

AUTO CLEAN BLENDER

User Guide

PBT3000



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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

Βεβαιώστε 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 BENCHTOP BLENDER.

- Ensure fingers are kept well away from the blades when in use.
- Do not blend warm/hot ingredients. Always cool ingredients to room temperature before blending. Hot/warm ingredients can eject out of the jug when a sudden steaming is caused.
- Always operate on a flat surface.
- Ensure the control dial is in the 'off' position before plugging into the power outlet.
- Take care when removing the jug from the base, emptying the bowl/jug or during fitting and removal of blade system, as blades are extremely sharp.
- Warning of potential injury from misuse.
- Switch off the appliance and disconnect from supply before changing accessories or approaching parts that move in use.

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.
- Refer to "Care and Cleaning" section for details on how to clean surfaces in contact with food.
- Appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, appliances should be supplied through the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

If you have any concerns regarding the performance and use of your appliance, please visit the Sunbeam Website or contact Sunbeam Consumer Care - details are on the back page. Ensure the above safety precautions are understood.

Features Of Your Auto Clean Blender



A. Ingredient Cup

Handy 30mL ingredient cup.

B. Jug Lid With Pouring Hole

Pouring hole allows you to easily add ingredients during blending, without removing the lid.

C. 1.25L Glass Jug

The 1.25L glass jug features an easy to pour lip and is marked in both cups and litres (L) for ease of use.

D. Detachable Blade Assembly

The detachable blade assembly unit unscrews from the glass blending jug for convenient and thorough cleaning.

E. 6 Way Stainless Steel Blade System

The heavy-duty, stainless steel blade with a six-blade construction, crushes ice cubes, produces a smooth consistency when pureeing and combines ingredients perfectly for a smoothie.

F. 550 Watt Motor

G. Control Panel

This blender features 4 pre-programmed blending options: Smoothie, Dip/Spread, Milkshake/Frappe, Ice Crush. This blender also features 3 different speeds and an Auto Clean function.

H. Non-Slip Feet

Before Using Your Auto Clean Blender

Important: Always ensure your blender is unplugged from the power outlet before fitting or removing the blade assembly. Always handle the blade assembly with caution, as the blades are extremely sharp.

Wash and Dry Parts

Note: Before using your Auto Clean Blender, we recommend removing the six-blade system for thorough cleaning.

Remove carefully the Blade system from the glass jug by turning it clockwise. Remove the ingredient cup from the lid. Wash the blade assembly, ingredient cup, lid and glass jug in warm soapy water. Rinse and allow thorough air drying.

Note: When removing the blade assembly from the jug you may need to slightly tilt the blade so that it slides out easily.

Re-assemble the six-blade system in the glass jug

Place carefully the blade assembly in the glass jug. Ensure that the blade assembly is firmly in place by turning it anti-clockwise.

Do not remove the stainless steel blades from the blade assembly. The blender jug will leak if the six-blade system is not assembled correctly.

Using Your Auto Clean Blender

Using the blender

1. Place the blender jug onto the motor base.

Note: Do not switch 'ON' the Auto Clean Blender without the lid in position.

2. Place ingredients into the glass jug. Do not exceed the maximum indicated level – 1.25L.
3. Position the lid with ingredient cup onto the blender jug. Ensure the lid is firmly in place.

Pre-Programmed Functions

1. Press the ON/OFF button to turn the blender on. The On indicator light will flash.
2. Press the desired function button:
 - SMOOTHIE
 - DIPS/SPREADS
 - MILKSHAKES/FRAPPE
 - ICE CRUSH

The corresponding function light will come on, and remain on until the program is finished.

3. To stop the program, press the function button again. You can stop the program at any time to cancel the program.
4. When the program is finished, the motor automatically stops. The On indicator light will flash, showing that the blender is ready to use.

Speed Functions

Your blender has three speeds settings: LOW, MED and HIGH. You can use these functions for personal recipes or to continue blending after a pre-programmed function is finished.

1. Press the ON/OFF button to turn the blender on. The On indicator light will flash.
2. Press the desired speed button to start blending. The speed function will keep running until you press the speed function button again. Please note the function will automatically switch off after 2 min.

Auto Clean Function

1. Press the ON/OFF button to turn the blender on. The On indicator light will flash.
2. Half fill the glass jug with warm water and a small amount of detergent.
3. Press on the Auto Clean function. The unit will clean itself, without you having to handle the sharp blades.
4. Rinse and dry, being careful as the blades are sharp.

Pulse Function

Use the pulse function to crush ice or chop food.

1. Press the ON/OFF button. The On indicator light will flash.
2. Press and hold the PULSE button. The pulse function operates only as long as the PULSE button is held down.
3. Release the PULSE button to stop.

Using your Auto Clean Blender

Processing Task	Food	Suggested Setting	Suggested Processing Procedure
Aerating	Milkshakes, Smoothies	Smoothie & Milkshake/ Frappe	Use chilled milk. Blend until desired consistency is achieved.
Chopping	Nuts, Chocolate, Garlic or Herbs	PULSE	Process ½ cup at a time, to ensure evenly sized pieces.
Crumbing	Bread Crumbs	PULSE & Medium	Tear bread roughly. Blend until desired consistency.
Crumbing	Biscuit Crumbs	PULSE & Medium	Break into pieces and as desired pulse or blend until crumbed.
Crushing Ice	Ice Cubes	PULSE	Use the PULSE button several times until crushed as desired consistency.
Emulsifying	Salad Dressing	Low	Blend until well combined. Oil may be added to the mixture during processing through the pouring hole in the lid.
Pureeing	Soups, Vegetables, Fruits	Medium, High or Dip/Spread	Blend until smooth.

Handy Blending Hints

- Nothing can beat a blender for making smooth purees and sauces or for whipping up frothy drinks - from healthy breakfast shakes to frozen daiquiris.
- Use your blender for chopping small amounts of food like nuts, bread crumbs and whole spices.
- Turn any oil-based salad dressing into a creamy style dressing by blending it until slightly thickened.
- Food items for blending should be cut into cubes (approximately 2-3cm), this will assist in achieving an even result.
- Ensure the lid is firmly and securely placed on the jug. Do not operate the blender without the lid on, if you wish to add any additional ingredients remove the ingredient cup and add as necessary.
- Never fill above the maximum level indicator 1.25L. When blending very liquid substances do not fill the jug above 1L to avoid spilling.
- To ensure efficient mixing when blending dry mixtures, it may be necessary to stop the blender and push ingredients down the sides of the jug with a spatula.
- When pureeing fruit or vegetables, cooked or raw, cut into small pieces to facilitate blending.
- When making bread crumbs, use 2 to 3 day old bread, leaving crusts on, to minimise the possibility of clumping. If only fresh bread is available, dry it out for a few minutes in a low heated oven.
- When blending a variety of ingredients together, blend the liquids first, then add dry ingredients.
- Always ensure stones are removed from fruit and bones from meat as these can harm the blades.
- Don't allow a used blender to sit for too long as the food will dry onto the blades, making it very difficult to clean. If you can't clean the blender straight away, pour some warm water in it and allow to soak.
- Do not process hot/warm liquids in your blender. Allow to cool to room temperature before blending.

Care And Cleaning

Auto Clean Function

1. Press the ON/OFF button to turn the blender on. The On indicator light will flash.
2. Half fill the glass jug with warm water and a small amount of detergent.
3. Press on the Auto Clean function. The unit will clean itself, without you having to handle the sharp blades.
4. Rinse and dry, being careful as the blades are sharp.

For Thorough Cleaning.

Turn the blender jug upside down. Unscrew the blade assembly from the jug. Wash the blender lid, ingredient cup, blade assembly and blender jug in warm soapy water.

Caution: Take care when cleaning the blades as they are extremely sharp.

Note: The jug, blade, seal, locking ring, lid and feeder cap may be washed in a dishwasher.

To Clean The Motor Base.

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

Note: Never immerse the motor base in water.

Auto Clean Blender Recipes

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 garlic clove, crushed

Bagel chips, to serve

1. Place all ingredients into blender jug. Place lid firmly on. Select the dips/spreads setting. Taste and season with salt.
2. Transfer to a serving bowl. Serve with bagel chips.

Blue cheese dip

Makes: approx 1½ cups

Preparation: 10 minutes

150g blue cheese

300g extra light sour cream

2 green onions, trimmed, chopped

2 tablespoons milk

Freshly ground black pepper

1. Place all ingredients into blender jug. Select the dips/spreads setting.
2. Transfer to a serving bowl. Cover with plastic wrap and place in the fridge for 1 hour to chill. Serve with crackers.

Auto Clean Blender Recipes (continued)

Curried carrot dip

Makes: 2 cups

Preparation: 10 mins

Cooking: 10 mins

4 large (800g) carrots, peeled, cut into 2cm-thick pieces

20g butter, chopped

1 large brown onion, halved, deseeded, finely chopped

2 garlic cloves, crushed

2 teaspoons mild curry powder

250g low-fat cottage cheese

2 tablespoons water

Lavosh or Lebanese bread, to serve

1. Cook carrots in a large saucepan of boiling water for 10 minutes or until tender. Drain. Set aside for 5 minutes to cool slightly.
2. Meanwhile, melt butter in a medium non-stick frying pan over medium heat. Add onion and garlic and cook, stirring, for 3 minutes or until onion softens. Add curry powder and cook, stirring, for about 30 seconds or until fragrant. Remove from heat.
3. Combine carrot, onion mixture, cheese and water in a blender jug. Place lid firmly on. Select the dips/spreads setting.
4. Transfer dip to a large serving bowl. Serve with lavosh or Lebanese bread.

Garlic feta dip

Makes: 1 cup

Preparation: 10 mins

200g reduced-fat creamy feta, crumbled

200g low-fat fresh ricotta

2 tablespoons olive oil

2 large garlic cloves, crushed

1. Place all ingredients in the jug of a blender. Select the dips/spreads setting.
2. Transfer to a bowl. Taste and season with salt. Serve as part of an antipasto platter.

Auto Clean Blender Recipes (continued)

Green olive dip

Makes: 2 cups

Preparation: 10 mins

500g green pimento stuffed olives, drained

½ cup low-fat fresh ricotta

½ cup good-quality whole egg mayonnaise

⅓ cup flat-leaf parsley leaves

2 large garlic cloves, crushed

1 tablespoon warm water

Carrot sticks and toasted sliced baguette, to serve

1. Place all ingredients in blender. Place lid firmly on. Select the Dips/spreads setting. Taste and season with salt.
2. Transfer to a serving bowl. Serve with carrot sticks and toasted baguette.

Herbed mushroom dip

Makes: about 1 ½ cups

Preparation: 15 minutes

Cooking: 7 minutes

50g butter

1 large brown onion, coarsely chopped

300g button mushrooms, sliced

200g cream cheese, at room temperature, cubed

1 tablespoon chopped chives

1. Melt butter in a small non-stick frying pan over medium heat. Add onion and cook, stirring, for 2 minutes or until soft. Add mushrooms and cook, stirring, for a further 5 minutes or until tender. Remove from heat and set aside to cool.
2. Place mushroom mixture along with remaining ingredients into blender jug. Select the dips/spreads setting.
3. Pour into serving bowl. Cover with plastic wrap and place in the fridge for 2 hours to chill. Serve with Melba toasts.

Auto Clean Blender Recipes (continued)

Hollandaise sauce

Makes: 1 cup

Preparation: 10 mins

Cooking: 1-2 mins

3 egg yolks

2 tablespoons freshly squeezed lemon juice

250g unsalted butter, melted

Pinch of salt

1. Place egg yolks in a heatproof bowl over a saucepan of simmering water (do not let bowl touch water).
2. Use a balloon whisk to whisk egg yolks for 1-2 minutes or until pale. Add juice and whisk until combined.
3. Transfer egg mixture to the jug of the blender. With motor operating on "Setting low" gradually add butter in a thin steady stream until well combined and sauce thickens. Taste and season with salt.

Low-fat hummus

Makes: 1 cup

Preparation: 10 mins

400g can chickpeas, rinsed, drained

2 tablespoons freshly squeezed lemon juice

1½ tablespoons tahini (sesame seed paste)

1 large garlic clove, crushed

¼ cup warm water

1. Place the chickpeas, juice, tahini and garlic in jug of blender. Place lid firmly on and blend on "Setting low" until combined.
2. Add water and blend on "Setting medium", scrapping down side of jug occasionally, until smooth and creamy. Taste and season with salt.

Auto Clean Blender Recipes (continued)

Mayonnaise

Makes: 1½ cups

Preparation: 10 minutes

2 egg yolks

2 tablespoons freshly squeezed lemon juice

1 tablespoon Dijon mustard

1 cup olive oil

2 tablespoons warm water

1. Place egg yolks, juice, mustard and salt in the blender jug. Blend on 'Setting low' for 10 seconds or until combined.
2. With the motor operating, gradually add oil in a thin, steady stream until mixture thickens. Add water and blend on "Setting low" for 10 seconds or until combined.
3. Taste and season with salt.

Pesto

Makes: about 2 cups

Preparation: 10 minutes

2 bunches green basil, leaves removed

1 cup olive oil

100g toasted pine nuts

½ cup grated parmesan

2 garlic cloves, chopped

1. Place the basil leaves and oil in the jug of a blender and using the pulse setting, pulse for 20 seconds, scrapping down the sides with a spatula occasionally, or until combined.
2. Add the pine nuts, parmesan and garlic and blend on 'Setting low' for a further 20 seconds or until a smooth texture is achieved. Taste and season with salt.
3. Transfer to an airtight container. Cover surface directly with a layer of plastic wrap and store in the fridge for up to 5 days.

Variation: Omit 1 bunch of basil and add 200g Tasmanian feta and blend until well combined.

Auto Clean Blender Recipes (continued)

Satay sauce

Makes: 1 cup

Preparation: 10 mins

1 cup toasted unsalted peanuts

½ cup peanut oil

½ cup warm water

2 tablespoons soy sauce

2 garlic cloves, crushed

1. Combine all ingredients in the jug of a blender. Blend on “Setting high” scrapping down the side occasionally, until smooth and combined.

Tomato sauce

Makes: 1L

Preparation: 10 mins

Cooking: 45 mins

1 tablespoon olive oil

1 large brown onion, halved, finely chopped

1kg egg (roma) tomatoes, chopped

3 garlic cloves, crushed

2 tablespoons balsamic vinegar

2 tablespoons brown sugar

2 cups vegetable stock

2 cups water

1. Heat oil in a large saucepan over medium-high heat. Add onion and cook, stirring occasionally, for 3 minutes. Add tomatoes and garlic and cook, stirring, for 5 minutes or until tomatoes softened.
2. Stir in vinegar and sugar and bring to the boil. Add the stock and water and bring to the boil. Reduce heat to medium-low and simmer, stirring occasionally, for 35 minutes or until sauce thickens slightly. Remove from heat. Set aside and cool to room temperature.
3. Blend sauce on “Setting medium”, in batches, until smooth. Return to same saucepan and stir over low heat until mixture comes to the boil. Use as desired or label, date and freeze for up to 3 months.

Auto Clean Blender Recipes (continued)

White bean dip

Preparation: 10 mins

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 garlic cloves, crushed

Grilled asparagus, to serve

1. Combine all ingredients in jug of blender. Place lid on firmly. Select the dips/spreads setting.
2. Taste and season with salt. Transfer to a serving bowl. Serve with grilled asparagus, if desired.

Baked lemon cheesecake

Serves: 8

Preparation: 15 minutes

Cooking: 50 minutes

250g plain biscuit crumbs

2 teaspoons nutmeg

125g butter, melted

1 cup thickened cream

3 eggs

½ cup caster sugar

2 teaspoon finely grated lemon rind

2 tablespoons freshly squeezed lemon juice

500g cream cheese, at room temperature, cubed

1. Place 5-6 biscuits in the jug of a blender. "PULSE" until crumbled. Transfer to a bowl. Repeat with remaining biscuits. Return biscuit crumbs to the blender along with the nutmeg and melted butter and process on "Setting low" until combined.
2. Preheat oven to 160C. Press crumb mixture over the base and sides of a 20cm springform pan. Place on a baking tray and place in the fridge for 30 minutes to chill.
3. Place the cream, eggs, sugar, rind and juice in blender. Blend on "Setting high" until combined. With motor operating, drop cubes of cream cheese into blender and blend until combined.
4. Pour filling into prepared pan. Bake for about 50 minutes or until just set. Turn oven off. Leave cake in oven with door ajar, to cool completely. Place in the fridge for 2 hours to chill. Cut into wedges to serve.

Auto Clean Blender Recipes (continued)

Banana cake with cream cheese icing

Serves: 10

Preparation: 15 minutes

Cooking: 40 minutes

- 2¼ cups self raising flour
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 2 eggs
- 180g chopped butter, room temperature
- ½ cup butter milk
- 1½ cups raw sugar
- 1 teaspoon vanilla essence
- 1 teaspoon of white vinegar
- 2 large overripe bananas, mashed

Icing

- 250g softened cream cheese
- ¼ cup butter
- 1 teaspoon vanilla
- 3 cups icing sugar mixture
- ¼ cup passionfruit pulp

1. Preheat oven to 180C. Spray a 23cm round cake pan with cooking oil to grease. Line base with non-stick baking paper.
2. Sift together the flour, salt, cinnamon and nutmeg into a large bowl.
3. Combine the eggs, butter, milk, sugar, vinegar, essence, and banana into blender jug. Blend on 'Setting high' for 35 seconds. (Mixture will separate at this stage but will come back together when mixed with dry ingredients).

4. Pour the banana mixture into the dry ingredients and mix with a wooden spoon until combined.
5. Pour mixture into prepared pan and bake for about 40 minutes or until a skewer inserted into the centre comes out clean. Remove from oven. Set aside for 5 minutes before turning out onto a wire rack to cool completely.
6. Meanwhile, to make the icing, combine cream cheese, butter and vanilla in a small bowl. Using electric beaters, beat mixture until smooth. Add the icing sugar mixture and beat until smooth. Reduce speed and add passionfruit.
7. Spread icing over cooled cake. Cut into slices. Serve.

Auto Clean Blender Recipes (continued)

Honey pikelets

Serves: 4

Preparation: 5 minutes + chilling

Cooking: 12 minutes

3 large eggs

¼ cup honey

1 cup milk

1½ cups self raising flour

pinch salt

Cooking oil spray

Jam, to serve

1. Place all ingredients into the blender jug and blend on 'Setting low' for 30 seconds. Scrape down sides of blender and blend again on 'Setting low' for a further 30 seconds.
2. Pour mixture into a jug. Cover with plastic wrap and place in the fridge for 30 minutes to chill.
3. Heat a large non-stick frying pan over medium heat. Spray with cooking oil. Place tablespoon amounts of mixture around edge of pan. Cook for 1 minute or until bubbles appear on the surface and pikelets are golden underneath. Turn and cook for a further minute or until golden and cooked. Transfer to a plate. Reheat pan and repeat with remaining batter. Serve with jam.

Cauliflower & blue cheese soup

Serves: 4

Preparation: 10 mins (+ 10 minutes cooling time)

Cooking: 25 mins

20g butter, chopped

1 large brown onion, halved, 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 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 for 10 minutes to cool slightly.
3. Blend soup on "Setting high", in batches, until smooth. Place soup in a clean saucepan. Add cheese and stir over low heat until cheese melts. Taste and season with salt and ground white pepper.
4. Ladle soup among serving bowls. Sprinkle with chives and serve with toast.

Auto Clean Blender Recipes (continued)

Gazpacho

Serves: 4

Preparation: 10 mins (+ 3 hours chilling time)

3 cups tomato juice

1 Lebanese cucumber, chopped

1 red capsicum, chopped

1 small red onion, finely chopped

1 small garlic clove, crushed

¼ cup vodka

2 teaspoons Tabasco

Olive oil, to drizzle

Chopped fresh flat-leaf parsley, to garnish

1. Place the juice, cucumber, capsicum, onion, garlic, vodka and Tabasco in a blender. Place lid firmly on and blend on "Setting medium" until smooth.
2. Transfer to a bowl. Cover with plastic wrap and place in the fridge for 3 hours to chill.
3. Ladle soup among serving bowls. Drizzle with oil and sprinkle with parsley and freshly ground black pepper.

Mexican style Tomato Soup

Serves: 6

Preparation: 15 minutes

Cooking: 30 minutes

1 tablespoon olive oil

2 brown onions, coarsely chopped

2 garlic cloves, crushed

2 teaspoons ground cumin

1 teaspoon chilli powder

3 x 400g cans chopped tomatoes

2 cups water

1 teaspoon brown sugar

1 tablespoon vinegar

2 x 400g cans red kidney beans, rinsed, drained

Sour cream and warm flour tortillas, to serve

1. Heat oil in a large saucepan over medium heat. Add onions and garlic and cook, stirring, for about 2 minutes or until soft. Add cumin and chilli powder and cook, stirring, for 30 seconds or until fragrant.
2. Add the tomatoes, and water bring to a boil, reduce heat, simmer, stirring occasionally, for 20 minutes. Remove from heat.
3. Add sugar, vinegar and beans. Set aside to cool to room temperature.
4. Blend soup in two batches on "Setting high" for 30 seconds or until smooth.
5. Return soup to saucepan and stir over low heat until hot. Ladle among serving bowls. Serve topped with sour cream and warm flour tortillas.

Auto Clean Blender Recipes (continued)

Mixed mushroom & thyme soup

Serves: 4

Preparation: 10 mins (+ 5 minutes cooling time)

Cooking: 25 mins

1 tablespoon olive oil
20g butter, chopped
1 large brown onion, finely chopped
2 garlic cloves, crushed
1kg button mushrooms, halved
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 button & shitake 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.
4. Stir in oyster mushrooms and simmer for a further 2 minutes. Remove from heat. Set aside to cool to room temperature.
5. Blend soup on “Setting medium” in batches, until smooth. Place in clean saucepan.
6. Add cream and thyme, stir over low heat until hot. Taste and season with salt and freshly ground black pepper. Ladle among serving bowls. Serve with toast.

Potato and leek soup

Serves: 4

Preparation: 15 minutes

Cooking: 50 minutes

1 tablespoon olive oil
2 rashers bacon, trimmed, chopped
3 medium leeks, pale section only, thinly sliced
1kg potatoes, peeled, cut into 2cm pieces
2 litres chicken or vegetable stock
Freshly ground black pepper
½ cup grated parmesan

1. Heat oil in a large saucepan over medium-high heat. Add bacon and cook, stirring occasionally, for 3 minutes or until crisp. Transfer to a plate lined with paper towel.
2. Add leeks to pan and cook, stirring, for about 5 minutes or until soft. Add potatoes and stock and bring to the boil. Reduce heat to low and simmer, uncovered, for about 40 minutes.
3. Remove from heat. Set aside to cool to room temperature. Blend soup on “Setting medium” in batches for 40 seconds.
4. Return soup to a saucepan. Add bacon and cook, stirring, until hot. Season with freshly ground pepper.
5. Ladle soup among serving bowls. Top with parmesan and serve.

Auto Clean Blender Recipes (continued)

Roast pumpkin soup

Serves: 4

Preparation: 15 minutes

Cooking: 50 minutes

1.5 kg butternut pumpkin, peeled, deseeded,
cut into 2cm pieces

2 tablespoons olive oil

20g butter

1 large brown onion, coarsely chopped

1 litre chicken stock

$\frac{1}{3}$ cup sour cream, to serve

Rye toast, to serve

1. Preheat oven to 200C. Place pumpkin in a large roasting pan. Drizzle with half the oil. Season with salt and freshly ground black pepper. Roast for about 40 minutes or until tender and golden.
2. Heat remaining oil and butter in a large saucepan over medium heat. Add onion and cook, stirring, for 2 minutes or until soft. Add the pumpkin and stock and bring to the boil. Reduce heat to low and simmer, uncovered, for 10 minutes. Remove from heat. Set aside to cool to room temperature.
3. Blend soup on “Setting medium” in batches for 35 seconds or until smooth.
4. Return soup to same saucepan stir over low heat until hot. Ladle soup among serving bowls. Top with sour cream. Serve with toast.

Auto Clean Blender Recipes (continued)

Quiche Lorraine

Serves: 6

Preparation: 15 minutes

Cooking: 50 minutes

Cooking oil spray

⅓ cup dried (packaged) breadcrumbs

6 bacon rashers, rind removed, coarsely chopped

1 small brown onion, finely chopped

1½ cups grated cheddar cheese

4 eggs

1 cup milk

½ cup thickened cream

½ cup self raising flour

Mixed green salad, to serve

1. Preheat oven to 180°C. Spray a 23cm tart tin (with removable base) with cooking oil. Place on an oven tray.
2. Sprinkle breadcrumbs all over dish to lightly coat.
3. Heat a small non-stick frying pan over medium heat. Add bacon and cook, stirring, for 2 minutes or until brown. Remove from heat and set aside for 5 minutes to cool.
4. Combine the bacon, onion and cheese in a bowl. Scatter over base of prepared tin.

5. Combine the remaining ingredients in the jug of a blender. Blend on “Setting medium” for 40 seconds.
6. Pour the egg mixture over the bacon mixture. Bake for about 45 minutes or until just set. Remove from oven and set aside for 5 minutes before cutting into wedges. Serve with salad.

Variation:

Quiche Florentine: Omit bacon. Wash 200g baby spinach leaves and place in a medium saucepan with water still clinging to leaves. Cover with a lid and place over medium heat. Cook, shaking pan occasionally, for 1 – 2 minutes or until spinach just wilts. Remove from heat. Transfer spinach to a colander. Use your hands to squeeze out any excess liquid. Coarsely chop. Add to ingredients in step 3.

Auto Clean Blender Recipes (continued)

Citrus buzz

Serves: 2

Preparation: 5 minutes

60ml freshly squeezed lime juice
4 dashes Angostura bitters
8 small ice cubes
Chilled lemonade

1. Place the juice, bitters and ice cubes into blender jug. Select the milkshake/frappe setting.
2. Divide among serving glasses. Pour over lemonade. Serve.

Classic banana smoothie

Serves: 2

Preparation: 5 minutes

2 cups skim milk
2 medium ripe bananas, roughly chopped
½ cup low-fat natural yogurt
1 tablespoon honey
¼ teaspoon ground cinnamon

1. Place all ingredients into blender jug. Select the smoothie setting.
2. Pour into serving glasses. Serve.

Fruity fantasy

Serves: 2

Preparation: 5 minutes

¾ cup freshly squeezed orange juice
⅓ cup pineapple juice
9 strawberries, chopped
100g honeydew melon, chopped
100g rockmelon, chopped
8 small ice cubes

1. Place ingredients into blender jug. Select the milkshake/frappe setting.
2. Pour among glasses. Serve.

Fruit salad slushie

Serves: 2

Preparation: 5 mins

500g frozen fruit salad
200g tub 97% fat-free frozen passionfruit yoghurt
2 cups mango nectar

1. Place all ingredients in the jug of a blender. Select the milkshake/frappe setting. Serve.

Mixed berry frappe

Serves: 4

Preparation: 10 mins

3 cups orange juice
600g frozen mixed berries
1 tablespoon caster sugar or to taste

1. Combine all ingredients in the jug of a blender. Place lid on firmly and select the milkshake/frappe setting.

Auto Clean Blender Recipes (continued)

Frozen cosmopolitan

Serves: 2

Preparation: 5 minutes

½ cup cranberry juice

¼ cup Cointreau liqueur

¼ cup vodka

1 tablespoon Citron-flavoured vodka

1 tablespoon freshly squeezed lime juice

8 small ice cubes

1. Combine all ingredients in blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses.

Frozen eggnog

Serves: 2

Preparation: 5 minutes

60ml brandy

60ml dark rum

30ml sugar syrup

2 eggs

8 small ice cubes

Milk

1. Combine brandy, rum, sugar syrup, eggs and ice cubes in blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses. Top up with milk.

Frozen lime margarita

Serves: 2

Preparation: 5 minutes

¼ cup tequila

2 tablespoons freshly squeezed lime juice

¼ cup Cointreau liqueur

30ml sugar syrup

14 small ice cubes

1. Combine all ingredients in blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses.

Mocha madness

Serves: 2

Preparation: 5 minutes

¼ cup Baileys Irish crème liqueur

¼ cup vodka

30ml freshly brewed cooled espresso coffee

1 scoop chocolate ice-cream

14 small ice cubes

1. Combine all ingredients in blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses.

Auto Clean Blender Recipes (continued)

Mudslide

Serves: 4

Preparation: 5 minutes

- 8 scoops triple chocolate ice-cream
- 2 cups chilled Balleys Irish Crème liqueur
- 1/3 cup Frangelico liqueur (hazelnut)
- 6 ice cubes

1. Place half quantities of each ingredient in the jug of a blender. Select the milkshake/frappe setting. Pour among serving glasses.
2. Repeat with remaining ingredients.

Pina colada

Serves: 2

Preparation: 5 minutes

- 1/2 cup pineapple juice
- 1/3 cup Bacardi rum
- 1/4 cup coconut cream
- 30ml Malibu
- 30ml sugar syrup
- 14 small ice cubes

1. Combine all ingredients in blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses.

Splice

Serves: 2

Preparation: 5 minutes

- 1/2 cup pineapple juice
- 1/3 cup thickened cream
- 1/4 cup Midori liqueur
- 1/4 cup Malibu liqueur
- 14 small ice cubes

1. Combine all ingredients in blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses.

Strawberry daiquiri

Serves: 2

Preparation: 5 minutes

- 1/3 cup Bacardi rum
- 1/4 cup freshly squeezed lime juice
- 1/4 cup sugar syrup
- 6 strawberries, quartered
- 14 small ice cubes

1. Combine all ingredients in blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses.

Auto Clean Blender Recipes (continued)

Tips for great Thick shakes

- Don't use hard ice cream straight from the freezer
- Leave ice cream out for about 5 minutes before blending; this time may vary depending on how cold your freezer is.
- Ice creams with a higher cream content may need a little extra milk.
- Always put ice cream in the blender jug in small pieces, never in large chunks as this may prevent the blender from blending in the allotted time.

Classic thick shake

Serves: 2

Preparation: 5 minutes

8 scoops chocolate ice-cream

$\frac{1}{3}$ cup milk

1. Place ingredients into blender jug. Place lid on firmly. Select the smoothie setting.
2. Spoon among serving glasses.

Berry yogurt thick shake

Serves: 2

Preparation: 5 minutes

270g frozen berry yogurt

$\frac{1}{2}$ cup milk

$\frac{1}{4}$ cup frozen mixed berries

1. Place ingredients into blender jug. Place lid on firmly. Select the smoothie setting.
2. Spoon among serving glasses.

Tim Tam Thick shake

Serves: 2

Preparation: 5 minutes

3 Arnott's Original Tim Tams, roughly chopped

4 scoops vanilla ice-cream

200ml milk

2 Tim Tam Fingers, to garnish

1. Place ingredients into blender jug. Place lid on firmly. Select the smoothie setting.
2. Spoon among serving glasses.

Auto Clean Blender Recipes (continued)

Classic milkshake

Serves: 2

Preparation: 5 minutes

1 cup milk

2 scoops ice cream (any flavour)

2 tablespoons topping (any flavour)

1. Place ingredients into blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses.

Iced Coffee

Serves: 2

Preparation: 10 minutes

2 cups milk

2 tablespoons instant coffee dissolved in 2 tablespoons boiling water

4 ice cubes or 2 scoops vanilla ice cream

Whipped cream, to serve

Cocoa powder, to dust

1. Place all ingredients except for cream into blender jug. Select the smoothie setting.
2. Pour among serving glasses. Top with whipped cream and dust with cocoa powder. Serve.

Milo Madness

Serves: 2

Preparation: 5 minutes

2 cups milk

2 scoops vanilla or chocolate ice-cream

3-4 tablespoons Milo

Milo, to dust

1. Place ingredients into blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses. Dust with extra Milo

Strawberry Milkshake

Serves: 2

Preparation: 5 minutes

6 strawberries, chopped

2 cups milk

2 scoops strawberry ice-cream

1. Place ingredients into blender jug. Select the milkshake/frappe setting.
2. Pour among serving glasses.

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