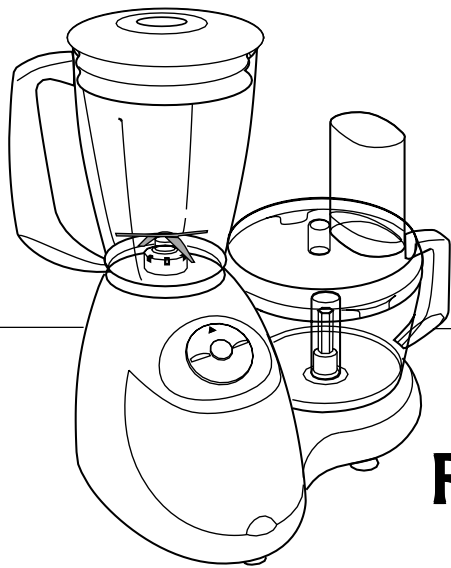


# morphy richards



CE

## Select 730 Food processor with blender

Please read and save these instructions

### Two year guarantee

**This guarantee is valid in the UK and Ireland only.**

It is in your interest to retain the retailers receipt as proof of purchase. Please quote the following information if the product develops a fault. These numbers can be found on the base of the product.

Model No. \_\_\_\_\_ Serial No. \_\_\_\_\_

All Morphy Richards products are individually tested before leaving the factory. In the unlikely event of any appliance proving to be faulty within 28 days of purchase it should be returned to the place of purchase for it to be replaced.

If the fault develops after 28 days and within 24 months of original purchase, you should contact the Helpline number quoting Model number and Serial number on the product, or write to the address below. You will be asked to return the product (in secure, adequate packaging) to the address below along with a copy of proof of purchase. Subject to the exclusions set out below (see 'Exclusions') the faulty appliance will then be repaired or replaced and dispatched usually within 7 working days of receipt.

If for any reason this item is replaced during the 2 year guarantee period, the guarantee on the new item will be calculated from original purchase date. Therefore it is vital to retain your original till receipt or invoice to indicate the date of initial purchase.

To qualify for the 2 year guarantee the appliance must have been used according to the

manufacturers instructions. For example kettles should have been regularly descaled or an iron cord should have been stored as recommended by the instructions.

#### EXCLUSIONS

Morphy Richards shall not be liable to replace or repair the goods under the terms of the Guarantee where:

- 1 The fault has been caused or is attributable to accidental use, misuse, negligent use or used contrary to the manufacturers recommendations or where the fault has been caused by power surges or damage caused in transit.
- 2 The appliance has been used on a voltage supply other than that stamped on the products.
- 3 Repairs have been attempted by persons other than our service staff (or authorised dealer).
- 4 Where the appliance has been used for hire purposes or non-domestic use.
- 5 Morphy Richards are not liable to carry out any type of servicing work, under the guarantee.
- 6 Plastic filters for all Morphy Richards kettles and coffee makers are not covered by the guarantee.

This guarantee does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage. This guarantee is offered as an additional benefit and does not affect your statutory rights as a consumer.

Thank you for choosing a Morphy Richards Select Food Processor - a machine with space saving storage, designed to help you prepare all types of dishes and to save you time and effort too.

Please make sure you read the instructions before using the machine for the first time to be sure that you get the most use out of its many helpful features. Recipes have also been included for dishes that can be prepared using your Select food processor.

## Unpacking and using your machine for the first time.

Carefully unpack your new processor and all its attachments and tools, checking them against the illustrations at the beginning of this book to familiarise yourself with the product. Remove any stickers (except for the serial label) and wash all

the parts which are safe to immerse in water.

**NEVER IMMERSE THE PROCESSOR BODY IN WATER OR ANY OTHER LIQUID.** These may be wiped over with a clean, damp cloth - but only when unplugged from the electrical outlet.

## Electrical requirements

Place all electrical appliances out of the reach of

children. Never allow the mains lead to overhang the work surface.

Check that the voltage on the rating plate of your appliance corresponds with your house electricity supply which must be A.C. (Alternating Current).

If the socket outlets in your home are not suitable for the plug supplied with this appliance the plug should be removed and the appropriate one fitted.

**IMPORTANT : THE PLUG REMOVED FROM THE MAINS LEAD, IF SEVERED, MUST BE DESTROYED AS A PLUG WITH BARED FLEXIBLE CORD IS HAZARDOUS IF ENGAGED INTO A LIVE SOCKET OUTLET.**

Should the fuse in the 13 amp plug require changing a 3 amp BS1362 fuse must be fitted

## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- 1 Read all the instructions.
- 2 **IMPORTANT: THE METAL BLADE, DISC ATTACHMENTS AND BLENDER BLADES ARE VERY SHARP.** Take care when handling them, especially when removing them from the bowl and when cleaning.
- 3 To protect against risk of electrical shock **NEVER** immerse the processor body in water or in any other liquid.
- 4 Never allow a child to use this product. Close supervision is necessary when any appliance is used near children.
- 5 Unplug from the mains when not in use, before taking off attachments, and before cleaning.

- 6 Always fit the safety cover before using the food processor.
- 7 Avoid touching moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from processor tools and blender blades during operation, to prevent personal injury and/or damage to the appliance.
- 8 Place the processor bowl onto the base of the processor before fitting any attachments.
- 9 Do not operate any appliance with a damaged lead or plug, or after an appliance has malfunctioned, or has been dropped or damaged in any way. Contact Morphy Richards for advice on examination, repair or electrical or mechanical adjustment.

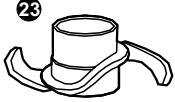

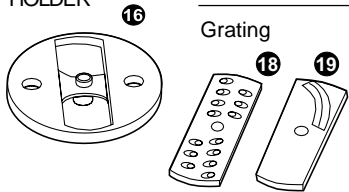
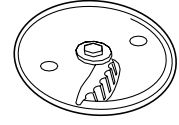
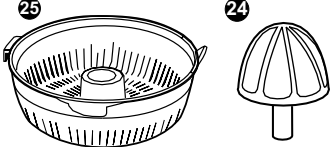
- 10 The use of attachments or tools not recommended or sold by Morphy Richards may cause fire, electric shock or injury.
- 11 Do not use outdoors.
- 12 **DO NOT** let the mains lead overhang the edge of the table or work-top, or touch hot surfaces.
- 13 All tools and attachments should be removed before cleaning.
- 14 **DO NOT PLACE THE APPLIANCE ON OR NEAR A HOT GAS OR ELECTRIC HOB, OR IN A HEATED OVEN.**
- 15 When using the blender, make sure there are no tools fitted in the processor.
- 16 Do not overfill the processor or blender. This could cause damage to the motor. The 3A fuse will blow if the processor or blender bowl are overloaded.

- Replace the fuse and do not exceed the maximum recommended volumes. Always refer to the operating chart.
- 17 Do not process or blend for longer than the time periods recommended in the operating chart.
  - 18 When using the processor or blender, ensure the lid is in place before switching on and do not remove the lid until the blade has stopped rotating.
  - 19 When blending hot liquids, remove the small blender lid.
  - 20 Always remove the tool before emptying the processor bowl of its contents.
  - 21 Never feed the food by hand. Always use the food pusher. **NEVER PUT YOUR FINGERS INTO THE FEEDER TUBE.**

**SAVE THESE INSTRUCTIONS**

# Easy reference table

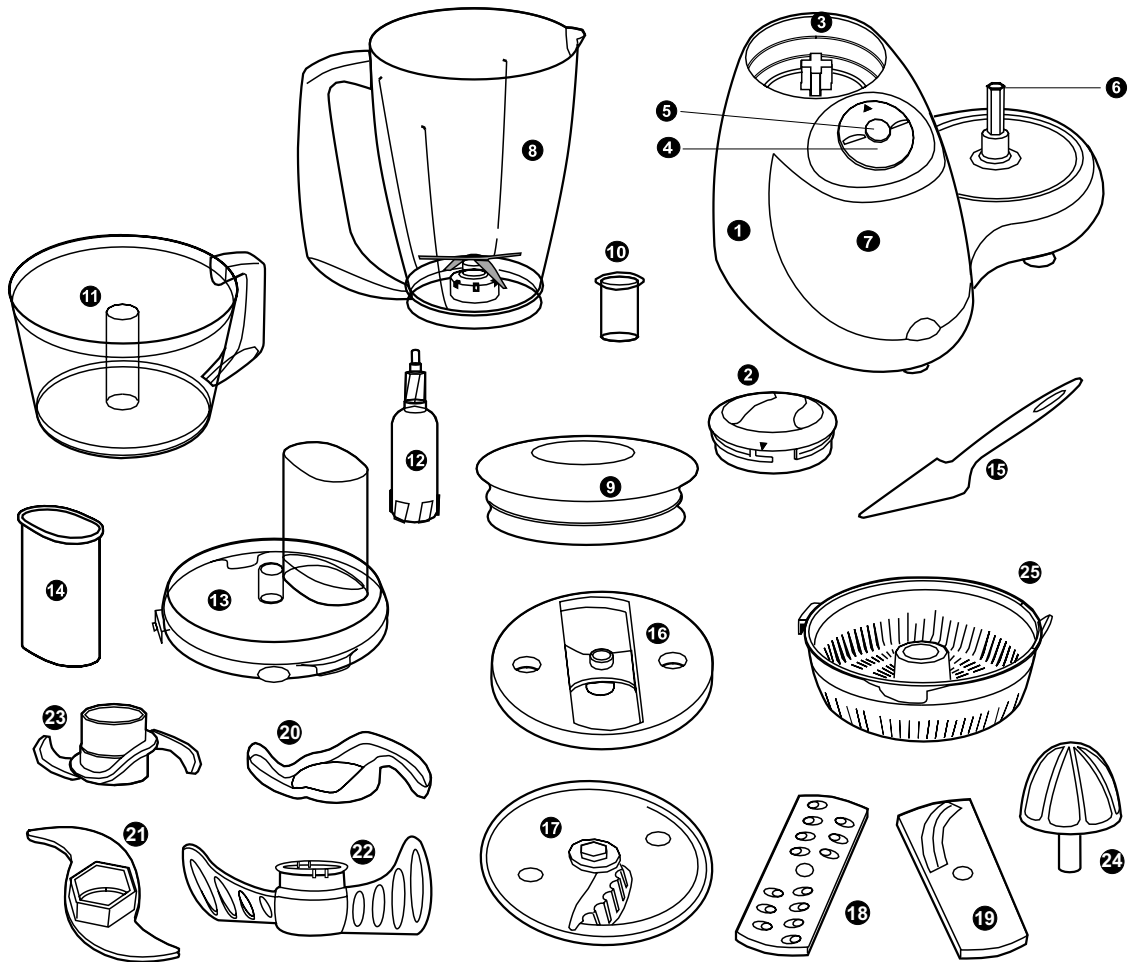
## Attachments & tools

Name	Function	Types of food	Max vol.	Speed	Time	Special notes
 METAL BLADE	Chopping	Meat, vegetables, cheese, chocolate	700g	3	15-20 secs	pulse gives control over texture
	Blending	Soups, drinks	700g	1-2	20 secs	
	Pureeing	Cooked vegetables and potatoes, fruit	600g	2	10-15 secs	
 DOUGH BLADE	Mixing	Pastry, scones Cakes (total weight)	350g 1kg	1-3 1-3	1 min max 1 min max	max vol = weight of flour
	Kneading	Bread dough	600g flour 400g water	3	20 secs + 2 min rest	max vol=weight of flour Do not over process
	Slicing/ GRATING BLADES AND HOLDER	Slicing	Vegetables, cheese, potatoes, fruit		1-2	
 SLICING/ GRATING BLADES AND HOLDER	Grating	Vegetables, cheese, fruit, chocolate		1-2		
	CHIPPING BLADE	Chipping	Potatoes, vegetable batons		1-2	Speed of control depends on thickness required.
 WHISK	Whisking	Egg whites (min 2-max 6)	6 eggs	3	1-2 mins	
	Whipping	Cream	570ml	3	40-50 secs	Do not over process
 CITRUS JUICER	Juicing	Citrus fruits-orange, grapefruit, lemon, lime, cut into halves.	1 lt	1		Press down onto moving citrus press with cupped hand. Always use slowest speed.
	BLENDER	Blending/ liquidising	Soups, purees, drinks, milkshakes, batters	1.5 lt	1-2 + pulse	15 secs-1min

**DO NOT OVER PROCESS FOR LONGER THAN RECOMMENDED TIME  
DO NOT EXCEED RECOMMENDED MAXIMUM VOLUMES**

# Features of your food processor

- |   |                               |    |                     |    |                                 |    |                     |
|---|-------------------------------|----|---------------------|----|---------------------------------|----|---------------------|
| 1 | Processor body                | 8  | Blender             | 15 | Spatula                         | 21 | Dough blade         |
| 2 | Safety cover                  | 9  | Blender lid (large) | 16 | Blade holder                    | 22 | Whisking attachment |
| 3 | Safety cover/blender location | 10 | Goblet              | 17 | Chipping blade                  | 23 | Chopping blade      |
| 4 | On/Off speed control dial     | 11 | Processor bowl      | 18 | Coarse grating blade            | 24 | Citrus cone         |
| 5 | Pulse button                  | 12 | Spindle             | 19 | Coarse slicing blade            | 25 | Citrus press bowl   |
| 6 | Motor shaft                   | 13 | Processor lid       | 20 | Chopping blade protective cover |    |                     |
| 7 | Storage compartment           | 14 | Food pusher         |    |                                 |    |                     |

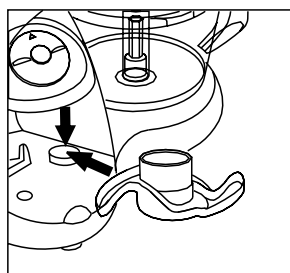


## Storage

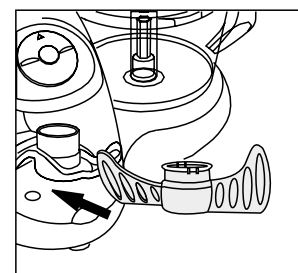
The Select food processors have been designed so that most of the attachments can be stored 'on-board'.

### Storage compartment

- 1 Lift the lid of the storage compartment 7
- 2 Place the protective cover 20 on to the chopping blade 23 and place into the storage compartment. The highest part of the blade should be placed at the back of the compartment.



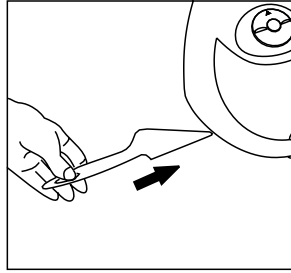
- 3 Place the whisk attachment in the storage compartment as indicated.
- 4 Close the lid of storage compartment.



# Storage

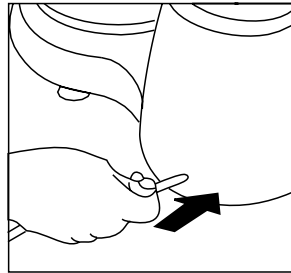
## Spatula

Slide the spatula 15 into the slot provided on the side of the processor body 1.



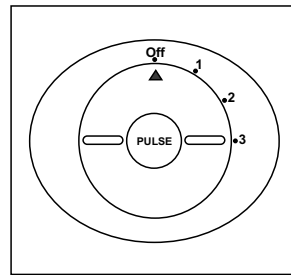
## Cord storage

The mains lead can be stored by feeding it into the opening at the back of the processor body.



# Operating controls

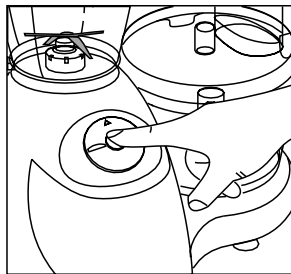
The processor and blender control dials have settings as follows:



Off / 3 speeds  
Pulse

The speed can be adjusted whilst the processor or blender is in use.

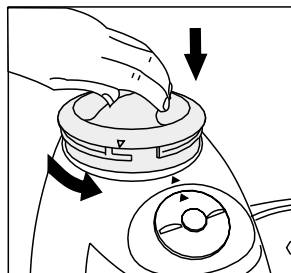
Using the pulse button allows greater control over the texture of the food produced. It is only intended to be used for short 'bursts' of processing or blending.



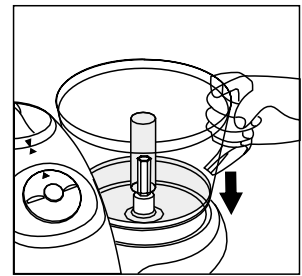
# Operating the processor

## Setting up

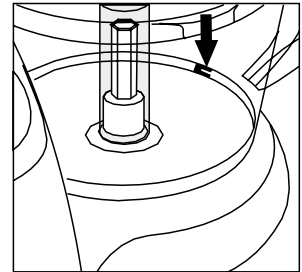
- 1 Ensure the processor is unplugged from the mains
- 2 Fit the safety cover 2 into the processor body and turn anti-clockwise firmly until it 'clicks' into place (the arrows will now be lined up). **THE FOOD PROCESSOR WILL NOT OPERATE WITHOUT THE SAFETY COVER IN PLACE.**



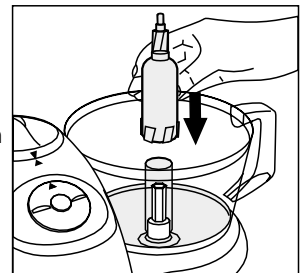
- 3 Place the processor bowl 11 onto the processor body 1, (there is no need to turn the bowl).



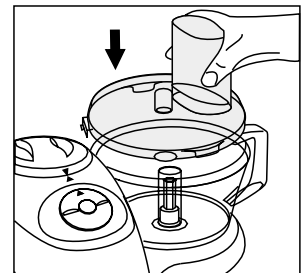
- 4 When fitted correctly, the handle will be to the right of the assembly, and the ridge on the base of the bowl will fit into the slot at the back of the processor body.



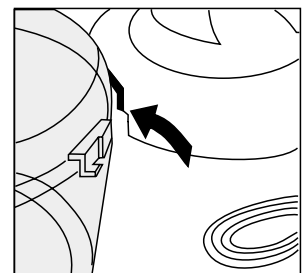
- 5 Fit the spindle 12 onto the motor shaft 6 and the appropriate attachments onto the spindle. Refer to following section 'Fitting and using the tools'.



- 6 Holding the processor lid 13 by the feed tube, fit the lid by rotating anti-clockwise.

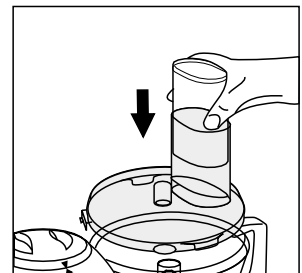


- 7 Ensure that the lid tab has 'clicked' into place and the arrows are lined up.



- 8 Plug in the processor and switch on. If the processor does not come on, check that the machine cover and processor lid are both correctly fitted.

**FOR SAFETY, ALWAYS USE THE PUSHER WHEN PUTTING FOOD INTO THE FEEDER TUBE. NEVER FEED BY HAND.**

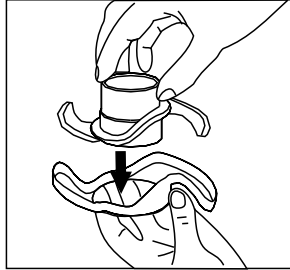


# Fitting and using the tools

In general, all attachments which are fitted within the processor bowl must be firmly attached to the spindle **12**. Always adjust the attachment until you are sure that they are correctly fitted.

## Chopping blade **23**

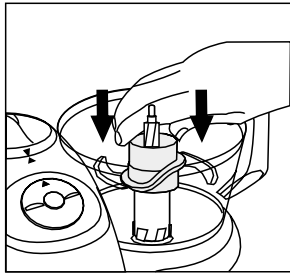
- 1 Fit the processor bowl and spindle as detailed previously.
- 2 Remove the protective cover **20** from the metal chopping blade.



- 3 Fit the blade over the spindle and press firmly into place.

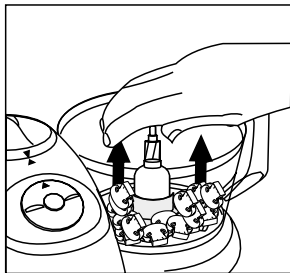
**WARNING: USE EXTREME CAUTION – BLADES ARE SHARP. ALWAYS**

**HANDLE THE CHOPPING BLADE BY ITS CENTRAL PLASTIC SECTION.**

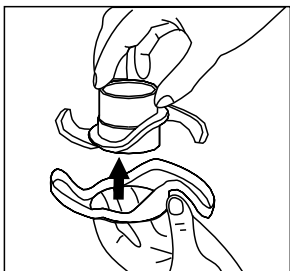


- 4 Place the food into the bowl.
- 5 Fit the lid and click into place as detailed in the 'Setting up' section.
- 6 Plug in the processor.
- 7 Use the food pusher **14** to add food into the processor bowl through the feeder tube.

- 8 When the processing is complete, remove the spindle and blade from the bowl before removing the processed food.

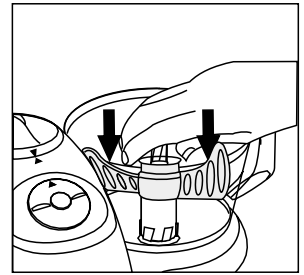


- 9 AFTER CLEANING, ALWAYS REPLACE THE PROTECTIVE COVER **20** ON THE METAL CHOPPING BLADE.



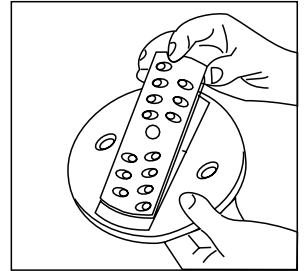
## Whisking attachment

- 1 Fit the processor bowl and spindle as previously detailed.
- 2 Fit the whisking attachment over the spindle and press firmly into place.
- 3 Add ingredients into the bowl.
- 4 Fit the lid and click into place as detailed in the 'Setting up' section.
- 5 Plug in the processor.
- 6 Turn the processor on selecting maximum speed **NEVER USE THE WHISK ATTACHMENT FOR DOUGH KNEADING.**



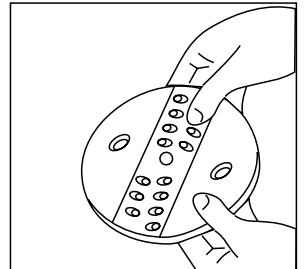
## Slicing and grating blades

- 1 Place the blade of your choice on the blade holder **16**, inserting the longer tab on the side on the blade first.



- 2 Press the other end of the blade until it 'clicks' into place.

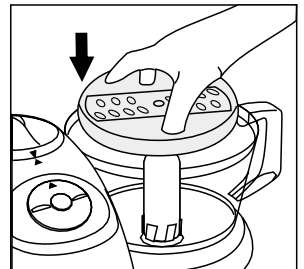
- 3 Fit the processor bowl and spindle as detailed previously.



- 4 Using the finger holes in the blade holder, fit it over the spindle and press firmly into place as indicated.

**WARNING: USE EXTREME CAUTION – BLADES ARE SHARP.**

- 5 Fit the lid and click into place as detailed in the 'setting up' section.

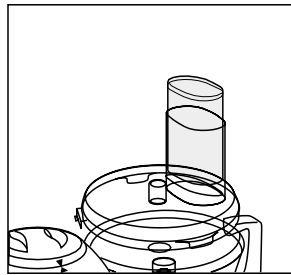
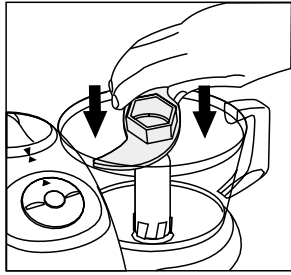


- 6 Plug in the processor.

- 7 Use the food pusher **14** to add food into the processor bowl through the feeder tube.

### Dough blade

- 1 Fit the processor bowl and spindle as detailed previously.
- 2 Fit the dough blade over the spindle and press firmly into place.
- 3 Place the ingredients into the bowl.
- 4 Fit the lid and click into place as detailed in the 'setting up' section.
- 5 Plug in the processor.
- 6 Turn the processor on selecting maximum speed.
- 7 Remove the blade from the bowl before the dough.

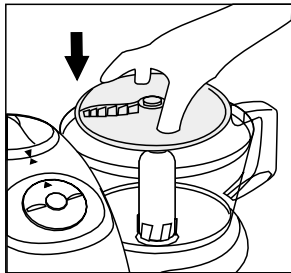


WHEN KNEADING DOUGH, DO NOT OPERATE THE MACHINE LONGER THAN 20 SECONDS. AFTERWARDS WAIT AT LEAST 2 MINUTES BEFORE OPERATING THE MACHINE AGAIN.

**FOR SAFETY, ALWAYS LEAVE THE PUSHER IN PLACE WHILST OPERATING THE PROCESSOR.**

### Chipping blade 17

- 1 Fit the processor bowl and spindle as detailed previously.
- 2 Using the finger holes in the chipping blade, fit it over the spindle and press firmly into place as indicated.

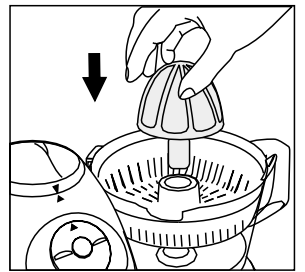
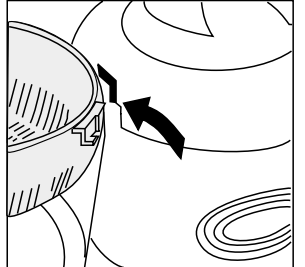
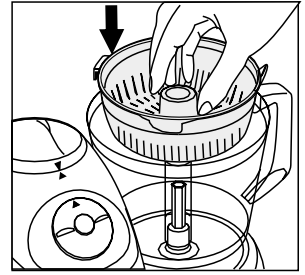


**WARNING: USE EXTREME CAUTION BLADES ARE SHARP.**

- 3 Fit the lid and click into place as detailed in the 'setting up' section.
- 4 Plug in the processor.
- 5 Use the food pusher 12 to add food into the processor bowl through the feeder tube.

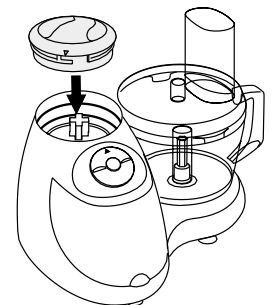
### Citrus juicer

- 1 Fit the processor bowl as detailed previously.
- 2 Fit the citrus press bowl 23 into the processor bowl.
- 3 Rotate anti-clockwise. Ensure that the citrus press bowl tab has 'clicked' into place.
- 4 Insert the citrus cone 24 into the centre of the citrus press bowl, with its shaft inside the central column of the bowl.
- 5 Plug in the processor.
- 6 Place fruit on citrus cone and hold with cupped hand.
- 7 Turn speed control to MIN.



**WARNING: ALWAYS OPERATE THE JUICER AT MINIMUM SPEED ONLY.**

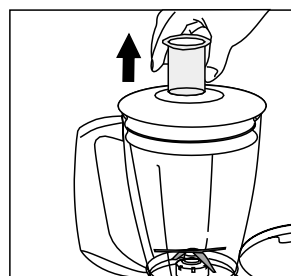
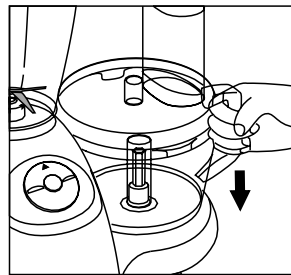
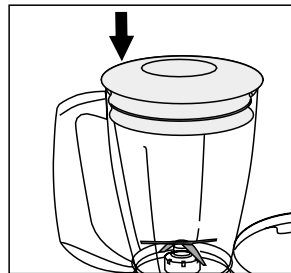
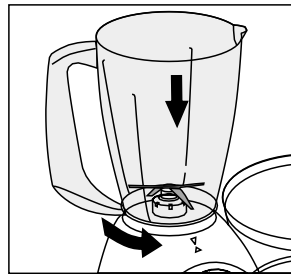
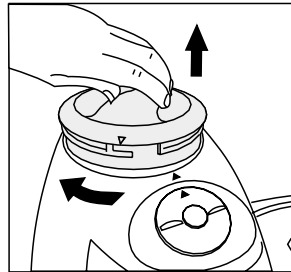
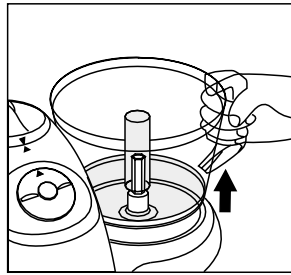
**WARNING: ALWAYS REMOVE THE BLENDER AND FIT THE SAFETY COVER 2 INTO THE PROCESSOR BODY WHEN USING THE PROCESSOR.**



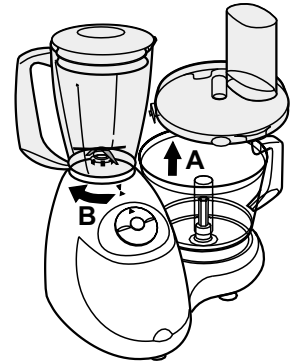
### Blender 8

- 1 Remove the processor bowl and lid.
- 2 Remove the safety cover 2. This can only be done once the processor lid has been removed.
- 3 Place the blender 8 into its location on the processor body, with handle to the left. Turn anti-clockwise until the blender clicks in place and the arrows are aligned
- 4 Place food in blender
- 5 Place the lid 9 and goblet 10 on the blender.
- 6 Replace the processor bowl and processor lid. Ensure that the lid tab has clicked into place. The blender will not operate if the processor lid is not 'clicked' in place.
- 7 Plug in the processor
- 8 Always operate the blender with the lid in place
- 9 When blending hot liquids, remove the goblet 10.
- 10 Never operate the blender with more than 1500ml of liquid or when empty.

**FOR SAFETY, DO NOT FIT ANY ATTACHMENTS INTO THE FOOD PROCESSOR BOWL WHEN USING THE BLENDER.**



- 11 TO REMOVE THE BLENDER, YOU MUST FIRST UNLOCK AND REMOVE THE PROCESSOR LID (A). THEN UNLOCK AND REMOVE THE BLENDER (B) BY TWISTING CLOCKWISE.



## Cleaning the processor and attachments

- 1 Switch the processor off and unplug from the electrical socket
- 2 All accessories and processor tools can be washed in hot soapy water except for the processor body 1.

**WARNING: EXTREME CARE MUST BE TAKEN WHEN WASHING THE METAL BLADES AS THESE ARE EXTREMELY SHARP.**

- 3 The stainless steel blades and citrus press are the only dishwasher safe items.
- 4 Clean the processor body by wiping with a damp cloth. ALWAYS UNPLUG THE PROCESSOR BODY BEFORE CLEANING.
- 5 To clean the blender 8 fill with warm water and washing up liquid, run for 30 seconds on maximum speed and repeat as necessary.

## Hints and tips

- The metal blade 23 can be used for chopping meat, fish, vegetables, cheese etc, setting the speed to maximum.
- For finer chopping, increase the length of time you process.
- For coarser chopping, use the pulse button for a few seconds and monitor food texture
- Pre-cut larger pieces to make them fit into the feed tube. When chopping hard foods (e.g. meat, cheese) cut into 1 inch/2.5cm cubes.
- For shredding place food horizontally into the feed tube, for slicing place the food vertically.
- When blending, pour the liquids in first and then add the solid food. Begin blending at the lower speed and increase when needed.
- When slicing carrots, place 2 at a time in the feeder tube to keep upright.

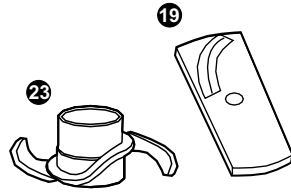


# Recipes

## Savoury Treats

### Farmhouse Pate

Serves 6  
Preparation time 15 minutes  
Cooking time 75 minutes



#### Ingredients:

250g boneless pork loin  
200g bacon fat  
200g shoulder of veal  
150g mushrooms  
4 sprigs of parsley  
1 bay leaf  
1 sprig of thyme  
1 shallot  
1 egg  
1 teaspoon salt  
nutmeg and pepper to taste  
2 tablespoons brandy

#### Cooking instructions:

Place the metal chopping blade into the processor bowl. Dice all the meat into large chunks and add to the processor bowl. Chop the meat for 10 seconds at maximum speed. Press the 'pulse' button for 5 short bursts.

Transfer the meat into another container and mix in the brandy.

Using the slicing blade, slice the washed mushrooms at speed 1-2 for a few seconds and add to the meat.

Chop the parsley and shallot and add to the mixture. Stir in the egg and season with salt, pepper and nutmeg.

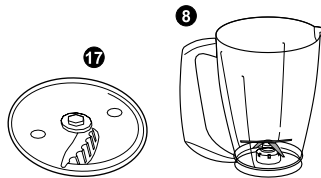
Smooth out the mixture in a 1 litre terrine, sprinkle the thyme leaves and garnish with the bay leaf.

Place the terrine in a simmering bain-marie and cook in a pre-heated oven at 180° C/Gas mark 6 for 75 minutes.

Leave the terrine to cool before serving.

### Leek and potato soup

Serves 4  
Preparation time 10 minutes  
Cooking time 20 minutes



#### Ingredients:

150g leeks  
150g potatoes  
200ml water  
2 chicken stock cubes  
salt and pepper to taste

#### Cooking instructions:

Wash, peel and dice the potatoes. Wash the leeks and remove excess green.

Place the slicing disc in the processor and slice the leeks at speed 1-2.

Pour the water into a large pan, add the chicken stock and bring to boil.

Add the sliced leeks, diced potatoes and salt, and cook for a further 20 minutes.

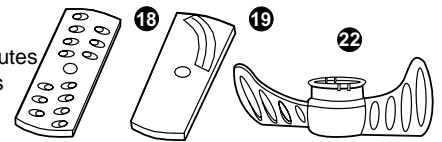
Allow the mixture to cool for 15 minutes

Attach the blender to the processor body, pour in the mixture and blend at maximum until the mixture is smooth.

Pour the mixture back into the pan and bring to boil.

### Potato Gratin

Serves 4  
Preparation time 10 minutes  
Cooking time 45 minutes



#### Ingredients:

600g potatoes  
150ml milk  
1 clove garlic  
2 egg yolks  
100g fresh cream  
½ teaspoon nutmeg  
25g mild cheddar cheese  
10g butter  
salt and pepper to taste

#### Cooking instructions:

Shred the cheese using the shredding blade in the processor bowl at speed 1-2 and place to one side.

Replace the shredding disc with the slicing disc. Feed the potatoes through the feeder tube and slice at speed 1-2.

Chop the garlic into tiny cubes and spread in an oven dish along with the sliced potatoes.

Replace the slicing disc with the whisk attachment and pour in the cream, milk, egg yolks, salt, pepper and nutmeg. Whisk at speed for 30 seconds.

Pour the mixture over the potatoes, sprinkle with cheese and small knobs of butter and cook for 45 minutes.

### Chilli con carne

Serves 4  
Preparation time 10 minutes  
Cooking time 25 minutes



#### Ingredients:

1 tin kidney beans  
1 tin tomatoes  
1 large onion  
1 clove garlic  
75g streaky bacon  
350g beef steak  
1 beef stock cube  
150ml water  
2 tablespoons oil  
1 teaspoon marjoram  
1 teaspoon caraway seeds  
2 tablespoons tomato puree  
Salt and pepper to taste

#### Cooking instructions:

Finely chop the onion, garlic clove and put to one side. Prepare the stock and put to one side.

Cut the bacon and steak into reasonably sized cubes. Place the chopping blade in the processor bowl and chop the bacon and steak on maximum speed for approximately 15-20 seconds. Finally, press the 'pulse' button for 4 to 5 short bursts.

Transfer the meat into another container and add the chopped onions and garlic.

Put the tomatoes in the processor bowl and chop using the 'pulse' button. Add the tomato puree and put to one side.

Heat the oil in a pan and cook the onion, garlic, bacon and meat for approximately 5 minutes. Add the pimentos, marjoram, caraway, salt and pepper and cook for a little longer.

Pour in the tomato mixture and stock and cook for a further 15 minutes, stirring occasionally.

Finally, add the drained kidney beans and leave to cook for a further 15 minutes, stirring occasionally.

## Quiche Lorraine

Serves 4

Preparation time 15 minutes

Cooking time 45 minutes



### Ingredients:

#### Filling:

120g bacon

2 eggs

100ml milk

130g fresh cream

ground nutmeg, salt and pepper to taste

#### Pastry

70g butter

130g flour

40ml water

salt

### Cooking instructions:

Put the flour in the processor bowl, add a pinch of salt and the butter cubes. Using the dough blade, mix at maximum speed for approximately 10 seconds.

Whilst keeping the processor on, add the water through the feeder tube and knead for a further 15 seconds on maximum speed or until the mixture forms a pastry ball. Remove the pastry and stand for 30 minutes in a cool place.

Roll out the pastry in a 25cm greased flan dish and place in a pre-heated oven at 210° C/Gas mark 7 for 15 minutes.

Chop the bacon and dry fry in pan until lightly browned.

Dry any excess fat with a kitchen towel.

Beat the eggs using the whisk for 20 seconds at speed 3.

Add the milk, cream, salt, pepper and ground nutmeg. Whisk for a further 15 seconds.

Evenly sprinkle the bacon across the pre-cooked pastry base and pour the mixture on top. Replace the dish in the oven and cook for a further 30 minutes.

## Bolognaise sauce

Serves 4

Preparation time 10 minutes

Cooking time 30 minutes



### Ingredients:

200g beef

50g bacon

1 onion

1 carrot

1 clove garlic

1 celery stick

1 tablespoon olive oil

1 can tomatoes

2 teaspoons tomato puree

1 beef stock cube

100ml water

salt and pepper to taste

few sprigs of thyme, parsley and bay leaf

### Cooking instructions:

Dice the beef and bacon and chop using the chopping blade at maximum speed for 15-20 seconds and put to one side.

Peel the carrot, celery, garlic and onion and cut into pieces. Using the chopping blade, chop at maximum and put to one side.

Put the tomatoes in the processor bowl and chop using the pulse button and add the tomato puree.

Heat the oil in a pan and brown the vegetable mixture for approximately 5 minutes. Add the meat and mix. Add the tomato mixture, beef stock and season with herbs, salt and pepper.

Leave to cook for 30 minutes on a low heat, stirring occasionally. Serve with pasta.

## Desserts

### Banana fritters

Serves 4  
Preparation time 15 minutes  
Cooking time 15 minutes



#### Ingredients:

4 bananas  
10g dry yeast  
100g flour  
150ml light lager  
4 tablespoons oil

#### Cooking instructions:

Dilute the yeast with 3 tablespoons water. Put the flour in the processor bowl and add diluted yeast. Mix using the metal blade at speed 1 for 20 seconds.

Whilst the processor is still working, gradually pour in the lager through the feeder tube and increase the speed to 3.

Mix for 30 seconds or until mixture is smooth.

Leave the mixture to stand for 30 minutes.

Slice the bananas. Heat a tablespoon of oil in a frying pan, dip the bananas into the mixture and cook (both sides) for 30 seconds.

Serve with an ice cream of your choice.

### Apple crumble

Serves 4  
Preparation time 10 minutes  
Cooking time 45 minutes



#### Ingredients:

900g Golden Delicious apples  
200g blackberries  
½ teaspoon ground cinnamon  
2 tablespoons lemon juice  
140g flour  
75g butter  
75 g sugar  
100ml water

#### Cooking instructions:

Put peeled and cubed apples into a heated saucepan with the lemon juice, cinnamon and water. Cover and cook for 15 minutes.

Put the flour, sugar and diced butter in the processor bowl. Mix using the metal chopping blade at speed 1 for approximately 10 seconds (do not allow the mixture to become a smooth pastry). Finally, finish by using the 'pulse' a few times to crumb the mixture.

Strain any excess juice from the apples and arrange in a cake mould (approximately 22cm). Arrange the blackberries and finally cover with the crumble.

Bake in a pre-heated oven at 220°C/Gas mark 7 for approximately 45 minutes. The crumble should form a golden crunchy crust on the fruit.

### Chocolate mouse

Serves 4  
Preparation time 10 minutes  
Cooking time 15 minutes



#### Ingredients:

200g plain cooking chocolate  
4 eggs  
1 tablespoon fresh cream  
30g butter  
40g sugar

#### Cooking instructions:

Break the chocolate into pieces and place in a bowl.

Melt the chocolate by placing the bowl in hot water.

Add 2 tablespoons of water and the diced butter to the chocolate and stir to obtain a smooth texture.

Pour the egg yolks (save egg whites) and 20g of the sugar into the processor bowl and whisk using the whisk attachment at speed 3 for 30 seconds. Add the cream and whisk at the same speed for a further 15 seconds.

Lower the speed to 1 and gradually pour in the melted chocolate through the feeder tube. Mix this for 20 seconds and place to one side.

After cleaning the processor bowl, whisk the egg whites at speed 3 until soft and fluffy.

Add a pinch of salt and pour remainder of the sugar through the feeder tube and whisk for a further 10 seconds.

Gently fold the whisked egg whites with the chocolate mix (fold mixture as little as possible). Leave to chill for at least 30 minutes before serving.

### Delicious Shakes

#### Banana Milkshake

Serves 4  
Preparation time 5 minutes  
Cooking time 5 minutes



#### Ingredients:

2 ripened bananas  
2 scoops vanilla ice cream  
2 teaspoons sugar  
400ml cold milk

#### Instructions:

Skin and dice the bananas and put in the blender.

Add the ice cream, sugar and milk.

Blend at maximum until the mixture is blended and frothy.

This recipe can be adjusted to your taste by varying the fruit and flavour of the ice cream used.

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