



# Fearne by Swan

3-IN-1

## STICK BLENDER

CARE & USE INSTRUCTIONS

Model: SP21040 (all colours)



FEATURING  
TEN DELICIOUS FAVOURITES



We love  
what we do



We're proud  
of our quality

TRUFFLE

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“I love making my own dips and hummus at home as well as vegetable mash and energy balls. All made so much easier with this incredible processor.

I love knowing what’s gone into my food so prepping as much as I can at home is important to me.”

*“food processors are genius because they do so many jobs ... fast”*  
**Feame**

PEACOCK

PALE  
HONEY

Fearne  
by Swan

## 3-IN-1 STICK BLENDER CARE & USE INSTRUCTIONS

IMPORTANT SAFEGUARDS	04
WHAT'S IN THE BOX	05
HOW TO USE	06
CLEANING & MAINTENANCE	07
WARRANTY	08
BS PLUG	08
TECHNICAL INFORMATION	09
SPARE PARTS	09
DELICIOUS FAVOURITES	10
AFFIX YOUR RECEIPT	22
DISPOSAL OF THE PRODUCT	22

TRUFFLE

LILY



## IMPORTANT SAFEGUARDS

When using your Fearne by Swan 3-in-1 stick blender especially when children are present, basic safety precautions should always be followed, including the following:

1. Read all instructions before using.
2. To protect against electrical shock, do not submerge the mixer or allow the AC cord or plug to come in contact with water or other liquids.
3. Unplug the appliance when not in use.
4. 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.
5. Do not use outdoors.
6. Do not let the cord hang over the edge of the table/counter or touch hot surfaces.
7. Always unplug the appliance before assembling, disassembling and cleaning the accessories.
8. Before plugging into a socket, check whether your voltage corresponds to the rating label of the appliance.
9. Don't plug the appliance into the power supply until it is fully assembled and always unplug before disassembling the appliance or handling the blade.
10. The appliance is constructed to process normal household quantities.
11. Short-time operating. Don't use the blender stick longer than 1 minute, and don't operate hard food longer than 10 seconds.
12. Always disconnect the appliance from the supply if it's left unattended.
13. Please handle with care to avoid injury, never misuse the appliance.
14. Please handle carefully cutting blades are sharp.
15. Appliances 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.







16. Keep hands and utensils out of the container while blending. A scraper may be used but must be used only when the unit is not running.
17. This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
18. The appliance should be cooled down to room temperature after each process.

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### WHAT'S IN THE BOX

- |                                    |                         |                                    |
|------------------------------------|-------------------------|------------------------------------|
| 1. Speed control dial              | 6. Whisk holder         | 11. Bowl slip mat / lid            |
| 2. Low / variable speed switch (I) | 7. Whisk                | 12. Cup slip mat / lid             |
| 3. High speed switch (II)          | 8. Chopping bowl lid    | 13. Tall blending cup (max. 800ml) |
| 4. Motor unit                      | 9. Chopping blade       |                                    |
| 5. Blend head                      | 10. 500ml chopping bowl |                                    |





## HOW TO USE THE STICK BLENDER

The stick blender is perfectly suited for preparing dips, sauces, soups, mayonnaise and baby food as well as for mixing and milkshakes.

1. Turn the blender stick on the motor unit until it locks.
2. Introduce the hand blender in the vessel, and then press the switch (I) to operate it.
3. Don't use the hand blender longer than 1 minute.
4. **Caution:** The blade is very sharp.
5. **Caution:** Don't operate food without water.

## HOW TO USE THE WHISK

Use the whisk only for whipping cream, beating egg whites and mixing sponges and Ready-mix desserts.

6. Inset the whisk into the whisk holder, and then turn the gear box on the motor unit until it locks.
7. Place the whisk in a vessel and then press the switch (I) to operate it.
8. Don't use the whisk longer than 2 minutes.

## HOW TO USE THE CHOPPER

1. Chopper is perfectly suited for hard food, such as chopping meat, cheese, onion, herbs, garlic, carrots, walnuts, almonds, prunes etc.
2. Don't chop extremely hard food, such as ice cubes, nutmeg, coffee beans and grains.

### Before chopping...

1. Carefully remove the plastic cover from the blade. Caution: the blade is very sharp! Always hold it by the upper plastic part.
2. Place the blade on the centre pin of the chopper bowl. Press down the blade and lock bowl. Always place the chopper bowl on the anti-slip base.
3. Place the food in the chopper bowl.
4. Place the chopping bowl lid on the chopper bowl.
5. Turn the motor unit on the chopping bowl lid until it locks.





6. Then press switch (I) to operate the chopper. During the processing, hold the motor unit with one hand and the chopper bowl with the other.
7. After use, turn the motor unit off the chopping bowl lid.

## PROCESSING GUIDE

Food	Max	Running times	Prep	Speed
Meat	250g	15-20 Seconds	1~2cm	II
Nuts	100g	15-20 Seconds	/	II
Cheese	100g	15-20 Seconds	1~2cm	II
Bread	80g	8 Seconds	1~2cm	II
Onions	150g	8 Seconds	1~2cm	II
Biscuits	150g	8 Seconds	1~2cm	II
Flour	300g	10 seconds	/	II
Water	180g	10 seconds	/	II
Barm	8g	10 seconds	/	II
Sugar	8g	10 seconds	/	II
Salt	8g	10 seconds	/	II

## CLEANING & MAINTENANCE

Cleaning the motor unit and chopping bowl lid with a damp cloth only. Do not immerse the motor unit in water.

1. Always unplug the appliance before cleaning.
2. All other parts can be cleaned in the dishwasher. However, after processing very salty food, you should rinse the blades right away.
3. When processing food with colour, the plastic parts of the appliance may become discoloured, wipe these parts with vegetable oil before placing them in the dishwasher.
4. The blades are very sharp, handle with care.



## 2 YEAR WARRANTY

This product is guaranteed for 2 years from the date of original purchase. If any defect arises due to faulty materials of workmanship the faulty products must be returned to the place of purchase. Refunds or replacement is at the discretion of the store.

The following conditions apply:

1. The product must be returned to the retailer with proof of purchase.
2. The product must be installed and used in accordance with the instructions contained in this instruction guide.
3. It must be used only for domestic purposes.
4. It does not cover wear and tear, damage, misuse or consumable parts.
5. Swan Products Ltd has limited liability for incidental or consequential loss or damage.
6. This guarantee is valid in the UK and Eire Only.



## BS PLUG

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

BLUE.....NEUTRAL

BROWN .....LIVE

As the colours of the wire in the mains lead of this appliance may not correspond with the colour markings identifying the terminals on your plug, proceed as follows:

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.

**WARNING: DO NOT CONNECT ANY WIRE TO THE EARTH (E) TERMINAL**







## TECHNICAL INFORMATION

Model: SP21040  
 220-240V ~50Hz 800W  
 Distributed by Swan Products Ltd,  
 PO Box 3117, Stoke-on-Trent,  
 ST4 9GD  
 © 2017 Swan Products Ltd  
 Made in China

## SPARE PARTS

When ordering spare parts, please use the references below:

<b>Part No:</b>	<b>Description:</b>
SP21040HON005	Blend head (Pale honey)
SP21040LYN005	Blend head (Lily)
SP21040PKN005	Blend head (Peacock)
SP21040TEN005	Blend head (Truffle)
SP21040HON006	Whisk holder (Pale honey)
SP21040LYN006	Whisk holder (Lily)
SP21040PKN006	Whisk holder (Peacock)
SP21040TEN006	Whisk holder (Truffle)
SP21040N007	Whisk
SP21040HON008	Chopping bowl lid (Pale honey)
SP21040LYN008	Chopping bowl lid (Lily)
SP21040PKN008	Chopping bowl lid (Peacock)
SP21040TEN008	Chopping bowl lid (Truffle)
SP21040N009	Chopping blade
SP21040N010	500ml chopping bowl
SP21040HON011	Bowl slip mat/lid (Pale honey)
SP21040LYN011	Bowl slip mat/lid (Lily)
SP21040PKN011	Bowl slip mat/lid (Peacock)
SP21040TEN011	Bowl slip mat/lid (Truffle)
SP21040HON012	Cup slip mat/lid (Pale honey)
SP21040LYN012	Cup slip mat/lid (Lily)
SP21040PKN012	Cup slip mat/lid (Peacock)
SP21040TEN012	Cup slip mat/lid (Truffle)
SP21040N013	Tall blending cup



“I get loads out of making food! The whole process brings me joy. From chopping, mixing, just that whole lovely cathartic process and then the best bit, eating it.”

*Fearne*





TEN

# DELICIOUS FAVOURITES

Simple & easy to make recipes to help get you started.

CASHEW AND PECAN BUTTER	12
BETROOT DIP WITH CARROT AND RED PEPPER	13
SWEET POTATO HUMMUS	14
LENTIL WINTER WARMER SOUP	15
CORN FRITTERS WITH HONEY YOGHURT	16
SPELT AND SEED LOAF	17
NUT & SEED ENERGY BAR	18
BANANA BREAD	19
CHOCOLATE AND ALMOND CAKE	20
BLUEBERRY SCONES	21

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[www.fearnebyswan.co.uk](http://www.fearnebyswan.co.uk)

BAKE HAPPY WITH FEARNE ONLINE:





MAKES 1 JAR OF 240g

## CASHEW AND PECAN BUTTER

### INGREDIENTS

150g raw unsalted cashew nuts  
100g raw pecan nuts  
Sea salt

**PREP TIME: 10 MINS**  
PLUS COOLING TIME

### METHOD

Preheat the oven to 180°C / 160°C fan / 350°F / gas mark 4.

Spread the nuts out on a baking tray and roast in the oven for 6-7 minutes, or until a shade darker and aromatic, taking care not to let them burn. Once roasted, remove the nuts and leave to cool completely.

Add the cooled nuts into the Fearnby by Swan food processor and blitz until the nuts transform into a creamy smooth butter. Depending on the strength of your processor, this can take anything from 3 – 6 minutes, as the natural oils within the nuts slowly release, aiding the process. Add in a good pinch of salt to taste and blitz to combine.

Transfer to an airtight container.







SERVES 4

## BEETROOT DIP WITH CARROT AND RED PEPPER

### INGREDIENTS

5 raw beetroot  
3 tbsp Greek or soy yoghurt  
2 tbsp tahini  
Juice and zest of half a lemon  
2 tbsp extra virgin olive oil,  
plus more to serve  
1 tsp fresh thyme leaves  
Sea salt and pepper  
1 tbsp coriander leaves,  
to serve  
Carrot and red pepper batons,  
to serve

**PREP TIME:** 15 MINS

**COOKING TIME:** 60 MINS

### METHOD

Preheat the oven to 200°C / 180°C fan / gas mark 6.

Wrap the beetroot in foil and roast for 50 - 60 minutes until completely tender. Remove, peel off the skin and leave to cool completely.

Add the cooled beetroot to the Fearnby by Swan food processor together with the yoghurt, tahini, lemon zest and juice, olive oil and thyme and blitz until smooth. Season to taste with salt and pepper. Thin with one tablespoon of water at a time until you reach your desired consistency.

Serve with the coriander leaves and olive oil drizzled over and the carrot and red pepper batons to dip into.







SERVES 4

## SWEET POTATO HUMMUS

### INGREDIENTS

1 large sweet potato  
1 x 400g tin chickpeas, drained and rinsed  
2 garlic cloves, peeled  
100g tahini  
Zest and juice of half a lemon  
3 tbsp extra virgin olive oil, plus extra to drizzle over  
½ tsp ground cumin, plus extra to sprinkle over  
½ tsp ground coriander  
1 tsp sea salt  
1 tbsp flat leaf parsley leaves, roughly chopped

PREP TIME: 15 MINS

COOKING TIME: 45 MINS

### METHOD

Preheat the oven to 200°C / 180°C fan / gas mark 6.

Wrap the sweet potato in foil and roast for 40 – 50 minutes until completely tender. Remove, cut in half lengthways, scoop out the flesh and leave to cool completely. Discard the skin.

In the Fearnie by Swan food processor blitz together the sweet potato flesh and the remaining ingredients, apart from the parsley, until completely smooth. Thin with one tablespoon of water at a time until you reach your desired consistency.

Taste and adjust the seasoning if necessary with a little more salt. Serve in a bowl with a little ground cumin and parsley scattered over and some olive oil drizzled on top.





SERVES 4

## LENTIL WINTER WARMER SOUP

### INGREDIENTS

1 tbsp olive oil  
2 onions, finely chopped  
2 tsp ground cumin  
4 garlic cloves, crushed  
1 litre vegetable stock  
2 potatoes, diced  
1 carrot, peeled and diced  
200g baby plum tomatoes  
120g red lentils  
Sea salt and pepper  
1 tbsp extra virgin olive oil  
1 tbsp flat leaf parsley,  
roughly chopped

**PREP TIME:** 10 MINS

**COOKING TIME:** 40 MINS

### METHOD

Put the oil into a large pot set over a medium heat. Add in the onion and cumin and sauté for 5 minutes. Add in the garlic and sweat out for another 5 minutes until the onion is translucent. Season well with salt and pepper.

Add in the stock, potato, carrot, tomatoes and lentils and bring to a boil. Skim off any foam that rises to the surface. Reduce the heat and simmer for 30 - 35 minutes until the vegetables and lentils are cooked through. Taste and adjust the seasoning with salt and pepper if necessary. This will depend on the quantity of salt in the vegetable stock you used, so make sure to add a little at a time, tasting as you go.

Using the Fearnby by Swan 3-in-1 stick blender, process the soup until completely smooth. Divide between bowls, drizzle over a little extra virgin olive oil and scatter with parsley.

Serve immediately with flaked almonds and a little sea salt.





MAKES 16

## CORN FRITTERS WITH HONEY YOGHURT

### INGREDIENTS

120g white spelt flour  
½ tsp baking powder  
100ml milk  
1 egg, lightly beaten  
100g onion, very finely chopped  
400g corn, drained and rinsed  
15g parsley, finely chopped  
20g mint, finely chopped  
1.5 tsp ground cumin  
Sea salt and pepper  
Olive or vegetable oil to fry  
250g Greek yoghurt  
2 tbsp honey

**PREP TIME:** 15 MINS

**COOKING TIME:** 10 MINS

### METHOD

Place the flour and baking powder in a large bowl, using either the Fearnby by Swan hand mixer or stand mixer slowly whisk in the milk and beaten egg, until well combined with no lumps. Add in the onion, corn, parsley, half the chopped mint, ground cumin, 1 tsp sea salt and a few grindings of black pepper. Stir everything together to combine.

Place 1 tbsp of olive or vegetable oil in a large, non-stick frying pan and set over a medium-high heat. Once hot, add on 2 level tbsp's of batter for each fritter and flatten into little rounds. Fry in batches, without over crowding the pan, for about 3 minutes on each side, until they are golden brown and cooked through.

Combine together the yoghurt, honey and remaining mint and season with salt and pepper. Plate up a little stack of fritters (about 4 per person) and serve with the yoghurt on the side for dipping into.





SERVES 8 - 10

## SPELT AND SEED LOAF

### INGREDIENTS

500g wholegrain spelt flour  
1 tsp baking powder  
1 tsp bicarbonate of soda  
1 tsp sea salt  
100g sunflower seeds  
20g chia seeds  
60g raisins  
1 tbs maple syrup  
550ml tepid water

**PREP TIME: 5 MINS**

**COOKING TIME: 60 MINS**

### METHOD

Preheat the oven to 200°C / 180°C fan / 400°F / gas mark 6. Lightly grease a 1kg loaf tin and line with baking parchment.

Add all the dry ingredients to the bowl of the Fearne by Swan stand mixer fitted with a dough hook, and mix everything together on a low speed. Add in the maple syrup and water and mix on a slightly higher speed until just combined.

Pour into the loaf tin and bake in the oven for 50 minutes, then carefully remove the loaf from its tin and continue to bake for a further 10 minutes.

Remove the loaf from the oven and leave to cool. Once cool cut into slices and enjoy with butter or coconut oil and jam.







SERVES 8 - 10

## NUT & SEED ENERGY BAR

### INGREDIENTS

300g dark chocolate, min 70%  
130g jumbo oats  
130g raw cashew nuts  
200g pitted dates  
4 tbsp brown rice syrup  
60g almond, cashew  
or peanut butter  
3 tbsp pumpkin seeds  
3 tbsp sunflower seeds  
2 tbsp linseeds  
3 tbsp coconut oil, melted

### EQUIPMENT

24cm x 16cm baking tray  
or Tupperware box, lined  
with cling film.

**PREP TIME: 15 MINS**  
PLUS COOLING TIME

### METHOD

Preheat the oven to 180°C / 160°C fan / 350°F / gas mark 4.

Roast the oats and cashew nuts for 8 – 10 minutes until a shade darker and aromatic. Remove and leave to cool completely.

Place the dates, brown rice syrup and almond butter into the Fearne by Swan food processor and process down to a paste.

Add in the oats, cashew nuts, seeds and melted coconut oil and pulse on and off until the nuts and seeds are roughly chopped and all the mixture has come together.

Transfer the mixture to the lined baking tray and flatten out with the back of a wet spoon until well compacted and smooth. Cover and refrigerate for 2 hours or until very well chilled.

When ready to serve, slice into bars. Store in an airtight container for up to a week.







SERVES 8 - 10

## BANANA BREAD

### INGREDIENTS

120g coconut oil or unsalted butter, at room temperature  
200g coconut palm sugar  
2 eggs, beaten  
4 very ripe bananas, peeled and mashed with a fork  
2 tbsp rice milk  
350g white or wholegrain spelt flour  
½ tsp fine sea salt  
1 tsp baking powder  
1 tsp bicarbonate of soda  
60g walnuts, roughly chopped

**PREP TIME: 15 MINS**

**COOKING TIME: 70 MINS**

### METHOD

Preheat the oven to 180°C / 160°C fan / 350°F / gas mark 4. Grease a 20cm x 10cm loaf tin and line with baking parchment.

In the bowl of the Fearne by Swan stand mixer fitted with a paddle beater, cream together the coconut oil or butter and sugar until light and fluffy, then gradually beat in the eggs, mashed banana and milk until well combined.

In another bowl combine together the remaining ingredients. Gradually mix this in, until it has just come together.

Transfer the mixture to the lined loaf tin and bake for about 55-65 minutes, until a skewer comes out clean. If the top is browning too quickly, cover with tinfoil. Cool in the tin for 10 minutes, then turn out onto a wire rack to cool completely. Serve in slices as it is, or with a little butter.





SERVES 12

## CHOCOLATE AND ALMOND CAKE

### INGREDIENTS

300g dark chocolate, min 70% cocoa solids  
225g coconut oil or unsalted butter  
100g pitted medjool dates  
6 eggs  
100g ground almonds  
200g coconut palm sugar  
1 tsp vanilla extract  
¼ tsp sea salt, plus extra to serve  
Cocoa powder to dust  
2 tbsp flaked almonds

**PREP TIME: 15 MINS**

**COOKING TIME: 45 MINS**

### METHOD

Preheat the oven to 160°C / 140°C fan / gas mark 3 and grease and line a 22cm round spring form tin.

Melt 250g of the chocolate and coconut oil or butter in a heatproof bowl over barely simmering water.

Meanwhile, add the medjool dates and 2 of the eggs to the Fearne by Swan food processor and blitz until the dates are very finely chopped, transfer to the bowl of the Fearne by Swan stand mixer with a whisk attachment.

Whisk in the remaining 4 eggs, ground almonds, coconut palm sugar, vanilla and salt. Increase the speed to high and whisk in the melted chocolate and coconut oil until everything has come together, resulting in a thick, shiny mixture.

Pour the mixture into the cake tin and bake for 35-45 minutes, or until the cake is set but with a little wobble in the centre. Cover with foil if the top is browning too quickly. Leave the cake to cool completely, then remove from the tin.

To serve, dust the cake with cocoa powder and sprinkle over the flaked almonds and a little sea salt.





MAKES 8 - 10

## BLUEBERRY SCONES

### INGREDIENTS

350g white spelt flour, plus extra for rolling  
 ½ tsp sea salt  
 1 tsp baking powder  
 1 tsp bicarbonate of soda  
 90g coconut oil  
 or unsalted butter  
 150g blueberries  
 50ml maple syrup  
 120ml rice milk  
 ½ tsp apple cider vinegar  
 1 tsp vanilla extract  
 1 egg, beaten

### TO SERVE

Salted butter or coconut oil  
 Jam or almond butter

### EQUIPMENT

5cm plain or fluted pastry cutter

PREP TIME: 15 MINS

### METHOD

Preheat the oven to 220°C / 200°C fan / gas mark 7 and line a baking tray with parchment paper.

In a bowl combine together the flour, salt, baking powder and bicarbonate of soda. Rub in the butter or coconut oil until it looks like breadcrumbs. Stir in the blueberries.

In a separate bowl combine together the maple syrup, rice milk, apple cider vinegar and vanilla extract. Add the dry and wet mixture to the Fearne by Swan stand mixer fitted with a dough hook and combine together quickly. Bring the dough together into a ball using your hands.

Turn the dough out onto a heavily floured work surface and roll or pat out (with floured hands) to a thickness of about 4cm. Dip the pastry cutter into flour and stamp out as many scones as possible. Gather up the remaining dough, roll out again and stamp out the remaining scones, you should have 8-10. Arrange on the baking tray, brush the tops with beaten egg and place in the centre of the oven, bake for 15 - 18 minutes until golden brown in colour and a skewer comes out clean. Cover with foil if browning too quickly.

Remove to a wire rack and leave to cool a little. Serve warm with your favourite jam, almond butter and some coconut oil or butter. Store in an airtight container and consume within 2 days.

Fearne By Swan 21









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