My hand mixer 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.

My hand mixer will help you to release your inner chef and some of your spare time! Enjoy!

Antony Morrell Thompson
Successful home cooking is all about balancing speed with great results. My hand mixer is ideal for producing professional results fast.

My hand mixer is versatile too. You can:

- Combine liquids
- Fold ingredients together
- Prepare cake and pudding mixtures
- Cream sugar and butter
- Make great cookie dough
- Knead dough for breads, pizzas, etc.
- Whip cream and egg whites
- Mash potatoes
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1. **Speed selector**
The 5-way speed selector allows you to choose the perfect speed for every mixing task.

2. **Ejector button**
Press the ejector button to remove the beaters or dough hooks.

3. **Beaters**
The stainless steel triple beaters make light work of cake mixes, sauces and whisking.

4. **Heel**
The non-slip heel allows you safely put your hand mixer down when not in use.

5. **Hand mixer body**
Stylish design houses the powerful 200 watt motor.

6. **Dough hooks**
These strong stainless steel hooks are ideal for kneading dough and cookie mixes.
before first use

⚠ Make sure your hand mixer is switched off and unplugged from the mains supply socket before cleaning. Never immerse the body of the hand mixer, cord or plug in water or any other liquid.

• Before using your hand mixer for the first time, wash the three stainless steel beaters and two dough hooks in warm, soapy water. Rinse and dry thoroughly. Do not use harsh abrasives, chemicals or oven cleaners.
• Using a damp cloth or sponge, wipe the exterior of your hand mixer body.

assembling - beaters

⚠ Make sure your hand mixer is switched off and unplugged from the mains supply socket before fitting or removing the beaters or dough hooks.

1. Ensure that your hand mixer is unplugged from the supply socket and the speed selector is set to 0 (off).
2. Insert the beater with the blue gear wheel into the slot with the blue recess. Push it firmly until it locks into place.
3. Insert the beater with the red gear wheel into the slot with the red recess. Push it firmly until it locks into place.
4. Insert the remaining beater into the slot with the black recess pushing it firmly into place.

assembling - dough hooks

⚠ Make sure your hand mixer is switched off and unplugged from the mains supply socket before fitting or removing the beaters or dough hooks.

Ensure that your hand mixer is unplugged from the supply socket and the speed selector is set to 0 (off).

A. Insert the dough hook with the large collar into the slot with the red recess.
B. Insert the dough hook with the small collar into the slot with the black recess.
   Don’t fit either of the dough hooks into the slot with the blue recess.
using your hand mixer

⚠️ Make sure your hand mixer is switched off and unplugged from the mains supply socket before fitting or removing the beaters or dough hooks.

1. Plug your hand mixer into the mains supply socket.
2. Place the beaters/dough hooks into the ingredients to be mixed. Always support the container or bowl in which you are mixing ingredients whilst operating your hand mixer.
3. Set the speed selector to 1 to start mixing.
4. With your hand mixer running, select the desired speed setting using the speed selector. If you are not sure of what setting to select, check the recipe or refer to the speed chart.

⚠️ Always avoid contact with moving parts while the appliance is in operation. Keep hands, hair, clothing as well as other utensils away from the beaters/dough hooks during operation.
Never operate the hand mixer continuously for periods in excess of 10 minutes.
Never attempt to remove or replace the beaters/dough hooks whilst your food mixer is in operation, or plugged in to the mains supply.

5. When mixing, guide the hand mixer through the centre and around the sides of the mixing bowl.
6. When you have finished mixing the ingredients, set the speed selector to 0 (off). Scrape the beaters/dough hooks around the bowl to remove any remaining ingredients.
7. Unplug your hand mixer from the mains supply socket.

speed chart

<table>
<thead>
<tr>
<th>SPEED</th>
<th>FUNCTION</th>
<th>SUGGESTED USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Blend</td>
<td>Combining liquids, folding ingredients</td>
</tr>
<tr>
<td>2</td>
<td>Mix</td>
<td>Preparing muffins and pastries</td>
</tr>
<tr>
<td>3</td>
<td>Stir</td>
<td>Preparing cake and pudding mixtures</td>
</tr>
<tr>
<td>4</td>
<td>Beat</td>
<td>Creaming sugar and butter, preparing cookie dough, kneading dough</td>
</tr>
<tr>
<td>5</td>
<td>Whisk</td>
<td>Whipping egg whites, mashing potatoes</td>
</tr>
</tbody>
</table>
**care, cleaning and storage**

⚠️ Always unplug your hand mixer from the mains supply socket before cleaning it. Never immerse the hand mixer body, mains lead or plug in water or any other liquid. Never use harsh abrasive cleaners or cleaning materials.

To make cleaning easier, clean your hand mixer and the beaters/dough hooks as soon as you have finished using them.

1. Set the speed selector to 0 (off) and unplug your hand mixer from the mains supply socket.
2. Eject the beaters/dough hooks from your hand mixer by pressing the eject button. The beaters/dough hooks are heavy and care should be taken not to let them fall onto fragile surfaces or items when they are being ejected.
3. Wash the beaters/dough hooks in warm soapy water. Alternatively, wash them in a dishwasher.
4. Rinse and dry the beaters/dough hooks before storing or using again.
5. Using a dampened cloth, wipe the body of your hand mixer.

**storage**

Store your hand mixer in its packing or in a clean, dry place, out of the reach of children, ensuring that all the parts are dismantled.
1. Connect the power cable to the socket.
2. Assemble the beaters.
3. Immerse the beaters in water.
4. Use the mixer as shown.
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 mains lead.

**Always** ensure the hand mixer is correctly assembled before operating.

**Always** operate the hand mixer on a secure, dry level surface.

**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 hand mixer 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** unplug appliance from mains supply after use, when assembling or disassembling and before cleaning.

**Always** remove all packaging materials from the appliance.

**Always** turn the hand mixer on and off by using the speed control located on the main body.

**Always** remove beaters/dough hooks from mixer before washing.

**Always** avoid contact with moving parts while product is in operation. Keep hands, hair, clothing as well as other utensils away from beaters/dough hooks during operation.

**Never** remove or replace beaters/dough hooks from the main body whilst appliance is in operation.

**Never** use this appliance for anything other than food or beverage preparation.

**Never** mix a dry, thick or heavy mixture for more than 60 seconds without turning off the hand mixer and stirring the ingredients before continuing.

**Never** submerge any part of the main body in food ingredients when operating.

**Never** use the hand mixer outdoors.

**Never** use the hand mixer for anything other than its intended use. For household use only.

**Never** immerse any part of the main body or mains lead and plug in water or any other liquid to protect against electrical hazards.

**Never** use harsh, abrasive or caustic cleaners to clean the hand mixer.

**Never** allow children to use the hand mixer. Close supervision is necessary when the hand mixer is near children.

**Never** let the mains lead of the hand mixer hang over the edge of a table or counter, touch hot surfaces or become knotted.

**Never** place the hand mixer on or near a hot gas or electric burner or where it could touch a heated oven or microwave oven.

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

**Never** cover the hand mixer when in use.

**Never** use attachments or accessories not recommended by the manufacturer.

**Never** eject attachments during operation.
This appliance is fitted with either a moulded or rewirable BS1363, 13 amp plug. The fuse should be rated at 5 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 5 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 (⊕) 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.
ingredients

- 500g (18oz) pork sausages
- 250ml (9fl oz) milk
- 55g (2oz) unsalted butter
- 75g (3oz) plain flour
- salt and ground black pepper
- 1 onion, roughly chopped
- 1 tbsp good quality olive oil
- 1 tsp finely chopped fresh sage
- 1 tbsp grain mustard
- 4 eggs, separated

serves 4

method

1. Preheat the oven to 200°C/400°F/Gas 6. Grill the sausages for 1 minute on each side, until lightly browned. Cut them in half lengthways.

2. Heat the milk in a non-stick saucepan with the butter, until it has reached boiling point and the butter has melted. Tip the flour into the milk in one go, remove from the heat and using your hand mixer on setting , beat vigorously until smooth and thick. Season with salt and pepper.

3. Meanwhile, cook the onion in the oil over a medium heat in a separate saucepan, until softened but not brown. Stir in the sage and mustard and add to the milk-flour mixture.

4. Beat the egg yolks one by one, into the milk/flour mixture using your hand mixer on speed setting 4.

5. In a clean bowl, beat the egg whites to soft peaks using your hand mixer on speed setting 5. Fold them into the batter as well.
6. Butter a 23cm (9 in) or 25cm (10 in) soufflé dish. Cover the base with 1 cm (½ in) of the batter. Arrange the half sausages on top, then cover with the remaining batter, and smooth over with a knife or palette knife.

6. Bake near the top of the oven for about 40 minutes, until golden, crisp and well risen.

“A twist on toad in the hole. I discovered this recipe in a 1960’s newspaper. Use your favourite pork sausages.”
ricotta griddle cakes with yogurt and berries

ingredients

325g (11½oz) 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 (11½oz) 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 a bowl. Use your hand mixer on setting 5 to whisk the ingredients together.

2. Sift the flour and the baking powder into a large bowl. Add it to the ricotta mixture a tablespoon at a time as you whisk until you achieve a smooth batter.

3. In another bowl whisk 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 using your hand mixer on setting 1.

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.
5. Meanwhile, combine the yogurt with the cinnamon and 2 tbsp of honey.

6. Spoon the yogurt over the cakes, top with the berries and drizzle with the remaining honey.

why not try...

- 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.”
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 you hand mixer on setting 5, 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. Gently 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 hand mixer on setting 5 to whisk the double cream until soft peaks begin to form. Cover and refrigerate until needed.

6. For the sauce, put the raspberries into a blender, add the lemon juice and sugar, then use the pulse button until smooth. Sieve the mixture and refrigerate it.
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.

why not try...

- 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!"
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. Using your hand mixer on setting 5, 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 soufflés 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 a 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 soufflés 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!”
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.
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 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,
0L2 5LN, U.K.
Telephone: 0161 621 6900 Fax: 0161 626 0391
E-mail: 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

Antony Worrall Thompson’s GI Diet


All recipes ©Antony Worrall Thompson
All photographs ©Steve Lee.