



PEACOCK



Fearne

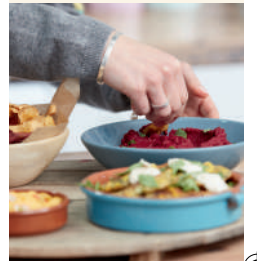
by Swan

1100W

FOOD PROCESSOR

CARE & USE INSTRUCTIONS

Model: SP32020 (all colours)



PALE
HONEY

FEATURING

TEN DELICIOUS FAVOURITES



We love
what we do



We're proud
of our quality

TRUFFLE

www.fearnebyswan.co.uk



LILY





"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"
FEARME

PEACOCK

PALE
HONEY

Fearne by Swan

1100W FOOD PROCESSOR CARE & USE INSTRUCTIONS

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TRUFFLE

LILY



IMPORTANT SAFEGUARDS

When using your Fearné by Swan food processor 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 food processor 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. Avoid contact with moving parts. Keep fingers out of feed tube. Never feed food by hand always use the food pusher.
10. Keep hands, hair, clothing as well as spatulas and other utensils away from moving blades or discs during operation to prevent injury and/or damage to the food processor. A scraper may be used but must be used only when the food processor is not running.
11. To reduce the risk of injury, never place cutting blades or discs on the base without first putting the bowl properly in place.
12. Be certain the lid is securely locked in place before operating appliance.
13. Do not attempt to defeat the lid interlock mechanism.
14. The use of attachments not recommended or sold by the appliance manufacturer may cause fire, electric shock, or injury to persons.
15. Do not use this appliance for anything other than its intended use.



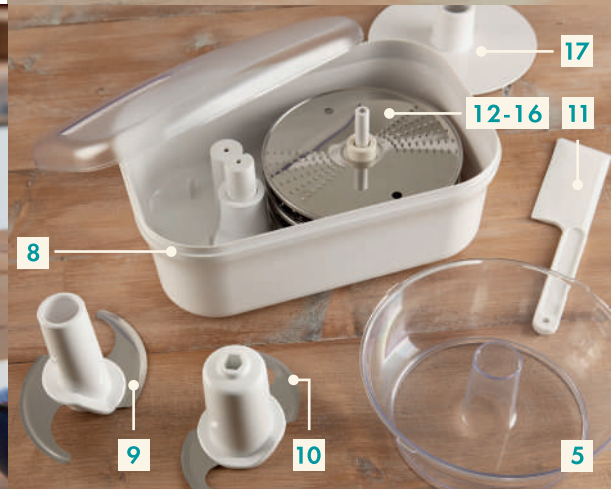


16. Do not operate in the presence of flammable fumes
17. Short-time operating. Most foods can be processed in 10 to 30 seconds
18. Always disconnect the appliance from the supply if it's left unattended.
19. Please handle with care to avoid injury, never misuse the appliance.
20. Appliances can be used 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.
21. The appliance is constructed to process normal household quantities.
22. Never use an extension cord and be careful not to let the power cord become a hazard.
23. Please handle carefully cutting blades are sharp.
24. This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
25. Do not try to process any food that cannot be cut with a sharp knife.



WHAT'S IN THE BOX

1. Small pusher
2. Large pusher
3. Bowl cover
4. Centre Spindle
5. Small processing bowl
6. Processing bowl
7. Main unit
8. Storage box
9. Large chopper blade
10. Small chopper blade
11. Spatula
12. Dough blade
13. Shredding Disc,
14. Slicing Disc,
15. Fine grater Disk,
16. Julienne Disk
17. Emulsifying Disk





HOW TO USE THE FOOD PROCESSOR

Before using for the first time

1. Unpack the Food Processor and remove all packaging materials carefully.
2. Wash the parts thoroughly. See “Cleaning and maintenance”.
3. Place the food processor base on a dry, flat surface. Do not plug unit in until completely assembled.

ASSEMBLING YOUR FOOD PROCESSOR

1. Make sure the unit is unplugged. Put the bowl on top of the food processor, with the work bowl handle just to the left of centre. Turn the bowl counter-clockwise until the bowl clicks into place.
2. Select the appropriate attachment and assemble onto food processor as directed on “Using the attachment” section. Place food or dough in bowl if using multi-purpose blade or dough blade.
3. Place the lid on the bowl and turn counter-clockwise until the lid clicks into place.
4. Your food processor features a safety interlock system. The unit will not operate unless the bowl and bowl cover are properly aligned and locked into place.
5. Plug unit into a 230VAC 50Hz outlet only. Turn the unit on by pressing the “ON” button. Use the food pusher when using the slicing or shredding disks. Press the food down slowly and steadily with the pusher.
6. To stop your food processor, press the “OFF” button. Wait until the blade or disc comes to a complete stop before removing the lid or bowl.

USING THE FOOD PUSHER

The feed tube on the bowl can be used to add ingredients to the bowl for processing. Use the food pusher to push ingredients through the feed tube. You can also use the pusher to seal off the feed tube while the appliance is running to prevent dust from entering or foods/liquids from escaping.



USING THE PULSE CONTROL

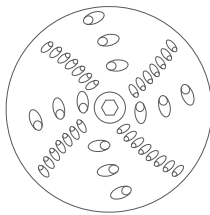
You can control the texture of processed foods better by using the “PULSE” button on your food processor. Simply press and release to quickly turn the food processor “ON” and “OFF”. For longer processing, continue pressing the “PULSE” button

USING THE ON (CONTINUOUS) CONTROL

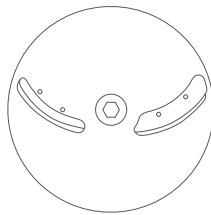
Add ingredients through the feed tube remove the pusher and fill the feed tube as directed (see preparing for slicing or shredding). Engage the pusher and press the “ON” button. Press the Pusher firmly down until all ingredients have passed into the work bowl. Remove the Pusher and refill ingredients as needed. Press the “OFF” button when finished.

USING THE ATTACHMENTS

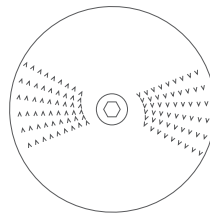
Your Fearnby by Swan food processor comes with the following attachments:



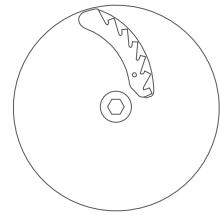
Reversible
Shredding disk



Slicing disk



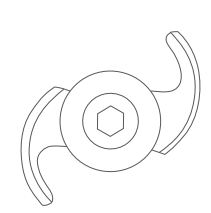
Fine grater disk



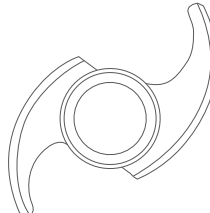
Julienne disk



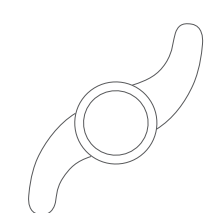
Emulsifying disk



Small chopper blade



Large chopper blade



Dough blade





MULTI-PURPOSE BLADE

Use the multi-purpose blade for chopping, mixing, blending, pureeing and preparing puff pastry, crumbs and short crust pastry.

Fit the blade onto the drive shaft of the assembled bowl. Put ingredients into bowl. Fasten the lid onto the bowl and put the food pusher in the feed tube. Press the “ON” button to start the processing, press the “OFF” button when stop or power “OFF”.

PROCESSING GUIDE

When using the multi- purpose blade to chop, mince or puree, do not exceed the following quantities Use maximum quantity, and then empty bowl for another batch. Always cube the following foods before processing.

Food	Max.Amount
Meat	250g (Blade)
Fruits & Vegetables	500g
Hard cheese (e.g. Parmesan)	250g
Soft cheese (e.g. Cheddar)	250g

1. Cut food into 1” to 1 1/2” pieces for best results.
2. Use the pulse feature to prevent over processing.
3. Most foods should take 10 to 40 seconds to process. Avoid letting the appliance run continuously.
4. If food sticks to the blade or the side of the bowl while processing, turn the unit off, remove the lid, and use the spatula to remove the ingredients.

SLICING & SHREDDING DISKS

Use these disks for slicing and shredding meats, fruits, vegetables, cheeses and more.

Put the bowl on the housing and position the disk post onto the drive shaft. Turn post counter clockwise to lock into place. Carefully attach the disk onto the disk post. Lock the lid on the bowl. Turn machine on by pressing the “ON” button. Turn machine off by pressing the “OFF” button. Put ingredients in the feed tube and press the food pusher lightly onto the ingredients.



SLICING & SHREDDING DISKS CONTINUED

IMPORTANT: Use gentle force to press down on the food pusher. Excessive force could cause damage to the disk.

1. Press the ingredients down slowly and steadily with the pusher.
2. Precut large chunks of food to fit the size of the feed tube
3. For best results, fill the feed tube evenly.
4. When processing large quantities, process small batches at a time and empty the bowl between batches.

CHOPPING BLADE

Use the chopping blade for kneading bread dough and for mixing batters and cake mixtures. Use with recipes that call for 3 to 5 cups flour.

Put the bowl on the housing and fit the chopping blade onto the drive shaft. Put ingredients into bowl. Fasten the lid onto the bowl and put the pusher in the feed tube. Press the ON button to start processing. Press the OFF button to stop the processing. Most dough and batters will take about 1 - 3 minutes.

SMALL PROCESSING BOWL & CUTTING BLADE

Use the cutting blade for cutting meats, fruits, vegetables and more, If you only need to cut a small amount of food, Please use the small processing bowl.

Put the small processing bowl on the bowl and fit the cutting blade onto the drive shaft. Put ingredients into small processing bowl. Fasten the lid onto the bowl and put the pusher in the feed tube. Press the "ON" button to start processing. Press the "OFF" button to stop the processing.

JULIENNE DISC

Use this disc for cutting French fries.

Put the bowl on the housing and position the disk post onto the drive shaft. Turn post counter clockwise to lock into place. Carefully attach the disk onto the disk post. Lock the lid on the bowl.

Turn machine on by pressing the "ON" button. Turn machine off by pressing the "OFF" button. Put ingredients in the feed tube and press the food pusher lightly onto the ingredients.





FINE GRATING DISC

Use this disc for grating cheese.

Put the bowl on the housing and position the disk post onto the drive shaft. Turn post counter-clockwise to lock into place. Carefully attach the disk onto the disk post. Lock the lid on the bowl. Turn machine on by pressing the “ON” button. Turn machine off by pressing the “OFF” button. Put ingredients in the feed tube and press the food pusher lightly onto the ingredients.

EMULSIFYING DISC

Use this disc for whisking eggs and cream.

Put the bowl on the housing and position the disk post onto the drive shaft. Turn post counter clockwise to lock into place. Carefully attach the disk onto the disk post. Lock the lid on the bowl. Turn machine on by pressing the “ON” button. Turn machine off by pressing the “OFF” button. Put ingredients in the feed tube and press the food pusher lightly onto the ingredients.

DISASSEMBLING YOUR FOOD PROCESSOR

1. Be sure the unit is turned off and is unplugged.
2. Turn the lid on the bowl clockwise and remove.
3. If using a slicing or shredding disk remove the disk before removing the bowl. Put two fingers through the holes in the disk and lift the disk straight up.

Caution: Blades are very sharp.

4. Use care when handling. If using the multi-purpose blade, kneading blade, remove it from the bowl before emptying processed food, or grasp the bowl from the bottom with one finger in the centre opening to hold the blade in place. Empty processed food or remove with spatula.
5. Turn the bowl clockwise to unlock it from the motor base. Lift up to remove.



HELPFUL HINTS

1. Never attempt to process any food that cannot be cut with a sharp knife.
2. When mincing garlic, fresh herbs or small quantities of foods, add to feed tube with multi-purpose blade in place and processor running. Make sure bowl and all parts are very dry before processing garlic or fresh herbs.
3. Let hard cheeses, such as Parmesan and Romano, come to room temperature before processing. Freeze soft chesses, such as cheddar and mozzarella, for 10 to 15 minutes before processing.
4. Make sure uncooked meats and poultry are very cold before processing.
5. Position the slicing and shredding disks so that cutting surfaces are to the right of the feed tube. This will allow one full rotation of the blade before contacting food.
6. If any part becomes stained or discoloured after processing, clean with bleach and water solution.
7. When processing several slices or pieces of food, put as many pieces as will fit in feed tube together to help hold each other in place.
8. This food processor is NOT designed to grind coffee beans or spices or crush ice.
9. Most foods can be processed in 10 to 30 seconds, depending on the quantity. For large quantities, process in several batches. Let the processor rest about 1 minute between batches.
10. If the food processor suddenly stops running, turn the unit OFF and unplug. Let the unit cool down for 15 minutes and restart.
11. A food processor is not recommended for making Italian meringue (a meringue made by using hot sugar syrup)









CLEANING & MAINTENANCE

Do not immerse the appliance body, cord or plug in water. Simply wipe the food processor body with a damp cloth.

1. Always unplug the appliance before cleaning.
2. Use caution when cleaning and handle blades and cutting plates, as they are extremely sharp.
3. The blades are very sharp, handle with care.
4. Do not use abrasive cleaners or scouring pads on the bowl or cover as these may scratch or damage the surface.
5. For best result and to avoid food from becoming stuck on any parts, clean accessories, bowl and lid immediately after each use.
6. Store the bowl and lid in the unlocked position when not in use. Store all accessories in a safe location out of the reach of children.

NOTES FOR WHEN CLEANING YOUR FOOD PROCESSOR

Be sure the processor is unplugged before cleaning. Remove bowl, cover and all attachments and wash in warm, soapy water. Wipe the processor body with a clean, damp cloth. Do not use abrasive cleaners or scouring pads on the bowl or cover as these may scratch or mark the surface. Never immerse the housing, cord or plug in water or any other liquid.

For best results and to avoid food from becoming stuck on any parts, clean accessories, bowl and lid immediately after each use.

Use caution when cleaning the blades and disks as these parts are very sharp.

Store the bowl and lid in the unlocked position when not in use. Store all accessories in a safe location out of the reach of children.



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
 GREEN/YELLOW EARTH

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. The wire which is coloured GREEN/YELLOW must be connected to the terminal which is marked with the letter E or (earth symbol) and is coloured GREEN or GREEN/YELLOW.

WARNING: THIS APPLIANCE MUST BE EARTHED





TECHNICAL INFORMATION

Model: SP32020

230VAC ~50Hz 1100W

Distributed by Swan Products Ltd,

PO Box 3117, Stoke-on-Trent,

ST4 9GD

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Made in China

SPARE PARTS

When ordering spare parts, please use the references below:

Part No:	Description:
SP32020N001	Small pusher
SP32020HON002	Large pusher (Pale honey)
SP32020LYN002	Large pusher (Lily)
SP32020PKN002	Large pusher (Peacock)
SP32020TEN002	Large pusher (Truffle)
SP32020N003	Bowl cover
SP32020N004	Centre Spindle
SP32020N005	Small processing bowl
SP32020N006	Processing bowl
SP32020N007	Main unit
SP32020N009	Large chopper blade
SP32020N010	Small chopper blade
SP32020N011	Spatula
SP32020N012	Dough beater
SP32020N013	Shredding Disc
SP32020N014	Slicing Disc
SP32020N015	Fine grater Disk
SP32020N016	Julienne Disk
SP32020N017	Emulsifying Disk



“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.

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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 Fearné 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 Fearnby Swan food processor and blitz until the dates are very finely chopped, transfer to the bowl of the Fearnby 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.

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NOTES

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