

*Sunbeam*

# StickMaster® Ultra

Instruction Booklet

SM8800 StickMaster® Ultra - Stickmixer, Chopper & Whisk

Please read these instructions carefully  
and retain for future reference.



# Contents

<b>Sunbeam's Safety Precautions</b>	<b>1</b>
<b>Features of your StickMaster® Ultra</b>	<b>2</b>
<b>Using your StickMaster® Ultra</b>	<b>4</b>
<b>A Guide to your StickMaster® Ultra</b>	<b>7</b>
<b>Care and Cleaning</b>	<b>8</b>
<b>Recipes</b>	<b>9</b>

## 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 anlaşıldığından 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 ULTRA.

- 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.
- Do not blend hot ingredients. Always allow ingredients to cool to room temperature prior to blending.

**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.

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.

- Hold the stick mixer 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 20 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.

- 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.

# Features of your StickMaster® Ultra - SM8800

## Variable speed control

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

## Turbo speed button

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

## Power button

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

## Powerful 800 watt motor / Motor Housing

High powered 800 watt motor for the most demanding processing and blending tasks.

## Detachable stainless steel shaft

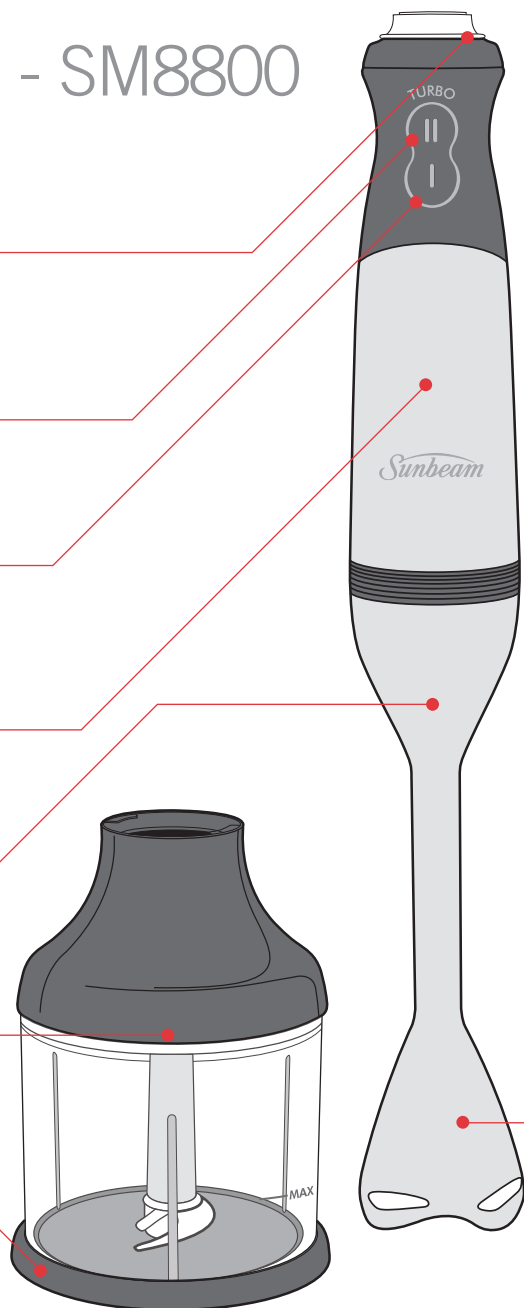
The stainless steel shaft easily detaches by twisting the motor housing with the stainless steel shaft.

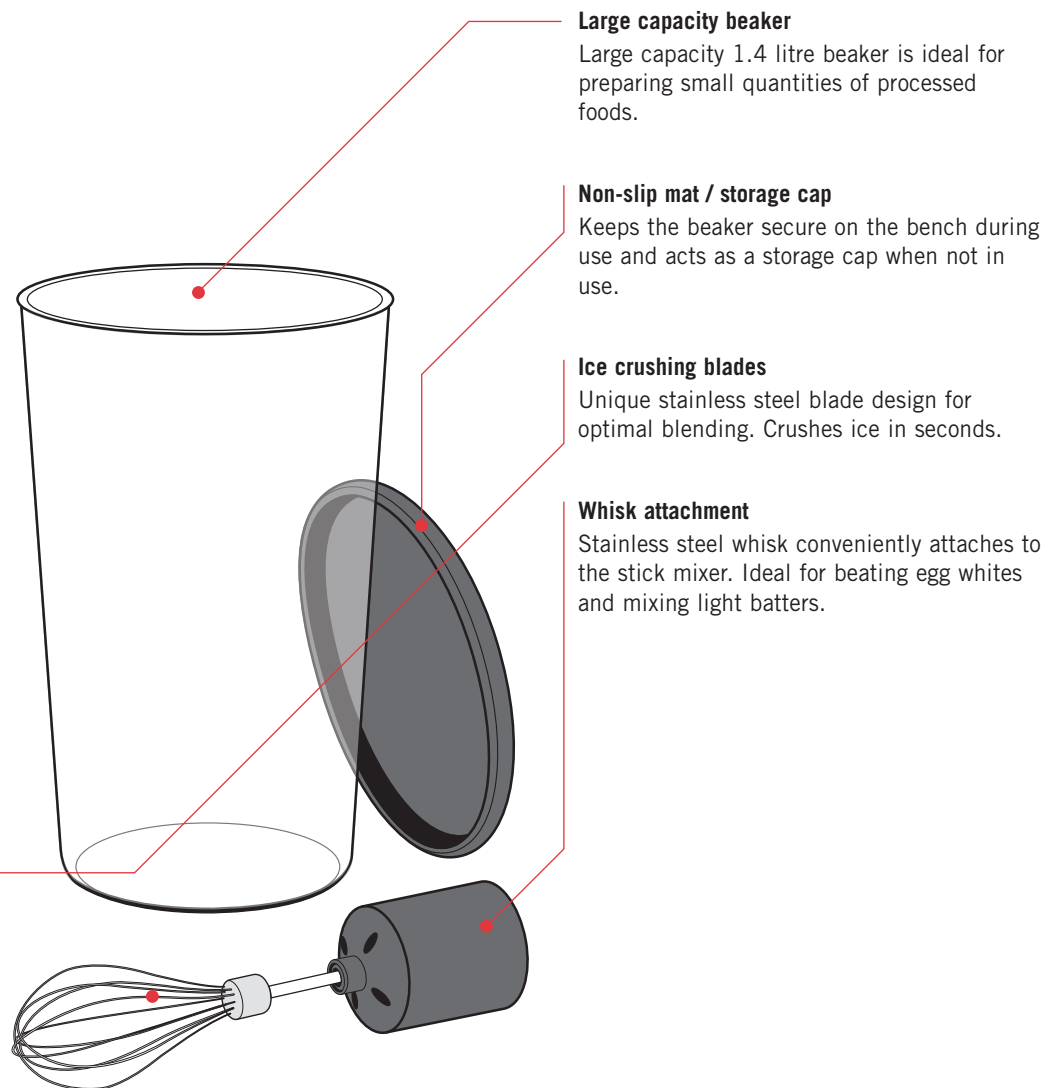
## Chopper attachment

The chopper attachment conveniently attaches to the motor housing to chop a variety of food including herbs, vegetables, nuts and meat.

## Non-slip mat / storage cap

Keeps the chopper secure on the bench during use and acts as a storage cap when not in use.





**Large capacity beaker**

Large capacity 1.4 litre beaker is ideal for preparing small quantities of processed foods.

**Non-slip mat / storage cap**

Keeps the beaker secure on the bench during use and acts as a storage cap when not in use.

**Ice crushing blades**

Unique stainless steel blade design for optimal blending. Crushes ice in seconds.

**Whisk attachment**

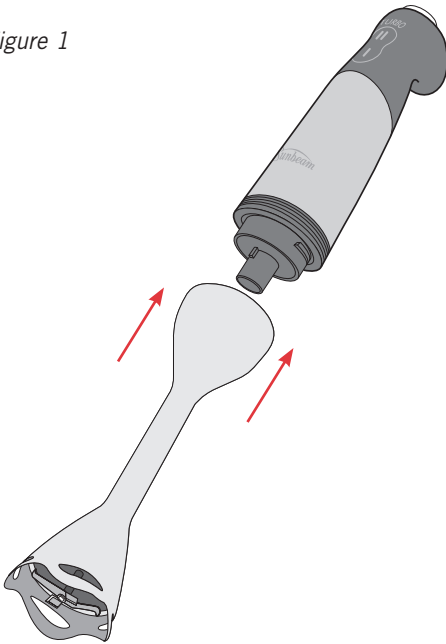
Stainless steel whisk conveniently attaches to the stick mixer. Ideal for beating egg whites and mixing light batters.

# Using your StickMaster® Ultra

**Important:** Ensure that the stick mixer 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. See figure 1.  
Twist to lock into place. See figure 2.

Figure 1



2. Plug the power cord into a 230-240 volt power outlet and turn the power on.
3. Lower the stick mixer into food and depress the power button (I) or (II) at the top of the motor housing.

With your stick blender, you can select the optimal speed for the processing task, by turning the speed control dial from 'low' to 'high' and then depressing the power button (I).

**Note:** 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 mixer, take your finger off the power button or the turbo speed button.
6. Turn the power off at the power outlet and unplug the power cord from the outlet.
7. To detach the shaft, twist the shaft and the motor housing until the two pieces are separate. See Figure 2.

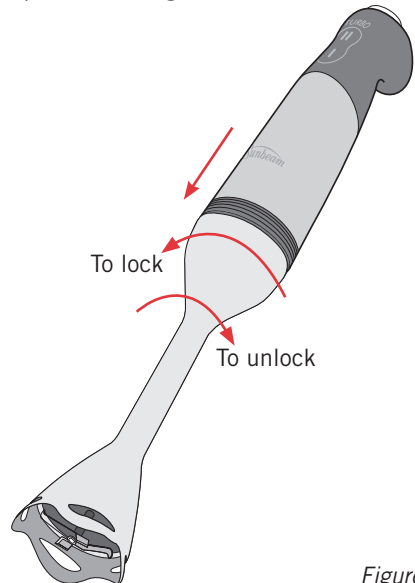


Figure 2

## Using your StickMaster® Ultra continued

### Using the chopper attachment

1. Place the chopper bowl on the non-slip mat, ensuring the surface is clean and level.
2. Fit the stainless steel chopping blade into the chopper bowl.
3. Place food into the chopper bowl.
4. Lock the motor housing into the hole on the top of the chopper attachment by twisting motor housing and chopper bowl lid until it locks into place. See Figure 3.

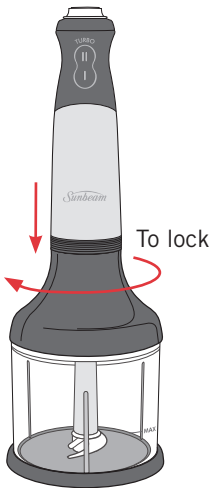


Figure 3

5. Plug the power cord into a 230-240 volt power outlet and turn the power on.
6. Hold the bowl with one hand while operating the power button with the other. Setting 'low' is low speed and setting 'high' is high speed.

**Note:** All stick mixers 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 mixer, take your finger off the power button or turbo speed button.
10. Turn the power off at the power outlet and unplug the power cord from outlet.
11. Unlock by twisting motor housing with lid of chopper bowl until the two pieces separate. See Figure 4.

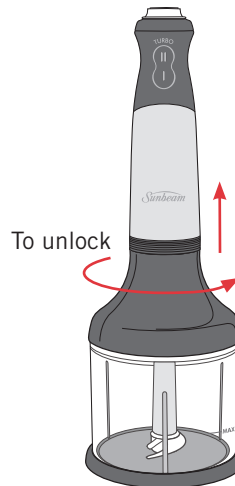


Figure 4

## Using your StickMaster® Ultra continued

### Using the whisk attachment

1. Lock the whisk attachment onto the motor housing by twisting the motor housing with the whisk attachment until both lock into place. See Figure 5 and Figure 6.

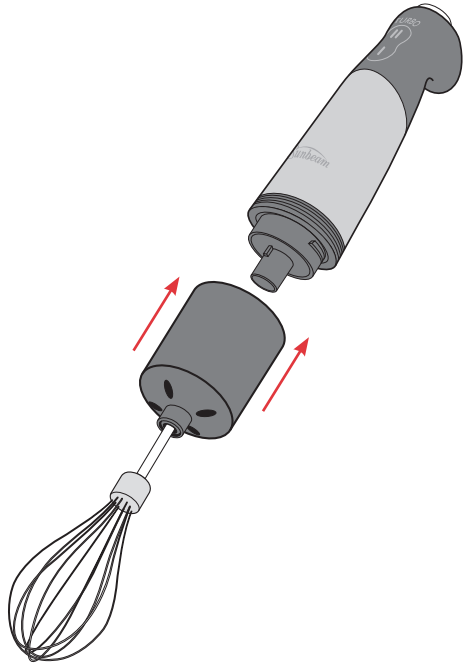


Figure 5

2. Plug the power cord into a 230-240 volt power outlet and turn the power on.
3. Holding the stick mixer, lower the whisk into food and depress the power button (I) or (II) at the top of the motor housing. Setting 'low' is slow speed and setting 'high' is high speed.

**Note:** All stick mixers 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. Turn the power off at the power outlet and unplug the power cord from outlet.
7. Twist to unlock the motor housing with the whisk attachment until the two pieces separate.

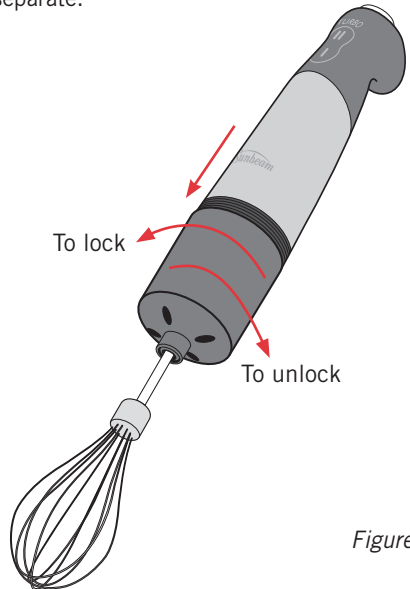











Figure 6



# A Guide to your StickMaster® Ultra

Attachment	Processing Task	Food	Suggested Setting	Suggested Processing Procedure
	Aerating	Milkshakes, Smoothies, Cocktails, Fruit Frappes	Low Medium	Use chilled milk. Blend until desired consistency is achieved.
	Pureeing	Soups, Sauces, Dips, Baby Food	Medium	Blend until smooth.
	Ice Crushing	Cocktails, Children's Ice Treats	Medium	Use small sized ice cubes and add ¼ cup of water.
	Emulsifying	Salad Dressing	Low Low - Medium	Blend until well combined.
	Mincing	Red meat, Chicken fillets, Fish fillets, Prawns	Medium/High - High	Roughly chop first.
	Chopping	Herbs, Nuts, Olives, Fruit, Vegetables	2 Medium 4-5 High	Process ½ cup at a time, to ensure evenly sized pieces.
	Dicing	Onions, Garlic, Ginger, Leeks, Carrots	2 Medium 4-5 High	Pulse until desired size is achieved.
	Crumbing	Bread Crumbs desired consistency.	Low	Tear bread roughly. Process until desired consistency.
		Biscuit Crumbs	Medium	Break into pieces and process until crumbed.
	Whisking	Cream, Egg Whites, Light Batters	Medium	

# Care and Cleaning

## After each use

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

**Note:** **DO NOT immerse**, that is, soak the detachable shaft of the stick mixer 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. Attachments including the beaker, beaker mat, chopper bowl, chopper mat and chopping blade can be washed in hot soapy water.
5. Dry thoroughly.

**Important:** Blades are extremely sharp, handle with care.

**Note:** Should the stainless steel chopper 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.

## Dishwasher Use

Sunbeam do not recommend washing any part of the stick blender in the dishwasher.

## 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

## Roasted Beetroot Dip

**Makes: about 2 cups**

**Preparation: 15 minutes**

**Cooking: 1 hour 15 minutes**

3 medium fresh beetroot

¼ cup orange juice

⅓ cup natural yogurt

¼ cup low fat sour cream

¼ teaspoon cumin powder

2 tablespoons horseradish cream

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 - 1¼ 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 orange juice into the chopper bowl. Place lid firmly on.
5. Process, scrapping down side of bowl occasionally, until chopped. Add yogurt, sour cream, cumin and horseradish. Process until desired texture is achieved. Taste and season with salt. Serve with crackers or sliced Turkish bread

## Artichoke, Green Onion & Ricotta Dip

**Makes: 2 cups**

**Preparation: 10 mins**

340g marinated artichokes, drained, chopped

250g fresh ricotta

3 green onions, trimmed, chopped

1 tablespoon freshly squeezed lemon juice

1 tablespoon warm water

1 large clove garlic, crushed

Bagel chips, to serve

1. Place all ingredients into the chopper bowl. Place lid firmly on. Process, scrapping down side of bowl occasionally, until smooth.
2. Taste and season with salt. Transfer to a serving bowl. Serve with bagel chips.

## Recipes continued

### **Creamy Avocado Dip**

**Makes: about 2 cups**

**Preparation: 5 minutes**

2 avocados

$\frac{1}{3}$  cup light sour cream

1 tablespoon sweet chilli sauce

1 teaspoon lemon juice

Corn chips, to serve

1. Place all ingredients into the chopper bowl. Place lid firmly on. Process, scrapping down side of bowl occasionally, until smooth.
2. Taste and season with salt and pepper. Transfer to a serving bowl. Serve with corn chips.

### **Garlic Fetta Dip**

**Makes: 1 cup**

**Preparation: 5 mins**

200g reduced-fat creamy fetta, crumbled

200g low-fat fresh ricotta

$\frac{1}{4}$  cup olive oil

2 large cloves garlic, crushed

1. Place all ingredients into the chopper bowl. Place lid firmly on.
2. Process, scrapping down side of bowl occasionally, until smooth. Taste and season with salt.
3. Transfer to a bowl. Serve as part of an antipasto platter.

## Recipes continued

### Hummus

**Makes: 2 cups**

**Preparation: 10 minutes**

2 x 420g cans chickpeas, rinsed, drained

2-3 tablespoons tahini paste

2 cloves garlic, crushed

¼ cup lemon juice

½-1 teaspoon cumin powder

⅔ cup water

Pita chips, to serve

1. Place all ingredients into the chopper bowl. Place lid firmly on.
2. Process, scraping down side of bowl occasionally, until smooth.

**Tip:** Add a little extra water to adjust the consistency to your liking.

3. Taste and season with salt & pepper. Transfer to a serving bowl. Serve with pita chips.

### Rocket, Chilli and Cashew Nut Dip

**Makes: about 1½ cups**

**Preparation: 10 minutes**

1 clove garlic

2 large red chillies, seeds removed and roughly chopped

3 cups wild rocket leaves

½ cup light olive oil

3-4 teaspoons lemon juice

⅔ cup unsalted toasted cashews

½ cup grated parmesan cheese

Lavash chips, to serve

1. Place the garlic and chilli into the chopper bowl. Place lid firmly on. Process until finely chopped. Scrape down sides of bowl. Add rocket, oil, lemon juice; push rocket down to fit or process half for 1-2 seconds then add remaining. Process mixture again until combined.
2. Add cashews and cheese. Pulse mixture until a desired texture is achieved.
3. Taste and season with salt and pepper. Transfer to a serving bowl. Serve with lavash chips.

## Recipes continued

### White Bean Dip

**Makes: 2 cups**

**Preparation: 10 minutes**

2 x 400g cans white beans, rinsed, drained

1 teaspoon finely grated lemon rind

2 tablespoons freshly squeezed lemon juice

2 tablespoons olive oil

2 cloves garlic, crushed

Grilled asparagus, to serve

1. Place all ingredients into the chopper bowl. Place lid firmly on. Process, scrapping down side of bowl occasionally, until smooth.
2. Taste and season with salt. Transfer to a serving bowl. Serve with grilled asparagus, if desired.

### Peanut Butter

**Makes: 1 cup**

**Preparation: 5 minutes**

250g (1½ cups) blanched, roasted peanuts

1. Place peanuts into chopper bowl and process for about 2-3 minutes stopping every 30 seconds to scrape down sides of bowl.
2. Store in an airtight container in the refrigerator for 2 weeks.

## Recipes continued

### Whole egg Mayonnaise

**Makes:** about 1 cup

**Preparation:** 5 minutes

1 egg

1 egg yolk

1 tablespoon lemon juice

1 tablespoon Dijon mustard

pinch sea salt

$\frac{3}{4}$  cup vegetable oil or olive oil

1. Place egg, yolk, juice, mustard and salt into the beaker. Using the stick blender, process until combined.
2. With the motor still running, start to pour in the oil in a slow, thin stream while moving the stick blender in a gentle up and down action. Keep adding the oil until the mixture and thickened.
3. Transfer to a clean container. Keeps in the refrigerator for 1 week.

### Variation:

#### Tartar sauce

**Makes:** about 1 cup

1 quantity whole egg mayonnaise

20g sweet gherkins, roughly chopped

2 tablespoons roughly chopped flat leaf parsley

2 teaspoons capers

$\frac{1}{2}$  teaspoon sugar

1. Combine ingredients into the chopper bowl attachment. Blend until well combined.
2. Transfer to a clean container. Keeps in the refrigerator for 1 week.

#### Garlic aioli

**Makes:** about 1 cup

**Preparation:** 5 minutes (+ cooling time)

**Cooking:** 30 minutes

1 head garlic

Olive oil

1 quantity whole egg mayonnaise

1. Preheat oven to 200°C. Cut top off garlic and place onto a baking tray lined with baking paper.
2. Drizzle garlic with a little oil and bake in oven for 30 minutes or until garlic is soft; remove from oven and cool.
3. Place mayonnaise into the chopper bowl and squeeze the roasted garlic from the skin into the bowl. Blend until smooth.
4. Transfer to a clean container. Keeps in the refrigerator for 1 week.

## Recipes continued

### Easy Béarnaise Sauce

**Serves:** 4

**Preparation:** 15 minutes

**Cooking:** 10 minutes

- 1 eshallot, roughly chopped
- 2 tablespoons tarragon vinegar
- 1 tablespoon white wine
- 1 tablespoon water

6 peppercorns

1 bay leaf

2 egg yolks

250g butter, melted and cooled

1. Place eshallot, vinegar, wine, water, peppercorns and bay leaf into a small saucepan and simmer until liquid reduces to one third. Strain; discard bay leaf, peppercorns and onion.
2. Combine liquid and egg yolks into a beaker. Using the stick blender, process until combined.
3. Gradually add butter while processing using a brisk up and down action until mixture is thick and creamy. DO NOT OVER PROCESS. Season to taste with salt and pepper.
4. On reheating the sauce, add a teaspoon of hot water if it splits and whisk to combine.
5. Season to taste with salt and pepper.

### Asian Salad Dressing

**Makes:** 1 cup

**Preparation:** 5 minutes

**Cooking:** 2-3 minutes

- $\frac{1}{2}$  cup caster sugar
- 2 tablespoons soy sauce
- $\frac{1}{3}$  cup rice vinegar (or malt vinegar)
- $\frac{2}{3}$  cup olive oil
- 1 teaspoon sesame oil

1. Heat the sugar, soy sauce and vinegar over a low heat until the sugar has dissolved; cool.
2. Place sugar mixture and remaining ingredients into the beaker.
3. Using the stick blender blend using a gentle up and down action until the mixture has emulsified and become thick and creamy.

**Serving suggestion:** Finely grate a cabbage toss with dressing and serve sprinkle with toasted almond flakes, pine nuts and sesame seeds.



## Recipes continued

### Red Wine Vinaigrette

**Makes:** 1 cup

**Preparation:** 5 minutes

**Cooking:** 2-3 minutes

¼ cup red wine vinegar

1 cup extra virgin olive oil

1 tablespoon caster sugar

1 tablespoon Dijon mustard

1. Place ingredients into the beaker.
2. Using the stick blender blend using a gentle up and down action until the mixture has emulsified and become thick and creamy. Season to taste.

**Serving suggestion:** Serve over grilled vegetables or a salad.

### Salsa Verde

**Serves:** 4-6

**Preparation:** 5 minutes

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 chopper bowl. Place lid on firmly.
2. Process mixture until is at a desired texture.
3. Serve with grilled or barbecued fish fillets or chicken breast fillets.

## Recipes continued

### Cauliflower & Blue Cheese Soup

**Serves:** 4

**Preparation:** 10 minutes (+cooling time)

**Cooking:** 25 minutes

20g butter, chopped

1 large brown onion, finely chopped

1 tablespoon mustard powder

500g cauliflower, cut into florets

3 cups vegetable stock

2 cups water

60g mild blue vein cheese, chopped

½ cup light thickened cream

Chopped fresh chives, to garnish

Toasted sourdough bread, to serve

1. Heat oil and butter in a large saucepan over medium-high heat. Add onion and cook, stirring, for 3 minutes.
2. Add powder and cook, stirring, for 30 seconds. Stir in cauliflower. Add stock and water and bring to the boil. Reduce heat to low and simmer, stirring occasionally, for about 20 minutes or until cauliflower is tender. Remove from heat. Set aside to cool to room temperature.
3. Using the stick blender, process soup until smooth, using a gentle up and down action. Return soup to a low heat; add cheese and stir until hot and cheese melts. Taste and season with salt and ground white pepper.
4. Ladle soup among serving bowls. Sprinkle with chives and serve with toast.

### Chicken, Sweet Corn & Bacon Soup

**Serves:** 4

**Preparation:** 15 mins (+ 10 minutes cooling time)

**Cooking:** 25 mins

3 rashers bacon, rind and fat trimmed, finely chopped

1 medium brown onion, finely chopped

2 cloves garlic, crushed

2 x 420g cans sweet corn kernels, rinsed, drained

2 trimmed celery sticks, finely chopped

1L chicken stock

1 cup water

2 small (280g) single chicken breast fillets

3 green onions, thinly sliced

2 eggwhites, lightly beaten

1. Heat a large saucepan on a medium heat; cook bacon, stirring for 2 minutes.
2. Add onion, garlic, half the corn and celery. Cook, stirring, for 3-4 minutes.
3. Add the combined stock and water and stir to combine. Add chicken. Place lid on saucepan and simmer for 15 minutes.
4. Use tongs to transfer chicken to a bowl. Remove soup from heat. Set aside to cool to room temperature.
5. Using the stick blender, process soup until almost smooth, using a gentle up and down action.
6. Shred chicken and add to soup along with remaining corn. Stir in onions. Taste and season with salt and ground white pepper. Add eggwhites and cook for a further 1-2 minutes. Stir briefly. Serve.

## Recipes continued

### Spicy Sweet Potato Soup

**Serves:** 4

**Preparation:** 15 minutes (+ 10 minutes cooling time)

**Cooking:** 25 minutes

1 tablespoon vegetable oil

1 onion, chopped

2 cloves garlic, crushed

1-2 tablespoons red curry paste

1 kg sweet potato (kumera), diced

1 litre chicken stock

½ cup light coconut milk

chopped coriander, to serve

1. Heat oil in a large saucepan over medium-high heat. Cook onion for 2-3 minutes or until soft. Add garlic and red curry paste and cook for 1 minute.
2. Add sweet potato and chicken stock. Bring to the boil. Reduce heat to low. Cover and cook for 15 minutes or until sweet potato is soft. Remove from heat. Set aside to cool to room temperature.
3. Using the stick blender, process soup until smooth, using a gentle up and down action. Return soup to a low heat; add coconut milk and stir until hot.
4. Ladle soup among serving bowls. Sprinkle with coriander.

### Mixed Mushroom & Thyme Soup

**Serves:** 4

**Preparation:** 10 mins (+ 10 minutes cooling time)

**Cooking:** 25 mins

1 tablespoon olive oil

20g butter, chopped

1 large brown onion, finely chopped

2 cloves garlic, crushed

1kg small button mushrooms

100g shitake mushrooms, sliced

3 cups vegetable stock

2 cups water

200g oyster mushrooms, sliced

½ cup extra light sour cream

1 tablespoon chopped fresh thyme leaves

Rye toast, to serve

1. Heat oil and butter in a large saucepan over medium heat. Add onion and cook, stirring, for 3 minutes.
2. Stir in garlic and mushrooms and cook, stirring occasionally, for 5 minutes or until mushrooms soften.
3. Add stock and water and bring to the boil. Reduce heat to medium-low and simmer, stirring occasionally, for 10 minutes or until liquid reduces slightly.
4. Stir in oyster mushrooms and simmer for a further 2 minutes. Remove from heat. Set aside to cool to room temperature.
5. Using the stick blender, process soup until smooth, using a gentle up and down action. Return soup to a low heat; stir in cream until hot. Stir in thyme.
6. Taste and season with salt and freshly ground black pepper. Ladle among serving bowls. Serve with toast.

## Recipes continued

### Potato and Leek Soup

**Serves 4**

**Preparation: 10 minutes (+ 10 minutes cooling time)**

**Cooking: 40 minutes**

- 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
- 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 30 minutes or until potatoes are tender. Remove from heat. Set aside to cool to room temperature.
3. Using the stick blender, process soup until smooth, using a gentle up and down action. Return soup to a low heat; add cooked bacon to soup and reheat until hot. Season to taste with freshly ground pepper.
4. Ladle soup among serving bowls. Sprinkle with parmesan cheese.

### Roast Pumpkin Soup

**Serve: 4**

**Preparation: 15 minutes (+ 10 minutes cooling time)**

**Cooking: 1 hour**

- 1.5 kg pumpkin
- 2 tablespoons olive oil
- 20g butter
- 1 onion, chopped
- 1 litre low salt chicken stock
- ⅓ 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 to room temperature before blending.
5. Using the stick blender, process soup until smooth, using a gentle up and down action.
6. Return soup to a low heat; taste and season with pepper. Serve with cream if desired.

## Recipes continued

### Roast Chicken with Mushroom Stuffing

**Serves:** 4

**Preparation:** 20 minutes

**Cooking:** 1 hour and 30 minutes

10g dried porcini mushrooms  
6 slices day old bread, roughly chopped  
8 large sage leaves  
1 tablespoon olive oil  
1 onion, chopped finely  
100g swiss brown mushrooms, chopped  
100g butter, softened  
1.8kg whole fresh chicken

Olive oil, extra

1. Pre heat oven to 200°C.
2. Place porcini mushrooms into chopper bowl. Process until almost fine. Add bread and sage; process until mixture forms breadcrumbs. Place into a large bowl.
3. Heat oil in a frying pan, cook onion until softened; add mushrooms and cook, stirring, until mushrooms have softened. Remove from heat; cool. Add to bread mixture with remaining ingredients; mix well. Season with salt and pepper.
4. Wash and clean chicken thoroughly. Pat dry with paper towelling.
5. Place the stuffing inside the cavity of the chicken. Tuck the wings back and tie the base of the chicken with cooking string so that the legs are crossed and securely positioned.
6. Brush the chicken with oil and season with salt and pepper.
7. Place the chicken onto an oiled wire rack over an oven dish. Roast uncovered, for approximately 1 hour and 30 minutes or until cooked through.

**Note:** To check the chicken to see if it has cooked thoroughly, insert a skewer into the thigh. The chicken is cooked when the juices run clear.

### Pasta with Classic Tomato Sauce

**Serves:** 4

**Preparation:** 10 mins (+ cooling time)

**Cooking:** 40 mins

1 tablespoon olive oil  
1 large brown onion, chopped  
1 kg vine-ripened tomatoes, chopped  
2 cloves garlic, finely chopped  
1 tablespoon brown sugar  
1 tablespoon red wine or balsamic vinegar  
2 tablespoons finely chopped fresh oregano leaves

400g spaghetti

1. Heat oil in a large saucepan over medium-high heat. Add onion and cook, stirring, for 3 minutes or until soft. Add tomato and garlic and cook, stirring, for a further 2 minutes or until well combined.
2. Sprinkle over sugar and stir to combine. Cook, stirring, for 1 minute or until sugar dissolves. Add vinegar and stir to combine. Reduce heat to low and simmer, stirring occasionally, for 30 minutes or until sauce thickens. Remove from heat. Set aside to cool to room temperature.
3. Meanwhile, bring a large saucepan of salted water to the boil. Using the stick blender, process sauce until smooth, using a gentle up and down action. Return sauce to a low heat stir until mixture is hot. Taste and season with salt. Stir in oregano.
4. Cook pasta until al dente; drain and serve immediately with sauce.

## Recipes continued

### Parmesan veal schnitzel

**Serves:** 4

**Preparation:** 20 mins (+ 30 minutes chilling time)

**Cooking:** 10 mins

3 slices day old bread, crust removed and roughly chopped

1 cup grated parmesan

4 veal steaks

½ cup plain flour

1 egg, lightly beaten

¼ cup milk

2 lemons, cut into wedges

Mixed green salad, to serve

1. Place bread and parmesan into the chopper bowl. Process until well crumbed. Place one piece of veal between 2 sheets of non-stick baking paper. Use the flat side of a meat mallet or base of a heavy frying pan to gently pound until about .5mm thick. Repeat with remaining veal steaks.
2. Place flour, combined egg and milk and breadcrumb mixture in separate bowls.
3. Dip one piece of veal at a time into flour, shake off any excess. Dip in egg mixture and then in breadcrumb mixture to evenly coat. Place on a plate. Repeat with remaining veal, flour, egg mixture and breadcrumb mixture. Cover with plastic wrap and place in the fridge for 2-4 hours to chill.
4. Heat oil in a non stick frying pan. Cook veal for 4-5 minutes each side or until golden and cooked.
5. Serve veal schnitzels with lemons and salad.

**Note:** You can also use pork steaks or chicken thigh fillets in this recipe.

### Lamb Rack with Garlic and Parmesan Crust

**Serves:** 4

**Preparation:** 10 minutes

**Cooking:** 25 minutes

2 x 400g lamb rack roast, French trimmed

4 slices day old bread, crust removed and roughly chopped

2 cloves garlic, chopped

2 tablespoons grated fresh parmesan

1 tablespoon chopped fresh rosemary

2 tablespoon seeded mustard

Olive oil spray

Roasted potatoes, to serve

1. Preheat oven to 180°C.
2. Combine bread, garlic, parmesan and rosemary into the chopper bowl. Process until mixture resembles fine breadcrumbs.
3. Place lamb racks on a baking tray, having the bones interlocked in the middle.
4. Spread mustard evenly over the outside of the cutlet base.
5. Press the bread mixture over the mustard and spray well with olive oil spray.
6. Place lamb racks in oven and bake 40 – 45 minutes or until cooked as desired. Remove from oven and cover with foil. Allow to rest 10-15 minutes.
7. Cut lamb into individual cutlets and serve with roasted potatoes.

## Recipes continued

### Baby Food

Making your own baby's food is wonderful. The stick blender makes baby food suitable for babies 6 months and over. We recommend that you make sure your chopper bowl has been thoroughly cleaned before pureeing.

**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 potatoes as the potatoes take longer to cook.
2. Simmer vegetables in a small saucepan with water until tender but do not overcook; strain and reserve some of the liquid. Allow to cool to room temperature.
3. Place vegetables into the chopper bowl with about 1-2 tablespoons of the reserved liquid. Process on the lowest speed until the desired texture is achieved.
4. 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. Simmer potato in a small saucepan with water until almost cooked; then add the other vegetables and cook until tender but do not overcook; strain and reserve some of the liquid. Allow to cool to room temperature.
3. Place vegetables into the chopper bowl with about 1-2 tablespoons of the reserved liquid. Process on the lowest speed until the desired texture is achieved.
4. Remove from chopper bowl and stir through cheese.
5. Warm before serving.

## Recipes continued

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

330g pumpkin

125g sweet potato

1 medium (170g) zucchini

1. Peel pumpkin and sweet potato and cut into chunks. Peel the zucchini and cut into rounds.
2. Simmer pumpkin and sweet potato in a small saucepan with water until tender; then add the zucchini and cook until tender but do not overcook; strain and reserve some of the liquid. Allow to cool to room temperature.
3. Place vegetables into the chopper bowl with about 1-2 tablespoons of the reserved liquid. Process on the lowest speed until the desired texture is achieved.
4. Warm before serving.

### **Apple and Pear**

1 medium green apple

2 large brown pears

1. Peel fruit and chop into chunks.
2. Simmer fruit in a small saucepan with water until tender but do not overcook; strain and reserve some of the liquid. Allow to cool to room temperature.
3. Place fruit into the chopper bowl with about 1-2 tablespoons of the reserved liquid. Process on the lowest speed until the desired texture is achieved.
4. Serve warm or cold.

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

1 large brown pear

1 small banana

$\frac{1}{4}$  papaya

1. Peel pear and chop into chunks.
2. Simmer pear in a small saucepan with water until tender but do not overcook; strain and reserve some of the liquid. Allow to cool to room temperature.
3. Peel banana; chop into chunks. Peel papaya and remove seeds; chop into chunks.
4. Place fruit into the chopper bowl with about 1-2 tablespoons of the reserved liquid. Process on the lowest speed until the desired texture is achieved.
5. Serve warm or cold.



## Recipes continued

### Sweets

#### Chocolate Self- Saucing Pudding

Serves 6

Preparation: 15 minutes

Cooking: 35-40 minutes

100g unsalted butter, melted

½ cup milk

1 egg

1 cup self-raising flour

2 tablespoons cocoa

½ cup caster sugar

#### Topping:

2 tablespoons cocoa

1 cup firmly packed brown sugar

2 cups boiling water

- 1.Preheat oven to 180°C. Grease an 8-cup heatproof bowl.
- 2.Combine butter, milk and egg in a large jug.
- 3.In a large bowl, sift flour and cocoa together and mix in the sugar.
- 4.Gradually add the wet ingredients into the flour mixture and using the stick blender with the whisk attachment; mix well. Spoon into prepared bowl.
- 5.Combine the cocoa and brown sugar together, sprinkle over the top of pudding. Using the back of a large spoon, carefully pour boiling water over the mixture.
- 6.Bake, uncovered for 35-40 minutes. Serve immediately with vanilla ice cream.

### Cup cakes

Makes: 12-18

Preparation: 10 minutes

Cooking: 15-20 minutes

125g butter, chopped, softened,

¾ cup caster sugar

1 teaspoon vanilla essence

2 eggs

1¼ cups self-raising flour

⅓ cup milk

- 1.Preheat oven to 180°C. Line 2 muffin pans with paper cases.
- 2.Combine butter, sugar and vanilla essence in the beaker. Using the stick blender, process until light and fluffy.
- 3.Add eggs one at a time, processing well after each addition.
- 4.Transfer mixture to a bowl. Gently stir in flour and milk in two batches.
- 5.Spoon mixture into prepared pans and bake for 15-20 minutes or until golden.
- 6.Serve with icing, cream or dust with icing sugar before serving.

## Recipes continued

### Fig, Cinnamon & Banana Cake

**Serves:** 12

**Preparation:** 15 mins

**Cooking:** 1 hour 5 mins

Melted butter, to grease

125g butter, softened

½ cup firmly packed brown sugar

½ teaspoon ground cinnamon

2 eggs

1½ cups self-raising flour

1 cup almond meal

1 cup milk

2 large overripe bananas, mashed

200g dessert figs, chopped

Icing sugar mixture, to dust

Vanilla custard, to serve

1. Preheat oven to 180°C. Lightly grease a 20cm round cake pan with melted butter. Line base and side with non-stick baking paper.
2. Place the butter, sugar and cinnamon in a medium bowl. Using the stick blender, process until smooth, using a gentle up and down action. Gradually process in one egg at a time, beating well between each addition.
3. Stir in flour, meal, milk and banana until combined. Use a large metal spoon to gently fold in figs. Spoon into prepared pan and smooth surface. Bake for about 1 hour and 5 minutes or until a skewer inserted into the middle comes out clean. Remove from oven. Turn out onto a wire rack to cool.
4. Dust with icing sugar. Cut into wedges. Serve with vanilla custard.

**Tip:** The riper the bananas are then the moister the cake will be.

### Pear & Choc Chip Friands

**Makes:** 8

**Preparation:** 10 minutes

**Cooking:** 20-25 minutes

3 pieces (70g) dried pear

½ cup plain flour

6 egg whites

185g butter, melted

1½ cups icing sugar mixture

1 cup almond or hazelnut meal

½ cup dark chocolate choc bits

1. Preheat oven to 190°C. Spray 8 oval (⅓ cup) non-stick friand pans with cooking oil.
2. Finely chop pear and toss in a bowl with 1 tablespoon of the flour.
3. Place egg whites in a large bowl and whisk until well combined. Add butter; sift over icing sugar mixture. Add remaining flour, almond meal and pear and stir until combined. Spoon mixture evenly among pans. Sprinkle with choc chips. Bake for 20-25 minutes or until cooked when tested with a skewer. Turn out onto a wire rack to cool.

## Recipes continued

### Strawberry Pikelets

**Makes: approx 20**

**Preparation: 10 minutes**

**Cooking: 15 minutes**

1 egg

$\frac{1}{4}$  cup sugar

1 cup self raising flour

$\frac{3}{4}$  cup milk

pinch salt

150g fresh strawberries, hulled, finely  
chopped

butter for frying

1. Place egg and sugar in beaker. Using the stick blender with the whisk attachment, mix until light and creamy.
2. Add flour, milk and salt and mix until smooth. Do not over process. Stir in strawberries.
3. Spoon heaped spoonfuls of batter into a lightly greased frying pan and cook until golden on each side.
4. Serve with extra butter.

## Recipes continued

### Drinks

#### Breakfast smoothie

**Serves:** 2

**Preparation:** 5 minutes

- 1 cup chilled milk
- 150g strawberries, hulled, chopped
- 1 tablespoon wheat germ
- $\frac{1}{3}$  cup natural yogurt
- 2 tablespoons honey
- 1. Place all ingredients into the beaker.
- 2. Using the stick blender, process until smooth and frothy.

#### Banana Smoothie

**Serves:** 2

**Preparation:** 5 minutes

- 1 ripe banana, peeled, chopped
- $\frac{1}{2}$  cup natural yoghurt
- 1 cup chilled milk
- 1 tablespoon honey
- 1. Place all ingredients into the beaker.
- 2. Using the stick blender, process until smooth and frothy.

#### Iced Mocha

**Serves:** 2

**Preparation:** 5 minutes

- 1  $\frac{1}{2}$  tablespoons instant coffee dissolved in hot water
- 2 cups milk
- 4 ice cubes
- 4 scoops chocolate ice-cream
- whipped cream to serve
- 1. Place all ingredients except for cream into the beaker. Using the stick blender process until creamy and smooth.
- 2. Pour into glasses and top with whipped cream and dust with chocolate.
- Tip:** Use the whisk attachment to whip the cream!

#### Chocolate Milkshake

**Serves:** 2

**Preparation:** 5 minutes

- 1 cup chilled milk
- 2 scoops vanilla or chocolate ice-cream
- 2-3 tablespoons chocolate syrup
- 1. Place all ingredients into the beaker.
- 2. Using the stick blender, process until frothy.

## Recipes continued

### Frozen Lime Margarita

**Serves: 2**

60ml tequila

30ml fresh lime juice

60 ml Cointreau or triple sec

30ml sugar syrup

14 small ice cubes

1. Place all ingredients into the beaker.
2. Using the stick blender, process until smooth and frothy.

### Strawberry Daiquiri

**Serves: 2**

90ml Bacardi rum

60ml fresh lime juice

60ml sugar syrup

6 strawberries, quartered

14 small ice cubes

1. Place all ingredients into the beaker.
2. Using the stick blender, process until smooth and frothy.

### Pina Colada

**Serves: 2**

90ml Bacardi rum

120ml pineapple juice

60ml coconut cream

30ml Malibu

30ml sugar syrup

14 small ice cubes

1. Place all ingredients into the beaker.
2. Using the stick blender, process until smooth and frothy.

### Frozen Cosmopolitan

**Serves: 2**

20ml citron vodka

40ml vodka

60ml Cointreau

120ml cranberry juice

1 teaspoon lime juice

8 small ice cubes

1. Place all ingredients into the beaker.
2. Using the stick blender, process until smooth and frothy.

### Sugar Syrup

**Makes: 2 cups**

2 cups white sugar

2 cups water

1. Combine sugar and water over a medium heat. Cook, stirring occasionally for 5 minutes or until water comes to the boil and sugar is dissolved.
2. Boil gently for 5 minutes or until syrup thickens slightly. Remove from heat. Refrigerate until cold.

**Note:** Stores in the fridge for 6 months.

# Notes

# 12 Month Replacement Guarantee

In the unlikely event that this appliance develops any malfunction within 12 months of purchase (3 months commercial use) due to faulty materials or manufacture, we will replace it for you free of charge.

Should you experience any difficulties with your appliance, please phone our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand. Alternatively, you can send a written claim to Sunbeam at the address listed below. On receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the appliance is defective, advise you on how to obtain a replacement or refund.

Your Sunbeam 12 Month Replacement Guarantee naturally does not cover misuse or negligent handling and normal wear and tear.

Similarly your 12 Month Replacement Guarantee does not cover freight or any other costs incurred in making a claim. Please retain your receipt as proof of purchase.

The benefits given to you by this guarantee are in addition to your other rights and remedies under any laws which relate to the appliance.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law and under the New Zealand Consumer Guarantees Act.

In Australia you are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Should your appliance require repair or service after the guarantee period, contact your nearest Sunbeam service centre.

For a complete list of Sunbeam's authorised service centres visit our website or call:

## **Australia**

[www.sunbeam.com.au](http://www.sunbeam.com.au)

**1300 881 861**

Units 5 & 6, 13 Lord Street  
Botany NSW 2019 Australia

## **New Zealand**

[www.sunbeam.co.nz](http://www.sunbeam.co.nz)

**0800 786 232**

26 Vestey Drive, Mt Wellington  
Auckland, New Zealand

## Need help with your appliance?

Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

### In Australia

Visit [www.sunbeam.com.au](http://www.sunbeam.com.au)

Or call 1300 881 861

### In New Zealand

Visit [www.sunbeam.co.nz](http://www.sunbeam.co.nz)

Or call 0800 786 232

 is a registered trademark.

'StickMaster' is a registered trademark of Sunbeam Corporation.

Made in China.

Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet.

© Copyright. Sunbeam Corporation Limited 2011.

ABN 45 000 006 771

Units 5 & 6, 13 Lord Street  
Botany NSW 2019 Australia

Unit 3, Building D  
26 Vestey Drive  
Mt Wellington Auckland  
New Zealand

Sunbeam Corporation is a division of GUD Holdings Ltd.