

# Breville

## Vegetable and Citrus Duo

# Breville

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Model JE3  
Issue 1/00

INSTRUCTIONS FOR USE  
MODEL JE3

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## BREVILLE RECOMMENDS SAFETY FIRST

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

### **READ ALL INSTRUCTIONS BEFORE OPERATING AND SAVE FOR FUTURE REFERENCE**

- Do not immerse the motor base, plug or cord in water or any other liquid
- Always use the Vegetable and Citrus Duo on a dry level surface
- Always ensure the safety locking arms are locked into position and the unit is correctly assembled before the unit is switched on
- Always use pusher provided to guide food down the feed tube. NEVER use fingers or other utensils.
- Always switch appliance to off then switch the power off at the power outlet. Remove the plug before disassembling the unit. Wait for the motor to come to a complete standstill before opening the lid.
- Always switch the appliance off then switch the power off at the power outlet before removing the plug.
  - If the appliance is to be left unattended
  - If not in use
  - Before cleaning
  - Before attempting to move the appliance
- Do not wash the stainless steel filter basket in the dishwasher
- The appliance is not intended for use by young children or infirm persons without supervision.

- Do not leave the appliance unattended when in use. Young children should be supervised to ensure that they do not play with the appliance.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest authorised Breville Service Centre for examination, replacement or repair.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use outdoors.

## KNOW YOUR BREVILLE VEGETABLE AND CITRUS DUO

1. **Food pusher** for guiding pieces of vegetables and fruit down the feed chute
2. **Feed chute**
3. **Juicer lid**
4. **Stainless Steel Micro Mesh Filter Basket**
5. **Citrus extractor cone**
6. **Citrus extractor cone cover**
7. **Large pulp container**
8. **Safety locking arms** lock the assembled unit in place - the juicer will not operate without the arms locked into position.
9. **Transparent juice jug**
10. **On/off switch**
11. **Motor base**
12. **Juice outlet**



## ASSEMBLING YOUR BREVILLE VEGETABLE AND CITRUS DUO

### Before first use :

Wash all removable parts in hot, soapy water. Rinse and dry thoroughly. It is recommended NOT to wash any parts of the Vegetable and Citrus Duo in the dishwasher as the harsh detergents and high water temperature will discolour and distort these parts.



**DO NOT IMMERSE THE MOTOR BASE, PLUG OR CORD IN WATER OR ANY OTHER LIQUID.**

### *Assembling as a Vegetable Juice Extractor*

#### Step 1. Place motor base and pulp container into position

Place the motor base on a dry, level surface. Place the pulp container on top of the drive shaft.



Figure 1

#### Step 2. Place filter basket into position

Sit the Stainless Steel Filter Basket into the pulp container, over the drive shaft coupling. Push down on filter basket firmly to ensure it is seated and locked onto the drive shaft. (see figure 2)



Figure 2

#### Step 3. Lock the juicer cover into place

Place the juicer cover on top of the pulp container and secure it by raising and clicking the two safety locking arms on the sides of the juicer into position. If the safety locking arms are not locked into position, a built-in safety device will prevent the Vegetable and Citrus Duo from operating. (see figure 3).

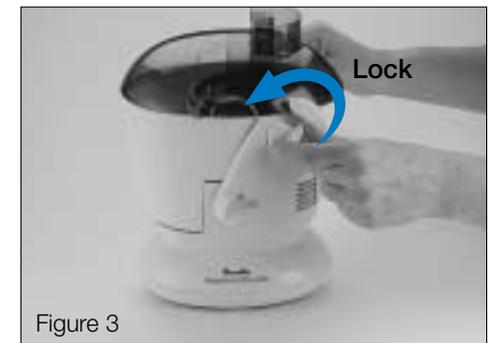


Figure 3

#### Step 4. Position the juice jug

Place the jug directly underneath the juice outlet on the right hand side of the motor base.

**Step 5. Use the food pusher** to move vegetables down the food chute

## ASSEMBLING YOUR BREVILLE VEGETABLE AND CITRUS DUO (CONTINUED)

### Assembling as a Citrus Juice Extractor

#### Step 1. Place motor base and pulp container

Place the motor base on a dry, level surface. Place the pulp container on top of the drive shaft.



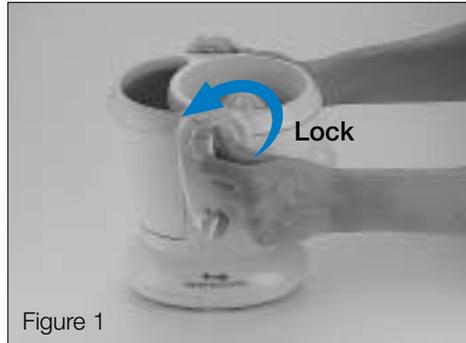
#### Step 2. Place juicer cone into position

Sit the plastic juicer cone onto the pulp container, over the drive shaft coupling.



#### Step 3. Lock the juicer rim into place

Place the juicer rim onto the top of the pulp containers and secure it by raising and clicking the two safety locking arms on the sides of the juicer into 'lock' position. If the safety locking arms are not locked into position, a built-in safety device will prevent the Vegetable and Citrus Duo from operating.



#### Step 4. Position the juice jug

Place the juice jug directly underneath the juice outlet on the right hand side of the motor base.

## OPERATING YOUR BREVILLE VEGETABLE AND CITRUS DUO

### Operating the Vegetable Juice Extractor

**Step 1.** Wash your selected fruit and vegetables and cut to size in order to fit through the feed chute before turning juicer on.

**Step 2.** Ensure the Vegetable and Citrus Duo is correctly assembled (See page 5) and that the safety locking arms are locked into position.

Ensure the juice jug is placed underneath the juice outlet.

**Step 3.** Plug the power cord into a 230/240v power outlet and turn the power on. Switch the 'On/Off' switch on the Vegetable and Citrus Duo to the ON position to start juicer operating.

**Step 4.** With the motor running, then place the pre-cut food down the feed chute. Using the food pusher, gently guide the food down the chute.



**NOTE!** To extract the maximum amount of juice always push the food pusher down slowly.

**NOTE!** When juicing carrots place the tip of the carrot in last.



**NEVER USE FINGERS TO PUSH FOOD DOWN THE FEED CHUTE OR TO CLEAR THE CHUTE WHILE THE JUICER IS OPERATING. ALWAYS USE THE FOOD PUSHER PROVIDED.**

**Step 5.** Juice will flow into the juice jug and the separated pulp will accumulate in the pulp container.

**Step 6.** When juicing is complete, turn the 'ON/OFF' switch to the OFF position, switch off the power at the power outlet and remove the plug.

**ALWAYS** turn the Vegetable and Citrus Duo OFF and remove the plug from the power outlet before unlocking and opening the unit.

**ALWAYS** ensure that the motor has come to a complete standstill before unlatching and lifting the lid to remove the pulp container.

**NOTE!** Do not allow the pulp container to overfill as this may prevent correct operation or damage the unit.

## OPERATING YOUR BREVILLE VEGETABLE AND CITRUS DUO (CONTINUED)

### Operating the Citrus Juice Extractor

**Step 1.** Wash your selected fruit and cut in half to fit over cone.

**Step 2.** Ensure the Vegetable and Citrus Duo is correctly assembled (See page 6) and that the safety locking arms are locked into position.

Ensure the juice jug is placed underneath the juice outlet.

**Step 3.** Plug the power cord into a 230/240v power outlet and turn the power on. Switch the 'On/Off' switch on the Vegetable and Citrus Duo to the ON position to start juicer operating.

**Step 4.** With the motor running, place cut citrus fruit onto the cone. Press gently to extract juice from fruit.



Figure 2

**Step 5.** Juice will flow into the juice jug and the separated pulp will accumulate in the pulp container.

**Step 6.** When juicing is complete, turn the 'ON/OFF' switch to the OFF position, switch off the power at the power outlet and remove the plug.

**ALWAYS** turn the Vegetable and Citrus Duo OFF and remove the plug from the power outlet before unlocking and opening the unit.

**ALWAYS** ensure that the motor has come to a complete standstill before unlatching and lifting the lid to remove the pulp container.

## CARE AND CLEANING

**For easy cleaning always rinse out and air dry all the removable parts of the Vegetable and Citrus Duo after use.**

- Ensure the Vegetable and Citrus Duo has been switched off at the power outlet and then unplug before cleaning.
- Unlock the safety locking arms and remove the food pusher and lid, or citrus cone and rim, from the assembled unit.
- Carefully remove the Stainless Steel Filter Basket
- Remove the pulp container and empty its contents into a bin for use on the garden as compost.
- Wash all removable parts in hot, soapy water. It is recommended NOT to wash any parts of the Vegetable and Citrus Duo in the dishwasher as the harsh detergents and high water temperature will discolour and distort the parts.
- Wipe the motor base with a damp cloth. Do not use abrasives, harsh cleaning solutions or hard brushes for cleaning as these may scratch and damage the unit.
- If staining occurs from carrots or oranges, use a mixture of bicarbonate soda and water to form a paste to help clean the unit. Toothpaste can also assist with cleaning.



**DO NOT IMMERSE THE MOTOR BASE, PLUG OR CORD IN WATER OR ANY OTHER LIQUID.**

- Using a nylon washing brush is most effective when cleaning the filter basket. Using the brush, hold the filter basket under running water and brush from the inside of the basket out (see figure 3).

Always treat the filter basket with care as it can be easily damaged.



Figure 3

- Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use. If discolouration does occur, the plastic parts can be soaked in bleach and water. Use 20mls bleach to 1 litre of water, soak plastic parts for a maximum of 5 minutes, then rinse thoroughly.
- Do not soak the filter basket in pure bleach.



**NOTE!**

**To assist with cleaning the filter basket, soak it in hot soapy water for approximately 10 minutes. If the pulp is left to dry on the filter it may clog the fine pores of the filter mesh, thereby lessening the effectiveness of the filter. The filter basket is not dishwasher safe.**

## TROUBLE SHOOTING GUIDE

Possible Problem	Easy Solution
Machine will not work when switched on	The safety locking arms may not be correctly locked into position. Ensure that they have clicked into place
Motor appears to stall when juicing	Wet pulp can build up under the lid if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly
Excess pulp building up in the Stainless Steel Filter Basket	Stop the juicing process and turn off power at power outlet. Remove the lid and scrape off the pulp. Reassemble with safety locking arms locked in position and begin juicing again. Try alternating vegetable and juice varieties.
Pulp too wet and insufficient juice	Try a slower juicing action. Remove mesh filter basket and clean mesh wall with a fine brush in a solution of 70% water and 30% bleach. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow.
Juice leaks between the rim of the lid and the pulp container	Try slower juicing action by pushing the food pusher down more slowly.
Juice sprays out from juice spout	Try a slower juicing action by pushing the food pusher down more slowly. Only allow the juice jug to fill to three quarters of capacity, then empty.

## THE INSIDE INFORMATION ON JUICE

Although the juice drinks contained in this booklet were developed with flavour, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.

95% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruits and vegetables form an important part of a well-balanced healthy diet.

Fresh fruit and vegetable juices are an easy-to-make source of vitamins and minerals. Juices are rapidly absorbed into the blood stream, therefore being the quickest way in which the body can digest nutrients.

When you make your own juices, you have complete control over what you include in them. You select the ingredients and decide if you need to use sugar, salt or other flavouring agents.

Freshly extracted juices should be drunk just after they have been made to avoid a loss of vitamin content.

## PREPARATION OF FRUIT AND VEGETABLES

- If using fruits with hard or inedible skins such as melons, pineapple, mango and kiwi fruit always peel before placing in the Juicer.
- All fruits with pips and seeds or stones such as nectarines, peaches, apricots, plums and cherries must be pitted before juicing.
- A small amount of lemon juice can be added to apple juice for clearer juice.

## USING THE PULP

The remaining pulp left after juicing fruit or vegetables is mostly fibre and cellulose, which, like the juice, contains vital nutrients necessary for the daily diet and can be used in many ways.

However, like the juice, pulp should be used on the day to avoid loss of vitamins.

Recipes for the use of pulp have been included in this book (see page 17). Apart from these, some of the other uses of pulp are to bulk out rissoles, thicken casseroles or soups or in the case of fruit, simply placed in a bowl topped with meringue and baked for a simple desert.

Quite apart from the consumption use, pulp is great used in the garden for compost.

## FRUIT AND VEGETABLE FACTS

Fruit and Vegetables	Best Season To Buy	Storage	Nutritional Value	Kilojoule/ Calorie Count
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Pectin	200g Apple =300kj (72 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	30g Apricot =85kj (20 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre Vitamin C and Potassium	160g Beetroot =190kj (45 cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	125g Blueberries =295kj (70 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =195kj (23 cal)
Brussels Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C B2, B6, E, Folate and Dietary Fibre	100g Brussels Sprouts =110kj (26 cal)
Cabbage	Winter	Wrap, trimmed in the refrigerator	Vitamin C Folate, Potassium B6 and Dietary Fibre	100g Cabbage =110kj (26 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	120g Carrots =125kj (30 cal)
Cauliflower	Autumn/ Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin K and Potassium	100g Cauliflower = 55kj (13 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	80g stick =55kj (7 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	280g Cucumber =120kj (29 cal)
Fennel	Winter/ Spring	Crisper in refrigerator	Vitamin C and Dietary Fibre	300g Fennel = 145kj (35 cal)
Grapes	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	125g Grapes =355kj (85 cal)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =100j (40 cal)
Mangoes	Summer	Covered in refrigerator	Vitamins A, C, B1, B6 and Potassium	240g Mango =200kj (102 cal)
Melons	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200g Melon =210kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C B3, Potassium and Dietary fibre	180g Nectarines =355kj (85 cal.)

## FRUIT AND VEGETABLE FACTS (CONTINUED)

Fruit and Vegetables	Best Season To Buy	Storage	Nutritional Value	Kilojoule/ Calorie Count
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3 Potassium and Dietary Fibre	150g Peach =205kj (49 cal)
Pears	Autumn	Refrigerate uncovered	Dietary Fibre	150g Pear =250kj (60 cal)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	150g Pineapple =245kj (59 cal)
Plums	Summer	Refrigerate uncovered	Dietary Fibre	70g Plums =110kj (26 cal)
Raspberries	Summer	Covered in refrigerator	Vitamin C, Iron, Potassium and Magnesium	125g Raspberries =130kj (31 cal)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C Dietary fibre Vitamin E, Folate and Vitamin A	100g Tomatoes =90kj (22 cal)

## FRESH STARTS

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### APPLE, CARROT AND CELERY JUICE

You may alter the amounts of either the carrots or apple to make the juice sweeter or savoury to suit your taste buds:

Makes approximately 2 cups

*4 small Granny Smith apples*  
*3 medium sized carrots, trimmed*  
*4 sticks celery*

1. Process apples, carrots and celery through Vegetable and Citrus Duo. Mix well and serve immediately.

### TOMATO, CARROT, CELERY AND LIME JUICE

Makes approximately 3 cups

*2 medium tomatoes*  
*1 large carrot, trimmed*  
*2 celery stalks trimmed*  
*3 tablespoons freshly squeezed lime juice*

1. Process tomatoes, carrot and celery through Vegetable and Citrus Duo. Stir in lime juice. Serve immediately.

### CARROT, BEETROOT AND ORANGE JUICE

Makes approximately 2 cups

*2 medium carrots, trimmed*  
*3 medium beetroot, trimmed*  
*1 cup freshly squeezed orange juice*

1. Process carrots and beetroot through Vegetable and Citrus Duo. Stir in orange juice. Serve immediately.

### APPLE, PEACH AND GRAPEFRUIT JUICE

Makes approximately 2½ cups

*1 small Delicious apple*  
*2 large peaches, halved and seed removed*  
*1 cup freshly squeezed grapefruit juice*

1. Process apple and peaches through Vegetable and Citrus Duo. Stir in grapefruit juice. Serve immediately.

### PINEAPPLE, PEACH AND PEAR JUICE

Makes approximately 3 cups

*½ small pineapple, peeled and halved*  
*2 peaches, halved and seeds removed*  
*2 small ripe pears*

1. Process pineapple, peaches and pears through Vegetable and Citrus Duo. Serve immediately.

### APPLE, PEAR AND STRAWBERRY JUICE

Makes approximately 3 cups

*1 small Granny Smith apple*  
*3 small ripe pears*  
*1 cup strawberries, trimmed*

- 1.. Process apple, pears and strawberries through Vegetable and Citrus Duo. Serve immediately.

## FRESH STARTS (CONTINUED)

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### ROCKMELON, MINT AND MANGO JUICE

Makes approximately 2½ cups

*½ small rockmelon, peeled, seeded and halved*  
*3 sprigs fresh mint leaves*  
*1 mango, halved, seeded and peeled*

1. Process rockmelon, mint and mango through Vegetable and Citrus Duo. Serve immediately.

### TOMATO, CUCUMBER, PARSLEY AND CARROT JUICE

Makes approximately 3 cups

*3 medium tomatoes*  
*1 large cucumber*  
*1 large bunch fresh parsley*  
*3 medium carrots, trimmed*

1. Process tomatoes, cucumber , parsley and carrots through Vegetable and Citrus Duo. Serve immediately.

## VITAMIN SUPPLEMENTS

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### TOMATO, CARROT AND RED CAPSICUM JUICE

Makes approximately 3 cups

*2 small red capsicums*  
*3 medium tomatoes*  
*3 carrots, trimmed*  
*4 sprigs parsley*

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through Vegetable and Citrus Duo. Serve immediately.

### BLACKBERRY, PEAR AND GRAPEFRUIT JUICE

Makes approximately 3 cups

*250g blackberries*  
*3 ripe pears*  
*1 cup freshly squeezed grapefruit juice*

1. Process blackberries and pears through Vegetable and Citrus Duo. Stir in grapefruit juice and serve immediately.

### BLUEBERRY, BLACKBERRY, STRAWBERRY AND LIME JUICE

Makes approximately 3½ cups

*500 blackberries*  
*500g blueberries*  
*500g strawberries, hulled*  
*2 tablespoons freshly squeezed lime juice*

1. Process blackberries, blueberries and strawberries through Vegetable and Citrus Duo. Stir in lime juice and serve immediately.

### BEETROOT, APPLE AND CELERY JUICE

Makes approximately 2 cups

*4 medium sized beetroot, trimmed*  
*2 medium Granny Smith apples*  
*4 sticks celery*

1. Process beetroot, apples and celery through Vegetable and Citrus Duo. Serve immediately.

## ENERGY FUEL

### GRAPE, KIWI FRUIT AND BERRY BOOSTER

Serves 6

Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.

500g green seedless grapes, stems removed  
2 kiwi fruit, peeled  
250g strawberries, hulled  
500ml skim milk  
2 tablespoons powdered protein drink mix  
1/2 cup crushed ice

1. Process grapes, kiwi fruit and strawberries through Vegetable and Citrus Duo.
2. Mix in milk, protein drink mix and crushed ice. Serve immediately.

### APRICOT, APPLE AND PEAR SPARKLE

Serves 4

4 large apricots, halved and seeded  
4 small red apples  
3 medium pears  
250ml sparkling mineral water  
1/2 cup crushed ice

1. Process apricots, apples and pears through Vegetable and Citrus Duo. Stir in mineral water and ice. Serve immediately.

### BEETROOT, CARROT AND ORANGE QUENCHER

Serves 4

8 carrots  
2 small beetroots, trimmed  
1/4 cup fresh mint leaves  
1 cup freshly squeezed orange juice

1. Process carrots and beetroot with mint leaves through Vegetable and Citrus Duo. Stir in orange juice. Serve immediately.

### MANGO, ROCKMELON AND ORANGE YOGHURT DRINK

Serves 4

1 mango, halved, peeled and seeded  
1/2 small rockmelon, peeled, seeded and cut into two equal portions  
1 1/2 cups freshly squeezed orange juice  
3 tablespoons natural yoghurt

1. Process mango and rockmelon through Vegetable and Citrus Duo.
2. Pour into large bowl and whisk in orange juice and yoghurt. Serve immediately.

## FIBRE FAVOURITES

Rather than waste the fibre from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

### VEGETABLE AND BACON SOUP

Serves 4

3 teaspoons butter  
1 onion, finely chopped  
1 ham bone  
350g beetroot pulp, strained and juice reserved  
50g potato pulp, strained and juice reserved  
50g carrot pulp, strained and juice reserved  
100g tomato pulp, strained and juice reserved  
50g cabbage pulp, strained and juice reserved  
reserved juices and enough water to make up 2 litres  
4 bacon rashers, chopped  
1 tablespoon lemon juice  
1/2 cup sour cream

1. Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden.
2. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices, water, bacon and lemon juice.
3. Bring to the boil, reduce heat and simmer for 30-40 minutes.
4. Remove ham bone, discard bone, finely chop meat and return to the pan. Serve topped with sour cream.

### CARROT CAKE

1 3/4 cups plain flour  
2 teaspoons baking powder  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1/2 teaspoon cardamon  
1/2 cup peanuts, chopped  
1/2 cup sultanas  
1/2 cup brown sugar, firmly packed  
1 1/2 cup carrot pulp  
1/2 cup oil  
2 eggs, lightly beaten  
1/4 sour cream

1. Grease and line a 25cm x 15cm loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamon, peanuts, sultanas, brown sugar and carrot pulp, stir to combine.
2. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended.
3. Bake at 180°C for 1 hour or until cake is cooked when tested with a skewer.
4. Remove from oven, stand in cake pan for 5 minutes before inverting out onto a wire cake rack.

