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BY



# INTELLIGENT FOOD PROCESSOR

# welcome to intelligent food processing



This food processor is a really easy to use product made for real people.

I'm passionate about simple, honest home cooked food. So I've developed a range of products to help you to make great food—just like mum used to.

Packed with clever little features, my products take all the guesswork out of cooking.

This intelligent Food Processor will help you to release your inner chef and some of your spare time! Enjoy!

*Anthony Marshall Thompson*

# what you can do with this machine

Successful home cooking is all about balancing speed with great results. Food processors are ideal for producing great meals fast. My Intelligent Food Processor goes one step further, its programmed buttons take all the guesswork out of food preparation.

My Intelligent Food Processor is versatile too. With its many accessories and blending attachment you can do all this:

## **Blender**

- Crush ice
- Make milk shakes
- Make baby food
- Make batters and pancakes
- Make frappes
- Make great dips
- Make mayonnaise

## **Food processor**

- Puree
- Make cakes, pastry and bread
- Slice vegetables
- Mash potatoes
- Make bread crumbs
- Grate cheese and vegetables
- Juice citrus fruits

## how to use these instructions

Each function and attachment of your Intelligent Food Processor is explained in its own section. You can read each section on its own. For example, if you just want to know how you use the whisk, just go to the 'The whisk attachment' section. Everything you need to know is there.

For your safety, please read the important safety instructions section on page 48 before operating your Intelligent Food Processor.

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If you tried to operate your food processor without say, the lid fitted, nothing would happen! This is because, for your safety, your food processor has a safety interlock system making it impossible for it to operate unless everything is correctly fitted together.

Detailed instructions on how to use your food processor and its attachments are given throughout this booklet but briefly:

## food processor

- The processor bowl must first be fitted to the food processor body and locked in place.
- After you have inserted the desired attachment, (chopping blade, whisk, etc.), the processor bowl lid must be fitted onto the bowl and correctly locked in place.
- When you are using the food processor, the safety cap must be fitted over the blender jug drive take-off point. Remember, you can't use the blender jug and food processor at the same time.

## blending

- The processor bowl and processor bowl lid must be fitted to the processor body and locked in place. It's best not to have any attachment (chopping blade, whisk, etc.) fitted to the processor drive shaft.
- Remove the safety cap covering the blender drive shaft then fit and lock the blending jug.
- The blender will not work unless the blending jug lid is correctly fitted and locked in place.

# understanding all the parts

## **1 Stopper**

Removable stopper allows you to safely add ingredients to the blender jug whilst it's operating. The stopper doubles as a handy 50ml measure. Dishwasher safe.

## **2 Blender jug lid**

Locks into place to ensure spill-free blending. Easily removed for pouring. Dishwasher safe.

## **3 1.5 litre blender jug**

The large capacity toughened plastic blender jug, features an easy grip handle and is marked in both cup and millilitres (ml). The transparent jug allows you to observe the consistency of the food during blending. Dishwasher safe.

## **4 Safety cap**

The safety cap covers the blending jug drive shaft when the blender is not in use

## **5 Blender drive shaft**

## **6 Food processor body**

## **7 Small food pusher/measure**

Allows smaller items of food such as spring onions, chives, etc. to be fed into the processor. Doubles as a handy 100ml measure. Dishwasher safe.

## **8 Large food pusher**

Allows you to safely push foods to be sliced, grated or shredded into the processor bowl. Dishwasher safe.

## **9 Food processor bowl lid**

The locking food processor bowl lid ensures safe operation. The extra wide feed tube allows ingredients to be added during processing. Dishwasher safe.

## **10 1.5 Litre processor bowl**

The large capacity toughened transparent plastic processor bowl allows you to observe the progress of the food during processing. Dishwasher safe.

## **11 Control panel**

Consists of 12 electronic touch buttons - 8 preset programs: BATTER, SMOOTHIE, PUREE, MAYO, CITRUS PRESS, DOUGH/CAKE, SLICE/CHOP and WHISK. All preset programs switch off automatically when the cycle is complete. 4 manual buttons: FAST, SLOW, STOP and PULSE.

## **12 Drive shaft**



# accessories and attachments

## **1 Chopping blade and chopping blade safety cover**

Use for pureeing soft or cooked foods and chopping raw foods. Make dressings, mash potatoes, make bread crumbs, chop herbs, etc.

## **2 Dough blade**

Use for kneading dough, mixing dry ingredients, mixing light pastries, cakes and batters.

## **3 Whisk**

Use the whisk to whip egg whites, cream and light sauces.

## **4 Fine slicing blade**

Produces approximately 2.5 mm thick slices of foodstuffs like carrots, cucumbers, tomatoes, potatoes, onions, celery, etc.

## **5 Coarse slicing blade**

Produces approximately 3.5 mm thick slices of foodstuffs like carrots, cucumbers, tomatoes, potatoes, onions, celery, etc.

## **6 Fine shredding/grating blade**

Use for finely shredding or grating foodstuffs such as cheese, carrots, cabbage, potatoes, courgettes, etc.

## **7 Coarse shredding/slicing blade**

Use for coarsely shredding or grating foodstuffs such as cheese, carrots, cabbage, potatoes, courgettes, etc.

## **8 Rasping blade**

Use for finely grating hard cheeses like parmesan or to grate coconut.

## **9 Spatula**

## **10 Citrus press spindle**

Used to power the citrus press.

## **11 Large spindle**

Used in conjunction with the chopping blade, dough blade, whisk and slicing/shredding/rasping blades.

## **12 Citrus press attachment**

Use to juice citrus fruits such as lemons, limes, grapefruits, oranges, etc.

## **13 Blade holder**

Used to hold the slicing/shredding/rasping blades during processing.

## **14 Blade storage container**

Safely and neatly stores the slicing/shredding/rasping blades.

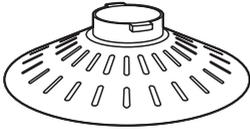
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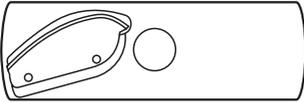
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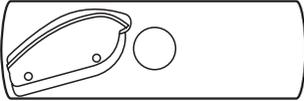
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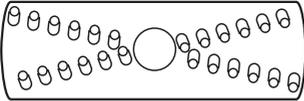
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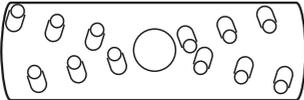
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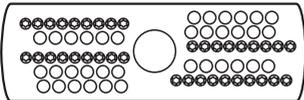
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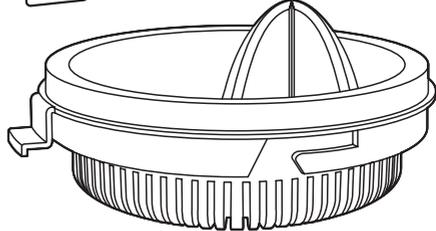
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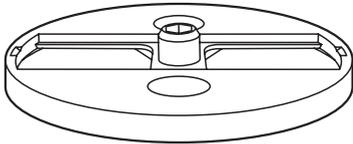
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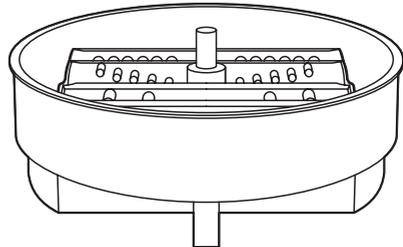
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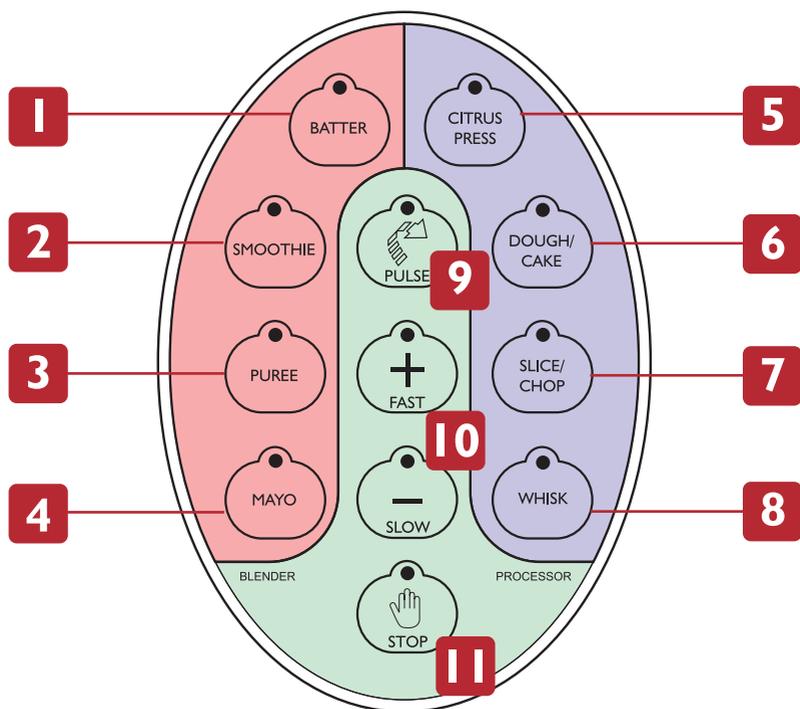


# what the buttons do

	Button	Suggested use	Blender/ Processor	Notes
1	BATTER	Savoury pancakes, American style thick pancakes, batter for frying fish, tempura, crepes	Blender	Simply add your favourite batter ingredients to the blender jug, press the Batter button and wait. Pancake batter works best if it's rested for about 10 minutes after you've made it. Just give it a quick pulse in the blender for a few seconds before using it.
2	SMOOTHIE	Smoothies (fruit and yoghurt or fruit and milk based drinks). Fruit or vegetable drinks	Blender	Make drinks with a base of naturally soft or ripe fruits/vegetables (strawberries, tomatoes, etc.) or foods that have been softened through cooking. Don't blend hard vegetables such as carrots unless cooked first. Add liquid to achieve the desired smoothie consistency. Always remove stones from fruit or vegetables.
3	PUREE	Pureeing raw soft fruit or vegetables, making baby food, smoothing soups, make pates, guacamole, hummus.	Blender	When pureeing, liquid is essential. Some fruits/vegetables are high in water content and will need less or no additional water. Add stock, yoghurt, milk or water a little at a time through the pouring hole until the desired consistency is reached.
4	MAYO	Traditional and flavoured mayonnaise (pesto, garlic, spice). Salad cream or dressing	Blender	For mayonnaise use ingredients at room temperature. If your eggs are chilled you will end up with a runny sauce. Slowly pouring oil into the mixture is fundamental to making mayonnaise. Remove the stopper and pour oil through the pouring hole.
5	CITRUS PRESS	Juicing citrus fruits such as oranges, grapefruits, lemons or limes	Processor	Use this function to produce fresh juice. The pips and pith will be strained out by the citrus press.
6	DOUGH/ CAKE	Kneading dough, mixing dry ingredients, mixing light pastry	Processor	For best results, stop the processor at intervals and use the spatula to scrape any ingredients that are clinging to the sides of the processor bowl back into the mixture. You can manually increase or decrease the kneading speed while the program is running using the Fast or Slow buttons.
7	SLICE/ CHOP	Slicing, chopping, grating, shredding etc.	Processor	Use the desired blade on foods such as carrots, cheese, cucumber, tomatoes, potatoes, cabbage, etc.
8	WHISK	Whisking egg whites, cream, sauces, etc.	Processor	When whisking egg whites, ensure the processor bowl and whisk is free from grease. Don't over whisk the egg whites. You can manually increase or decrease the whisking speed while the program is running using the Fast or Slow buttons.
9	PULSE	Chopping nuts, herbs, bread crumbs, biscuit crumbs etc.	Both	The Pulse button allows precise control of the duration and speed of processing. Press and hold the Pulse button to start processing, and release it to stop.
10	FAST, SLOW	Fast/Slow buttons	Both	These buttons allow you to manually adjust the processing speed in 8 steps. Simply press the Fast or Slow button repeatedly while the processor is running the change the speed.
11	STOP	Stop button	Both	Press at any time to stop processing or blending.

## the magic of programmed buttons!

The programmed buttons take the guesswork out of food processing. All you need to do to get great chef results is press a button!



## what it's for

The blender of your food processor can be used to blend soups, make sauces, smoothies, milkshakes, frappés, baby food, fruit, thin batters, in fact lots of things!

## fitting it

1. Rotate the safety cap anticlockwise until the  symbol on the cap lines up with the  arrow on the base unit.
2. Remove the safety cap
3. Fit the blender jug to the base unit lining up the  symbol on the base of the jug with the  arrow on the base unit.
4. Rotate the blender jug clockwise until the  symbol lines up with the  arrow.
5. Fit the lid and stopper onto the blending jug. Ensure that the lip of the blender lid is positioned to the left of the spout on the blender jug as shown.
6. Rotate the lid clockwise until the dot on the handle and the dot on the lid are opposite each other and the lid locks into place.

## using it

For the blender to operate, the processor bowl and lid must be correctly fitted. It's best not to have any attachment (chopping blade, whisk, etc.) fitted to the processor drive shaft.

Add the ingredients to the blending jug, refit the lid and stopper and press one of the programmed blending buttons (Batter, Smoothie, Puree or Mayo).

Further ingredients can be added by stopping the blender and removing the stopper or the lid. Replace the stopper or lid before starting the blender again. Don't overfill the blending jug. Cut large pieces of food into 2.5cm (1") cubes.

A red indicator light will illuminate above the chosen button when the blender is running. The indicator will go out when the program finishes.

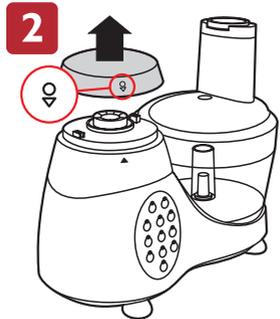
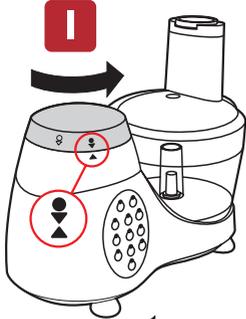
Don't forget that some blending programs will cause your blender to operate at different speeds during the cycle, or stop and start during use. This is completely normal.

## cleaning it

It's best to clean your blender as soon as you have finished using it. When you have emptied the contents of the blending jug, refit it to the base unit and:

- A Fill the blending jug a quarter full with warm water and add one drop of washing up liquid.
- B Refit the lid and stopper onto the blending jug.
- C Press the Pulse button for a few seconds.
- D Remove the blender jug and rinse it out with clean running water.
- E Dry the jug, lid and stopper with a soft cloth. Always make sure that the base of the blender jug is completely dry before using it again.

Never use any harsh abrasive cleaning products to clean your blender jug or any other part of your food processor.



# the chopping blade

## what it's for

The chopping blade can be used to puree soft or cooked foods and chop/mince raw foods. You can use it to make dressings, mash potatoes, make bread crumbs, chop herbs and mix/blend all sorts of ingredients.

## fitting it

**▲ The chopping blade is very sharp! Take care when handling or cleaning it.**

If the blender jug is fitted on the base unit, remove it and install the safety cap.

1. Lower the processor bowl over the drive shaft, ensuring the symbol  on the bowl is aligned with the ▲ symbol on the processor base.
2. Rotate the processor bowl clockwise until the  symbol on the bowl is aligned with the ▲ symbol on the processor base.
3. Fit the chopping blade with its safety cover onto the large spindle.
4. Carefully remove the chopping blade safety cover from the chopping blade. **DO NOT HANDLE THE BLADES.**
5. Slide the chopping blade/large spindle assembly over the drive shaft in the processor bowl. You may need to turn the blade/spindle assembly until it drops all the way down onto the drive shaft.
6. Lower the bowl lid onto the processor bowl ensuring the  symbol on the top rim of the bowl is aligned with the line on the bowl lid.
7. Rotate the bowl lid clockwise until the line on the bowl lid is aligned with the  symbol on the top rim of the processor bowl.

## using it

For the processor to operate, the processor bowl, lid and safety cap must be correctly fitted.

Add the ingredients to the processor bowl, refit the processor bowl lid and press the Slice/Chop button. Alternatively, press the Pulse button in short bursts to have greater control over texture and consistency.

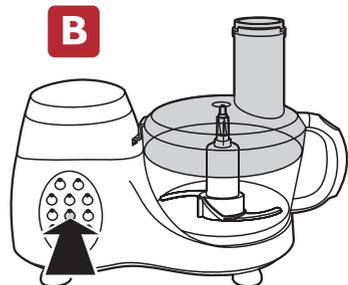
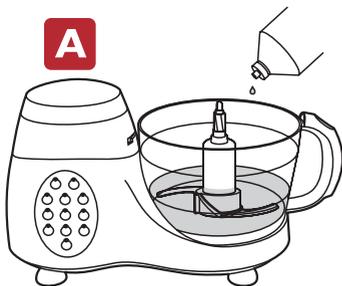
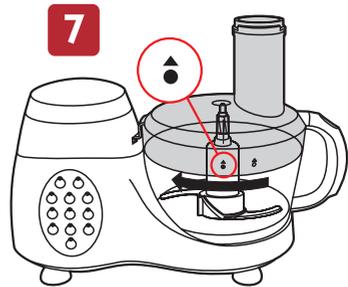
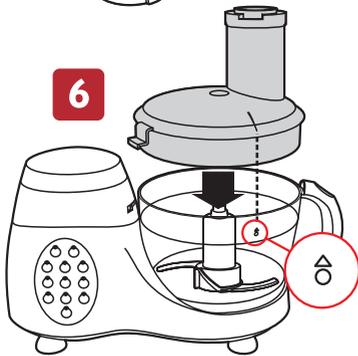
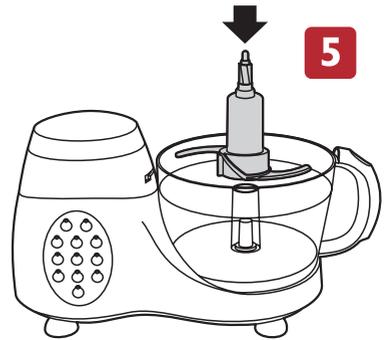
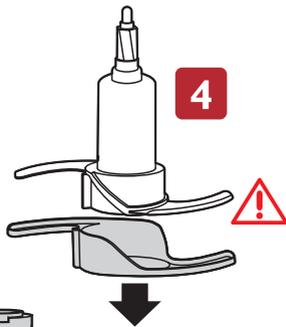
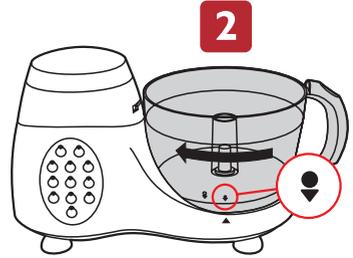
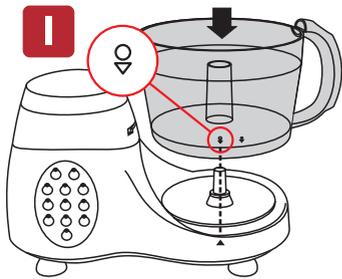
More ingredients can be added during processing through the feed tube in the processor bowl lid. Remove the food pusher, add the ingredients then replace the food pusher. Don't overfill the processor bowl.

## cleaning it

It's best to clean your processor as soon as you have finished using it. When you have emptied the contents of the processor bowl, refit it to the base unit and:

- A Fill the processor bowl a quarter full with warm water and add one drop of washing up liquid.
- B Refit the processor lid and press the pulse button for a few seconds.
- C Remove the bowl, lid and chopping blade assembly and rinse under clean running water.
- D Dry the processor bowl, lid and chopping blade with a soft cloth. Carefully refit the chopping blade safety cover over the blade.

Never use any harsh abrasive cleaning products to clean your processor bowl or any other part of your food processor.



# the dough blade

## what it's for

The dough blade can be used to knead dough, mix dry ingredients and mix light pastry, cakes and batters.

## fitting it

If the blender jug is fitted on the base unit, remove it and install the safety cap.

1. Lower the processor bowl over the drive shaft, ensuring the symbol  on the bowl is aligned with the  symbol on the processor base.
2. Rotate the processor bowl clockwise until the  symbol on the bowl is aligned with the  symbol on the processor base.
3. Fit the dough blade onto the large spindle.
4. Slide the dough blade/large spindle assembly over the drive shaft in the processor bowl. You may need to turn the blade/spindle assembly until it drops all the way down onto the drive shaft.
5. Lower the bowl lid onto the processor bowl ensuring the  symbol on the top rim of the bowl is aligned with the line on the bowl lid.
6. Rotate the bowl lid clockwise until the line on the bowl lid is aligned with the  symbol on the top rim of the processor bowl.

## using it

For the processor to operate, the processor bowl, lid and safety cap must be correctly fitted.

Add the ingredients to the processor bowl, refit the processor bowl lid and press the Dough/Cake button. Alternatively, press the Pulse button in short bursts to have greater control over texture and consistency.

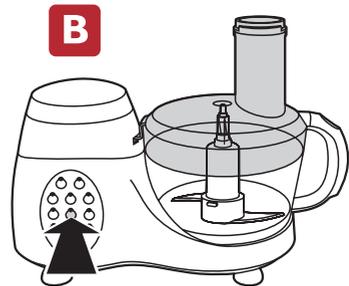
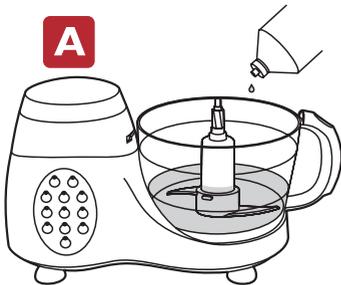
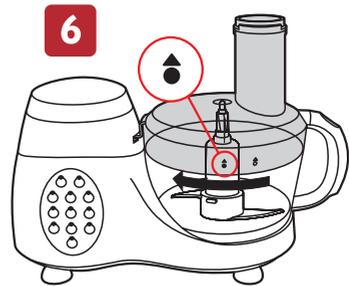
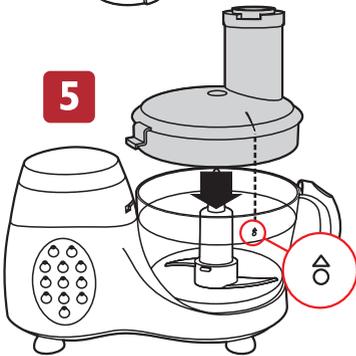
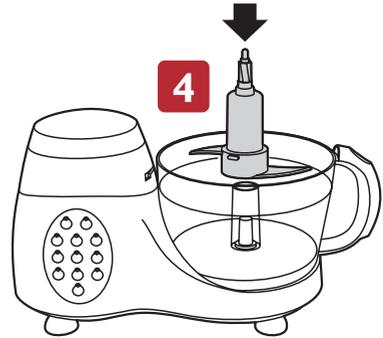
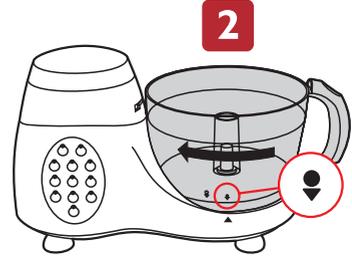
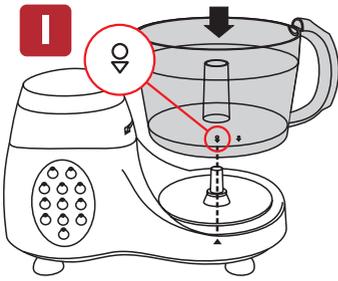
More ingredients can be added during processing through the feed tube in the processor bowl lid. Remove the food pusher, add the ingredients then replace the food pusher. Don't overfill the processor bowl.

## cleaning it

It's best to clean your processor as soon as you have finished using it. When you have emptied the contents of the processor bowl, refit it to the base unit and:

- A Fill the processor bowl a quarter full with warm water and add one drop of washing up liquid.
- B Refit the processor lid and press the pulse button for a few seconds.
- C Remove the bowl, lid and dough blade assembly and rinse under clean running water.
- D Dry the processor bowl, lid and dough blade with a soft cloth.

Never use any harsh abrasive cleaning products to clean your processor bowl or any other part of your food processor.



# the whisk attachment

## what it's for

The whisk attachment can be used to whip egg whites, cream, make light sauces, etc.

## fitting it

If the blender jug is fitted on the base unit, remove it and install the safety cap.

1. Lower the processor bowl over the drive shaft, ensuring the symbol  on the bowl is aligned with the ▲ symbol on the processor base.
2. Rotate the processor bowl clockwise until the ▼ symbol on the bowl is aligned with the ▲ symbol on the processor base.
3. Fit the whisk onto the large spindle.
4. Slide the whisk/large spindle assembly over the drive shaft in the processor bowl. You may need to turn the whisk/spindle assembly until it drops all the way down onto the drive shaft.
5. Lower the bowl lid onto the processor bowl ensuring the  symbol on the top rim of the bowl is aligned with the line on the bowl lid.
6. Rotate the bowl lid clockwise until the line on the bowl lid is aligned with the  symbol on the top rim of the processor bowl.

## using it

For the processor to operate, the processor bowl, lid and safety cap must be correctly fitted.

Add the ingredients to the processor bowl, refit the processor bowl lid and press the Whisk button. Alternatively, press the Pulse button in short bursts to have greater control over texture and consistency.

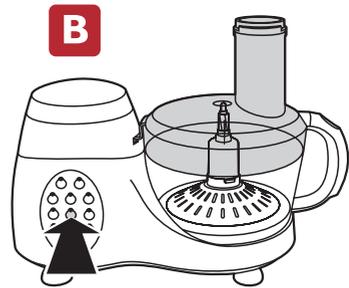
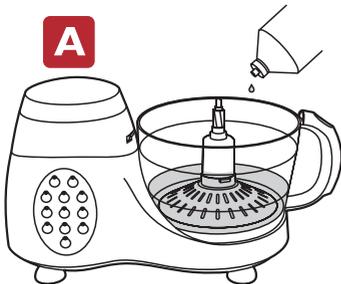
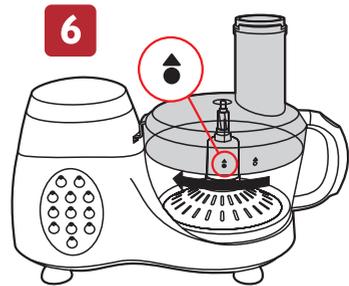
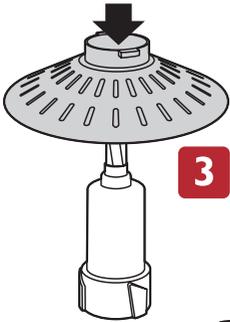
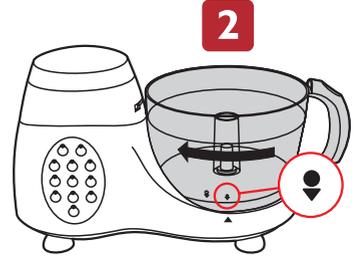
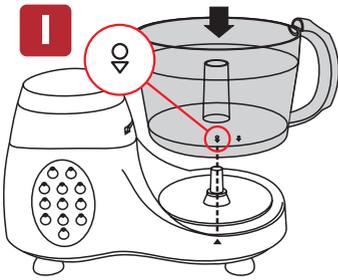
More ingredients can be added during processing through the feed tube in the processor bowl lid. Remove the food pusher, add the ingredients then replace the food pusher. Don't overfill the processor bowl.

## cleaning it

It's best to clean your processor as soon as you have finished using it. When you have emptied the contents of the processor bowl, refit it to the base unit and:

- A Fill the processor bowl a quarter full with warm water and add one drop of washing up liquid.
- B Refit the processor lid and press the pulse button for a few seconds.
- C Remove the bowl, lid and whisk assembly and rinse under clean running water.
- D Dry the processor bowl, lid and whisk with a soft cloth.

Never use any harsh abrasive cleaning products to clean your processor bowl or any other part of your food processor.



# the slicing, shredding and grating blades

## what they're for

The blades supplied with your Intelligent Food Processor can be used to slice, grate or shred a variety of ingredients.

## fitting

**▲ The blades are very sharp! Take care when handling or cleaning them.**

If the blender jug is fitted on the base unit, remove it and install the safety cap.

1. Lower the processor bowl over the drive shaft, ensuring the symbol  on the bowl is aligned with the ▲ symbol on the processor base.
2. Rotate the processor bowl clockwise until the  symbol on the bowl is aligned with the ▲ symbol on the processor base.
3. Fit the blade into the blade holder. Insert the end of the blade with the lug on it into the blade holder then press the opposite side of the blade downwards until it clicks into place.
4. Slide the large spindle over the drive shaft in the processor bowl. You may need to turn the spindle until it drops all the way down onto the drive shaft.
5. Fit the blade holder and blade onto the large spindle. Make sure that the blade is uppermost and that the blade holder has moved down as far as it can go.
6. Lower the bowl lid onto the processor bowl ensuring the  symbol on the top rim of the bowl is aligned with the line on the bowl lid.
7. Rotate the bowl lid clockwise until the line on the bowl lid is aligned with the  symbol on the top rim of the processor bowl.

## using

For the processor to operate, the processor bowl, lid and safety cap must be correctly fitted.

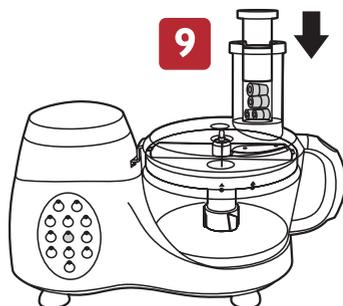
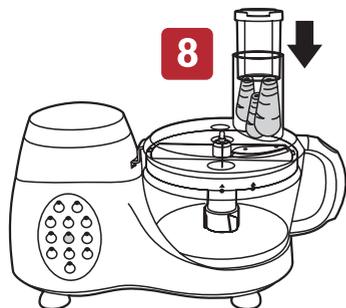
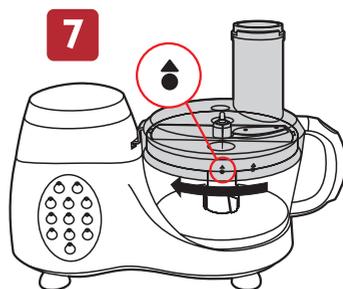
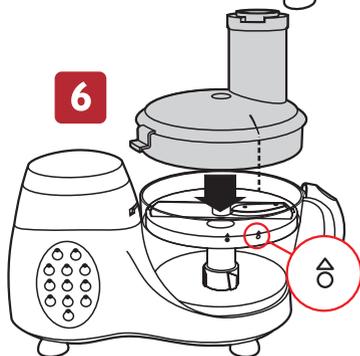
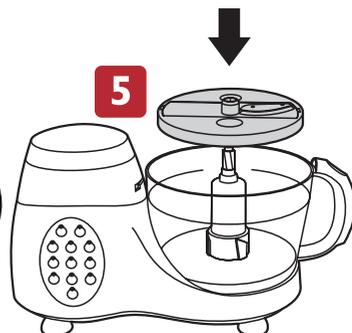
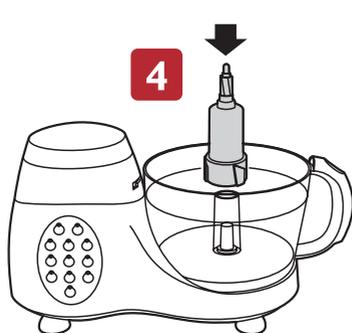
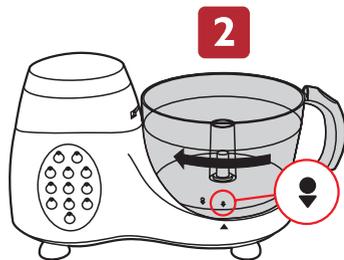
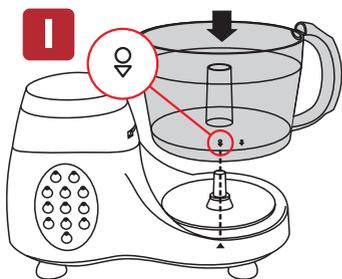
Place the ingredients into the feed tube. Press the Slice/Chop button. Use the pusher to exert an even pressure onto the food as it is processed by the blade (8). For processing smaller items, leave the large food pusher in place in the feed tube and remove the small food pusher. Insert the ingredients and use the small food pusher to exert even pressure as the food is processed (9).

**▲ Always use a food pusher to push food down the feed tube. Never use your fingers or any other kind of implement.**

## cleaning

It's best to clean your processor as soon as you have finished using it. Empty the contents of the processor bowl, remove the blade holder/large spindle, refit the bowl to the base unit and:

- A Fill the processor bowl a quarter full with warm water and add one drop of washing up liquid.
- B Refit the processor lid and press the pulse button for a few seconds. Remove the bowl and lid and rinse under clean running water.
- C Remove the blade from the blade holder by pushing upwards at the point indicated on the blade. **Carefully** wash the blade and holder in warm, soapy water. Dry the processor bowl, lid, blade and blade holder with a soft cloth.



# the slicing, shredding and grating blades

Function	Food type	Blade
Shredding/Grating	Cabbage	Fine or coarse shredding blade 
Shredding/Grating	Carrots	Fine or coarse shredding blade 
Shredding/Grating	Potatoes	Fine or coarse shredding blade 
Shredding/Grating	Courgettes	Fine or coarse shredding blade 
Shredding/Grating	Cheese	Fine or coarse shredding blade 
Slicing	Hard fruits e.g. apples.	Fine or coarse slicing blade 
Slicing	Soft fruits e.g. peaches, pears, strawberries.	Fine or coarse slicing blade 
Slicing	Vegetables e.g. carrots, potatoes, turnips, onions, cucumbers, celery.	Fine or coarse slicing blade 
Slicing	Mushrooms, tomatoes	Fine or coarse slicing blade 
Grating/Rasping	Potatoes, vegetables, firm fruit, coconut, very hard cheeses (parmesan)	Rasping blade 



Food processor setting	Notes
Slice/Chop or manual Fast/Slow buttons	Use the shredding blade for very fine cabbage or coleslaw. Cut pieces of cabbage to fit into the feed tube. Feed the cabbage using the food pusher with a light pressure.
Slice/Chop or manual Fast/Slow buttons	Position carrots in the feed tube. Use the food pusher to push the carrots into the shredding/grating blade.
Slice/Chop or manual Fast/Slow buttons	Cut potatoes to fit into the feed tube. Use the food pusher to push the potatoes into the shredding/grating blade. Great for Rosti.
Slice/Chop or manual Fast/Slow buttons	Cut the courgettes to fit into the feed tube either horizontally or vertically. Use the food pusher to push the courgettes into the shredding/grating blade.
Slice/Chop or manual Fast/Slow buttons	Cut the cheese to fit the feed tube. Feed the cheese using the food pusher. For best results the cheese should be well chilled.
Slice/Chop or manual Fast/Slow buttons	Cut the fruit to fit into the feed tube. Remove any stones, pips or cores. Feed the fruit using the food pusher. Use a firm pressure.
Slice/Chop or manual Fast/Slow buttons	Cut the fruits, if necessary, to fit the feed tube. Remove any stones, pips or cores. Feed the fruit using the food pusher. Use a light pressure.
Slice/Chop or manual Fast/Slow buttons	Peel if required. Cut the vegetables to fit the feed tube. Feed the vegetables using the food pusher. Use moderate pressure when feeding.
Slice/Chop or manual Fast/Slow buttons	If necessary, cut the vegetables to fit the feed tube. Stack the vegetables into the feed tube. Feed using the food pusher. Use light pressure when feeding.
Slice/Chop or manual Fast/Slow buttons	Peel vegetables first. Cut items to fit the feed tube. Feed using the food pusher. Use moderate pressure when feeding.

# the citrus press

## what it's for

The citrus press is great for extracting the juice from citrus fruits like oranges, grapefruits, lemons and limes. The juice goes into the processor bowl, the pith and pips are filtered out by the citrus press!

## fitting it

If the blender jug is fitted on the base unit, remove it and install the safety cap.

1. Lower the processor bowl over the drive shaft, ensuring the symbol  on the bowl is aligned with the  symbol on the processor base.
2. Rotate the processor bowl clockwise until the  symbol on the bowl is aligned with the  symbol on the processor base.
3. Slide the citrus press spindle over the drive shaft in the processor bowl. You may need to turn the spindle until it drops all the way down onto the drive shaft.
4. Position the citrus press onto the processor bowl ensuring the symbol  on the bowl is aligned with the  symbol on the processor bowl.
5. Rotate the citrus press clockwise until the  symbol on the citrus press is aligned with the  symbol on the processor bowl.

## using it

For the processor to operate, the processor bowl, lid and safety cap must be correctly fitted.

Cut the citrus fruit into halves. Press the Citrus Press button. Hold the halved fruit in the palm of your cupped hand and firmly press it against the citrus press cone. The juice will collect in the processor bowl and the pith and pips will remain in the citrus press.

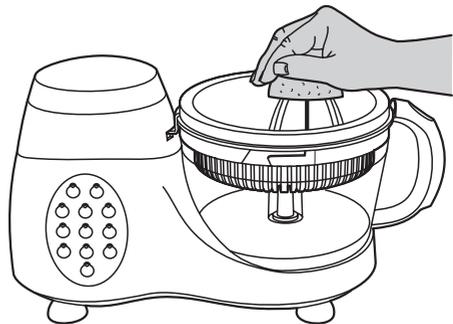
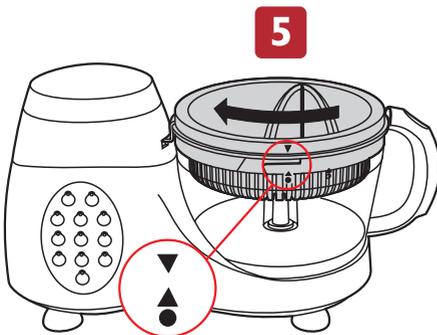
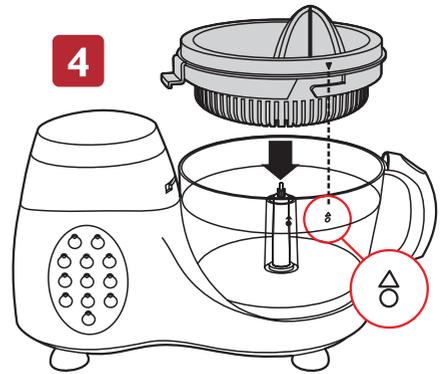
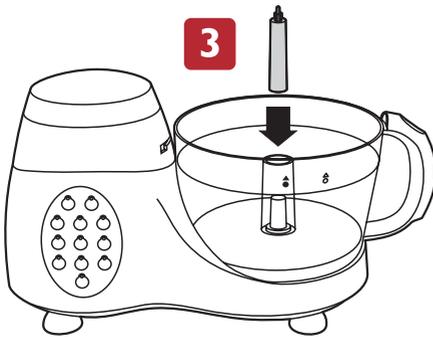
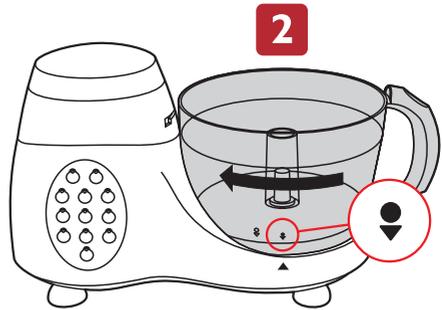
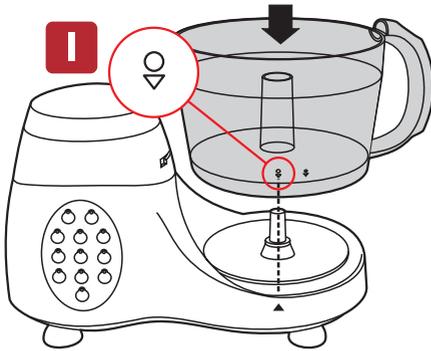
For more control, you can set the speed of your processor using the Fast/Slow buttons.

## cleaning it

It's best to clean your citrus press and processor as soon as you have finished using it. Remove the citrus press and empty the contents of the processor bowl

- A Wash the processor bowl, lid, citrus press and citrus press spindle in warm soapy water.
- B Dry the processor bowl, lid, citrus press and citrus press spindle with a soft cloth.

Never use any harsh abrasive cleaning products to clean your processor bowl or any other part of your food processor.



## care and cleaning

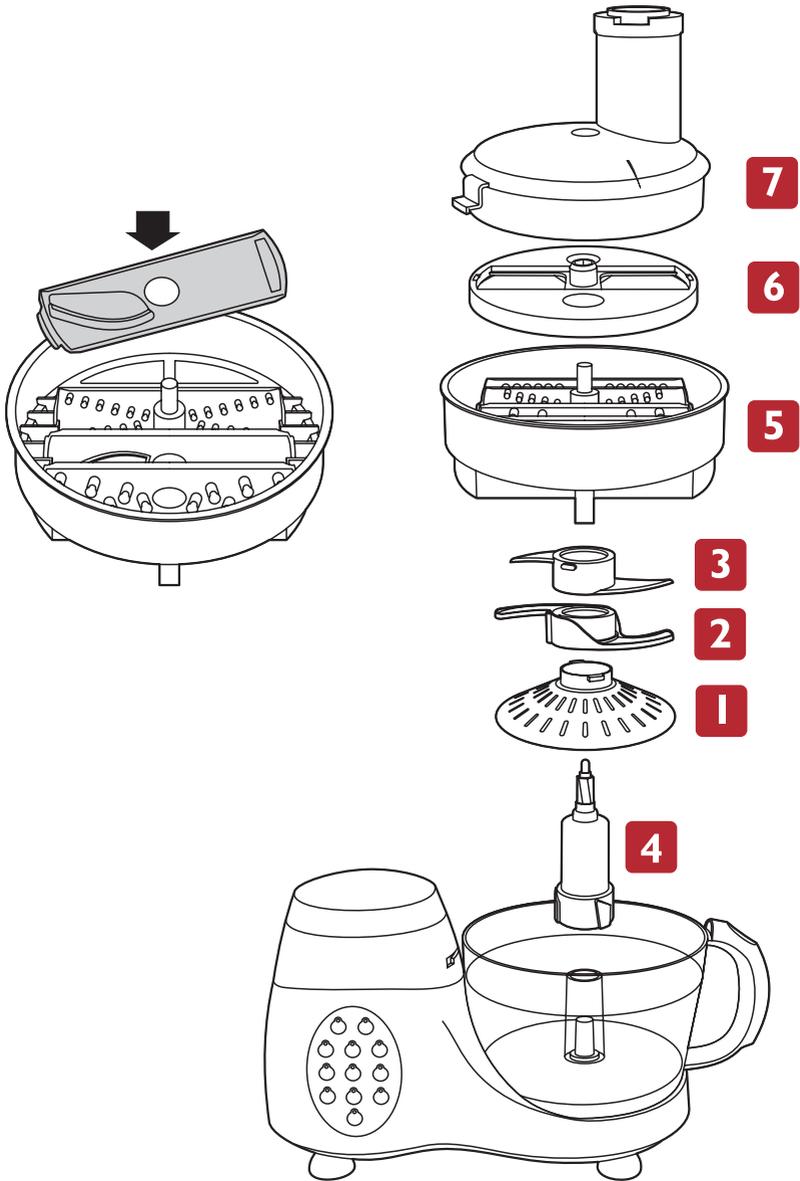
- ⚠ **Always unplug your Intelligent Food Processor before cleaning it. The chopping, slicing, shredding and grating blades are very sharp! Take care when handling or cleaning them. Never immerse your food processor base unit, mains lead or plug in water or any other liquid. Never use harsh abrasive cleaners or cleaning materials.**

- Wash all removable attachments, the blender jug, blender lid, processor bowl and processor bowl lid in warm soapy water.
- Rinse under clean running water.
- Dry thoroughly.
- Use a damp cloth or sponge with a little mild detergent to wipe down the processor base unit.
- Dry thoroughly.

## storing

All of the attachments with the exception of the citrus press and spatula can be stored inside your Intelligent Food Processor. Start by fitting the processor bowl onto the processor base unit, then:

1. Fit the whisk attachment onto the large spindle.
2. Fit the chopping blade with its safety cover attached onto the large spindle. The safety cover should be at the bottom. When correctly fitted, the chopping blade will fit snugly over the collar of the whisk.
3. Fit the dough blade onto the large spindle.
4. Slide the large spindle with the whisk, chopping and dough blades onto the drive shaft in the processor bowl. You may need to turn the spindle until it drops all the way down onto the drive shaft.
5. Slot the shredding, slicing and rasping blades into the blade storage container. Place the blade storage container over the large spindle in the processor bowl.
6. Slide the blade holder onto the spigot in the blade storage container.
7. Place the processor bowl lid over the blade storage container.





## ingredients

250g (4½oz) frozen peas  
1 tbsp lime juice  
1 tbsp fresh coriander leaves  
1 red chilli, deseeded and diced  
2 tbsp greek yogurt  
¼ tsp ground cumin  
¼ tsp ground coriander  
¼ tsp freshly ground black pepper  
1 plum tomato, chopped  
¼ small red onion, peeled and finely chopped

serves 4

## method

1. Put all of the ingredients except the tomato and red onion into your food processor. Then, using the chopping blade and pulse button, process them until you have a fairly smooth paste.
2. Stir in the tomato and onion and serve with corn chips.



“ A perfect storecupboard starter  
that can be made on short notice ”



## method

1. Cook the apples in a little water together with the cinnamon and enough sugar to sweeten—about 2 tbsps—until soft.
2. Put the mixture aside to cool.
3. Using the whisk attachment, whisk the cream into soft peaks. Next, whisk the egg whites until they are at the soft peaks stage, then whisk in the remaining sugar until the mixture stands up.
4. Place the cooled and cooked apples into the blending jug and press the puree button.
5. Fold the whipped cream into the apple puree and then the egg whites. Sprinkle with toasted almonds or ground cinnamon and serve with shortbread.



## ingredients

- 6 Bramley apples, peeled, cored and sliced
- ½ tsp ground cinnamon
- 5 tbsps caster sugar
- 125ml (4fl oz) double cream
- 3 free range eggs (whites only)
- a few toasted almonds (optional)

serves 4

“ My Gran had an orchard of old apple varieties, and this pud featured regularly when I was a child. ”

# clean and green chicken salad

## ingredients

- 1 small bunch coriander
- 5 slices fresh root ginger, peeled
- 1 head garlic, halved horizontally
- 2 hot dried chillies
- 1 onion, roughly chopped
- 1 x 1.6kg (3½lb) free-range chicken
- 1 tsp salt

### *Salad*

- 125g (4½oz) broccoli florets
- 85g (3oz) fresh or frozen peas
- 125g (4½oz) asparagus tips
- 85g (3oz) sugar-snap peas
- 2 Little Gem lettuces
- 2 handfuls baby spinach leaves
- 2 handfuls rocket leaves
- 1 bunch spring onions, tops removed and thinly sliced.

### *Peanut soy dressing*

- 3 tbsp smooth peanut butter
- 4 tbsp sweet soy sauce
- 2 tbsp runny honey
- 1 level tbsp garlic puree
- 2 tsp chilli oil
- 4 tbsp rice vinegar
- 6 tbsp water

serves 6

## method

1. Place the coriander, ginger, garlic, chillies, onion and chicken in a pan just large enough to hug the chicken. Top up with cold water to cover the chicken, add the salt and cover with a lid. Bring to the boil, then reduce the heat until the water is just moving on the surface. Simmer gently for 30 minutes, then turn off the heat and allow the chicken to cool in its poaching liquid - ideally overnight in the refrigerator. Check it is cooked through.
2. Meanwhile, make the salad. Have ready a large pan of boiling salted water. Blanch the broccoli florets for 3 minutes, then drain and refresh in cold water. Do the same with the peas and asparagus tips, but for 2 minutes only. Blanch the sugar-snaps for 1 minute only, then drain and refresh in cold water.
3. To make the dressing, add the peanut butter, soy sauce, honey, garlic, chilli oil, vinegar and water to the blender jug and press the Mayo button. The program will stop automatically when it has finished.
4. Remove the chicken from the pan and take off the meat, discarding the skin. Either cut the meat into chunks or finely shred. Coat the meat lightly with some of the dressing. Set aside. Retain the stock as a base for an excellent soup.



## why not try...

- 5 Separate the lettuce leaves and arrange them with the spinach, rocket and onions over the base of a large plate. Toss the blanched vegetables with the remaining dressing and arrange over the leaves. Scatter the chicken over the vegetables.

Use cooked loin of pork instead of the poached chicken.

For an oriental twist, combine a handful of coriander leaves and 14 shredded mint leaves with the vegetables.



“ If you are in a hurry, just use a dressing of 4 parts olive oil to 1 part lemon juice or white wine vinegar. ”

# mediterranean carrot rolls

## ingredients

10 medium carrots cooked until soft, drained  
2 slices of stale white bread, processed into crumbs  
6 organic apricots, finely diced  
2 tsp chopped sultanas  
4 spring onions, finely diced  
3 tbsp pine nuts, chopped  
4 garlic cloves, finely chopped  
1 tsp chilli flakes  
2 tsp finely grated unwaxed orange zest  
1 free range egg  
6 tbsp mixed chopped parsley, mint and dill  
salt and ground black pepper  
plain flour for dusting  
vegetable oil for shallow frying

serves 4-6

## method

1. Use the chopping blade to make the breadcrumbs. Remove the breadcrumbs then process the other ingredients that require chopping or dicing.
2. Fit the dough blade and add the carrots and the remaining ingredients to your food processor. Knead well. If the mixture is too wet, add more bread crumbs. The mixture should be soft and slightly damp.
3. Mould the puree into 12 x 5cm (2 inch) cylinders or flat patties. Coat your hands with the flour to stop the mixture sticking. Roll each cylinder in flour, then shallow fry them in oil until they are brown on all sides.
4. Drain well on kitchen paper and serve with salad or as an accompaniment to grilled foods.



## why not try...

Instead of the carrots, roast some pumpkin or butternut squash with a little olive oil, thyme and garlic.



“ This dish is exceptionally popular with my children, making a nice supper dish as well as a vegetable side dish. ”

# raspberry pavlova roulade

## ingredients

### *roulade*

- 9 free range egg whites
- a pinch of salt
- 375g (13oz) caster sugar
- 1 tsp cornflour
- a pinch of cream of tartar
- 1 tsp white wine vinegar
- 2 drops vanilla extract

### *filling*

- 600ml (1 pint) double cream (you may not need all of it)
- 1 jar of your favourite raspberry jam
- 450g (1lb) fresh raspberries

### *raspberry sauce*

- 450g (1lb) fresh raspberries
- 2 tbsp lemon juice
- 3 tbsp icing sugar

serves 8

## method

- 1 Preheat the oven to 180°C/350°F/gas mark 4. Line a Swiss roll tin or a similar sized baking tray with greaseproof paper.
- 2 Using your food processor, whisk the egg whites with the salt until soft peaks begin to form. Continue whisking while adding the sugar until stiff and shiny. Sprinkle over the cornflour, cream of tartar, vinegar and vanilla and gently fold them in.
- 3 Spread the egg white mixture all over the greaseproof paper lined tray. Flatten the top and smooth the sides.
- 4 Place in the oven and immediately reduce the heat to 150°C/300°F/gas mark 2. Cook for 20 minutes. Turn off the oven, leave the oven door slightly ajar and allow the roulade to cool. When cooled, invert the roulade on to a sheet of greaseproof paper and set aside.
- 5 Meanwhile, make the filling. Use your food processor to whip the double cream until soft peaks begin to form. Cover and refrigerate until needed.
- 6 For the sauce, put the raspberries into your blender, add the lemon juice and sugar, then use the pulse button until smooth. Sieve the mixture and refrigerate it.



## why not try...

- 7 To construct the roulade, spread a layer of raspberry jam over the cooled roulade, top with the whipped cream and sprinkle with most of the fresh raspberries. Carefully roll up into a roulade.
- 8 To serve, cut into slices, pour some sauce over and around the roulade and scatter over the remaining raspberries.

Diced peaches, almonds and Amaretti cream (simply whipped cream flavoured with an almond liqueur)

Lemon curd, orange pieces and Grand Marnier cream (as above)

Chocolate spread, cream and sliced bananas.



“ This isn't an everyday pud as it's so rich and sweet, but it's so delicious that one day, you'll just have to try it! ”

# orange and almond cake

## ingredients

4 large navel oranges  
200g (7oz) caster sugar  
250g (9oz) ground almonds  
1 tsp baking powder  
5 free range eggs  
butter for greasing

serves 8-10

## method

1. Preheat the oven to 190°C/375°F/gas mark 5. Grease and line the base of a 20cm (8 inch) springform cake tin with parchment paper.
2. Place the oranges in a pan and cover them with cold water. Bring to the boil then turn down the heat. Cover and simmer for 1½ hours. Check the water level regularly to make sure that they don't boil dry. Remove the oranges from the heat and allow them to cool. All this can be done in advance and stored in the refrigerator until you are ready to construct the cake.
3. Remove the oranges from the water, cut two of them into chunks and remove any pips. Thinly slice the remaining oranges and arrange half of them on the bottom of the cake tin. Keep the remaining orange slices for the top.
4. Place the chunks of orange into your food processor along with the remaining ingredients. Use the chopping blade and the pulse button to process until the ingredients are well mixed.
5. Spoon the mixture into the cake tin. Top with the remaining sliced oranges and bake in the preheated oven for



## why not try...

45 minutes. Keep a careful eye on this—you may need to reduce the temperature depending on your oven. The cake will be soft and moist, so the usual dry knife test won't work here.

6. Let the cake cool slightly before removing it from the cake tin. Leave the cake on a wire rack to cool.

Use mashed bananas instead of oranges, but don't cook them

Coeliacs should use gluten-free baking powder.



“Cakes are not my forte, but when I discovered this one in Spain I was over the moon. It's easy and delicious!”

# ricotta griddle cakes with yogurt and berries

## ingredients

325g (11 1/2oz) ricotta cheese  
175ml (6fl oz) semi-skimmed milk  
1 tbsp runny honey  
4 free range eggs, separated  
225g (8oz) plain flour  
1 tsp baking powder  
2 tbsp caster sugar  
2 tbsps vegetable oil or melted butter

honeyed yogurt and berries

200g (7oz) greek yogurt  
1 tsp ground cinnamon (optional)  
3 tbsp runny honey  
325g (11 1/2oz) mixed berries  
(raspberries, cut strawberries,  
blueberries)

makes 12

## method

1. For the griddle cakes, place the ricotta cheese, semi-skimmed milk, runny honey and egg yolks into the blending jug. Then press the Pulse button until the ingredients are combined.
2. Sift the flour and the baking powder, into a large bowl then add it to the ricotta mixture. Press the Batter button and wait until the program has finished. Transfer the mixture to a large bowl.
3. Using the whisk, beat the egg whites to soft peaks then add the caster sugar and whisk until stiff and glossy. Add a spoonful of the egg whites to the ricotta mixture to slacken it, then fold in the remainder of the whisked egg whites.
4. Oil or butter a non-stick frying pan and spoon 2 tbsp of the ricotta batter into the pan for each griddle cake. Don't overcrowd the pan. Cook over a medium-to-low heat for about 2 minutes before flipping them over and repeating until golden. Cook the griddle cakes in batches and keep them warm.



## why not try...

5. Meanwhile, combine the yogurt with the cinnamon and 2 tbs of honey.
6. Spoon the yogurt over the cakes, top with the berries and drizzle with the remaining honey.

Caramelised apples  
Brown sugar bananas  
Crisp bacon and maple syrup  
Oven roasted tomatoes



“ A winner from the USA, loved by children and adults alike, perfect for brunch food. ”

# courgette and lemon pasta with parmesan

## ingredients

225g (8oz) spaghetti  
450g (1lb) courgettes  
4 tbsp olive oil  
55g (2oz) pine nuts, toasted  
finely grated rind and juice of 1 lemon  
200g (7oz) freshly grated parmesan  
good pinch dried chilli flakes  
salt and freshly ground black pepper

serves 4

## method

1. Bring a large pan of water to a rolling boil. Swirl in the spaghetti and cook for 10-12 minutes until al dente or according to the packet instructions.
2. Use your food processor's coarse grating blade to grate the courgette. Cut and stack the courgette lengthways into the feed tube for the best results. Wrap the courgettes in a clean tea towel and squeeze out the liquid until dry.
3. Add the olive oil to the frying pan and quickly fry the courgettes for about 5 minutes until tender and just beginning to colour around the edges.
4. Add the pine nuts to the courgettes with the lemon rind and plenty of ground black pepper and continue to fry for another minute or so.
5. Drain the spaghetti and add it to the pan with the courgette and pine nut mixture. Add most of the parmesan and chilli flakes and toss until well combined. Season and add the lemon juice to taste.



6. Divide the courgette and lemon pasta among warmed wide rimmed bowls and sprinkle over the remaining parmesan to serve.



“ Quick, filling and with a lovely lemony zing! ”

# banana pancakes with chocolate fudge sauce

## ingredients

### *pancake batter*

- 175g (6oz) plain flour
- a pinch of salt
- 2 tsp caster sugar
- 2 large free range eggs and 1 egg yolk
- 150ml (5fl oz) each of milk and water, mixed
- 2 tbsp melted, unsalted butter, plus extra for cooking the pancakes

### *filling*

- 115 (4oz) cream cheese
- 150g (5½oz) greek yogurt
- 2 tbsp runny honey
- 2 large ripe bananas, peeled and finely sliced

### *chocolate sauce*

- 115g (4oz) unsalted butter
- 115g (4oz) light muscovado sugar
- 25g (1oz) cocoa powder
- 4 tbsp golden syrup
- 150ml (5fl oz) single cream

### *to serve*

- 1-2 bananas (optional)

serves 6

## method

1. For the pancake batter, sift the flour into the blending jug and add the salt, sugar, eggs and yolk and pour into your blender jug. Press the Batter button and wait until the program finishes.
2. Allow the batter to stand in the blending jug in a cool place for an hour. Just before using the batter, add the melted butter and press the pulse button a couple of times to mix in the butter.
3. Heat a little butter in your pancake pan, swirling it around to coat the sides of the pan. Pour in just enough batter to run over and cover the base of the pan. Cook until golden underneath then turn the pancake over with a palette knife and cook for a minute or so longer. Remove the pancake from the pan and keep it warm while you make the rest of the pancakes using all of the batter. You need 12 pancakes.
4. Mix together the cream cheese, yogurt and honey and beat until smooth. Carefully fold in the sliced bananas. Divide the filling between the pancakes and carefully roll them up making sure your filling goes right to the end of the pancake when it's rolled up. Allow 2 pancakes per person and arrange on a warmed serving plate.
5. Finally, prepare the chocolate sauce. Beat the butter, sugar and cocoa powder together, then place in a saucepan with the golden syrup and cream. Place the



## why not try...

pan on a medium heat and simmer until the sauce comes together.

Use poached pears or raspberries instead of the bananas.

6. Leave the sauce to cool for about 5 minutes then pour over the pancakes. Any leftover sauce can be served separately. Serve with extra sliced bananas if desired.



“ Who doesn't love bananas and chocolate - a classic combination ”

# hot chocolate souffles with raspberry sauce

## ingredients

### *souffle*

25g (1oz) butter at room temperature

115g (4oz) golden caster sugar, plus a little extra for dusting

300g (10½oz) plain chocolate (at least 70% cocoa solids) broken into pieces

4 free range eggs, separated

4 free range egg whites

icing sugar for dusting

### *raspberry sauce*

200g (7oz) raspberries

85g (3oz) icing sugar

85ml (3fl oz) red wine

1 tbsp fresh lemon juice

serves 6

## method

1. Preheat the oven to 220°C/425°F/gas mark 7 and heat a large baking sheet. Butter six individual ramekins or ovenproof teacups then sprinkle with caster sugar inside, shaking off any excess. Chill until required.
2. Melt the chocolate in a heatproof bowl over a pan of simmering water. Beat in the four egg yolks, one at a time, until the mix thickens.
3. Whisk the egg whites until stiff, then whisk in the caster sugar, one tablespoon at a time. Fold a little of the egg white mix into the chocolate mix to slacken it. Then fold the chocolate mix into the remaining egg whites until evenly combined.
4. Divide the mix between the prepared ramekins, then run your finger between the inside edge of each ramekin and the mixture to make a small groove—this helps the souffle to rise evenly. Place the ramekins on the preheated baking sheet on the top shelf of the oven. Bake for 12-13 minutes until well risen and just wobbly when lightly moved.
5. Meanwhile, make the raspberry sauce. Puree the raspberries using your blender then pass the puree through a sieve and into a pan. Add the icing sugar, wine and lemon juice stirring well to combine. Bring to a simmer and cook for 4-5 minutes until slightly reduced.



6. Dust the souffles with icing sugar and serve them with the warm raspberry sauce.



*“If these souffles don't rise much, just call them chocolate puddings - nobody will be any the wiser!”*

# refrigerator biscuits

## ingredients

350g (12oz) self-raising flour  
200g (7oz) unsalted butter, softened  
175g (6oz) light muscovado sugar  
½ tsp vanilla extract  
1 free range egg  
55g (2oz) chopped dates  
25g (1 oz) raisins  
25g (1 oz) dried blueberries

makes 18

## method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Sift the flour into a bowl and set aside.
3. Fit the dough blade. Put the butter, sugar and vanilla into the food processor bowl. Press the Cake/Dough button and process the ingredients until smooth. With the processor still running, add the egg. Stop the processor and add the flour then press the Cake/Dough button until the flour is combined. Finally, fold in the fruit.
4. Form the mixture into a roll about 4cm (1½ inches) in diameter, wrap it in clingfilm and place in the fridge until quite firm. You can keep this 'dough' in the fridge for up to two weeks covered in clingfilm.
5. When ready to cook, cut 1cm (½ inch) slices from the roll and place them on a lightly greased baking tray. Bake in the preheated oven for 10-15 minutes.
6. Remove from the oven, rest for 5 minutes to set the biscuits, then transfer them to a cooling rack and leave until cold. Store the biscuits in an airtight container.



## why not try...

You can change the dried fruit for any type you fancy and/or add a few chopped nuts



# important safety instructions

Please read these instructions before operating this appliance and retain for future use.

This product is not suitable for use by children, and may not be suitable for persons requiring supervision unless they receive instruction by a competent person on how to safely use the product.

**Always** ensure hands are dry before handling the plug or switching on the appliance.

**Always** use the appliance on a secure, dry level surface.

**Always** ensure that the power cord does not hang over the edge of the work surface and is positioned where it cannot cause a hazard.

**Always** carry out regular checks of the supply cord to ensure no damage is evident. Should there be any signs that the cord is damaged in the slightest degree, the entire appliance should be returned to the Customer Service Department.

**Always** return the appliance after a malfunction, or if it has been damaged in any manner to the Customer Service Department for examination, repair or adjustment as special purpose tools are required.

**Always** exercise caution when handling the blades and cleaning.

**Always** use the food pusher to introduce food into the processor bowl.

**Always** place the lid on the blender before switching on.

**Always** ensure that the appliance is switched off before removing from the base.

**Always** unplug appliance from socket after use and before cleaning.

**Never** use this appliance outdoors.

**Never** use this appliance for other than intended use. This appliance is for household use only.

**Never** immerse any part of the appliance base or cordset and plug, in water or any other liquid to protect against electrical hazards.

**Never** use harsh, abrasive or caustic cleaners to clean this appliance.

**Never** allow children to use this appliance. Close supervision is necessary when the appliance is near children.

**Never** leave appliance unattended when in use.

**Never** open the lid during blending.

**Never** use your fingers to push food into the feed tube.

**Never** fill above maximum capacity (jug-1500ml / bowl-1500ml) otherwise ingredients will be ejected.

**Never** let cord hang over the edge of a table or counter, touch hot surfaces or become knotted.

**Never** place this appliance on or near a hot gas or electric burner or where it could touch a heated oven or microwave oven.

**Never** attempt to process only dry ingredients.

**Never** operate any appliance with a damaged cord or plug or after an appliance malfunction or if it has been damaged in any manner.

# connection to the mains supply

This appliance is fitted with either a moulded or rewirable BS1363, 13 amp plug. The fuse should be rated at 13 amps and be ASTA approved to BS1362.

If the fuse in a moulded plug needs to be changed, the fuse cover must be refitted. The appliance must not be used without the fuse cover fitted.

If the plug is unsuitable, it should be dismantled and removed from the supply cord and an appropriate plug fitted as detailed below. If you remove the plug it must not be connected to a 13 amp socket and the plug must be disposed of immediately.

The wires of the mains lead are coloured in accordance with the following code:

**BLUE – NEUTRAL**                      **BROWN – LIVE**

The wire which is coloured Blue, must be connected to the terminal which is marked with the letter N or coloured Black.

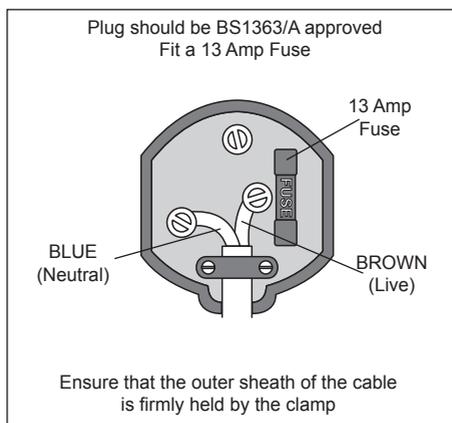
The wire which is coloured Brown, must be connected to the terminal which is marked with the letter L or coloured Red.

If any other plug is used, a 13 amp fuse must be fitted either in the plug or adaptor or at the distribution board.

**CAUTION: DO NOT CONNECT EITHER WIRE TO THE EARTH TERMINAL IN THE PLUG WHICH IS MARKED E OR WITH THE EARTH SYMBOL ( $\perp$ ) OR COLOURED GREEN OR GREEN AND YELLOW.**



This symbol indicates that this unit is a Class II appliance and therefore an earth connection is not required.



# after sales service

These appliances are built to the very highest of standards. There are no user serviceable parts. Follow these steps if the unit fails to operate:

1. Check that the instructions have been followed correctly—particularly the correct assembly instructions.
2. Check the fuse has not blown.
3. Check that the mains supply is functional.

If the appliance will still not operate return the appliance to the place it was purchased for a replacement.

To return the appliance to Breville Customer Service Department, follow the steps below:

1. Pack it carefully, preferably in the original carton. Ensure the unit is clean.
2. Enclose your name and address and quote the model number on all correspondence.
3. Give the reason why you are returning it.
4. If within the guarantee period, state when and where it was purchased and include proof of purchase (e.g. till receipt).
5. Send it to our Customer Service Department at the address below:

**Customer Service Department  
Pulse Home Products Limited  
Middleton Road,  
Royton, Oldham,  
OL2 5LN, U.K.**

**Telephone: 0161 621 6900 Fax: 0161 626 0391**

**E-mail: [info@pulse-uk.co.uk](mailto:info@pulse-uk.co.uk)**

This product is guaranteed for a period of 1 year from the date of purchase against mechanical and electrical defects.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions provided, that it is not connected to an unsuitable electricity supply, dismantled or interfered with in any way or damaged through misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective.

Nothing in this guarantee or the instructions relating to the product excludes, restricts or otherwise affects your statutory rights.

In line with our policy of continuous development, we reserve the right to change this product, packaging and documentation without notice.



This product is manufactured to comply with the radio interference requirements of EEC directive 93/68 EEC.

## acknowledgements

The recipes used in this booklet have been taken from the following publications:



Antony Worrall Thompson's GL Diet Made Simple with Dr Mabel Blades & Jane Suthering, published by Kyle Cathie Ltd at £12.99, [www.kylecathie.com](http://www.kylecathie.com).



Antony Worrall Thompson's Real Family Food, published by Mitchell Beazley at £16.99, [www.mitchell-beazley.com](http://www.mitchell-beazley.com).



Saturday Cooks Cookbook, published by Mitchell Beazley at £14.99, [www.mitchell-beazley.com](http://www.mitchell-beazley.com).

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