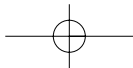
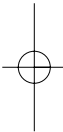
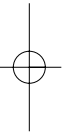


Dualit®



H A N D B L E N D E R
I N S T R U C T I O N M A N U A L
A N D C O O K B O O K



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THE DUALIT HAND BLENDER

Thank you for choosing the Dualit hand blender. We hope it will open a world of new possibilities.

Blended soups, purées, mashed or crushed vegetables, dips and pâtés can easily be prepared. Milk can be frothed & eggs beaten in moments.

The hand blender is used in the saucepan or bowl in which you are already cooking or working, and the whole appliance is small enough to keep in a drawer. It rules out the need to unearth a large blender from a distant cupboard, wash up all the bits and then put it all away again, just to make a quick dish.

Mix, chop, grind, liquidise, blend, beat and whisk, make light work of everyday kitchen tasks.

SAFETY PRECAUTIONS

IMPORTANT SAFEGUARDS **PLEASE READ ALL THE INSTRUCTIONS BEFORE USING THE HAND BLENDER. KEEP IN A SAFE PLACE FOR FURTHER REFERENCE.**

Always follow these safety precautions when using the hand blender to avoid personal injury or damage to the appliance. **The blade is sharp, so handle with care.**

- This appliance is designed to only operate with an AC power supply. Make sure the network voltage corresponds to that shown on the hand blender rating plate on the rear of the blender body
- To protect against risk of electrical shock, keep the blender body out of water or other liquids
- The blade is very sharp, so supervision is necessary if the hand blender is being used near children, or by anyone with a disability that might make the hand blender difficult to use
- Never leave the appliance plugged in and unattended, specially if children are around, **This is a attended appliance**
- Unplug the hand blender from the power outlet when not in use, before attaching or removing parts and before any cleaning is carried out

SAFETY PRECAUTIONS

- Before using for the first time clean the blender and its accessories
- **Handle with care and never touch the blades itself, it is very sharp**
- The use of attachments not recommended or sold by Dualit Ltd may damage your appliance and could cause fire, electrical shock or injury
- The Dualit hand blender is for indoor use only. Do not use the blender anywhere where the plug or cables may get wet
- Do not let the cord hang over the edge of a table or counter, or touch hot surfaces, including the stove
- Before using, check that there are no foreign objects, other than food inside bowl or you may damage the blades or injure yourself
- When mixing liquids, use small quantities or a deep bowl to reduce spillages or splash back onto the main body
- Keep hand, hair, clothing, or any part of the body as well as spatulas and other utensils away from the blender blade during operation to reduce the risk of injury or damage to appliance
- Keep hands and utensils out of the container while blending to prevent the possibility of severe injury to people or damage to the unit. A scraper may be used but only when the motor is not running and unit is un-plugged
- Avoid blending hot liquids while they are over a heat source as it may over heat the motor. Remove the saucepan or bowl from the heat and then blend
- When whisking or beating liquids, use a deep container to prevent spillage or splashing
- **The hand blender works in seconds. Never blend for over 30 seconds at a time.** If you do, leave the hand blender to fully cool before re-using
- When whisking or beating liquids, use a deep container to prevent spillage or splashing
- The beaters, whisk or blender should not be struck on the rim of bowls to remove mixture, especially on glass or ceramic which may chip
- Do not use the appliance or any of its accessories in a microwave oven
- Supervision is advised if the appliance is being used by anyone with a disability that might make the blender or any of its accessories difficult to use
- The appliance should not be used by children or infirm. Ensure that the blender and its accessories are always kept well out of reach

SAFETY PRECAUTIONS

- Never operate the appliance with a damaged cord or plug, after the appliance malfunctions, is dropped or damaged in any manner. This can be hazardous. Return the appliance to Dualit Ltd or the nearest authorised service facility for examination, repair or electrical or mechanical adjustment as special tools may be required
- **NOTE:** Any plug cut from power supply cord should be disposed of immediately. Inserting any cut off plug in a 13A outlet is hazardous
- Never use a plug without the fuse cover fitted. Ensure the new fuse is the same current value as original
- Replacement fuses are available from Dualit and should be approved to BS 1362,

SAVE THESE INSTRUCTIONS

BOX CONTENTS

Unpack the unit and components from the shipping container.

Remove all visible packing material. Before using the hand blender, check the following items are in the box:

- Blender body
- Blender stick
- Double driver
- Single driver
- Square beaters
- Balloon whisk
- Chopper bowl, lid & blade
- Stainless steel Jug
- Instruction manual

If any damage is discovered or any of the parts are missing contact the place of purchase.

PARTS & CONTROLS

List of parts and controls:

The Hand Blender

- Main body ①
- Blending stick* ②
- Speed control wheel ③
- Power button ④
- Turbo Button ⑤

The Square Beater attachment

- Double driver ⑥
- Square beaters* ⑦

The Balloon Whisk attachment

- Single driver ⑧
- Balloon whisk* ⑨

The Chopper attachment

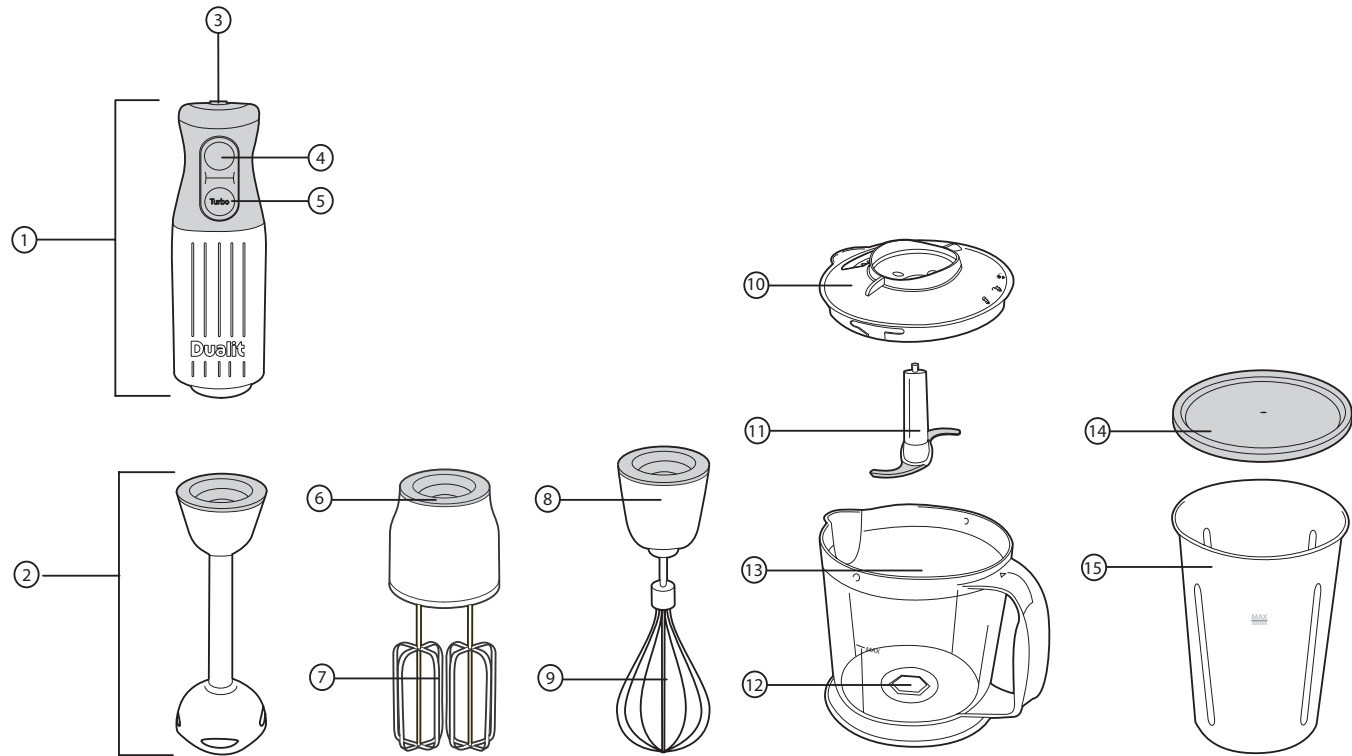
- Chopper lid* ⑩
- Chopper blade* ⑪
- Chopper Blade locator ⑫
- Chopper Bowl ⑬

The Mixing Jug

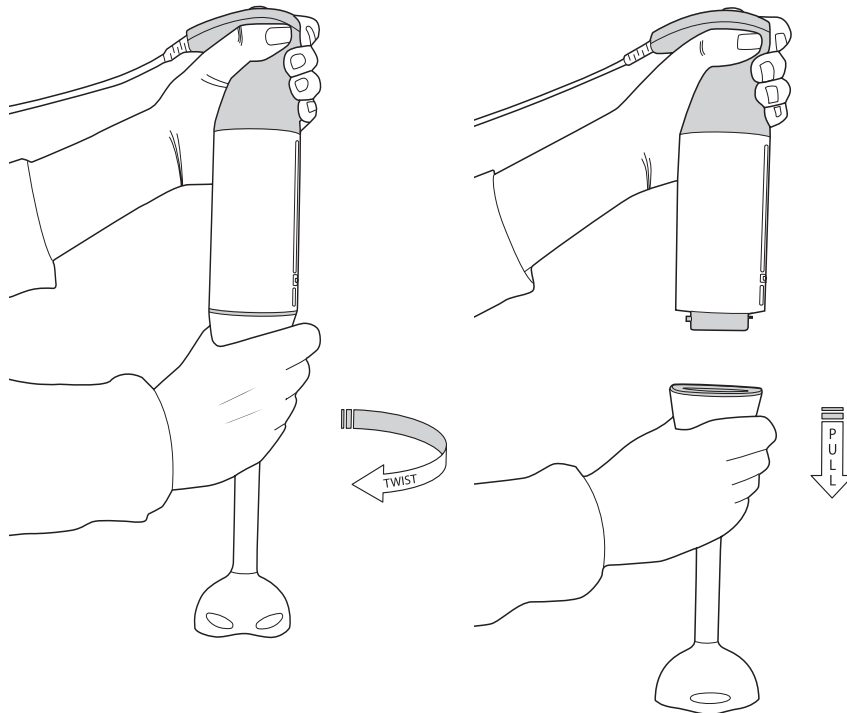
- Jug Stayfresh lid* ⑭
- Jug* ⑮

* Only these parts are dishwasher safe. On a cool wash setting, place on the top shelf of a dishwasher, away from the heating elements.

PARTS & CONTROLS



PARTS & CONTROLS



To detach the blending stick - Hold the blender body (1) firmly with one hand then twist the blending stick (2) clockwise with your other hand, then pull down to detach. To re-attach reverse the procedure, ensuring the two parts are correctly aligned.

USING

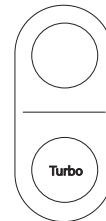
SPEED & TURBO BUTTONS

For maximum control and professional blending results, two power controls are featured on the Dualit hand blender:

- **Variable speed button**

Ranging from 9000rpm to 17000rpm you can finely set the required speed using the speed selection wheel (3).

The speed can be altered while button (4) is pressed and the blade still rotating



- **Turbo button** – Use to achieve maximum speed of 17000rpm. Use short powerful pulses, ideal for fast blending of tough mixtures

Do not blend for over 30 seconds at a time, If you accidentally do, leave the hand blender to fully cool before re-using.

USING YOUR HAND BLENDER

SPEED CONTROL WHEEL

Use the variable speed control wheel (3) for combining mixtures together or for starting to mix ingredients, then switch to the turbo power setting (5) to beat well or to froth.

Rotate the speed control wheel (3) on the top of the handle to change the speed of the blade, as required.

The speed can be finely tuned with each graduation on the wheel increasing the speed from 9000rpm to 17000rpm.

We recommend to start blending using a slower speed and to increase the speed setting as you blend your mixture.

As a general rule, the higher the speed the faster the blending. Liquids are better blended at lower speeds as this reduces splashing.

GETTING STARTED

The following section will explain how to get the most out of your hand blender. Please read this section carefully.

- Wash the blade before using for the first time (see cleaning and maintenance instructions)
- Insert the blending stick (2) in the blender body's (1) lower part, then turn the stick anti-clockwise.
Ensure the blender stick is securely twisted into the blender body
- **Treat the blade with respect – it is very sharp!**
- For best results, roughly chop ingredients before blending e.g. tomatoes, onions, garlic, herbs etc
- Place your ingredients into a tall bowl to avoid splashing
- Dip the blending stick (2) deep into the bowl but not above the 'Max' mark on the shaft

- Set the speed (3) to its slowest setting, then switch on the unit by pressing the power button (4)

Do not blend for over 30 seconds at a time, If you accidentally do, leave the hand blender to fully cool before re-using

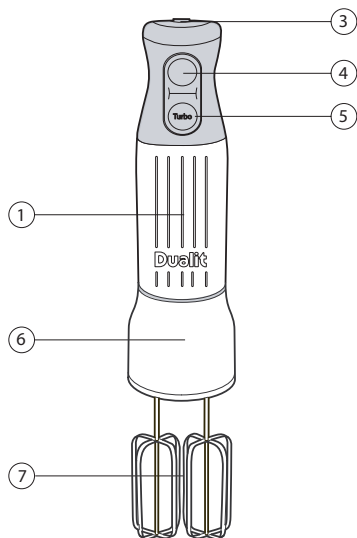
- Hold the bowl or jug steady during use, Use a medium sized bowl for whizzing even small amounts to prevent splattering
- Work through the ingredients with a gentle up and down movement of the blender
- When blending is complete, release the power button (4) then unplug from the mains
- Wash the parts as described in "Cleaning and Care" Section
- Drain and dry the blending stick by resting it upside down with the blade side facing up.

USING YOUR ACCESSORIES

THE SQUARE BEATERS - DOUBLE DRIVER

The beaters can make a heavy mix smooth in seconds, take lumps out of a sauce, mix a cake, beat eggs and batters, or cream ingredients to make biscuits, custards and a variety of desserts.

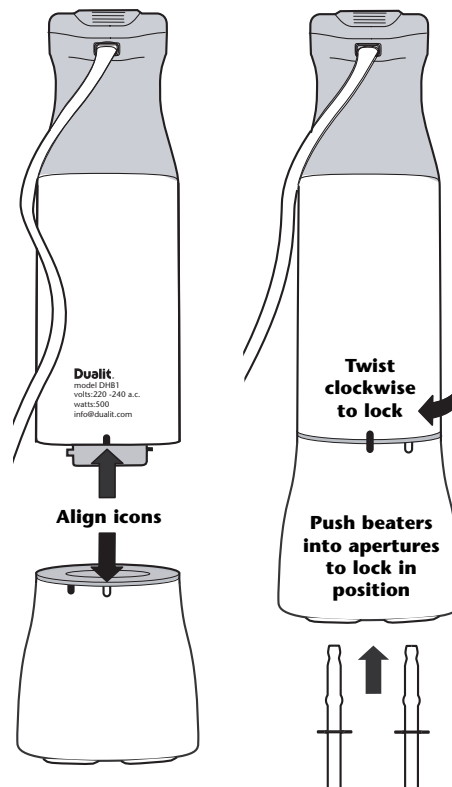
The following parts are used:



- Attach the double driver to the hand blender body by aligning the icons on the blender body and the drive.
- Hold the driver firmly with one hand and twist the blender body clockwise until the solid icons are aligned.
- Insert the beaters into the driver - they fit either hole.
- Set the speed control wheel (3) to its **lowest** speed setting to start.

Submerge the beaters in the mixture and press power button (4) to start beating. Increase the speed slowly as required. **Use pulses, maximum of 30 second duration.**

- When finished, turn the speed control wheel to **lowest** and unplug. Detach beaters by pulling vertically and clean.

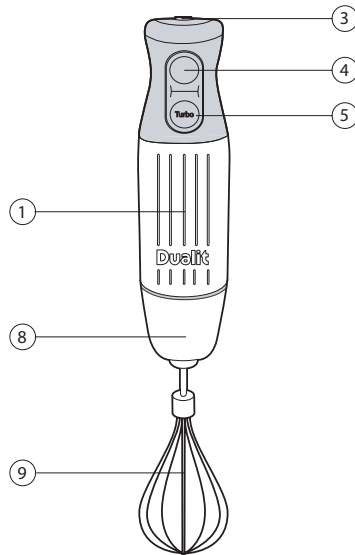


USING YOUR ACCESSORIES

THE BALLOON WHISK - SINGLE DRIVER

A balloon whisk is the perfect tool for incorporating air into light ingredients to create featherweight results. Use it to whisk egg-whites, meringues and cream desserts.

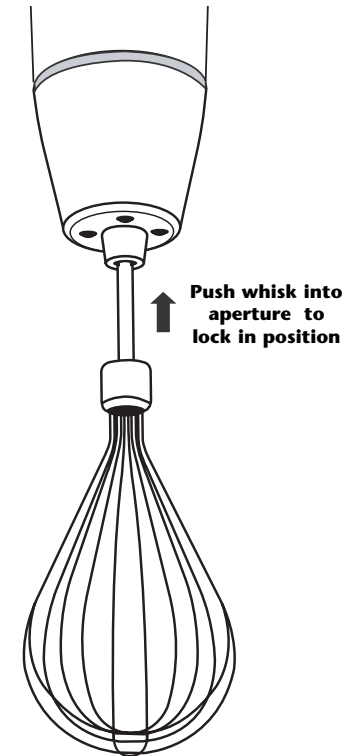
The following parts are used:



- Attach the single driver to the hand blender body by aligning the indicators on the back of the main body and on the driver.

Firmly hold the driver with one hand and twist the body clock wise until icons are correctly aligned.

- Insert balloon whisk into the driver.
- Set the speed control wheel (3) at its **lowest** speed setting. Dip the whisk well into the mixture and press power button (4) to start whisking. Increase the speed gradually, as required. **Use pulses, maximum of 30 second duration.**
- When you have finished, turn the speed control to lowest setting and unplug. Detach whisk by firmly holding body and pulling the whisk vertically down, then clean.

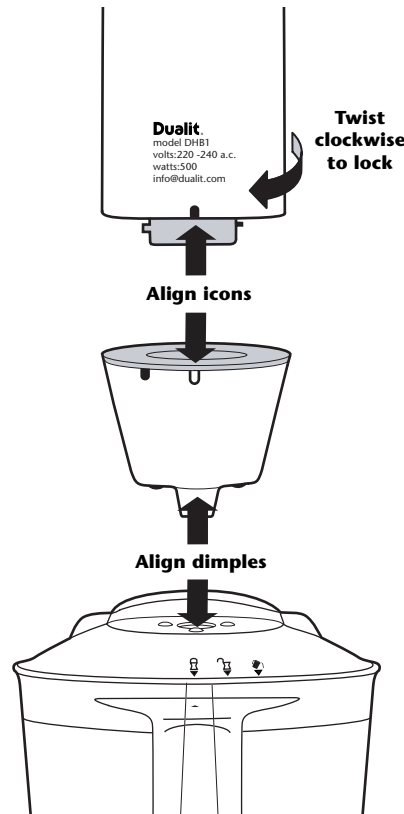
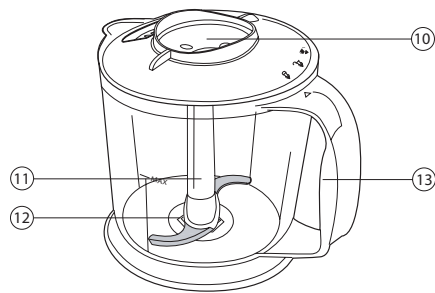


USING YOUR ACCESSORIES

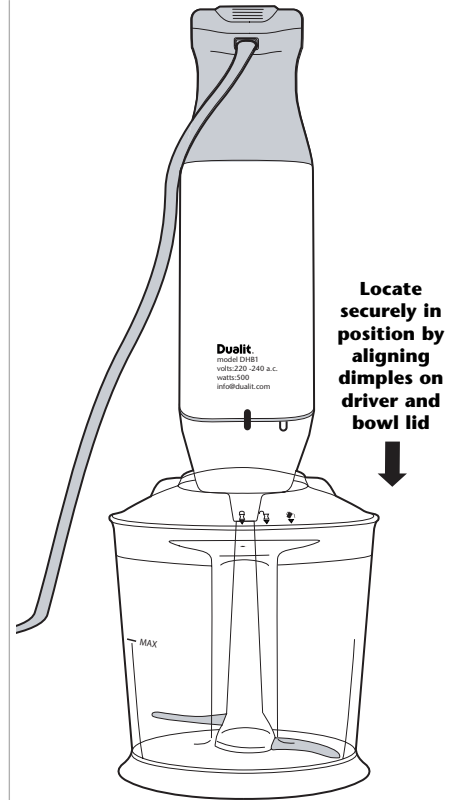
THE CHOPPER BOWL - SINGLE DRIVER

With its sharp blades and 500ml capacity, the chopper bowl accessory is neat and handy for chopping vegetables like celery, onions, garlic and herbs, making breadcrumbs, preparing salad dressings and sauces, grinding nuts and grating cheese. It also blends curry pastes, creams mini-soups and mashes root vegetables.

The following parts are used:



12



USING YOUR ACCESSORIES

THE CHOPPER BOWL - SINGLE DRIVER

- Insert the blade in the hexagonal base of the bowl (12).

Careful – the blades are sharp!

- Distribute ingredients evenly in the bowl. Pre-cut larger pieces of food into even-sized cubes of approximately 2cm.

Do not fill above the MAX level indicated on the side.

- To close: align the arrow on the handle with the open lock symbol on the lid. Hold the handle and using your thumb twist the lid anti-clockwise until closed.
- Attach the driver to the blender body by aligning the icons on the back of the body and the drive.

Hold the drive with one hand and twist the main body clockwise with the other until the icons are aligned.

- Align the four protruding dimples on the centre of the lid with the four dimples on the underside of the drive. Check that the chopper bowl, blade, lid and driver are securely in position before using.

- While in operation, hold the handle of the chopper bowl with one hand and the blender body with the other.

- Select the slowest speed with the speed control wheel (3). Press power button (4) or turbo button (5). Two or three pulses are enough to chop most foods. Several short pulse actions will help the food drop for a better chop.

Pulse for a MAXIMUM of 25 seconds for meats or tough ingredients, 30 seconds for liquids and soft ingredients.

- Hard foods such as coffee beans, seeds and chocolate can be ground effortlessly by using frequent low speed pulses.
- When chopping is finished, lift the blender body vertically off the chopper bowl lid.

Unplug from the power point and disconnect the drive by twisting the blender body anti-clockwise.

- To open the pouring spout, slide the chopper bowl lid clockwise past the unlock position to the lid pouring icon.



You can pour liquid out of the spout without removing the chopping blade.

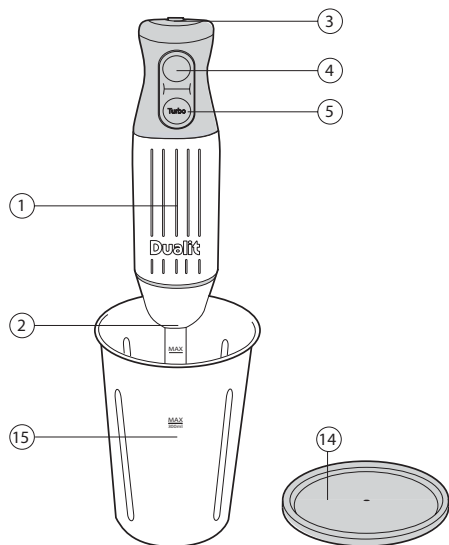
- If scraping out a mixture, remove lid and take out the blades first. **Never touch the cutting edges of the blades. They are sharp!**

USING YOUR ACCESSORIES

THE MIXING JUG

The stainless steel mixing jug is ideal for whipping up a quick smoothie or making frothy coffee. Blending is fast, easy and clean.

The following parts are employed:



- Use the blending stick for mixtures that include solids such as fruits, ice cream etc.
- Roughly chop food before blending. Insert the stick into the hand blender as described in the Hand Blender Instruction Booklet.
- Do not fill the jug above the 'MAX' mark indicated on the side.
- Dip the blending stick or whisk deep into the jug.
- Set the speed control wheel (3) to its lowest speed setting to start. Press the power button (4) and increase the speed slowly.

Do not use for longer than 30 seconds, 25 seconds if blending hard or tough ingredients.

- Hold the jug steady and use short pulses to work through the ingredients with a gentle up and down movement.

- When blending is complete and the blade or whisk has come to a stop, switch off, unplug, and remove attachments.
- To store the mixture in the jug, cover with the stayfresh lid. Refrigerate as required.

EXTRA ACCESSORIES

Extra or replacement accessories can be purchased directly from Dualit. A second chopper bowl and mixing jug can be useful extras in busy kitchens.

Contact Dualit on 01293 652 500 or info@dualit.com for details and prices.

USEFUL HINTS & TIPS

CHOPPING

- **Chop onions and garlic** really finely by putting into the chopper and whizzing, no smelly fingers!
- **Grate cheeses in moments**, ready for adding to sauces or sprinkling over baked dishes. Chop into 1.5cm cubes, place in chopper bowl and whiz
- **Produce fresh breadcrumbs** with ease. Slightly stale white bread makes the fluffiest crumbs. Remove the crusts and cut into cubes. Half fill the chopper bowl and whiz until fine. Make in batches and store in the freezer
- **Nourishing, healthy soups** can be quickly made in the chopper using cooked leftovers. Root vegetables, tomatoes, pumpkin, squashes and courgettes are all suitable. Use flavourings such as curry powder, ginger, cumin, or sprigs of thyme, and a dash of soy sauce to add piquancy.

MIXING

- **Make home made smoothie** in minutes. Even fruit which is just past its best can be used. Most soft fruits are suitable. Stir into cereal for a nutritious breakfast. To serve as a drink, pour the mixture into a glass and add milk, yogurt and/or fruit juice
- **No need to go out for a frothy coffee.** Bring some semi-skimmed milk to the boil in a pan and whiz to a froth using the turbo button. Pour into a cup of hot coffee and stir in gently, also good with instant coffee
- **For homemade hot chocolate**, heat a cupful of milk until just boiling. Remove from heat and drop in a couple of blocks of chocolate. Wait a minute for it to soften and then whiz with the Dualit hand blender using the power button (4), then change to the turbo setting (5) to froth.

BEATING AND WHISKING

- **Ingredients are or beaten or whisked to incorporate air.** By tipping a bowl at a safe angle, even more air can get into the mixture, resulting in light mixtures and increased volume
- **When making sauces**, immerse the beaters into the liquid in the pan – but always away from the heat source – and run on a low speed to beat away any lumps
- **Whisked egg whites** provide the base for soufflés, mousses and all types of meringues. Use the balloon whisk.

The mixing bowl must be spotless as a speck of grease will stop egg white from holding air, so. Rub the bowl with a cut lemon if you have any doubts.

Start slowly and only use a faster speed pulses when the mixture starts to turn white.

SERVICING

CLEANING AND MAINTENANCE

Before using for the first time, as well as after every use, wash the appliance as follows:

- Ensure the appliance is unplugged before cleaning
- **Do not immerse the blender body (1) and drivers (6 & 8) in water or any other liquid.** To clean, wipe with a damp cloth and then dry
- Cleaning all parts immediately after every use is recommended
- **Take care not to touch the sharp edges of the blades**
- For a quick pre-wash to remove food particles from beaters, whisk and blender stick, fill a jug with warm soapy water and whiz using the turbo button (5)
- Blender Body (1): Wipe exterior surface with a moist cloth or sponge and dry thoroughly

- Blending stick (2): Detach from the blender body (1) by holding the main body firmly and twisting the blending stick (2) clockwise. Reverse process to reattach the blending stick
- Wash the Blending stick under running water, or in a dishwasher. Drain excess water from inside the stick by resting upside down with the blade side facing upward
- The beaters (7), balloon whisk (9), blending stick (2), mixing jug and lid (14 & 15), chopper blade (11) are dishwasher proof. Place on the top rack of the dishwasher, on a sub 40 degree wash cycle. Keep the accessories well away from the heating elements.

The chopper bowl and lid (10 & 13) are not dishwasher proof

- A cleaning brush may help you when washing the blade (13). A quick and easy way to clean the blade is to dip the stick in a jug of water, add a few drops of washing up liquid and whizz. Rinse clean under the tap
- Do not use harsh or abrasive cleaning agents or solvents. Never immerse blender body in water or any other liquid. Always unplug the hand blender before cleaning
- If treated with care, your hand blender will last for years.

STORAGE

- For storage of the appliance, place the hand blender in its box in a cool, dry place and away from the reach of children.
- Ensure the unit is thoroughly cleaned before storing. Bacteria can build up quickly if not cleaned and food is left on the unit.

SERVICING

TROUBLESHOOTING

1. The hand blender does not turn on

- a) Check the plug is in the socket and the switch is turned on
- b) The blending stick may not be securely attached. Remove and re-attach, ensuring it is locked into place
- c) Ensure the cord is not damaged. If so, do not use the appliance and contact Dualit Ltd for further information

2. The mixture is not blending

- a) The food chunks are too large, try chopping into smaller chunks and try again
- b) You are using the wrong speed selection, set to a slower or faster speed
- c) The blade may be damaged, contact Dualit for further advice and spares information

3. I get splashes when I blend

- a) Try using a deeper bowl or jug, even when blending small mixtures
- b) Dip the blending stick into the mixture before turning the power on
- c) Set the speed wheel to a slower setting, then increase speed as you blend
- d) Do not go over the MAX mark on the front of the shaft while blending

4. The blender body gets hot

- a) Allow the unit to fully cool. Your hand blender is designed for intermittent use, you may have used for over 30 seconds
- b) Some heat will be generated during normal use, particularly on very hot days, never leaving to rest in direct sunlight

GUARANTEE

If your hand blender fails within one year from date of purchase, we will repair or replace it free of charge provided:

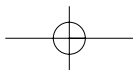
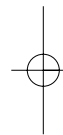
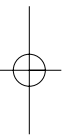
- You have not misused, neglected or damaged it
- It has not been modified
- You supply your receipt showing where and when you purchased the hand blender

The guarantee does not affect your statutory rights.

If over one year, contact Dualit for recommended repair agents.

Further advice on using your Dualit hand blender and other products in the Dualit range is available from:

Dualit customer careline on **+44(0)1293 652 500** Alternatively email us on **info@dualit.com**



Dualit®



H A N D B L E N D E R

C O O K B O O K

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SAUCE OR DRIZZLE

INGREDIENTS

The importance of good quality and fresh ingredients will make a huge difference to any recipe. Remember, the fresher the better and quality over quantity.

- for the best results, try to use good quality oils and condiments

A sour, bitter or rancid oil can spoil a recipe, whereas a drizzle of good quality, cold-pressed olive oil can lift a dish

- Sea salt, such as Maldon or other sea salt crystals, are more expensive than table salt, but are unsullied by processing and additives, and well worth the extra expense. They taste better and are a pleasure to handle
- Pepper is always best freshly milled and Parmesan cheese should be freshly grated.

DAILY USES FOR YOUR HAND BLENDER

Get in the habit of using your hand blender and bring a bit of fun into the preparation of quick meals, snacks and drinks.

- **Fruit smoothies** are fashionable, healthy and a great pick-me-up for the "morning after". Break a banana into a tall jug and add a handful of one or two fruits, e.g. strawberries, blueberries, mango, pear or apple, with a teaspoon of honey and/or wheatgerm. Blitz with the blender to a rough pulp. With the blender running, gradually pour in some milk to the consistency you like and the smoothie is ready to drink
- No need to go out for a **frothy coffee**. Bring some semi-skimmed milk to the boil in a pan and whiz to a froth using the turbo button. Pour into a cup of hot coffee and stir in gently without breaking the bubbles - also good with instant coffee

- For **hot chocolate**, break up 40g (1½ oz) good dark chocolate, at least 60% cocoa solids.

Heat 250ml (9fl oz) a cupful of milk, until just boiling. Remove from heat and drop in the chocolate. Wait a minute for it to soften and then whiz with the Dualit hand blender using the top button. Then change to the turbo setting to froth. Serve immediately

- The Dualit hand blender is so handy for **blending soups** – thick cream soups of winter vegetables for a nourishing lunch for one or two, cold summer soups, or posh soups for smart dinners

There are two soup recipes in this booklet, but simply cooking some chopped onion in a little butter or oil and adding almost any vegetables (including leftovers and salad greens), or a tin of beans (rinsed), some stock, herbs or curry powder, a spoon of crème fraîche and/or a dash of wine can

DAILY USES FOR YOUR DUALIT HAND BLENDER

make a delicious soup. Don't be afraid to experiment. Whiz it together with the hand blender and serve

- Make **dips and mayonnaise** mixes from store cupboard ingredients, and serve with chopped raw vegetables for a healthy light snack or starter
- Treat your family and friends to **homemade pesto** – so different from bought sauce, but simple to make.

Tear a large bunch of fresh basil (about 50-75g) into a bowl including the stalks. Drizzle over 3 tablespoons olive oil and add a large crushed garlic clove. Blitz together using the speed button until the leaves break down, then pulse to a pulp using turbo (5)

Add 4 heaped tbsp (about 50g) grated parmesan cheese or pinenuts (or both) and continue pulsing to a Smooth paste

Add a little salt and pepper and 2-3 tbsp warm water. Transfer to a jar and keep in the fridge for up to a week

- Why buy **salad dressings and marinades** when you can whiz up fresh ones? The Dualit hand blender is perfect for making smooth, shiny vinaigrettes and dressings

Balsamic, mustard and soy dressing is lovely on a salad and doubles as a marinade for lamb or chicken. Put 2 teaspoons Dijon mustard into a medium sized bowl. Add 2 tbsp soy sauce, 2 tbsp balsamic vinegar and some sea salt and pepper

Whiz using the top button to mix then with the blades still running pour in a teacup of olive oil, about 200ml (7fl oz), and 1 tbsp fresh lemon juice. Add about 6 fresh mint leaves at the end, if you have some, and pulse until coarsely chopped

- Frozen peas or broad beans can be crushed to produce a tasty alternative to boiled vegetables

Cook the peas or beans according to pack instructions. Drain off most of the water. Add a good knob of butter and 2-3 leaves fresh mint (for peas), if liked

Blitz with the Dualit hand blender on the slowest speed until crushed but not smooth

Add salt and pepper and serve. Good with salmon, chicken, lamb or a pork chop

- **Beat eggs** quickly and smoothly with you blender – especially when you have three or more to prepare
- **To the rescue – lumpy sauces** can be smoothed in seconds by whizzing with the Dualit hand blender on the turbo setting. A curdled hollandaise sauce can be improved with 2 tbsp of cold water and a quick blitz

...DAILY USES

- **Make pancakes** a regular feature on your menu, especially if you have children to cook for

Use a packet mix, or quickly make your own. Put 100g plain flour into a large bowl with a pinch of salt, and 1 tbsp caster sugar if you want sweet pancakes. Break in an egg and using the hand blender, whiz lightly

Then with the blender on its slowest setting, incorporate a cup of milk, 250ml (9fl oz), until you have a smooth batter.

This can be used immediately without standing. For a special breakfast pancake, use the Buttermilk pancake recipe (See Buttermilk breakfast pancakes in the next section)

- **Dry ingredients:** use flat bottomed bowl with steep sloping sides, the hand blender will mix dry ingredients perfectly.

BREAKFAST SPECIAL

BUTTERMILK BREAKFAST PANCAKES (makes about 16 pancakes)

Whiz up this healthy batter and cook in spoonfuls as blini-size pancakes. They are delicious served with maple syrup or runny honey. For special breakfasts add fresh soft fruits and dollops of yogurt or lightly whipped cream (see page 32).

75g (3oz) porridge oats

2 x 287ml cartons buttermilk

100g (3½ oz) plain flour

60g (2½ oz) wholemeal flour

2 tbsp caster sugar

1 tsp ground cinnamon

1 tsp bicarbonate of soda

1 tsp baking powder

¼ tsp sea salt

2 eggs

2 tbsp vegetable oil, plus extra for cooking

- Soak the oats in the buttermilk in a medium sized bowl for 15 minutes
- Then add the remaining ingredients and whiz with the Dualit hand blender until just mixed. Do not overbeat
- Heat a non-stick frying pan until hot, swirl in a little oil and drop in small ladles of batter, about 2 tablespoonfuls each
- Three or four pancakes may be cooked together, depending on the size of the pan. Add extra oil as needed
- Cook on a medium heat until bubbles appear on top (about 2-3 minutes), then flip over and cook for a further 30 seconds
- Stack under a tea towel to keep warm until all the batter is used.

DIPS AND PÂTÉS

QUICK GUACAMOLE (serves two or three)

Fresh homemade guacamole takes next to no time to prepare using the Dualit hand blender and makes an excellent little dish to serve with drinks. For a bright green colour, make this no more than 10 minutes ahead of serving. (See recipe for Avocado sauce (page 29) for a tip on keeping the colour.)

1 large ripe avocado
2 fat cloves garlic, peeled and roughly chopped
1 spring onion, roughly chopped
1 tomato, roughly chopped
1 tsp ground cumin
juice 1 lime
salt and freshly ground black pepper

- Cut the avocado into two, discard the stone and scoop out the flesh with a spoon into a small mixing bowl
- Add the garlic and onion and pulse a little with the hand blender to mix
- Add the tomato, cumin and some salt and pepper and continue pulsing until the tomato is roughly crushed. Then add the lime juice and pulse for a few more seconds
- The texture should be crushed and creamy but not completely smooth
- Spoon into a pretty bowl and serve with tortilla chips, bread sticks, crisp breads or toast fingers.

SALMON PÂTÉ (Serves two)

A small pack of smoked salmon and a few everyday ingredients can be turned into a creamy pâté for a speedy starter or party dip.

125g (4½ oz) smoked salmon
1 spring onion
100g (3½ oz) cream cheese or low fat soft cheese, softened in a warm place
2 tsp chopped fresh dill (or parsley if unavailable)
1 tsp horseradish or Worcestershire sauce, or few dashes of hot pepper sauce
a little fresh lime or lemon juice
salt and freshly ground black pepper

DIPS AND PÂTÉS

...SALMON PÂTÉ

- Roughly snip the salmon and spring onion into pieces with scissors, into a medium sized bowl. Pulse with the Dualit hand blender until roughly chopped
- Add the cream or soft cheese, dill or parsley, horseradish or sauce, and salt and pepper. Continue pulsing until well mixed but still retaining some texture. Add lime or lemon juice to taste and check for salt and pepper
- Spoon into a couple of ramekins and chill until firm. Serve with fingers of toasts or plain crackers
- Alternatively, make a bed of rocket salad on each plate and spoon the pâté into mounds on top.

CREAMY BLACK OLIVE, ANCHOVY AND TUNA PASTE (serves four)

This recipe is Spanish and makes a fabulous tapas snack, canapé or spread. The better the quality of the ingredients, the more delicious it becomes.

Serve on toasted bread which, while still hot, has been rubbed with a freshly cut clove of garlic, sprinkled with salt, and brushed with olive oil.

Makes about 120g (4oz))

60g (2oz) marinated pitted black olives, packed in olive oil

30g (1oz) tinned tuna fish in olive oil, drained

30g (1oz) tinned anchovies in olive oil, drained

a pinch dried thyme

a few fresh almonds, skinned and crushed

extra virgin olive oil to taste

toast or croûtes to serve

for garnish: a few capers, rinsed

- Place the first six ingredients in a large bowl, and blitz with the hand blender, scraping the sides of the bowl down well. Add a little extra virgin olive oil if necessary. Whiz to a thick cream
- For canapés, cut the toast into small squares and spread the paste onto them. Garnish each with a caper and a sprig of parsley
- Alternatively, press the mixture into a little china dish, put some capers and chopped parsley on top and serve with the toast.

SOUPS

CARROT, LEMON AND TARRAGON SOUP (serves four)

By keeping this simple, the full natural flavour of the carrots comes to the fore, underlined by a hint of fresh herbs. This is a great low calorie soup which is quickly blended until smooth with the Dualit hand blender. Thyme, coriander or basil can be used instead of tarragon.

500g (1lb 2oz) carrots

1 onion, chopped

1-2 tbsps olive oil

small bunch of fresh tarragon

1.25 litres (2 pints) vegetable or chicken stock (can be made with bouillon powder or a stock cube)

2 strips of lemon zest and the juice of a lemon

salt & ground black pepper

half fat crème fraîche or natural yogurt to serve

- Peel, top, tail and chop the carrots and place in a saucepan with the oil. Heat until sizzling, then cover and cook on a gentle heat for 5 minutes. Add two sprigs of tarragon, the stock and salt and pepper to taste
- Bring to the boil, add the lemon zest and simmer for 15 minutes until the carrots have softened. Remove the zest and pour off half the stock into a heat-proof jug
- Using the Dualit hand blender, whiz the carrots in the pan until smooth and creamy. Return the saved stock, and bring back to the boil. Add lemon juice to taste and check for salt and pepper
- **To serve:** sprinkle with some chopped tarragon and small dollops of crème fraîche/yogurt.

CREAM OF MUSHROOM...

Homemade mushroom soup is a treat, and needs few ingredients to make it special. Choose full flavoured chestnut mushrooms, and for real luxury add some dried ceps or porcini mushrooms. Soak them in hot water for ten minutes or so to reconstitute before using.

2 tbsp olive oil

25g (1oz) butter

1 onion, roughly chopped

2 fat cloves garlic, crushed

250g (9oz) chestnut mushrooms, roughly chopped

15g (½ oz) dried porcini mushrooms and ceps, optional

leaves from 2 sprigs fresh thyme or ½ tsp dried

2 tbsp Amontillado sherry or vermouth, optional

SOUPS

...MUSHROOM SOUP (serves four)

700ml (1 ¼ pints) vegetable or chicken stock, can be made with bouillon powder or a cube

300ml (½ pint) milk

squeeze of fresh lemon juice

salt and freshly ground black pepper

a little chopped fresh parsley, optional, to serve

- Heat the oil and butter in a medium saucepan until hot then stir in the onions, garlic, mushrooms (including the porcini and ceps, if using) and thyme leaves
- Cover and cook on a low heat for 5 minutes. Uncover and mix in the sherry or vermouth, if using. Cook for a minute then stir in half the stock and some seasoning

- Bring to the boil then simmer for 15 minutes. Using the Dualit hand blender, blitz the ingredients in the saucepan until smooth
- Rub the purée of mushrooms through a sieve using the back of a ladle
- Return the liquid to the pan. Stir in the remaining stock and milk then reheat to a gentle simmer
- Cook for another 5 minutes. Add the lemon juice and check for salt and pepper
- Give the soup a little froth by plunging the blender up and down in the pan on the turbo setting, and serve immediately with some chopped parsley sprinkled on top.

ONION, POTATO & PARSLEY...

These simple and inexpensive ingredients make a great soup. Serve in colourful mugs or bowls.

a good handful of parsley

a large onion

a large potato

30g (1oz) butter

430ml (¾ pint) light stock, made from a cube or powder

a bay leaf

a pinch of mace (optional)

140ml (¼ pint) milk (optional)

salt and ground white pepper

- Chop the parsley in the dualit mini chopper or using a knife. Scrape out and set aside

SOUPS

...SOUP (serves two)

- There is no need to clean the chopper bowl. Cut the onion into chunks, and whiz in the chopper or using your knife
- Cut the potato into cubes with a knife. Melt the butter in a heavy based saucepan, add the potato and onion, cover with the lid and cook to soften very gently for 7-10 minutes, stirring from time to time to prevent browning
- Then add the stock, bay leaf and mace, bring to the boil and simmer for 20 minutes, with the lid slightly ajar. It is cooked when you can crush the vegetables easily with the back of a spoon
- Remove bay leaf and allow to cool slightly and blender till smooth or to required consistency.

SAUCES

WATERCRESS SAUCE (serves two)

This British classic sauce is packed with a range of important vitamins and minerals. Its fresh and distinct flavour makes it a perfect partner for steamed or grilled fish, chicken, asparagus spears or fish cakes.

**a bunch of fresh watercress,
approximately 100g (3½ oz)**

**1 large shallot or small onion,
roughly chopped**

**25g (1oz) butter or 2 tbsp
olive oil**

2 tbsp dry white wine, optional

**140ml (4½ fl oz) single cream, or
200ml (7 fl oz) half fat crème
fraîche**

**a squeeze of fresh lemon juice, if
using single cream**

**salt and freshly ground black
pepper**

- Wash the cress, shake dry and chop roughly
- Gently cook the shallot or onion in the butter or oil for 3 minutes until just softened, add the cress and cook for 2-3 minutes until wilted
- Pour in the wine, if liked, and cook a few seconds then stir in the cream or crème fraîche
- Season with salt and pepper and simmer for 3-4 more minutes. Using the Dualit hand blender, whiz to a smooth purée
- Check for seasoning and add lemon juice if using single cream (this will thicken the sauce slightly). Cover and keep warm for up to 10 minutes so it keeps its lovely bright green colour.

SAUCES

AVOCADO SAUCE (serves six to eight)

The Dualit hand blender brings out the best qualities of the smooth flesh of a ripe avocado. Its soft, buttery nature makes it ideal for a quick sauce to accompany a piece of cold salmon.

A trick to retain the green colour of an avocado sauce is to keep it out of contact with the air. Always serve it as soon as possible, but meanwhile store it a tall beaker, or similar shaped container, and cover with cling film touching the surface to exclude as much air as possible.

- 2 large avocado pears**
- 3 shakes Worcestershire sauce**
- 5 tbsp Greek set yogurt**
- 1 tsp lemon juice**
- salt and pepper**

- Place avocados, Worcestershire sauce and yogurt in a large bowl, and blitz until smooth
- Add salt and pepper and lemon juice, to taste, and whiz again to incorporate
- Serve as soon as possible.

RED PEPPER MAYONNAISE...

This is easy to make, especially as you can buy sweet peppers and the little spicy peppadews in glass jars.

It makes an excellent dressing for summer cold fish salads, or as a dip. (serves six to eight)

- ½ jar sweet red peppers, or peppadews**
- 2 –3 tsp tomato ketchup**

...MAYONNAISE (serves four)

- 2 tsp Worcestershire sauce**
- 2 tsp brandy**
- 200ml (7fl oz) thick mayonnaise or aioli**
- salt, pepper, paprika, Tabasco**
- 100 ml (3½ fl oz) double cream, whipped, optional**
- lemon juice to taste**

- Drain and dry the peppers thoroughly
- Place them in a bowl with the next six ingredients, and blitz until smooth
- Add lemon juice to taste, and whiz again.

SAUCES & SPICY DISHES

PEANUT AND CHILLI SATAY SAUCE (enough to fill a medium sized jam jar)

This is delicious as a dipping sauce for chicken or prawn barbecue satays. It can also be used as a base for a Thai curry – use a couple of tablespoons per serving and dilute with some hot water.

1 – 2 large fresh red chillies

4 tbsp olive or groundnut oil

2 large shallots or 1 onion, roughly chopped

3 fat cloves garlic, roughly chopped

2cm cube fresh ginger, roughly chopped

1 tsp ground coriander

1 tsp ground cumin

1 tsp soft brown sugar

1 tbsp Thai fish sauce (nam pla) or soy sauce

juice of 1 lime

4-5 tbsp coarse peanut butter

- Slit open the chillies and discard the seeds and stalks. Roughly chop the flesh
- Heat the oil in a pan and sauté the chillies with the shallots or onion, garlic and ginger for about five minutes until softened
- Add spices, sugar, fish sauce or soy and 200ml (7fl oz) water. Bring to the boil and simmer for 3 minutes. Remove from heat
- Stir in lime juice and grind to a smooth paste with the Dualit hand blender

- Stir in the peanut butter and heat until smooth and then dilute with 100ml (3½ fl oz) more water
- When cool, scoop into a lidded jar. The sauce can be stored in the fridge for up to ten days.

FRESH GREEN CURRY PASTE

Use your Dualit hand blender to make a fresh and aromatic curry paste (enough for a curry for four) which can be stirred into a stir-fry of chicken, salmon or prawns for a delicious quick meal.

1 large fresh green chilli

1 cube fresh root ginger, approximately 3cm (1¼ inch)

2 fat cloves garlic, peeled and roughly chopped

SPICY DISHES

FRESH GREEN CURRY PASTE

A small bunch (about 40g/1½ oz) of fresh coriander, with stalks

3 tbsp vegetable oil

2 tbsps coconut cream, optional, but nice

2 tsp ground coriander

1 tsp ground cumin

1 tsp ground fenugreek, if available

1 tbsp fresh lemon juice

salt and freshly ground black pepper

- Slit open the chilli, remove the seeds and stalk then roughly chop and place in a medium sized bowl
- Roughly chop the ginger (no need to peel) and add into the bowl along with the garlic and half the oil
- Snip in the coriander stalks but reserve the leaf sprigs.
- Pulse with the Dualit hand blender to a chunky purée then add the remaining oil, coconut cream, if using, ground spices, lemon juice and some salt and pepper
- Whiz until smooth then add the coriander sprigs and pulse for a few seconds to incorporate
- Scoop the mixture into a lidded jar and keep in the fridge until required.

TO THE MAKE THE CURRY

The paste makes enough for 3-4 chicken breasts or salmon steaks, or 400g (14oz) of peeled prawns

- To make the curry, stir fry the chicken breasts (chopped), the salmon (cubed), or the prawns in a little hot oil for 2-3 minutes (the chicken will take longer than the fish – about 6-8 minutes, depending on the size of the pieces) then mix in the curry paste
- Stir well, cook for 2-3 more minutes and add a small cup of water to thin a little
- Simmer for a couple more minutes and serve straight away with steaming basmati rice.

SPICY DISHES

SWEET POTATO MASH WITH FIVE SPICE DUCK LEGS (serves two)

Healthy sweet potato (perfect for low GI diets) makes a deliciously satisfying mash. Its slight sweetness makes it an excellent accompaniment to roasted spicy duck legs. Make the mash while the duck is cooking.

2 Gressingham duck legs

1 tsp Chinese five spice powder

1 tsp sea salt crystals

1 large sweet potato, about 400g (14oz)

a good knob of butter

1 tbsp chopped fresh coriander or parsley

freshly ground black pepper

- Preheat oven to 180C/350F/M4
- Prick the duck legs well so the fat can escape during cooking
- Mix together the spice and salt and rub half into the duck skin
- Roast in a shallow dish for 30 minutes, pouring off the excess fat halfway through
- Meanwhile, peel the potato, cut into chunks and boil for 10-12 minutes until just tender. Drain and return to the pan with the remaining spiced salt and butter
- With the Dualit hand blender, whiz to a smooth purée. Season with pepper and stir in the chopped herbs
- Serve the cooked legs on a bed of the mash with some pan juices drizzled over the top.

DESSERTS

WHIPPING CREAM

The hand-blender whips double cream perfectly.

1/2 pt/285 ml chilled double cream

Use a deep bowl with steep sides

- Blitz, with the hand blender, in the centre of the cream, until thickish
- Then with a fork, stir in the liquid cream from round the sides, until all is thick
- This takes about a minute

Why not try whipping cream, this is a lighter version of double cream, it whips beautifully without being quite so rich.

DESSERTS

EXOTIC FRUIT JELLIES (serves two)

Passion fruits and pomegranates add an exotic flavour when combined with other juices but the seeds can get in the way. This can be solved by pulping them with the Dualit hand blender and then straining the juice. For best flavours choose well ripened fruits and blood oranges (when in season) which give a glorious colour to the jellies.

2 ripe passion fruits

1 ripe pomegranate

4 juicy oranges

1 - 2 tsp flower honey

2 sheets leaf gelatine or 1½ tsp powdered gelatine

Cream or natural yogurt, to serve, optional

- Halve the passion fruits and pomegranates. Scoop the passion seeds into a medium bowl
- Break the pomegranate halves into sections, peel off the membranes and add the seeds to the bowl
- Blitz the seeds to a juicy pulp with the hand blender, and then rub through a sieve into a pan
- Top and tail one of the oranges and slice off the skin and pith, then chop the fruit into small chunks, removing any pips
- Divide these between two large wine glasses. Squeeze the juice from the other oranges and add to the pomegranate and passion fruit juice
- You should have around 250ml (9fl oz) juice. If not, top up with some water. Add the honey
- Soak the leaf gelatine in cold water to cover until floppy then tip out the water
- If using powdered gelatine, mix with 2 tablespoons cold water and leave to soak
- Heat the juice until on the point of boiling, remove and slide in the soaked gelatine, stirring until dissolved
- Cool then pour over the chopped fruits and leave to set in the fridge
- Serve with cream or yogurt spooned on top.

DESSERTS

FROTHY CRÈME ANGLAISE (serves four to six)

Real homemade custard is so wonderfully comforting. Give it a neat twist by whisking it to cappuccino froth and turn a homely pudding into a luxury dessert.

250ml (9fl oz) milk

250ml (9fl oz) double cream

1 vanilla pod or 1 tsp vanilla extract

6 egg yolks (or 1 egg and 2 yolks)

75-90g (2¾ - 3 oz) caster sugar

- Pour the milk and cream into a non-stick saucepan. Slit the vanilla pod in half (if using) and scrape out the sticky seeds with the tip of a sharp knife. Add to the pan, with the split pod

- If using vanilla extract, simply pour in
- Heat the creamy milk until on the point of boiling, cool for 10 minutes and then remove the pods
- Meanwhile, place the yolks and sugar in a heat-proof bowl and using the Dualit hand blender whiz until thick and creamy
- Return the milk to the heat and bring back to the point of boiling.
- Using a wooden spoon, gradually beat the milk into the sugary egg yolks then return to the pan
- Turn the heat to low and stir the custard for a few minutes until it begins to thicken slightly and coats the back of the spoon like thin cream
- Don't let it overheat because it will curdle. Pour through a sieve back into the bowl, cover and cool 10 – 20 minutes
- When ready to serve, whiz with the hand blender until you get a nice frothy mixture
- Serve immediately

DESSERTS

BERRY FRUITS AND HONEY ICE CREAM DRIZZLE (serves four)

Turn shop bought ice cream into a luxurious dessert with this fruity sauce.

150g (5oz) blueberries or blackberries

150g (5oz) fresh raspberries

4-6 large ripe strawberries, hulled and roughly chopped

1 tbsp flower honey

Squeeze fresh lemon juice

1 tbsp whisky or crème de cassis (optional)

ice cream and ratafia biscuits, to serve.

- Put all the fruits into a saucepan with 2-3 tablespoons water and heat until the juice starts to run
 - Stir in the honey and simmer 2-3 minutes until just softened and the berries break down
 - Remove from the heat and whiz with the Dualit hand blender until smooth
 - Rub the pulp through a sieve into a jug
 - Mix in the lemon juice and whisky or Cassis, if liked
 - Cool and chill until required
 - **To serve:** put scoops of luxury ice cream into 4 sundae dishes
- good flavours to choose from are vanilla, mango, coconut, caramel, strawberry or raspberry

- Drizzle with the sauce then crush over some ratafia biscuits

Variations in fruits and alcohol can completely transform the recipe, experiment with the contents of your fruit basket.



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