

Breville

Wizz Stainless Plus

Instructions for use

Includes recipes



Model BSB500

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Congratulations

on the purchase of your new Breville Wizz Stainless Plus

Breville recommends safety first

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

Read all instructions before operating and save for future reference

- Remove any packaging material and promotional stickers before using the Wizz Stainless Plus for the first time.
- Do not place the Wizz Stainless Plus 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 Wizz Stainless Plus on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always make sure the Wizz Stainless Plus is completely and properly assembled before operating.
- Always ensure the blending shaft is securely fitted onto the blender motor body before operating.
- Do not attempt to operate the Wizz Stainless Plus by any method other than those described in this booklet.
- If using the Wizz Stainless Plus as a stick blender to blend hot food in a saucepan over heat, remove the saucepan from the heat source and ensure the power cord and body of appliance are also kept away from any heat source.
- Do not process hot or boiling liquids in the chopper bowl – allow liquids to cool before placing into the chopper bowl.
- Handle the Wizz Stainless Plus and attachments with care – remember the blade is very sharp and should be kept out of reach of children.
- Do not use attachments other than those provided with the Wizz Stainless Plus.
- Do not operate the appliance continuously for more than 40 seconds. Allow the motor to rest for 1 minute between each use.
- Never mix dry, thick or heavy mixtures for more than 15 seconds. Stop the operation and stir the ingredients before continuing. Allow the motor to rest for 1 minute between each use.
- Do not leave the Wizz Stainless Plus unattended when in use.
- Always ensure the Wizz Stainless Plus is turned off at the power outlet and the cord is unplugged from the power outlet before attempting to move the appliance, when not in use, if left unattended and before disassembling, cleaning or storing.
- Always ensure the Wizz Stainless Plus is turned off at the power outlet and the cord is unplugged from the power outlet before attempting to attach any of the accessories.

- If food becomes lodged around the processing blade or in the blade guard, switch the power off at the power outlet and unplug the cord. Use a spatula to dislodge the food. Do not use fingers as the blade is sharp.
- Do not remove the Wizz Stainless Plus from ingredients during operation. Ensure the appliance is switched off and has stopped turning before removing, to avoid contact with moving blade or whisk.
- To protect against electric shock do not immerse the motor body, cord or power plug in water or any other liquid.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

Important safeguards for all electrical appliances

- Unwind the cord fully before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville service centre for examination and /or repair.
- Any maintenance, other than cleaning, should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- 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.

Heavy duty 600 watt motor

2 speed push button control

Stylish stainless steel design

Detachable stainless steel blending shaft
for easy cleaning

Stainless steel processing blade
with surrounding blade guard

Chopper bowl
with lid and chopping blade
(additional storage lid not shown)



Before first use

Remove any packaging material and promotional labels. Remove the blending shaft from the Wizz Stainless Plus motor body and 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 reattached.

Disassemble and wash chopping blade, chopper bowl and chopper bowl lids, whisk attachment, jug and storage lid in warm soapy water, rinse and dry thoroughly. Ensure no water remains on the chopper bowl lid or whisk attachment to avoid water running into the motor body when reattached.

The detachable blending shaft and whisk attachment (without the gear box) are dishwasher safe. Do not wash any other parts of the Wizz Stainless Plus in the dishwasher.

The Wizz Stainless Plus is a versatile appliance

The Wizz Stainless Plus motor body can be attached to:

- The stainless steel blending shaft – for use as a stick blender
- The chopper bowl with chopping blade and lid – for use as a Mini Chopper or Food Processor
- The whisk attachment – for use as a stick whisk.

Wizz Stainless Plus (Stick Blender) – assembly & operation

To detach the stainless steel blending shaft

Ensure the Wizz Stainless Plus is turned off at the power outlet and the appliance is unplugged. Unscrew the blending shaft from the motor body in an anti-clockwise direction.

To attach the stainless steel blending shaft

Hold the shaft with the blades down, and align the top end of the blending shaft with the corresponding end of the motor body. Screw the shaft into the motor body in a clockwise direction (See Fig 1).



To use the stick blender

Ensure the stick blender is completely and properly assembled as detailed on the left.

1. Place food to be processed into the jug provided (or a sufficiently large mixing bowl or saucepan). The jug provided should be only $\frac{1}{2}$ full or less when blending liquids or when making a puree of fruit and/or vegetables
2. For food preparation tips and recipes refer to page 16 and the recipes section.
3. Insert the plug into a 230/240V power outlet and turn the power on.
4. Place the blending shaft as deeply as possible into the jug and depress either the 'HIGH' or 'LOW' speed control to turn the stick blender on. The button must be kept depressed for the required duration of operation.
5. Work through the ingredients in the jug with a gentle raising and lowering motion.
6. Ensure the motor has completely stopped before lifting the stick blender out of the jug.

When processing has finished, switch off at the power outlet and remove the power plug.

Recommendations when using the Wizz Stainless Plus as a stick blender

- The Wizz Stainless Plus blends foods and liquids rapidly, therefore it is easy to over-process. Remember when using the Wizz Stainless Plus, check food throughout the operation.
- The stainless steel blending shaft on the Wizz Stainless Plus allows for hot food to be processed directly in the saucepan. This makes blending soups and sauces very easy.
- For safety reasons remove saucepan away from the heat before processing.
- Ensure the body of the appliance 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.
- Place the jug on a damp cloth during blending. This will keep the jug stable.
- Do not operate the appliance continuously for more than 40 seconds. Allow the motor to rest for 1 minute between each use.

If food becomes lodged around the processing blade or in the blade guard, follow the following safety instructions:

1. Switch the power off at the power outlet and unplug the cord.
2. Use a spatula to carefully dislodge the food. Do not use fingers as the blade is sharp.
3. After the food has been removed and blade is clear, plug the appliance back into the power supply, switch the power on and continue blending.



THE PROCESSING BLADE ON THE BLENDING SHAFT IS EXTREMELY SHARP, KEEP FINGERS AWAY FROM THE BLADE AT ALL TIMES.

Wizz Stainless Plus (Chopper) – assembly & operation

To attach the plastic gear box, chopping blade, chopper bowl and lid

Remove blending shaft from motor body as on page 8.

The chopping blade is extremely sharp and should be handled only by the upper plastic section.

Note



Place the blade onto the base of the chopper bowl (See Fig 1). Place the food inside the chopper bowl. Do not exceed the maximum (MAX) marking. Place the transparent lid onto the chopper bowl and press down firmly to secure (See Fig 2).



Align the closed end of the gear box with the corresponding part of the chopper bowl lid (See Figure 3). In a clockwise direction, attach and lock the motor body to the open end of the gearbox (See Figure 4).



Ensure chopper bowl lid is dry with no water left inside before re-attaching.

Always place the chopping blade onto the base of the chopper bowl BEFORE placing food inside. Do not lift the blade before the complete chopping operation is finished.

Note

To use the chopper bowl

For food preparation tips and recipes refer to page 16 and the recipes section.

Ensure the chopper is completely and properly assembled as detailed on this page.

1. Insert the plug into a 230/240V power outlet and turn the power on.
2. Select a speed to turn the appliance on and start the chopping blade.

3. When processing has finished, switch off the motor by releasing the speed button, switch off at the power outlet and remove the power plug.
6. Detach the motor body and gear box (refer to instructions below). Remove the lid from the chopper bowl. Carefully remove the chopping blade and use a spatula to scrape off any attached food back into chopper bowl. Use a spatula to remove food from the chopper bowl.



To detach the chopper bowl

Ensure the speed is released, power is turned off at the power point and the appliance is unplugged.

In an anti-clockwise direction, unlock the motor body from the gear box (See Fig 4). Lift the gear box from the chopper bowl lid (See Fig 3).

Recommendations when using the Wizz Stainless Plus with the chopper bowl

- Do not operate your Wizz Stainless Plus when the chopper bowl is empty.
- The rubber surround around the base of the chopping blade keeps the chopper bowl stable, however it is recommended during processing to hold the motor body with one hand and the chopper bowl and lid with the other.

- When processing, cut food into uniform sizes to ensure quicker, even and more consistent results.
- DO NOT process hard foods such as coffee, cereals or chocolate in lumps, as damage to the blade may result.
- DO NOT process boiling or hot foods in the chopper bowl.
- NEVER remove the blade from the bowl before food processing is completed.
- The Wizz Stainless Plus blends foods and liquids rapidly, therefore it is easy to over process. Remember to check food throughout the operation.

Wizz Stainless Plus (Whisk) – assembly & operation

To attach the whisk

Remove blending shaft from motor body as on page 8. Align the whisk shaft with the closed end of the gear box and push until the whisk clicks into place. In a clockwise direction, attach and lock the motor body to the open end of the gear box (See fig 1).

Ensure whisk is dry with no water left inside before re-attaching.



To use the whisk

For food preparation tips and recipes refer to page 16 and the recipes section.

Ensure the whisk is completely and properly assembled as detailed above.

1. Place food to be processed into the plastic mixing jug or a sufficiently large mixing jug.
2. Insert the plug into a 230/240V power outlet and turn the power on.
4. Place the whisk into the food and depress the desired speed to turn the whisk on.
5. Move the whisk through the ingredients with a gentle raising and lowering action until desired texture is achieved.

7. Switch off the motor by releasing the speed button before lifting the whisk out of the bowl.
8. When processing has finished switch off the motor by releasing the speed button, switch off at the power outlet and remove the power plug.

To detach the whisk

Ensure the speed is released, power is turned off at the power point and the appliance is unplugged.

Remove the whisk from the gear box by pulling out the whisk shaft and unlocking the motor body from the gear box in an anti-clockwise direction.

Recommendations when using the Wizz Stainless Plus with the whisk

- Do not allow the whisk to hit the bottom or sides of mixing bowl while the appliance is in operation, as this may damage the whisk.
- To incorporate air into the ingredients when whisking, use a sufficiently deep, wide container and move the whisk through the ingredients with a gentle raising and lowering action.

- Release the speed button and ensure the whisk has completely stopped turning before removing the whisk from the food during operation.
- Place the mixing bowl on a damp cloth during whisking. This will keep the mixing bowl stable.
- Always use fresh chilled cream and fresh eggs at room temperature to achieve greater and more stable volume when whisking.
- Always ensure the whisk and mixing bowl are completely clean and free of fat before whisking egg whites.
- It is recommended to use the 'HIGH' speed when whisking egg whites and cream.

For cleaning purposes, the whisk shaft can be removed from the gear box. This is done by simply pulling the whisk shaft out of the gear box. To re-assemble, push back in until it "clicks" into place.

Note

Care, cleaning and storage

Stick blender

Before cleaning, turn the power off at the power outlet and then remove the plug. Remove the motor body from the stainless steel blending shaft.

The stainless steel blending shaft should be hand washed in hot soapy water, rinsed and dried thoroughly after each use.

Do not use abrasive cleaners or steel wool.

QUICK WASH: Between each processing task, with the motor body attached and turned on at the power outlet, place the stainless steel blending shaft and blade assembly only into a jug of water and press the 'LOW' button for 5 seconds. This will remove any food on the blade and shaft and allow you to continue onto the next processing task.

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. The blade is extremely sharp, handle with care.

Chopper bowl

Before cleaning, turn the power off at the power outlet and then remove the plug. Remove the motor body from the chopper bowl lid, and then remove the lid and chopper blade from the chopper bowl. The chopper bowl, chopper bowl lid and chopping blade should be hand washed in hot soapy water, rinsed and dried thoroughly after each use. Do not use abrasive cleaners or steel wool.

Whisk

Before cleaning, turn the power off at the power outlet and then remove the plug. Remove the whisk from the gear box. The whisk should be hand washed in hot soapy water, rinsed and dried thoroughly after each use. Do not use abrasive cleaners or steel wool.

Gear box

Before cleaning the gear box, ensure it is detached from the motor body, whisk or chopper attachment. Wipe clean with a soft, damp cloth only. Do not use abrasive cleaners or steel wool. Dry thoroughly.

Never immerse the gear box in water or any other liquid.

Storage

Before storage, turn the power off at the power outlet and then remove the plug. Ensure the appliance is clean and completely dry. Place the chopping blade into the chopper bowl and cover with the chopper bowl lid. Place the whisk into the jug and store upright on the bench or in a convenient cupboard.

Food preparation guide

Food	Accessory	Method/Approx time
Milkshakes, smoothies, cocktails, fruit frappes		Use chilled milk. Blend until desired consistency is achieved. Use Low to High speed for 30 seconds.
Soups, dips, baby food		Blend until smooth. Use Low to High speed for 30 seconds.
Red meat, chicken fillets, fish fillets, (maximum weight 250g, pre-cut into 2cm cubes)		Use High speed pulses for 20-30 seconds.
Cheese (maximum weight 200g, pre-cut into 2cm cubes)		Use High speed pulses for 20-30 seconds.
Carrot (maximum weight 200g, pre-cut into 2cm cubes)		Use High speed pulses for 20-30 seconds.
Onion, herb (maximum weight 30g)		Use High speed for 20 seconds.
Nuts (grind)		Use High speed for 20-30 seconds. (Maximum weight 150g).
Yeast dough - Bread flour (260g maximum) - Water (210ml water, adjust the water quantity if necessary) - 1/2 teaspoon dry yeast		Use Low speed for approximately 3 seconds. Pulse for approximately 3 seconds.
Mixing dough with nut - Already prepared dough (260g flour with 210ml water) - 30g prepared nut powder		Use High speed for approximately 4 seconds.

Food	Accessory	Method/Approx time
Ice		Use High speed for 20-30 seconds.
Cream (400ml maximum) egg whites (4 eggs maximum) light batters		Use Low to High speed (do not use whisk for more than 40 seconds then allow 1 minute rest between each use).

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Model BSB500 Issue 1/06

Breville

Recipes

Delicious recipes

Includes instructions for use



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Pumpkin and kumera soup

MAKES	
4-6	SERVES

2 tablespoons light olive oil
2 cloves garlic, crushed
2 large leeks, washed and thinly sliced
1.5kg pumpkin, peeled and chopped
750g kumera, peeled and chopped
6 cups chicken stock
2 teaspoon ground cumin
Pepper, to taste
1 cup light sour cream

1. Using a large saucepan heat oil, saute garlic and leeks until transparent and golden.
 2. Add the next 4 ingredients, bring to the boil, then reduce heat to simmer.
 3. Simmer until vegetables have softened.
 4. Remove from heat, cool slightly.
 5. Place Wizz Stainless Plus into saucepan and blend until soup is smooth. Fold in the remaining ingredients.
- Serve.

Mediterranean

MAKES	
4-6	SERVES

2 tablespoons olive oil
2 large Spanish onions, chopped
2 eggplants (500g), chopped
5 zucchinis, chopped
500g tomatoes, chopped
3 cloves garlic
3 red capsicum, seeded and chopped
2 green capsicum, seeded and chopped
1 tablespoon pesto paste
6 cups chicken stock
Pepper, to taste

1. Using a large saucepan heat oil, saute onions until slightly golden.
 2. Add remaining ingredients, bring to the boil, then reduce heat to simmer.
 3. Simmer until vegetables are tender.
 4. Remove from heat, cool slightly.
 5. Place Wizz Stainless Plus into saucepan and blend until soup is smooth.
- Serve.

Carrot and orange soup

MAKES	
4-6	SERVES

2 tablespoons olive oil
2 onions, chopped
2kg carrots, chopped
6 cups chicken stock
2 cups fresh orange juice
Pepper, to taste

1. Using a large saucepan heat oil, saute onions until slightly golden.
 2. Add remaining ingredients, bring to the boil, then reduce heat to simmer.
 3. Simmer until carrot has softened.
 4. Remove from heat, cool slightly.
 5. Place Wizz Stainless Plus into saucepan and blend until soup is smooth.
- Serve.

Zucchini and potato soup

MAKES	
4-6	SERVES

2 tablespoons olive oil
2 leeks, thinly sliced
500g washed potatoes, peeled and chopped
8 zucchinis, chopped
8 cups chicken stock
Pepper, to taste
1 cup cream

1. Using a large saucepan heat oil, saute leeks until they have softened.
 2. Add the next 3 ingredients.
 3. Bring to the boil, then reduce heat to simmer.
 4. Simmer until vegetables have softened.
 5. Stir in cream and bring to the boil.
 6. Remove from heat, cool slightly.
 7. Place Wizz Stainless Plus in the saucepan and blend until soup is smooth.
- Serve.

Sweet coconut and spinach soup

MAKES	
4-6	SERVES

2 tablespoons olive oil
2 cloves garlic, crushed
3 leeks, thinly sliced
1 tablespoon red curry paste
1 teaspoon ground cumin
800g English spinach, chopped
600ml chicken stock
200g kumara, peeled and chopped
3 Kaffir lime leaves or 1 teaspoon grated lime rind

1. Using a large saucepan heat oil, saute the first 2 ingredients until lightly softened.
 2. Add the next two ingredients, cook over a high heat for 1 minute, add remaining ingredients.
 3. Bring to the boil, then reduce heat to simmer.
 4. Simmer until all vegetables have softened.
 5. Remove from heat, cool slightly.
 6. Place Wizz Stainless Plus in the saucepan and blend soup until smooth.
- Serve.

Tomato and red pepper dip

2 tablespoons olive oil
4 roasted red capsicums, seeded and peeled
1 Spanish onion, chopped
3 cloves garlic, crushed
100g sundried tomatoes, drained
2 teaspoons sweet paprika
2 small red chillies

1. Place all ingredients into a large mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and blend until smooth.

Basic bechamel sauce

3 tablespoons butter
3 tablespoons plain flour
1¼ cups milk
Pepper and salt, to taste

1. Melt butter in a small saucepan over medium heat.
2. Stir in flour and cook for 1 minute.
3. Remove from heat.
4. Gradually add the milk, using the Wizz Stainless Plus to blend the ingredients.
5. Return to the heat and continue blending mixture until sauce boils and thickens.
6. Season with pepper and salt, if desired.

VARIATIONS:

Cheese sauce

1 cup grated Cheddar cheese,
1 teaspoon English mustard

Herb sauce

3 shallots, thinly sliced
3 tablespoons freshly chopped parsley
1 tablespoon finely snipped dill

Spicy tomato and bacon pasta sauce

15 Roma Italian tomatoes
2 Spanish onions, chopped
3 tablespoons extra virgin olive oil
2 cloves garlic, crushed
6 rashers bacon, finely chopped and lightly fried
¼ cup sweet Thai chilli sauce
¼ cup balsamic vinegar
Freshly ground black pepper

1. Place all ingredients into a large mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and blend until smooth.

Serve hot or cold over cooked pasta of your choice.

Smoked salmon and dill pasta sauce

300g smoked salmon
2 tablespoons fresh dill
1 teaspoon grated lemon rind
300ml sour cream
1 tablespoon lemon juice
200g light cream cheese
2 teaspoons French mustard

1. Place all ingredients into a large mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and blend until smooth.

Serve hot or cold over cooked pasta of your choice.

MAKES
4-6 SERVES

MAKES
4-6 SERVES

Basic mayonnaise

1 60g egg
¼ teaspoon salt
1 teaspoon mustard (optional)
½ teaspoon sugar
Pinch cayenne pepper
1½ tablespoons lemon juice
¾ cup vegetable oil

1. Place the first 6 ingredients into a medium mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and blend.
3. With Wizz Stainless Plus still blending, gradually drizzle oil into egg mixture; blend until thick and smooth.

Flavour variations for mayonnaise

2 tablespoons freshly prepared pesto
Or
2 tablespoons sundried tomatoes, finely diced
1 tablespoon freshly snipped chives
Or
1 teaspoon tandoori paste
1 tablespoon mango chutney
Or
½ cup corn relish

1. Blend in a selected flavour variation when the mayonnaise is thick and smooth.

Spicy tartare sauce

300ml egg mayonnaise
2 tablespoons lime juice
2 small red chillies, chopped
1 teaspoon grated lime rind
¾ cup chopped pickled gerkins
2 tablespoons freshly snipped chives
2 tablespoons capers, drained

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and blend until smooth.

Serve with seafood, fish or steak.

Citrus and coriander dressing

¾ cup orange juice, freshly squeezed
2 tablespoons lime juice
3 tablespoons sweet Thai chilli sauce
2 tablespoons coriander leaves
2 tablespoons rice wine vinegar
2 tablespoons extra virgin olive oil

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and blend until smooth.

Serve over salad.

Olive and herb tapenade

250g black olives, pitted
 2 tablespoons sweet Thai chilli sauce
 2 cloves garlic
 2 tablespoons olive oil
 1 tablespoon balsamic vinegar
 2 tablespoons coriander
 2 shallots, chopped

1. Place all ingredients into the chopper bowl.
2. Assemble the Wizz Stainless Plus on the chopper bowl and blend the ingredients until smooth.

Serve on warm crusty bread.

Basic pesto sauce

1 cup fresh basil leaves
 1 tablespoon fresh lemon juice
 2 tablespoons extra virgin olive oil
 2 cloves garlic
 ¼ cup roasted pinenuts
 Freshly ground black pepper

1. Place all ingredients into the chopper bowl.
2. Assemble the Wizz Stainless Plus on the chopper bowl and blend the ingredients until smooth.

Spicy satay sauce

2 cups shelled peanuts (500g)
 3 tablespoons lemon juice
 1 cup chicken stock
 250ml coconut cream
 ¼ cup sweet Thai chilli sauce
 ¼ cup fruit chutney
 1 tablespoon Mussaman curry paste

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and blend until smooth.

Serve with barbecued steak, chicken or lamb.

Cucumber and mint raita

600ml thick Greek style yogurt
 2 Lebanese cucumbers, seeded and chopped
 1 teaspoon flaked sea salt
 1 teaspoon ground cumin
 ½ cup mint leaves

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and blend until smooth.

Serve as an accompaniment with curries.

Milkshakes

1 cup chilled milk
 2 scoops vanilla ice cream
 ¼ teaspoon vanilla essence

1. Place all ingredients into jug.
2. Place the Wizz Stainless Plus into the ingredients and blend until smooth and frothy (about 30 seconds).

FLAVOUR VARIATIONS

Chocolate

Add 1 tablespoon chocolate syrup

Or

½ tablespoon cocoa and ½ tablespoon malt.

Strawberry

Add 5 fresh strawberries and 1 tablespoon strawberry syrup.

Strawberry smoothie

5 fresh strawberries, washed and hulled
 50g natural yoghurt
 1 scoop ice cream
 1 cup chilled milk
 1 tablespoon honey

1. Place all ingredients into jug.
2. Place the Wizz Stainless Plus into the ingredients and blend until thick and smooth (about 30 seconds)

Strawberries can be substituted with fruit of your choice.

Note

Get up and go breakfast shake

¼ cup chilled milk
 ½ cup chilled fruit juice
 1 60g egg
 1 tablespoon honey

1. Place all ingredients into jug.
2. Place the Wizz Stainless Plus into the ingredients and blend until smooth and creamy (about 30 seconds)

Easy desserts, cakes and doughs

Bread rolls

½ cup (125ml) tepid water
1 tablespoon vegetable oil
200g bread flour
¼ teaspoon salt
½ teaspoon sugar
½ teaspoon dry yeast

1. Place water, oil then dry ingredients into the chopper bowl.
2. Assemble the Wizz Stainless Plus on the chopper bowl and process the ingredients until a dough ball forms (about 15 seconds). If necessary, interrupt the process and add a little more water to form the dough.
3. Remove the dough from the bowl and place onto a lightly floured surface. Knead dough to form a smooth ball.

The process can be repeated to produce more bread rolls.

Note

4. Place the dough into a lightly greased glass bowl, cover and place in a warm position until the dough has doubled in size.
5. Remove the dough and cut evenly into two. Knead into rolls and place on a lightly greased baking tray.
6. Place the tray into a warm position until the rolls have doubled in size.
7. Bake in a preheated moderate oven 180°C for 15 minutes or until cooked and golden brown.

One bowl cake

1½ cups self raising flour
1 cup castor sugar
125g butter, melted
2 60g eggs, lightly beaten
1 teaspoon vanilla
½ cup milk

1. Place flour, sugar, butter and eggs into a medium mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and whisk until just combined (about 30 seconds).
3. Combine vanilla and milk and whisk into flour mixture until just combined (about 30 seconds).
4. Pour cake mixture into a greased and base lined 20cm round cake pan.
5. Bake in preheated moderate 180°C oven for 30-35 minutes or until cooked and golden brown.

Flavour variations

Chocolate

Substitute ¼ cup self raising flour with ¼ cup cocoa.

Banana

Add ¼ cup mashed bananas and ½ teaspoon bicarbonate of soda with vanilla and milk.

Crepe batter

MAKES
10 SERVES

1½ cups plain flour
Pinch salt
2 60g eggs
1½ cups milk
1 tablespoon oil

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and blend until just combined (about 40 seconds).
3. Pour ¼ cup of mixture into a preheated and lightly greased frypan. Cook until light golden brown, turn and cook other side. Remove, keep warm. Repeat with remaining mixture.
4. Serve hot drizzled with lemon juice and sprinkled with castor sugar.

Easy Swiss chocolate mousse

MAKES
10 SERVES

800ml thickened cream
3 60g eggs
2 x 200gms dark Toblerone chocolate, melted

1. Place cream into a medium mixing bowl.
2. Place the Wizz Stainless Plus into the ingredients and whisk until cream has doubled in size and soft peaks formed.
3. Place the eggs into a separate mixing bowl and whisk until smooth and creamy. Slowly whisk in the cooled chocolate.
4. Fold the whipped cream into chocolate and egg mixture.
5. Pour mixture into individual serving dishes, cover and refrigerate for several hours or overnight before serving

