

Breville



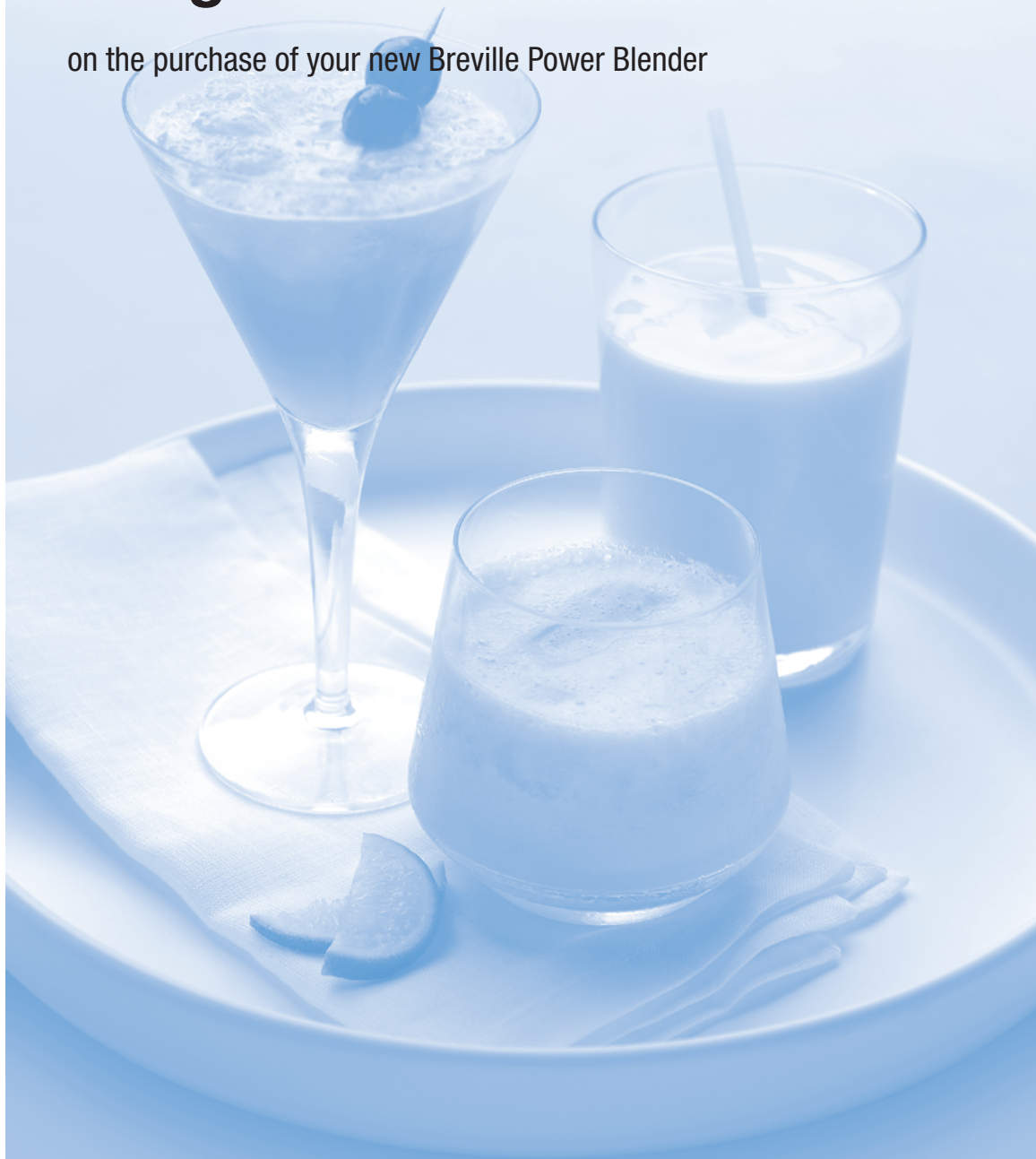
CBL6 Power Blender

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Congratulations

on the purchase of your new Breville Power Blender



Breville recommends safety first

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

IMPORTANT SAFEGUARDS FOR YOUR BREVILLE POWER BLENDER

- Carefully read all instructions before operating the Breville Power Blender for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the blender for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the blender near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances. Vibration during operation may cause the appliance to move.
- Do not use the blender on a sink drain board.
- Do not place the blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Handle the blender and attachments with care – remember the blades are razor-sharp and should be kept out of the reach of children.
- Always ensure the blender is completely assembled before operating. The blender will not operate unless properly assembled.
- Do not use attachments other than those provided with the blender.
- Do not attempt to operate the blender by any method other than those described in this book.
- Always secure the blade assembly onto the blender jug before attaching to the motor base.
- Ensure the speed selection dial is in the OFF position and the blender is switched off at the power outlet and the power cord is unplugged before attaching the blender jug.
- Always operate the blender with the blender jug lid in position.
- Keep fingers, hands, knives and other utensils away from moving blades.
- Do not place hands or fingers into the blender jug unless the motor and blades have come to a complete stop. Ensure the speed selection dial is in the OFF position and the appliance is switched off at the power outlet and the power cord is unplugged before removing the lid from the blender.
- Ensure the motor and the blades have completely stopped before disassembling. Ensure the speed selection dial is in the OFF position and the appliance is switched off at the power outlet and the power cord is unplugged from the power outlet before attempting to move the blender, when not in use, if left unattended and before disassembling, cleaning or storing.
- Care should be taken when removing the food from the blender jug by ensuring the motor and the blades have completely stopped before disassembling. Ensure the speed selection dial is turned to the OFF position, the appliance is switched off at the power outlet and unplugged, before removing the lid from the blender jug. The blender jug should then be lifted from the motor base and the food carefully removed before attempting to remove the blade assembly.
- Do not operate the blender continuously for periods longer than 30 seconds on any setting or if processing a heavy load. None of the recipes in this book are considered a heavy load. If the blender is operated continuously for too long, it should be switched off, unplugged and allowed to cool for 30 minutes before recommencing.
- Do not process hot or boiling liquids – allow liquids to cool before placing into the blender jug.
- Do not move the blender whilst in operation.
- Do not leave the blender unattended when in use.

Breville recommends safety first continued

- Do not place any part of the blender in the microwave oven.
- Do not place the motor base, lid, inner measuring cup, silicon seal, blender jug base or blade assembly into a dishwasher.
- Do not place anything on top of the blender jug when the lid is on, when in use and when stored.
- Keep the blender clean. Follow the cleaning instructions provided in this book.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Unwind the power cord fully before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or motor base in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

Know Your Breville Power Blender

CBL6 BREVILLE POWER BLENDER



- 1. Inner measuring cup - for adding ingredients whilst blending
- 2. Large 1.25 litre glass jug
- 3. 2 speeds plus pulse
- 4. Ice crushing stainless steel blades

- 5. Non-slip feet
- 6. Blade assembly – easily removable for cleaning
- 7. Blender jug base
- 8. Motor base

Operating Your Breville Power Blender

Before first use

Remove and safely discard any packaging material and promotional labels.

Disassemble the blender jug by following Steps 3 to 5 in 'Disassembling the blender' and wash the lid, inner measuring cup, blender jug, silicon seal, blender jug base and blade assembly in warm, soapy water with a soft cloth. Rinse and dry thoroughly.

Wipe the motor base with a damp cloth and dry thoroughly.

NOTE

The blending blades are extremely sharp. Avoid any contact with fingers and hands.

Disassembling the blender

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the speed selection dial is in the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged.
2. Remove the blender jug from the motor base by holding the motor base firmly and grasping the blender jug handle and pulling the blender jug up and off the motor base.
3. Remove the lid and inner measuring cup from the blender jug.
4. Place the blender jug upside down on a flat, dry surface such as a bench top.
5. Hold the jug handle and turn the blender jug base anti-clockwise to remove. Carefully lift the blade assembly out of the narrow end of the blender jug. Remove the silicon seal from outside the narrow end of the blender jug.

Assembling and attaching the blender jug

1. Place the motor base on a flat, dry surface such as a bench top. Ensure the speed selection dial is in the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged.

2. Place the blender jug upside down on a flat, dry surface such as a bench top.
3. Hold the jug handle and place the silicon seal onto the narrow end of the blender jug then carefully insert the blade assembly.
4. Place the blender jug base over the blade assembly and turn clockwise to secure into position.
5. Turn the assembled blender jug upright and place onto the motor base.
6. Insert the inner measuring cup into the lid then insert the lid firmly into the top of the blender jug.

NOTE

Ensure lid is placed onto the blender jug firmly and the inner measuring cup is in position before operating the blender. Do not operate the blender without the lid on. Additional ingredients can be added whilst blending by removing the inner measuring cup and placing or pouring ingredients through the opening in the lid.

NOTE

Liquids should be placed into the blender jug before solid ingredients, unless specified differently in a recipe.

Using the blender

NOTE

When using the blender for the first time, you may notice an odour coming from the motor. This is normal and will dissipate with use.

NOTE

All foods should be cut into cubes (approx. 2-3cm square) to achieve an even result.

1. Ensure the speed selection dial is in the OFF position. Insert the power plug into a 230/240V power outlet and switch on at the power outlet.
2. Remove the lid and add food and/or liquid into the blender jug.
3. Insert the inner measuring cup into the lid then insert the lid firmly into the top of the blender jug.

Operating Your Breville Power Blender continued

4. Select the desired speed by turning the speed selection dial clockwise to the desired setting LOW or HIGH. The speed can be changed at any time during the blending process. Turn the speed selection dial anti-clockwise to select the PULSE setting.

LOW speed is suitable for emulsions such as mayonnaise, dressings and marinades and for foods such as batters which require mixing until just combined.

HIGH speed is suitable for pureeing, crumbing, thickening, creaming and grinding.

PULSE can be used for foods that require short bursts of power to process such as herbs, nuts, small vegetables and ice. When using the PULSE setting, hold the blender lid in place.

NOTE

Ensure the motor and blades have completely stopped before attempting to move the appliance, when not in use, if left unattended and before disassembling, cleaning and storing

NOTE

If any moisture or liquid appears on top of the motor base, ensure the speed selection dial is in the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged, remove the blender jug then wipe the spillage immediately with kitchen paper towel and dry thoroughly. Ensure the blender jug is correctly assembled before placing back onto the motor base and operating.

5. During the blending process, some ingredients may stick to the sides of the blender jug. To push the food back onto the blades, turn speed selection dial to the OFF position and switch off at the power outlet. Remove the lid and use a plastic spatula to scrape down the sides of the blender jug. Replace the lid before recommencing blending.
6. At the end of use, always ensure the speed selection dial is turned to the OFF position. Then switch the appliance off at the power outlet and unplug the power cord.



NEVER PLACE ANYTHING OTHER THAN FOOD AND LIQUIDS IN THE BLENDER WHILST THE MOTOR IS RUNNING.

Care, Cleaning and Storage

Care and cleaning

Before cleaning, ensure the speed selection dial is in the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged from the power outlet.

Cleaning the blender jug, lid, inner measuring cup, silicon seal, blender jug base and blade assembly

Wash blender jug, lid, inner measuring cup, silicon seal, blender jug base and blade assembly in warm soapy water with a soft cloth. Use a kitchen bottle brush to dislodge stubborn food. Rinse and dry thoroughly. Do not place the motor base, lid, inner measuring cup, silicon seal, blender jug base or blade assembly into a dishwasher.

NOTE

The blender jug can be washed on a normal cycle in the dishwasher. Remove the lid, inner measuring cup, silicon seal, blender jug base and blade assembly before placing the blender jug upside down in the dishwasher for better stability.

Cleaning the motor base

Wipe the motor base with a soft, damp cloth then dry thoroughly. Wipe any excess food particles from the power cord.

NOTE

Do not use abrasive scouring pads or cleaners when cleaning the motor base as they may scratch the surface.

Removing stubborn or strong food stains and odours

Strong smelling foods such as garlic and fish may leave an odour and some vegetables such as carrots may leave a stain on the blender jug and lid. To remove, soak blender jug and lid in warm soapy water for 5 minutes. Then wash with a mild detergent and warm water, rinse well and dry thoroughly.

Storage

Store the blender upright with the blender jug, silicon seal, blade assembly, blender jug base, lid and inner measuring cup assembled and inserted on the motor base or beside it. Do not place anything on top.



THE BLENDING BLADES ARE EXTREMELY SHARP. AVOID ANY CONTACT WITH FINGERS AND HANDS. USE CAUTION WHEN HANDLING AND STORING.

Hints and Tips on how to use your Breville Power Blender

Hints and Tips

- Do not put more than 2 cups of ingredients into the blender before blending commences. After the blending process has begun and the blades are turning you may slowly add another 1½ cups of ingredients through the inner measuring cup opening if desired.
- Do not blend a heavy mixture for more than 30 seconds at one time without switching off the blender. For normal blending tasks, such as mayonnaise, dressings, etc., do not operate for longer than 1 minute at one time without switching off the blender, stirring the ingredients then continuing operation
- Do not place hot or boiling foods and/or liquids into the blender; allow to cool before placing into the blender jug.
- When using several ingredients, place liquid ingredients in the blender jug first unless specified in the recipe to do otherwise.
- When blending thick or dry mixtures it may be necessary to stop the blender and scrape down the sides of the blender jug, once or twice, during blending.
- The blender will not knead dough or mash potatoes.
- The blender is not designed to chop/mince meat or extract juice from fruit and vegetables.
- Thick mixtures, such as patés, will puree more efficiently when the blender jug is ¼ to ½ full.
- Do not use the blender to store food.
- Do not overload the blender with more than the specified quantity of ingredients as doing so could cause the motor to stall. Turn the blender off by turning the speed selection dial to OFF, switch off at the power outlet and unplug the power cord. Remove a portion of the mixture from the blender jug before continuing.
- Do not operate the blender without having the blender lid in position. To add additional ingredients whilst blending, remove the inner measuring cup and place or pour ingredients through the opening in the lid.
- Do not fill the blender jug above the 1250mL line. When the blender jug is filled at or near the 1250mL line, hold the blender lid in place to avoid displacement of the lid during operation.
- Do not use metal utensils as they may damage the blades or blender jug.
- Do not place any objects, other than food or liquid, into the blender whilst the motor is running.
- Do not remove the blender jug when the blender is operating. Always ensure the speed selection dial is turned to the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged from the power outlet.

Suggested Uses for Your Breville Power Blender

Suggested Uses

Crush Ice

To crush ice, place 1 cup of ice cubes into the blender jug. Replace the lid and turn the speed selection dial to PULSE for short bursts until a snowy textured ice is achieved. This will take approximately 15 seconds. When crushing ice, hold the lid in place to avoid displacement during operation.

Bread Crumbs

Remove the crusts from the bread and tear into pieces. Process sufficient pieces at a time to cover the blades. Up to 5 slices at one time can be crumbed. Stale bread will produce the best results.

Chopped Nuts

Blend $\frac{3}{4}$ cup of nuts at a time. Use the PULSE setting as this will give more even chopping.

Drinks

Fill the blender jug to at least $\frac{1}{4}$ full and remember to leave room to allow froth to form as the drink is aerated.

Ground coffee

Coffee beans can be ground sufficiently fine for a percolator or for infusion, but not finely enough for dripolator or espresso machines. Blend $\frac{1}{2}$ cup coffee beans at a time.

Soups, Sauces and Purees

The most efficient amount to blend will depend on the food/recipe used. However, generally, the more liquid used, the more can be processed at one time. Never process boiling liquids or hot ingredients, allow to cool before placing into the blender jug.

Action	Speed	Time Setting	Suggested Food Type	Preparation & Procedure
Aerate	2	30 secs to 1 min	thickshakes, smoothies	Place milk in jug followed by flavouring, blend until desired thickness
	1	30 secs	cream	Blend until desired consistency
Chopping	PULSE	30 secs to 1 min	nuts, herbs, ginger (diced) or chilli	Use only $\frac{3}{4}$ cup quantity at one time, ensuring even texture
Crumbing	2	30 secs	breadcrumbs	Tear bread roughly into even sized pieces and process until crumbed
	2	30 secs to 1 min	biscuit crumbs	Break into medium sized pieces and process until crumbed
Emulsions	1	2-3 mins	mayonnaise, marinades, dressings	Pour oil into jug through opening in lid with motor running
Grinding	2	25-35 secs	spices, coffee (Do not blend whole nutmeg)	Use $\frac{1}{2}$ cup at a time to ensure even texture
Refining	2	20-40 secs	white sugar, demerara sugar	For caster sugar consistency process 20 seconds then a further 40 seconds for icing sugar consistency
Mixing	1-2	30-40 secs	batters	Blend until just combined
Pureeing	2	35 secs to 1 min	soups, sauces, drinks, desserts, and baby food	Process well until no visible solids remain and mixture is smooth DO NOT PROCESS HOT LIQUIDS

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Recipes

Delicious blender recipes from Breville



Great Starters

SPINACH TIMBALES WITH PEAR SAUCE

Serves 4

500g spinach leaves, roughly chopped

3 x 60g eggs

½ cup/125ml cream

Pinch ground nutmeg

Freshly ground black pepper

Pear Sauce

2 ripe pears, peeled, cored and roughly chopped

2 tablespoons cream

2 teaspoons sweet chilli sauce

Pinch ground nutmeg

1. Steam spinach until tender. Refresh under cold running water, then squeeze spinach to remove excess liquid.
2. Place spinach, eggs, cream, nutmeg and pepper into blender jug, select HIGH speed and blend until smooth.
3. Spoon mixture into four lightly greased, individual (½ cup capacity) soufflé moulds.
4. Cover moulds with aluminium foil and secure with kitchen string. Place moulds in a shallow baking dish and pour in sufficient boiling water to come halfway up the sides of the moulds.
5. Bake at 180°C for 40-45 minutes until firm. Remove moulds from water and leave for 5 minutes before turning out.
6. Place pears, cream, chilli sauce and nutmeg into blender jug, select LOW speed and blend until smooth.
7. Transfer pear mixture to a small saucepan and heat gently for 3-4 minutes, or until the sauce is just warm.
8. Serve Timbales drizzled with Pear Sauce.

NACHOS

Serves 2-4

1 x 155g packet corn chips

2 tomatoes, peeled and finely chopped

½ cup grated tasty cheese

½ cup grated Romano cheese

Avocado Topping

1 large avocado, de-stoned, peeled and chopped

2 teaspoons lemon juice

½ cup/125ml sour cream

2 spring onions, peeled and chopped

1 clove garlic, peeled and chopped

1 teaspoon sweet chilli sauce

1. Layer corn chips and tomatoes in an ovenproof dish, and top with a layer of grated cheeses.
2. Bake at 200°C for 10-15 minutes or until cheese melts and is golden.
3. Place avocado, lemon juice, sour cream, spring onions, garlic and sauce into blender jug, select HIGH speed and blend until smooth.
4. Spoon Avocado Topping onto warm corn chips base and serve immediately.

CHEESE STICKS WITH PESTO

Makes 12

12 slices white sandwich bread, crusts removed
2 teaspoons grain mustard
1/3 cup grated fresh Parmesan cheese
1/2 cup grated tasty cheese
1 tablespoon finely chopped fresh coriander
Pinch cayenne pepper
1 x 60g egg, lightly beaten
Vegetable oil, for cooking

Pesto

1 cup fresh basil leaves
2 cloves garlic, peeled and chopped
2 tablespoon lemon juice
60g pine nuts
1/2 cup/125ml olive oil
60g grated fresh Parmesan cheese

1. Roll each slice of bread with a rolling pin, to flatten as much as possible.
2. Combine mustard, Parmesan cheese, tasty cheese, coriander and cayenne pepper in a bowl.
3. Divide mixture into twelve portions. Spread each cheese portion over half of each slice of bread. Brush the unspread half of the bread slices with beaten egg.
4. Starting with the cheese spread side of the bread slices, tightly roll up each slice using the egg spread side to seal into stick shapes. Arrange cheese sticks side by side on a tray. Cover with plastic wrap, refrigerate for 30 minutes or until ready to cook.
5. Heat oil in a frypan and cook cheese sticks, a few at a time and turning frequently, until light golden brown. Drain on absorbent kitchen paper towel.
6. Place basil leaves, garlic, lemon juice and pine nuts into blender jug, select HIGH speed and blend until finely chopped.
7. With motor running, pour in oil and blend until smooth. Add cheese and blend to combine.
8. Serve warm Cheese Sticks with Pesto.

RICOTTA AND OLIVE SPREAD

Makes approx. 2 cups

1 bunch fresh coriander, stems trimmed
200g ricotta cheese
100g butter, softened
1/2 cup/125ml cream
2 teaspoons lemon juice
1/3 cup grated fresh Parmesan cheese
1 tablespoon drained capers
1/4 cup chopped black olives
1/2 cup toasted pine nuts
1 tablespoon toasted pine nuts, extra

1. Place coriander, ricotta cheese, butter, cream, lemon juice, Parmesan cheese, capers, olives and pine nuts into blender jug, select HIGH speed and blend until smooth.
2. Transfer mixture to a serving bowl, top with extra pine nuts. Chill until ready to use.
3. Serve as a dip with a selection of raw vegetables.

Soups

SWEET CORN AND BACON SOUP

Serves 4-6

- 1 tablespoon oil
- 1 onion, peeled and chopped
- 4 cloves garlic, peeled and crushed
- 2 teaspoons ground coriander
- 1 teaspoon Cajun seasoning
- 3 cups frozen corn kernels, thawed
- 3 cups/750ml chicken stock
- 1 cup/250ml milk
- ½ cup/125ml cream
- 3 bacon rashers, rind removed and chopped
- 2 tablespoons snipped chives

1. Heat oil in a large saucepan, add onion, garlic, coriander and Cajun seasoning and cook over a medium heat, stirring constantly, until onion is soft.
2. Add corn, stock and milk, cover with lid and bring to the boil. Reduce heat and simmer for 30 minutes. Remove from heat and allow the mixture to cool.
3. Cook bacon in a separate pan until crisp, drain on absorbent kitchen paper towel.
4. Transfer cooled corn mixture in three batches into blender jug, select HIGH speed and blend until smooth.
5. Return blended mixture to large saucepan and stir in cream, bacon and chives.
6. Gently heat soup over medium heat and serve immediately.

SWEET PEPPERED TOMATO SOUP

Serves 4-6

- 1 tablespoon oil
- 2 cloves garlic, peeled and crushed
- 2 leeks, washed, trimmed and sliced
- 2 x 410g cans tomatoes, mashed
- 2 teaspoons chicken stock powder
- 1 tablespoon tomato paste
- 2 teaspoons brown sugar
- 1 bay leaf
- ¼ teaspoon dried thyme
- 1 teaspoon chopped fresh mint
- 1 teaspoon chopped fresh coriander
- ¼ teaspoon ground cloves
- Pinch cayenne pepper
- 2 tablespoons chopped fresh parsley

1. Heat oil in a large saucepan, add garlic and leeks, cook over a medium heat for 2-3 minutes or until leeks are soft.
2. Combine tomatoes, stock powder, tomato paste, brown sugar, bay leaf, thyme, mint, coriander, cloves and pepper.
3. Pour into pan with leek mixture, bring to the boil, then reduce heat and simmer, uncovered for 20 minutes or until liquid has reduced by one third.
4. Allow the mixture to cool and remove the bay leaf.
5. Transfer cooled mixture in three batches into blender jug, select HIGH speed and blend until smooth.
6. Ladle soup into serving bowls, sprinkle with parsley and serve immediately.

Salads and Mains

LOBSTER SALAD WITH RASPBERRY SAUCE

Serves 2

2 lobster tails, cooked and shells removed
200g salad mix leaves
100g snow pea sprouts
1 orange, peeled and segmented
2 kiwi fruit, peeled and sliced

Raspberry Sauce

125g fresh or frozen raspberries (defrosted)
2 tablespoons balsamic vinegar
2 tablespoons vegetable oil
1 teaspoon finely chopped fresh mint
1 tablespoon sugar

1. Cut lobster flesh into thick slices, approximately 1 cm thick.
2. Arrange salad mix, sprouts, lobster slices, orange segments and kiwi fruit attractively on a serving platter and chill until required.
3. Place raspberries into blender jug, select HIGH speed and blend until smooth.
4. Push blended raspberries through a sieve to remove seeds.
5. Combine raspberry puree with vinegar, oil, mint and sugar.
6. Pour Raspberry Sauce over Lobster Salad and serve immediately.

FRESH VEGETABLE SALAD WITH PEPITA DRESSING

Serves 4

2 carrots, cut into thin strips
1 parsnip, cut into thin strips
125g green beans, sliced
1 cooked beetroot, cut into thin strips
1 red apple, chopped
2 teaspoons lemon juice
1 tablespoon chopped coriander

Pepita Dressing

100g pepita (pumpkin seeds) seeds, toasted
1 tablespoon lemon juice
2 tablespoon balsamic vinegar
1 clove garlic, peeled and chopped
1 tablespoon Dijon mustard

1. Combine carrots, parsnip, beans, beetroot, apple, lemon juice and coriander.
2. Toss well then arrange in a serving bowl. Chill until required.
3. Place pepita seeds, lemon juice, vinegar, garlic and mustard into blender jug, select HIGH speed and blend until pepita seeds are crushed.
4. Transfer to a small serving bowl to accompany the Fresh Vegetable Salad.

Salads and Mains continued

ROSEMARY PARMESAN CRUSTED LAMB STEAKS

Serves 2-4

4 slices white bread, crusts removed and dried
¼ cup grated fresh Parmesan cheese
2 teaspoons fresh rosemary leaves
4 lamb leg steaks
½ cup plain flour
1 x 60g egg, lightly beaten
2 tablespoons oil

Lemon Caper Sauce

3 tablespoons/60g butter
1 tablespoon lemon juice
2 tablespoons drained capers

1. Break bread slices into pieces, place into blender jug in small amounts, with Parmesan cheese and rosemary leaves. Select PULSE setting until fine breadcrumbs form.
2. Transfer crumb mixture to a large plate.
3. Toss lamb steaks in flour, shake to remove excess flour, dip into beaten egg and coat with crumbed mixture.
4. Heat oil in a frypan, add meat, cook over medium heat until golden brown.
5. Remove from pan and drain on absorbent kitchen paper towel. Set aside and keep warm.
6. Wipe pan clean, heat butter, stir in lemon juice and capers. Cook until heated through.
7. Serve Crusted Lamb Steaks with Lemon Caper Sauce.

Sauces and Marinades

AVOCADO DRESSING

Makes approx. 1 cup

- 1 tablespoon lemon juice
- ½ cup sour cream
- 3 tablespoons cream
- 2 drops Tabasco sauce
- 1 teaspoon honey
- 1 avocado, peeled, de-stoned and chopped
- 1 clove garlic, crushed

1. Place lemon juice, sour cream, cream, Tabasco sauce, honey, avocado and garlic into blender jug, select LOW speed and blend until smooth.
2. Delicious served as dressing with potato salad.

SPICY PEACH SAUCE

Makes approx. 2 cups

- 1 x 410g can sliced peaches
- ½ cup ginger wine
- 2 cloves garlic, peeled and diced
- 2 teaspoons grated fresh ginger
- 1 small red chilli, chopped
- 1 tablespoon lemon juice
- 2 tablespoons sweet sherry
- 2 tablespoons honey
- 2 tablespoons light soy sauce

1. Place undrained peaches, ginger wine, garlic, ginger, chilli, lemon juice, sherry, honey and soy sauce into blender jug, select HIGH speed and blend until smooth.
2. Serve with grilled chicken or baked fish.

CREAMY ZUCCHINI SAUCE

Makes approx. 2 cups

- 3 tablespoons oil
- 3 zucchinis, trimmed and sliced
- 2 onions, peeled and chopped
- 60g butter, melted
- ¾ cup cream
- ½ cup grated fresh Parmesan cheese
- ¼ teaspoon ground nutmeg
- Freshly ground black pepper, to taste

1. Heat oil in a saucepan and cook zucchini and onions for 4-5 minutes or until tender. Set aside to cool.
2. Transfer cooled mixture to blender jug, select HIGH speed and blend until combined.
3. Add remaining ingredients, season to taste with black pepper if required, select HIGH speed and blend until ingredients are combined. Return blended mixture to pan.
4. Cook sauce over a low heat until simmering. Serve sauce immediately with pasta.

Sauces and Marinades continued

RASPBERRY MAYONNAISE

Makes approx. 1 cup

6 egg yolks

1 teaspoon French mustard

1 tablespoon lemon juice

1 tablespoon raspberry vinegar

½ cup/125ml peanut oil or vegetable oil

Freshly ground black pepper, to taste

1 tablespoon boiling water

1. Place egg yolks, mustard, lemon juice and vinegar into blender jug, select LOW speed and blend until light and fluffy.
2. With motor running, remove inner measuring cup from lid and slowly pour oil into mixture through hole in lid. Blend until mixture thickens.
3. Season to taste with pepper and blend in boiling water.
4. Transfer Raspberry Mayonnaise to a sterilised, screw top jar. Cover and refrigerate until required.

Variations:

GARLIC MAYONNAISE

Add 3 minced garlic cloves to the egg yolk mixture and replace lemon juice with lime juice and raspberry vinegar with tarragon vinegar.

HERBED MAYONNAISE

Replace raspberry vinegar with ¼ cup chopped mixed fresh herbs (such as basil, chives, parsley and thyme) and 1 clove garlic, peeled and chopped. Blend into prepared mayonnaise.

First Foods for Baby

APPLE PEAR AND BANANA BLEND

Makes approx. 1½ cups

½ cup stewed apple

½ cup stewed pear

½ banana, peeled and mashed

1. Place apple, pear and banana into blender jug, select LOW speed and blend until smooth. Serve immediately.

PUREED VEGETABLES

Makes approx. cup

½ cup chopped, steamed vegetables

⅓ cup/80ml boiled water or formula

1. Place vegetables and water into blender jug, select HIGH speed and blend until smooth.
2. More or less water may be required depending on the thickness desired. Serve immediately.

VEGETABLE AND LENTIL SOUP

Makes approx. 3 cups

1 cup chopped mixed vegetables

2 cups/500ml water

1 tablespoon red lentils

1. Place vegetables, water and lentils into a medium saucepan.
2. Bring to the boil, then reduce heat and simmer until vegetables and lentils are tender. Set aside to cool.
3. Transfer mixture to blender jug, select HIGH speed and blend until smooth. Serve immediately.

CHEESY SPINACH

Makes approx. 1½ cups

Cheese Sauce

15g butter

2 teaspoons plain flour

½ cup/125ml milk

2 tablespoons grated mild tasty cheese

¾ cup steamed spinach leaves

1. Melt butter in a small saucepan over a medium heat. Stir in flour and cook for 1 minute.
2. Remove from heat and gradually blend in milk until smooth. Return to heat and stir continuously until the sauce boils and thickens.
3. Reduce the heat and simmer for 2 minutes. Blend in the cheese. Set aside to cool slightly.
4. Place spinach and cooled cheese sauce into blender jug, select LOW speed and blend until smooth. Serve immediately.

MINI BANANA SMOOTHIE

Makes approx. 1½ cups

1 cup/250ml milk or formula

2 tablespoons unflavoured yoghurt

1 small ripe banana, cut into 2cm pieces

1. Place milk, yoghurt and banana into blender jug, select LOW speed and blend until smooth. Serve immediately.

Batters

LIME BATTER

Makes approx. 3 cups

½ cup/125ml lime juice

1 cup/250ml soda water

2 teaspoons finely grated lime rind

1½ cups/225g plain flour

1. Place lime juice, soda water, lime rind and flour into blender jug, select HIGH speed and blend until smooth.
2. Use Lime Batter to coat seafood or poultry.

YORKSHIRE PUDDINGS

Serves 6

¼ cup/60ml water

⅓ cup/80ml milk

1 x 60g egg, lightly beaten

¾ cup/112g plain flour

Freshly ground black pepper

1½ tablespoons oil or beef dripping

1. Place water, milk, egg, flour and pepper into blender jug, select LOW speed and blend until smooth.
2. Place 1 teaspoon oil in each of six large muffin pans and heat in oven until oil is sizzling.
3. Divide batter between muffin pans and cook at 220°C for 10-15 minutes, or until puffed and golden.
4. Serve Yorkshire Puddings as an accompaniment for roast beef.

CRÊPES WITH RASPBERRY SAUCE

Makes 10-12

1¼ cups milk

2 x 60g eggs

3 teaspoons butter, melted

1 cup/150g plain flour

Raspberry Sauce

250g fresh or frozen raspberries (defrosted)

¼ cup icing sugar

2 tablespoons Grande Marnier or orange liqueur

2 tablespoons water

1. Place milk, eggs, butter and flour into blender jug, select LOW speed and blend until smooth batter forms.
2. Pour ¼ cup of batter into a non-stick frying pan, swirl mixture to spread evenly over pan and cook over a medium heat until golden brown.
3. Turn crêpe over and cook for 30 seconds longer. Set aside and keep warm.
4. Repeat with remaining batter mixture.
5. Place raspberries, icing sugar, Grande Marnier and water into blender jug, select LOW speed and blend until smooth.
6. Spoon Raspberry Sauce over crêpes and serve.

Desserts

BANANA COCONUT PARFAIT

Serves 4-6

- 3 x 60g eggs, separated
- ½ cup caster sugar
- ⅓ cup/80ml coconut cream
- 3 small bananas, peeled and chopped
- 1 tablespoon lime juice
- 1 teaspoon ground cinnamon
- 1 tablespoon Marsala wine or sweet sherry
- 3 teaspoons gelatine
- 3 tablespoons hot water
- 1 cup/250ml thickened cream

1. Beat egg yolks and caster sugar in a mixing bowl, until thick and creamy.
2. Place coconut cream, bananas, lime juice, cinnamon and Marsala in blender jug, select HIGH speed and blend until smooth.
3. Blend gelatine with hot water, cool slightly.
4. Blend cooled gelatine mixture into egg yolk mixture, then stir in coconut mixture.
5. Place cream in a bowl and beat until soft peaks form, then fold through coconut mixture.
6. Beat egg whites until stiff peaks form, then fold through coconut mixture.
7. Spoon into four or six individual serving glasses and refrigerate until firm.

APRICOT CREAMS

Serves 4-6

- 1 x 850g can apricots in syrup
- 3 teaspoons gelatine
- 1 cup/250ml cream, whipped

1. Drain apricots, reserve syrup.
2. Place apricots into blender jug, select LOW speed and blend until smooth.
3. Measure apricot puree to 1¼ cups. Reserve remaining puree.
4. Sprinkle gelatine over 3 tablespoons of the reserved syrup and dissolve over hot water.
5. Set aside to cool then whisk into 1½ cups apricot puree.
6. Fold in whipped cream. Pour mixture into four or six individual moulds. Chill until firm. Turn out and serve with remaining puree and cream if desired.

CHOC-ORANGE PUMPKIN FLAN

Serves 4-6

- 125g sweet un-iced chocolate biscuits
- 3 tablespoons walnuts
- 90g butter, melted

Filling

- 250g pumpkin, peeled and cooked
- 2 teaspoons grated orange rind
- ¾ cup cream
- 2 x 60g eggs, separated
- 1 teaspoon mixed spice
- ¼ teaspoon ground nutmeg
- ⅓ cup brown sugar, firmly packed
- 1½ tablespoons gelatine
- 3 tablespoons hot water

1. Place biscuits into blender jug, select Pulse until biscuits are crushed.
2. Transfer biscuit crumbs to a large bowl.
3. Place walnuts into blender jug, select Pulse until nuts are finely chopped. Add to biscuit crumbs in bowl.
4. Stir in melted butter. Press crumbed mixture over base and sides of a 20cm pie plate. Refrigerate until firm.
5. Place pumpkin, orange rind, 3 tablespoons cream, egg yolks, spice, nutmeg and sugar into blender jug, select HIGH speed and blend until smooth.
6. Pour pumpkin mixture into a saucepan and stir over a medium heat until hot but not boiling.
7. Blend gelatine with hot water, cool slightly.
8. Whisk dissolved gelatine into pumpkin mixture. Allow to cool and refrigerate until almost set. Check every 15 minutes.
9. Whip extra cream and fold through pumpkin mixture with beaten egg whites. Spoon filling into biscuit base and refrigerate until set.
10. Serve with extra cream and chopped walnuts if desired.

Cocktails

MARGARITA

Serves 2

2 tablespoons/40ml tequila
2 tablespoons/40ml Triple Sec or orange liqueur
1 cup/250ml lime juice
12 ice cubes

1. Place tequila, Triple Sec, lime juice and ice cubes into blender jug, select HIGH speed and blend until ingredients are well combined and ice is crushed.
2. Serve in margarita glasses, garnish with small wedges of lime.

FLUFFY DUCK

Serves 2

3 tablespoons/60ml white rum
3 tablespoons/60ml advocaat
½ cup/125ml orange juice
½ cup/125ml cream
12 ice cubes
Soda water, extra

1. Place rum, advocaat, orange juice, cream and ice cubes into blender jug, select HIGH speed and blend until ingredients are well combined and ice is crushed.
2. Pour into tall glasses, add extra soda water, garnish with orange slices and cherries.

WILD STRAWBERRY

Serves 2

3 tablespoons/60ml white Crème de Cacao liqueur
3 tablespoons/60ml strawberry liqueur
1½ tablespoons/30ml Galliano liqueur
2 tablespoons/40ml coconut cream
3 tablespoons/60ml orange juice
2 tablespoons/40ml cream
6 strawberries, stems removed and sliced
10 ice cubes

1. Please Crème de Cacao, strawberry liqueur, Galliano, coconut cream, orange juice, cream, strawberries and ice cubes into blender jug, select HIGH speed and blend until ingredients are well combined and ice is crushed.
2. Pour into cocktail glasses and garnish with strawberries.

MELON DREAM

Serves 2

1 tablespoon/20ml Triple Sec liqueur
1½ tablespoons/30ml Galliano liqueur
1½ tablespoons/30ml cream
1½ tablespoons/30ml orange juice
1 cup chopped Champagne melon
10 ice cubes

1. Place Triple Sec, Galliano, cream, orange juice, rockmelon and ice cubes into blender jug, select HIGH speed and blend until ingredients are well combined and ice is crushed.
2. Pour into tall glasses and garnish with slices of melon.

Cocktails continued

BLOODY MARY

Serves 2

1 cup/250ml tomato juice
¼ cup/60ml vodka
½ cup/125ml lemon juice
1 egg white
Salt and pepper, to taste
¼ teaspoon Tabasco sauce
¼ teaspoon Worcestershire sauce
5-6 ice cubes
Celery leaves, for garnish

1. Place tomato juice, vodka, lemon juice, egg white, salt and pepper to taste, Tabasco sauce, Worcestershire sauce and ice cubes into blender jug, select HIGH speed and blend until ingredients are well combined and ice is crushed.
2. Pour into tall glasses and garnish with celery leaves.

FRUIT COCKTAIL

Serves 2

1 cup/250ml pineapple juice
1 banana, peeled and chopped
1 orange, skin and pith removed then quartered
1 cup/250ml soda water
2 tablespoons passionfruit pulp

1. Place pineapple juice, banana and orange into blender jug, select HIGH speed and blend until well combined.
2. Add soda, blend a further 10 seconds.
3. Stir in passionfruit pulp and serve in tall glasses garnished with pineapple leaves.

CRANBERRY CRUSHER

Serves 2

1 cup peeled and chopped pink grapefruit
½ cup/125ml orange juice
½ cup/125ml cranberry juice
1 tablespoon caster sugar
1 cup/250ml ginger ale

1. Place grapefruit, orange juice, cranberry juice and sugar into blender jug, select HIGH speed and blend until ingredients are well combined.
2. Pour into tall glasses, add ginger ale and serve immediately.

PINEAPPLE COCONUT CREAM COOLER

Serves 2

2 cups/500ml pineapple juice
½ cup/125ml coconut cream
Ice cubes, extra

1. Place pineapple juice and coconut cream into blender jug, select HIGH speed and blend until ingredients are well combined.
2. Pour into tall glasses and add ice cubes.

Smoothies

LIME CRUSH

Serves 4

½ cup/125ml lime juice

¼ cup sugar

2 cups/500ml mineral water

2 cups/500ml soda water

1 lime, thinly sliced, for serving

1. Place lime juice, sugar, mineral water, soda water into blender jug, select HIGH speed and blend until ingredients are well combined.
2. Pour into chilled glasses and serve with lime slices.

BANANA DELIGHT

Serves 2

2 cups/500ml milk

2 bananas, peeled and chopped

¼ cup/60ml cream

1 tablespoon sugar

1 teaspoon lemon juice

1 egg yolk

Pinch of nutmeg, for serving

1. Place milk, bananas, cream, sugar, lemon juice and egg yolk into blender jug, select HIGH speed and blend until ingredients are well combined.
2. Serve immediately in tall glasses and sprinkle with nutmeg.

MANGO SMOOTHIE

Serves 4

2 mangoes, peeled and sliced

1½ cups/375ml unflavoured yoghurt

1 cup/250ml orange juice

1. Place mango, yoghurt and orange juice into blender jug, select HIGH speed and blend until smooth and aerated.
2. Pour into tall glasses and serve immediately.

POWER SHAKE

Serves 2

2 tablespoons cocoa powder

1 teaspoon instant coffee

2 tablespoons boiling water

2 tablespoons sugar

1 x 60g egg

1 tablespoon wheat germ

2 cups/500ml cold milk

1. Dissolve cocoa and coffee in the boiling water.
2. Place dissolved mixture, sugar, egg, wheat germ and milk into blender jug, select HIGH speed and blend until smooth and aerated.
3. Pour into tall glasses and serve immediately.

ORANGE BUTTERMILK MIXER

Serves 2

1 cup/250ml concentrated orange juice

½ cup/125ml buttermilk

2 tablespoons sugar

¼ teaspoon vanilla

1. Place orange juice, buttermilk, sugar and vanilla into blender jug, select HIGH speed and blend until well combined.
2. Pour into tall glasses and serve immediately.

TROPICAL SMOOTHIE

Serves 2

2 bananas, peeled and chopped

1 cup peeled lychees

1 cup/250ml unflavoured yoghurt

1 cup/250ml milk

½ cup honey

1. Place banana, lychees, yoghurt, milk and honey into blender jug, select HIGH speed and blend until ingredients are well combined.
2. Pour into tall glasses and serve immediately.

Notes

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