

Breville

the Scraper Mixer

Instruction Booklet



Suits all BEM410 models

CONGRATULATIONS

on the purchase of your new
Breville Scraper Mixer

CONTENTS

- 4** Breville recommends safety first
- 7** Know your Mixer
- 10** Assembly and operation of your Mixer
- 14** Care, cleaning and storage
- 16** Measuring and weighing
- 18** Cooking information
- 20** Hints and tips
- 24** The vital ingredients
- 32** Recipes

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

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Carefully read all instructions before operating and save for future reference.
- Remove any packaging material and promotional stickers before using the mixer for the first time.
- Do not place the mixer near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Use only the beater, dough hook or whisk supplied with this mixer.
- Never operate the mixer whilst the mixer head is in the raised position.
- Ensure the speed Control Dial is in the 'O - Stand By' position and the mixer is switched off and unplugged from the power outlet before attaching the beater, dough hook or whisk.
- Do not operate the appliance continuously on heavy loads for more than 3 minutes.
- Handle the mixer and attachments with care. Never place your fingers inside the mixing bowl or near the beater, dough hook or whisk during operation.
- Keep hands, hair, clothing, as well as, spatulas and other utensils away from moving beater, dough hook or whisk during operation.
- Should an object such as a spoon or spatula fall into the bowl while mixing, immediately ensure the speed Control Dial is in the 'O - Stand By' position, turn the Mixer off, unplug at the power outlet and remove the object.
- Do not place hands in the mixing bowl unless the appliance is disconnected from the power outlet. Ensure the speed Control Dial is in the 'O - Stand By' position, the mixer is switched off and unplugged from the power outlet before removing the beater, dough hook or whisk.
- Ensure the motor and beater, dough hook or whisk has completely stopped before disassembling.
- Always remove the beater, dough hook or whisk from the mixer before cleaning.
- Ensure the Mixer motor head is locked into the horizontal (closed) position when not in use and before storing.
- Always ensure the speed control dial is in the 'O - Stand By' position, the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to move the appliance, when the mixer is not in use and before cleaning or storing.
- Do not use the mixer on metal surfaces, for example a sink drain board.
- To protect against electric shock do not immerse cord, plug or mixer in water or any other liquid.

BREVILLE RECOMMENDS SAFETY FIRST

- Do not move the mixer whilst in operation.
- Do not leave the mixer unattended when in use.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord 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 appliance 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.

IMPORTANT

Ensure the speed control dial is in the 'O – stand by' position, the mixer is switched off at the power outlet and unplugged from the power outlet before attaching the beater, whisk or dough hook.

Never operate the mixer whilst the mixer head is in the raised open position.

SAVE THESE INSTRUCTIONS

KNOW

Breville Scraper Mixer

KNOW YOUR BREVILLE SCRAPER MIXER



- A. Mixer motor head**
Powerful 700 watt motor for powerful and thorough mixing results
- B. Large 4.7L stainless steel mixing bowl**
For mixing your ingredients
- C. Die cast metal mixer stand**
The heavy duty die cast metal stand keeps the mixer secure and stable during operation
- D. Speed control dial with 6 speed settings**
- E. Tilt back hinge button**
The mixer motor head tilts back and locks into position to allow easy removal of the mixing bowl and attachments
- F. Bowl locking recess**
The bowl locking recess allows the bowl to be securely locked into place for safety and stability when the mixer is in operation
- G. Scraper beater**
Scrapes the sides and bottom of the bowl for exceptionally thorough mixing, of cake and biscuit batter, pastry, frosting and more
- H. Wire whisk**
Consistently mixes and aerates for egg whites, cream and thin batters
- I. Dough hook** Effectively kneads heavy dough for bread and pizza



ABOUT YOUR SCRAPER BEATER

The Breville Scraper Beater folds ingredients and continuously scrapes down the sides and bottom of the bowl for exceptionally thorough mixing. It virtually eliminates the need to scrape the bowl by hand with a spatula and cuts mixing time up to 60%.

Under-mixed batters produce poorly baked results, resulting in collapsing, unevenness of crumb, holes, low rising, streaking and course textures. the Scraper Beater will help to ensure a thoroughly mixed batter for your favourite cakes, biscuits, frosting and more.

Many of the recipes provided in your instruction booklet specify the use of the Flat Beater, however, for exceptionally thorough mixing and to save time, you can use your Scraper Beater instead.

ASSEMBLY AND OPERATION

of your Breville Scraper Mixer

ASSEMBLY AND OPERATION

ASSEMBLING THE MIXER

Before using your Breville mixer for the first time, remove any packaging material and promotional labels.

Ensure the speed control dial is in the '0 - Stand By' position, the mixer is switched off at the power outlet and the power cord is unplugged.



Remove the mixing bowl, scraper beater, whisk and dough hook and wash in warm soapy water with a soft cloth. Rinse and dry thoroughly. The bowl and the attachments may be washed in the dishwasher.

NOTE

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

ATTACHING THE BOWL

1. Place the mixer stand on a level, dry surface such as a bench top. The mixer motor head should be in the horizontal (closed) position.
2. Raise the mixer motor head by depressing the tilt back hinge button, then lift the mixer motor head up until it tilts back and locks into the open position.



3. Insert the mixing bowl into the bowl locking recess of the mixer stand and turn clockwise until the bowl locks securely into place.



NOTE

To remove or insert the mixing bowl, the mixer motor head must be raised and locked into the open position.

ATTACHING THE SCRAPER BEATER, DOUGH HOOK OR WHISK

1. Ensure the mixer motor head is in the raised open position. Align the groove in the top of the scraper beater, dough hook or whisk with the locking pin on the spindle extending down from the mixer motor head.



2. Press the scraper beater, dough hook or whisk upwards and turn clockwise until it locks securely onto the locking pin on the spindle.



3. Lower the mixer motor head by depressing the tilt back hinge button and pushing the mixer motor head down until it locks into the horizontal (closed) position.

NOTE

When ingredients are in the mixing bowl, the scraper beater may make a slight noise as it scrapes the sides and bottom of the bowl. This is normal and should not cause concern.

Do not turn the mixer on with the scraper beater in place if the mixing bowl is empty. This will cause the scraper beater to make a loud noise as it scrapes the bowl.

OPERATING THE MIXER

Planetary Mixing Action

By replicating a similar mixing action used by commercial mixers in bakeries and patisseries, the Breville mixer head rotates around the bowl whilst rotating the beater in the opposite direction. This ensures a superior and thorough mixing result without the need for a rotating bowl.

1. Ensure the speed control dial is set to the '0 - Stand By' position, plug the cord into a 230/240v power outlet and switch the power 'ON' at the power outlet.



2. Add ingredients to the mixing bowl as indicated in the recipe.
3. Always begin mixing by selecting a low

ASSEMBLY AND OPERATION

speed setting on the speed control dial. This will prevent ingredients splattering. Increase the speed as suited to the mixing task. The speed setting can be adjusted during operation by moving the dial forward and back. Use the mixing guide as a reference.

4. If necessary, stop the mixer during operation and scrape any food mixture down the sides of the mixing bowl with a spatula.
5. When mixing is complete, turn the speed control dial to the '0 - Stand By' position, switch the appliance off at the power outlet and unplug the cord.
6. Raise the mixer motor head by depressing the tilt back button and lift the mixer motor head up until it tilts back and locks into the open position.
7. Remove the scraper beater/dough hook/whisk by holding the mixer motor head and pressing the attachment upwards on the spindle. Turn the attachment anticlockwise to release it from the pin on the spindle.

Use a soft plastic spatula to remove mixture from the scraper beater, dough hook or whisk.

9. Lower the mixer motor head by depressing the tilt back hinge button and pushing the mixer motor head down until it locks into the horizontal (closed) position.



WARNING

Avoid contact with scraper beater/dough hook/whisk during operation. Keep hands, hair, clothing, spatulas and other utensils away from scraper beater/dough hook/whisk to prevent personal injury or damage to the mixer.

NOTE

When lowering or lifting the mixer, always support the motor head with your other hand to prevent from free-falling.

8. Remove the mixing bowl from the indented bowl locking recess of the mixer stand and turn anti-clockwise until the bowl releases. Use a soft plastic spatula to remove mixture from the mixing bowl.

CARE, CLEANING AND STORAGE

of your new Breville Scraper Mixer

CARE AND CLEANING

CLEANING AFTER USE

1. Always ensure the speed control dial is in the 'O - Stand By' position, the mixer is switched off at the power outlet and the power cord is unplugged.
2. Remove the scraper beater, dough hook or whisk and mixing bowl from the mixer. Follow instructions in 'Assembly and Operation' of your mixer. Wipe the mixer motor head and mixer stand with a soft, damp cloth then dry thoroughly.
3. Wipe any excess food particles from the power cord.
4. Wash the bowl, scraper beater, dough hook, and whisk in warm soapy water with a soft cloth or they can be washed in the dishwasher. Rinse and dry thoroughly.

A small bottle brush can be used to clean inside the neck of the attachments if needed.

NOTE

Do not use abrasive scouring pads or cleaners when cleaning the mixing bowl, scraper beater, dough hook or whisk as these may scratch the surface. Also ensure that the attachments are not soaked in water for extended periods of time, for example several hours or overnight, as this may damage the finish.

NOTE

Do not wash or immerse the mixer motor head and mixer stand in water or any other liquid. Clean with a soft, damp cloth and dry thoroughly. Do not allow water or any liquid to enter the gear system as damage may result.

STORAGE

Your mixer should be kept in a convenient position on your kitchen bench top or in an accessible cupboard.

Always ensure the speed control dial is in the 'O - Stand By' position, the mixer is switched off at the power point and the power cord is unplugged.

Store the mixing bowl in the bowl locking recess in the mixer stand.

Place the attachments inside the mixing bowl and lower the mixer motor head into the horizontal (closed) position.

NOTE

The motor head cannot be taken off the base for any purpose.



WARNING

Never immerse the mixer, power cord or plug in water or any other liquid.

MEASURING AND WEIGHING

with your new Breville Scraper Mixer

MEASURING AND WEIGHING

Care should be taken when weighing and measuring ingredients to achieve accuracy and consistency. Recipes in this instruction book have been developed using Australian metric weights and measurements.

AUSTRALIAN METRIC MEASUREMENTS	ml
1 teaspoon	5
1 tablespoon	20
1 cup	250

FOR NEW ZEALAND CUSTOMERS — NEW ZEALAND METRIC MEASUREMENTS	ml
1 teaspoon	5
1 tablespoon	15
1 cup	250

The New Zealand tablespoon is 5ml less than the Australian tablespoon, so care should be taken when measuring ingredients to compensate for the variance. For example, 1 Australian tablespoon = 1 New Zealand tablespoon + 1 New Zealand teaspoon.

It is important to note that New Zealand ingredients, especially flour and yeast, can differ from Australian equivalents. Suitable New Zealand Products have been listed in the 'Vital Ingredients' section of this booklet.

We suggest these New Zealand products be substituted for the Australian products in the Recipe Section.

For further New Zealand bread making assistance Telephone: 0800 273 845.

METRIC WEIGHING SCALES

For consistent results it is recommended that a set of metric weighing scales be used to weigh larger quantities as they provide greater accuracy than measuring cups.

Tare (zero) the scales with the container in position then spoon or pour ingredients in until the desired weight is achieved.

NOTE

In general, water weighs the same in grams as it measures in millilitres.

METRIC MEASURING CUPS AND SPOONS

If using graduated metric measuring cups, it is important to spoon the dry ingredients loosely into the required cup. Do not tap the cup on the bench or pack the ingredients into the cup unless otherwise directed. Level the top of the cup with a knife. When using graduated metric measuring spoons, level the top of the spoon with a straight edged knife or spatula.

METRIC LIQUID MEASURING JUGS

If using a graduated, metric measuring jug, place jug on a flat surface and check for accuracy at eye level.



IMPORTANT

Do not use tableware cups or spoons. Do not use tableware jugs or measuring cups.

COOKING INFORMATION

for your new Breville Scraper Mixer

COOKING INFORMATION

The following oven temperature settings are included as a guide. These settings may need to be adjusted to suit the individual oven.

NOTE

If using fan forced ovens be sure to turn the temperature down by 15-20°C. Also check recipes at the back of this book.

THERMOSTAT SETTINGS DESCRIPTION OF OVEN TEMPERATURES	ELECTRIC		GAS		GAS MARK
	°C	°F	°C	°F	
Very slow	120	250	120	250	1
Slow	150	300	150	300	2
Moderately slow	170	325	160	325	3
Moderate	180	350	180	350	4
Moderately hot	200	400	190	375	5
Hot	220	425	200	400	6
Very hot	230	450	230	450	7

HINTS AND TIPS

for your new Breville Scraper Mixer

FOR BETTER BREAD MAKING

- Do check the ingredients and read the recipe before starting to bake.
- Do measure ingredients accurately – weighed measurements are more accurate than volume measurements.
- Do use bread flour unless recipe states otherwise.
- Do check use-by-dates on ingredients.
- Do add ingredients in the order stated in the recipe.
- Do store opened ingredients in airtight containers.
- Do use ingredients at room temperature.
- Don't use flour that contains a protein level of less than 11%.
- Don't use tableware cups, jugs or spoons for measuring.
- Don't use hot water or liquids.
- Don't use self-raising flour to make yeasted bread unless recipe states otherwise.
- If you live in a high altitude area (above 900m) you will probably need to alter the yeast quantity in the bread recipe. The higher the altitude, the lower the air pressure and the faster the dough will rise. Try reducing the yeast by ¼ teaspoon.
- If the weather is hot and humid, reduce the yeast by ¼ teaspoon to avoid over rising of the dough.
- Flour properties can alter on a seasonal or storage basis, so it may be necessary to adjust the water and flour ratio. If the dough is too sticky, add an extra 1-2 tablespoons flour, if the dough is too dry add an extra 1-2 teaspoons water. A few minutes is needed for these extra ingredients to be absorbed. Dough with the correct amount of flour and water should form into a smooth, round ball that is damp to the touch but not sticky.

- When hand-shaping dough for rolls, weigh each piece of dough for more evenly sized rolls.

SPONGING YEAST

- Instant active dried yeast is used in the recipes in this book however fresh or compressed yeast can be substituted, if required, for specific flavour or religious dietary requirements.
- Fresh or compressed yeast needs to be 'sponged' (fermentation started) before adding to the other ingredients.
- To substitute, use three times the amount of fresh or compressed yeast for the amount of dry yeast in a recipe.
- To sponge the yeast: Place the quantity of fresh compressed yeast in the quantity of (warmed) water from the recipe together with 1 teaspoon sugar and 1 teaspoon flour into a clean glass bowl, stir to dissolve and cover with plastic wrap. Allow to stand in a warm area (30°C) for about 30 minutes or until the mixture starts to bubble and froth. This mixture should be used without delay.

WARM AREA FOR RISING

- Yeast, either when sponging or in the dough, requires warmth to rise.
- To create a 'warm area' for dough to rise, place baking tray over a bowl of fairly warm water, place prepared dough item on baking tray, cover loosely with lightly greased thicker-style plastic wrap or a tea towel. Ensure kitchen is warm and free of draughts. Allow the dough to rise until doubled in size.

FOR BETTER BAKING

- Check the ingredients and read the recipe before starting to bake.
- Weigh and measure ingredients correctly.
- Variations may occur in raw ingredients used so adjust other ingredients and baking times if required.
- Preheat oven before starting recipe preparation, this will ensure the correct temperature is achieved before baking starts.
- Temperatures and cooking times may vary with some ovens so adjust accordingly. If using a fan forced oven reduce the temperatures in the recipes by 15-20°C.
- When mixing, start the mixer at a lower speed then gradually increase to the recommended speed in the recipe especially when adding dry ingredients.
- When using smaller quantities turn off the mixer from time to time and scrape the bowl with a spatula.
- Ensure wire whisk and mixing bowl are clean and free of fats when whipping egg whites as these will impede aeration.
- Instead of greasing baking pans or trays, line with baking paper where appropriate. However, a little light greasing in pans will keep the paper in place.
- Pre warm a measuring spoon in hot water for easy measuring of golden syrup or honey.
- Butter should be softened at room temperature to make creaming butter and sugar easier.
- Keep surfaces and ingredients chilled when making, handling or rolling out pastry. Butter for pastry making should be kept refrigerated.
- Avoid stretching pastry when rolling out as it will shrink when baking. Use light, even strokes in one direction and avoid pressing down hard on the rolling pin. Where possible, rest pastry in the refrigerator before baking.
- Eggs should be at room temperature to give better volume when whipping
- Break eggs individually into another container before adding to other ingredients to avoid potential spoilage.
- Separate egg whites carefully to avoid inclusion of egg yolks. Egg yolks contain fat and will prevent successful whipping of egg whites.
- Rinse beaten egg residue from whisk, beater and mixing bowl or other utensils with cold water immediately after use. Using hot water will set the egg and make removal difficult.
- Test if cakes are cooked at the end of baking time by touching the top lightly, the cake will spring back if cooked. A fine skewer can also be inserted carefully into the centre of the cake, if it comes out clean the cake is cooked.
- For crisper results when baking biscuits, remove the baking trays from the oven and place directly onto wire racks. Move the biscuits slightly away from their baked position on the trays and cool completely before removing.

THE VITAL INGREDIENTS

for your new Breville Scraper Mixer

FOR BREAD MAKING

Flour is the most important ingredient used for bread making. It provides food for the yeast and gives structure to the loaf. When mixed with liquid, the protein in the flour starts to form gluten. Gluten is a network of elastic strands that interlock to trap the gases produced by yeast. This process increases as the dough continues kneading and provides the structure required to produce the weight and shape of the baked bread.

White wheat flour sold as baker's, bread or plain flour may be used. Plain flour is most readily available, however, best results are obtained with flour at least 11%-12% protein content. For this reason, the recipes in this book requiring bread flour have been made with flour with 11% protein content. This is normally indicated on the packaging. Do not sift the flour or use self-raising flour for bread making unless indicated in the recipe.

NOTE

When using a low-protein, plain, stone ground or wholemeal flour the quality of the bread can be improved by adding gluten flour.

'DEFIANCE' BRAND BAKER'S FLOUR

This flour is available nationally at larger supermarkets and was used for the development of the recipes in this book that required bread flour. It is a high protein, white bread flour, with 11% protein.

New Zealand only:

'Elfn High Grade White Flour' or 'Champion High Grade Flour'. These are high protein, white bread flours containing 12% protein.

Wholemeal wheat flour contains the bran, germ and flour of the wheat grain. Although breads baked with this type of flour will be higher in fibre, the loaf may be heavier in texture. Lighter textured bread can be achieved by replacing 1 cup of wholemeal flour with white bread flour.

Rye flour, popular for bread making, is low in protein so it is essential to combine rye flour with bread flour to make the bread rise successfully. Rye flour is traditionally used to make the heavy, dense Pumpernickel and Black Breads.

Gluten flour is made by extracting the gluten portion from the wheat grain. Adding gluten flour can improve the structure and quality of bread when using low-protein, plain, stone ground and whole meal flour.

Bread mixes contain flour, sugar, milk, salt, oil and other ingredients such as bread improver. Usually only the addition of water and yeast is required. Bread mix brands such as 'Kitchen Collection', 'Defiance', and 'Lowan' are available nationally from major supermarkets.

For recipe information on these and other brands of bread mix contact the manufacturer listed on the package.

New Zealand only:

Bread mix brands such as 'Elfn' are available.

Bread improvers are available nationally in supermarkets and health food stores. The ingredients in a bread improver are usually a food acid such as ascorbic acid (Vitamin C) and other enzymes (amylases) extracted from wheat flours.

Adding a bread improver will help strengthen the dough resulting in a loaf that is higher in volume, softer in texture, more stable and has improved keeping qualities.

THE VITAL INGREDIENTS

'Lowan' brand Bread Improver was used in the recipes requiring this ingredient. A simple bread improver can be a crushed unflavoured 250mg vitamin C tablet added to the dry ingredients.

Sugar provides sweetness and flavour, browns the crust and produces food for the yeast. White sugar, brown sugar, honey and golden syrup are all suitable to use. When using honey or golden syrup it must be counted as additional liquid. We have successfully tested granular 'Splenda' brand low calorie sweetener as a sugar substitute.

New Zealand only:

Sugar can be reduced for more improved results.

Powdered milk and milk products enhance the flavour and increase the nutritional value of bread. Powdered milk is convenient and easy to use (store in an airtight container in the refrigerator). Low fat or skim milk powder can be used with good results. Soy milk powder can also be used but produces a denser loaf. Fresh milk should not be substituted unless stated in the recipe.

Salt is an important ingredient in bread making. In the dough, salt increases water absorption, improves kneading, strengthens the gluten development and controls fermentation of the yeast which results in improved loaf shape, crumb structure, crust colour, flavour and keeping qualities. As salt inhibits the rising of bread be accurate when measuring.

New Zealand only:

Salt can be reduced for more improved results.

Fat adds flavour and retains the moisture. Vegetable oils such as safflower, sunflower, canola, etc. can be used. Butter or margarine can be substituted for oil in recipes but may give a yellow coloured crumb.

Yeast is used as the raising agent for the breads and requires liquid, sugar and

warmth to grow and rise. Dried yeast has been used in the recipes in this instruction book where appropriate. Before using dried yeast always check the use by date, as stale yeast will prevent the bread from rising.

'Tandaco' brand yeast (available nationally in most supermarkets) was used in the development of all yeasted recipes contained in this book.

Smaller packets of bread mix usually contain sachets of yeast. Larger bulk bags of bread mix usually do not include the yeast sachets, however the corresponding brand of yeast may be purchased separately.

Some bulk and imported yeasts are more active, therefore it is recommended to use less of these yeasts. Yeast may also be more active in hot weather. For information on other brands of yeast relating to quantities contact the manufacturer listed on the package.

New Zealand only:

We recommend the use of 'Elfin' brand yeast.

Rapid rise yeast is a mixture of yeast and bread improver. Brands will vary in strength. If wishing to substitute for yeast in a recipe, omit the bread improver. Rapid Rise yeasts should not be used with Bread Mix as bread improver is already included.

New Zealand only:

'Edmonds Surebake Yeast' is the most readily available yeast product in New Zealand.

Water from the tap is used in all bread recipes. If using water in cold climates or from the refrigerator, allow water to come to room temperature. Extremes of hot or cold water will prevent the yeast activating.

Eggs can be used in some bread recipes and provide liquid, aid rising and increase the nutritional value of the bread. They add flavour and softness to the crumb and are usually used in sweeter types of bread.

Other ingredients such as fruit, nuts, chocolate chips, etc., required to remain whole in the baked bread, should be suspended in the dough. These ingredients should be gradually added during the kneading and before the dough rises for the first time.

For more information about bread mixes please contact the relevant number listed below. Or refer to contact details on the packaging of the bread.

Defiance	1800 628 883
Kitchen Collection	1800 649 494
Lowan Wholefoods	1800 355 718
Elfn (New Zealand only)	0800 110 800
Lighthouse	1800 800 868

For more information about bread flour please contact the relevant telephone number listed below or refer to contact details on the package.

Defiance Baker's Flour	1800 628 883
Elfn/Champion High Grade Plain Flour (New Zealand only)	0800 110 800
Lighthouse	1800 800 868

For more information about gluten flour and bread improver please contact:

Lowan Wholefoods	1800 355 718
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FOR CAKE AND PASTRY MAKING

Flour, such as plain, self raising and wholemeal, used for cake and pastry making should be lower in protein (gluten) than flour used for bread making.

Plain flour has a lower protein (gluten) content and gives baked products, such as cakes, muffins, pastries, scones and pancakes, a softer texture.

Self-raising flour is a blend of plain flour and raising agents such as baking powder. Self raising flour can be used in recipes to replace plain flour and baking powder. To make 1 cup self-raising flour sift together 1 cup (150g) plain flour and 2 teaspoons baking powder.

Wholemeal flour contains more parts of the whole wheat grain — flour, bran and wheat germ — and can be used in muffins, breads and pie cases but will have a denser texture.

Corn flour is made from maize (corn) and is used in some baked products to give a finer texture and can also be used as a starch to thicken sauces and desserts.

Rice flour is derived from rice and is used to give a finer texture in baked products such as shortbread biscuits.

Baking powder is a mixture of cream of tartar and bicarbonate of soda and is used as a raising agent in baking.

Bicarbonate of soda also known as baking soda is an ingredient in baking powder and can be used as an additional raising agent or to darken some baked products.

THE VITAL INGREDIENTS




Butter will give particular flavour and soft texture to baked products. Margarine can replace butter to give a similar result. Oil can be used in some baking to replace butter but will give texture and flavour differences – use only $\frac{3}{4}$ of the amount of butter.

Eggs should be at room temperature to give better volume when making cakes and sponges. Standard 60g eggs were used in the recipes.

Milk should be full cream unless specified. Light, low fat or skim milk can be used but will give texture and flavour differences.

Sugar – white crystal sugar – is used to give flavour, texture and colour to baked products. Caster sugar is often used in baking as it is easier to dissolve when creaming butter and sugar. Brown sugar is also easy to dissolve and can be used to give a different flavour and texture. The large crystals of raw sugar are slower to dissolve and can be suitable for baked products such as muffins.

MIXING GUIDE

SPEED SETTING	ATTACHMENT	MIXING TASK	FOR
Kneading/Folding		kneading/folding	Bread dough
Creaming/Beating		beating/creaming or light mixing	packet cake mixes, muffins. Creaming butter and sugar, cream cheese, heavy batters
Whipping/Aerating		whipping/aerating	cream, egg white/meringues, marshmallow

MIXING TIPS

SPEED SETTING	TIP
Choice of attachments	<ul style="list-style-type: none"> • Use the scraper beater for all mixing tasks. • Use the whisk for all whipping or aeration tasks. • Use dough hook only for kneading bread doughs.
Speed settings	<ul style="list-style-type: none"> • Use the mixing guide to select a suitable mixing speed when preparing recipes. • Begin mixing at lowest speed then increase to higher speed to prevent splattering.
Mixing	<ul style="list-style-type: none"> • Mix for the recommended time in the recipe — avoid over mixing. • Should an object such as a spoon or spatula fall into the bowl while mixing, immediately turn the Wizz™ Mix Professional off, unplug at the power outlet and remove the object.
Egg white	<ul style="list-style-type: none"> • Be sure the whisk and bowl are completely clean and dry before use — a small amount of fat or egg yolk will affect whipping performance.
Bread dough	<ul style="list-style-type: none"> • Add liquid ingredients to the dry ingredients. • Use speed 1 to knead ingredients into a dough ball. • DO NOT place hands near dough hook when mixer is operating.

USING THE SCRAPER BEATER

The Scraper Beater can be used for a variety of mixing tasks. These include creaming butter and sugar, pastry, cake and biscuit batter, thin batter, icing and frosting. Due to the efficient mixing action of the Scraper Beater, the mixing time of many recipes will be reduced. Refer to the chart on the next page for approximate mixing times for common mixing tasks.

THE VITAL INGREDIENTS

SCRAPER BEATER MIXING TIMES

MIXTURE	MIXING TASK	APPROX. MIXING TIME
Butter & Sugar	Creaming	3-4 minutes (or until mixture is light and creamy)
Pastry	Combining/rubbing butter & flour for pastry or crumble The addition of liquid ingredients to form pastry dough	50-60 seconds (or until ingredients resemble course breadcrumbs) 20-30 seconds (or until ingredients have just come together)
Cake, muffin batter	Incorporating wet and dry ingredients	30-40 seconds (or until all ingredients are combined)
Biscuits & cookie mixtures	Incorporating wet and dry ingredients	30-40 seconds (or until all ingredients are well combined)
Thin/light batters (ie. Pancakes)	Incorporating wet and dry ingredients	40-50 seconds (or until all icing is smooth)
Icing	Incorporating wet and dry ingredients	30-40 seconds (or until all ingredients are combined)
Frosting	Creaming butter Combining icing sugar, butter & liquid ingredients	1-2 minutes (or until butter is smooth & creamy) 50-60 seconds (or until mixture is light and fluffy)

NOTE

Longer mixing times may be required for larger or double quantities.

Do not use the Scraper Beater for mixing heavy dough (bread, pizza etc) or whisking egg whites.

The above timings are to be used as a guide only.

When adding flour to the mixing bowl, always use splash guard and ensure the mixer is on the folding/kneading setting. This will prevent flour from escaping the bowl.

TIP

The Scraper Beater can also be used as a spatula when removing cake, biscuits or other mixtures from the mixing bowl (see Fig. 3).



Fig. 3

RECIPES

for your new Breville Scraper Mixer

BUTTER BISCUITS

Makes 40

INGREDIENTS

- 125g butter, softened
- $\frac{3}{4}$ cup caster sugar
- 1 teaspoon vanilla essence
- 1 x 60g egg
- 2 cups (300g) plain flour
- 1 teaspoon baking powder

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, cream butter until soft, add sugar, vanilla essence and egg, cream until light and fluffy.
3. Sift flour and baking powder together.
4. Reduce mixer to speed 2, gradually add sifted ingredients into the creamed mixture until just combined. Do not over mix.
5. Roll heaped teaspoons of biscuit mixture into balls and place evenly on a lightly greased baking tray. Allow space for spreading. Flatten balls slightly with a lightly floured fork.
6. Bake in a preheated 190°C oven for 12-15 minutes or until cooked and pale golden.
7. Remove biscuits from tray and cool on a wire rack.

NOTE

When using smaller quantities turn off the Mixer from time to time and scrape the bowl with a spatula.

VARIATIONS:

CHOCOLATE BISCUITS

INGREDIENTS

- 1 quantity Butter biscuit mixture
- 2 tablespoons cocoa

METHOD

Step 4: Sift flour, baking powder and cocoa together.

ORANGE BISCUITS

INGREDIENTS

- 1 quantity Butter biscuit mixture
- 1 tablespoon finely grated orange rind

METHOD

Step 3: (Omit vanilla essence) add sugar, orange rind and egg, cream until light and fluffy.

LEMON BISCUITS

INGREDIENTS

- 1 quantity Butter biscuit mixture
- 3 teaspoons finely grated lemon rind

METHOD

Step 3: (Omit vanilla essence) add sugar, lemon rind and egg, cream until light and fluffy.

SPICE BISCUITS

INGREDIENTS

- 1 quantity Butter biscuit mixture
- 1 tablespoon ground cinnamon
- 1 teaspoon nutmeg

METHOD

Step 4: Sift flour, baking powder and spices together.

SULTANA BISCUITS**INGREDIENTS**

1 quantity Butter biscuit mixture
 ½ cup sultanas

METHOD

Step 5: Reduce mixer to speed 2, gradually add sifted ingredients into the creamed mixture until just combined. Fold in sultanas. Do not over mix.

MACAROONS

Makes 60

INGREDIENTS

4 egg whites
 1½ cups caster sugar
 1 teaspoon coconut essence
 2 teaspoons finely grated lemon rind
 3 tablespoons corn flour, sifted
 4 cups desiccated coconut
 Extra desiccated coconut, for sprinkling
 Melted chocolate, optional

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 6, beat the egg whites until firm peaks form. Gradually add the sugar, beating constantly, until the mixture is thick and glossy and the sugar is dissolved. Add the essence and rind, beat until just combined.
3. Remove wire whisk and assemble Mixer using scraper beater.
4. Using speed 1, add corn flour and coconut and mix until just combined.
5. Place tablespoons of mixture onto lightly greased baking trays. Allow 3cm spaces for spreading. Sprinkle with extra coconut if desired.
6. Bake in a preheated 160°C oven for 15-20 minutes or until set and lightly golden.
7. Remove macaroons from tray and cool on a wire rack.

Decorate macaroons with a fine drizzle of melted chocolate if desired.

DOUBLE CHOCOLATE CHIP COOKIES

Makes 50

INGREDIENTS

- 180g butter, chopped
- 150g dark chocolate, chopped
- 1½ cups (225g) plain flour
- ¼ cup cocoa
- 1½ cups brown sugar
- 3 x 60g eggs, lightly beaten
- 1½ cups dark choc bits

METHOD

1. Melt butter and dark chocolate in a small saucepan over a low heat, stirring constantly until smooth. Keep warm.
2. Assemble mixer using scraper beater.
3. Using speed 1, stir plain flour, cocoa and brown sugar, increase to speed 2, continue mixing and gradually add the butter mixture and eggs. Do not over mix.
4. Using speed 1, stir in choc bits until just combined.
5. Place tablespoons of mixture onto lightly greased baking trays. Allow 3cm spaces for spreading. Flatten lightly with back of a spoon.
6. Bake in a preheated 180°C oven for 15-20 minutes or until set and lightly golden.
7. Cool biscuits on trays for 5 minutes before transferring to wire rack.

VARIATIONS:

- Substitute ½ cup dark choc bits with ½ cup white choc bits.
- Substitute ½ cup dark choc bits with ½ cup chopped macadamia nuts.
- Make chunky double choc chip cookies by baking 2 tablespoons of mixture instead of 1 tablespoon.

GINGERBREAD BISCUITS

Makes 20

INGREDIENTS

- 125g butter, softened
- ⅓ cup brown sugar
- ⅓ cup golden syrup
- 1 x 60g egg, lightly beaten
- 2¼ cups (340g) plain flour
- 1 tablespoon ground ginger
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- Extra flour, for kneading

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, beat butter, sugar and syrup until light and creamy. Add the egg and beat well to combine.
3. Sift flour, ginger, baking powder and soda together.
4. Using speed 1, stir in sifted ingredients until just combined. Do not over mix.
5. Turn mixture out onto lightly floured board and knead lightly to form a smooth round ball.
6. Roll out dough to 5mm thickness. Cover and refrigerate dough on the board for 20-30 minutes or until firm enough to cut.
7. Cut into rounds using a sharp 4cm round biscuit cutter or use traditional gingerbread shaped cutters.
8. Place gingerbread shapes onto lightly greased baking trays. Allow 3cm spaces for spreading.
9. Bake in a preheated 180°C oven for 10-12 minutes or until cooked and lightly browned.

Decorate Gingerbread biscuit shapes with white vanilla icing and coloured variations (Recipe Page 51) and silver cachous if desired).

CHEDDAR CHEESE BISCUITS

Makes 20

INGREDIENTS

150g butter, softened
 1 cup finely grated Cheddar cheese
 ¼ cup finely grated Parmesan cheese
 1¼ cups plain flour, sifted
 Extra flour, for kneading
 Extra Parmesan cheese, for sprinkling
 Sweet paprika, for sprinkling

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, cream butter until light and fluffy.
3. Reduce to speed 1, stir in cheeses, increase to speed 3 and mix until just combined.
4. Reduce to speed 1, fold in flour, mix to combine.
5. Turn out mixture onto a lightly floured board and knead lightly to form a round dough ball.
6. Roll out dough to 5mm thickness. Cut into rounds using a sharp 4cm round biscuit cutter.
7. Place biscuit rounds onto lightly greased baking trays, sprinkle with extra Parmesan cheese and lightly dust with sweet paprika if desired. Allow 3cm spaces for spreading.
8. Bake in a preheated 180°C oven for 10-15 minutes or until cooked and golden.
9. Cool biscuits on trays for 5 minutes before transferring to wire rack.

SCOTTISH OATCAKES

Makes 30

INGREDIENTS

1 cup plain flour
 1 teaspoon bicarbonate of soda
 3 cups oat bran
 ½ cup caster sugar
 180g butter, melted
 1 x 60g egg, lightly beaten

METHOD

1. Assemble mixer using scraper beater.
2. Sift flour, soda, oat bran and caster sugar together into the mixing bowl.
3. Using speed 1, gradually add the butter and egg to the dry ingredients. Do not over mix.
4. Turn out mixture onto a lightly floured board and roll out to a 25cm x 35cm rectangle. Cut into 30 squares with a sharp knife.
5. Place squares onto lightly greased baking trays. Allow 3cm spaces for spreading.
6. Bake in a preheated 180°C oven for 15-20 minutes or until cooked and lightly browned.
7. Cool biscuits on trays for 1-2 minutes before transferring to wire rack.

RASPBERRY CHEESECAKE SLICE

Makes 20

INGREDIENTS

- 250g plain sweet biscuits, finely crushed
- 1 teaspoon ground cinnamon
- 60g melted butter
- ½ cup smooth raspberry jam
- ½ cup cream
- 250g cream cheese
- 250g smooth ricotta cheese
- ½ cup caster sugar
- 1 teaspoon vanilla essence
- 3 teaspoons gelatine
- 2 tablespoons hot water

METHOD

1. Mix biscuits crumbs, cinnamon and butter until well combined.
2. Press biscuit mixture, evenly and firmly, into a 20cm x 30cm lamington pan lined with baking paper.
3. Place jam into a piping bag and pipe thin strips lengthways along the biscuit mixture. Cover and refrigerate.
4. Assemble mixer using wire whisk.
5. Using Speed 5, beat cream until soft peaks form. Remove, set aside.
6. Using Speed 5, beat cream cheese, ricotta cheese, sugar and vanilla essence until smooth.
7. Dissolve gelatine in the hot water then stir into the cream cheese mixture.
8. Using Speed 1, fold the whipped cream into the cream cheese mixture.
9. Spread creamed mixture carefully over chilled biscuit base.
10. Drizzle remaining jam over creamed mixture and swirl lightly with a fork.
11. Refrigerate for several hours or until set.

BASIC WHITE BREAD

INGREDIENTS

- 4 cups (600g) bread flour
- 3 tablespoons milk powder
- 1½ teaspoons salt
- 1½ tablespoons sugar
- 1 teaspoon bread improver
- 2 teaspoons Tandaco yeast
- 2 tablespoons oil
- 1½ cups (375ml) water
- Extra bread flour, for kneading

METHOD

1. Assemble mixer using dough hook.
2. Place flour, milk powder, salt, sugar, bread improver and yeast into mixing bowl.
3. Using speed 1-2, slowly add the oil then the water to the dry ingredients. Mix until a dough ball starts to form.

Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.

NOTE

The dough should be well kneaded at this stage to develop the gluten that provides the elasticity to the dough and enables it to rise.

4. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
5. Remove the risen dough from the bowl and knead again on a lightly floured surface.
6. Shape dough into a roll shape to fit a large bread tin or divide into two to fit two smaller bread tins.
7. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 30-40 minutes or until well risen. Remove plastic wrap.
8. Brush top of dough with egg glaze if required and bake in a preheated oven

at 200°C for 40-50 minutes or until cooked and golden brown.

- Remove from pan and cool on wire rack.

EGG GLAZE

INGREDIENTS

1 x 60g egg, lightly beaten
2-3 tablespoons water

METHOD

- Combine ingredients until smooth. Do not whisk. Strain through a sieve if required. Brush glaze over dough.

HERB, CHEESE AND GARLIC MONKEY BREAD

INGREDIENTS

1 quantity Basic White Bread dough
2 cloves garlic, finely chopped
1 tablespoon finely chopped fresh mixed herbs
(example: rosemary, basil, sage, thyme)
½ cup finely grated Parmesan or Cheddar cheese
¼ cup melted butter

METHOD

- Follow steps 1-3 of the Basic white bread recipe. As dough starts to form, add garlic and mixed herbs.
- Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.

NOTE

The dough should be well kneaded at this stage to develop the gluten that provides the elasticity to the dough and enables it to rise.

- Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
- Remove the risen dough from the bowl and knead again on a lightly floured surface.
- Divide dough in 3cm round balls. Brush dough balls with melted butter and layer into a large, lightly greased tube or angel food pan, or 2 smaller ring pans.
- Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 30-40 minutes or until dough has risen to top of pan. Remove plastic wrap.
- Bake in a preheated oven at 200°C for 40-50 minutes or until cooked and golden brown. Allow to stand in pan for 10-15 minutes to ensure the monkey bread holds its shape when turned out. Serve warm.

MIXED SEED BREAD

INGREDIENTS

- 2 cups (300g) bread flour
- 2 cups (300g) wholemeal flour
- 2 tablespoons milk powder
- 2 teaspoons salt
- 3 tablespoons sugar
- 1 teaspoon bread improver
- 2 teaspoons Tandaco yeast
- 2 tablespoons oil
- 1¼ cups (440ml) water
- 2 tablespoons cracked wheat (burghul)
- 2 tablespoons sunflower seeds
- 2 tablespoons poppy seeds
- 2 tablespoons linseeds
- Extra bread flour, for kneading
- Extra seeds, for top of bread

METHOD

1. Assemble mixer using dough hook.
2. Place flours, milk powder, salt, sugar, bread improver and yeast into mixing bowl.
3. Using speed 1-2, slowly add the oil then the water to the dry ingredients. Mix for 30 seconds until a dough ball starts to form, add cracked wheat and seeds, mix for 30 seconds.
4. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.

NOTE

The dough should be well kneaded at this stage to develop the gluten that provides the elasticity to the dough and enables it to rise.

5. Place the dough ball into a lightly oiled large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.

6. Remove the risen dough from the bowl and knead again on a lightly floured surface.
7. Shape dough into a roll shape to fit a large bread tin or divide into two to fit two smaller bread tins.
8. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 40-50 minutes or until well risen. Remove plastic wrap.
9. Brush top of dough with Egg glaze (recipe page 38) and sprinkle with extra seeds if required and bake in a preheated oven at 200°C for 40-50 minutes or until cooked and golden brown.
10. Remove from pan and cool on wire rack.

CINNAMON NUT SCROLLS

Makes 12

INGREDIENTS

- 4 cups (600g) bread flour
- 1 teaspoon salt
- 2 tablespoons sugar
- 1½ teaspoons mixed spice
- 2 teaspoons grated orange rind
- 2½ teaspoons Tandaco yeast
- 1 x 60g egg, lightly beaten
- 1½ cups (375ml) milk, scalded and cooled

FILLING:

- 2 tablespoons melted butter
- 2 tablespoons light brown sugar
- 2 tablespoons ground cinnamon
- ¼ cup (40g) sultanas
- ½ cup (60g) chopped walnuts

METHOD

1. Assemble mixer using dough hook.
2. Place flour, salt, sugar, mixed spice, orange rind and yeast into the mixing bowl.
3. Using speed 1-2, slowly add the egg then the cooled milk into the dry ingredients. Mix for 1 minute until a dough ball starts to form.
4. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.
5. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
6. Remove the risen dough from the bowl and knead again on a lightly floured surface.

7. Roll out the dough to a 20cm x 30cm rectangle. Brush dough with butter. Combine sugar and cinnamon and sprinkle evenly, together with sultanas and walnuts, over the butter leaving a 2cm border. Roll the dough up from the long side, as for a Swiss Roll.
8. Cut into 12 slices and place cut side up into 2 lightly greased deep 22cm round cake pans.
9. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 30 minutes or until buns have risen slightly. Remove plastic wrap.
10. Bake in a preheated oven at 200°C for 30-35 minutes or until cooked and golden brown. Remove from cake pans and cool on wire racks. When cool, drizzle with vanilla bun glaze.

VANILLA BUN GLAZE

INGREDIENTS

- ½ cup icing sugar, sifted
- ½ teaspoon vanilla essence
- 2 tablespoons warm milk

METHOD

1. Combine ingredients into a small mixing bowl and stir until smooth and thin enough to drizzle over buns.

FOCACCIA

Serves 2-4

INGREDIENTS

- 3 cups (450g) bread flour
- 1 teaspoon salt
- 2 teaspoons sugar
- 2 teaspoons Tandaco yeast
- 2 tablespoons olive oil
- 1 cup (250ml) water

TOPPING:

- 2 tablespoons olive oil
- 1 tablespoon rock salt
- 2 tablespoons black olives, sliced

METHOD

1. Assemble mixer using dough hook.
2. Place flour, salt, sugar and yeast into the mixing bowl.
3. Using speed 1-2, slowly add the oil then the water to the dry ingredients. Mix for 1 minute until a dough ball starts to form.
4. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.
5. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
6. Remove the risen dough from the bowl and knead again on a lightly floured surface.
7. Press the dough into a lightly greased 20cm x 30cm lamington pan.
8. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 20-30 minutes or until doubled in size.
9. Remove plastic wrap, brush dough with olive oil and sprinkle with rock salt and olives.
10. Bake in a preheated oven at 200°C for 30-35 minutes or until cooked and golden brown.
11. Remove from pan and cool on wire rack.

CALZONNE

Serves 2-4

INGREDIENTS

2 cups (300g) bread flour
 1 cup (150g) wholemeal plain flour
 1 teaspoon salt
 2 teaspoons Tandaco yeast
 2 tablespoons olive oil
 1 cup (250ml) water

Suggested fillings:

Sun-dried tomato pesto, toasted red, yellow and green capsicum, marinated eggplant or sliced mushrooms.

Anchovy fillets, prawns, sliced salami, ham, bacon, turkey or chicken.

Grated cheddar, mozzarella, Parmesan or sliced camembert, brie or fetta cheeses.

METHOD

- Assemble mixer using dough hook.
- Place flours, salt and yeast into the mixing bowl.
- Using speed 1-2, slowly add the oil then the water to the dry ingredients. Mix for 1 minute until a dough ball starts to form.
- Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable. Do not over knead.
- Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
- Remove the risen dough from the bowl and knead again on a lightly floured surface.
- Divide the dough into 8 equal pieces. Roll each piece into a 15cm circle.
- Spread half of each dough circle with selected fillings, leaving a 15cm rim around the edge.
- Brush edges with water, then fold the uncovered half over the filling and seal the edges.
- Place onto lightly greased baking trays. Use a sharp knife to make a slit in the top of each calzone.
- Bake in a preheated oven at 200°C for 15-20 minutes or until cooked and golden brown.
- Remove from trays and cool on wire rack.

Make pizzas from above recipe by spreading fillings over each dough circle and bake at 200°C for 12-15 minutes or until base is cooked and topping heated through.

FRENCH HEN'S EGG FRUIT TOAST

Serves 4-6

INGREDIENTS

4 x 60g eggs
 ¾ cup milk
 ¼ cup caster sugar
 1½ teaspoons cinnamon
 1½ tablespoons butter
 6 thick slices fruit bread
 Icing sugar, to serve

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 1-2, mix eggs, milk, caster sugar and cinnamon until well combined.
3. Melt a little of the butter in a non-stick fry pan over medium heat.
4. Dip a slice of fruit bread into the egg mixture to coat both sides then place into the fry pan.
5. Cook for 1 minute on each side or until crisp and golden. Repeat with remaining batter, butter and fruit bread.

Serve hot, lightly dusted with icing sugar.

SOUFFLE FRENCH OMELETTE WITH HAM AND HERBED CHEESE

Serves 4-6

INGREDIENTS

2 tablespoons butter
 150g thinly sliced ham
 3 tablespoons finely snipped chives
 2 tablespoons finely chopped parsley
 6 x 60g eggs, separated
 ¼ cup milk
 2 teaspoons French mustard
 ¼ teaspoon salt
 ¾ cup grated tasty cheese

METHOD

1. Melt butter in fry pan over medium heat, add ham and herbs and sauté for 2 minutes. Remove and set aside.
2. Assemble mixer using wire whisk.
3. Beat egg whites on speed 5 until soft peaks form. Remove and set aside.
4. Beat egg yolks, milk, mustard and salt on speed 2 until well combined.
5. Fold whipped egg whites through egg yolk mixture.
6. Pour egg mixture evenly into fry pan over medium heat and cook until omelette puffs and base is set and golden brown.
7. Sprinkle sautéed ham and herb mixture evenly with the cheese over half the omelette. Fold the unfilled half of the omelette over the filling.
8. Cut into 6 large slices and serve hot.

FLUFFY SCRAMBLED EGGS WITH SMOKED SALMON

Serves 4-6

INGREDIENTS

6 x 60g eggs
 ½ cup thickened cream
 Freshly ground black pepper
 2 tablespoons butter
 200g smoked salmon, roughly chopped
 3 tablespoons finely snipped chives

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 2, beat eggs and cream until light and fluffy, add pepper if desired.
3. Melt butter in fry pan over medium heat. Pour egg mixture into hot pan and stir until mixture has thickened slightly. Stir in chopped salmon.
4. Cover fry pan with lid and cook until eggs are set but still light and fluffy.
5. Sprinkle with chives and serve hot.

SWEET CORN AND BACON FRITTERS

Serves 6

INGREDIENTS

2 x 60g eggs
 1 x 440g can creamed corn
 1 teaspoon salt
 Freshly ground black pepper
 2 cups (300g) plain flour
 2 teaspoons baking powder
 2 tablespoons oil

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 1, beat eggs, add creamed corn until just combined, add salt and pepper if desired.
3. Sift flour and baking powder together.
4. Using speed 2, slowly add sifted ingredients to egg mixture, mix until combined.
5. Heat oil in fry pan over medium heat. Place tablespoonful of corn mixture into hot pan. Cook until golden, turn over and cook other side.
6. Remove and drain on absorbent paper towel. Repeat with remaining mixture.

PANCAKES

Makes 12-15

INGREDIENTS

- 2 cups (300g) plain flour
- Pinch of salt
- 2 x 60g eggs
- 2¼ cups milk
- 2 tablespoons butter, softened

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 2, mix flour, salt, egg, and milk in the mixing bowl until well combined and smooth.
3. Heat a frying pan over medium heat and lightly grease with a little of the softened butter.
4. Pour a small quantity of batter into frying pan and cook until bubbles come to the surface and break.
5. Carefully turn the pancake over and cook until golden brown. Remove from pan and keep warm.
6. Repeat with remaining batter.

Serve warm pancakes sprinkled with lemon juice and sugar, or yoghurt and fresh fruit.

WAFFLES

Makes 12-15

INGREDIENTS

- 4 x 60g eggs, separated
- 1¾ cups milk
- 2½ cups (375g) plain flour, sifted
- 3 teaspoons baking powder
- 1 cup caster sugar
- 100g butter, melted

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 1, mix egg yolks and milk in the mixing bowl until well combined and smooth.
3. Sift flour, baking powder and sugar together.
4. Using speed 2, add sifted ingredients to egg yolk mixture, beat until smooth. Add melted butter and beat until well combined. Remove batter and set aside.
5. Clean the mixing bowl and wire whisk well.
6. Using speed 5, beat egg whites until light and fluffy.
7. Gently fold egg whites through prepared batter until well combined.
8. Pour ½ cup of the batter into the centre or a preheated waffle maker.
9. Close waffle maker lid and cook waffle until golden brown.
10. Remove from waffle maker and keep warm. Repeat with remaining batter.

Serve hot waffles drizzled with honey or maple syrup.

CRUMPETS

Makes 12-15

INGREDIENTS

- ¾ cup warm milk
- ¾ cup warm water
- 2 teaspoons sugar
- 1 teaspoon Tandaco yeast
- 2 cups (300g) plain flour
- 1 tablespoon baking powder
- ½ teaspoon salt

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 1, mix milk, water, sugar and yeast in the mixing bowl until well combined and smooth.
3. Sift flour, baking powder and salt together.
4. Using speed 2, gradually add sifted ingredients to milk mixture, beat until smooth.
5. Lightly grease 4 egg rings and place them into a lightly greased and preheated fry pan.
6. Pour batter into prepared egg rings — sufficient to fill to ¾ full.
7. Cook crumpets on high heat setting for 3 minutes, reduce to a lower heat and cook for a further 10 minutes or until bubbles come to the surface and break. Carefully remove rings.
8. Cover fry pan with lid and cook for a further 3-5 minutes or until crumpets are set.
9. Remove crumpets and keep warm. Repeat with remaining batter.

Serve warm crumpets topped with butter curls and drizzled with golden syrup or honey.

VANILLA BUTTER CAKE

INGREDIENTS

- 125g butter, softened
- ¾ cup caster sugar
- 1 teaspoon vanilla essence
- 2 x 60g eggs
- 2 cups (300g) self raising flour, sifted
- ¾ cup milk

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, beat butter and sugar until light and fluffy.
3. Add vanilla essence, add eggs one at a time, beat well after each addition.
4. Using speed 2, slowly add flour and milk alternately, to form a smooth batter.
5. Divide mixture evenly into two lightly greased and lined 20cm round cake pans or one deep 22cm round cake pan.
6. Bake in a preheated 180°C oven for 45-50 minutes or until cooked and golden. Turn out onto wire rack to cool.

When cool, cover cake with Vienna cream frosting (Recipe page 50) if desired or lightly dust with sifted icing sugar.

VARIATIONS:

COCONUT CAKE

INGREDIENTS

- 1 quantity Vanilla Butter Cake mixture
- ½ cup desiccated coconut
- 1 quantity Vanilla Icing
- Extra desiccated coconut, for sprinkling

METHOD

Step 4: Using speed 2, slowly add flour, coconut and milk alternately, to form a smooth batter. When cool, cover cake with Vienna cream frosting (Recipe page 50) and sprinkle with extra coconut if desired.

COFFEE CAKE

INGREDIENTS

1 quantity Vanilla Butter Cake mixture
2 teaspoons instant coffee granules, dissolved in
1 tablespoon boiling water

METHOD

Step 3: (Omit vanilla essence) add dissolved coffee, add eggs one at a time, beat well after each addition. When cool, cover cake with Coffee icing (Recipe Page 51) if desired.

SULTANA OR CHERRY CAKE

INGREDIENTS

1 quantity Vanilla Butter Cake mixture
¼ cup sultanas or glace cherries

METHOD

Step 4: Using speed 2, slowly add flour and milk alternately, to form a smooth batter. Reduce to speed 1, fold in sultanas or cherries. Do not over mix.

MARBLE CAKE

INGREDIENTS

1 quantity Vanilla Butter Cake mixture
1 tablespoon cocoa
2-3 drops red food colouring

METHOD

Step 5: Divide mixture into three equal parts. Into one-third stir the cocoa and to another third add 1-2 drops red food colouring to make a pink mixture. Spoon the three mixtures, in stripes, into lightly greased and base lined 20cm square cake pan. Use a knife to twirl the three mixtures. When cool, cover cake with alternate Pink and chocolate icing (Recipe page 51) if desired.

RICH CHOCOLATE SPICE CAKE

INGREDIENTS

250g butter, chopped
250g dark chocolate, chopped
1 cup (150g) self raising flour
1 cup (150g) plain flour
¼ cup cocoa
1 teaspoon bicarbonate of soda
2 tablespoons garam marsala
2 cups caster sugar
4 x 60g eggs
150ml buttermilk

METHOD

1. Melt butter and chocolate in a saucepan over a low heat, stirring constantly until smooth. Remove from heat and keep warm.
2. Assemble mixer using scraper beater.
3. Sift flours, cocoa, soda and garam marsala into the mixing bowl.
4. Using speed 1, stir in sugar, increase to speed 2, continue mixing and gradually add the eggs and buttermilk. Do not over mix.
5. Using speed 1, stir in chocolate butter mixture until just combined.
6. Pour the mixture into a lightly greased, base and side lined deep 22cm round cake pan.
7. Bake in a preheated 160°C oven for 1¾-2 hours or until set and cooked when tested.
8. Allow the cake to cool completely in the cake pan before turning out onto wire rack.

Dust top of cake with stripes of icing sugar and cocoa or cover with creamy chocolate glaze (Recipe page 51).

NEVER FAIL PLAIN SPONGE

INGREDIENTS

- 4 x 60g eggs, separated
- ¼ cup caster sugar
- 1 cup (150g) self raising flour, sifted
- 3 tablespoons water

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 6, beat egg whites until stiff peaks form. Continue beating and gradually add sugar until thick and glossy.
3. Add egg yolks and beat well.
4. Reduce to speed 1, fold in flour and water alternately. Mix to combine.
5. Divide mixture evenly between two lightly greased and base lined 20cm cake pans.
6. Bake in preheated 180°C oven for 15 minutes or until cake springs back when touched and comes away slightly from side of pan.
7. Turn sponges out to cool on a wire rack covered with baking paper.

Spread top of one sponge cake with Chocolate praline cream (Recipe page 52), place other sponge cake on top and lightly dust with icing sugar.

BAKED PORTUGUESE TART

Serves 4-6

INGREDIENTS

- 1 quantity Rough puff pastry (Recipe page 54)
- 4 x 60g eggs
- ¼ cup caster sugar
- 1 tablespoon corn flour
- 1½ cups warm milk
- 1-2 tablespoons melted butter
- 1 tablespoon caster sugar, extra

METHOD

1. Roll pastry to cover base and sides of 23cm oven proof pie plate, allowing pastry to overlap edge slightly.
2. Blind bake the pastry base in a preheated oven 200°C for 15 minutes or until light golden.
3. Assemble mixer using wire whisk.
4. Using speed 3, beat the eggs and sugar until light and fluffy.
5. Blend corn flour into warm milk.
6. Reduce Mixer to speed 1, blend milk mixture with egg mixture.
7. Place pie plate onto an oven tray and pour custard into prepared pastry case. Brush pastry edge with melted butter and sprinkle edge lightly with caster sugar.
8. Bake in a preheated 250°C oven for 10 minutes, reduce heat to 180°C for 20 minutes or until custard is set. Serve warm.

PROFITEROLES

Makes 20

INGREDIENTS

1 quantity Choux pastry (Recipe page 53)

1 quantity Chocolate praline cream
(Recipe page 52)

1 quantity Creamy chocolate glaze
(Recipe page 51)

METHOD

1. Split choux pastry puffs almost in half, remove any soft centres.
2. Fill empty puff centres with chocolate praline cream and press to close.
3. Place puffs onto a wire rack and drizzle with creamy chocolate glaze.

Allow glaze to set before serving.

TOASTED COCONUT MARSHMALLOWS

Makes 20-24

INGREDIENTS

2 tablespoons gelatine

½ cup water

2 cups sugar

1 cup water

1 teaspoon vanilla essence

Desiccated coconut, lightly toasted,
for sprinkling

METHOD

1. Combine gelatine and ½ cup water in a heat proof bowl, and allow to absorb for 10 minutes.
2. Combine sugar and 1 cup water in a large saucepan. Stir constantly over a gentle heat until sugar dissolves.
3. Dissolve gelatine mixture over a bowl of hot water.
4. Pour gelatine mixture into sugar mixture and bring to the boil, allow to boil for 15 minutes. Cool until luke warm.
5. Assemble Mixer using wire whisk.
6. Pour luke warm mixture and vanilla essence into mixing bowl. Using speed 6 beat until very thick and white.
7. Line two 20cm x 30cm lamington pans with wet baking paper. Pour mixture evenly into pans. Chill until set.
8. Turn marshmallow out onto coconut dusted bench. Use a wet knife to cut into squares. Roll marshmallow squares in extra coconut. Keep chilled.

The desiccated coconut can be used untoasted if desired.

APRICOT CREAM MERINGUES

INGREDIENTS

4 egg whites
 1 cup caster sugar
 Apricot conserve, optional
 Whipped cream, optional

METHOD

1. Assemble mixer using wire whisk.
2. Beat egg whites until just stiff, add half the sugar and beat well. Repeat with remaining sugar.
3. Pipe or spoon small amounts of meringue mixture onto a lightly greased baking tray. Allow 3cm space between.
4. Bake at 120°C for 1 to 1½ hours or until the meringues are dry. Do not brown. Remove from trays and cool. Store in an airtight container.
5. Just before serving, spread a small amount of apricot conserve and whipped cream onto flat side of one meringue, then attach the flat side of another meringue.

Larger meringues can be made by piping or spooning larger amounts of mixture onto the baking trays and extending the baking time if required.

VIENNA CREAM FROSTING

INGREDIENTS

125g butter, chopped
 1½ cups icing sugar
 2-3 tablespoons milk

METHOD

1. Assemble the mixer using wire whisk.
2. Using speed 3, beat the butter until it lightens in colour.
3. Gradually add half the icing sugar, then the milk and remaining icing sugar, beat until light and fluffy.

CREAM CHEESE FROSTING

INGREDIENTS

250g cream cheese
 50g butter, chopped
 1 teaspoon vanilla essence
 or 1 tablespoon lemon juice
 ½ cup icing sugar, sifted

METHOD

1. Assemble the mixer using the wire whisk.
2. Using speed 3, beat the cream cheese and butter until light and creamy.
3. Add the vanilla essence, then gradually add the icing sugar and beat until light and fluffy.

WHITE VANILLA ICING

INGREDIENTS

2 cups icing sugar, sifted
 1 teaspoon butter, softened
 2 tablespoons water
 ½ teaspoon vanilla essence

METHOD

1. Assemble mixer using scraper beater.
2. Using Speed 1, combine all ingredients. Add a little extra water to mix to a spreadable consistency.

VARIATIONS:

CHOCOLATE ICING

Sift 1 tablespoon cocoa with the icing sugar.

COFFEE ICING

Heat the 2 tablespoons water and stir in 2 teaspoons instant coffee until dissolved.

COLOURED VANILLA ICING

For lightly coloured icing add 1-2 drops of desired food colouring to the White Vanilla Icing mixture. For brighter colours, add extra drops until desired colour is achieved.

Examples:

- Pink Icing – 1-2 drops cochineal
- Purple/Mauve Icing – 1-2 drops red and blue food colouring
- Orange Icing – 1-2 drops yellow and red food colouring

LEMON ICING

Substitute water and vanilla essence with 1 teaspoon finely grated lemon rind and 2 tablespoons lemon juice. Add 1-2 drops yellow food colouring if desired.

SOFT CHOCOLATE ICING

INGREDIENTS

2 tablespoons cocoa
 ½ cup boiling water
 40g butter, melted
 ½ teaspoon vanilla essence
 2½ cups icing sugar, sifted

METHOD

1. Dissolve cocoa in the boiling water, stir in melted butter and vanilla essence.
2. Gradually add sifted icing sugar and stir until mixture is smooth and well combined.

CREAMY CHOCOLATE GLAZE

INGREDIENTS

200g dark chocolate, chopped
 ¾ cup thickened cream

METHOD

1. Combine chocolate and cream in a small heat proof bowl, suspended over a small saucepan of simmering water, and stir until smooth.
2. Spread cake, top and sides, with a thin layer of glaze, then quickly pour remaining glaze evenly over top of cake. Allow glaze to set at room temperature before serving.

GLACÉ ICING

INGREDIENTS

- 1½ cups icing sugar
- 2 teaspoons butter, softened
- 2-3 tablespoons milk

METHOD

1. Place icing sugar in a small heat proof bowl, stir in butter and enough milk to make a firm paste. Suspend the bowl over a small saucepan of simmering water, and stir until icing is smooth, do not overheat.

CHOCOLATE PRALINE CREAM

INGREDIENTS

- 600ml thickened cream
- 2 x 35g chocolate peanut confectionary bars

METHOD

1. Assemble mixer with wire whisk.
2. Using speed 5, beat cream until light and fluffy
3. Place the confectionary bars in a plastic bag and crush with a rolling pin.
4. Using speed 3, gradually add the crushed mixture to the whipped cream.

RICH SHORTCRUST PASTRY

INGREDIENTS

- 180g butter, chopped
- 2¼ cups plain flour
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- 2 tablespoons lemon juice
- 1 egg yolk, lightly beaten
- Extra flour, for kneading

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, beat butter until soft.
3. Reduce to speed 1, add flour, baking powder and salt, gradually add lemon juice and egg yolk to form a slightly crumbled dough.
4. Turn dough onto lightly flour dusted board and knead lightly to form a smooth ball. Wrap dough in plastic wrap and refrigerate for 20 minutes before using.

CHOUX PASTRY

INGREDIENTS

- 60g butter, chopped
- ¼ teaspoon salt
- 1½ cups water
- 1 cup (150g) plain flour
- 3 x 60g eggs, lightly beaten

METHOD

1. In a medium saucepan, melt butter, stir in salt and water and bring to the boil.
2. Stir in flour all at once, stirring continuously until dough forms and leaves the side of the saucepan.
3. Remove from heat and place dough in a large bowl. Spread the dough around the sides of the bowl to cool slightly.
4. Assemble mixer using the scraper beater.
5. Place the cooled dough into the mixing bowl.
6. Using speed 3, gradually add eggs, mixing until mixture is shiny and glossy.
7. Lightly grease oven trays and lightly sprinkle with water.
8. Place teaspoons of the mixture onto the trays, allow 3cm spaces between for spreading.
9. Bake in a preheated 250°C oven for 15 minutes then reduce heat to 180°C and cook until puffs are dry and crispy.

SWEET SHORTCRUST PASTRY

INGREDIENTS

- 125g butter, chopped
- 2 tablespoons caster sugar
- 1 x 60g egg, separated
- ¼ cup custard powder
- ¼ cup corn flour
- ¾ cup (110g) plain flour
- ¾ cup (110g) self raising flour
- 2 tablespoons lemon juice
- 1 tablespoon iced water
- Extra flour, for kneading

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, beat butter and sugar until light and fluffy, add egg and beat until well combined.
3. Using speed 1, add custard powder and flours and gradually add lemon juice and water until a soft dough is formed.
4. Turn dough onto lightly floured board and knead lightly to form a smooth ball. Wrap dough in plastic wrap and refrigerate for 20 minutes before using.

ROUGH PUFF PASTRY

INGREDIENTS

100g butter, cut into 4 equal portions
 1 egg yolk
 ½ teaspoon baking powder
 1 cup (150g) plain flour
 1 tablespoon lemon juice
 2 tablespoons water
 Extra flour, for kneading

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, beat ¾ of the butter with egg yolk until light and fluffy.
3. Using speed 1, add baking powder and flour and beat until well combined. Gradually add lemon juice and water until a soft dough is formed.
4. Turn dough onto lightly floured board and knead lightly to form a smooth ball.
5. Roll out dough to form a small rectangle, spread with ¼ of the butter and dust with flour. Fold the dough three times lengthwise then refrigerate until firm.
6. Repeat steps 8 and 9 twice with dough and remaining butter.
7. Repeat steps 8 and 9 with dough only.
8. Wrap dough in plastic wrap and refrigerate for 20 minutes before using.

WHOLEMEAL PASTRY

INGREDIENTS

1 cup (150g) wholemeal plain flour
 1 cup (150g) plain flour
 150g butter, chopped
 1 egg yolk
 1 tablespoon lemon juice
 1 tablespoon water

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 1, stir flours, add butter and egg yolk, mix to combine. Gradually add lemon juice and water until a soft dough is formed.
3. Turn dough onto lightly floured board and knead lightly to form a smooth ball. Wrap dough in plastic wrap and refrigerate for 20 minutes before using.

CARROT AND BRAN FLAKE MUFFINS

Makes 12

INGREDIENTS

1 cup (150g) wholemeal plain flour
 1 cup (150g) plain flour
 1 teaspoon baking powder
 ½ cup bran flakes
 ½ cup raw sugar
 ½ cup golden syrup
 100g butter, chopped
 1 cup natural yoghurt
 ¼ cup milk
 1 teaspoon bicarbonate of soda
 ¾ cup finely grated carrot

METHOD

1. Assemble mixer using scraper beater.
2. Sift flours and baking powder together.
3. Using speed 1, stir bran flakes and raw sugar into sifted ingredients.
4. Combine syrup and butter in a small saucepan over medium heat. When melted remove from heat and stir in yoghurt, milk and soda.
5. Using speed 1, fold warmed mixture into dry ingredients until just combined. Fold in carrot. Do not over mix.
6. Lightly grease and line deep muffin pans. Fill muffin pans ¾ full with mixture.
7. Bake in a preheated 180°C oven for 15–20 minutes or until cooked when tested.

CRUNCHY TOP TEACAKE

INGREDIENTS

1 cup chopped prunes
 ¼ cup chopped figs
 2 tablespoons golden syrup
 ¼ cup brown sugar
 1 teaspoon bicarbonate of soda
 1 cup warmed orange juice
 2 cups (300g) wholemeal plain flour, sifted

CRUNCHY TOPPING:

¼ cup brown sugar
 ¼ cup (110g) wholemeal plain flour
 ¼ desiccated coconut
 ¼ cup chopped nuts
 50g butter, softened

METHOD

1. Assemble mixer using scraper beater.
2. Place fruit, syrup, sugar and soda into mixing bowl. Pour in orange juice.
3. Using speed 1, beat in wholemeal flour until well combined. Do not over mix.
4. Pour mixture into a lightly greased and base lined 22cm loaf pan.
5. Combine topping ingredients and sprinkle evenly over cake mixture.
6. Bake in a preheated 180°C oven for 45–50 minutes or until cooked when tested. Allow cake to remain in pan for 5 minutes before turning out onto wire rack to cool.

WHOLEMEAL DATE SCONES

Makes 12

INGREDIENTS

100g butter, chopped
 2 tablespoons honey
 1½ cups (225g) wholemeal self raising flour
 1½ cups (225g) self raising flour
 ½ teaspoon mixed spice
 1 teaspoon cinnamon
 ¾–1 cup milk
 1 cup chopped dates
 Extra flour, for kneading
 Extra milk, for glazing

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, beat butter and honey until light and fluffy.
3. Sift flours and spices together.
4. Using speed 1, add sifted ingredients and sufficient milk alternately until a soft dough forms. Fold in fruit. Do not over mix.
5. Turn dough out onto a lightly floured board and knead lightly.
6. Roll or press scone dough out to desired thickness, cut into shapes with a scone cutter or knife. Place scone shapes close together on a lightly greased and flour dusted baking tray or lamington pan. Cut a small cross on top of scone shapes and brush with a little milk.
7. Bake in a preheated 220°C oven for 10–15 minutes or until cooked and golden brown.
8. Remove from tray or pan and cool slightly on a wire rack. Serve warm.

Dates can be substituted with other dried fruits such as sultanas, chopped raisins, apricots, figs, etc. if desired.

WHOLEMEAL BREAD AND ROLLS

Makes 16-24

INGREDIENTS

4 cups (600g) wholemeal plain flour
 3 tablespoons milk powder
 2 teaspoons salt
 3 tablespoons sugar
 1 teaspoon bread improver
 2 teaspoons Tandaco yeast
 2 tablespoons olive oil
 1⅔ cups (400ml) water
 Extra bread flour, for kneading
 Egg glaze (Recipe Page 38), optional
 Seeds (poppy, sesame, linseeds), optional

METHOD

1. Assemble mixer using dough hook.
2. Place flour, milk powder, salt, sugar, bread improver and yeast into mixing bowl.
3. Using speed 1-2, slowly add the oil then the water to the dry ingredients. Mix for 1 minute until a dough ball starts to form.
4. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.

NOTE

The dough should be well kneaded at this stage to develop the gluten that provides the elasticity to the dough and enables it to rise.

5. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
6. Remove the risen dough from the bowl and knead again on a lightly floured surface.

7. For bread: shape dough into a roll shape to fit a large lightly greased bread tin or divide into two to fit two smaller bread tins.

For bread rolls: divide dough evenly into 16-24 pieces, knead into balls and place close together on a lightly greased baking tray.

8. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 30-40 minutes or until well risen. Remove plastic wrap.
9. Brush top of dough with Egg glaze and sprinkle with seeds if required.
10. For bread: bake in a preheated oven at 200°C for 40-50 minutes or until cooked and golden brown.
For bread rolls: bake in a preheated oven at 180°C for 15-20 minutes or until cooked and golden brown.
11. Remove from pan or trays and cool on wire rack.

FETA AND ROASTED MEDITERRANEAN VEGETABLE QUICHE

Serves 20-24

INGREDIENTS

- 1 small red capsicum, sliced
- 1 small yellow capsicum, sliced
- 1 small eggplant, cubed
- 2 zucchini, sliced
- 2 tablespoons olive oil
- 1 quantity wholemeal pastry (Recipe Page 54)
- 3 x 60g eggs
- ½ cup milk
- Freshly ground black pepper and salt, if desired
- 1 cup feta cheese, cubed

METHOD

1. Place vegetables into a baking dish lined with baking paper, drizzle with olive oil. Toss to coat.
2. Bake in a preheated 200°C oven for 30 minutes or until tender.
3. Roll pastry to cover base and sides of 23cm oven proof pie plate.
4. Blind bake the pastry base in a preheated oven 200°C for 15 minutes or until light golden. Remove and cool slightly.
5. Assemble the mixer using the wire whisk.
6. Using speed 1, beat the eggs and milk to combine.
7. Place pie plate onto an oven tray. Layer roasted vegetables and feta cheese into prepared pastry case. Pour egg mixture over.
8. Bake in a preheated oven 250°C oven for 10 minutes, reduce heat to 180°C for 20 minutes or until filling is set. Serve hot.

WHOLESOME FRUIT MEDLEY SLICE

Makes 20-24

INGREDIENTS

- 200g butter, softened
- ½ cup caster sugar
- 1½ cups (225g) wholemeal self-raising flour
- ½ cup (75g) plain flour

FILLING

- 200g dried Fruit Medley, finely chopped
- 1 tablespoon honey
- ¾ cup water

METHOD

1. Assemble mixer using scraper beater.
2. Using Speed 4, beat butter and sugar until light and creamy.
3. Sift flours together and, using Speed 1, gradually add to the creamed mixture to form a soft dough.
4. Press two-thirds of the mixture, evenly and firmly, into a 20cm x 30cm lamington pan lined with baking paper. Cover and refrigerate.
5. Combine fruit medley, honey and water in a small saucepan. Stir over medium heat until mixture boils. Reduce heat and simmer for 5 minutes or until liquid has evaporated. Remove from saucepan and cool.
6. Spread cooled fruit mixture over chilled pastry base. Crumble remaining pastry mixture and sprinkle over fruit filling.
7. Bake in a preheated 180°C oven for 20-25 minutes or until cooked and light golden.

TROPICAL PAVLOVA

Makes 4-6

INGREDIENTS

- 4 egg whites
- 4 tablespoons cold water
- 1¼ cups caster sugar
- 1¼ teaspoons vinegar
- 1¼ teaspoons vanilla essence
- 1 tablespoon corn flour
- Whipped cream, for serving
- Fresh tropical fruit (passionfruit, kiwifruit, pineapple), for serving

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 6, beat egg whites until stiff peaks form. Continue beating, add water then gradually add sugar.
3. Reduce to speed 2, add vinegar, vanilla and corn flour. Mix to combine.
4. Draw a 25cm circle onto baking paper and place onto baking tray.
5. Spread the pavlova mixture to within 2cm of the edge of the circle, keeping the shape round and even. Smooth the top.
6. Bake in preheated 150°C oven for 45-50 minutes, turn the oven off and allow the pavlova to cool in the oven.
7. When cool, carefully slide the pavlova from the baking paper onto a serving plate.

Decorate with whipped cream and fresh tropical fruit.

PUMPKIN SCONES

Makes 12

INGREDIENTS

100g butter
 2 tablespoons sugar
 1 x 60g egg, lightly beaten
 2 cups (300g) self-raising flour
 Pinch of salt
 1 teaspoon ground cinnamon
 1 cup cooked, mashed pumpkin, well drained
 ¼ cup milk

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, beat butter until soft, add sugar and egg, cream until light and fluffy.
3. Sift flour, salt and cinnamon together.
4. Reduce mixer to speed 1, add pumpkin and milk alternately with sifted ingredients into the creamed mixture until just combined. Do not over mix.
5. Turn scone dough out onto a lightly floured board and knead lightly.
6. Roll or press scone dough out, cut into desired shapes with a scone cutter. Place scone shapes close together on a lightly greased and flour dusted baking tray or lamington pan. Brush tops with a little milk.
7. Bake in a preheated 220°C oven for 10-15 minutes or until cooked and golden brown.
8. Remove from tray or pan and cool slightly on a wire rack. Serve warm.

ANZAC BISCUITS

Makes 20

INGREDIENTS

½ cup plain flour
 ¼ cup brown sugar
 ¾ cup desiccated coconut
 ¾ cup rolled oats
 50g butter, chopped
 1 tablespoon golden syrup
 ½ teaspoon bicarbonate of soda
 2 tablespoons boiling water

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 1, combine flour, sugar, coconut and rolled oats.
3. Melt butter and golden syrup in a small saucepan over gentle heat.
4. Dissolve soda in boiling water and add to the butter mixture.
5. Using speed 1, stir butter mixture into the dry ingredients until just combined.
6. Place tablespoonfuls of mixture onto lightly greased baking trays. Allow 3cm for spreading.
7. Bake in a preheated 180°C oven for 15-20 minutes or until golden brown.
8. Cool on a wire rack.

BANANA CAKE

INGREDIENTS

- 1 cup sugar
- 2 x 60g eggs
- 1 cup mashed ripe banana
- 150g butter, melted
- 2 cups (300g) plain flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 2 tablespoons milk
- 1 quantity Cream cheese frosting (Recipe Page 50)

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 1, combine sugar, eggs and mashed banana. Stir in melted butter.
3. Sift flour and baking powder together. Dissolve soda in milk.
4. Using speed 2-3, add sifted ingredients and milk alternately to banana mixture. Mix until well combined.
5. Pour mixture into a lightly greased and base lined 20cm round cake pan.
6. Bake in a preheated 180°C oven for 50-55 minutes or until cooked when tested.
7. Allow to stand 5 minutes in pan before turning out onto a wire rack to cool.
8. When cold, ice with cream cheese frosting if desired.

HONEY SWISS ROLL

INGREDIENTS

- 3 x 60g eggs
- ½ cup caster sugar
- ¼ cup arrowroot
- 1 tablespoon flour
- 1 teaspoon ground ginger
- 1 teaspoon cream of tartar
- ½ teaspoon bicarbonate of soda
- 1 tablespoon honey, warmed
- Extra caster sugar, for sprinkling

FILLING:

- 100g butter, chopped
- 2 tablespoons honey
- Pinch of ground ginger
- 1 tablespoon milk

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 5, beat eggs until thick and creamy. Gradually add sugar and continue beating until mixture thickens.
3. Sift arrowroot, flour, ginger, cream of tartar and soda, repeat sifting three times.
4. Using speed 1, fold dry ingredients into egg mixture, add honey and mix until combined. Do not over mix.
5. Pour mixture into a lightly greased and base lined 25cm x 30cm Swiss roll pan.
6. Bake in a preheated 180°C oven for 15-20 minutes or until cooked when tested.
7. Turn cake out onto a clean tea towel lightly dusted with caster sugar. Quickly remove baking paper and trim edges of cake.
8. Carefully roll up the cake, from the short side, in the tea towel. Allow to cool.
9. Reassemble mixer with clean wire whisk.
10. Using speed 5, beat butter until light and fluffy, gradually add honey, ginger and milk, continue beating until mixture is smooth and creamy.
11. Carefully unroll the cake, spread with filling and reroll.

OUTBACK DAMPER

INGREDIENTS

- 4 cups (600g) bread flour
- 2 tablespoons milk powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 1½ tablespoons baking powder
- 2 tablespoons oil
- 1½ cups (375ml) water
- Extra bread flour, for kneading

METHOD

1. Assemble mixer using dough hook
2. Sift flour, milk powder, salt, sugar and baking powder and place into mixing bowl.
3. Using speed 1-2, slowly add the oil then the water to the dry ingredients. Mix for 1 minute until a dough ball starts to form.
4. Turn the dough out onto a lightly floured surface and knead for 1 minute by hand to a well-rounded form.
5. Place the dough into a lightly greased and base lined pan and cook in a preheated oven at 180°C for 45-50 minutes or until cooked when tested.
6. Remove from pan and cool on wire rack.

LAMINGTONS

Makes 20

INGREDIENTS

- 1 Never Fail Plain Sponge (Recipe Page 48) or 200g sponge block
- 1 quantity Soft Chocolate Icing (Recipe Page 51)
- 1-2 cups desiccated coconut

METHOD

1. Make or purchase the sponge cake the day before required.
2. Cut sponge cake into 5cm squares.
3. Carefully dip each square into the Soft Chocolate Icing and then roll in coconut to coat.
4. Place lamingtons on wire rack to set.

CELEBRATION FRUIT CAKE

INGREDIENTS

750g mixed fruit
 100g glace cherries, chopped
 ¼ cup chopped Brazil nuts
 ¼ cup Drambuie or whisky
 200g butter, chopped
 1 cup dark brown sugar
 3 x 60g eggs
 2 tablespoons orange marmalade
 2 cups (300g) plain flour
 1 teaspoon ground cinnamon
 1 teaspoon ground nutmeg
 ⅓ cup Drambuie or whisky

METHOD

1. Combine fruit, nuts and whisky in a large bowl, cover and allow to stand 8 hours or overnight.
2. Lightly grease a deep 20cm round cake pan and line base and sides with two layers of baking paper. Extend side paper 5cm above edge of pan.
3. Assemble mixer using scraper beater.
4. Using speed 4, beat butter and sugar until light and fluffy. Add eggs, one at a time, beating until just combined, stir in marmalade.
5. Sift flour and spices together.
6. Using speed 1, gradually add dry ingredients and fruit mixture in two batches. Mix well.
7. Pour cake mixture into prepared pan and bake at 150°C for 3-3½ hours or until cooked when tested.
8. Brush top of cake with extra whisky, cover with foil, seal and allow to cool in pan.

SHORTBREAD STARS

Makes 30

INGREDIENTS

250g butter, softened
 1 cup icing sugar, sifted
 1¾ cups (270g) plain flour
 ¼ cup rice flour
 ¼ cup caster sugar, for sprinkling

METHOD

1. Assemble mixer using scraper beater.
2. Using speed 4, beat butter and sugar until light and fluffy.
3. Sift flours together and gradually add to creamed mixture.
4. Turn mixture out onto lightly floured board and knead lightly to form into a soft dough.
5. Roll out to 5mm thickness, cut into shapes using a star shape cutter and place onto lightly greased baking trays. Allow 3cm spaces for spreading.
6. Prick stars lightly with a fork and sprinkle with caster sugar.
7. Bake in a preheated oven 150°C for 30 minutes or until pale golden.
8. Cool on baking trays.

MINI FRUIT MINCE TARTS

Makes 20-24

INGREDIENTS

1 quantity Sweet shortcrust pastry
(Recipe page 53)
1 x 400g jar prepared fruit mincemeat
1 x 60g egg, lightly beaten
Icing sugar, for dusting

METHOD

1. On a lightly floured board, roll out pastry to 3mm thickness.
2. Cut out 20-24 rounds using a 5cm cutter and place into small patty pans. Press in to line pans.
3. Cut out 20-24 rounds using a 4cm cutter for the pastry tops, reserve.
4. Place a teaspoonful of fruit mincemeat into each pastry base, brush edges lightly with beaten egg. Place pastry tops over filling and press edges lightly to seal. Glaze tops with remaining beaten egg.
5. Bake in a preheated oven 180°C for 10-15 minutes or until cooked and golden brown. Serve warm dusted with sifted icing sugar.

GLACE FRUIT ICE CREAM LOG

Serves 4-6

INGREDIENTS

4 eggs, separated
¼ cup caster sugar
¼ cup caster sugar
1 teaspoon vanilla essence
300ml cream
⅓ cup choc chips
⅓ cup chopped nuts
⅓ cup chopped glace fruits
Extra whipped cream, for serving
Coloured glace cherries, for serving

METHOD

1. Assemble mixer using wire whisk.
2. Using speed 5, beat egg whites until stiff peaks form. Gradually add ¼ cup sugar beating well until sugar dissolves. Remove egg whites, set aside.
3. Using speed 5, beat egg yolks, sugar and vanilla essence until thick and pale. Gently fold egg mixture into whipped egg whites, set aside.
4. Using speed 6, beat cream until thick then fold into egg mixture with choc chips, nuts and glace fruit.
5. Pour mixture into a 30cm long log pan lined with lightly greased foil or plastic wrap. Cover with plastic wrap and freeze for 2 hours or until firm.
6. Turn frozen log out onto serving dish by pressing warm cloth against outside of log pan for a few minutes. Return to freezer until ready to serve.

Serve decorated with extra whipped cream and glace fruits.

HOT CROSS BUNS

Makes 18

INGREDIENTS

- 4 cups (600g) bread flour
- 3 tablespoons milk powder
- 2 teaspoons salt
- 3 tablespoons brown sugar
- 1 tablespoon ground mixed spice
- 1 tablespoon ground cinnamon
- 2¼ teaspoons Tandaco yeast
- 2 tablespoons oil
- 1½ cups (375ml) water
- 1¼ cups (190g) sultanas
- ¼ cup (40g) mixed peel or dried apricots, chopped
- Extra bread flour, for kneading

CROSS BATTER

INGREDIENTS

- 2 tablespoons water
- ¼ cup plain flour

METHOD

1. Assemble mixer using dough hook.
2. Place flour, milk powder, salt, sugar, spices and yeast into mixing bowl.
3. Using speed 1-2, slowly add the oil then the water to the dry ingredients. Mix for 30 seconds until a dough ball starts to form.
4. Add sultanas and mixed peel and mix for another 30 seconds.
5. Turn the dough out onto a lightly floured surface and knead by hand until the dough is soft and pliable.
6. Place the dough ball into a large bowl, loosely cover with plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
7. Remove the risen dough from the bowl and knead again on a lightly floured surface.

8. Divide the dough into 18 pieces and shape into rounds. Place close together on a lightly greased baking tray.
9. Cover loosely with lightly greased plastic wrap and leave to stand in a warm area for 20 minutes or until doubled in size.
10. Blend the cross batter ingredients to make a smooth batter and spoon into a piping bag fitted with a small piping nozzle.
11. Remove plastic wrap and pipe a cross onto each bun.
12. Bake in a preheated oven at 190°C for 15-20 minutes or until cooked and golden brown.
13. Slide buns from baking tray onto a wire rack and brush with Hot Cross Bun Glaze. Stand 5-10 minutes before serving.

HOT CROSS BUN GLAZE

INGREDIENTS

- ½ cup icing sugar, sifted
- ½ teaspoon ground allspice
- ¼ teaspoon ground cinnamon
- 2 tablespoons warm water

METHOD

1. Combine ingredients into a small mixing bowl and stir until smooth and thin enough to drizzle or brush over hot buns.

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Model BEM410 Issue - A10