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# KAMBROOK

THE SMARTER CHOICE



INSTRUCTION BOOKLET

Suits all KSB70 models

# Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at [www.kambrook.com.au](http://www.kambrook.com.au) or [www.kambrook.co.nz](http://www.kambrook.co.nz)

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## Kambrook Recommends Safety First

# IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

## Important Safeguards For Your Kambrook Mix & Store Stick Mixer

- Carefully read all instructions before operating the Kambrook Stick Mixer for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the Stick Mixer for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this Stick Mixer.
- Do not place the Stick Mixer near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water, flour, etc.
- Do not place the Stick Mixer on or near a hot gas or electric burner, or where it could touch a heated oven.
- If using the Stick Mixer as a hand blender to blend hot food in a saucepan, firstly remove the saucepan from the heat source and ensure the power cord and body of Stick Mixer are also kept away from any heat source.
- Handle the Stick Mixer with care - remember the blade is very sharp and should be kept out of reach of children.
- Always make sure the Stick Mixer is completely and properly assembled before operating.
- Ensure the Stick Mixer is turned OFF by releasing the 'ON' button on the motor body. Turn the power off at the power outlet and remove the power plug from the power outlet before attempting to attach or disassemble the blending shaft.
- Always ensure the blending shaft is securely fitted onto the motor body before operating.
- Do not use attachments other than those provided with the Stick Mixer.
- Do not attempt to operate the Stick Mixer by any method other than those described in this booklet.
- Do not use Stick Mixer with wet hands.
- Do not operate the Stick Mixer continuously for more than 1 minute. Allow the motor to rest for 1 minute between each use.
- Never mix dry, thick or heavy mixtures for more than 20 seconds. Stop the operation and stir the ingredients before continuing. Allow the motor to rest for 1 minute between each use.
- Ensure the Stick Mixer is turned OFF by releasing the 'ON' button on the motor body. Turn the power off at the power outlet and remove the power plug from the power outlet before attempting to move the Stick Mixer, when not in use, if left unattended and before disassembling, cleaning or storing.
- Do not process hot or boiling liquids in the blending jug. Allow liquids to cool before placing into the blending jug.

- If food becomes lodged around the processing blade or in the blade guard, release the 'ON' button, switch the power off at the power outlet and remove the power plug from the outlet. Use a spatula to dislodge the food. Do not use fingers as the blades are sharp.
- Release the 'ON' button, switch the power off at the power outlet and remove the power plug from the outlet
- Keep fingers, hands, knives and other utensils away from the moving blade.
- To protect against electric shock, do not immerse the motor body, cord or power plug in water or any other liquid.
- Do not remove the Stick Mixer from ingredients during operation. Ensure the Stick Mixer is switched OFF and has stopped turning before removing, to avoid contact with moving blade.
- Do not leave the Stick Mixer unattended when in use.
- Do not allow children to use the Stick Mixer without supervision.
- Do not place any parts of the Stick Mixer in a microwave oven.
- Do not wash the motor body of the Stick Mixer.
- Only the detachable blending shaft and blending jug are dishwasher safe.
- Do not place anything on top of the appliance when the lid is on, when in use and when stored.
- Keep the Stick Mixer clean. Follow the Care, Cleaning and Storage instructions provided in this book.

## Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Connect only to 230V or 240V power outlet.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid, unless it is recommended in the cleaning instructions.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance, by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug, connector or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

# Your Kambrook Mix & Store Stick Mixer

1. Efficient 400 watt motor body
2. 'ON' button
3. Variable speed control dial; 'MIN' to 'MAX' speeds
4. Detachable stainless steel blending shaft for easy cleaning
5. Stainless steel blade
6. 1.2 litre BPA Free jug with measurement markings, ideal for blending ingredients (not exceeding 600ml max marking) and also used as a convenient storage case lid
7. Storage case base with lock mechanism; blending shaft and motor body sit securely inside the base and blending jug locks to the base for convenient storage



# Operating Your Kambrook Stick Mixer

## Before First Use

Remove any packaging material and promotional labels.

When unpacking the Stick Mixer, check to see you have received all the required parts before discarding the packaging.

Hold the storage case base with one hand whilst holding the top of the blending jug with the other hand; using your thumb slide the lock mechanism on the storage case base to the right to release the blending jug. Lift the blending jug up and away from the storage case base to remove.

Lift the blending shaft and motor body out from the holes inside the storage case base.

Wash the blending jug with warm soapy water, rinse and dry thoroughly.

Wash the blending shaft in warm soapy water. Rinse and dry thoroughly. Ensure no water remains inside the blending shaft to avoid water running into the motor body when the motor body and blending shaft are assembled.

**NOTE:** The detachable blending shaft and blending jug are dishwasher safe.

**NOTE:** Before placing the blending shaft back onto the motor body after washing, make sure that the blending shaft has been dried thoroughly.



**WARNING:** Do not immerse the motor unit, cord, or plug in water or any other liquid.



**WARNING:** The blending blade is extremely sharp. Handle with care and only lift from the shaft.

## To Attach the Stainless Steel Blending Shaft to Motor Body

Align the “♀” symbol found on the motor body with the “♂<sup>ALIGN</sup>” symbol on the blending shaft then turn the shaft in an anti-clockwise direction. Make sure the “♀” symbol on the motor body is aligned with the “♂<sup>LOCK</sup>” symbol on the shaft and is locked in place and secure.

Ensure the shaft is dry and that there is no water inside before re-attaching to avoid any water getting in the motor body.



# Operating Your Kambrook Stick Mixer Continued...

## To Use the Stick Mixer

Ensure the Stick Mixer is completely and properly assembled as detailed on page 7.

**NOTE:** When blending in the blending jug, do not exceed 600ml MAX marking.

1. Place the food to be processed into the blending jug provided (or a sufficiently large mixing bowl or saucepan). The quantity inside the blending jug should not exceed the 600ml marking level specified on the blending jug.
2. Insert the plug into a 230V or 240V power outlet and turn the power on.
3. The Stick Mixer is equipped with a Variable Speed Control Dial located on top of the motor body for more control over processing. Turn the dial to the 'MIN' speed and then, if required, adjust to 'MAX' speed setting depending on what the recipe specifies.
4. With the Variable Speed Control elected, place the blending shaft as deeply as possible into the blending jug and press and hold the 'ON' button. The button must be kept pressed for the duration of operation.
5. With one hand work through the ingredients in the jug with a gentle raising and lowering motion of the Stick Mixer, whilst with the other hand hold onto the blending jug for increased control.

6. Once processing is complete, switch OFF the power by releasing the 'ON' button, switch off at the power outlet and remove the power plug from the outlet.
7. To avoid splashing, when lifting the Stick Mixer out of the blending jug ensure the motor has completely stopped and the blades have stopped rotating. Always ensure the motor has completely stopped before lifting the blending shaft out of the jug.

**NOTE:** The Stick Mixer has a Variable Speed Control Dial that adjusts speed from 'MIN' to 'MAX' depending on the processing task. Turn dial from a low 'MIN' speed up to high speed of 'MAX' as required (See Fig. 1).



**Fig. 1**

**NOTE:** When the 'ON' button is pressed, the Stick Mixer will operate at the speed selected by the Variable Speed Control Dial.

**NOTE:** The Stick Mixer motor will only operate while the 'ON' button remains pressed- this is a safety feature.

## To Detach the Stainless Steel Blending Shaft

1. Once processing is complete, switch OFF the motor by releasing the 'ON' button, switch off at the power outlet and remove the power plug from the outlet.
2. Holding the motor body with one hand whilst holding the highest part of the blending shaft with the other hand, turn the blending shaft in a clockwise direction to remove from the motor body.

## Dislodging Food from the Blending Blade

If foodstuffs become lodged around the processing blade or in the blade guard, follow the safety instructions outlined below:

1. Release the 'ON' button, switch the power off at the power outlet and unplug the power plug from the outlet.
2. Use a spatula to carefully dislodge the food. DO NOT use fingers as the blades are sharp.
3. After the food has been removed and blades are clear, plug the Stick Mixer back into the power supply, switch the power on and continue blending.

## Recommendations when Using the Stick Mixer

- The Stick Mixer blends foods and liquids rapidly, therefore it is easy to over-process. Remember to stop the Stick Mixer and check foodstuffs throughout the operation.
- The stainless steel blending shaft on the Stick Mixer allows for hot food to be processed directly in the saucepan. This makes blending soups and sauces very easy. For safety reasons, move the saucepan away from the heat before processing.
- Ensure the body of the Stick Mixer and power cord are kept away from any heat source.
- When pureeing and blending, cut food into uniform sizes. This will ensure smooth and consistent results.
- Warm all liquids to be added to soups and purees, this will ensure even blending.
- When blending in the blending jug, do not exceed 600ml MAX marking.
- Place the jug on a level surface during blending. This will keep the jug stable.
- DO NOT process hard foodstuffs such as coffee, cereals or chocolate in lumps as these may result in damage to the blades.

# Food Preparation Guide

Food	Approx. Amount	Method	Approx. Processing
Dressings	200ml	Place dressing ingredients into blending jug. Insert blending shaft into jug, angling the blade away from the base. Turn the speed control to 'MIN' and press the 'ON' button.	30 seconds
Smoothies	450ml	Place smoothie ingredients into blending jug. Insert blending shaft into jug. Turn the speed control to 'MAX' and press the 'ON' button. Lift and lower the mixer in the jug to breakdown any lumps.	30 seconds
Unblended Soups	600ml	Place soup ingredients into blending jug. Insert blending shaft into jug, angling the blade away from the base. Turn the speed control to 'MAX' and press the 'ON' button. Hold mixer still, soup will swirl around the jug pureeing the ingredients.	45 seconds



**WARNING:** Do not process hot or boiling liquids in the blending jug. Allow liquids to cool before placing into the blending jug.

**NOTE:** When blending in the blending jug, do not exceed 600ml MAX marking.

# Care, Cleaning and Storage

## Cleaning

Before cleaning, turn the power off at the power outlet and then remove the power plug from the outlet.

**QUICK WASH:** Between each processing task, with the motor body attached and turned on at the power outlet, place the stainless steel blending shaft into a jug of water and press the 'ON' button for 5 seconds. This will remove any foodstuffs on the blade and shaft and allows you to quickly move onto the next processing task.

## Blending Shaft Cleaning

Remove the motor body from the stainless steel blending shaft.

The stainless steel blending shaft is dishwasher safe and can also be hand washed in hot soapy water, rinsed and dried thoroughly after each use.

Do not use abrasive cleaners or steel wool.

## Blending Jug

The blending jug is dishwasher safe and can also be hand washed in warm soapy water, rinsed and dried thoroughly after each use.

## Motor Body

To remove any food residue, wipe the motor body and cord with a damp cloth only. Do not use abrasive cleaners or steel wool. Never immerse the motor body in water or any other liquid.

## Storage Case Base

To remove any food residue, wipe the storage case base with a damp cloth only. Do not use abrasive cleaners or steel wool. Never immerse the storage case base in water or any other liquid.

**NOTE:** The detachable blending shaft and blending jug are dishwasher safe.

## Storage

Before storage, turn the power off at the power outlet and then remove the power plug from the outlet. Ensure the Stick Mixer is clean and completely dry. The stick mixer conveniently packs-up inside the storage case and blending jug:

1. Place the storage case base on a flat, dry surface.
2. Insert the blending shaft into the hole with the "BLENDING SHAFT" symbol on the storage case base.
3. Wrap the power cord around the motor body.
4. With the cord wrapped around, insert the motor body into the hole with the "MOTOR BODY" symbol on the storage case base. Make sure the power plug sits in between the motor body and blending shaft (See Fig. 2).



## Care, Cleaning and Storage Continued...

5. Cover the Stick Mixer with the blending jug so that the blending jug measurement window is aligned with the locking mechanism. Place the blending jug on top of the storage case base and push down. The locking mechanism will securely lock the blending jug to the storage case base (See Fig. 3).



**NOTE:** The blending jug can only be secured to the storage case base, when the blending jug measurement window and locking mechanism are aligned.

# Recipes

**NOTE:** When blending in the blending jug, do not exceed 600ml MAX marking.

## French Vinaigrette

**Makes 250ml**

- ¼ cup white-wine vinegar
- 2 tbsp finely chopped red shallot
- ½ tsp salt
- ½ tsp Dijon mustard
- ¼ tsp black pepper
- ¾ cup olive oil

1. Place all ingredients into the blending jug, turn speed control dial to 'MIN' and press the 'ON' button for 3 second increments at one time for approximately 30 seconds or until desired consistency is reached.
2. Make sure that everything is well combined, adjust seasoning to taste.

**NOTE:** Store in an air tight container or jar in the fridge. This will last for several months.

## Whole Egg Mayonnaise

**Makes 300ml**

- 2 eggs
- 1 tbsp Dijon mustard
- 250ml vegetable oil
- 1 tbsp white wine vinegar
- Juice of ½ lemon
- Pinch sea salt
- 1 tbsp hot water

1. Crack eggs and separate the yolk from the whites.
2. Place yolks, mustard, vinegar, lemon juice and salt into the blending jug.
3. Turn speed control dial to 'MAX' and press the 'ON' button until ingredients are mixed together.
4. Slowly pour the oil in. Don't pour too fast otherwise the mayonnaise will split. Wait until each addition of oil is mixed through before adding more.
5. Once the oil has been blended, place hot water in the jug and blend for 10 seconds. This will stabilize the mayonnaise.

## Beetroot Dip

Makes 4 serves, approx. 600ml

1 clove garlic  
1 tbsp fresh lemon juice  
1 tbsp ground cumin  
1 tbsp ground coriander  
300g can baby beetroot  
Salt  
Pepper  
 $\frac{3}{4}$  cup Greek-style yoghurt

1. Place garlic, lemon juice, cumin, coriander, salt, pepper and beetroot into the blending jug.
2. Turn speed control dial to 'MIN' and press the 'ON' button for 30 seconds.
3. Add yoghurt and continue blending until the mixture is smooth and combined well.

## Sweet Potato and Pumpkin Dip

Makes 4 serve, approx. 600ml

300g sweet potato, roasted  
300g butternut pumpkin, roasted  
3 tbsp olive oil  
 $\frac{3}{4}$  can cooked chick peas, rinsed and drained  
2 tsp tahini  
2 cloves garlic  
 $\frac{1}{2}$  Juice of 1 lemon  
Zest of  $\frac{1}{4}$  lemon  
Pinch sea salt  
Pinch black pepper  
 $1\frac{1}{2}$  tsp cayenne pepper  
 $\frac{1}{2}$  tsp smoked paprika  
 $\frac{1}{4}$  tsp ground cumin

1. Place all ingredients into the blending jug.
2. Turn speed control dial to 'MIN' and press the 'ON' button for 40 seconds or until ingredients are thoroughly blended.
3. Adjust seasoning as required and add more oil if you prefer a runnier consistency.

**NOTE:** Store in an air tight container or jar in the fridge. This will last for several months.

## **Carrot and Cumin Dip**

### **Makes 4 cups**

240g carrots, 1cm diced  
360ml water  
1 brown onion, thinly sliced  
2 clove garlic, minced  
1 tbsp extra virgin olive oil  
2 tsp ground cumin  
1 tsp flaked salt  
¼ cup light olive oil  
Sour dough bread, to serve

1. Preheat the extra virgin olive oil in a frypan over a medium heat and sauté the onions and garlic until golden brown.
2. Place the carrots and water into the blending jug
3. Turn speed control dial to 'MAX' and press the 'ON' button, blend for 5 seconds or until smooth.
4. Pour the carrot mixture into the frypan along with the cumin and salt and allow to simmer until thickened, approximately 10 minutes, stirring occasionally.
5. Allow to stand until cooled and then place back into the blending jug along with the light olive oil; securely attach the removable blade holder.
6. Turn speed control dial to 'MAX' and press the 'ON' button, blend for 20 seconds or until smooth.
7. Serve with sour dough bread.

## **Chicken and Sweet Corn Soup**

### **Makes 4 serves**

20ml olive oil  
1 onion, peeled and diced  
2.5cm piece fresh ginger, grated  
1 leek, halved and sliced  
1 chicken breast, cut into strips  
420g can creamed corn  
420g can corn kernels  
1.2L chicken stock  
2 tbspcorn flour  
2 tbspcorn water  
2 egg whites, whipped  
1 tsp sesame oil  
Sprig of coriander, to serve  
Corn kernels, to serve

1. In a large pot, heat up the oil and fry onion, ginger and leek until they start to break down.
2. Add the chicken breast, creamed corn, corn kernels and stock, bring to the boil and simmer for 15 minutes.
3. Mix corn flour and water together to make a smooth paste with no lumps.
4. Place the blending shaft inside the large pot, turn speed control dial to 'MAX' and press the 'ON' button for 3 second increments at one time for approximately 1 minute while adding the corn flour paste and egg whites.
5. Serve soup straight away, garnish with sesame oil, a sprig of coriander and a few corn kernels.



## **Creamy Pumpkin and Coconut Soup**

### **Makes 4 serves**

1 tbsp olive oil  
1 brown onion, chopped  
1 clove garlic  
680g pumpkin, peeled and chopped into small pieces  
500ml chicken or vegetable stock  
200ml coconut cream  
Pinch sea salt  
Pinch black pepper  
Sprig of coriander, to serve  
Coconut cream, to serve

1. In a large pot, heat up the oil and fry onion for 3 minutes.
2. Once the onion has become slightly transparent, add the garlic. Cook for 2 minutes.
3. Add pumpkin, stock, coconut cream, salt and pepper.
4. Bring to the boil and then simmer for 20 minutes, or until the pumpkin is soft and tender.
5. Place the blending shaft inside the large pot, turn speed control dial to 'MAX' and press the 'ON' button, blend for 45 seconds or until smooth.
6. Serve with a sprig of coriander and a swirl of coconut cream.

## **Leek and Potato Soup**

### **Makes 4 serves**

1 tbsp vegetable oil  
1 onion, sliced  
2 cloves garlic, crushed  
225g potatoes, peeled and cubed  
2 medium leeks, sliced  
1.2L vegetable stock  
150ml double cream  
½ bunch thyme  
Salt  
Ground black pepper  
Chives, chopped, to serve  
Crème fraiche, to serve

1. In a large pot, heat up the oil and fry onions for 3 minutes. Add garlic and cook for a further minute.
2. Add potatoes and leeks, cook for 3-4 minutes or until the leeks start to break down.
3. Add vegetable stock and bring to the boil.
4. Season well with salt and pepper and simmer for 20 minutes until the vegetables are soft and tender. Add cream.
5. Place the blending shaft inside the large pot, turn speed control dial to 'MAX' and press the 'ON' button, blend for 45 seconds or until soup is smooth.
6. Serve with chopped chives and a swirl of crème fraiche.

## **Wild Berry Smoothie**

**Makes 1 serve, approx. 300ml**

150g frozen mixed berries  
150ml milk  
1 tbsp natural yoghurt  
1 tbsp honey

1. Place all ingredients into the blending jug.
2. Turn speed control dial to 'MAX' and press the 'ON' button.
3. For a chunky consistency, blend for 3 second increments at one time for approximately 30 seconds. For a smooth consistency, blend for 3 second increments at one time for approximately 1 minute.

## **Pina Colada Smoothie**

**Makes 1 serve, approx. 300ml**

200ml coconut cream  
½ cup pineapple, chopped  
½ cup pineapple juice  
1 cup ice  
1 tbsp castor sugar  
3 mint leaves  
Mint leaves, to garnish

1. Place all ingredients into the blending jug.
2. Turn speed control dial to 'MAX' and press the 'ON' button for 1 minute, or until smooth.
3. Garnish with mint leaves.

## **Popeye Smoothie**

**Makes 1 serve, approx. 300ml**

1 corolla pear, finely diced  
1 granny smith apple, finely diced  
30g baby spinach  
5 sprigs mint  
200ml apple juice  
½ cup crushed ice

1. Place all ingredients into the blending jug.
2. Turn speed control dial to 'MAX' and press the 'ON' button for 30 seconds or until smooth.

