

*Please read these instructions carefully. Pay particular attention to the safety warnings given at the beginning of this manual. Keep the instructions for future reference. If necessary, pass them on to a subsequent owner of the appliance.*

### **Safety warnings**

The safety standards of our appliances are in line with all technical regulations and legislation applicable to the safety of household appliances. However, as manufacturer of the appliance, we would nevertheless like to draw your attention to the following safety warnings:

#### **General safety**

- Connect the appliance to a socket with a voltage and frequency equal to those specified on the rating plate.
- Do not turn the appliance on if:
  - the power cable is damaged,
  - the motor base is damaged.
- Do not unplug from the mains by pulling on the power cable.
- To avoid all risk, if the power cable is damaged, have it replaced by the manufacturer, an authorised Technical Service Centre or a qualified electrician.
- All repairs on the appliance must be carried out by a qualified person. Incorrect repairs could lead to major risks. For all repairs, contact your nearest authorised technical service centre or dealer.

#### **Child safety**

- Never leave the appliance unsupervised when in operation and pay particular attention in the presence of children.

#### **Precautions when using the appliance**

- Never remove the accessories when the mixer is in operation.
- Keep the fingers away from the mixer and whisks when in movement as they could represent a hazard.
- Never use the mixer with wet hands.
- Plastic parts must never be dried directly on or near radiators.

- Never use the mixer to mix paint (varnish, polyester etc). Risk of explosion!
- Always turn the appliance off and unplug from the mains before cleaning or maintenance.
- Never clean the appliance under running water or immerse it in water.
- Improper or incorrect use of the appliance absolves the manufacturer from all liability for the resulting damage.

#### **Installation, connection and using for the first time**

- The accessories must be fitted and removed only when the appliance is turned off.
- The mixer can be used manually to prepare food in any suitable container. However, we recommend you use the bowls supplied.
- Turn the appliance on only when the accessories are located within the recipient containing the ingredients to be processed. Always wait for the accessories to stop before removing the container.
- Always avoid contact between hard objects (a spoon, knife or whisk) and moving accessories. Never touch accessories with the hands. This could represent a hazard.
- After using the appliance, turn off and unplug from the mains.

**Description (Fig. 3)**

- A.** Accessories release button
- B.** ON-OFF switch + speed selector
- C.** Whisk/mixer function selector
- D.** Turbo button
- E.** Handle
- F.** Raising/lowering button
- G.** Release button
- H.** Bowl speed selector
- J.** Base
- K.** Metal bowl
- L.** Plastic bowl
- M.** Lid (certain models only)
- N.** Dough hooks
- O.** Whisks for whipping
- P.** Whisks for soft dough
- Q.** Spatula
- R.** Rating plate (on the bottom of the appliance).

**Operation**

The mixer can be used mounted on the base or held in the hand to mix, knead and whisk food. The mixer and bowls are controlled by their respective motors and the speeds of the mixer and bowl can be adjusted separately.

However, the mixer has only one ON/OFF switch.

The mixer can be easily detached from the tabletop base by pressing button **G** (fig. 1) and used as a normal manual whisk. When used in this way, move the whisk with a circular movement inside the recipient containing the ingredients.

The dough hooks (**N**) are used for heavy doughs, such as yeast dough, short crust pastry, potato pastry and cake mixes.

The whisks for soft dough (**P**) are suitable for light cake mixes, egg white, cream, mayonnaise, purées and to prepare sauces and powdered pudding mixes.

The whisks for whipping (**O**) are suitable for whipping egg white, cream, etc.

The appliance is supplied with two interchangeable bowls, one in stainless steel and one in plastic, and with a handy lid enabling the bowl to be closed.

**Setting up the appliance**

Attaching and removing the whisk from the tabletop base (Fig. 2).

Before fitting or removing the whisk, turn the appliance off and unplug from the mains!

To fit, place the mixer on the tabletop base (the two catches on the base must be hooked to the whisk fig. 1) and press down to lock.

To remove, press the release button (Fig. 1/**G**) and pull the whisk upwards.

**Fitting/removing accessories (Fig. 3)**

Before fitting or removing accessories, switch off the mixer and unplug from the mains.

Fit the dough hooks or whisks (**N** or **O** or **P**) into the accessory slots on the underside of the whisk until they click into place.

The two dough hooks must be fitted into their respective slots, paying attention to the indication at the side of the holes.

Fitting the dough hook the wrong way round would lead to the dough being transported upwards.

One of the two dough hooks has a small ring near the collar on the shaft.

This dough hook must be inserted into the slot identified by the ring symbol only.

To remove the accessories, hold firmly with one hand while pressing the accessory release button (fig. 2).

**Raising/lowering the mixer (Fig. 3)**

Ensure that the appliance is switched off before raising or lowering!

Press the raising/lowering button (fig. 3) and swing the whisk upwards or downwards until it clicks in place.

With the mixer raised, the accessories can easily be changed or the bowl located on or separated from the tabletop base. Position the bowl on the guide on the base of the appliance and turn gently clockwise to lock in place.

To remove the bowl, turn anticlockwise until it is released (fig. 4).

You may need to hold the base to prevent it rotating with the bowl.

The appliance has been designed to make it easy to add ingredients while in operation.

**Using your appliance**

When the appliance is fitted on the base and any of the speeds is selected, the container starts up automatically.

The appliance must not be operated continuously for more than 10 minutes at a time. After this time, leave it to cool down for at least 20 minutes before re-using.

Maximum quantities: the maximum quantity to be processed in the bowl must not exceed 1.5 kg of solid ingredients or 1.75 l of liquid ingredients.

**Turning the appliance on (Fig. 5)**

Use the whisk/mixer function selector C to select the speed according to whether the whisks or dough hooks are being used (fig. 5).

**ON/OFF switch**

- turns the appliance on or off
- controls the mixer speed (5 speed settings) within the pre-selected speed range. If the **TURBO** button is pressed and held down while the appliance is in operation, the mixer operates at maximum speed.

**Selecting bowl speed (Fig. 7)**

The bowl has two speeds. The bowl speed is selected with the speed selector H.

**MIN = low speed**

**MAX = high speed**

**OFF= off**

**Turning the appliance off**

Place the **ON/OFF switch (B, fig. 5)** to "0". The appliance goes off.

**SELECTING THE CORRECT SETTINGS**

The following notes can be used as a guide:

	<b>Bowl speed</b>	<b>ON/OFF switch</b>
Kneading, mixing:	<b>MIN o MAX *</b>	start with speed 1 or 2, then increase to speed 5
Blending:	<b>MIN</b>	3 o 4
Stirring:	<b>MAX</b>	start with speed 2 or 3, then increase
Beating, whipping:	<b>MAX</b>	4 o 5

\*Choose the MIN or MAX function according to the texture of the dough

**Bowl speed**

Use speed "MAX" (fig. 6) for whipping egg white, creams and light cake mixtures. Use speed "MIN" for heavy dough and large quantities.

**Cleaning and maintenance**

Residues of carrot and red cabbage juice can be removed from the plastic parts with cooking oil before the appliance is cleaned.

**Cleaning the appliance**

Unplug from the mains before cleaning. Keep the inside of the appliance free of water. Never clean the appliance under running water. Never immerse in water. Dry the appliance with a soft cloth.

**Accessories**

Clean the dough hooks and whisks with a brush or cloth under running water or in the dishwasher.

**Stainless steel bowl**

The stainless steel bowl (but not the lid!) can be washed in the dishwasher. The stainless steel bowl lid must not be washed in the dishwasher.

**Plastic container**

Wash the plastic bowl in water with washing-up liquid. To wash the plastic bowl in the dishwasher, always place it in the top basket.

**How to store accessories**

Store the accessories in the bowl located on the base. This protects them from all damage.

**Customer service**

Our products are manufactured to the highest possible quality standards. If a problem occurs and you cannot find the solution in the instructions, contact your local dealer or technical assistance centre.

**For information on the ON/OFF switch speed and, when relevant, also the bowl speed, see the table on page 27.**

### HELPFUL HINTS FOR A SUCCESSFUL DOUGH

#### STEP 1: PREPARING THE YEAST

For the dry yeast to be activated it needs to ferment.

To do this place warm milk, sugar and the tepid water into a bowl, add dry yeast and mix. Stand in a warm place until mixture starts foaming ie bubbles. This process will take approximately 10 minutes. Be sure not to overheat the milk. As hot temperatures will kill and deactivate the yeast.

#### STEP 2: PREPARING THE DOUGH

**Note:** Ensure dough hooks are in place (refer to page 5).

1. Place the dry ingredients into the bowl and attach onto the turntable.

Turn the speed control switch to speed 1 and the bowl control dial to 'MIN'. Begin to gradually add the liquid ingredients to the bowl.

**Note:** You may find it useful to use a rubber or plastic spatula to scrape the dry ingredients from the side of the bowl during the kneading process. Do not use the spatula near or directly behind the dough hooks.

Use only a rubber or plastic spatula and keep it well away from the moving parts.

**Safety Tip: Do not attempt to feed the dough into the dough hooks with your hands, spatula or any other utensil while the mixer is plugged into a power outlet or in operation.**

2. As the ingredients start to form a ball, scrape down the sides of the bowl if necessary with a plastic spatula and remove your dough.

**Safety Tip: Do not use the mixer near the edge of a bench or table top where it may fall off.**

3. Depending on what recipe you are making, generally you will need to manually finish the kneading of your dough. Place dough onto a well floured work bench or surface and knead until dough is smooth and elastic. This should take approximately 10-15 minutes.
4. After kneading place dough into a large well greased mixing bowl. Place the bowl in a warm, draft-free area and cover with a light cloth until the dough doubles in size.
5. Plunge fist into the centre of the risen dough to punch out excess air. Fold outer edges into the centre and turn dough out onto a lightly floured board for shaping. Place dough into tins for baking, or cut and shape dough for making buns, rolls, etc.
6. Final rising of dough. Cover the dough with a light cloth and place in a warm, draftfree area until doubled in size again. Glaze and bake.

#### STEP 3: THE FINISHING TOUCHES

**To add interest to breads.**

1. Sprinkle loaves or buns with sesame, poppy, or caraway seeds before baking.
2. Top loaves with shredded cheese during the last few minutes of baking.
3. Drizzle sweet tea rings or buns with an icing sugar when cooled.

## GLAZES

May be brushed over the dough at any time before, during or after baking.

### Before Baking

1. For a shiny crust, brush with cream or evaporated milk.
2. For a glossy crust, brush with beaten egg white.

### After Baking

For a matt finish, brush with melted butter or margarine.

## HELPFUL HINTS FOR A SUCCESSFUL DOUGH

- A. My dough hasn't worked, what went wrong?**
- B. If you over knead or under knead your dough the end result will be tough or spoiled.**  
We suggest to throw the dough out and start again.
- A. I followed the recipe, however I'm finding that my mixture is dry and crumbly. Do I need to add more water?**
- B. Your mixture may be dry and crumbly for several reasons. One common problem is that flour tends to absorb or want more moisture/liquid, especially on a warm or humid day. We suggest you add more water, a drop at a time, until you reach a smooth ball/dough.**
- A. I added too much water and my dough is very sticky, what can I do?**
- B. If the dough is smooth without lumps, then remove the dough from the bowl and turn it out onto a well floured benchtop. Knead the dough until you get a smooth and well formed dough, that is soft to touch and bounces back when pressed with the tip of your finger.**

## HELPFUL HINTS FOR BETTER CAKE MAKING

- Always have ingredients at room temperature. Warm the bowl to be used in really cold weather.
- Add flavouring and essences to the shortening for a better flavour.
- Add the sugar to the softened shortening and beat until the colour lightens slightly; there's no need to beat until the sugar is dissolved.
- Add whole eggs one at a time and beat until egg is absorbed.  
Eggs should not be cold as they can curdle mixtures
- In our recipes we will use self-raising flour wherever possible. If plain flour is called for, it must be used to keep the balance of ingredients correct.
- Divide the flour and the liquid into two portions and add alternately with the liquid on speed 1 - don't over beat.
- If you don't have a tin the same size as the recipe suggests, here are some tins that are of similar capacity:  
Use 2 x 20cm sandwich tins or a 1 x 28 x 18cm lamington tin or a 1 x 20 x 7cm deep round cake tin or 1 x standard loaf tin or a 1 x 20cm ring tin.
- Care must be taken when using a cake tin instead of a sandwich tin to lower the suggested temperature by approximately 25°C and lengthen the cooking time.
- Care should also be taken when substituting a cake tin for a ring tin, baba tin or any tin with a funnel as some cake mixtures that have a very high fat content may need the heat supplied by way of the funnel.
- Cooking times and temperature are meant only as a guide. Light mixtures should spring back when lightly touched and heavy mixtures, fruit cake and the like, should be tested with a skewer toward the end of the suggested cook time.

## REASONS FOR POOR RESULTS

### Sponge Cakes Shrink

- Unbalanced ingredients, overbeating of egg whites, sudden changes of temperature or draught when taking from the oven.

### Cakes Do Not Rise

- Mostly due to gross overbeating, but can also be caused by too hot an oven during the first part of cooking.

### Cakes Sink in the Centre

- Too much fat, raising agent, liquid or sugar; too little flour; under cooking or slow cooking.

### Cakes Run Over at Edges

- Too much batter for size of pan, too cool an oven, too much sugar, over beating, too much raising agent.

### Hard Outer Crust

- Too much flour, too little sugar, over mixing, too hot an oven.

### Moist, Sticky Outside

- Too much sugar, over beating, under baking.

### Coarse Crumbly Texture

- Overbeating, low baking temperature.

### Heavy, Close Texture

- Too much fat or sugar, over mixing, under baking, or too hot an oven.

### Fruit Sinks

- Mixture too soft, damp fruit, too little flour, ingredients not correctly balanced, over beating.

### Some Hints on Sponge Making

- There are basically two methods of sponge making. The whole egg method is the simpler, but better volume can be achieved if the egg whites are separated from the yolks.
- If you elect to separate the eggs, whip the whites until they hold peaks and gradually add the sugar a little at a time, beating well between each addition. Start with teaspoons of sugar and, as the mixture stiffens, add it more quickly. This process should take about 3-5 minutes. Only fold in the egg yolks until they disappear, say 1/2 minute.

### These General Tips apply to either method:

- Eggs should be at room temperature.
- Castor sugar will give a better result as it dissolves more quickly.
- Bowl and beaters should be clean, dry and free from any fat.
- The fold speed of the bowl will supply the gentle but thorough action necessary to fold in flour. Care should be taken to mix only until the flour has been folded thoroughly through the egg mixture. Always commence mixing on speed 1.
- The liquid should always be hot when folded through the sponge mixture. This starts the sponge cooking on the table, so it is essential to have the oven in readiness.
- Don't rush the folding in and be sure the liquid is evenly folded through the mixture. Any unmixed liquid will cause the sponge to be held down where the liquid lies.

## SWISS ROLLS

- The sponge mixture must be evenly distributed. A better result will be achieved if the mixture is poured along the tin and the tin tilted to allow the mixture to run to the corners, rather than spreading the mixture.
- While the roll is baking, sprinkle a little crystal sugar onto the sheet of greaseproof paper larger than the Swiss roll tin. Soften the jam to make it easy to spread. Immediately the roll comes from the oven, turn in onto the prepared paper and quickly spread the jam right out to the corners. Make the first roll a tight tuck and use the greaseproof paper to help you handle the hot sponge.
- It is essential the sponge is rolled quickly and that sponge is not overcooked or the roll will crack.

### Baking

#### Tips

- Goats milk and skim milks can be used in these recipes.
- Margarine's and low fat butter's can also be used in these recipes.

## BASIC WHITE LOAF

- 1 sachet dry yeast
- 1 tablespoon sugar
- 1 cup lukewarm water
- 3/4 cup lukewarm milk
- 60g butter, melted
- 4 cups plain flour
- 1 teaspoon salt

1. Combine the first five ingredients in a small bowl and allow to stand in a warm place until mixture begins to froth. About 10 minutes.
2. Insert dough hooks into the mixer head (refer to page 5). Place sifted dry ingredients into the bowl.

3. Using 'MIN' speeds, gradually add yeast mixture.  
Note that it will be necessary to scrape sides of bowl with a rubber spatula.  
Knead for 3-4 minutes.
4. Continue the kneading process until all ingredients are incorporated and dough forms a smooth ball. Mixture will be wet and sticky. Remove dough from bowl using a rubber spatula.
5. Place dough in a greased bowl, turning once to grease top of dough. Cover, and let rise in a warm place until doubled in size (40-50 minutes).
6. Punch down, fold sides to centre and turn the dough over. Remove the dough from the bowl and place onto a well floured surface. Lightly knead dough with palm of your hands until smooth and elastic.  
Cut dough in half and shape into two loaf pans.  
Cover loosely with plastic wrap and allow to rise in a warm place until doubled in size. About 30-40 minutes.  
Preheat oven to 200°C.
7. Bake for approximately 30 minutes. Baked loaves sound hollow when tapped.

### Variations to this recipe:

## BREADSTICKS

1. Follow steps 1 - 5 from 'Basic White Loaf' recipe.
2. Punch down, fold sides to centre and turn the dough over. Knead on a lightly floured surface. Cut the dough into 8 portions and in each portion cut 1cm length slices.
3. Cut each slice into 1cm strips and roll into thin long stick like shapes.
4. Place onto a baking tray lined with baking paper, brush with milk and sprinkle with sea salt, and or poppy seeds and sesame seeds or cajun seasoning.
5. Bake on 200°C for 15 minutes, or until dry and crisp and golden brown.



**BREAD ROLLS**

1. Follow steps 1 - 5 from 'Basic White Loaf' recipe.
2. Punch down, fold sides to centre and turn the dough over. Knead lightly on a well floured surface. Cut the dough into 12 portions and roll each portion across the bench, until an even soft ball.
3. Place each portion of dough onto a baking tray lined with baking paper. Cover in plastic wrap, allow to double in size (about 20-40 minutes) brush with eggwash and sprinkle with a mixture of poppy and sesame seeds.

**Note:** Eggwash is a mixture of egg yolk and tepid water used to glaze the top of uncooked bakery goods to give a shiny glaze.

4. Bake on 200°C for 15-20 minutes.

**SESAME ROLLS**

1. Follow steps 1 - 5 from 'Basic White Loaf' recipe.
2. Preheat oven to 220°C and grease an oven slide.
3. Punch down, fold sides to centre and turn the dough over. Knead on a lightly floured surface. Divide the dough into 24 equal portions and shape into round, smooth balls.
4. Place close together onto the prepared tray and brush with melted butter and sprinkle with sesame seeds.
5. Cover with plastic wrap and allow to rise in a warm place for approximately 10 minutes.
6. Bake for approximately 20 minutes. Baked rolls sound hollow when tapped with the knuckles.

**Variations to this recipe:**

Flat rolls can be made using this recipe. After dividing the dough into equal portions and shaping into rounds, flatten each round with a rolling pin to approximately 1.5cm thick.

Place close together on prepared trays, brush with melted butter and sprinkle with sesame seeds. Cover with plastic wrap and allow to rise in a warm place for approximately 10 minutes. Bake for approximately 20 minutes.

**SULTANA LOAF**

Makes 2 loaves

- 1 sachet dry yeast
- 2 tablespoons sugar
- 60 g butter or margarine, melted
- 1 1/4 cup lukewarm milk
- 3/4 cup water
- 4 cups plain flour or bread flour
- 2 tablespoons sugar, extra
- 2 tablespoons powdered milk
- 1 teaspoon salt
- 1 cup sultanas

1. Combine the yeast, sugar, butter and water in a small bowl. Allow to stand in a warm place until mixture begins to froth.
2. Insert dough hooks into the mixer head. Place sifted dry ingredients, including sultanas into the bowl.
3. On 'MIN' speed 1, gradually add yeast mixture.  
Note it will be necessary to scrape sides of bowl with a rubber spatula. Knead mixture for approximately 4-5 minutes.
4. Continue the kneading process until all ingredients are incorporated and dough forms a ball. Note mixture should be wet and sticky.  
Remove dough from bowl using a rubber spatula.
5. Place dough in a greased bowl, turning once to grease top. Cover with plastic wrap, and let rise in a warm place until doubled in size (40-50 minutes).
6. Punch down, fold sides to centre and turn the dough over. Turn dough out onto a well floured surface and knead lightly for 1-2 minutes until smooth. Cut and shape into loaf pans. Cover with plastic wrap and allow to rise in a warm place until doubled in size, approximately 20 minutes.  
Preheat oven to 200°C.
7. Bake for approximately 30 minutes. Baked loaves sound hollow when tapped with the knuckles.

**Tip:** If dough is too wet, while mixer is kneading slowly sprinkle about a table-spoon at a time of flour until mixture is smooth and moist but not wet. Dough should be slightly sticky, soft and elastic.

**Variations to this recipe:**

The sweet yeast dough can be used to make various sweet bakery goods such as the plaited sweet loaf, Chelsea bun or hot cross buns.

### PLAITED SWEET LOAF

1. Follow steps 1 - 5, from 'Sultana Loaf' recipe.
2. Punch down, fold sides to centre and turn the dough over. Knead on a lightly floured surface with well floured hands, until smooth, soft and elastic. Cut dough in half and roll out one half on a floured surface and shape into a 60cm x 30cm rectangle, about 2cm thick.
3. Cut into 3 equal lengths, bring each together at the top, pinch together to secure and then plait the 3 lengths, crossing one over and under the other, bring lengths together by pressing at the end.
4. Place onto a baking tray lined with baking paper and bake at 200°C for 40-45 minutes. Once cooked brushed with glaze. Repeat with the other half.

### GLAZE

- 3 tablespoons sugar
  - 1/4 cup water
  - 1 teaspoon gelatine
5. Place water, sugar and gelatine into a small saucepan. Stir over medium heat until sugar has dissolved, approximately 2 minutes.
  6. When cold decorate top with icing. Mix together 1/2 cup icing sugar with 20ml water and your favourite food colouring.

### CHELSEA BUN

1. Roll out the dough onto a floured surface into a 60cm X 30cm rectangle, about 2cm thick. Sprinkle with 1/2 cup mixed dried fruit or 1 green apple, peeled and chopped.
2. Take the longest side and roll to form the shape of a swiss roll.
3. Cut 5cm slices from the roll.
4. Place decoratively into a greased and lined 20cm round cake tin. Overlap the slices to form a decorative bun. Brush with egg white. Allow to rise, about 15-20 minutes.
5. Bake for 40-45 minutes in a hot oven at 200°C. Once baked brush with glaze.  
**Note:** see 'Plaited Sweet Loaf' for recipe for glaze recipe.
6. When cold decorate top with icing. Mix together 1/2 cup icing sugar with 20ml water and pink food colouring.

**Variations to this recipe:**

Use this recipe to make hot cross buns. Divide the kneaded dough into 18 equal portions and roll. Place close together on a lined baking tray and mark a cross on each roll with a knife. Then pipe a mixture of stiff flour and water together over the top. Cover and allow to double in size, about 30 minutes. Bake in a hot oven at 200°C for 20- 30 minutes. Brush with glaze while still hot. Eat warm with butter.

### WHOLEMEAL LOAF

- 1 sachet dry yeast
  - 2 tablespoons sugar
  - 2 cups lukewarm water
  - 30 g butter, melted
  - 2 cups plain flour
  - 1 1/2 cups wholemeal flour
  - 1 teaspoon salt
1. Combine the yeast, sugar, water and butter in a small bowl and allow to stand in a warm place until mixture begins to froth. About 10 minutes.

2. Insert the dough hooks into the mixer head (refer to page 5). Place sifted dry ingredients into the bowl.
3. Using 'MIN' speed, gradually add yeast mixture.  
Note, it will be necessary to scrape the sides of the bowl with a rubber spatula. Knead for 3-5 minutes.
4. Continue the kneading process until all ingredients are combined and the dough forms a ball. The dough will be soft and sticky.
5. Place dough in a greased bowl, turning once to grease top of dough. Cover with plastic wrap, and let rise in a warm place until doubled in size (40-50 minutes).
6. Punch down, fold sides to centre and turn the dough over. Knead on a lightly floured surface. Cut dough in half. Shape into loaf pans.  
Cover with plastic wrap and allow to rise in a warm place until doubled in size (about 30 minutes). Preheat oven to 200°C.
7. Bake for approximately 30 minutes. Baked loaves sound hollow when tapped with the knuckles.

**Variations to this recipe:**

This dough can be used to make bread rolls, breadsticks, and as a basis for other wholemeal bakery goods. See variations for 'Basic White Loaf' recipes.

**Note:** Grain bread flour mix can be used as a substitute for plain and wholemeal flours.

## CELEBRATION CAKES

**Foundation Butter Cake**

125g butter or margarine  
4 drops vanilla extract  
3/4 cup castor sugar  
2 eggs  
2 cups Self Raising flour  
1 cup milk

1. Preheat oven to 180°C and grease a 20cm round cake tin or similar.
2. Using the bowl, break up shortening

on 'MIN' speed 1, add vanilla, sugar and cream on speed 3 until light and creamy. Approximately 2 minutes.

3. Add eggs one at a time beating well between each addition.
4. Reduce to speed 1 and mix in sifted flour and milk alternately. Be careful not to use high speeds as flour will go everywhere! Mix for 3-4 minutes until cake batter is rich, smooth, thick and creamy.
5. Scrape batter into prepared tin. Bake for 30-35 minutes until golden brown.

**Variations to this recipe:****Upsidedown Peach cake**

1. Preheat oven to 180°C. Grease and line a 20cm round cake tin.
2. Select 4 peaches. Cut each peach in half and remove their stones. Place cut side down in prepared cake tin. Sprinkle over 3 tablespoons white sugar and 20g chopped butter.
3. Follow steps 2 - 4 from the 'Foundation Butter Cake' recipe.
4. Spoon into cake tin. Level and bake for 40-45 minutes until cake bounces back when touched in the centre. Allow cake to cool before removing from cake tin.
5. Serve peach side up.  
Makes 1 cake.

**Variation:**

Fresh pineapple slices, mango halves, peaches, pears or apricots can be used. Well drained tinned fruits such as plums can be used as well. Frozen mixed berries also work well.

**Serving suggestion:** Serve cake cut into wedges and spoon a dollop of thick cream over the top.

**LEMON OR ORANGE CAKE**

Add the rind of one lemon or orange into the cake batter, and or with the addition of butter and sugar and fold 2 tablespoons of poppy seeds into the cake batter makes an interesting and tasty cake

**COFFEE CRUMBLE**

Mix in 2 tablespoons of instant coffee powder into the cake batter. On top of the cake batter sprinkle with a mixture of 1 tablespoon butter, 2 tablespoons plain flour, 2 tablespoons sugar, 1/2 teaspoon of cinnamon and 2 tablespoons of instant coffee.

**CHOCOLATE CAKE**

60g unsweetened chocolate - melted and combine with milk from the recipe above and mix well into the cake batter before baking.

**MARBLE CAKE**

Divide batter into 3, leave one plain, add pink food colour to second portion and 2 tablespoons of cocoa, 1/8 teaspoon bicarbonate of soda and 1 tablespoon milk to the remaining cake batter. Drop spoonfuls of alternate colours into a 20cm ring tin, or place each coloured cake mixture into 3 separate tins and bake.

Then cut into 2cm thick fingers and sandwich together with the fluffy frosting (recipe in icing section, page 19). As sandwiching fingers together create a 3x3 finger cake, decorate with extra frosting.

**BERRY CAKE**

Add 2 cups of fresh, frozen or canned mixed berries to the top of the cake batter in tins before baking. Make sure that berries are well drained if canned.

**VANILLA BEAN SPONGE**

**Prep. time:** 30 minutes

**Cooking time:** 15 minutes

Makes 1x20cm sponge

- 3 eggs, room temperature & separated
- 1/4 cup caster sugar
- 1 vanilla bean, split and seeds removed
- 1 cup self raising flour, sifted

1. Grease and flour a 20cm cake tin. Preheat oven to 180°C.
2. In the small mixing bowl, place the egg whites. Beat until soft peaks form, using 'MAX' speeds.
3. Add castor sugar and beat until mixture is thick and glossy. Beat in the egg yolks and vanilla, continue mixing until the mixture is well combined.
4. Stop the mixer. Remove beaters and bowl from the Bowl. Place bowl on bench and using a large metal spoon or a plastic spatula fold in the flour and 3 tablespoons water. Make sure the mixture is well combined and take care not to over beat as you will lose the air bubbles and the mixture will be flat and tough.
5. Spoon the mixture evenly into the greased tin and bake for 20-25 minutes or until a skewer is inserted in the centre and it comes out clean.
6. Once cooked run a knife around the sides of the cake to loosen the sponge from the pan and gently tap the bottom of the pan, turn out onto a cooling rack. Allow to cool before using.

**Note:** If you do not have vanilla beans use a vanilla extract or essence remembering that the extract is concentrate so only use a drop.

**Serving suggestion:**

When cake is cool, cut and spread the base with your favourite jam and top with firmly whipped cream.

Place one sandwich on top of the other to make 1 cake. Sift with icing sugar for a plain effort or use more whipped cream and top with fresh berries.

### FLUFFY BUTTER FROSTING

- 1/ 3 cup butter or margarine
- 4 cups pure icing sugar
- pinch salt
- 3- 4 tablespoons milk
- 1 1/2 teaspoon vanilla

1. Place all ingredients into the bowl and on 'MIN' speed, mix until all ingredients are well combined, creamy, light and fluffy in texture.

### GLAZE ICING

- 3 tablespoons sugar
- 1/ 4 cup water
- 1 teaspoon gelatine

1. Place all ingredients into a small saucepan.  
Stir over medium heat until sugar has dissolved, approximately 2 minutes.
2. Brush warm on top of baked sweet goods.

### ROYAL ICING FOR FRUIT CAKES

- 1 egg white
  - 1 1/4 - 1 1/2 cups sifted pure icing sugar
  - 1 teaspoon liquid glucose
  - 2 teaspoons lemon juice
- Extra icing sugar for kneading, approximately 1x500g box

1. Using the bowl, beat the egg white on 'MAX' speeds.
2. Add icing sugar gradually on 'MIN' speeds.
3. Mix glucose evenly through on 'MIN' speeds.
4. Beat on Medium speeds until smooth. Add lemon juice.

5. Turn out icing onto a well dusted surface of icing sugar, knead with icing sugar until icing is firm, smooth, stiff and very white.

**Note:** If icing is not being used immediately, cover with a damp cloth or plastic wrap.

### CINNAMON AND APPLE TEA RING

#### DOUGH:

- 1 sachet dry yeast
- 2 tablespoons sugar
- 60 g butter, melted
- 1 1/4 cup lukewarm milk
- 3/ 4 cup water
- 4 cups plain flour
- 2 tablespoons sugar, extra
- 2 tablespoons powdered milk
- 1 teaspoon salt
- 1 cup sultanas

#### APPLE FILLING:

- 1/ 8 cup water
- 1/ 4 cup sugar
- 3 apples, peeled, cored and cubed
- 5 drops vanilla extract
- 1/ 2 teaspoon cinnamon
- 1/ 2 tablespoon cornflour, dissolved in 1/2 tablespoon water

**Note:** Arrowroot or plain flour can be used instead of cornflour

#### GLAZE:

- 3 tablespoons sugar
  - 1/ 4 cup water
  - 1 teaspoon gelatine
1. Place water and sugar from the apple filling ingredients into a saucepan and dissolve sugar over medium heat. Increase heat and bring to the boil. Add apples and cook until slightly crisp in the centre. **DO NOT ALLOW APPLE PIECES TO LOOSE SHAPE.** Add cinnamon and vanilla. Stir in dissolved cornflour, and cook for a further minute until mixture thickens. Remove from heat and allow to cool.
  2. Combine the yeast, sugar, butter and water in a small bowl.

Allow to stand in a warm place until mixture begins to froth. About 10 minutes.

3. Insert dough hooks into the mixer head. Place sifted dry ingredients, including sultanas into the bowl.
4. Using 'MIN' speeds, gradually add yeast mixture.  
Note, it will be necessary to scrape sides of bowl with a rubber spatula. Increase speed slowly. Knead for 4-5 minutes.
5. Continue the kneading process until all ingredients are incorporated and dough forms a ball. Dough will be smooth and sticky.
6. Place dough in a greased bowl, turning once to grease top. Cover with plastic wrap and let rise in a warm place until doubled in size (40-50 minutes).
7. Punch down, fold sides to centre and turn the dough over. Knead dough on a lightly floured surface until soft and smooth. Cut in half and roll dough out into a rectangle, approximately 30x20cm.
8. Spoon apple mixture along the long side of the dough and roll up tightly, Swiss Roll fashion, from the wide end.
9. Ease the roll into a greased ring tin and join ends.  
Cover, and allow to rise for approximately 40-50 minutes. Preheat oven to 200°C.
10. Bake for approximately 30-35 minutes or until golden brown. Remove from the tin and glaze while still warm.
11. To glaze place water, sugar and gelatine into a small saucepan.  
Stir over medium heat until sugar has dissolved, approximately 2 minutes.  
**Note:** Repeat with the other dough half.

### CARROT, PRUNE AND SULTANA CAKE

- 6-8 large prunes, pitted
- 1 cup walnuts
- 1 cup sultanas
- 4 medium carrots, peeled, shredded
- 4 eggs
- 1 1/2 cups castor sugar
- 3/4 cup vegetable oil
- 2 1/2 cups plain flour
- 2 teaspoons bicarbonate of soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1/2 teaspoon mixed spice
- 1/4 teaspoon nutmeg
- juice and grate rind of a lemon or orange

### CREAM CHEESE FROSTING

- 125g pkt cream cheese, softened
  - 30 g butter
  - 3 teaspoons lemon juice
  - 2 1/2 cups icing sugar
1. Preheat oven to 160°C.  
Grease and line 2 loaf tins and set aside.
  2. In the bowl beat eggs and sugar on 'MAX' speeds, for 2 minutes.
  3. Add oil and beat for 3 minutes until mixture is thick and creamy.
  4. Fold in dry ingredients. Along with prunes, walnuts, sultanas and carrots until well combined.
  5. Place mixture into prepared tins and bake for 50 minutes. Cool in tins, then remove to wire rack and cool completely.
  6. **Frosting:** Beat cream cheese, butter, lemon and sugar juice together on Medium speeds until light and creamy.
  7. Spread frosting over cold cakes and decorate as desired.

**PRE-DINNER NIBBLES****Fritter Batter**

Covers 8-12 fritters

- 1 cup plain flour
- 3 teaspoons baking powder
- Pinch of salt
- 1 egg
- 1/2 cup milk

1. Sift flour, baking powder and salt into the bowl, add egg and milk and beat on 'MIN' speeds, until combined and mixture is smooth, approximately 1-2 minutes.
2. Dip your favourite prepared fruit or vegetable into batter and deep fry immediately.

**Ingredient suggestions:**

Raw or cooked fruits, cheese fritters, fried oysters.

**Note:** When deep frying fritters ensure that your oil is bubbling and very hot. Never cook fritters in oil that doesn't sizzle when food is placed into the deep fryer.

**MAYONNAISE**

- 3 eggs
- 2 tablespoons mustard
- 1 teaspoon salt
- 2 tablespoons sugar
- 1/2 cup vinegar
- 2 cups vegetable or olive oil

1. Using the Mixmastel bowl, beat egg yolks, mustard, salt and sugar on 'MAX' speed. Gradually add the vinegar and oil to the mixture over a period of 3-5 minutes until mixture becomes very thick and creamy in consistency.
2. Taste and adjust flavour of mayonnaise with salt and pepper.

**SAVOURY PUFFS**

Makes approximately 40

**Choux Pastry Puffs**

- 60 g butter or margarine
- 1 cup water
- 1 cup plain flour, sifted
- 3 large eggs

1. Preheat oven to 220°C. Grease and line oven slides.
2. Place butter or margarine and water in a saucepan and bring to the boil
3. Stir in flour. Cook stirring until dough leaves the side of the saucepan.
4. Cool slightly. Place mixture in the bowl and beat on 'MAX' speed for 1 minute.
5. Add eggs one at a time and mix evenly until mixture is stiff and shiny.
6. Drop tablespoon size portions onto prepared slides using a teaspoon or pipe.
7. Bake for 15 minutes, then reduce heat to 160°C and bake until dry inside. Cool, fill with sweet or savoury fillings and serve.

**Note:** These Choux Pastry Puffs freeze well.

**Fillings for the Choux Pastry Puffs:****Basic White Sauce**

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/2 cup milk

1. Melt butter or margarine in a saucepan, but do not boil.
2. Remove from heat, add flour, salt and pepper, stir until smooth. Do not brown.
3. Add milk all at once. Stir until sauce boils and thickens.
4. Use one of the suggested fillings or divide into two or three.

**SALMON FILLING**

- 1 x 125g tin salmon
  - 2 teaspoons mayonnaise  
lemon juice to taste
1. Drain salmon, and flake salmon into a bowl. Add mayonnaise, white sauce and mix well. Season with salt and pepper. Add lemon juice to taste. Pipe mixture into cooled puffs and serve warm or cold.

**ASPARAGUS FILLING**

- 1 small tin asparagus cuts, drained well and finely chopped
  - 90 g grated parmesan or romano cheese
1. Mix asparagus, white sauce and cheese until well combined. Season to taste with salt and pepper and pipe into pastry puffs. Serve hot or cold.

**MUSHROOM AND BACON FILLING**

- 1 x 250g tin mushrooms, well drained and finely chopped
  - 2 rashers cooked bacon, ham or prosciutto finely chopped
1. Mix together the white sauce, mushrooms and bacon in a small bowl until well combined. Pipe into pastry puffs and serve hot or cold.  
**Note:** The white sauce is nice too, with freshly chopped mixed herbs and brie.

**AFTER DINNER****Sweet Crepes**

- 1 1/2 cups plain flour  
Pinch of salt
  - 2 eggs
  - 1 1/4 cups milk
  - 1 tablespoon oil
1. Combine all ingredients together in the bowl. Beat on 'MIN' speeds for 2 minutes until smooth.
  2. Allow to stand for 1 hour.
  4. Grease heated Skillet or Frypan. Pour about a 1/3 of a cup of batter into the pan to make each crepe.
  5. Cook quickly until lightly brown. Toss and brown other side. Sprinkle with lemon juice and sugar. Roll and serve hot.

**Serving suggestion:**

After crepe is cooked spread with nutella and roll up. Serve warm or serve cold (this one is great with the kiddies and big kids alike!).

**PAVLOVA**

- 4 egg whites
  - 1 cup castor sugar
  - 2 teaspoons vinegar
  - 3 teaspoons cornflour
  - 1/2 teaspoon vanilla extract
1. Preheat oven to 120°C. Grease and flour 20cm round tray.
  2. Using clean dry bowl whip the egg whites until stiff on 'MAX' speeds.
  3. Gradually add the sugar, a teaspoon at a time to start. Beat well between each addition. As mixture thickens add the sugar more quickly. This should take approximately 5-8 minutes mixing time.
  4. Reduce speed to 1 and fold through vinegar, cornflour and vanilla. Continue mixing until mixture is stiff and glossy, approximately 2-3 minutes.
  5. Spread half of the pavlova mixture onto a prepared tray. Pipe the remaining mixture to form a border.
  6. Bake for 1 1/4 - 1 1/2 hours. If able,



turn oven off and allow to cool in oven overnight or for a few hours.

**Serving suggestion:**

Decorate as desired. Fresh cream and lots of fresh berries is my favourite. Sprinkled with icing sugar to finish off.

### KIDS TREATS

**Fluffy Pikelets**

Makes approximately 12

- 1 1/2 cups S.R. flour
- Pinch of salt
- 1 teaspoon bicarbonate of soda
- 2 tablespoons sugar
- 1 egg
- 1 1/4 cups milk
- 4- 5 drops vanilla extract
- 40 g butter or margarine

1. Sift flour, salt and soda into the bowl. Add sugar, egg, milk and vanilla. Beat on 'MIN' speeds until mixed.
2. Increase to 'MAX' speeds and beat for 1-2 minutes until smooth.
3. Fold in melted butter. Place spoonfuls onto a hot Sunbeam Frypan and cook until bubbled, turn to brown.

**Note:** Suitable to freeze and reheat.

**Serving suggestions:**

Serve pikelets hot or cold.

Serve with whipped cream and jam for a sweet treat.

For a savoury treat, top with vegemite & butter or ham & cheese.

Add freshly chopped herbs to the batter and serve cooked pikelets with cream cheese, smoked salmon and caviar.

### CHOCOLATE CHIP COOKIES

Makes approx 100

- 125 g butter or margarine
- 3/ 4 cup white sugar
- 2/ 3 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla essence
- 2 1/4 cups plain flour
- 1 teaspoon salt
- 1 teaspoon bicarbonate of soda
- 2 cups chocolate chips
- 1 cup chopped nuts

1. Preheat oven to 170°C and grease oven slides.
2. Using the bowl, break up the shortening on 'MIN' speed.
3. Increase speed to medium and add sugars.
4. Add eggs, vanilla and cream until light and fluffy on 'MAX' speeds.
5. Fold in sifted dry ingredients and mix until well combined.
6. Using a spoon fold in the chocolate bits and nuts.
7. Place teaspoonfuls of mixture on trays and bake for 12-15 minutes or until golden.
8. Allow to cool on wire racks. When cooled, the cookies can be sandwiched together with nutella and sprinkled with icing sugar.

### CORNFLAKE COOKIES

- 1/ 2 cup butter or margarine
- 1/ 2 cup castor sugar
- 1 egg
- vanilla essence
- 1/ 2 cup currants
- 1/ 2 cup coconut
- 1 1/4 cups S.R. flour
- Pinch of salt
- 2 cups cornflakes, crushed

1. Preheat oven to 180°C. Grease, line oven slides.
2. Using the bowl, cream together butter and sugar on Medium speed.

3. Add egg and beat well.
4. Add vanilla, currants and coconut and continue mixing on 'MIN' speed.
5. Fold in flour and salt in two portions, until mixture is well combined.
6. Spread cornflakes onto a piece of paper and drop teaspoonfuls of mixture onto cornflakes. Roll to coat.
7. Place onto prepared slides and bake for 15 minutes. Allow to cool on slides.

### QUICK CUP CAKES

Makes 12

60g butter or margarine

1 1/4 cups S.R. flour

1/2 cup sugar

2 eggs

1/4 cup milk

1 teaspoon vanilla essence

1. Preheat oven to 220°C and place patty cases into patty tins and set aside.
2. Using the bowl, place all ingredients into the bowl and beat until combined. Start mixing on 'MIN' speeds, slowly increasing to 'MAX' speed.
3. Place rounded dessert spoonfuls of batter into the patty cases and bake for 12-15 minutes.
4. Allow to cool and decorate as desired.

#### Variations to this recipe:

Top the cake batter in the patty cases with frozen berries before baking.

#### Serving suggestion:

When patty cakes are cooked drizzle with icing sugar and top with a small eatable decoration like marshmallows, or make Butterfly cakes.

#### Butterfly cakes

Cut the tops off the patty cakes and cut in half. Top with a small spoonful of cream or thick custard. Place cake halves back into the centre of the cup cakes facing up to create wings. Dust with icing sugar.

### MERINGUES

2 egg whites

90 g caster sugar

90 g icing sugar

1. Preheat oven to 120°C. Grease two oven slides with baking paper.
2. Using the bowl, beat egg whites until stiff but not dry, on 'MAX' speed.
3. Add castor sugar gradually, beating well.
4. Reduce to 'MIN' speed and fold in icing sugar. Mix until stiff and shiny.
5. Using a star shaped nozzle, pipe small meringues onto the prepared slide. If you do not have a piping bag use two teaspoons. Decorate if desired. Bake for 10 minutes, reduce heat to 100°C and continue cooking for 20-25 minutes.
6. When cold, join in pairs with icing (optional).

### MARSHMALLOWS

Makes 12

30 g gelatine (3 x 10g sachets)

2 cups castor sugar

vanilla or strawberry essence

food colouring (optional)

Cornflour for coating

1. Dissolve the gelatine in 125ml boiling water whisking together with a fork. Keep in bowl of hot water until ready to use so it does not gel.
2. Using the bowl and a metal spoon combine the sugar, 250ml boiling water and vanilla. Stir and add the dissolved gelatine.
3. Mix on 'MIN' speed for 2 minutes slowly increasing to 'MAX' speed. Leave on 'MAX' speed for 10 minutes or until the mixture becomes thick and creamy. Add a few drops of your favourite food colouring (optional). Beat for a further 5-7 minutes, until mixture is very stiff and fluffy.

4. Lightly grease 2 x 22cm square tins or similar with vegetable oil.
5. Scrape down sides of bowl occasionally during beating.
6. Spoon mixture onto oven slides, spread evenly.  
Leave to set at room temperature, approximately 30 minutes.
7. When firm to touch, cut into cubes or fun shapes that the kids will enjoy. Toss in cornflour.

**Note:** Marshmallow mixture can also be piped onto oiled trays, if you have a piping bag and nozzle.

**Serving suggestion:**

Marshmallows are great served in hot chocolates or coffee. They are a fun afternoon treat for the kids and can be used to make rocky road

### ROCKY ROAD

For rocky road combine some mixed nuts, and dried fruit and marshmallows. Mix with melted chocolate and spread into a greased and lined baking sheet. Set in the fridge if it's a hot day.  
Cut into slices and serve.