



StickMaster

INSTRUCTION/RECIPE BOOKLET.

THIS BOOK COVERS THE USE AND CARE OF THE FOLLOWING SUNBEAM STICK MIXERS:

SM6100 STICKMASTER

SM6210 STICKMASTER PLUS - STICK MIXER + CHOPPER

SM8310 STICKMASTER PRO - STICK MIXER + WHISK + CHOPPER



SM6100



SM6210



SM8310

PLEASE READ THIS BOOK THOROUGHLY AND RETAIN FOR FUTURE REFERENCE.

Sunbeam's Safety Precautions.

SAFETY PRECAUTIONS FOR YOUR STICKMASTER.

- Do not handle appliance with wet hands.
- Avoid contact with moving parts.
- Do not touch the blade while it is operating, as it is very sharp. After the appliance has been switched off the blade will continue to rotate a moment longer.
- Do not operate the appliance without a workload.
- Do not use the appliance with hot oil, as there is a risk of burns due to splashing.
- When using the chopping attachment on model SM6210 and SM8310, the edge of the blade is very sharp. Handle with care to avoid any cuts. Always handle the plastic shaft.
- Hold the Stick mixer firmly and up right while using it.
- Never insert metal or other utensils, such as knives or forks, into the inside of the bowl while the appliance is operating.
- Never allow children to play with the appliance.

SAFETY PRECAUTIONS FOR ALL ELECTRICAL APPLIANCES

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the underside of the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.

If you have any concerns regarding the performance and use of your appliance, please ring our Toll Free number (Australia only) 1800 025 059. New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

Ensure the above safety precautions are understood.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

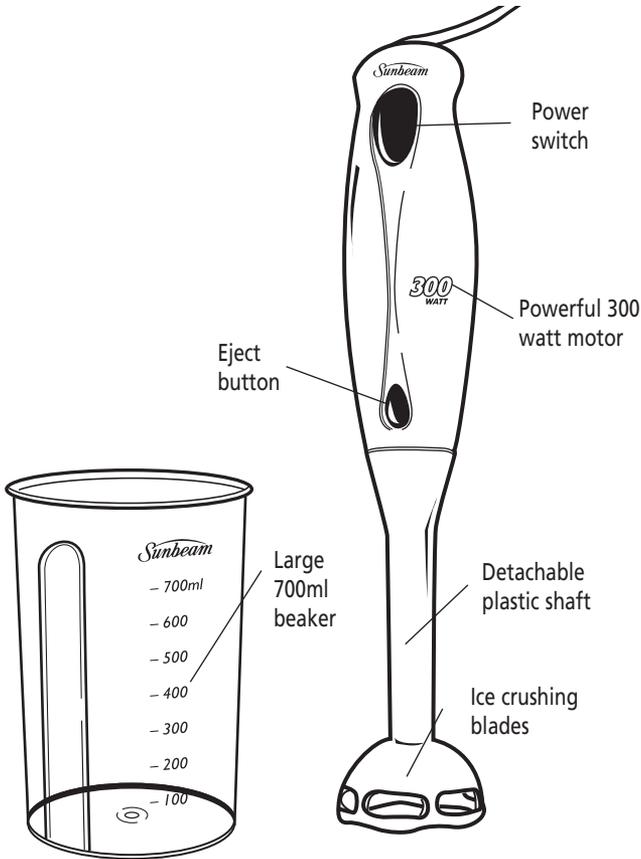
کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığının emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Features of your Sunbeam StickMaster.



SM6100 Pictured

Powerful 300 watt motor

High powered 300 watt motor for the most demanding blending tasks. Whisper-quiet operation.

Ice Crushing blades

Unique blade design with vertical teeth for optimal blending. Crushes ice in seconds.

Dishwasher safe components

The 700ml beaker is dishwasher safe for easy cleaning. See page 9 for full details.

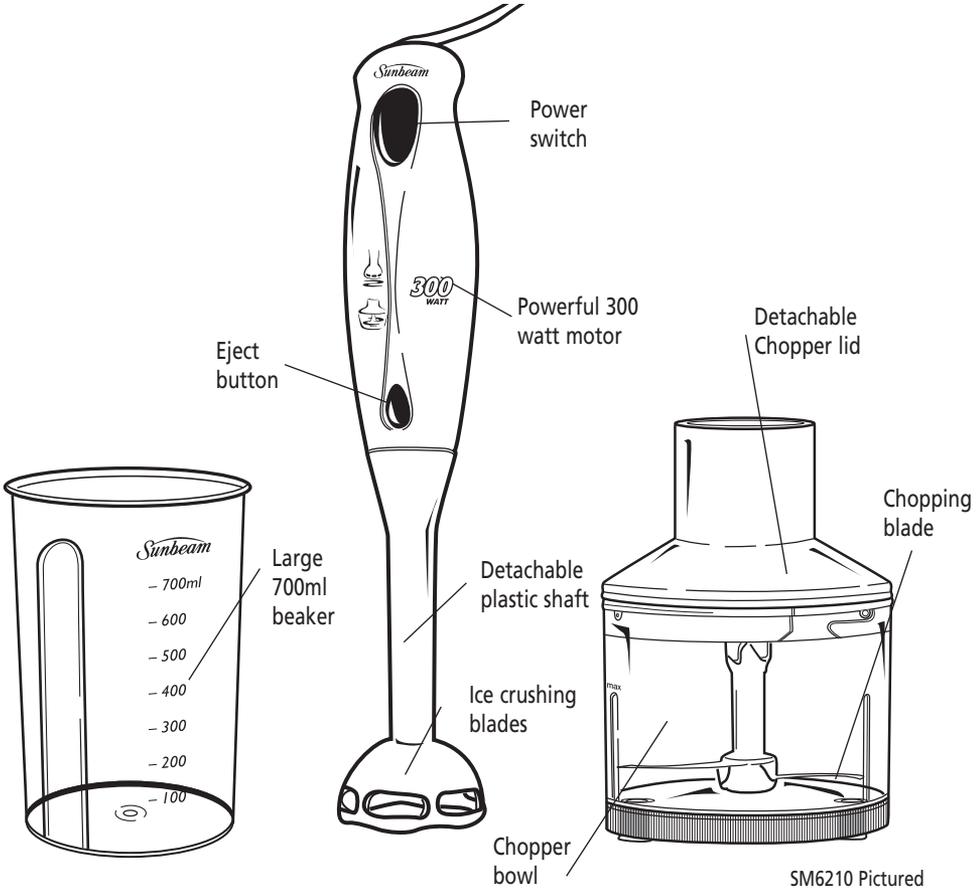
Detachable plastic shaft

The plastic shaft detaches with the push of a button for easy cleaning.

Large capacity beaker

Large capacity 700ml beaker is ideal for taking measurements and preparing small quantities of processed foods.

Features of your Sunbeam StickMaster Plus.



Powerful 300 watt motor

High powered 300 watt motor for the most demanding blending tasks. Whisper-quiet operation.

Ice Crushing blades

Unique blade design with vertical teeth for optimal blending. Crushes ice in seconds.

Dishwasher safe components

The 700ml beaker, chopper bowl and chopping blade are dishwasher safe for easy cleaning. See page 9 for full details.

Detachable plastic shaft

The plastic shaft detaches with the push of a button for easy cleaning and use of other attachments.

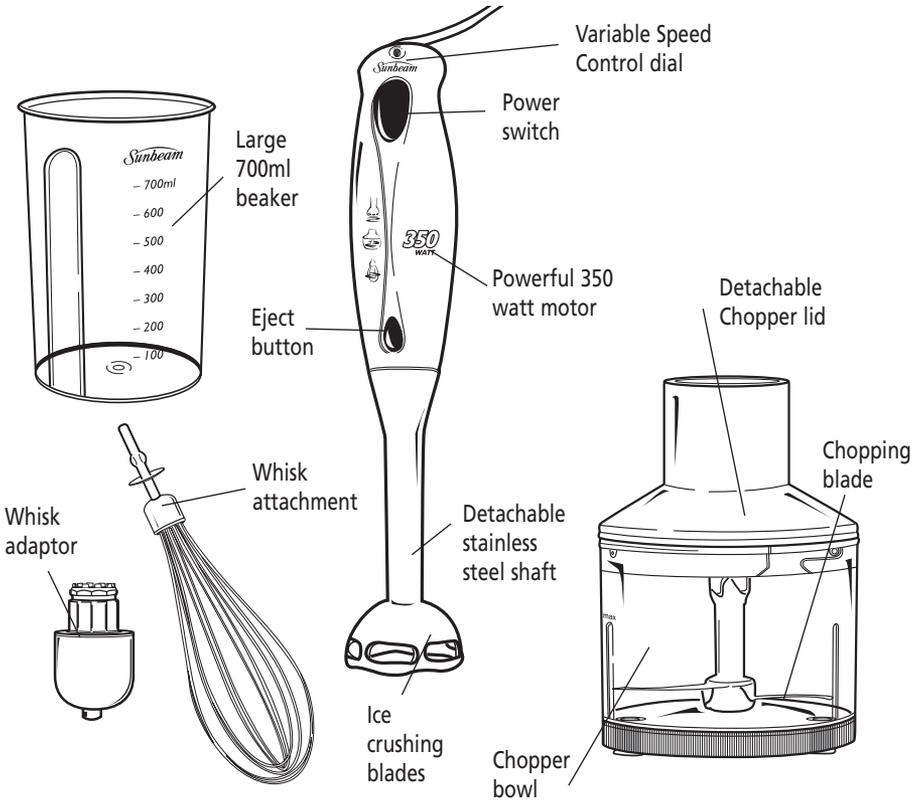
Chopper attachment

Chopper accessory conveniently attaches to the stick mixer to chop meats, vegetables, nuts, herbs, etc... Suction cap feet provide added stability.

Large capacity beaker

Large capacity 700ml beaker is ideal for taking measurements and preparing small quantities of processed foods.

Features of your Sunbeam StickMaster Pro.



SM8310 Pictured

Powerful 350 watt motor

High performance 350 watt motor for the most demanding blending, chopping and whisking tasks. Whisper-quiet operation.

Ice Crushing blades

Unique blade design with extra vertical teeth for optimal blending. Crushes ice in seconds.

Variable speed control

Allows the optimum speed to be used for various food processing tasks.

Dishwasher safe components

The 700ml beaker, chopper bowl, chopping blade and whisk attachment are dishwasher safe for easy cleaning. See page 9 for full details.

Detachable stainless steel shaft

The stainless steel shaft detaches with the push of a button for easy cleaning and use of other attachments.

Chopper attachment

Conveniently attaches to the stick mixer to chop meats, vegetables, nuts, herbs etc... Suction cap feet provide added stability.

Whisk attachment

Stainless steel whisk conveniently attaches to the stick mixer. Ideal for beating egg whites and mixing light batters.

Large capacity beaker

Large capacity 700ml beaker is ideal for taking measurements and preparing small quantities of processed foods.

Using your Sunbeam StickMaster.

Important: Ensure that the StickMaster is unplugged from the power outlet before assembling or removing attachments.

To assemble your StickMaster

1. Insert the top part of the detachable shaft into the hole on the base of the motor housing until you hear a click. See diagram 1.

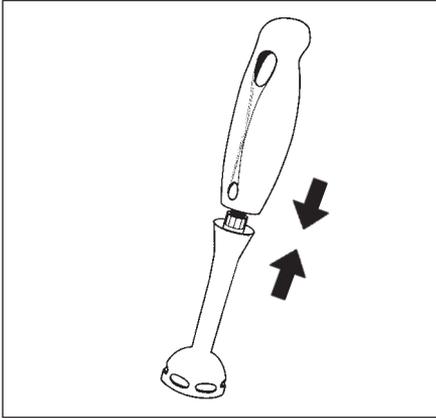


Diagram 1

To disassemble your StickMaster

1. Press the lower button on the motor housing. With your other hand, supporting the detachable shaft as it comes away from the motor housing automatically. See diagram 2.

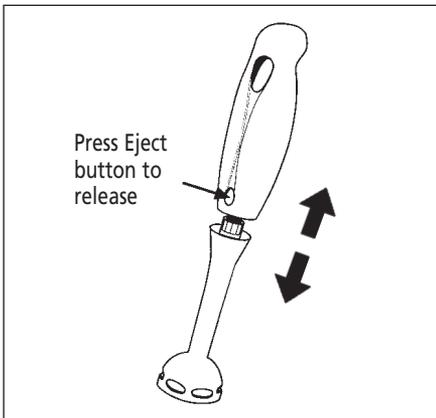


Diagram 2

To use your StickMaster

1. Simply plug in your StickMaster to a 230-240V power outlet.
2. Lower the StickMaster into food and depress the power button at the top of the motor housing.

OR, with your StickMaster Pro (SM8310) you can select the optimal speed for the processing task, by rolling the speed control dial at the top of the motor housing.

3. To stop your StickMaster, take your finger off the power button.

Using your Sunbeam StickMaster cont.

Using the chopper attachment (provided with models SM6210 and SM8310)

1. Place the chopper bowl on a clean, level surface.
2. Fit the stainless steel chopper blade into the chopper bowl.
3. Place food into the chopper bowl.
4. Attach the lid onto the chopper and rotate the lid in a clockwise direction until it locks into position.
5. Insert the top part of the chopper lid into the hole on the base of the motor housing until you hear a click. See diagram 3.

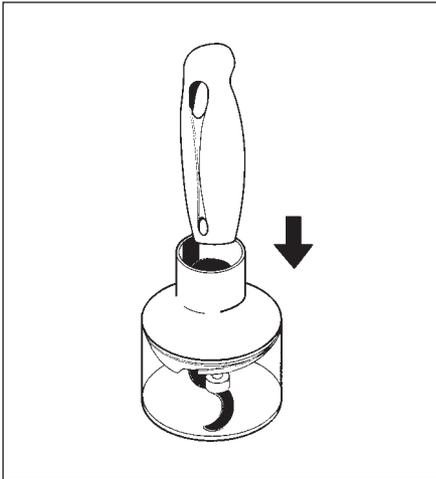


Diagram 3

6. Hold the container with one hand while operating the switch with the other.

Using the whisk attachment (provided with model SM8310)

1. Insert the whisk arm into the small hole on the bottom of the whisk adaptor. See diagram 4.
2. Fit the whisk adaptor into the hole on the base of the motor housing until you hear a 'Click'. See diagram 4.

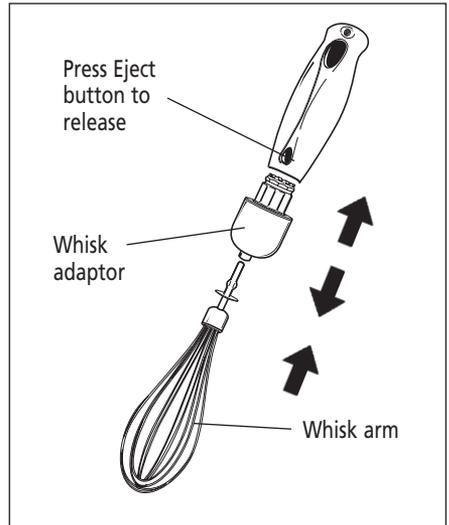


Diagram 4

A Guide to your StickMaster Attachments.

| Attachment | Processing Task | Food | Suggested Processing Procedure |
|---|-----------------|---|--|
|  | Aerating | Milkshakes, Smoothies, Cocktails, Fruit Frappes | Use chilled milk. Blend until desired consistency is achieved. |
|  | Pureeing | Soups, Sauces, Dips, Baby Food | Blend until smooth. |
|  | Ice Crushing | Cocktails, Children's Ice Treats | Use small sized ice cubes and add ¼ cup of water. |
|  | Emulsifying | Salad Dressing | Blend until well combined. |
|  | Mincing | Red meat, Chicken fillets, Fish fillets, Prawns | |
|  | Chopping | Herbs, Nuts, Olives, Fruit, Vegetables | Process ½ cup at a time, to ensure evenly sized pieces. |
|  | Dicing | Onions, Garlic, Ginger, Leeks, Carrots | |
|  | Crumbing | Bread Crumbs Biscuit Crumbs | Tear bread roughly. Process until desired consistency. Break into pieces and process until crumbed. |
|  | Whisking | Cream, Egg Whites, Light Batters | |

Care and Cleaning.

Important: Your StickMaster should be rinsed thoroughly after each use.

After each use

1. Always remove the power cord from the power outlet before cleaning and remove the detachable shaft of the StickMaster.

Note: Do not immerse the detachable shaft of the StickMaster in water because overtime the lubrication on the bearings will wash away.

2. Wash the detachable shaft under running water, without the use of abrasive detergents.
3. When you have finished cleaning the detachable shaft of the StickMaster, place it upright so that any water which may have got in, can drain out.
4. Attachments including the beaker, chopper bowl, chopper lid and chopping blade (chopper provided with models SM6210 and SM8310) and whisk (provided with model SM8310) can be washed in hot soapy water.
5. Dry thoroughly.

Important: Blades are extremely sharp, handle with care.

For a quick wash up

Between processing tasks, hold the StickMaster in the beaker half filled with water and turn on for a few seconds.

Dishwasher Use

All plastic components deteriorate through the prolonged use of a dishwasher for cleaning. However, parts of your StickMaster are tolerant to dishwasher use. These include the beaker, chopper bowl, chopping blade (chopper provided with models SM6210 and SM8310) and whisk (provided with model SM8310).

Note: Place only on the top rack of your dishwasher.

Note: The detachable shaft and chopper lid are *not* dishwasher safe. Wipe down with soapy water.

Motor Housing

Clean down the motor housing with just a damp cloth.

Important: Ensure that the motor housing is not immersed in water or any other liquid.

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For more information or advice on any Sunbeam products, contact the Sunbeam Consumer Service Line on 1800 025 059 in Australia. In New Zealand - contact the Sunbeam Office in Auckland on 09 912 0747.

Recipes.

Pesto

1 cup fresh basil leaves, tightly packed into measuring cup and washed

50g pinenuts, toasted

40g parmesan cheese, grated

2 cloves garlic, peeled and roasted

125ml olive oil

Fresh ground Black pepper and sea salt to taste

1. Place all ingredients into the chopper bowl and process until smooth.

Makes 1 cup

Red Chilli Paste

100g fresh long red chillies, stem removed and roughly chopped

1 red onion, peeled and chopped

5 cloves garlic, peeled

2 stalks lemongrass, trimmed, pounded and sliced

1/4 cup olive or vegetable oil

1. Place all ingredients into the chopper bowl and process until smooth.

Makes 1 cup

Perfect to use in curries and for laksa.

Hommos

400g can chickpeas, rinsed and drained

1 tablespoon sesame paste

2 tablespoons lemon juice

2 tablespoons olive oil

4 small roasted garlic cloves

Sea salt and Black pepper to taste

1. Place all ingredients into the chopper bowl and process until smooth

Makes 1 1/2 cups

Lime Sage White Bean Dip

400g can white beans, rinsed and drained

2 tablespoons Lime juice

2 tablespoons fresh sage, roughly chopped

Sea salt and Black pepper to taste

1. Place all ingredients into chopper bowl and process until smooth.

2. Taste and season with salt and pepper if desired.

Makes 1 cup.

Excellent served cold with lamb.

Recipes.

Avocado Dip

1 small clove garlic, peeled and chopped
1 small onion, peeled and roughly chopped
2 medium avocados, peeled, stone removed and roughly chopped
2 tomatoes, roughly chopped
1 lemon, juiced
2 - 3 drops Tabasco sauce
Salt and pepper to taste

1. Place all ingredients into a small bowl.
2. Using the StickMaster, process until smooth using a gentle up and down action.
3. Place into a small serving dish and serve with corn chips or raw vegetables, such as celery and carrot.

Blue Cheese Dip

2 small cloves garlic, peeled and chopped
1 onion, peeled and roughly chopped
1 x 250g cream cheese, cut into pieces
250g blue cheese, cut into pieces
1 cup sour cream
Salt and pepper to taste

1. Place all ingredients into a small bowl.
2. Using the StickMaster, process until smooth using a gentle up and down action.
3. Place into serving dish and serve with melba toast or raw vegetables.

Red Salmon Spread

1 x 210g can red salmon, drained and bones removed
125g butter, melted
1 teaspoon dry mustard
1 tablespoon mayonnaise
6 slices pickled cucumber
Pepper to taste

1. Place all ingredients into a small bowl.
2. Using the StickMaster, process until smooth using a gentle up and down action.
3. Place into serving dish and serve with fresh crusty bread.

Peanut Butter

250g (1 1/2 cups) blanched and roasted peanuts

1. Place peanuts into chopper bowl and process for 3 to minutes until smooth.

Stop every 30 seconds to stir.

Makes 1 cup.

Store in airtight container keeps for 2 weeks

Biscuit Crumbs

60g (3-4) Biscuits

1. Using the chopper attachment, process until fine crumbs.
2. Use biscuit crumbs for the bases or toppings of cheesecakes, slices and crumbles. Also fantastic to stir through or serve on top of ice cream for a real yummy treat!

Chocolate Crumbs

Place 100g chopped chocolate into chopper bowl and process until fine.

Recipes.

Marinated Chicken Wings

24 chicken wings

2 cloves garlic, peeled and chopped

2cm piece green ginger, peeled and roughly chopped

1/2 cup soy sauce

1/2 cup olive oil

2/3 cup honey

*1/2 teaspoon Chinese five spice powder
pepper to taste.*

1. Place chicken wings into a baking dish and pierce skin with a skewer.
2. Place remaining ingredients into a small bowl.
3. Using the StickMaster, process until smooth. Pour over chicken wings and allow to marinate for approximately 2 hours.
4. Pre-heat oven to 160°C. Bake for approximately 30 minutes, until dark golden in colour. Baste chicken throughout cooking.

Fresh Tomato Soup

Serves 6

1 tablespoon butter or margarine

2 cloves garlic, peeled and chopped

2 onions, peeled and roughly chopped

8 large tomatoes, peeled and quartered

1/3 cup tomato paste

4 cups chicken stock

2 tablespoons Worcestershire sauce

1 tablespoon sugar

2 teaspoons oregano

2 teaspoons basil

1/4 cup cream

Salt and pepper to taste

1. In a large saucepan, melt butter or margarine and saute garlic and onions until tender.
2. Using the StickMaster puree tomatoes and add to saucepan.
3. Add remaining ingredients, except cream. Bring to the boil. Reduce heat and allow to simmer for 10 minutes. Remove from heat.
4. Using the StickMaster, process soup until smooth, using a gentle up and down action.
5. Stir through cream and seasonings. Gently re-heat if necessary. DO NOT allow soup to boil after cream has been added.

Recipes.

Pumpkin Soup

Serves 6

1 tablespoon olive oil
1 tablespoon butter or margarine
1 clove garlic, peeled and chopped
1 large onion, peeled and roughly chopped
1.75kg pumpkin, peeled and cut into pieces
1 cup milk
4 cups chicken stock
Salt and pepper to taste
1 cup cream, optional

1. In a large saucepan, heat olive oil and butter or margarine. Add garlic and onion and saute until onion is tender.
2. Add pumpkin and saute for 10 minutes.
3. Add milk, chicken stock and seasonings. Bring to the boil.
4. Reduce heat and allow to simmer until pumpkin is tender. Remove from heat.
5. Using the StickMaster, process soup until smooth, using a gentle up and down action.
6. Stir through cream. Gently re-heat if necessary. DO NOT allow soup to boil after cream has been added.

Mustard and Parsley Rack of Lamb

Serves 4

4 racks of lamb with 3 lamb chops in each, trimmed of excess fat
1 clove garlic, peeled and chopped
1 slice bread, roughly torn
2 teaspoons green peppercorns
1 tablespoon French mustard
1 tablespoon fruit chutney
1 cup parsley sprigs

1. Place garlic, bread, peppercorns, mustard and fruit chutney into a bowl and process with the StickMaster until garlic is finely chopped and mixture is combined.
2. Spread mixture over back of lamb.
3. Using the StickMaster, process the parsley until finely chopped. Coat over back of lamb.
4. Place in a baking dish with coated side upwards.
5. Bake in oven, pre-heated to 180°C for approximately 25-30 minutes or until cooked.

Chicken, turkey, pork, lamb and or veal Stuffing

2 cups fresh breadcrumbs (see below)
1 red or white onion, peeled and processed
3-4 tablespoons fresh herbs (sage, oregano, rosemary, marjoram)
60g butter, softened
Fresh ground black pepper and sea salt to taste.

1. In a bowl combine all ingredients with a wooden spoon.
2. Spoon into chicken or turkey cavity or spread over lamb and veal before roasting.

Fresh Bread Crumbs

155g (3 standard slices white bread), roughly chopped

Process in chopper bowl until fine crumbs.

Makes 2 cups.

Recipes.

Peach Yoghurt Mousse

825g can peaches, drained

1/4 cup caster sugar

1/4 cup cream

200g natural yoghurt

3 teaspoons gelatine dissolved in 2 tablespoons boiling water

1. Place peaches and sugar into a large bowl.
2. Using the StickMaster process until smooth.
3. Add cream, yoghurt and dissolved gelatine. Process until combined.
4. Pour into individual serving dishes and refrigerate for several hours or until set.
5. Serve decorated with whipped cream and grated chocolate.

Ricotta Puddings

375g ricotta

1 cup plain yogurt

1 egg

2 tablespoons orange juice

2 teaspoons orange rind

2 tablespoons caster sugar

1 teaspoon vanilla extract

1. Preheat oven to 180°C.
2. Using the StickMaster with whisk attachment, place all ingredients into a small bowl and whisk on a low speed until smooth. Divide the mixture between four ovenproof cups.
3. Bake for 25 minutes or until firm. Serve warm or cold.

Recipes.

Wild Berry Shortcake Flan

60g butter, softened

1/3 cup caster sugar

1 teaspoon vanilla extract

1 tablespoon custard powder

1 egg, beaten

1 cup self raising flour, sifted

1 cup cream, whipped

250g fresh or frozen berries

1/2 cup wild berry jam

1. Preheat oven to 170°C. Grease and flour flan tin.
2. In a small bowl cream butter, sugar and vanilla using the StickMaster with whisk attachment. Slowly mix in the custard powder and gradually add the beaten egg and 2 tablespoons water. Mix in flour.
3. Spread cake batter into flan tin. Bake for 25 minutes or until a skewer inserted in the centre comes out clean. Loosen the edges with a small knife, cool slightly before turning out onto cake rack.
4. Once the shortcake is cool, fill the centre with the whipped cream and chill.
5. Meanwhile heat the jam in a small saucepan until warm and dip berries a few at time into the warmed jam. Pile the berries into the centre of the shortcake. Drizzle over any remaining jam. Chill before serving.

Heavenly Rich Chocolate Mousse

250g rich dark chocolate, melted

300ml light thickened cream, whipped

7g sachet gelatine, melted in 125ml boiling water, cooled

2 egg whites

1. Mix the melted chocolate and whipped cream together in a large bowl. Add gelatine.
2. In a small bowl using the StickMaster with whisk attachment, whisk the egg whites to stiff peak stage and fold into the chocolate mixture until well combined.
3. Immediately pour into 4 x 1cup ramekins. Refrigerate until firm.

Recipes.

Strawberry Cream

2 punnets strawberries, washed and hulled

³/₄ cup caster sugar

2 tablespoons lemon juice

3 teaspoons gelatine dissolved in 2 tablespoons boiling water

300mls thickened cream

Extra strawberries for decoration

1. Place strawberries, sugar and lemon juice into a saucepan and bring to the boil.
2. Reduce heat and allow to simmer until sugar has dissolved. Add dissolved gelatine to strawberry mixture and allow to cool.
3. Using the StickMaster, process strawberry mixture until smooth.
4. In a separate bowl, using the StickMaster, process cream until thick.
5. Fold the cooled strawberry mixture through the cream using a large spoon. Pour into individual serving dishes and chill for several hours.
6. Serve decorated with extra fresh strawberries and whipped cream.

Basic Butter Cake

125g butter or margarine, softened and cut into pieces

²/₃ cup caster sugar

1 teaspoon vanilla

2 eggs

2 cups S.R. flour

¹/₂ cup milk

1. Pre-heat oven to 190°C. Grease and base line a 20cm round cake tin.
2. Place butter or margarine, sugar, vanilla and 1 egg into a small bowl.
3. Using the StickMaster, process cream mixture until light and fluffy, by using a gentle up and down action (tilt bowl slightly with processing if necessary).
4. Add remaining egg and beat to combine.
5. Using the StickMaster, gradually add flour and milk alternatively and mix using a gentle up and down action. DO NOT OVER PROCESS.
6. Spread mixture into prepared tin and bake for approximately 30-35 minutes, until golden. Cool and use as desired.

Recipes.

Variations

Banana Cake

Add 2 roughly chopped very ripe bananas and $\frac{1}{2}$ teaspoon bicarbonate of soda when second egg is added to the mixture.

Cool and ice as desired.

Apple Tea Cake

Prior to baking cake, top with thinly sliced apple pieces and sprinkle with a mixture of 1 tablespoon brown sugar and $\frac{1}{2}$ teaspoon cinnamon.

Lemon Icing

Finely grated rind of 1 lemon

2 tablespoons lemon juice

1 $\frac{1}{2}$ cups icing sugar

1. Place all ingredients into a small bowl.
2. Using the StickMaster, process until well combined.

Chocolate Frosting

2 tablespoons butter or margarine

2 tablespoons cocoa

3 tablespoons milk

2 cups icing sugar

1. Place all ingredients into a small bowl.
2. Using the StickMaster, process until well combined.

Apple

Add 1 chopped apple

Apricots

Add 1 cup chopped dried apricots

Cranberries

Add $\frac{1}{4}$ cup dried cranberries

Ham

Add 100g chopped ham

Pecans

Add $\frac{1}{4}$ cup chopped pecans

Pinenuts

Add 2 tablespoons toasted pinenuts

Prosciutto

Add 4-6 slices thinly sliced prosciutto

Recipes.

Plain Scones

Makes approximately 12

1½ cups self raising flour

½ teaspoon salt

60g butter or margarine, softened and cut into pieces

½ cup milk

1. Pre-heat oven to 220°C. Grease and lightly flour an oven tray.
2. Place flour, salt and butter or margarine into a small bowl. Using the StickMaster, process until mixture resembles breadcrumbs.
3. Add milk and process, using a gentle up and down action until mixture is just combined. DO NOT OVER PROCESS.
4. Turn mixture out onto a floured board and knead lightly.
5. Press or roll out to 2cm thickness and cut with a floured scone cutter.
6. Place close together on a prepared tray and glaze with milk. Bake for 10-12 minutes.

Crepe Batter

Makes approximately 12

1½ cups plain flour

pinch salt

Combine: 2 eggs, 1½ cups of milk and 1 tablespoon oil.

1. Place all ingredients into a small bowl.
2. Using the StickMaster, process until just combined. DO NOT OVER PROCESS.
3. Place about ⅓ cup of batter onto a hot Sunbeam Skillet and cook until lightly golden. Turn to brown other side.
4. Serve with favourite filling or as a dessert, sprinkle with icing sugar and lemon juice.

Basic Pikelet Batter

Makes approximately 24

1 cup self raising flour

pinch salt

¼ teaspoon bicarbonate of soda

2 tablespoons caster sugar

Combine: 1 egg, 1 cup sour milk (if fresh add 1 teaspoon vinegar) and 60g of butter or margarine, melted.

1. Place all ingredients into a small bowl.
2. Using the StickMaster, process until just combined. DO NOT OVER PROCESS.
3. Place spoonfuls of mixture onto the Sunbeam Frypan and cook until bubbled. Turn to brown.

Mayonnaise

1 egg

½ teaspoon dry mustard

¼ teaspoon salt

pinch pepper

2 tablespoons lemon juice

¾ cup vegetable oil

1. Place all ingredients except oil into a bowl.
2. Using the StickMaster, process until combined.
3. Gradually add half the oil in a thin stream processing constantly using a brisk up and down action.
4. Add remaining oil more quickly while processing until thick and smooth. DO NOT OVER PROCESS
5. Use as desired.

Recipes.

Tartare Sauce

- 1 quantity of mayonnaise*
- 1/2 small gherkin, roughly chopped*
- 2 sprigs parsley*
- 1 teaspoon capers, drained*
- 1 teaspoon lemon juice*
- 1/2 teaspoon sugar*

1. Place all ingredients into a bowl.
2. Using the StickMaster, process until combined and finely chopped.

Serve chilled with seafood.

Easy Bernaise Sauce

- 1 shallot, roughly chopped*
- 2 tablespoons tarragon vinegar*
- 1 tablespoon white wine*
- 1 tablespoon water*
- 6 peppercorns*
- 1 bay leaf*
- 2 egg yolks*
- 250g butter, heated until bubbling*

1. Place shallots, vinegar, water, peppercorns and bay leaf into a small saucepan and simmer until liquid reduces to one third. Strain.
2. Combine liquid and egg yolks into a bowl. Using the StickMaster, process until combined.
3. Gradually add hot butter while processing using a brisk up and down action until mixture is thick and creamy. **DO NOT OVER PROCESS.** Serve over steaks or steamed vegetables.

Breakfast Shake

- 1 cup milk*
- 1/3 cup natural yogurt*
- 125g fresh fruit (strawberries, passionfruit, banana), chopped*
- 1 tablespoon wheat germ or bran*

1. Place all ingredients into the large beaker.
2. Using the StickMaster process until smooth.

Banana Smoothie

Serves 4

- 2 ripe bananas, peeled and roughly chopped*
- 100g natural yoghurt*
- 1 scoop vanilla ice cream*
- 2 cups chilled milk*
- 2 tablespoons honey*

1. Place all ingredients into a large jug.
2. Using the StickMaster, process until smooth and frothy.

Vanilla Milkshake

Serves 2

- 1 cup chilled milk*
- 2 scoops vanilla ice cream*
- 1/4 teaspoon vanilla essence*

1. Place all ingredients into a large jug.
2. Using the StickMaster, process until frothy.

Variations

Chocolate

Add 1-2 tablespoons chocolate flavoured syrup.

Strawberry

Add 1/2 cup fresh strawberries or 1 tablespoon strawberry flavoured syrup.