

Breville

ikon™
BBL550

Kinetix® Blender
Instructions



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Congratulations

on the purchase of your new Breville ikon™ Blender



Breville recommends safety first

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:

Important safeguards for your Breville ikon™ Blender

- Carefully read all instructions before operation and save for future reference.
- Remove any packaging material and promotional stickers before using the Breville ikon™ 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 Breville ikon™ Blender near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Do not place the Breville ikon™ Blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the Breville ikon™ Blender is properly assembled before use. Refer to assembly and operation (Page 9).
- Use only the blender jug and lid supplied with the Breville ikon™ Blender.
- Always ensure the blender lid is firmly positioned on the blender jug before operating.
- Always ensure the Breville ikon™ Blender is turned off by pressing the 'Power' button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have completely stopped before attempting to move the appliance, or when the Breville ikon™ Blender is not in use and before disassembling, cleaning and storing.
- Do not operate the appliance continuously with heavy loads for more than 10 seconds. Allow the motor to rest for 1 minute between each use.
- None of the recipes in this instruction book are considered a heavy load.
- Do not leave the Breville ikon™ Blender unattended when in use.
- If food becomes lodged around the blending blade, turn the Breville ikon™ Blender off by pressing the power button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have completely stopped before removing the jug from the motor base. Use a spatula to dislodge or stir the food before continuing. Do not use fingers as the blades are sharp.
- Keep hands, fingers, hair, clothing as well as spatulas and other utensils away from the blender jug during operation. Never place your fingers, hands or utensils inside the blender jug without unplugging the appliance from the power outlet.
- Be careful when handling the blending blade assembly as the blades are very sharp. Be careful when emptying the blender jug and during cleaning. Mishandling of the blades may cause injury.
- Do not remove the blender jug from the motor base while in operation.
- Do not use the Breville ikon™ Blender for anything other than food and/or beverage preparation.
- Do not operate the Breville ikon™ Blender without food or liquid in the blender jug.
- Do not process hot or boiling liquids. Allow to cool before placing into the blender jug.
- Do not subject the blender jug to extremes of hot or cold, for example, placing a cold jug in hot water or vice versa.
- Keep the appliance clean. Refer to care and cleaning (Page 12).

Breville recommends safety first continued

- The motor is protected from burning out by an automatic, temperature operated, cut-out switch. If the blender is overloaded or operated continuously for too long, the motor may overheat. If this happens, the cut-out switch will prevent the blender from operating. To operate the blender again, you

must switch off at the power outlet, unplug and allow to cool for approximately 30 minutes. Once the motor has fully cooled, it is ready for use again.

Important safeguards for all electrical appliances

- Fully unwind the cord before use.
- To protect against electric shock, do not immerse the cord, plug or motor base in water or any other liquid.
- Do not allow the cord to hang over the edge a table or bench, touch hot surfaces or become knotted.
- This 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. Do not use the appliance if the power supply cord, 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 in moving vehicles or boats. Do not use outdoors. Do not use this appliance for anything other than its intended use. 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.



DO NOT OPERATE THE BLENDER CONTINUOUSLY WITH HEAVY LOAD FOR MORE THAN 10 SECONDS.

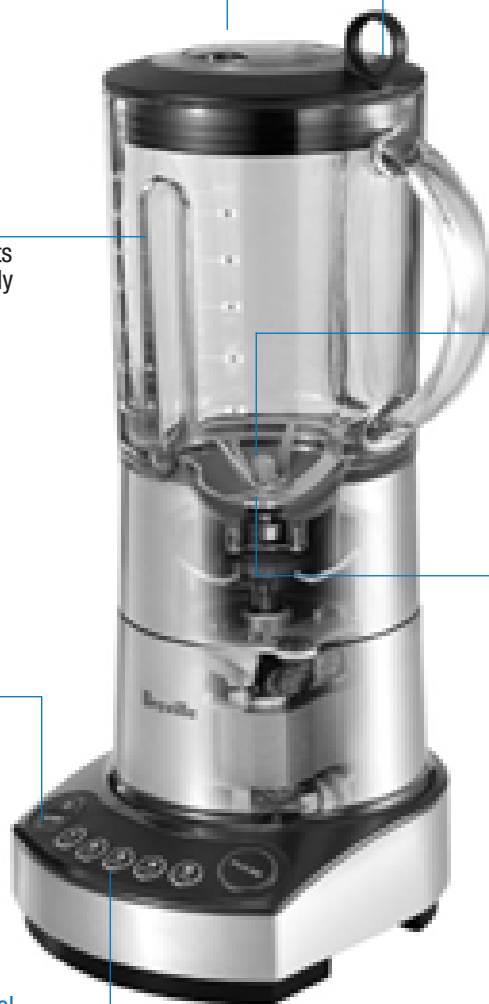
Know your Breville ikon™ Blender

Inner measuring lid
for adding ingredients
whilst blending.

Large 1.5 litre glass jug
dual ribs pass ingredients
onto the blades for evenly
blended results.

Illuminated buttons
for clarity and ease
of reading.

Electronic 5 speed control



Breville Assist™ Lid
ring pull ensures the lid is
easy to remove yet sealed
tight during operation.

**Kinetix® Blade and
Bowl System**
and extra wide stainless
steel blades are contoured
to the base of the jug,
minimising food traps.

One piece, blade removal
is ergonomically designed
for fast and easy cleaning.

Operating your Breville ikon™ Blender

Before first use

Before using your Breville ikon™ Blender for the first time, remove any packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash the lid, inner lid, blender jug and blade assembly (refer to Disassembling the blender jug on page 10) in warm, soapy water with a soft cloth. Rinse and dry thoroughly. The motor base can be wiped with a damp cloth. Dry thoroughly.

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

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

Note

Assembling and attaching the blender jug

Step 1

Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched off at the power outlet and the power cord is unplugged.

Step 2

To assemble the blender jug, replace the silicon seal onto the blade assembly (see page 11). Upright the blender jug and insert the blade assembly on to the jug base (see Page 11). Twist the Blade Removal System anticlockwise until firmly locked into position.

Step 3

Turn the blender jug upright and insert onto the motor base. The handle of the blender can be positioned to the left or the right of the appliance.

Step 4

Add food or liquid into the blender jug ensuring not to exceed the 'Max' mark. Place the blender lid firmly into position on the top of the blender jug. Insert the clear inner lid into the blender and turn clockwise into position (see Fig 1)



Fig 1

When adding oil or other liquids during the operation, turn the clean inner lid to the unlocked position and pour through the small holes on either side of the inner lid (see indents for finger placement Fig. 1) The inner lid can be removed to add ingredients or check the texture of the ingredients.

Note

The Breville ikon™ Blender features a Breville Assist™ Lid. This allows the lid to fit tightly onto the blender jug, avoiding displacement during operation. The ring pull design allows the user to easily remove the lid with a simple leverage action. (See Fig 2)

Note



Fig 2

Operating your Breville ikon™ Blender continued

Step 5

Plug the power cord into a 230/240V power outlet and switch on.

Step 6

Press the 'Power' button on the far left of the control panel to turn the blender on. The 'Power' button will illuminate and flash.

Do not fill the blender jug above the 'MAX' line. When the blender jug is filled at or near the 'MAX' line place one hand on the blender lid to avoid displacement of the lid during operation

Note

The ikon™ Blender will automatically stop blending after 120 seconds (2 minutes). This is a safety feature and restricts wear and overuse on the motor.

To stop blending at any time, press the 'Stop' button or the selected speed button. The 'Power' button can also be pressed, but this will also turn the appliance off and all illuminations will go out.

The speed can be changed at any time during the blending process. Each time a new speed is selected its button will illuminate and the previous speed button illumination will go out.

Note

Step 7

Select the required speed (1 to 5) by pressing the corresponding speed button. The blender will start to operate and the selected speed button will illuminate. The 'Power' button will illuminate and cease to flash. The 'Stop' button will illuminate and flash.

Operate the blender only for the appropriate amount of time required – do not over blend.

Step 8

When 120 seconds is reached, the blender will automatically cease to operate and the selected speed button and 'Stop' button illumination will go out. The 'Power' button will illuminate and flash.



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

Operating your Breville ikon™ Blender continued

To stop blending at any time, press the 'Stop' button or the selected function button. The 'Power' button can also be pressed, but this will also turn the appliance off and all illuminations will go out.

The maximum amount of ice cubes the blender can blend at any one time is 1 standard ice tray or 250g.

Note

Step 9

For ingredients that require short bursts of power, select the 'Pulse' function. The 'Pulse' button will illuminate and remain illuminated while the button is depressed. Press the 'Pulse' button in short bursts until blending is complete.

Use the 'Pulse' button when the food that is being processed is too thick or coarse to circulate within the blender jug.

Note

Step 10

At the end of use, always ensure the blender is turned off by pressing the 'Power' button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Ensure the motor and blades have completely stopped before attempting to move the appliance, or when the Breville ikon™ Blender is not in use and before disassembling, cleaning and storing.

During the blending process, ingredients may stick to the side of the blender jug. To push the food back onto the blades, press the 'Power' button on the control panel and switch off at the power outlet and remove the power cord. Remove the lid and use a plastic spatula to scrape down the sides of the jug. Replace the lid before recommencing blending.

If any moisture or liquid appears on top of the motor base during blending, press the 'Power' button on the control panel, switch off at the power outlet and remove the power plug. Remove the blender jug. Wipe the motor base immediately with a dry cloth or paper towelling to absorb the liquid. Check the blending jug is correctly assembled.

Note

Overload protection system

The motor is protected from burning out by an automatic, temperature operated, cut-out switch. If the blender is overloaded or operated continuously for too long, the motor may overheat. If this happens, the safety cut-out switch will prevent the blender from operating. To operate the blender again, you must switch off at the power outlet, unplug and allow to cool for approximately 30 minutes. Once the motor has fully cooled, it is ready for use again.

Disassembling your blender for cleaning, care and storage

Step 1

Always ensure the Breville ikon™ Blender is off by pressing the 'Power' button on the control panel. Then switch off at the power outlet and unplug the power cord.

Step 2

Remove the blender jug from the motor base by grasping the handle and lifting the jug in an upward direction.

Step 3

Remove the blade assembly by up turning the blender jug and twisting the Blade Removal System clockwise to unlock (see Fig 3), then lift upwards and away from the base of the blender jug. The circular plastic surround attached to the base of the blender jug is not removable.



Fig 3

Step 4

Remove the silicon seal from the blade assembly.



BE CAREFUL WHEN HANDLING THE BLENDING BLADES AS THEY ARE SHARP. MISHANDLING OF THE BLADES MAY CAUSE INJURY.

Reassembling your blender jug after cleaning

Step 1

Ensure parts are clean and completely dry.

Step 2

To reassemble the blender, replace the silicon seal onto the blade assembly (see Fig 4).



Fig 4

Upturn the blender jug and insert the blade assembly housing into the jug base (see Fig 5).



Fig 5

Twist the Blade Removal System anticlockwise in the direction of the indicator symbol until firmly locked into position.



BE CAREFUL WHEN HANDLING THE BLENDING BLADES AS THEY ARE SHARP. MISHANDLING OF THE BLADES MAY CAUSE INJURY.

Care and Cleaning

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.

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

Note

Cleaning the blender jug, lid, inner lid, and blade assembly

- Wash all parts in warm soapy water with a soft cloth. Use a kitchen bottle brush to dislodge stubborn food. Rinse and dry thoroughly.

The blender jug can be washed on a normal cycle in the dishwasher. Remove the lid and blade assembly before placing the blender jug in the dishwasher upside down. If not placed upside down the dishwasher heating element may damage the jug base.

Note

Removing stubborn or strong food stains and odours

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

Storage

Store your Breville ikon™ Blender upright with the blender jug, lid and inner lid 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.

Tips on how to use your Breville ikon™ Blender

Do

- Use Low speeds (1-2 – Mix and Chop) for drink or cocktail making and emulsions such as mayonnaise, dressings, marinades and foods that require mixing until just combined, such as batters.
- Use High speeds (4-5 – Puree) for pureeing soups and aerating liquids.
- Use 'PULSE' for foods that only require short bursts of power such as chopping nuts.
- Ensure all foods are cut into cubes (approximately 2-3cm squares) where appropriate to achieve an even result.
- 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 lid opening if desired.
- Thick mixtures puree more efficiently if the blender is ¼ to ½ full.
- When using several ingredients, place liquid ingredients in the blender jug before solid ingredients, unless specified in the recipe.
- When blending thick or dry mixtures it may be necessary to stop the blender and scrape down the sides of the blender jug with a plastic or rubber spatula, once or twice during blending. Do not use metal utensils as they may damage the blades or blender jug.

Don't

- Do not blend a heavy mixture for more than 10 seconds. For normal blending tasks, for example, mayonnaise, dressings etc., do not operate for longer than 1 minute at one time without turning off the blender and stirring the ingredients, and then continue blending.
- Do not operate the blender without having the blender lid in position. To add additional ingredients whilst blending, remove the inner lid and place ingredients through the opening in the lid. When adding oil or other liquids during operation, slowly pour through the small holes on either side of the inner lid.
- Do not fill the blender jug above the 'MAX' line. When the blender jug is filled at or near the 'MAX' line, place one hand on the blender lid to avoid displacement of the lid during operation.
- Do not place any objects, other than food or liquid, into the blender whilst the motor is running.
- Do not use the blender to store food.
- The blender will not knead dough or mash potatoes.
- Do not remove the blender jug while the blender is operating. Always make sure the blender is off by pressing the 'Power' button, the lights will turn off. Switch off the power at the power outlet and unplug the power cord from the power outlet.
- 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 pressing the 'Power' button on the control panel, the lights will turn off. Switch off the power at the power outlet and unplug the cord. Remove a portion of the mixture from the blender jug before continuing.
- Do not place hot or boiling ingredients into the blender; allow to cool before placing into the blender jug.

Suggested uses your Breville ikon™ Blender

Food	Preparation & Usage	Quantity	Function	Time
Lean meat / poultry	Trim excess fat and sinew, cut into 2cm cubes. Use: mince	250g	Chop / speed 2	10 - 20 secs
Fish / seafood	Remove skin and bones and cut into 2cm cubes. Use: mince	300g	Chop / speed 2	10 - 15 secs
Raw vegetables	Peel and cut into 1.5 - 2cm cubes. Use: stuffing, filling, puree, soup	200g	Chop / speed 2	10 - 30 secs
Nuts	Remove shells. Use: cakes, toppings pastes	200g	Chop / speed 2	10 - 30 secs
Bread or biscuit crumbs	Cut bread into 2cm pieces, break up biscuits. Use: cheesecake crust	100g	Chop / speed 2	10 - 30 secs
Mayonnaise	Mix the egg yolk and vinegar. Add the oil. Use: dressing	125g	Mix / speed 1 Blend / speed 3	10 - 15 secs 60 secs
Whipped cream	Add sugar or vanilla if desired. Use: topping	300ml	Mix / speed 1 Pulse	10 - 20 secs 1 - 2 times
Herbs / spices	Chopped or halved Use: past	1 cup	Chop / speed 2	20 - 30 secs
Smoothie	Milk, whole fresh fruits, yoghurt, ice cream. Use: milkshakes, frappes	Max 800ml	Smoothie	60 secs
Fresh fruit	Chopped or whole berries. Use: dessert sauce	250g	Blend / speed 3	20 - 30 secs
Dried fruit	Chopped dry fruit Use: fruit mince	300g	Chop / speed 2	20 - 30 secs
Ice	Crush Use: mixed drinks, cocktails, slurpies	Max 1 tray / 250g	Chop / speed 2	10 - 20 secs

This blending chart is to be used as a guide only

Note

Trouble shooting guide

Problem	Solution
Motor doesn't start or blade doesn't rotate	<p>Check that the blender jug and lid are securely into position.</p> <p>Check that the 'Power' button and selected function or speed setting is illuminated.</p> <p>Check that the power plug is securely inserted into the power outlet and switched on.</p>
Food is unevenly chopped	<p>Either too much food is being blended at one time or the pieces are too large. Try cutting food into smaller pieces of even size and processing a smaller amount per batch.</p> <p>For best results, the food should be chopped into pieces no larger than 2cm.</p>
Food is chopped too fine or is watery	<p>Blend for shorter period of time. Use 'PULSE / ICE CRUSH' function for more control.</p>
Food sticks to blade and jug	<p>The mixture may be too thick. Try adding more liquid to the mixture and / or use a slower speed.</p>
Blender Overloaded	<p>The motor is protected from burning out by an automatic, temperature operated, cut-out switch. If the blender is overloaded or operated continuously for too long, the motor may overheat. If this happens, the safety cut-out switch will prevent the blender from operating. To operate the blender again, you must switch off at the power outlet, unplug and allow to cool for approximately 30 minutes. Once the motor has fully cooled, it is ready for use again.</p>

Recipe Ideas



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Dips, Sauces, Dressing and Curry pastes

PESTO

Makes 1 cup

1 bunch basil leaves, roughly chopped
2 cloves garlic, peeled and crushed
2 tablespoons lemon juice
100g pine nuts
½ cup / 125ml olive oil
60g grated Parmesan cheese

1. Place all ingredients into blender jug, select the Blend function and blend until smooth.
2. Transfer mixture to a serving bowl. Chill until ready to use.

Serve with toasted Turkish bread.

MAYONNAISE

Makes approximately ½ cup

2 egg yolks
1 teaspoon dry mustard
1 tablespoon vinegar
Salt and white pepper, to taste
½ cup / 125ml vegetable oil

1. Place egg yolks, mustard, vinegar, salt and pepper into blender jug and blend for 10-15 seconds using the blend function until light and fluffy.
2. Unlock the clear inner lid of the blender lid and hold at an angle (to avoid splatter) then with the blender operating on the Blend function, slowly pour oil through the opening. Continue to blend until mixture thickens. This should take about 1 minute.

Mayonnaise variations:

Raspberry: replace 1 tablespoon vinegar with 1 tablespoon raspberry vinegar

Garlic: add 2 cloves garlic, peeled and chopped, to the egg yolk mixture

Herb: add ½ cup chopped mixed fresh herbs (such as basil, chives, parsley, thyme) to the prepared mayonnaise.

HERB DRESSING

Makes approximately ¾ cup

1 cup chopped mixed fresh herbs (parsley, coriander, mint, chives, rosemary, basil)
1 clove garlic, peeled and crushed
½ cup / 125ml olive oil
3 tablespoons balsamic vinegar

1. Place herbs and garlic into the blender jug and use the Pulse function until finely chopped and combined. Scrape sides of jug with a plastic spatula.
2. Unlock the clear inner lid of the blender lid and hold at an angle (to avoid splatter) then with the blender operating on the Blend function, slowly pour oil and vinegar through the opening. This should take about 1 minute.

Serve with lamb, chicken, fish

SPICY PEACH SAUCE

Make 1½ cups

410g canned sliced peaches, drained
1 clove garlic, peeled and chopped
1 teaspoon grated fresh ginger
1 small red chilli, chopped
1 tablespoon lemon juice
2 tablespoons sweet sherry
2 tablespoons honey
2 teaspoons soy sauce

1. Place all ingredients into the blender jug, select the Pulse function and pulse until finely chopped

Serve with poultry or pork

Dips, Sauces, Dressing and Curry pastes continued

SATAY SAUCE

Makes approximately 2 cups

- 2 cloves garlic, peeled and chopped
- 1 small onion, peeled and chopped
- 1 small chilli, halved deseeded and chopped
- 1 tablespoon peanut oil
- 1½ cups/ 225g roasted peanuts
- 1 cup/ 250ml water
- 3 tablespoons soy sauce
- 3 tablespoons coconut milk
- 3 tablespoons brown sugar

1. Place garlic, onion and chilli into the blender jug and use the Pulse function until finely chopped and combined. Scrape down sides of blender jug with a plastic spatula if necessary.
2. Heat peanut oil in a saucepan and cook garlic and onion mixture until lightly browned.
3. Place remaining ingredients and onion mixture into the blender jug, select the Blend function and blend until smooth. Pour combined mixture back into saucepan and stir over a gentle heat to warm through.

Serve immediately or cover and store in the refrigerator.

TIP: Satay sauce may thicken on standing. If this happens stir in a little more warm water.

THAI GREEN CURRY PASTE

Makes approximately 1¼ cups

- 4 large green chillies, stems removed and roughly chopped
- 1 teaspoon cracked black pepper
- 1 onion, peeled and roughly chopped
- 2 cloves garlic, peeled and crushed
- 1 bunch coriander, including root, washed and chopped
- ½ teaspoon salt
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons dried shrimp paste
- 1 teaspoon ground turmeric
- 2 tablespoons oil

1. Place all ingredients into blender jug, select the Blend function and blend to a smooth paste.

TIP: If required, interrupt blending halfway and scrape sides of blender jug with a spatula and add a little extra oil or tablespoon of water if necessary.

TIP: This curry paste is best suited to poultry. Allow 2 tablespoons paste per 500g poultry.

TIP Store curry paste in an airtight container in the refrigerator.

Soups

WONTON SOUP

Serves 4

2cm piece ginger, peeled and chopped
1 clove garlic, peeled and crushed
125g lean pork meat, trimmed and diced
125g green prawns, shelled and deveined
1 tablespoon soy sauce
½ teaspoon salt
¼ teaspoon sesame oil
24 wonton wrappers
1 × 60g egg, lightly beaten
8 cups / 2 litres salt reduced chicken stock
2 shallots, finely sliced

1. Place ginger and garlic into the blender jug and use the Pulse function until finely chopped and combined.
2. Add pork, prawns, soy sauce, salt and sesame oil into the blender jug and use Pulse function until a smooth paste is formed.
3. Place a teaspoon of mixture slightly below centre of wonton wrapper and brush edges of the wrapper with egg. Fold wrapper in half to make triangle and press edges to seal, excluding any air. Moisten the two edges of the triangle with egg, bring together and pinch to seal.
4. Drop wontons into boiling stock and cook for 10 minutes.
5. Meanwhile, bring chicken stock to the boil in a saucepan, reduce heat and simmer 2-3 minutes.
6. Lift out wontons from boiling stock and place six wontons each in four individual bowls, spoon over chicken stock. Garnish with sliced shallots.

SWEET CORN AND BACON SOUP

Serves 4-6

1 tablespoon oil
1 onion, peeled and chopped
4 cloves garlic, peeled and crushed
1 tablespoon chopped fresh coriander
3 cups fresh corn kernels
3 cups/ 750ml chicken stock
½ cup/ 125ml milk
½ cup/ 125ml cream
3 bacon rashers, rind removed and finely chopped
1 tablespoon snipped chives, optional

1. Heat oil in a large saucepan and add onion, garlic and coriander.
2. Cook over a medium heat, stirring continuously until onion is soft; add corn, stock, and milk. Cover with lid, bring to boil, then reduce heat and simmer, covered for 20 minutes. Allow mixture to cool.
3. Cover with lid, bring to boil, then reduce heat and simmer, covered for 20 minutes. Allow mixture to cool.
4. Cook bacon in a separate pan until crisp, drain on absorbent kitchen paper.
5. Transfer corn mixture in two batches into blender jug, select the Blend function and blend until smooth. Return soup to pan, stir in cream and bacon and heat gently.

Serve immediately, garnished with chives if desired.

PUMPKIN AND POTATO SOUP

Serves 4-6

2 tablespoons oil
1 onion, peeled and chopped
2 cloves garlic, peeled and chopped
500g peeled and roughly chopped butternut pumpkin
200g potato, peeled and cut into chunks
4 cups / 1 litre chicken stock
Salt and pepper, optional

1. Heat oil in a saucepan, add onion and garlic, cook for 5 minutes.
2. Add pumpkin and potato, toss to coat with the onion mixture. Add the stock and bring mixture to the boil.
3. Reduce heat to simmer for 20 minutes, cover with lid, until pumpkin is cooked. Allow mixture to cool.
4. Transfer in batches to blender jug. Select the Blend function and blend until smooth.
5. Return pureed soup to saucepan to heat gently, adjust seasoning before serving, if desired.

HERBED LEEK AND TOMATO SOUP

Serves 4-6

1 tablespoon oil
2 cloves garlic, peeled crushed
2 small leeks, sliced
2 × 410g canned tomatoes, mashed
2 cups/ 500ml chicken stock
1 tablespoon tomato paste
2 tablespoons brown sugar
1 bay leaf
1 teaspoon chopped fresh mint
1 teaspoon chopped fresh coriander
Pinch of cayenne pepper
2 tablespoons chopped fresh parsley

1. Heat oil in a large saucepan, add garlic and leeks, cook over medium heat for 5 minutes or until leeks are soft.
2. Combine tomatoes, stock, tomato paste, brown sugar, bay leaf, mint, coriander and pepper.
3. Pour into pan with leek mixture, cover with lid, bring to boil, then reduce heat and simmer, covered for 20 minutes. Remove bay leaf. Allow mixture to cool.
4. Transfer mixture into two batches into blender jug, select Blend function and blend until smooth.
5. Return soup to saucepan to heat gently.
6. Ladle soup into serving bowls, sprinkle with parsley and serve immediately.

Salads

SEAFOOD SALAD WITH RASPBERRY SAUCE

Serves 4-6

500g cocktail seafood
100g salad mix
100g snow pea sprouts
1 orange, peeled and segmented
2 kiwi fruit, peeled and sliced

RASPBERRY SAUCE

125g fresh or frozen raspberries, thawed
2 tablespoons balsamic vinegar
2 tablespoons vegetable oil
1 teaspoon finely chopped fresh mint
1 tablespoon sugar

1. Arrange seafood, salad leaves, sprouts, orange segments and kiwi fruit attractively on a serving platter and chill until required.
2. To make sauce, place raspberries into blender jug, select the Blend function and blend until smooth. Scrape down sides of jug with a plastic spatula if necessary.
3. Push through sieve to remove seeds. Discard the seeds. Combine raspberry puree with vinegar, oil, mint and sugar. Pour sauce over salad and serve immediately.

TIP: Cooked seafood can be a selection of prawns, crabmeat, calamari or lobster tails, cooked and shells removed. Cut lobster tail flesh into thick medallions approximately 1cm thick.

EGG SALAD WITH FRESH HERB DRESSING

Serves 4-6

1 bunch rocket leaves, washed and trimmed
6 hard boiled eggs, peeled and quartered
2 Italian tomatoes, quartered
1 avocado, stoned, peeled and cut into slices
16 black olives, pitted

FRESH HERB DRESSING

1 cup / 250ml light sour cream
1 tablespoon lemon juice
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh basil leaves
1 tablespoon chopped fresh coriander
2 tablespoons apple juice
¼ teaspoon ground nutmeg
Ground black pepper and salt, to taste

1. Arrange rocket leaves, eggs, tomatoes, avocado slices and olives on a serving platter. Chill until required.
2. To make dressing: place sour cream, lemon juice, parsley, basil, coriander, apple juice, nutmeg, pepper and salt into the blender jug, select the Blend function and blend until smooth.

Pour dressing over salad and serve immediately.

Main Meals

CRISPY BATTER FOR FISH

Makes approximately 2¼ cups

1 × 60g egg
¾ cup / 150ml water
¾ cup / 190ml milk
2 tablespoons vinegar
1½ cups / 225g plain flour
Pinch salt

1. Place ingredients into blender jug, select the Blend function and blend until smooth. Allow to stand for 15 minutes before using to coat fish for deep frying.

TIP: Quantity is sufficient to coat 1kg fish fillets.

TIP: If required, interrupt blending halfway and scrape sides of the jug with a plastic spatula.

LAMBURGERS

Serves 2-4

2 tablespoons chopped fresh herb sprigs (parsley, coriander or rosemary)
1 slice bread, crusts removed and cubed
½ small onion, peeled and chopped
½ teaspoon ground cumin
200g trim lamb, diced
Salt and pepper to taste

1. Place herbs, bread, onion and cumin into blender jug and use the Pulse function until finely chopped and combined.
2. Add lamb and season if desired. Use Pulse function until mixture is just combined. Do not over blend.
3. Shape mixture into 4-6 burgers, cover and refrigerate 20-30 minutes.
4. Cook burgers on a preheated grill or pan fry for 5 minutes each side until cooked when tested.

THAI STYLE FISH AND RICE CAKES

Serves 4

1 small onion, peeled and chopped
2 cloves garlic, peeled and crushed
2 thick slices ginger, peeled and chopped
1 red chilli, sliced
2cm piece of lemongrass, sliced thinly
4 fresh kaffir lime leaves, chopped
¼ bunch coriander (stems included discard root section), roughly chopped
8 green beans, chopped
350g white boneless fish fillets, cubed
1 × 60g egg
1 tablespoon fish sauce
1½ cups cooked white rice
Oil for shallow frying

1. Place onion, garlic, ginger, chilli, lemongrass, lime leaves, coriander and beans into the blender jug and use the Pulse function until well combined and finely chopped, scrapping down sides with a plastic spatula if necessary.
2. Add fish fillets, egg and fish sauce to the blender jug and use the Pulse function until the ingredients are just combined. Do not over blend.
3. Remove the mixture from the jug, mix in rice and shape into small fish cakes. Cover and chill for 30 minutes.
4. Heat oil in a large fry pan and cook fish cakes over a medium heat until golden on both sides and cooked through, approximately 10 minutes.

Served with cucumber sauce made by combining 2 tablespoons warmed honey with 2 tablespoons lime juice, 2 tablespoons fish sauce and 2 tablespoons finely chopped and deseeded cucumber.

Main Meals continued

ROSEMARY PARMESAN CRUSTED LAMB STEAKS WITH LEMON SAUCE

Serves 4

4 slices white bread, crusts removed and cubed
¼ cup grated fresh Parmesan cheese
1 tablespoon fresh rosemary leaves, chopped
4 lamb leg steaks
Plain flour
1 × 60g egg, lightly beaten
2 tablespoons oil

LEMON SAUCE:

3 tablespoons/60g butter
2 tablespoons lemon juice
2 tablespoons capers

1. Place bread, Parmesan cheese and rosemary leaves into blender jug and use the Pulse function until fine bread crumbs form. Bread crumb mixture may need to be moved around with a plastic spatula during this processing. Transfer crumb mixture to a large plate.
2. Toss meat in flour, shake of excess, dip into egg and coat with bread crumb mixture.
3. Heat oil in a fry pan, add meat, cook over medium heat until golden brown on both sides. Remove from pan and drain on absorbent kitchen paper. Set aside and keep warm.
4. Wipe pan clean, heat butter, stir in lemon juice and capers, cook until heated through.

Serve lamb steaks with Lemon Sauce

TANDOORI STYLE SALMON

Serves 4

Rind and juice of 1 lemon (¼ cup)
¼ cup natural yogurt
1 onion, peeled and chopped
4 cloves garlic, peeled and crushed
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon paprika
Pinch of cayenne pepper
4 Atlantic salmon cutlets

1. Place all ingredients except salmon into the blender jug. Select the Blend function and blend until a smooth paste is formed.
2. Arrange salmon cutlets in a shallow dish, coat salmon with tandoori paste, cover and refrigerate for 2 hours.
3. Cook salmon cutlets in a preheated grill or barbeque for 3 minutes each side or until fish is cooked when tested.

Serve with lemon wedges, rice and tossed salad greens.

Sweet Treats

MIXED BERRY CRÊPES

Serves 4-6

2 × 60g eggs
1 cup/ 250ml milk
1 tablespoon/20g butter, melted
1 cup/ 150g plain flour
2 teaspoons castor sugar
¼ cup/ 60ml castor sugar, extra
¼ cup/ 60ml water
2 punnets mixed fresh berries (strawberries, raspberries, blueberries) washed and hulled

1. Place eggs, milk, butter, flour and castor sugar into the blender jug. Select the Blend function and blend until smooth. If required, interrupt blending halfway and scrape down sides of jugs with a plastic spatula. Do not over process. Allow to stand for 1 hour.
2. Heat a small non stick frypan or crepe pan. Pour ¼ cup batter into pan, swirling to cover base. Cook on medium heat until underside is golden, approximately 1 minute. Turn crepe to cook on the other side. Remove from pan and place on a plate. Repeat with remaining batter to make approximately 8 crepes, stacking crepes onto plate and interweaving with grease proof paper. Set aside.
3. To make mixed berry sauce, heat extra sugar and water in a small saucepan until dissolved. Add mixed berries and cook until slightly soft about 1-2 minutes. Allow to cool.
4. Strain half of the cooked berries from cooked mixture, set aside.
5. Place remaining cooked berry mixture into blender jug and blend until smooth using the liquify function.
6. Fold crepes into quarters and arrange in an ovenproof dish overlapping layers with reserved berries. Pour sauce over crepes and bake in a preheated oven at 200°C for 10-15 minutes.

Serve with scoops of vanilla ice cream.

TIP: Brandy can be added to mixed berry sauce.

WHIPPED CREAM:

1. 1 × 300ml carton thickened or pure cream
2. Place cream into blender jug and select the Blend function. Blend for approximately 10-15 seconds. Check thickness. Pulse once or twice if extra thickening is required. Do not over blend.

CHILLED CHEESECAKES WITH RASPBERRY PUREE

Serves 8-12

200g plain sweet biscuits, broken
125g butter, melted
250g cream cheese, cubed and softened
1 × 395g can sweetened condensed milk
½ cup/125ml cream
2 teaspoons grated lemon zest
2 tablespoons lemon juice
1 × 400g mixed berries in syrup

1. Place biscuits in blender jug and use the Pulse function until finely crushed.
2. Tip biscuit crumbs into a bowl. Stir in melted butter mixing well.
3. Press biscuit mixture evenly over base and half way up sides of a greased 20cm spring form pan. Cover and chill until firm.
4. Placed cream cheese cubes, condensed milk, cream, lemon zest and juice in blender jug. Select the Blend function and blend until smooth, stopping blender and scraping down sides of jug with a plastic spatula if necessary. Do not over process.
5. Pour into prepared crust, cover and refrigerate for at least 24 hours before serving.
6. Strain berries reserving syrup. Place berries and ¼ cup of the reserved syrup into clean blender jug. Puree on Blend function.

Serve cheesecake with berry sauce

TIP: Cream cheese should be softened to room temperature for this recipe

Cocktails

MARGARITA

Serves 2

¼ cup/60ml tequila
¼ cup/60ml cointreau
¼ cup/60ml lime juice
12 ice cubes

1. Place tequila, cointreau, lime juice and ice cubes into blender jug.
2. Use the Pulse Function until mixture is well combined and ice is well crushed.

Serve in salt rimmed glasses.

DAIQUIRIS

Serves 2-4

Fruit (approximately 1 cup) (See TIP)
½ cup/125ml white spirits (white rum, vodka or kirsch)
¼ cup/60ml sugar syrup
2 cups/18 medium ice cubes

1. Place fruit, white spirits and sugar syrup into blender jug. Using Blend function blend until smooth.
2. Remove the blender and strain mixture through a fine sieve. Return strained fruit mix to clean blender jug.
3. Add ice cubes and using Pulse function pulse until smooth.

TIP: Most fresh fruit and berries can be used. If using frozen fruit, defrost before use. Fruit with hard skins or stones must have them removed before pureeing. Large fruit must be diced.

SUGAR SYRUP

1 cup sugar
1 cup water

1. Place sugar and water into a saucepan and heat gently stirring until sugar is dissolved.
2. Bring mixture to boil and boil for 5 minutes. Remove from heat and allow to cool.

FROZEN SANGRIA

Serves 4-6

1 cup / 250ml fruity red wine, chilled
½ cup / 125ml cranberry or red grape juice
½ cup / 125ml frozen lemon sorbet
⅓ cup / 80ml orange concentrate
⅓ cup fresh seedless grapes, frozen
1 cup canned plums, drained and pitted
250ml can soda water or lemonade, optional

1. Place all ingredients into blender jug.
2. Use the Pulse function until mixture is smooth
3. Stir in soda water or lemonade, if desired and serve immediately.

PINA COLADA

Serves 2

3 tablespoons / ¼ cup white rum
2 tablespoons coconut cream
¾ cup / 190ml pineapple juice
10 ice cubes

1. Place all ingredients into blender jug.
2. Use the Pulse function until mixture is smooth

Serve immediately

Non-alcoholic Cocktails

WILD THING

Serves 2

1 cup / 250ml orange juice, chilled
1 punnet strawberries, hulled and halved
½ teaspoon grated orange rind
1 tablespoon oatmeal
½ cup wild berry or another fruit-based frozen yoghurt

1. Place all ingredients into a blender jug.
2. Use the Puree function and blend until smooth.
3. Pour into two glasses and serve immediately.

Note: For a thicker creamier drink add an extra ½ cup of frozen yoghurt.

Note

FRUIT COCKTAIL

Serves 4

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

1. Place pineapple juice, banana and orange into blender jug.
2. Use the Puree function and blend until smooth.
3. Stir in passionfruit pulp and soda water and serve immediately in 4 chilled cocktail glasses.

GOLDEN ORCHARD

Makes 2 cups

1 cup / 250ml apple juice
½ cup thick plain yoghurt
1 × 310g canned mandarin segments, drained
1½ tablespoons golden syrup

1. Place all ingredients into a blender jug.
2. Use the Puree function and blend until smooth.
3. Pour into two tall glasses and serve immediately.

Frappes, Smoothies and Milkshakes

ROCK MELON AND PINEAPPLE FRAPPE

Serves 4

2 cups chopped rock melon
1 cup canned pineapple pieces, drained
10 ice cubes
Chopped mint leaves, to serve

1. Place rock melon, pineapple and ice into the blender jug.
2. Use Pulse function until ice is crushed and mixture is smooth and thick.

Serve in 4 chilled glasses, topped with chopped mint leaves.

RASPBERRY, ORANGE AND PASSIONFRUIT FRAPPE

Serves 2

2 cups frozen raspberries, allow to thaw until just soft
Juice of 2 oranges (¾ cup)
Pulp of 2 passionfruit

1 tablespoon castor sugar
10 large ice cubes

1. Place all ingredients except passionfruit into blender jug.
2. Use Pulse function until ice is crushed and mixture is well combined.
3. Stir through passionfruit pulp.

Serve immediately in 2 tall chilled glasses.

PEANUT SMOOTHIE

Serves 2

2 cups / 500ml milk
½ cup vanilla ice cream
1 tablespoon smooth peanut butter
3 tablespoons malted milk drink powder

1. Place all ingredients into blender jug.
2. Use the Smoothie function and blend until well combined.

Serve immediately.

MANGO SMOOTHIE

Serves 4

2 mangoes, peeled and sliced
1 cup of mango flavoured yoghurt
1 cup / 250ml orange juice

1. Place all ingredients into blender jug.
2. Use the Smoothie function and blend until well combined.

Serve immediately.

Frappes, Smoothies and Milkshakes continued

CHOCOLATE MALTED SMOOTHIE

Serves 2

2 cups / 500ml milk, chilled
1/3 cup malted milk powder
½ cup vanilla ice cream
½ cup chocolate ice cream
Extra 2 scoops chocolate ice cream
4 tablespoons caramel sauce
Chocolate curls, for decoration (optional)

1. Place milk, malted milk vanilla and chocolate ice cream in blender jug.
2. Select the Blend function and blend until smooth and thick.
3. Divide between 2 glasses.
4. Top with extra chocolate ice cream, caramel sauce and chocolate curls and serve.

TIP: Create chocolate curls to decorate your drinks by grating a block of flat chocolate with a potato peeler.

TIP: Substitute the dairy products to suit i.e. replace milk or ice cream with soy or low fat variations.

BANANA SMOOTHIE

Serves 2

3 ripe bananas, peeled and sliced
1 cup natural yoghurt
1 cup / 250ml milk
¼ cup honey

1. Place banana, yoghurt, milk and honey into blender jug.
2. Select the Blend function and blend until well combined.

Serve immediately.

POWER SHAKE

Serves 2

1½ teaspoon cocoa powder
1 teaspoon instant coffee
2 tablespoons boiling water
2 tablespoons sugar
1 × 60g egg
1 teaspoon wheat germ
2 cups / 500ml milk
¼ cup vanilla flavoured yoghurt

1. Dissolve cocoa and coffee in boiling water. Allow to cool or refrigerate.
2. Combine with sugar, egg, wheat germ, milk and yoghurt and pour into blender jug.
3. Select the Puree function and blend until smooth and frothy.

Serve immediately.

STRAWBERRY AND PASSIONFRUIT MILKSHAKE

Serves 4

1 punnet strawberries, hulled and halved
Pulp of 4 passionfruit
2 cups / 500ml, chilled
1½ cups passionfruit or vanilla ice cream
4 tablespoons strawberry topping

1. Place strawberries in blender jug with milk, 1 cup of the ice cream and 2 tablespoons of the strawberry topping.
2. Select the Blend function and blend until thick and creamy.
3. Pour into a jug and stir through passionfruit pulp.
4. Pour into four glasses then top with remaining ice cream and strawberry topping.

Serve immediately.

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