



**Russell
Hobbs**



GRAPHITE FOOD PROCESSOR

2 YEAR WARRANTY

RHFP1000

RHFP1000_IBFA_120712

INSTRUCTIONS & WARRANTY

Spectrum Brands Australia Pty Ltd

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Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd Warranty Against Defects



In this warranty:

Australian Consumer Law means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

CGA means the New Zealand Consumer Guarantees Act 1993;

Goods means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

Manufacturer, We or us means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

Supplier means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

You means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials from the date of purchase (**Warranty Period**), for the period of:-
 - (a) Two (2) years for Russell Hobbs products (see product packaging for details)
 - (b) Two (2) years with five (5) year motor warranty for Russell Hobbs products (see product packaging for details)
 - (c) Limited Lifetime, Ten (10) years for Russell Hobbs cookware.
 - (d) One (1) year for George Foreman, iRobot, Westinghouse, Black & Decker and Spectrum Brands products.

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

Warranty Conditions

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
6. The warranty granted under clause 3 is limited to repair or replacement only.
7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
8. In order to claim under the warranty granted under clause 3 you must:
 - (a) Retain this warranty with your receipt/proof of purchase; and
 - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
9. This warranty is immediately void if:
 - (a) Any serial number or appliance plate is removed or defaced;
 - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
10. The Goods are designed for domestic use only. A limited 90-day Warranty applies to any industrial or commercial use of the Goods. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.

Contact us or the Supplier for further details.

Register your product online

If you live in Australia please visit: www.spectrumbrands.com.au/warranty

If you live in New Zealand Please visit: www.spectrumbrands.co.nz/warranty

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

Any questions? Please contact Customer Service for advice.

Congratulations on the purchase of your new Russell Hobbs Food Processor. Each unit is manufactured to ensure safety and reliability. Before using the appliance for the first time, please read this instruction booklet carefully and keep it for future reference. Pass it on if you pass on the appliance. When using this appliance, basic safety precautions should always be followed.



1. Wide mouth feed chute
2. Small Food Pusher
3. Large Food Pusher
4. Processor bowl lid
5. 4 Litre processor bowl
6. Centre post stem
7. Centre post
8. Base motor unit
9. Controls
10. Non-slip suction feet (under base)
11. Cord wrap (under base)

Processing accessories

12. Mini processor bowl
13. Small mini processor chopping blade
14. Large chopping blade
15. Dough Blade
16. Fine slicing and grating disc
17. Coarse slicing and grating disc

BEFORE FIRST USE

CAUTION: Handle chopping blades and slicing and grating discs carefully.

- Remove all packaging material and any stickers from the product.
- Wash all removable parts as instructed in “CARE AND CLEANING” section of this manual.
- Select a level, dry countertop where the appliance is to be used, allowing air space on all sides to provide proper ventilation for the motor (50mm gap min).
- As some parts may be packed separately, check to ensure all items have been unpacked before disposing of the packaging.

ASSEMBLY OF THE PROCESSOR BOWL

CAUTION: Always turn off and unplug from the wall power outlet before putting on or taking off attachments.

- Place the motor unit base on a firm, stable level surface.
- Position the power cord away from the edge of tables or countertops so it cannot be tripped over or caught.
- With the controls on the base facing towards you, place the processor bowl on the base with the handle angled to the 2 o'clock position.
- Hold the handle and rotate processor bowl clockwise toward the 3 o'clock position until it locks firmly into place.

NOTE: Be sure to lock the processor bowl in place before attaching the blades and lid.

- Place the centre post onto the centre post stem.
- Either the, large chopping blade, dough blade, slicing and grating disc or mini processor bowl can then be added.

FITTING PROCESSING ACCESSORIES

CHOPPING & DOUGH BLADES

CAUTION: DO NOT handle by the blade. The blades are very sharp. Use caution when handling and storing.

- Hold the blade by the plastic shaft and place over the centre post.
- Make sure the blade is positioned correctly with the lower blade only a few millimetres off the bottom of the bowl.

SLICING & GRATING DISCS

CAUTION: The slicing and grating discs are very sharp. Use caution when handling and storing.

The blades are very sharp. Use caution when handling and storing.

- Choose the side of the disc you wish to use so that the process you require is facing upwards.
- Hold the disc by the plastic centre, and gently place the disc over the centre post.

MINI PROCESSOR BOWL

CAUTION: DO NOT handle by the blade. The blades are very sharp. Use caution when handling and storing.

- The mini processor bowl is operated when nestled inside of the large processing bowl. It will sit at the top and also
- Carefully lower the mini processor bowl over the centre post, making sure notches on the outside rim of the mini processor bowl are aligned with the grooves on the large processor bowl.
- Hold the small blade by the plastic shaft and place over the centre post.
- To remove the mini processor bowl, lift it carefully straight out of the large processor bowl.

THE PROCESSOR BOWL LID

- Place the processor bowl lid over processor bowl with the wide feed chute slightly to the right of the handle.
- Hold the bowl handle and rotate the lid clockwise until the lid locks into place. The handle and the feed chute should now be aligned.

IMPORTANT: For your protection this appliance has an interlock system. The processor will not operate unless the processor bowl, lid and feed chute are properly aligned and locked into place.

FOOD PUSHER ASSEMBLY

- Insert the small food pusher into the large food pusher.
- The small food pusher can be locked into position in the large food pusher. Insert the small food pusher into the large food pusher with the notch at the top of the large pusher aligned with the opening of the groove on the top of the small pusher.
- Using the tabs on the small food pusher rotate clockwise until it locks into place. To unlock turn the small food pusher anti-clockwise.
- Insert the large food pusher into the wide mouth feed chute.
- The small food pusher can be removed when adding liquid or additional foods while the processor is running. For added safety the processor motor will stop running when the large food pusher is removed, it will recommence once the large food pusher has been replaced into the feed chute.

NOTE: There is a locking switch on the outside of the feed chute for added safety. Slide the switch to the left to lock. Slide the switch to the right to unlock.

- To remove the processor bowl lid, turn anti-clockwise.

CONTROLS

- The controls are located on the front of the base motor unit.
- Make sure the control dial is set to the 'OFF' position.

- Insert the plug into the power outlet and switch it on.
- The blue power light around the central control dial will illuminate.
- The processor should be stored in the 'OFF' position and unplugged when not in use.

SPEED SELECTION

- The processing speed control runs from 'MIN' through to 'MAX'. Select desired speed by turning the dial clockwise to increase speed. Reduce speed by turning the dial anti-clockwise.

PULSE FUNCTION

Use the Pulse function for short processing tasks. This lets you control the size and uniformity of foods being chopped.

- To operate the Pulse function the control dial must be turned to 'ON'. The 'P' and 'ICE' buttons will flash when the dial is turned to 'ON'.
- Press the 'P' button and hold down briefly. Release to stop. Allow the blades to stop running and the food to fall to the bottom of the processor bowl, then press the 'P' button again until desired results are achieved.
- The motor will only run as long as the 'P' button is held down.
- Turn the control dial anti-clockwise to the 'OFF' position when finished processing.
- Turn off at the power outlet before removing the lid.

ICE CRUSHING FUNCTION

NOTE: Ensure the small food pusher is locked into place when crushing ice.

- To operate the ice function the power dial must be turned to 'ON'. The 'P' and 'ICE' buttons will flash when the dial is turned to 'ON'

IMPORTANT: As the 'ICE' function operates at full power hold the unit steady with one hand on the lid. The unit will be noisy when in 'ICE' mode.

- Press the 'ICE' button to begin crushing. This button is preset to the best speed for crushing ice. It will pulse at full power in intervals to ensure consistent ice crushing.
- Once the ice is crushed to your desired level press the 'ICE' button to stop the motor.
- Turn the control dial anti-clockwise to the 'OFF' position when finished processing.
- Turn off at the power outlet before removing the lid.

HOW TO CHOP USING THE PROCESSOR BOWLS

The chopping blades are used to chop, mince, mix and puree foods to a smooth consistency.

- Lock the processor bowl into position.
- If you are using the mini processor bowl, insert as per instructions in the 'MINI PROCESSOR BOWL' section in this book.
- Fit the chopping blade required.

CAUTION: DO NOT handle by the blade. The blade attachments are very sharp. Use caution when handling and storing.

- Place ingredients in the processor bowl.
- Place the lid on the processor bowl and lock into place.
- Place the food pusher assembly in the wide feed chute.

CAUTION: Never use your fingers to direct food through the chute.

- Make sure the control dial is set to 'OFF'.
- Insert the plug into a power outlet and turn on.
- Turn the control dial to select your desired speed.

TIP: Process foods for no more than a few seconds at a time. Pulsing produces excellent results and offers greater control.

- Food can be added while the processor is running; remove the small food pusher and insert food carefully through the feed chute.
- Replace the small food pusher in the feed chute.

NOTE: When removing the wide feed chute the processor will stop running, when the wide feed chute is replaced the processor will commence again.

CAUTION: Be sure chopping blade has completely stopped spinning before removing cover from Processor.

- When finished, turn the speed dial to the 'OFF' position and allow the blades to stop before removing lid.
- Hold the handle and twist the lid anti-clockwise to remove.
- Unlock the processor bowl by turning it anti-clockwise and lift off the base.

NOTE: Remove bowl from appliance before removing blade to prevent food from leaking through the centre opening of the bowl.

- Carefully remove chopping blade by holding it by the plastic shaft.
- Unplug the appliance when not in use.

HELPFUL TIPS FOR CHOPPING AND BLENDING

- The Food Processor works very quickly. Watch carefully to avoid over-processing foods.
- The Pulse button offers the best control and results. Process using Pulse in 5 second intervals.
- For best results, process foods that are about the same size. Pieces should be cut into approximately 2cm cubes.
- The large processor bowl has a capacity of 4 litres.
- Do not overload the bowl.
- Do not process more than 3 cups of liquid in the large processor bowl at one time.
- Insert a funnel into the feed chute when adding ingredients such as oil, flour and sugar.
- Do not process boiling liquids.
- To process meat, use no more than 500g cut into 2cm cubes in the large processor bowl.

HOW TO USE THE DOUGH BLADE

This blade makes preparing dough efficient and time-saving.

NOTE: *This blade does not extend to the outside rim of the processor bowl, so it cannot incorporate flour when very small amounts of flour are being processed.*

- Lock the processor bowl into position.
- Hold the dough blade by the centre shaft and insert onto centre post.
- Place the dry ingredients into the processor bowl.
- Place the lid on the processor bowl and lock into place by rotating clockwise.
- Place the food pusher assembly in the wide feed chute.

CAUTION: *Never use your fingers to direct food through the chute.*

- Make sure the control dial is set to 'OFF'.
- Insert the plug into a power outlet and turn on.
- Turn the control dial to select your desired speed.
- Add liquids through the small feed chute with the Food Processor running on a low speed.

HELPFUL TIPS WHEN USING THE DOUGH BLADE

- For best results do not prepare recipes using more than 3½ cups flour or less than 1 cup.
- Begin with 1 cup less than the maximum amount of flour and add additional flour once mixture is well blended.
- Pour liquid through feed chute gradually.
- Knead dough no longer than 1 minute.

HOW TO SLICE OR GRATE

The slicing and grating discs are used for slicing and grating large quantities of food. You can choose between fine and coarse, and it is great for getting uniform results.

- Lock the processor bowl into position.

CAUTION: *The disc attachments are very sharp. Use caution when handling and storing*

- Using the plastic centre carefully place the slice/grate disc on the stem with appropriate side up (depending on work to be done).
- Place the lid on the processor bowl and lock into place.
- Select Pulse, or desired speed setting (MIN through to MAX); press firmly on food pusher to guide food through processor, but do not force it.

NOTE: *Heavy pressure on the pusher does not speed up the processing; use the pusher only as a guide. Let the processor do the work.*

- When finished, turn the dial to the 'OFF' position and wait for disc to stop rotating before removing lid.
- Hold the handle and twist the cover anti-clockwise to remove.
- Carefully remove slicing and grating disc using the plastic centre. Unlock processor bowl by turning it anti-clockwise and lift it off the base.
- Unplug appliance when not in use.

HELPFUL TIPS WHEN SLICING AND GRATING

- Before slicing round fruits and vegetables in the processor, cut a thin slice from the bottom so food will be more stable. Place food cut side down in feed chute.
- Always remove hard seeds and pits before processing.
- Remove the core from hard vegetables, such as cabbage.
- When slicing thinner vegetables, cut them just short of the length of the feed chute and stand them vertically in feed chute so they are solidly packed and cannot turn or tilt.
- Grate hard cheeses at room temperature.
- Soft and semi-hard cheeses should be well chilled before grating.

GENERAL TIPS FOR USING THE FOOD PROCESSOR

- Organise processing tasks to avoid multiple cleanups of the bowl; process dry before wet.
- The Food Processor will be more efficient if filled no more than 2/3 full.
- To take advantage of the speed of the processor, drop foods through the food chute with the processor running.
- Apply light pressure on the food pusher for soft foods (berries and tomatoes) and slightly more pressure for hard foods (onions and potatoes).
- Do not process foods that are so frozen or so hard that the tip of a knife cannot be inserted into the food.
- When chopping dried fruits add a little flour to keep the pieces from sticking together.
- Chill soft cheeses before slicing and grating to prevent the cheese from rolling into a ball on the disc.
- When using the slicing / grating disc do not let the food accumulate too high; stop and empty the processor bowl.
- Although plastic parts of the processor are dishwasher safe, wash them by hand to retain their clear appearance.
- Do not use the processor to:
 - Grind bones, grains or hard spices
 - Liquefy fruits and vegetables
 - Slice warm meat and hard cooked eggs; chill them first.

SPEED SETTING USE

LOW SPEED SETTINGS

- Reconstituting frozen juices and drink mixes
- Preparing salad dressings
- Pureeing soups
- Blending pancake and waffle batter or mixes
- Beating eggs for omelettes and custards

- Making cookie crumbs and bread crumbs
- Preparing sauces and salsas

HIGH SPEED SETTINGS

- Coarse to fine chopping of nuts, vegetables and fruits
- Grinding hard cheeses and spices
- Pureeing baby foods – fruits and vegetables

PULSE

- Chopping vegetables
- Thick beverages

ICE

- Crushing ice

CARE AND CLEANING

IMPORTANT: Before cleaning, be sure unit is turned off and cord is unplugged.

Care should be taken when handling sharp cutting blades and discs when emptying the bowl and during cleaning.

- Completely disassemble processor parts before washing.
- To easily clean the processor bowl, once empty add a drop of detergent and a little warm water and pulse several times. Rinse before re-using.
- For easy cleaning, rinse parts immediately after processing.
- Ensure all food remains are rinsed out of hard to reach areas before drying and storing.
- Wipe the base and feet with a damp cloth and dry thoroughly.
- Do not immerse base in liquid.
- All removable plastic parts can be washed by hand or in a dishwasher. Hand washing of plastic parts will help to maintain the processor's appearance.
- If washing plastic components in a dishwasher, place them on the top rack only.
- If washing by hand, wash with warm to hot soapy water and use a soft cloth.
- Do not use rough scouring pads or harsh cleansers on any plastic or metal parts.
- Do not allow blades or discs to soak in water for long periods of time.
- Remember to clean the internal shaft of the chopping blade; use a baby bottle brush to remove any clogged food particles.
- Remember to clean the inside rim on the underneath of the processor lid and the food pusher. Use a baby bottle brush to remove trapped food particles.
- Do not use alkaline cleaning agents or harsh abrasives when cleaning this appliance.

CAUTION: Do not attempt to sharpen the cutting edges of the blades or discs. They are permanently sharpened at the factory and will be ruined by attempted sharpening.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
Food is unevenly chopped.	<p>Processor bowl is overfilled.</p> <p>You may be running the bowl continuously instead of using Pulse.</p> <p>Food may be cut in random sizes.</p>	<p>Smaller amounts will process more evenly.</p> <p>Use the Pulse button in 5 second intervals or less. Allow the blades to stop completely before pressing the PULSE button again.</p> <p>Cut food into 2cm pieces before placing in processor.</p>
Liquid leaks from the bottom of the processor bowl.	Too much liquid in the processor bowl.	<p>Process smaller amounts.</p> <p>When processing liquids, do not add more than 3 cups to processor bowl.</p> <p>Do not remove the blade before removing processor bowl from the base unit when processing liquids.</p>
Sliced foods are uneven and slanted.	The feed chute has not been well packed or uneven pressure has been applied to the food pusher during processing.	<p>Cut pieces in even lengths, just a little shorter than the length of the feed chute.</p> <p>Pack the chute carefully and maintain even pressure on the food pusher as the food is being processed.</p>
Foods being sliced or grated fill up on one side of the bowl.	This is normal.	<p>Stop processing occasionally and either even out the food in the processor bowl or move it to another bowl.</p> <p>When food accumulates close to the disc, empty the processor bowl before continuing.</p>
Some pieces of food remain on top of the slicing and grating disc.	This is normal.	<p>Slice or grate those pieces by hand or save for another use, eg. soups that will be pureed.</p>
Soft cheese collects on top of the slicing and grating disc.	The cheese was not cold enough. The pressure exerted on the pusher was too great.	<p>Be sure soft cheeses are well chilled or place in freezer until knife inserted into cheese penetrates about 12mm.</p> <p>Remember food pusher is to be used as a guide; never exert hard pressure on the food pusher.</p>

IMPORTANT SAFEGUARDS

When using this appliance, basic safety precautions should always be followed, including but not limited to the following:

1. To protect against electric shock do not immerse cord, plug or body of unit in water or liquid.
2. Do not use outdoors or in damp or moist areas.
3. 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.
4. This appliance is not a toy. Young children should be supervised to ensure they do NOT play with the appliance.
5. Always turn off and unplug from the power outlet when not in use, before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned, or has been dropped or damaged in any manner. Contact customer service for replacement, examination, repair or adjustment.
7. There are no user serviceable parts. If the power cord is damaged, it must be replaced by the manufacturer or a suitably qualified person in order to avoid a hazard.
8. Using this appliance for other than its intended purpose may result in personal injury.
9. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
10. Do not use on an inclined plane or unstable surface.
11. Keep the appliance and power cord away from the edge of tables or countertops and out of reach of children and infirm persons.
12. Do not place on or near any heat surfaces.
13. To disconnect, set control to OFF. Turn off the wall power outlet, then grasp the plug and remove from wall outlet. Never pull by the cord.
14. The motor will only operate once the processing bowl and lid have been securely fitted onto the motor unit.
15. Keep hands and utensils away from moving blades or discs while processing foods to prevent the possibility of severe personal injury or damage to the Food Processor. A scraper may be used, but it must be used only when the food processor is not running.
16. Cutting blades are very sharp. Care must be taken when handling the sharp cutting blades, when emptying the bowl and during cleaning.
17. To reduce the risk of injury, never place cutting blade or disc on base without first fitting the bowl securely in place.
18. Be certain cover is securely locked in place before operating appliance.
19. Never feed food into chute by hand. Always use the food pusher.
20. Do not attempt to defeat the cover interlock mechanism.
21. Do not operate from a timer or other remote control system
22. Do not use alkaline cleaning agents or harsh abrasives when cleaning this appliance.
23. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also often referred to as a 'Safety Switch'. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.

SAVE THESE INSTRUCTIONS
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY



Russell Hobbs



RECIPES

GRAPHITE FOOD PROCESSOR

RHFP1000

INSTRUCTIONS & WARRANTY

CHILLI JAM

Preparation Time: 5 minutes

Cook Time: 45 minutes

Ingredients:

- 6 long red chillies, halved
- 1 brown onion, peeled and cut into quarters
- 2 garlic cloves, roughly chopped
- ½ cup water
- 2 cups castor sugar
- 1/3 cup white wine vinegar
- 1 lime, juiced
- 1 tsp fish sauce

Method:

1. Process the chilli, onion, garlic and water in a food processor until finely chopped. Transfer to an 18cm saucepan
2. Add the sugar, vinegar, lime juice and fish sauce, stirring over low heat until the sugar dissolves. Increase heat to medium-high and bring to the boil. Reduce heat to low and simmer for 35-40 minutes or until the jam has thickened
3. Spoon the jam into clean, dry jars and seal. Invert for 2 minutes and set aside to cool

Tip: Jam will store for up to 6 months unopened

For more recipes:



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PERSIAN LOVE CAKE

Preparation Time: 15 minutes

Cook Time: 5 minutes

Ingredients:

360g almond meal

220g raw sugar

220g brown sugar

1tsp salt

120g unsalted butter, softened

2 eggs

250g Greek style yoghurt

1tbs grated nutmeg

½ cup pistachio nuts, coarsely chopped

Method:

1. Pre-heat oven to 180°C. Lightly grease a 26cm spring form cake tin, lining the base and sides with baking paper
2. Combine almond meal, sugars, butter and salt in the food processor. Process until coarse breadcrumbs form. Spoon half the mixture into the spring form cake tin and gently press to evenly cover base
3. Add egg, yoghurt and nutmeg to remaining crumble mixture and process on medium speed to incorporate. Increase speed to high and process for 2 minutes until smooth and creamy
4. Pour over prepared base, scatter with pistachios and bake for 40-45 minutes until golden
5. Cool completely before taking out of the tin

Serves 8-10

Tip: Refrigerate for one hour prior to cutting

ITALIAN COLESLAW

Preparation Time: 10 minutes

Ingredients:

175g podded peas

¼ white cabbage, finely shredded

1 baby fennel bulb, finely shredded

½ red onion, finely sliced

3 radishes, finely sliced

½ cup each of loosely packed basil, continental parsley & mint, coarsely torn

1 tbs salted baby capers, rinsed

Dressing:

80ml extra virgin olive oil

20gm Parmigiano Regianno cheese, finely grated

½ tsp dried chilli flakes

2 tbs lemon juice

Pinch salt & pepper

Method:

1. Place peas in a pot of boiling water and blanch for 2 minutes. Drain and cool.
2. Using the fine slicing attachment of your food processor, finely slice the cabbage, fennel, onion and radish and place in a large mixing bowl.
3. Using the chopping blade of your food processor, place extra virgin olive oil, chilli flakes, salt, pepper and lemon juice in the food processor bowl and pulse for 1 minute to combine.
4. Place all salad ingredients on a large serving platter, pour over dressing and capers. Toss to combine and serve immediately

Serves 4-6

VIETNAMESE BBQ CHICKEN

Preparation Time: 5 minutes

Ingredients:

800g boneless chicken thigh, skin off
1tsp salt
1tbs sugar
½ tsp black pepper
½ tsp five spice
1/3 cup fresh turmeric (or 1tbs ground turmeric)
6 cloves garlic
6 shallots
1 lemon grass stalk, chopped
1 tsp dried chilli flakes
4 kaffir lime leaves
1 tsp sesame oil
1 tbs fish sauce
1 bunch coriander, leaves only
1 lime, cut into wedges

Method:

1. Cut chicken into quarters and place in a large bowl. Add salt, turmeric, sugar, black pepper and five-spice. Mix well
2. In a food processor bowl, blitz garlic, shallots, lemongrass, chilli, lime leaves, sesame oil and fish sauce to form a paste. Pour over the chicken and mix well. Cover and refrigerate for at least 2 hours or overnight
3. Cook chicken on a hot barbeque, rest for 5 minutes and serve with coriander and a squeeze of lime

Tip: Serve with Asian Greens or a salad of shredded iceberg lettuce

NOTES

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