cup frozen mixed berries

½ cup milk

1. Place all ingredients into jug and place lid firmly on jug. Remove the measuring cap and insert the processing baton.
2. Slowly increase the speed to 5 and use the processing baton to move the ice cream during processing. This helps to get a thick, creamy thick shake faster.
3. Spoon into glasses.

### **Tim Tam Thick Shake**

3 Arnott's Original Tim Tams, roughly chopped

4 scoops vanilla ice-cream

200ml milk

2 Tim Tam Fingers, to garnish

1. Place all ingredients into jug and place lid firmly on jug. Remove the measuring cap and insert the processing baton.
2. Slowly increase the speed to 5 and use the processing baton to move the ice cream during processing. This helps to get a thick, creamy thick shake faster.
3. Spoon into glasses.

## Recipes (continued)

### **NON DAIRY BLENDED DRINKS**

For all recipes in this section follow these steps:

1. Place all ingredients into the jug and place lid firmly on jug.
2. Pulse mixture 5 times.
3. Slowly increase the speed to 5 and blend for approximately 30 seconds or until the drink is well combined.

#### **Melon Ball**

- 150ml apple juice
- 200ml guava nectar
- 100g frozen rockmelon pieces
- 100g frozen honey dew pieces
- 100g fresh watermelon pieces
- 1 scoop (60g) lemon sorbet

#### **Pine Orange**

- 350ml Pine-orange juice
- 150g frozen pineapple chunks
- 2 small oranges, peeled
- 3 large ice cubes

#### **Berry Blast**

- 350ml apple juice
- 200g frozen mixed berries
- 1 scoop (60g) frozen raspberry sorbet

#### **Coconut Dream**

- 300ml Pineapple juice
- 50ml light coconut milk
- 150g frozen strawberries
- 1 scoop (60g) frozen mango sorbet

#### **Fruity Fantasy**

- 180ml fresh orange juice
- 90ml pineapple juice
- 250g fresh strawberries
- 100g fresh honeydew melon pieces
- 100g fresh rockmelon pieces
- 8 small ice cubes



## Recipes (continued)

### COCKTAILS

For all recipes in this section unless otherwise stated; follow these steps:

1. Place all ingredients into jug and place lid firmly on jug.
2. Pulse mixture 4-5 times.
3. Slowly increase the speed to 5 and blend for approximately 20 seconds.

#### Frozen Lime Margarita

**Serves 2**

60ml tequila  
30ml fresh lime juice  
60ml Cointreau or triple sec  
30ml sugar syrup  
14 small ice cubes

#### Strawberry Daiquiri

**Serves 2**

90ml Bacardi rum  
60ml fresh lime juice  
60ml sugar syrup  
6 strawberries, quartered  
14 small ice cubes

#### Pina Colada

**Serves 2**

90ml Bacardi rum  
120ml pineapple juice  
60ml coconut cream  
30ml Malibu rum  
30ml sugar syrup  
14 small ice cubes

#### Splice

**Serves 2**

60ml Midori  
60ml Malibu rum  
120ml pineapple juice  
80ml cream  
14 small ice cubes

#### Mocha Madness

**Serves 2**

30ml espresso coffee  
60ml Baileys  
60ml vodka  
1 scoop chocolate ice cream  
14 small ice cubes

#### Eggnog

**Serves 2**

30ml sugar syrup  
60ml brandy  
60ml dark rum  
2 eggs  
8 small ice cubes  
Milk  
1. Place all ingredients into jug and place lid firmly on jug.  
2. Slowly increase the speed to 5 and blend for approximately 20 seconds.  
3. Pour into glasses and top up with milk.

#### Frozen Cosmopolitan

**Serves 2**

20ml citron vodka  
40ml vodka  
60ml Cointreau  
120ml cranberry juice  
1 teaspoon lime juice  
8 small ice cubes

**DESSERTS**

**Sticky Date Pudding**

**Serves 8**

- 200g coarsely chopped dried dates
- 1 teaspoon bicarbonate soda
- 1 ¼ cups boiling water
- 60ml olive oil
- 1 cup firmly packed brown sugar
- 1 cup self raising flour
- ¼ teaspoon mixed spice
- 2 eggs

**Butterscotch sauce**

- 140g butter
  - <sup>2</sup>/<sub>3</sub> cup firmly packed brown sugar
  - 1 cup (250ml) thickened cream
1. Preheat oven to 180°C. Grease and line a 20cm cake pan with baking paper.
  2. Place dates, soda and water into the jug and place the lid firmly on jug. Allow the mixture to stand for 5 minutes.
  3. Add oil and sugar and Pulse 3 times.
  4. Add remaining ingredients and Pulse mixture until just combined. Scrape down sides of jug if necessary. Do not over process.
  5. Pour mixture into prepared pan and bake for about 1 hour or until cooked when tested with a wooden skewer. Remove from oven and stand for 5 minutes before turning out onto a wire rack.
  6. Serve pudding with butterscotch sauce. To make sauce, heat all ingredients in a small saucepan over a low heat until combined.

**Baked Lemon Cheesecake**

**Serves 10**

- 250g plain biscuit
  - 2 teaspoons nutmeg
  - 125g melted butter
  - 250ml thickened cream
  - 3 eggs
  - ½ cup caster sugar
  - 2 teaspoon grated lemon rind
  - 2 tablespoons lemon juice
  - 500g cream cheese, room temperature, cubed
1. Place biscuits into jug and place lid firmly on jug.
  2. Pulse biscuits until crumbled.
  3. Add the nutmeg and melted butter and place lid firmly on jug. Remove the measuring cap and insert the processing baton. Slowly increase the speed to 2 and process until combined.
  4. Press crumb mixture into the base and sides of a greased 20cm springform pan. Place on a baking tray and refrigerate for 30 minutes.
  5. Place remaining ingredients into the cleaned jug and place lid firmly on jug. Slowly increase speed to 5 and process for approximately 15 -20 seconds or until the mixture is smooth.
  6. Pour filling into crust and bake in oven at 160°C for approximately 50 minutes or until just firm. Cool in oven with door ajar. Refrigerate for several hours before serving. Serve with Raspberry Coulis (recipe over page).

## Recipes (continued)

### Raspberry Coulis

300g frozen raspberries, thawed

¼ cup caster sugar

2 tablespoons Cointreau or triple sec

1. Place all ingredients into the jug and place lid firmly on jug.
2. Slowly increase the speed to 4 and process for approximately 20 seconds or until the mixture is well pureed.
3. Strain mixture through a fine sieve.

**Other serving suggestions:** serve with cheesecake, chocolate cake, waffles and ice cream.

### Banana Cake

**Serves 10**

2¼ cups self raising flour

½ teaspoon salt

1 teaspoon cinnamon

½ teaspoon nutmeg

2 eggs

180g butter, room temperature, chopped

½ cup buttermilk

1½ cups raw sugar

1 teaspoon white vinegar

1 teaspoon vanilla essence

1½ cups very ripe mashed banana

1. Preheat oven to 180°C. Grease and line a 20cm baba pan.
2. Sift flour, salt, cinnamon and nutmeg into a large bowl.
3. Combine the eggs, butter, milk, sugar, vinegar, essence, and bananas into jug and place lid firmly on jug.

4. Slowly increase speed to 4 and process until the mixture has combined (mixture will separate at this stage but will come back together when mixed with dry ingredients).
5. Pour the banana mixture into the dry ingredients and mix with a wooden spoon until combined.
6. Pour mixture into prepared tin and bake for about 40 minutes or until cooked when tested with a skewer.
7. Allow cake to cool in pan for 5 minutes before transferring to a wire rack to cool.

### Cream Cheese Icing

250g softened cream cheese

¼ cup butter

1 teaspoon vanilla

3 cups icing sugar mixture

¼ cup passionfruit pulp

Combine cream cheese, butter and vanilla in a small bowl. Using an electric mixer beat until smooth. Add the icing sugar mixture and beat until smooth. Reduce speed and add passionfruit. Spread over cooled cake.

**SOUPS**

**Roast Pumpkin Soup**

**Serves 4**

- 1.5kg pumpkin
- 2 tablespoons olive oil
- Sea salt & freshly ground black pepper
- 20g butter
- 1 onion, chopped
- 1 litre chicken stock
- 1/3 cup cream or sour cream to serve (optional)

1. Preheat oven to 200°C.
2. Remove skin and seeds from pumpkin and cut into even sized chunks.
3. Place pumpkin in an oven dish and drizzle with half the oil. Season with a little salt and pepper. Bake in oven for about 40 minutes or until cooked.
4. In a large saucepan heat remaining oil and butter. Add onion and cook until tender. Add the pumpkin and stock and bring to the boil. Reduce heat, simmer, uncovered, for 10 minutes. Cool before processing.
5. Place half of the soup mixture into the jug and place lid firmly on jug.
6. Slowly increase the speed to 4 and process for approximately 15 seconds or until smooth. Repeat with remaining soup.
7. Return pureed soup to saucepan.
8. Reheat until soup is hot. Serve with cream and extra ground pepper if desired.

**Mexican style Tomato Soup**

**Serves 6**

- 1 tablespoon olive oil
- 2 onions, chopped
- 2 cloves garlic, crushed
- 2 teaspoons cumin powder
- 1 teaspoon chilli powder
- 3 x 400g can chopped tomatoes
- 500ml water
- 1 teaspoon brown sugar
- 1 tablespoon vinegar
- 2 x 400g cans red kidney beans, rinsed, drained
- Sour cream and flour tortillas to serve

1. Heat oil in a large saucepan, add onions and garlic and cook on a medium heat until onions start to soften; add the cumin and chilli powder and cook, stirring, until the spices become fragrant. Add the tomatoes, and water; simmer for 20 minutes. Remove from heat.
2. Stir through the sugar, vinegar and beans; allow to cool.
3. Place half of the soup mixture into the jug and place lid firmly on jug.
4. Slowly increase the speed to 4 and process for approximately 15 seconds or until smooth. Repeat with remaining soup.
5. Return soup to saucepan to heat through; serve with sour cream and warm flour tortillas.

**Potato and Leek Soup**

**Serves 4**

- 1 tablespoon olive oil
- 2 small rashers bacon, chopped
- 3 medium leeks, sliced thinly
- 1 kg potatoes, peeled and chopped roughly
- 2 litres chicken or vegetable stock
- Freshly ground black pepper
- ½ cup grated Parmesan

1. Heat oil in a large saucepan; add bacon and cook, stirring occasionally, until crisp. Remove from pan.
2. Add leeks to same pan and cook, stirring for about 5 minutes or until leeks are tender. Add potatoes and stock and bring to the boil; reduce heat and simmer, uncovered, for about 40 minutes.
3. Remove from heat; cool. Place half of the soup mixture into the jug and place lid firmly on jug.
4. Slowly increase speed to 4 and process for approximately 15 seconds or until smooth. Pour back in with remainder of soup.
5. Add cooked bacon to soup and reheat until soup is hot. Season to taste with freshly ground pepper.
6. Serve soup topped with parmesan cheese.

## DIPS

### Roasted Beetroot Dip

Makes approx 3 cups

- 5 large (1.1kg) fresh beetroot
- $\frac{2}{3}$  cup (200g) natural yogurt
- $\frac{1}{2}$  cup (120g) low fat sour cream
- $\frac{1}{2}$  cup (125ml) orange juice
- $\frac{1}{2}$  teaspoon cumin powder
- 1-2 tablespoons horseradish

1. Preheat oven to 200°C. Trim the beetroot leaving a 2cm stalk attached. Wash beetroot carefully removing all dirt but do not damage the skin. Wrap each beetroot individually in aluminium foil.
2. Place beetroot on a baking tray and bake in oven for about 1-1 $\frac{1}{4}$  hours or until tender. Turn the beetroot every 15 minutes.
3. Remove beetroot from oven; open foil and allow beetroot to cool for 15 minutes. Using a sharp knife, remove stems and peel away skin. Cut beetroot quarters.
4. Place beetroot and remaining ingredients into the jug and place lid firmly onto jug.
5. Pulse mixture about 8 times. Remove the measuring cap and insert the processing baton.
6. Slowly increase the speed to 2 and using the baton process mixture until desired texture is achieved.

Serve with crackers or sliced Turkish bread

## Hummus

- 420g can chickpeas, rinsed, and drained
- $\frac{1}{4}$  cup tahini
- $\frac{1}{4}$  cup lemon juice
- 1 tablespoon water
- $\frac{1}{4}$  cup olive oil
- 1 clove garlic, crushed
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon salt

1. Combine ingredients into the jug and place lid firmly on jug.
2. Slowly increase speed to 4 and process for approximately 10-15 seconds or until smooth.
3. Transfer mixture into a bowl and refrigerate for 1-2 hours before serving.

**Serving suggestions:** serve hummus with toasted pita crisps; simply cut pita bread into triangles, brush with olive oil and season with a little salt and cumin seeds. Bake in oven at 200°C for about 5 minutes or until crisp.

## Recipes (continued)

### **Baba ghanoush**

- 2 large eggplants
- 2 cloves garlic
- 2 tablespoons tahini
- ¼ cup lemon juice
- ¼ teaspoon sweet paprika
- sea salt and freshly ground black pepper
- 1 tablespoon good quality Extra Virgin olive oil

1. Pierce eggplants all over with a fork. Cook eggplants under a griller until the skin blackens and the flesh is soft. Allow eggplants to cool for 20 minutes before removing skin; drain for 10 minutes.
2. Place all ingredients into jug and place lid firmly onto jug.
3. Pulse mixture about 4 times. Remove the measuring cap and insert the processing baton.
4. Slowly increase speed to 2 and using the baton process mixture until desired texture is achieved.
5. Transfer mixture into a bowl and refrigerate for 1-2 hours before serving. Drizzle extra virgin olive oil over the top before serving.

Serve with crusty fresh bread

### **Guacamole**

- 2 ripe avocados, peeled, seeds removed
- 1 clove garlic
- 1 tablespoon lemon juice
- dash Tabasco sauce
- 1 jalapeno chilli, sliced
- ¼ cup fresh coriander leaves
- 1 tomato, chopped

1. Place all ingredients into jug except for tomato and place lid firmly onto jug.
  2. Pulse ingredients until roughly chopped.
  3. Transfer mixture to a bowl and stir through the tomato.
  4. Refrigerate before serving.
- Serve with corn chips and salsa

### **Blue Cheese Dip**

- 150g creamy blue cheese
- 300g sour cream
- 2 green onions, roughly chopped
- 2 tablespoons milk
- freshly ground black pepper

1. Place all ingredients into the jug and place lid firmly onto jug. Remove the measuring cap and insert the processing baton.
  2. Slowly increase speed to 3, and using the baton process until smooth.
  3. Chill for 1 hour before serving.
- Serve with crackers and carrot sticks

## **SALAD DRESSINGS AND MARINADES**

### **Asian Salad Dressing**

½ cup caster sugar

2 tablespoons soy sauce

⅓ cup (80ml) rice vinegar (or malt vinegar)

⅔ cup (160ml) olive oil

1. Heat the sugar, soy sauce and vinegar over a low heat until the sugar has dissolved; cool.
2. Place all ingredients into the jug and place lid firmly onto jug.
3. Slowly increase speed to 3 and process until the mixture has emulsified and become thick and creamy.

### **Red Wine Dressing**

2 tablespoons good quality red wine vinegar

½ cup extra virgin olive oil

2 teaspoons caster sugar

2 teaspoons Dijon mustard

2 teaspoons sea salt

1. Combine all ingredients into the jug and place lid firmly onto jug.
2. Slowly increase speed to 3 and process until the mixture has emulsified and become thick and creamy.

### **Balsamic Orange Dressing**

2 teaspoons finely grated orange rind

⅔ cup orange juice

2 tablespoons balsamic vinegar

1 large clove garlic

2 teaspoons grated fresh ginger

1. Combine all ingredients into the jug and place lid firmly onto jug.
2. Slowly increase speed to 2 and process until the mixture is well combined.



## Recipes (continued)

### Italian Marinade

- 2 cloves garlic
- $\frac{1}{3}$  cup white vinegar
- $\frac{1}{3}$  cup olive oil
- $\frac{1}{2}$  cup basil leaves

1. Combine all ingredients into the jug and place lid firmly onto jug.
2. Slowly increase speed to 3 and process until the garlic and basil are chopped as desired.

**Serving suggestion:** Excellent for grilled swordfish or barramundi or chicken skewers. Pour marinade over seafood or meat then marinate for 20 minutes for the fish or 1 hour for the chicken. Cook on a grill plate or barbecue brushing with marinade during cooking.

### Herb and Garlic Marinade

- $\frac{1}{3}$  cup flat leaf parsley
- $\frac{1}{4}$  cup mint leaves
- 2 cloves garlic
- 1 fresh chilli, seeded
- $\frac{1}{3}$  cup tomato juice
- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice
- $1\frac{1}{2}$  tablespoons olive oil
- 1 teaspoon Dijon mustard

1. Combine all ingredients into the jug and place lid firmly onto jug.
2. Slowly increase speed to 2 and process until the herbs are finely chopped.

**Serving suggestion:** Excellent for grilled vegetable kebabs. Place a selection of vegetables pieces onto skewers; coat with marinade for 2-3 hours. Cook on a grill plate or barbecue brushing with marinade during cooking.

### Marinade for Roast Lamb

- 1 tablespoon olive oil
- 1 sprig fresh rosemary
- 2 cloves garlic
- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- $\frac{1}{4}$  cup mango chutney

1. Combine all ingredients into the jug and place lid firmly onto jug.
2. Slowly increase speed to 2 and process until the herbs are finely chopped.

**Serving suggestion:** Place marinade and a boned and rolled shoulder of lamb in a dish. Cover and marinate overnight. Bake in oven, brushing with marinade during cooking.

### Sweet Chilli Marinade

- $\frac{1}{2}$  teaspoon sugar
- 1 tablespoon peanut oil
- 1 teaspoon grated lime rind
- $\frac{1}{3}$  cup lime juice
- 2 red chillies, seeded
- 2 tablespoons sweet chilli sauce
- 2 tablespoons coriander leaves

1. Combine all ingredients into the jug and place lid firmly onto jug.
2. Slowly increase speed to 3 and process until the chilli and coriander are chopped.

**Serving suggestion:** Excellent for whole or peeled prawns or octopus; simply coat prawns or octopus in marinade for 20 minutes then cook on a grill plate or barbecue.

## SAUCES AND PASTES

### Laksa Paste

- ½ cup dried shrimp
- 3 large dried chillies, seeds removed
- 1 tablespoon blachan (belecan) or shrimp paste
- 6 thai shallots or eshallots, quartered
- 6 candle nuts
- 5 cloves garlic
- 4 kaffir lime leaves
- ¼ cup firmly packed Vietnamese mint leaves
- 3 fresh chillies, seeds removed, if desired
- 2 stalks lemon grass, white only, roughly chopped
- 1 large knob fresh galangal, roughly chopped
- 1 teaspoon ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 tablespoons lemon juice
- ½ cup vegetable oil

1. Place shrimp and chillies in a small bowl; pour over boiling water and stand for 15 minutes. Drain.
2. Place all ingredients into the jug and place lid firmly onto jug. Remove the measuring cap and insert the processing baton.
3. Slowly increase speed to 3 and using the baton to assist, blend ingredients for approximately 20 seconds. Increase to speed 5 and blend for a further 10-15 seconds or until the paste is smooth.
4. Cook mixture in a non stick frying pan for 5 minutes, stirring constantly. Allow mixture to cool before transferring to a clean air tight container. Paste will keep in the refrigerator for 3 days or in the freezer for 3 months.

### Salsa Verde

- 1 cup flat leaf parsley
- ½ cup dill
- ½ cup mint leaves
- 2 cloves garlic
- 1 tablespoon small capers
- 1 tablespoon grated lemon rind
- Sea salt and freshly ground black pepper
- ¾ cup extra virgin olive oil

1. Combine all ingredients into the jug and place lid firmly onto jug. Remove the measuring cap and insert the processing baton.
2. Slowly increase the speed to 2 and using the baton to assist, blend for approximately 5 seconds or until the mixture is at desired texture.

**Serving suggestion:** Serve with grilled or barbecued fish fillets or chicken breast fillets.

## Recipes (continued)

### **Pesto**

125g fresh basil leaves  
3 cloves garlic  
2 teaspoons lemon juice  
sea salt  
freshly ground black pepper  
1 cup extra virgin olive oil  
½ pine nuts, roasted  
60g pecorino or parmesan, grated

1. Place the basil, garlic, juice, salt, pepper and oil into the jug and place lid firmly onto jug. Remove the measuring cap and insert the processing baton.
2. Slowly increase speed to 2 and using the baton to assist, blend for approximately 5 seconds.
3. Add the nuts and cheese to the jug. Slowly increase speed to 2 and using the baton to assist, blend for a further 5 seconds or until a smooth texture is achieved. If a nutty texture is desired only pulse the mixture 2-3 times.

**To serve:** Boil a large pot of boiling water with a little oil in it. Boil 500g pasta until just tender. Drain pasta well but do not rinse. Place hot pasta back into pot and stir through half of the pesto sauce. Add more pesto to taste if desired. Serve with extra cheese and a sprinkle of toasted pine nuts.

**Tip:** To keep pesto sauce for a few days in the refrigerator simply place pesto into a clean container and pour enough olive oil over top to cover, this will stop the pesto from discolouring. Cover with lid or plastic wrap.

### **Serves 4**

### **Whole egg Mayonnaise**

### **Makes approx 2 cups**

1 egg  
1 egg yolk  
1 tablespoon lemon juice  
1 tablespoon Dijon mustard  
pinch sea salt  
1<sup>1</sup>/<sub>3</sub> cups vegetable oil or olive oil

1. Place egg, yolk, juice, mustard and salt in the jug and place lid firmly onto jug.
2. Increase speed to 1 and blend for 10 seconds or until combined.
3. Slowly increase speed to 2, remove the measuring cap and start to pour in the oil in a slow, thin stream; as the mixture thickens, increase speed gradually to 3 and blend until the mixture is creamy and all the oil has been added.
4. Transfer to a clean container. Keeps in the refrigerator for 1 week.

## Recipes (continued)

### **BABY FOOD**

Making your own babies food is wonderful. The Café Series™ Blender makes baby food suitable for babies 6 months and over.

#### **Tips for freezing baby food**

Food can be frozen in a clean ice cube tray in portions, covered, and once frozen, transferred to a resealable bag. Portions can then be thawed as you need it.

#### **Potato and Pumpkin**

250g potatoes

320g pumpkin

1. Peel potato and chop into chunks. Peel pumpkin and remove seeds. Cut into pieces larger than the pumpkin (the potatoes take longer to cook).
2. Boil vegetables until tender but do not overcook; strain and reserve some of the liquid. Allow to cool for 5 minutes.
3. Place vegetables into the jug with about 1-2 tablespoons of the reserved liquid and place lid firmly onto jug. Remove the measuring cap and insert the processing baton.
4. Slowly increase speed to 2 and using the baton to assist, blend until the desired texture is achieved.
5. Warm before serving.

#### **Potato, Cauliflower, Broccoli and Cheese**

1 small potato

140g cauliflower

95g broccoli

10g grated cheese

1. Peel potato and chop into chunks. Cut the cauliflower and broccoli into pieces.

2. Boil the potato first until almost soft; then add the other vegetables and cook until tender but do not overcook; strain and reserve some of the liquid. Allow to cool for 5 minutes.
3. Place vegetables into the jug with about 1-2 tablespoons of the reserved liquid and place lid firmly onto jug. Remove the measuring cap and insert the processing baton.
4. Slowly increase speed to 2 and using the baton to assist, blend until the desired texture is achieved.
5. Remove from jug and stir through cheese.
6. Warm before serving.

#### **Pumpkin, Zucchini and Sweet Potato**

330g pumpkin

1 medium (170g) zucchini

125g sweet potato

1. Peel pumpkin and sweet potato and cut into chunks. Peel the zucchini and cut into rounds.
2. Boil the pumpkin and sweet potato first until almost soft; then add the zucchini and cook until tender but do not overcook; strain and reserve some of the liquid. Allow to cool for 5 minutes.
3. Place vegetables into the jug with about 1-2 tablespoons of the reserved liquid and place lid firmly onto jug. Remove the measuring cap and insert the processing baton.
4. Slowly increase speed to 2 and using the baton to assist, blend until the desired texture is achieved.
5. Warm before serving.

## Recipes (continued)

### **Apple and Pear**

1 medium green apple

2 large brown pears

1. Peel fruit and chop into chunks.
2. Boil fruit until tender but do not overcook; strain and reserve some of the liquid. Allow to cool for 5 minutes.
3. Place fruit into the jug with about 1-2 tablespoons of the reserved liquid and place lid firmly onto jug. Remove the measuring cap and insert the processing baton.
4. Slowly increase speed to 2 and using the baton to assist, blend until the desired texture is achieved.
5. Serve warm or cold.

### **Pear, Banana and Papaya**

1 large brown pear

1 small banana

¼ papaya

1. Peel pear and chop into chunks.
2. Boil pear until tender; strain and reserve some of the liquid. Allow to cool for 10 minutes.
3. Peel banana; chop into chunks. Peel papaya and remove seeds; chop into chunks.
4. Place fruit into the jug with about 1-2 tablespoons of the reserved liquid and place lid firmly onto jug. Remove the measuring cap and insert the processing baton.
5. Slowly increase speed to 2 and using the baton to assist, blend until the desired texture is achieved.
6. Serve warm or cold.

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