



# Blending with the Boss™

*Appliance Science & Recipes*

Foreword by Heston Blumenthal





**This page is  
150 microns thick.**







# How texture influences taste.

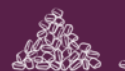
By Heston Blumenthal

Single sugar grain



500 microns

Icing sugar grains



10 microns

Imagine being able to make sweeter, creamier tasting smoothies without adding any additional sugar or fat, or creating the sweetest of sorbets purely from frozen fruit. There is a magical part of blending that can make all that possible: the particle size of the blended ingredients. Particle size is critical in how we perceive not just the texture, but also the taste of food. The way our tastebuds perceive salt, sugar, creaminess, fattiness, and aftertaste of the same ingredients, changes when we alter a food's particle size.

In a lab, particle size is measured in microns, where 1 micron is a millionth of a metre. In food terms, when making chocolate for instance, confectioners try to ensure that each chocolate particle is less than 25 microns. Above that, the particles are detectable to the tongue, and the chocolate just doesn't taste as creamy.

Yet in every day cooking, I tend to find that some recipes focus more on the taste combinations of the individual ingredients, rather than on their final texture, even though the texture can be every bit as important to how we perceive taste.

Just to demonstrate the impact that particle size can have, here's a simple experiment you can easily do in your own home. Compare a blind taste test of granulated white sugar against the experience of tasting pure icing sugar (with no added starch). Granulated white sugar is grainy at first, and has a lot less initial taste than icing sugar. As it dissolves it forms a heavier, caramel kind of aftertaste.

The flavour of icing sugar explodes on the tongue immediately, tasting sharper, sweeter and thinner. But they are exactly the same thing, it's just that one is ground finer than the other. So this is texture that is impacting the flavour.

Granulated white sugar has a particle size of about 500 microns, meaning each particle is easily detectable to the tongue. Pure icing sugar (or confectioner's sugar) is exactly the same chemical structure, that's been ground and sifted to an average particle size of around 10 microns. That's about 50 times smaller than regular sugar. And we perceive the same ingredient as two completely different things, purely because of a change in its particle size.

The same thing happens to the taste of many foods. Blenders were designed to mix an array of ingredients into smaller particles, but just like sugar, how small those particles become has a huge difference on the taste and texture of the finished product. And when it comes to blending, for most things, the finer the result the better.

The Boss™ pulverises virtually any combination of ingredients to create a noticeably smoother mouthfeel, no matter what the recipe. The combination of so much power with a blade system that can produce such fine particles opens up a new world of recipe opportunities not thought possible in a blender until now. From green smoothies to hot soup, from sorbets to hummus, and from nut butter to flour, Breville has put together a creative and tantalising mix of recipes, along with some useful insights into ingredients and how to get the most out of them. Hope you like them as much as I do.

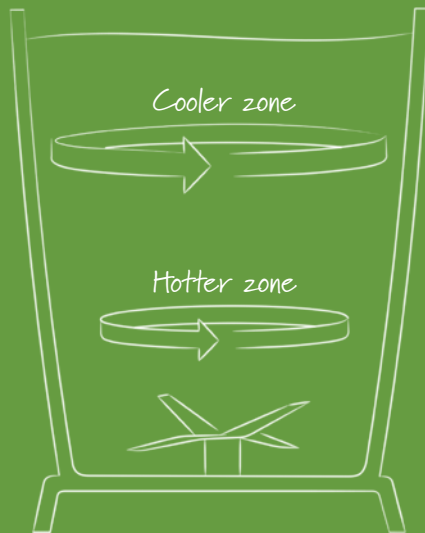


A collection of fresh green vegetables including a cucumber, a bunch of leafy greens, and a pear, all skewered on a silver metal rod. The vegetables are arranged in a cluster, with the leafy greens in the center, the cucumber on the left, and the pear on the right. The background is white with a diagonal light gray line.

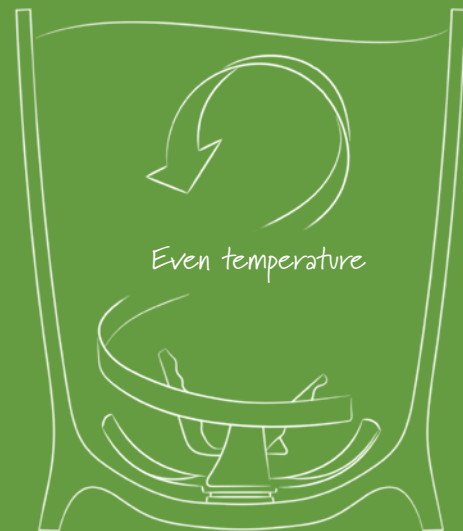
# Green Smoothies



# It ain't easy blending green.



Other blender



the Boss™

'Green smoothie' has become one of the hottest buzz words of the 21st century (thus far). The common perception is that green smoothies are loaded with nutrients because, unlike some alternative health drinks, they use *whole* ingredients, meaning you capture *all* of the fibre and nutrition. Makes sense right? Unfortunately, there's a lot more science to green smoothies than you'd first think and, if prepared with the wrong equipment, your green smoothie may not be nearly as nutritious as you may have hoped. Put simply, the science of green smoothies comes down to two critical factors; particle size, and nutrient preservation.

Particle size is thought to be important, not just because it makes smoothies taste better, but because breaking through the tough cellulose walls of green smoothie ingredients is thought to help make nutrients more bio-available. In fact, many nutritionists believe that the finer the particles, the more easily the nutrients are absorbed into the body during digestion. So creating a super fine particle size in a green smoothie could make a significant difference to the health benefits of the beverage, and particle size from blender to blender can vary immensely.



Surely the answer sounds simple then. Use a blender that creates finer particles? If only it were that easy. Ironically, the quest to achieve finer particles can cause significant destruction to the very nutrients you're aiming to absorb. This Catch 22 exists because the combination of aeration and the intense heat often produced by creating super fine particles can kill nutrients found in the raw ingredients. And yes, believe it or not, by using the wrong equipment, this destruction can be significant, even in 60 seconds or less.

We've observed nutrient destruction to occur most dramatically when heat becomes focused on one part of the mix, starting a reaction of nutrient degradation that is hard to stop. Spreading heat more evenly to reduce heat 'spikes' yields significantly more nutrition. So the secret to the ultimate green smoothie is to find a blending system that creates super fine particles, but does so while keeping the nutrients intact. And this... ain't easy.

Many high powered blenders use a motion that spins and slowly spirals ingredients down into the blade area. This means that ingredients at the bottom of the jug can undergo intense processing waiting for the spiralling action to take hold. And often these ingredients at the bottom get very hot, as they are exposed to intense friction, much greater than the more insulated ingredients above.

But the Boss™ uses a unique and aggressive folding motion. Three central blades grab and pull ingredients down, while three large sweeping blades pulverise ingredients into tiny particles quickly. These sweeping blades are curved like the base, which together act to quickly push the pulverised ingredients upwards, into cooler air, before they become over heated.

This aggressive folding action spreads heat evenly throughout the mix rather than focussing intense heat in one area.

The result is a particle size that's as fine as any we've found, to help aid absorption, together with a high nutrient yield achieved through a more efficient blending action that folds the ingredients to avoid excessive, nutrient-damaging heat.

Who said you can't have the best of both worlds?





## Triple Green Smoothie

🕒 Prep 10 minutes

🍹 Makes 1.1L / Serves 4

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*1 green apple, quartered, cored*  
*1 Lebanese cucumber, roughly chopped*  
*30g (⅓ cup) baby spinach*  
*20g (½ cup) kale leaves, stems removed, roughly chopped*  
*1 banana, peeled, halved*  
*2 celery sticks, halved*  
*¼ lemon, peeled, seeds removed*  
*500ml (2 cups) chilled coconut water*

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1. Place ingredients into blender jug and secure lid.

👉 **GREEN SMOOTHIE** until program finishes.





## Zesty Green Smoothie

⌚ Prep 10 minutes

🍹 Makes 800ml / Serves 4

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*1 small lime, peeled, seeds removed*  
*1 green kiwi fruit, peeled*  
*1 Lebanese cucumber, roughly chopped*  
*6 ice cubes*  
*375ml (1½ cups) chilled coconut water*  
*60g kale leaves, stems removed, roughly chopped*  
*1 pear, quartered, cored*

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1. Place ingredients into blender jug and secure lid.

👉 **GREEN SMOOTHIE** until program finishes.

## Tropical Green Smoothie

⌚ Prep 5 minutes

🍹 Makes 900ml / Serves 4

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*250g pineapple, peeled, roughly chopped*  
*160g (1¼ cups) frozen chopped mango*  
*60g (1½ cups) kale leaves, stems removed, roughly chopped*  
*4 ice cubes*  
*250ml (1 cup) chilled coconut water*  
*2 tablespoons raw almonds*

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1. Place ingredients into blender jug and secure lid.

👉 **GREEN SMOOTHIE** until program finishes.





## Green Smoothie Blast

⌚ Prep 10 minutes

🍹 Makes 1.5L / Serves 4

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*1 navel orange, peeled, halved, seeds removed*  
*1 apple, quartered, cored*  
*1 small Lebanese cucumber, roughly chopped*  
*150g green seedless grapes*  
*6 ice cubes*  
*50g (2 cups) baby spinach leaves*  
*330ml (1½ cups) chilled coconut water*

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1. Place ingredients into blender jug and secure lid.

👉 **GREEN SMOOTHIE** until program finishes.

## Beetroot & Ginger Green Smoothie

⌚ Prep 15 minutes

🍹 Makes 1.5L / Serves 4

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*2 medium beetroot (250g), peeled, cut into 2cm pieces*  
*150g (1 cup) seedless red or green grapes*  
*50g (2 cups) baby spinach leaves*  
*2cm piece ginger, peeled, roughly chopped*  
*½ lemon, peeled, seeds removed*  
*½ orange, peeled, seeds removed*  
*16 fresh mint leaves*  
*10 ice cubes*  
*375ml (1½ cups) organic cloudy apple juice, chilled*

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1. Place ingredients into blender jug and secure lid.

👉 **GREEN SMOOTHIE** until program finishes.







## Pomegranate Berry Green Smoothie

⌚ Prep 5 minutes

🍹 Makes 750ml

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*125g (1 cup) frozen mixed berries*  
*50g (2 cups) baby spinach leaves*  
*1 banana, halved*  
*130g (½ cup) natural yogurt or coconut milk yogurt alternative*  
*250ml (1 cup) chilled pomegranate juice*

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1. Place ingredients into blender jug and secure lid.

👉 **GREEN SMOOTHIE** until program finishes.

## Green Orange & Mango Smoothie

⌚ Prep 5 minutes

🍹 Makes 1.2L / Serves 4

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*2 large oranges (650g), peeled, halved, seeds removed*  
*5 Tuscan cabbage leaves, halved (cavalo nero)*  
*1 avocado, peeled, halved, seeded*  
*125g (1 cup) frozen chopped mango*  
*625ml (2½ cups) chilled coconut water*

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1. Place ingredients into blender jug and secure lid.

👉 **GREEN SMOOTHIE** until program finishes.









## Mango, Vanilla & Chia Smoothie

⌚ Prep 10 minutes

🍹 Makes 1L / Serves 4

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*350g frozen chopped mango*

*190g (2/3 cup) reduced fat vanilla yogurt or coconut milk  
yoghurt alternative*

*2 tablespoons white chia seeds*

*500ml (2 cups) chilled milk, almond, rice or soy milk*

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1. Place ingredients into blender jug and secure lid.

👉 **SMOOTHIE** until program finishes.





## Superfood Shake

⌚ Prep 15 minutes

🍹 Makes 1.3L / Serves 4

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*85g (½ cup) blanched almonds*  
*300g frozen blueberries*  
*4 teaspoons raw maca powder*  
*½ cup fresh young coconut flesh, chopped*  
*600ml chilled coconut water*

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1. Place ingredients into blender jug and secure lid.

👉 **SMOOTHIE** until program finishes.

*Tip: raw maca powder is available from health food stores.*

## Raspberry, Pear & Vanilla Smoothie

⌚ Prep 5 minutes

🍹 Makes 1L / Serves 4

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*280g (1 cup) reduced fat vanilla yogurt*  
*2 pears, quartered, cored*  
*1 ripe banana, peeled, halved*  
*150g frozen raspberries*  
*125ml (½ cup) reduced fat milk*

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1. Place ingredients into blender jug and secure lid.

👉 **SMOOTHIE** until program finishes.







## Breakfast Smoothie

⌚ Prep 10 minutes

🍹 Makes 900ml / Serves 4

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*6 Medjool dates, pitted, halved*  
*2 tablespoons white chia seeds*  
*65g (1/3 cup) oat bran*  
*1 1/2 tablespoons maple syrup or honey*  
*140g (1/2 cup) reduced fat Greek yoghurt or coconut milk yoghurt alternative*  
*500ml (2 cups) chilled milk, almond milk or soy milk*  
*2 ripe bananas, peeled, roughly chopped*

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1. Place ingredients into blender jug and secure lid.

👉 **SMOOTHIE** until program finishes, using tamper for the first 20 seconds.

## Berry Mint Smoothie

⌚ Prep 5 minutes

🍹 Makes 1L / Serves 4

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*350g frozen mixed berries*  
*500ml (2 cups) almond milk*  
*70g (1/4 cup) natural yogurt or coconut milk yogurt alternative*  
*2 tablespoons agave or maple syrup or raw honey*  
*16 mint leaves*

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1. Place ingredients into blender jug and secure lid.

👉 **SMOOTHIE** until program finishes.





## Summer Peach Shake

⌚ Prep 10 minutes

🍹 Makes 1.2L / Serves 4

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4 fresh ripe peaches (550g), stone removed, sliced  
500ml (2 cups) chilled milk, unsweetened almond or soy milk  
140g (½ cup) natural Greek yogurt  
1 teaspoon ground cinnamon  
6 ice cubes  
1½ teaspoons vanilla extract  
¼ cup honey

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1. Place ingredients into blender jug and secure lid.

👉 **SMOOTHIE** until program finishes.

## Cookies 'n' Cream Shake

⌚ Prep 5 minutes

🍹 Makes 800ml / Serves 4

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10 Oreo cookies, halved  
500ml (2 cups) chilled milk  
260g (2 cups) vanilla ice cream

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1. Place 4 cookies into blender jug and secure lid.

👉 **PULSE** 4 times or until roughly crushed, transfer to a bowl and set aside.

2. Add remaining cookies, milk and ice cream to blender jug and secure lid.

👉 **SMOOTHIE** until program finishes.

**Serve:** pour into chilled glasses and sprinkle with reserved cookie crumbs.





# Let off some steam!

*Steamy pressure explosion*



*Other blender*

A powerful blender can pulverise a variety of ingredients in a minute or less. The high speeds and collisions of the ingredients creates friction, and this friction can create quite a lot of heat. A powerful blender on high speed, for example, can heat liquid by as much as 15°C in just one minute.

The Boss™ uses the friction created during the hot soup function to turn cold ingredients into heated soup in around 6 minutes. But, as well as heating soups in a blender, some chefs like to blend already cooked soup just before serving to either combine additional ingredients, or to aerate the liquid and create a creamier texture. But beware! In most blenders, blending hot liquids is fraught with danger.

As ingredients rise in temperature, they start to release their water content in the form of steam, from 50°C and above. Water expands by an incredible 1600 times when it turns to steam, meaning that just 1 teaspoon of water will evaporate to become over 8 litres of steam. If this temperature rise happens slowly, it is usually reasonably safe. But when you blend hot soup, the cold air inside the blender is pushed into the ingredients almost instantaneously

*Safe steam vent lid*



*the Boss™*

and the change of pressure is intense. If this steam has nowhere to escape, pressure will rise to an explosive point very quickly.

This is one of the causes for blender lids popping off when blending hot ingredients. This dangerous explosion of hot ingredients means that regular blenders can't usually be used safely, either for heating, or for aerating soup. So the Boss™ has been designed with a tightly sealed and vented lid, to hold the lid in place under pressure, and to allow steam to escape progressively while blending without allowing liquids to splash out. Not only that, but the Soup program uses a soft start to avoid creating any sudden bursts of hot liquid, as well as a gentle stir at the end of the cycle to help fold in any steam bubbles that may have formed. This means you can safely create soups from cold to hot, or from cooked ingredients.

Remember that it's best to allow the ingredients to cool well below boiling point and never fill the blender above the 1.2 litre mark on the blender jug when blending hot liquids.



## Pea & Mint Soup

⌚ Prep 10 minutes / Cook 6 minutes

🍴 Makes 1L / Serves 4

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420g (3 cups) frozen green peas  
2 green onions, roughly chopped  
500ml (2 cups) vegetable stock, at room temperature  
20g (¾ cup) fresh mint leaves  
Salt and freshly ground pepper, to taste  
Greek style unsweetened yogurt, to serve  
Extra fresh mint leaves, to serve

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1. Place peas in a large heatproof bowl. Cover with boiling water. Stand for 5 minutes or until thawed and drain.
2. Place peas, green onion and stock into blender jug and secure lid.

👉 **SOUP** until program finishes.

3. Add mint leaves and secure lid.

🌀 **PUREE** 30 seconds or until combined, season to taste with salt and pepper.

**Serve:** divide among serving bowls, dollop with yogurt and garnish with extra mint leaves.

**Tip:** we have used shelf stable UHT stocks in our soup recipes. If using fresh stock, stock must be heated to boiling point for 1 - 2 minutes, and then allowed to cool until there is no visible steam before blending.



# Tom Kha Gai

⌚ Prep 10 minutes / Cook 6 minutes

🍹 Makes 1L / Serves 4

500ml (2 cups) chicken stock, at room temperature  
400ml can coconut milk  
1 lemongrass stalk, pale section only, roughly chopped  
2½ cm piece galangal, peeled, thinly sliced  
4 kaffir lime leaves  
5 coriander roots, scrubbed clean  
2 long red chillies, seeds removed, plus 1 extra, thinly sliced to garnish  
1 tablespoon finely grated palm sugar  
2 tablespoons fresh lime juice  
2 tablespoons fish sauce  
2 cooked skinless chicken breast fillets, shredded  
2 Asian red shallots, thinly sliced  
1 cup coarsely chopped fresh coriander leaves  
Lime wedges, to serve

1. Place stock, coconut milk, lemongrass, galangal, kaffir lime leaves, coriander roots and chillies into blender jug and secure lid.

👉 **SOUP** until program finishes.

2. Add palm sugar, lime juice, fish sauce and secure lid.

🌀 **BLEND** 30 seconds or until combined.

**Serve:** divide chicken among serving bowls and ladle over soup. Top with shallots, coriander leaves and extra chilli.

**Tip:** we have used shelf stable UHT stocks in our soup recipes. If using fresh stock, stock must be heated to boiling point for 1 - 2 minutes, and then allowed to cool until there is no visible steam before blending.



# Roasted Tomato & Capsicum Soup with Salsa Verde

 Prep 10 minutes / Cook 55 minutes

 Makes 1L / Serves 4

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**6 Roma tomatoes, halved lengthwise**  
**1 red capsicum, seeds removed, thickly sliced**  
**1 brown onion, cut into wedges**  
**3 cloves garlic, peeled**  
**2 tablespoons olive oil**  
**500ml (2 cups) vegetable stock, at room temperature**  
**2 teaspoons tomato paste**  
**50g (¼ cup) fresh basil leaves, plus extra to garnish**  
**Salt and freshly ground black pepper, to taste**  
**Salsa verde, to serve**

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1. Preheat oven to 200°C no fan (180°C fan-forced). Line a large baking tray with non-stick baking paper.
2. Place tomatoes, capsicum, onion and garlic onto tray. Drizzle with olive oil and season with salt and pepper. Toss lightly to coat. Roast for 40–45 minutes, or until golden brown and softened. Set aside to cool for 5 minutes.
3. Using tongs, transfer roasted vegetables into blender jug. Add stock and tomato paste and secure lid.

 **SOUP** until program finishes.

4. Add basil, season to taste with salt and pepper and secure lid.

 **PUREE** 30 seconds.

**Serve:** divide soup among serving bowls, drizzle salsa verde over soup and garnish with basil leaves.

**Tip:** we have used shelf stable UHT stocks in our soup recipes. If using fresh stock, stock must be heated to boiling point for 1–2 minutes, and then allowed to cool until there is no visible steam before blending.

# Salsa Verde

 Prep 10 minutes

 Makes 1½ cups

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**7 drained anchovy fillets**  
**35g (1½ cups) firmly packed fresh flat leaf parsley**  
**2 tablespoons drained baby capers**  
**2 tablespoons fresh lemon juice**  
**100ml olive oil**

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1. Place anchovy fillets, parsley, capers, lemon juice and oil into the blender jug and secure lid.

 **CHOP** 30–40 seconds or until combined.

**Storage:** transfer to a clean, airtight container. Store in the fridge for up to 3 days.

**Tip:** serve on soups or serve with grilled or pan-fried meats, poultry or seafood or roasted vegetables. Mix some salsa verde with lemon juice or mayonnaise as a dressing for potato salad.









## Thai Spiced Butternut Pumpkin Soup

🕒 Prep 10 minutes / Cook 35 minutes

🍴 Makes 1.5L / Serves 6

*1 tablespoon organic coconut oil*  
*5 tablespoons Thai Red Curry Paste (see page 62)*  
*1.5kg butternut pumpkin, peeled, seeded, cut into 4cm pieces*  
*1L chicken stock*  
*400ml can coconut milk*  
*1 tablespoon fish sauce, or more to taste*  
*Thinly shredded kaffir lime leaves, chilli flakes and*  
*chopped roasted cashews, to garnish*  
*Lime wedges, to serve*

1. Heat coconut oil in a large saucepan over medium heat. Add the curry paste and cook, stirring, for 2–3 minutes or until fragrant.
  2. Add pumpkin and stock. Increase heat to high and bring to the boil. Reduce heat to medium low and simmer for 20 minutes or until pumpkin is tender. Allow to cool until there is no visible steam.
  3. Reserve ½ cup coconut milk and set aside. Add remaining coconut milk to the pumpkin mixture. Transfer a third of the pumpkin soup mixture to the blender jug and secure lid.
- 🌀 **BLEND** 10–15 seconds or until smooth and transfer to a bowl. Repeat with remaining pumpkin mixture.
4. Return pumpkin mixture back to saucepan. Heat gently over medium heat until hot. Add fish sauce and stir until combined. If additional seasoning is needed, increase fish sauce by 1–2 teaspoons at a time.

*Serve:* divide soup among serving bowls. Drizzle with reserved coconut milk. Garnish with kaffir lime leaves, chilli flakes and cashews. Serve with lime wedges.



## Speedy Tortilla Soup

⌚ Prep 10 minutes / Cook 15 minutes

🍴 Makes 1L / Serves 4

1 small onion, halved  
 2 cloves garlic  
 3 tablespoons vegetable oil  
 2 teaspoons Mexican chilli powder  
 1 teaspoon ground cumin  
 1 tablespoon tomato paste  
 400g can diced tomatoes  
 500ml (2 cups) vegetable stock, at room temperature  
 1 celery stick, roughly chopped  
 ½ teaspoon dried oregano leaves  
 420g can red kidney beans, rinsed, drained  
 3 x 10cm-diameter corn tortillas, cut into ½cm thin strips  
 1 avocado, sliced  
 1 – 2 corn cobs, husk removed, blanched, kernels reserved  
 25g (¾ cup) fresh coriander leaves  
 2 tablespoons fresh lime juice  
 Salt and freshly ground black pepper, to taste

1. Place onion and garlic into blender jug and secure lid.

🌀 **CHOP** 10 seconds or until roughly chopped.

2. Heat 1 tablespoon oil in a frying pan over medium heat. Add onion mixture, Mexican chilli powder and cumin. Cook, stirring, for 3 minutes or until onion has softened. Add tomato paste and cook, stirring, for 1 minute. Transfer to blender jug.

3. Add tomatoes, stock, celery and oregano to blender jug and secure lid.

👉 **SOUP** until program finishes.

4. Reserve ½ cup kidney beans. Add remaining kidney beans to blender jug and secure lid.

🌀 **PUREE** 2 minutes, season with salt and pepper.

5. Meanwhile heat remaining oil in a large non-stick frying pan over medium-high heat. Add half the tortillas. Cook, turning, for 2 minutes or until golden and crisp. Transfer to a plate lined with paper towel. Repeat with remaining tortilla pieces, reheating pan between batches.

6. Combine reserved kidney beans, avocado, corn kernels, coriander and lime juice in a bowl. Season with salt and pepper.

**Serve:** divide soup among serving bowls, top with avocado mixture and tortilla strips.



# Magical Milling









## Gluten Free Flour Mix

🕒 Prep 10 minutes

🍴 Makes 1kg

360g medium grain white rice  
200g brown rice  
160g dried skim milk powder  
210g gluten free 100% cornflour  
170g organic tapioca flour  
40g organic potato flour  
20g xanthan gum

1. Place white rice into blender jug and secure lid.
  - 🌀 **MILL** 1½ - 2 minutes or until finely ground. Use spatula to transfer all flour from jug into a bowl.
  2. Place brown rice into blender jug and secure lid.
  - 🌀 **MILL** 1½ - 2 minutes or until finely ground. Use spatula to transfer all flour from jug and add to rice flour.
  3. Place milk powder into blender jug and secure lid.
  - 🌀 **MILL** 30 seconds or until finely ground and add to rice flour mixture.
  4. Add remaining ingredients to rice flour mixture. Using a fork, stir mixture until evenly combined.
- Storage:** transfer to a clean, airtight container. Store in the fridge for up to 2 months.
- Tip:** use as a cup for cup replacement for plain flour in recipes.



## Gluten Free Pizza Dough

⌚ Prep 10 minutes plus 45 minutes rising time / Cook 20 minutes

🍷 Makes 1 x 26cm pizza

**275g (2 cups) gluten free flour mix**  
**1 tablespoon dried yeast**  
**1 teaspoon sugar**  
**¼ teaspoon salt**  
**160ml warm water**  
**60ml (¼ cup) extra virgin olive oil, plus extra for drizzling**

1. Place flour, yeast, sugar and salt into blender jug and secure lid.  
👉 **PULSE** 5 times or until combined and a hole forms in the centre.  
2. Pour water and oil into blender jug and secure lid.  
👉 **MILL** 1 second. Scrape down the mixture from the side, pulling it away from the edge of the container and into the centre of the mixture and secure lid.  
👉 **PULSE** 10 times. Scrape down sides and repeat 5 times or until dough forms a ball and is soft.  
👉 **PULSE** 5 times to assist with lifting the dough off the blades.
3. Lightly flour work surface with gluten free flour mix. Carefully scrape out dough onto work surface. Knead for 30 seconds or until a smooth dough forms. Transfer to a bowl. Drizzle with olive oil. Toss lightly to cover dough with oil. Cover with plastic wrap and a tea towel. Set aside in a warm place for 45 minutes or until doubled in size.

**Tip to make pizza:** preheat oven to 220°C no fan (200°C fan-forced). Lightly flour working surface with gluten free flour mix. Roll dough to approx. 26cm diameter round. Place onto a greased round pizza tray. Roll edges in to form the crust. Brush edges with a little oil. Bake for 5 - 7 minutes or until lightly golden.

Top with pizza sauce, your favourite toppings and cheese. Bake for a further 7 - 8 minutes or until base is crisp and golden and cheese is golden brown.

# Gluten Free Pasta Dough

🕒 Prep 20 minutes / Cook 10 minutes

🍴 Serves 2

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**150g (¾ cup) brown rice**  
**150g (¾ cup) dried chickpeas**  
**1 cup tapioca flour**  
**1½ teaspoons xanthan gum**  
**2 eggs**  
**1 tablespoon olive oil**  
**Pinch salt**  
**1 – 2 tablespoons water**

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1. Place rice and chickpeas into blender jug and secure lid.

🌀 **MILL** 2 minutes or until finely ground into flour.

2. Place 1 cup rice flour mixture into a bowl. Add tapioca flour and xanthan gum and stir to combine. Create a well in the centre of the rice flour mixture. Crack eggs into the centre. Add oil and a pinch of salt. Stir the mixture together from the centre slowly pulling in the flour from the edges until combined. If dough has not combined, add 1 – 2 tablespoons water, as required, until combined. Knead the dough until it forms a smooth ball and is no longer sticky.

3. Lightly flour the work surface with some of the remaining chickpea flour mixture. Roll out dough until 2mm thick. Cut into thin strips. Sprinkle some of the remaining chickpea flour mixture onto a clean dry tea towel. Place pasta on tea towel and set aside for 5 – 10 minutes or until lightly dried.

4. Cook, in batches, in a large saucepan of salted boiling water for 5 – 7 minutes or until al dente.

**Serve:** with your favourite pesto or pasta sauce.







## Wholewheat Bread

🕒 Prep 10 minutes plus 1 hour to rise / Cook 40 minutes

🍞 Makes 1 loaf

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660g (3 cups) whole wheat grains

2½ teaspoons dried yeast


40g softened butter

310ml (1¼ cups) warm water

2 teaspoons salt

2 teaspoons honey

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1. Preheat oven to 200°C no fan (180°C fan-forced). Lightly grease a 21cm x 11cm x 6.5cm loaf pan.
2. Place wheat into blender jug and secure lid.
3.  **MILL** 1½ - 2 minutes or until finely ground into flour.
4. Using an electric mixer, fitted with a dough hook, combine 2 cups of the wholewheat flour, yeast, butter, water, salt and honey. Mix at a medium speed for 4 minutes. Add more wholewheat flour (up to ¾ cup), as needed, until dough pulls away from sides of the bowl. Continue kneading, in the electric mixer, for 2 minutes.
5. Place dough into a lightly greased bowl. Loosely cover with plastic food wrap. Set aside for 20 minutes in a warm, draft-free place or until doubled in size.
6. Punch down dough and shape into a log to fit into prepared pan. Cover loosely with lightly greased plastic food wrap. Set aside in a warm draft-free place for 30 - 40 minutes or until well risen.
7. Bake for 30 - 40 minutes or until cooked and golden brown. Remove from pan and transfer to a wire rack to cool.





# Linseed, Sunflower & Almond Meal (LSA Meal)

⌚ Prep 5 minutes

🍹 Makes 3½ cups

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240g (1½ cups) linseeds

140g (1 cup) sunflower seeds

85g (½ cup) raw (natural) almonds

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1. Place ingredients into blender jug and secure lid.

🌀 **MILL** 30 seconds or until finely ground into a meal.

**Storage:** transfer to an airtight container. Store in the fridge for up to 3 months.

**Nutrition insight:** LSA is rich in essential nutrients including protein, omega-3 fats, fibre, vitamins E, D, B1, B2, B5 and minerals such as calcium, zinc and magnesium.

**Tip:** add some LSA to your favourite smoothies, muesli or other breakfast cereals, yogurt and muffin, cake or cookie mixtures.



# Chewy Oat, Pepita & LSA Cookies

⌚ Prep 20 minutes / Cook 20 minutes

🍴 Makes 28

---

150g (1 cup) pepita seeds  
150g (1 cup) plain flour  
3 teaspoons ground ginger  
90g (1 cup) wholegrain rolled oats  
150g (¾ cup) raw caster sugar  
40g (½ cup) desiccated coconut  
55g (½ cup) LSA meal  
170g unsalted butter, chopped  
60ml (¼ cup) golden syrup  
1½ teaspoons bicarbonate of soda  
1 tablespoon boiling water

---

1. Preheat oven to 180°C no fan (160°C fan-forced). Line two baking trays with non-stick baking paper.
2. Place pepita seeds into blender jug and secure lid.
- 👉 **PULSE** 4 - 5 times or until roughly chopped and transfer to a large bowl.
3. Sift flour and ginger over pepita seeds. Add oats, sugar, coconut and LSA meal. Stir to combine. Make a well in the centre.
4. Place butter and golden syrup in a microwave-safe bowl. Cover with microwave-safe plastic food wrap. Microwave on HIGH (100%) for 40 seconds or until butter has melted. Combine bicarbonate of soda and boiling water in a heatproof bowl. Stir into butter mixture. Pour over flour mixture and stir until combined.
5. Form tablespoons of cookie dough mixture into balls. Place onto prepared trays, 3cm apart. Use the back of a spoon to flatten cookie dough slightly. Bake for about 13 minutes, swapping trays halfway during cooking, or until golden. Set aside on trays for 5 minutes. Transfer to a wire rack to cool completely.







# Buttermilk Cornbread

⌚ Prep 5 minutes / Cook 30 minutes

🍴 Serves 8

---

**320g (1½ cups) popping corn kernels**

**2 teaspoons baking powder**

**½ teaspoon bicarbonate of soda**

**500ml (2 cups) buttermilk**

**100g (¾ cup) plain flour**

**1 teaspoon sea salt**

**2 eggs, lightly whisked**

**Butter, to serve**

---

1. Preheat oven to 200°C no fan (180°C fan-forced). Grease and line base of a 21cm x 21cm x 4cm cake pan with non-stick baking paper.

2. Place corn into blender jug and secure lid.

🌀 **MILL** 2 minutes or until finely ground, using scraper occasionally to circulate corn.

3. Add baking powder, bicarbonate of soda, buttermilk, flour, salt and eggs into blender jug and secure lid.

👉 **PULSE** 4 - 5 times or until just combined and pour into prepared pan.

4. Bake for 25 - 30 minutes or until golden brown and when a skewer inserted into the centre comes out clean.

**Serve:** warm with butter or with your favourite soups or stews.





## Buckwheat, Spelt & Apple Cake

⌚ Prep 20 minutes / Cook 45 minutes

🍴 Serves 8

---

150g spelt flakes  
200g raw buckwheat  
165g caster sugar  
1 tablespoon baking powder  
2 eggs  
160ml reduced fat milk  
125ml (½ cup) macadamia nut oil  
90g apple sauce  
1 teaspoon vanilla extract  
2 green apples, peeled, cored, thinly sliced  
2 tablespoons apricot jam, slightly warmed

---

1. Preheat oven to 170°C no fan (150°C fan-forced). Grease and line base of a round 20cm (base measurement) cake pan with non-stick baking paper.
2. Place spelt flakes into blender jug and secure lid.  
🌀 **MILL** 1 minute or until finely ground and transfer to a bowl.
3. Place buckwheat into blender jug and secure lid.  
🌀 **MILL** 1 minute or until finely ground. Add to the spelt with the sugar and baking powder. Stir to combine.
4. Place eggs, milk, oil, apple sauce and vanilla into blender jug and secure lid.  
👉 **PULSE** 4 times or until well blended.
5. Add buckwheat flour mixture to blender jug and secure lid.  
👉 **PULSE** 6 - 7 times or until flour is blended and spoon into prepared pan.
6. Arrange apple slices over top of cake batter. Bake for 45 - 55 minutes or until a skewer inserted in the centre comes out clean. Stand in pan for 5 minutes. Turn out and transfer to a wire rack. Brush top of cake with jam while cake is still hot. Set aside until cooled completely.









# Peach, Passionfruit & Raspberry Yogurt Pops

🕒 Prep 5 minutes plus 6 hours to freeze

🍴 Makes 10

---

700g (2½ cups) creamy vanilla yogurt  
410g can peach slices in natural juice, drained  
2 tablespoons passionfruit pulp (about 1 passionfruit)  
150g (1½ cups) fresh or thawed frozen raspberries  
1 tablespoon caster sugar

---

1. Place 1 cup yogurt, peaches and passionfruit into blender jug and secure lid.

🌀 **PUREE** 8 seconds or until smooth and transfer to a jug.

2. Place remaining yogurt, raspberries and sugar into blender jug and secure lid.

🌀 **PUREE** 5 seconds or until smooth and transfer to a jug.

3. Divide peach mixture among 10 x 125ml capacity ice-pop moulds then top with raspberry mixture.

4. Place wooden stick into centre of each mould. Place into freezer for 6 hours or until firm.

*Tip:* to remove ice-pops from moulds, dip moulds quickly into hot water and gently pull the ice-pops.





# Chocolate Hazelnut & Banana Freeze

⌚ Prep 5 minutes

🍴 Makes 800ml / Serves 4

---

160ml (⅔ cup) thickened cream  
220g (¾ cup) chocolate hazelnut spread  
1 frozen banana, halved  
350g (3 cups) ice cubes

---

1. Place ingredients into blender jug and secure lid.

👉 **FROZEN DESSERT** 40 seconds or until combined and smooth. Use tamper to press ingredients into the blades.

Serve: immediately.

Storage: transfer to a freezer-safe container and freeze for up to 2 weeks.



# Banana, Pecan & Honey Frozen Yogurt

⌚ Prep 5 minutes

🍴 Serves 4

---

4 medium frozen bananas, quartered  
2 tablespoons honey  
1 teaspoon vanilla extract  
140g (½ cup) Greek natural yogurt  
70g (½ cup) pecan halves

---

1. Place ingredients into blender jug and secure lid.

👉 **FROZEN DESSERT** 40 seconds or until combined and smooth. Use tamper to press ingredients into the blades.

Serve: immediately.





## Coconut, Mango & Lime Gelato

🕒 Prep 10 minutes

🍴 Serves 4

---

600g frozen mango pieces  
1 lime, peeled, seeds removed, halved  
20g (¼ cup) toasted shredded coconut, cooled, (optional)  
125ml (½ cup) coconut milk, chilled  
160g (½ cup) sweetened condensed milk, chilled

---

1. Place ingredients into blender jug and secure lid.
- 👉 **FROZEN DESSERT** 40 seconds or until smooth and combined. Use tamper to press ingredients into the blades.

**Serve:** immediately.

**Storage:** transfer to a freezer-safe container and freeze for up to 2 weeks.



## Blood Orange & Rockmelon Granita

🕒 Prep 15 minutes plus 8 hours to freeze

🍴 Serves 4

---

1 rockmelon (1.4kg), peeled, seeds removed, chopped  
200ml fresh blood orange juice (about 3 – 4 blood oranges)  
1 tablespoon fresh lemon juice  
110g (½ cup) caster sugar

---

1. Place rockmelon, blood orange juice, lemon juice and sugar into blender jug and secure lid.
- 👉 **PUREE** 20 seconds or until smooth and sugar has dissolved.
2. Pour into a 21cm x 21cm freezer-safe dish. Cover with foil. Place in the freezer and freeze for 8 hours, or overnight, until firm.
  3. Using a fork, break blood orange mixture into small pieces.

**Serve:** immediately.

**Storage:** transfer to a freezer-safe container and freeze for up to 2 weeks.





## Watermelon, Strawberry and Mint Sorbet

⌚ Prep 10 minutes

🍴 Makes 800ml / Serves 4

500g frozen strawberries

250g chilled seedless watermelon, peeled, chopped

2 small limes, peeled, halved, seeds removed

55g (¼ cup) sugar

5g (¼ cup) fresh mint leaves, chopped

1. Place ingredients into blender jug and secure lid.
- 👉 **FROZEN DESSERT** 20 - 30 seconds or until combined and smooth. Use tamper to press ingredients into the blades.

**Serve:** immediately.

**Storage:** transfer to a freezer-safe container and freeze for up to 2 weeks.

## Lemon Sorbet

⌚ Prep 5 minutes

🍴 Serves 4 - 6

2 lemons (375g), peeled, halved, seeds removed

1 teaspoon finely grated lemon zest

75g (⅓ cup) caster sugar

520g (4 cups) ice cubes

1. Place ingredients into blender jug and secure lid.
- 👉 **FROZEN DESSERT** until program finishes and mixture is smooth and combined. Use tamper to press ingredients into the blades.

**Serve:** immediately.

**Storage:** transfer to a freezer-safe container and freeze for up to 2 weeks.







# Nutty Butters & Milks



# Almond, Chia & Linseed Butter

⌚ Prep 5 minutes / Cook 10 minutes

🍹 Makes 2 cups

---

450g (3 cups) raw almonds

2 tablespoons chia seeds

2 tablespoons linseeds

2 tablespoons macadamia or rice bran oil

---

1. Preheat oven to 200°C no fan (180°C fan-forced).
2. Place almonds on a baking tray. Bake for 8 - 10 minutes or until lightly roasted. Set aside to cool for 10 minutes.
3. Place almonds, chia seeds, linseed and oil into blender jug and secure lid.

🌀 **MILL** 1 minute or until mixture is almost smooth. Use tamper occasionally to press ingredients into blades if required.

🌀 **BLEND** 10 - 15 seconds or until smooth and creamy.

**Storage:** transfer to a clean, airtight container or jar. Store in the fridge for up to 1 month.





## Chunky Pistachio & Macadamia Nut Butter

⌚ Prep 5 minutes / Cook 10 minutes

🍴 Makes 1½ cups

215g (2 cups) pistachio kernels  
140g (1 cup) unsalted macadamia nuts  
1 tablespoon macadamia or rice bran oil  
Pinch salt

1. Preheat oven to 200°C no fan (180°C fan-forced).
  2. Place ½ cup pistachio kernels into blender jug and secure lid.
  3. Place remaining pistachio kernels and macadamia nuts onto a large baking tray. Bake for 8–10 minutes or until lightly roasted. Set aside for 15 minutes to cool.
  4. Place roasted nuts, oil and salt into blender jug and secure lid.
  5. Add reserved pistachio kernels.
- 🌀 **CHOP** 5 seconds or until roughly chopped and transfer to a bowl.
- 🌀 **MILL** 1 minute or until mixture is almost smooth. Use tamper occasionally to press ingredients into blades if required.
- 🌀 **BLEND** 15 seconds or until smooth.

**Storage:** transfer to a clean, airtight container or jar. Store in the fridge for up to 1 month.

**Tip:** for a greener pistachio butter use blanched, peeled pistachio kernels. These can be purchased from specialty food stores.



## Maple Pecan & Brazil Nut Butter

⌚ Prep 10 minutes / Cook 10 minutes

🍴 Makes 1½ cups

250g (2 cups) pecans  
75g (½ cup) Brazil nuts  
60ml (¼ cup) pure maple syrup  
1 tablespoon macadamia oil or rice bran oil  
Pinch of ground cinnamon  
Pinch salt

1. Preheat oven to 160°C no fan (140°C fan-forced). Line a large baking tray with non-stick baking paper.
  2. Place pecans and Brazil nuts into a bowl. Drizzle with maple syrup and toss until evenly coated. Spread evenly over prepared tray. Bake for 10 minutes, stirring nuts halfway through or until nuts are golden brown. Set aside for 10–15 minutes to cool.
  3. Place the nuts, oil, cinnamon and salt into blender jug and secure lid.
- 🌀 **MILL** 1 minute or until mixture is almost smooth. Use tamper occasionally to press ingredients into blades if required.
- 🌀 **BLEND** 10–15 seconds or until smooth.

**Storage:** transfer to a clean, airtight container. Store in the fridge for up to 1 month.





# Almond Milk

⌚ Prep 15 minutes

🍹 Makes 1L

---

**300g (2 cups) raw almonds**  
**1L chilled purified water**

---

1. Place almonds into blender jug and secure lid.

🌀 **CHOP** 15 seconds or until chopped

2. Add water to blender jug and secure lid. **MILL** 2 minutes or until almost smooth.

**Storage:** transfer to a clean, airtight container. Store in the fridge for up to 3 days.

**Tip:** sweeten the almond milk to taste with agave or maple syrup or raw honey. Nut milk bags can be bought from health food stores. Muslin can be bought from fabric or kitchen supply stores.

*To soak or not to soak? This is a personal preference and you can make nut milks with unsoaked or soaked almonds. Almonds are a great source of protein however they contain a naturally occurring compound that may prevent our enzymes from digesting the nuts effectively.*

*If soaking nuts, place 2 cups raw almonds in a non-metallic large bowl and cover with purified water. Cover with plastic wrap and set aside in the fridge for 8 hours or overnight. Rinse and drain soaked nuts then use the soaked almonds in place of the raw almonds in the recipe above.*

# Cashew Milk

⌚ Prep 15 minutes plus 8 hours to soak

🍹 Makes 1L

---

**310g (2 cups) raw cashews**  
**1L chilled filtered water**

---

1. Place cashews in a large glass or ceramic bowl. Cover with cold water and seal with plastic food wrap. Place into the fridge for 8 hours, or overnight, to soak.
2. Drain cashews and rinse with cold water. Place cashews and filtered water into blender jug and secure lid.

🌀 **MILL** 2 minutes.

3. Place a nut milk bag (or line a sieve with a large piece of muslin) over a large clean jug and pour nut mixture into bag. Close bag and squeeze the pulp in the bag to extract as much milk as you can. Remove bag and discard pulp.
4. **Storage:** transfer to a clean, airtight container. Store in the fridge for up to 3 days.

**Tip:** sweeten the cashew milk to taste with agave syrup or honey. To make cashew cream, only add 500mls chilled filtered water. Nut milk bags can be bought from health food stores. Muslin can be bought from fabric or kitchen supply stores.



# Soy Bean Milk

⌚ Prep 15 minutes plus 8 hours to soak / Cook 15 minutes

🍹 Makes 700ml

---

**160g (¾ cup) organic dried soy beans**  
**1L chilled purified water**

---

1. Place soybeans in a glass or ceramic bowl. Cover with cold water and seal with plastic food wrap. Place in the fridge and for 8-10 hours, or overnight, to soak. Drain soybeans and rinse with cold water. Discard any discoloured beans.
2. Place 1 cup of the soaked soy beans and half the purified water into blender jug and secure lid.

🌀 **MILL** 2 minutes.

3. Place a nut milk bag (or line a sieve with a large piece of muslin) over a large clean jug. Pour soybean mixture into the bag. Close bag and gently squeeze the pulp to extract out as much liquid as you can. Discard pulp. Repeat with the remaining soaked soy beans and purified water.
4. Place soybean milk into a medium saucepan over a medium heat. Bring to a gentle boil, reduce heat to low and simmer for 10-15 minutes, skimming away any foam from the surface. Remove from heat. Allow to cool and refrigerate for 2 hours or until well chilled.
5. **Storage:** transfer to a clean, airtight container and store in the fridge for up to 3 days.

**Tip:** sweeten the soy milk to taste with agave syrup or honey. Nut milk bags can be bought from health food stores. Muslin can be bought from fabric or kitchen supply stores.







Get  
Saucy



# Strawberry & Raspberry Sauce

 Prep 5 minutes

 Makes 1 cup

250g punnet strawberries, trimmed  
125g punnet raspberries  
55g ( $\frac{1}{4}$  cup) raw caster sugar

1. Place strawberries, raspberries and sugar into blender jug and secure lid.

 **PUREE** 20 seconds or until smooth.

**Storage:** transfer to an airtight container and store in the fridge for up to 2 days.

**Tip:** this sauce is delicious drizzled over yogurt and ice cream or your favourite dessert. For a more indulgent sauce add 1 tablespoon of Cointreau or triple sec liqueur.

# Creamy Mayonnaise


 Prep 5 minutes

 Makes 400ml

3 egg yolks  
2 teaspoons Dijon mustard  
30ml ( $1\frac{1}{2}$  tablespoons) fresh lemon juice or white wine vinegar  
1 teaspoon salt  
375ml ( $1\frac{1}{2}$  cups) grapeseed or light olive oil

1. Place egg yolks, mustard, lemon juice and salt into blender jug and secure lid.

 **BLEND** 15 seconds or until combined.

 **MIX**  $1\frac{1}{2}$  – 2 minutes. While motor is running remove inner cap and gradually pour in oil until mixture is thick and emulsified.

**Storage:** transfer to an airtight container and store in the fridge for up to 1 week.

**Tip:** to make an aioli: add 2 cloves garlic and increase lemon juice to 2 tablespoons. For a lime aioli use lime juice instead of lemon juice.

# Homemade Spicy Barbecue Sauce

 Prep 10 minutes / Cook 1 hour 10 minutes

 Makes 1.25L (5 cups)

1 onion, quartered  
3 cloves garlic  
1 long red chilli or habanero chilli, seeded  
1L tomato passata  
 $\frac{1}{2}$  cup spiced BBQ rub (see page 60)  
75g ( $\frac{1}{2}$  cup) brown sugar  
60ml ( $\frac{1}{4}$  cup) apple cider vinegar  
80ml ( $\frac{1}{2}$  cup) molasses or treacle  
60ml ( $\frac{1}{4}$  cup) honey  
2 tablespoons Dijon or wholegrain mustard  
1 tablespoon olive oil  
Sea salt and pepper, to taste

1. Place onion, garlic and chilli into blender jug and secure lid.

 **PULSE** 5 – 10 times or until finely chopped, scraping when required and transfer to a bowl.

2. Place passata, spiced BBQ rub, sugar, vinegar, molasses, honey and mustard into blender jug and secure lid.

 **PUREE** 40 – 50 seconds or until combined.

3. Heat oil in a large saucepan over medium heat. Add onion mixture. Cook, stirring occasionally, for 5 minutes or until softened. Add tomato passata mixture. Bring to the boil: reduce heat and simmer, stirring occasionally, for 50 – 60 minutes or until thickened. Season with salt and pepper. Set aside to cool.

4. Transfer to blender jug and secure lid.

 **BLEND** 10 seconds or until smooth

**Storage:** transfer to an airtight container and store in the fridge for up to 2 months.







## Indulgent Chocolate Sauce

⌚ Prep 5 minutes

🍹 Makes 2½ cups

---

250ml (1 cup) pure cream

125ml (½ cup) water

340g dark chocolate, chopped

40g (¼ cup) pure icing sugar

2 tablespoons hazelnut liqueur (optional)

---

1. Place cream, water, chocolate, sugar and liqueur into blender jug and secure lid.

🌀 **BLEND** 10 seconds.

🌀 **MILL** 2 minutes or until melted and smooth. Use tamper to push ingredients into blade.

*Serve:* with your favourite dessert.

# Quick & Easy Hollandaise

⌚ Prep 5 minutes

🍹 Makes 300ml

---

**3 egg yolks**  
**1 tablespoon lemon juice or white wine vinegar**  
**1 tablespoon hot water**  
**¼ teaspoon sea salt**  
**250g unsalted butter, melted**

---

1. Place egg yolks, lemon juice or vinegar, water and salt into blender jug and secure lid.

🌀 **MILL** 30 seconds or until pale and creamy.

🌀 **MIX** 1 minute. While motor is running remove inner cap and gradually add melted butter in a thin steady stream until sauce has thickened.

**Serve:** with poached eggs, steamed asparagus or potato cakes.





## Buttermilk & Feta Dressing

🕒 Prep 5 minutes

🥄 Makes 1 cup

---

125ml (½ cup) buttermilk  
100g feta, coarsely chopped  
2 tablespoons olive oil  
2 tablespoons fresh lemon juice  
1 small clove garlic  
½ teaspoon finely grated lemon rind  
Salt and freshly ground black pepper, to taste

---

1. Place buttermilk, feta, olive oil, lemon juice and garlic into blender jug and secure lid.

🌀 **BLEND** 10 seconds or until smooth.

2. Add lemon rind, season with salt and pepper.

🌀 **STIR** 5 seconds or until combined.

**Serve:** drizzle over your favourite salad or add use as a dressing for potato.

**Storage:** transfer to a clean airtight container and store in the fridge for up to 2 days.



## Cherry Tomato Vinaigrette

🕒 Prep 5 minutes

🥄 Makes 1¼ cups

---

250g ripe cherry tomatoes  
125ml (½ cup) extra virgin olive oil  
1 tablespoon balsamic or white balsamic vinegar  
1 small clove garlic  
¼ cup firmly packed fresh basil leaves  
1 tablespoon chopped fresh flat leaf parsley  
Sea salt and freshly ground pepper, to taste

---

1. Place tomatoes, oil, vinegar, garlic, basil and parsley into blender jug and secure lid.

🌀 **BLEND** 10 seconds or until combined, season to taste with salt and pepper.

**Serve:** drizzle over your favourite salad greens.

**Storage:** transfer to a clean airtight container and store in the fridge for up to 1 day.





## Whole Orange Dijon Vinaigrette

⌚ Prep 10 minutes

🥄 Makes 1½ cups

**1 orange**  
**1 small eschalot, halved**  
**1 clove garlic**  
**2 tablespoons white wine vinegar**  
**2 tablespoons Dijon mustard**  
**1 tablespoon honey**  
**125ml (½ cup) olive oil**  
**Sea salt and freshly ground black pepper, to taste**

1. Finely grate rind from orange; remove skin from orange and cut orange into quarters. Add rind and orange flesh to blender jug.
2. Add eschalot, garlic, vinegar, mustard, and honey to blender jug and secure lid.

🌀 **BLEND** 20 seconds or until smooth and combined.

🌀 **MIX** 20 - 30 seconds. While motor is running remove inner cap and gradually add oil until combined. Season to taste with salt and pepper.

**Serve:** with your favourite salad.

**Storage:** transfer to an airtight container and store in the fridge for up to 3 days.

## Lime & Wasabi Vinaigrette

⌚ Prep 5 minutes

🥄 Makes ½ cup

**1 lime, peeled, seeds removed**  
**1 tablespoon rice wine vinegar**  
**2 teaspoons wasabi paste**  
**80ml (⅓ cup) rice bran or grapeseed oil**  
**Sea salt and freshly ground pepper, to taste**

1. Place lime, vinegar, wasabi and oil into blender jug and secure lid.

🌀 **BLEND** 15 seconds or until smooth and combined. Season to taste with salt and pepper.

**Serve:** drizzle over your favourite salad greens or use as a dressing for a chicken, tuna or prawn salad.

**Storage:** transfer to a clean airtight container and store in the fridge for up to 3 days.





A map of the African continent is formed by a pile of fine, brown, granular spices. The spices are piled in the shape of the continent, with a slightly darker, more concentrated area in the center. The background is a light, speckled surface, possibly a white surface with some scattered spice particles. The title 'Exotic Spices & Pastes' is written in a white, serif font, centered over the map.

Exotic Spices  
&  
Pastes



# Freshness is everything.



Spices come in many different forms including seeds, roots, bark, vegetables and leaves. But most spices commonly used in cooking have a hard outer structure that locks away the most flavoursome and intense compounds found within. The hard outer layer forms a barrier and protects the intensity of flavour. Spices will stay fresh for around 2 years or more when stored whole.

When spices are ground however, oxidation starts to affect the flavour on all the newly exposed surfaces. Flavours quickly become dull as oxidation leeches flavour out over a period of days and weeks, and eventually all that is left is a powder without its punch, or its aroma. As taste is about 70% smell, the oxidation of aromatic compounds will significantly diminish the smell and flavour of your finished dish.

So grinding spices as needed creates high impact flavour for all kinds of dishes. The classic tool for grinding spices is the mortar and pestle, but there are also micro planes and fine graters that can break down the hard outer structures. Either way, it takes hard work, and it is difficult to get a fine, even result.

The Boss™ grinds even the toughest of spices, like Dried Iranian Lime, into a fine powder. The motion of the ingredients up and through the blades keeps ingredients circulating so the particle size is finer and more evenly ground without adding excess heat. Whether you need your spices coarsely chopped, or ground to the finest powder, both are possible with small variations of the blending time. The countdown timer is equally useful for controlling the texture of spices.

## Moroccan Spice Blend

⌚ Prep 10 minutes

🥄 Makes ⅔ cup

**12 cardamom pods**  
**3 tablespoons cumin seeds**  
**2 tablespoons coriander seeds**  
**2 cinnamon sticks, halved**  
**2 teaspoons fennel seeds**  
**½ teaspoon whole black peppercorns**  
**½ teaspoon whole allspice berries**  
**2 teaspoons paprika**  
**1½ teaspoon ground turmeric**

1. Lightly crush the cardamom pods to remove seeds. Discard pods and reserve the seeds.
2. Place cardamom seeds, cumin, coriander, cinnamon, fennel, peppercorns and allspice into blender jug and secure lid.

🌀 **MILL** 1 minute or until finely ground and transfer to a bowl.

3. Add paprika and turmeric. Stir until combined. Transfer to a clean, dry airtight container. Store in a cool dry place for up to 3 months.

**Tip:** sprinkle spice mix over your favourite lamb, beef, poultry or vegetables and then pan-fry, barbecue or roast. Add to casseroles, stews or soups. As a guide use 1 tablespoon spice blend to 500g meat, poultry or vegetables.

## Moroccan Lamb Cutlets

⌚ Prep 10 minutes / Cook 15 minutes

🥄 Serves 4

**16 (approx 1kg) lamb cutlets**  
**2 tablespoons Moroccan spice blend**  
**Salt and pepper, to taste**  
**1 tablespoon olive oil**  
**Lemon wedges, to serve**

1. Place lamb in a bowl. Sprinkle over spice blend and toss to coat. Season with salt and pepper.
2. Heat oil in a large frying pan over medium high heat. Cook lamb, in batches, for 2 minutes each side for medium rare or until cooked to your liking. Transfer to a heatproof plate. Cover with foil; set aside to rest for 5 minutes. Serve with lemon wedges.



# Jamaican Jerk Pork Ribs

⌚ Prep 20 minutes plus 4 hours marinating / Cook 2 hours

🍴 Serves 4 – 6

2kg American style pork ribs (baby back ribs)

## Spice Rub

10g (3 tablespoons) dried rosemary

6 whole allspice berries

¼ cinnamon stick

1 tablespoon dried garlic granules

1 tablespoon curry powder

1 tablespoon sea salt

½ teaspoon yellow mustard seeds

½ teaspoon brown mustard seeds

60g habanero or scotch bonnet chillies, seeds removed

10g (¼ cup) firmly packed fresh flat leaf parsley

2 green onions, roughly chopped

2 teaspoons fresh thyme leaves

2 tablespoons apple cider vinegar

60ml (¼ cup) orange juice

## Jamaican Jerk Sauce

1 red onion, quartered

3 cloves garlic

1 tablespoon oil

60ml Jamaican or Caribbean spiced dark rum

950ml tomato ketchup

2 tablespoons apple cider vinegar

55g (¼ cup) brown sugar

1. **To make Spice Rub:** place rosemary, allspice, cinnamon, dried garlic, curry powder, salt and mustard seeds into blender jug and secure lid.
    - 🌀 **MILL** 30 seconds or until finely ground.
  2. Add chillies, parsley, green onion, thyme, vinegar and orange juice and secure lid.
  3. **PUREE** 30 seconds or until blended. Reserve ¼ cup spice rub in a bowl. Cover, set aside in the fridge.
  3. Rub remaining spice rub over both sides of pork ribs. Wrap ribs in plastic food wrap. Place in fridge to marinate for 1 – 4 hours.
  4. Preheat oven to 180°C no fan (160°C fan-forced). Line a large roasting pan with foil. Insert a lightly greased wire rack.
  5. Place ribs onto wire rack. Carefully pour 1 – 2 cups of water into the base of the pan. Bake uncovered for 30 minutes then cover with foil and bake for a further 1½ hours or until tender, adding water to the base of the pan, if needed.
  6. **To make Jamaican Jerk Sauce:** Place red onion and garlic into blender jug and secure lid.
    - 🌀 **CHOP** 10 seconds or until roughly chopped, scraping if necessary.
  7. Heat oil in a medium saucepan over medium heat. Add onion mixture and cook, stirring, for 5 minutes or until onion has softened. Place onion mixture, reserved spice rub and remaining ingredients into blender jug and secure lid.
    - 🌀 **PUREE** 10 seconds or until smooth.
  8. Return sauce to same pan. Simmer, partially covered, on a medium heat, stirring occasionally for 1 hour or until mixture has darkened and thickened. Set aside to cool.
  9. Remove ribs from oven; brush both sides of ribs with some of the jerk sauce. Place ribs back on wire rack; bake for 10 – 15 minutes or until browned. Serve with remaining jerk sauce.
- Tip:** the jerk spice rub marinade and sauce are also perfect on chicken and seafood. Quantities and cooking time will vary.





# Slow Cooked Pulled Pork Sliders

🕒 Prep 15 minutes plus 4 hours to marinate / Cook 8 hours

🍴 Serves 6

2kg pork shoulder, cut into 4 pieces  
2 tablespoons vegetable oil  
Filtered water or reduced salt chicken stock, for cooking  
250ml (1 cup) Homemade Spicy BBQ Sauce, (see page 50)  
Mayonnaise, baby spinach, thinly sliced dill pickles & pickled jalapeno chillies, to serve

Mini brioche buns or mini burger buns, split, toasted, to serve

### Spiced BBQ Rub

¼ cup sweet paprika  
2 tablespoons dried minced onion  
2 tablespoons dried minced garlic  
1 teaspoon whole black peppercorns  
½ teaspoon yellow mustard seeds  
½ teaspoon brown mustard seeds  
2 tablespoons salt  
½ teaspoon cayenne pepper  
55g (¼ cup) brown sugar

1. To make spiced BBQ rub: place paprika, dried onion, dried garlic, peppercorns, mustard seeds, salt and cayenne into blender jug and secure lid.

🌀 **MILL** 30 seconds.

2. Add brown sugar and secure lid.

🌀 **BLEND** 15 seconds.

3. Remove ⅓ cup spice mixture and set aside. Transfer remaining spice mixture to a clean, dry, airtight container. Store in a cool, dark place for up to 3 months.
4. Rub reserved spice mixture all over pork. Wrap in plastic food wrap. Place in fridge to marinate for 4 hours, or overnight.
5. Remove pork from the fridge and allow to stand for 30 minutes to bring back to room temperature.
6. Heat oil in a large, heavy based frying pan over high heat. Cook pork for 3-4 minutes each side or until well browned. Transfer pork to slow cooker pan. Cover with just enough water, or stock, to come ½ way up to the pork. Cover and cook on HIGH for 4-5 hours or LOW for 8-10 hours or until pork is tender.
7. Transfer pork to a large ceramic or glass dish. Using 2 forks, shred the pork. Strain pan juices from slow cooker, reserving ⅓ cup. Add reserved pan juices to pork to ease shredding and moisten the meat. Add ¼ cup of BBQ sauce; stir until combined.

**Serve:** sandwich mayonnaise, jalapenos, pork, dill pickles, baby spinach and a little extra BBQ sauce between buns.

**Tip:** instead of using a slow cooker in step 6 cook pork in a pressure cooker for 45 minutes.



# Barbecued Piri Piri Chicken

⌚ Prep 10 minutes plus 4 hours to marinate / Cook 25 minutes

🍴 Makes 1 cup sauce / Serves 4

1 whole chicken (1.5kg), cut into eight pieces

Oil spray, to grease

Barbecued corn cobs, to serve

Lemon wedges, to serve

## Piri Piri Sauce

4 long red chillies, roughly chopped

4 birds eye chillies, roughly chopped

3 cloves garlic

2 teaspoons sweet paprika

2 teaspoons smoked paprika

1 teaspoon dried oregano

1 teaspoon salt

60ml (¼ cup) fresh lemon juice

180ml (¾ cup) olive oil

60ml (¼ cup) whisky

1. To make piri piri sauce: place chillies, garlic, sweet paprika, smoked paprika, oregano, salt and lemon juice into blender jug and secure lid.  
🌀 **PUREE** 1 minute scraping sides half way through mixing until almost smooth.
- 🌀 **MIX** 30 seconds. While blender is running remove inner cap and gradually add oil in a thin steady stream until all the oil is added and sauce is thickened.
2. Pour half the piri piri sauce into a large resealable plastic bag. Add the whisky. Stir to combine. Place remaining piri piri sauce in an airtight container and store in the fridge.
3. Make deep diagonal cuts in chicken pieces. Add to piri piri sauce in the resealable bag. Toss to coat. Seal bag. Place in the fridge for 4 hours, or overnight, to marinate.
4. Heat a barbecue or chargrill plate to medium-high heat. Spray chicken with oil. Cook for 20 - 25 minutes, turning occasionally or until charred and cooked through.

**Serve:** with remaining piri piri sauce, corn cobs and lemon wedges.

**Tip:** if you like your sauce a little less hot, remove seeds from the chillies before adding to the blender.

**For roasted piri piri chicken:** place marinated chicken pieces onto a greased rack over a baking tray lined with foil. Bake at 200°C for 35 - 40 minutes or until chicken is cooked through.



## Thai Red Curry Paste

⌚ Prep 25 minutes / Cook 5 minutes

🍹 Makes 1 cup

20 dried long red chillies, seeds removed  
4cm piece galangal or ginger, peeled, thinly sliced  
2 lemongrass stems, trimmed, roughly chopped  
12 – 14 coriander roots, scraped clean  
1 teaspoon roasted shrimp paste (belacan), optional  
(See Tip)  
10 fresh kaffir lime leaves, stems removed, thinly shredded  
80ml (⅓ cup) rice bran or vegetable oil  
4 Asian or red shallots, roughly chopped  
12 cloves garlic, peeled  
2 teaspoons salt

1. Place chillies in a heatproof bowl. Cover with boiling water and soak for approximately 15 minutes or until softened then drain.
2. Place soaked chillies and remaining ingredients into blender jug and secure lid.

🌀 **BLEND** 2 minutes, scraping down sides of blender if necessary.

**Storage:** transfer to a clean glass jar. Paste can be stored in refrigerator with a little extra oil over the top for 1 week or frozen for 1 month.

**Tip:** roasted shrimp paste can be bought from the Asian aisle of your supermarket. If you can't get roasted shrimp paste use unroasted shrimp paste however you will need to roast it prior to use. Wrap the shrimp paste in a piece of aluminium foil. Cook in a preheated hot oven-grill for 1 – 2 minutes each side.

## Red Curry Prawn Skewers

⌚ Prep 10 minutes plus 1 hour to marinate / Cook 5 minutes

🍹 Serves 4

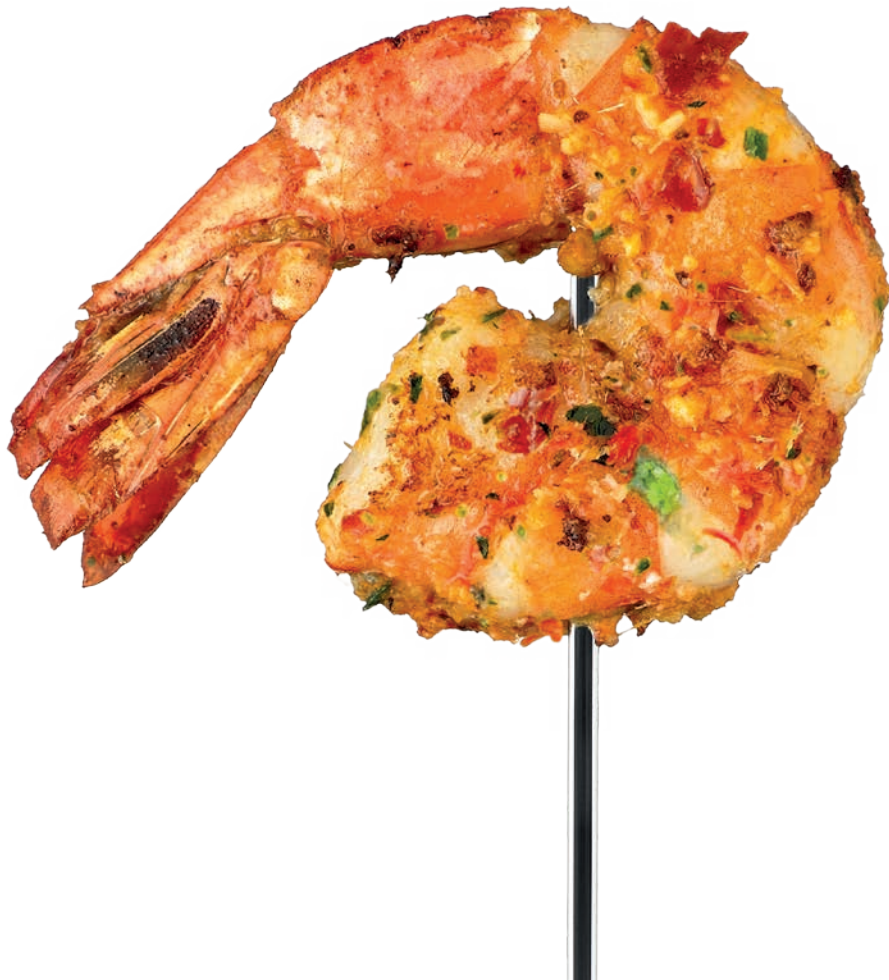
125ml (½ cup) coconut milk  
80g (⅓ cup) Thai red curry paste  
4 kaffir lime leaves  
600g (about 20) large green (uncooked) king prawns, peeled, tails kept intact  
20 bamboo or wooden skewers  
Fresh coriander leaves and lime wedges, to serve

1. Place coconut milk, curry paste and kaffir lime leaves into blender jug and secure lid.

🌀 **PUREE** 10 seconds or until combined.

2. Pour coconut milk mixture into a bowl and add prawns. Toss to combine, cover and place in the fridge for 1 hour to marinate.
3. Meanwhile soak skewers in a bowl of cold water for 30 minutes and drain.
4. Preheat a barbecue or chargrill on medium high heat. Thread prawns onto bamboo skewers. Cook, in batches, for 1 – 2 minutes each side or until cooked through.

**Serve:** transfer to a large serving platter. Squeeze over lime and garnish with coriander.





# Steak with 4 Herb Chimichurri

⌚ Prep 10 minutes / Cook 15 minutes

🍴 Serves 4

---

4 x 200g porterhouse sirloin steaks  
Salt and freshly round black pepper, to taste

## Chimichurri Sauce

5 cloves garlic  
3 green onions, roughly chopped  
1 cup firmly packed fresh flat leaf parsley  
½ cup firmly packed fresh coriander leaves  
¼ cup fresh oregano leaves  
1 tablespoon fresh thyme leaves  
1 fresh jalapeno chilli, seeded, roughly chopped  
2 teaspoons chilli flakes  
250ml olive oil, plus extra to brush steaks  
2½ tablespoons fresh lemon juice  
1½ tablespoons fresh lime juice

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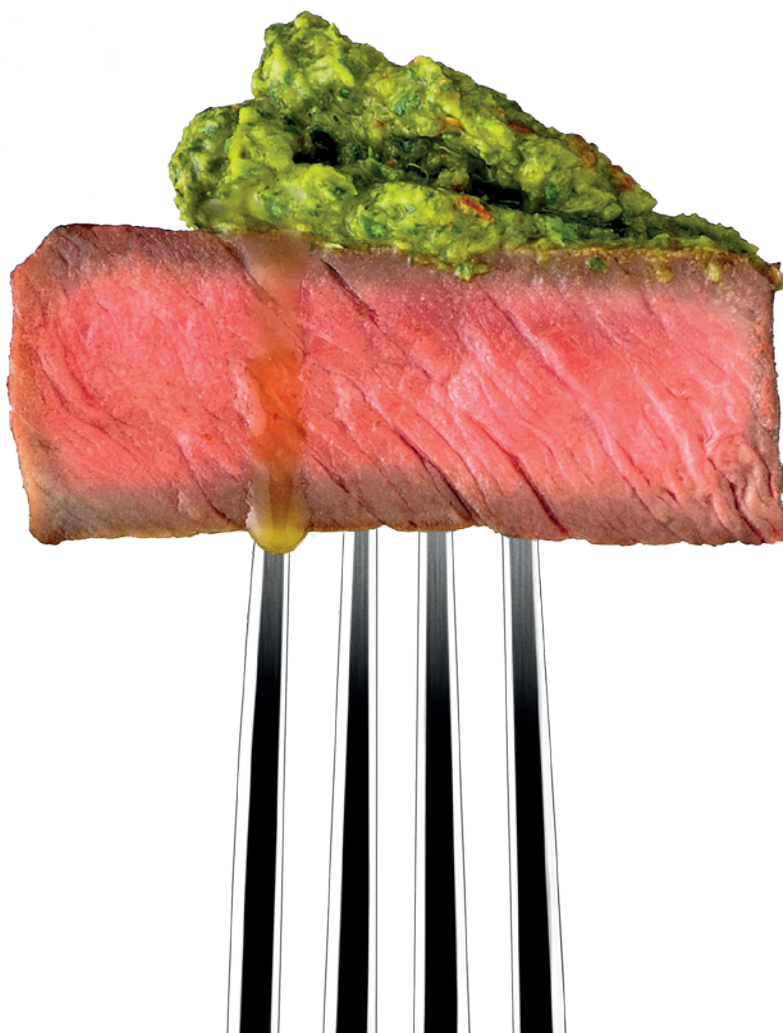
1. To make Chimichurri sauce: place garlic, onion, parsley, coriander, oregano, thyme, jalapeno, chilli flakes, olive oil, lemon juice and lime juice into blender jug and secure lid.

🌀 **BLEND** 15 - 20 seconds or until smooth, scraping halfway with a spatula.

2. Transfer to a bowl. Season to taste with salt and pepper. Cover with plastic food wrap; chill in the fridge until required.

3. Heat a large chargrill pan or barbeque to high heat. Lightly brush steaks with oil. Season with salt and pepper. Cook for 3 minutes each side or until browned. Transfer to a wire rack over a plate. Loosely cover with foil and set aside for 5 - 6 minutes, to rest.

**Serve:** divide steaks among serving plates and drizzle with chimichurri sauce.





# Double Dipping

# To stir or not to stir?



*Big particles  
Symphony  
of flavour bursts*



*Small particles  
Single harmonious note  
of intense flavour*

There's a lot more to dips than just the ingredients. The texture of a dip has a surprisingly powerful effect on the resulting flavour.

Dips are usually made from punchy ingredients like garlic, herbs, olives, parmesan or blue cheese. Their strikingly different flavours unify when the particle size is small, because flavour transfer occurs between the exposed surfaces. So a finer texture that exposes a greater proportion of surface area will develop a singular flavour. Smaller particles also often act to make this flavour more intense and complex, and are perceived as sweeter and creamier by the tongue. Whereas a coarser texture will create a symphony, with bursts of different flavours releasing themselves one after another on the tongue.

This is why we puree recipes like hummus where we aim for a strong, singular flavour. Recipes like nut pesto, however, are better with a chunky texture where it is important to detect the flavour of each ingredient separately while eating.

The Boss™ gives you the control to create both kinds of textural experiences. From super fine lump free textures on the Puree setting, to coarser textures using the Slow Stir setting to gently break up ingredients, a diversity of textural results is possible.





## Pistachio & Hazelnut Dukkah

🕒 Prep 15 minutes / Cook 15 minutes

🍴 Makes 1 cup

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75g (½ cup) pistachio kernels  
75g (½ cup) hazelnuts  
40g (¼ cup) sesame seeds  
2 tablespoons coriander seeds  
2 tablespoons cumin seeds  
¼ teaspoon black peppercorns  
1 teaspoon sea salt  
Extra virgin olive oil, to serve  
Sliced crusty bread, to serve

---

1. Preheat oven to 180°C no fan (160°C fan-forced).
2. Place pistachios and hazelnuts on a large baking tray. Roast for 5 minutes or until lightly roasted. Tip nuts onto a clean tea towel and, using the tea towel, rub off as much skin as possible. Transfer to a bowl. Set aside to cool.
3. Place nuts into blender jug and secure lid.

👉 **PULSE** 8–10 pulses or until finely chopped and return nuts back to bowl.

4. Heat a frying pan over a medium heat. Add sesame seeds and cook for 2 minutes or until lightly toasted, while stirring. Add to pistachio mixture.
5. Add coriander seeds, cumin seeds and peppercorns to the frying pan. Cook, stirring, over medium heat for 4 minutes or until fragrant and seeds begin to pop. Set aside to cool.
6. Place spices and salt into blender jug and secure lid.

🌀 **MILL** 1 minute or until finely ground. Add to sesame seed mixture and toss to combine.

**Serve:** place some dukkah and extra virgin olive oil into separate bowls. Serve with bread.

**Storage:** store in an airtight container in a cool, dark place, or in the fridge, for up to 2 months.



## Rocket & Almond Pesto Dip

🕒 Prep 10 minutes

🍴 Makes 1 cup

45g (¼ cup) blanched almonds  
35g (¼ cup) finely grated parmesan cheese  
75g (2 cups) baby rocket leaves  
2 cloves garlic  
100ml olive oil, plus extra to cover  
2 teaspoons fresh lemon juice  
Salt and freshly ground black pepper, to taste  
Lavosh, vegetable crudites or chopped Turkish bread, to serve

1. Place all the ingredients into the blender jug and secure lid.

🌀 **BLEND** 25 seconds or until finely chopped and almost smooth, scraping down ingredients if necessary. Season to taste with salt and pepper.

**Serve:** transfer to a serving bowl and serve with lavosh, vegetable crudites or chopped Turkish bread.

**Storage:** store in an airtight container. Pour a little extra olive oil over to cover the top of the pesto (this helps prevent any oxidation or browning). Seal with plastic food wrap and store in the fridge for up to 3 days.

**Tip:** this pesto is also perfect stirred through hot pasta. To make basil pesto swap rocket for fresh basil leaves and swap almonds for toasted pine nuts.



## Pico de Gallo (Fresh Tomato Salsa)

🕒 Prep 10 minutes

🍴 Makes 1½ cups

2 cloves garlic  
3 Roma tomatoes, halved, seeds removed  
½ small red onion, chopped  
1 fresh jalapeno chilli, seeded, quartered  
2 tablespoons chopped fresh coriander leaves  
1½ tablespoons fresh lime juice  
Salt and freshly ground pepper, to taste  
Corn chips, to serve

1. Place garlic into blender jug and secure lid.

🌀 **MIX** 5 seconds or until finely chopped.

2. Add tomatoes, onion, chilli, coriander and lime juice to blender jug and secure lid.

👉 **PULSE** 5–10 times or until a chunky consistency and season to taste with salt and pepper.

**Serve:** transfer to a serving bowl and serve with corn chips.



## Chargrilled Capsicum Hummus

⌚ Prep 15 minutes / Cook 20 minutes

🍴 Makes 2 cups

**1 large red capsicum**  
**2 tablespoons olive oil**  
**2 x 425g cans chickpeas, rinsed, drained**  
**3 cloves garlic**  
**1 lemon, juiced**  
**60ml (¼ cup) water**  
**2 tablespoons tahini**  
**1 teaspoon ground cumin**  
**Salt and freshly ground pepper, to taste**  
**Cumin seeds, to garnish**  
**Pita bread, to serve**

1. Rub capsicum with ½ tablespoon of the oil. Cook on a pre-heated chargrill plate or barbecue on high, turning regularly, for 20 minutes or until charred all over.
2. Transfer to a resealable plastic bag and set aside for 10 minutes or until softened and cooled slightly. Remove and discard skin and seeds.
3. Roughly chop capsicum flesh. Place into blender jug with chickpeas, garlic, lemon juice, water, tahini, cumin and remaining oil and secure lid.

🌀 **PUREE** 20 - 30 seconds or until smooth, season to taste with salt and pepper.

**Serve:** transfer to a serving bowl, sprinkle with cumin seeds with a side of pita bread.



## Spicy Cashew Dip

⌚ Prep 10 minutes plus 4 hours to soak

🍴 Makes 2¼ cups

**300g (2 cups) dry roasted unsalted cashews**  
**2 cloves garlic**  
**40g (¼ cup) sesame seeds**  
**125ml (½ cup) coconut milk**  
**80ml (⅓ cup) fresh lemon juice**  
**20ml (1 tablespoon) olive oil**  
**½ teaspoon cayenne pepper**  
**Salt and freshly ground black pepper, to taste**  
**Pita crisps, cucumber or carrot sticks, to serve**

1. Place cashews in a glass or ceramic bowl. Cover with filtered water. Seal with plastic wrap. Place in fridge for 4 hours, or overnight, to soak. (The longer you soak the cashews the creamier the consistency of the dip will become).
  2. Drain cashews and place into blender jug. Add garlic, sesame seeds, coconut milk, lemon juice, olive oil and cayenne pepper and secure lid.
- 🌀 **PUREE** 25 seconds or until smooth. Use tamper occasionally to press ingredients into blades if required. Season with salt and pepper.

**Serve:** transfer to a serving bowl with pita crisps, cucumber and carrot sticks.





## Spiced Raw Carrot & Coriander Dip

🕒 Prep 15 minutes plus 1 hour to chill

🍹 Makes 2½ cups

3 carrots (475g), peeled, coarsely chopped  
 125ml (½ cup) water  
 75g (¼ cup) tahini  
 2 tablespoons fresh lemon juice  
 1 small eschalot, quartered  
 2 medjool dates, pitted  
 1.5cm piece fresh ginger, peeled, sliced  
 1 tablespoon olive oil  
 1½ teaspoons ground cumin  
 1 teaspoon garam masala  
 1 teaspoon salt, plus extra to taste  
 ¼ cup freshly chopped coriander leaves  
 Chargrilled chapati bread, crackers or cucumber sticks, to serve

1. Place carrots and water into blender jug and secure lid.
  - 🌀 **PUREE** 20 – 30 seconds or until pureed. Use tamper occasionally to press ingredients into blades if required.
  2. Add tahini, lemon juice, eschalot, dates, ginger, oil, cumin, garam masala and salt.
  - 🌀 **BLEND** 20 seconds or until smooth.
  3. Add coriander.
  - 🌀 **CHOP** 5 seconds or until roughly combined, season to taste with salt.
  4. Transfer to a serving bowl and cover with plastic wrap. Place in the fridge to chill for at least 1 hour before serving.
- Serve:** transfer to a serving bowl with torn chapati bread, crackers or cucumber sticks.



## Feta, Jalapeno & Avocado Dip

🕒 Prep 10 minutes

🍹 Makes 2½ cups

1 small red onion, quartered  
 4 fresh jalapeno chillies, seeds removed, roughly chopped  
 1 medium avocado, seed removed, peeled, chopped  
 340g feta cheese, roughly chopped  
 1 clove garlic  
 Salt and freshly ground pepper, to taste  
 Chopped fresh coriander leaves, to garnish

1. Place onion and jalapeno into blender jug and secure lid.
  - 👉 **PULSE** 3 – 4 times or until chopped.
  2. Add avocado, feta and garlic to blender jug and secure lid.
  - 🌀 **BLEND** 20 – 30 seconds or until smooth. Use tamper occasionally to press ingredients into blades if required. Season to taste with salt and pepper.
- Serve:** transfer to a serving bowl. Garnish with coriander and serve with tortilla or corn chips.



# Dangerously Healthy Cocktails







# Blood Orange & Bourbon Whiskey Sour

🕒 Prep 10 minutes

🍹 Makes 400ml / Serves 2 (1½ standard drinks per serve)

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*4 blood oranges, peeled, halved, seeds removed*  
*¼ lime, peeled, seeds removed*  
*90ml bourbon whiskey*  
*5 teaspoons agave syrup*  
*6 – 8 drops Angostura bitters*  
*10 ice cubes*

---

1. Place blood oranges, lime, bourbon, agave syrup and bitters into blender jug and secure lid.

🌀 **BLEND** 30 seconds or until smooth.

2. Add ice and secure lid.

🌀 **STIR** 10 – 15 seconds or until well chilled.

*Serve: strain into chilled martini glasses.*





## Strawberry & Pomegranate Caprioskas

⌚ Prep 10 minutes

🍹 Makes 800ml / Serves 4 (2 standard drinks per serve)

---

*8 strawberries, trimmed*  
*5g (¼ cup) fresh mint leaves*  
*55g (¼ cup) sugar*  
*240ml vodka*  
*450ml chilled pomegranate juice*  
*Ice cubes, to serve*

---

1. Place strawberries, mint and sugar into blender jug and secure lid.

👉 *PULSE* 2-3 times or until roughly chopped and combined.

2. Add vodka and pomegranate juice.

👉 *PULSE* 2 times or until just combined.

*Serve: pour into glasses filled with ice.*

## Watermelon Mai Tai

⌚ Prep 10 minutes

🍹 Makes 600ml / Serves 2 (1½ standard drinks per serve)

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*500g chilled peeled seedless watermelon*  
*1 orange, peeled, halved, seeds removed*  
*125ml (½ cup) chilled pineapple juice*  
*45ml white rum*  
*45ml triple sec liqueur*  
*½ teaspoon grenadine*  
*Ice cubes or crushed ice to serve*  
*Watermelon wedges, to serve*

---

1. Place ingredients into blender jug and secure lid.

👉 *PUREE* 15 seconds or until smooth.

*Serve: pour into glasses filled with ice and garnish with watermelon wedges.*







## Pacific Island Punch

⌚ Prep 10 minutes

🍹 Makes 1.6L / Serves 6 (1 standard drink per serve)

1 mango, peeled, stone removed, flesh chopped  
 1 lime, peeled, seeds removed  
 ½ cup fresh mint leaves  
 500g can lychees, drained, juice reserved  
 3cm piece ginger  
 500ml (2 cups) chilled pineapple juice  
 180ml white or dark rum  
 160ml (⅓ cups) fresh passionfruit pulp (about 8 passionfruits)  
 500ml chilled mineral water  
 Ice cubes, to serve

1. Place mango flesh, lime, mint, lychees, lychee juice, ginger, pineapple juice and rum into blender jug and secure lid.

🌀 BLEND 20 seconds or until smooth.

**Serve:** pour mango mixture into a 2.5 litre capacity serving jug or punch bowl. Add passionfruit pulp, mineral water and ice. Stir to combine.

## Cucumber Jalapeno Margarita

⌚ Prep 10 minutes

🍹 Makes 1L / Serves 4 (2 standard drinks per serve)

4 Lebanese cucumbers (545g), roughly chopped  
 1 fresh jalapeno chilli, de-seeded  
 10 fresh mint leaves  
 250ml (1 cup) water  
 250ml (1 cup) chilled fresh lime juice  
 250ml (1 cup) agave syrup  
 240ml tequila  
 Crushed ice, to serve  
 Lime or cucumber slices, to garnish

1. Place cucumber, jalapeno, mint and water into blender jug and secure lid.

🌀 PUREE 15 seconds or until smooth.

2. Strain cucumber mixture over a bowl or jug.

3. Place strained cucumber juice, lime juice, agave and tequila into blender jug and secure lid.

🌀 PULSE 5 times or until combined.

**Serve:** place crushed ice into glasses and pour over tequila mixture. Garnish with lime or cucumber slices.





## Citrus & Cranberry Vodka Spritzer

⌚ Prep 10 minutes

🍹 Makes 800ml / Serves 4 (1 standard drink per serve)

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*1 ruby red grapefruit (400g), peeled, quartered, seeds removed*

*2 oranges (400g), peeled, halved, seeds removed*

*250ml (1 cup) chilled cranberry fruit juice drink*

*120ml vodka*

*55g (¼ cup) caster sugar*

*6 ice cubes, plus extra to serve*

---

1. Place ingredients into blender jug and secure lid.

🌀 BLEND 20 - 30 seconds or until evenly blended.

*Serve: pour into chilled glasses and add extra ice cubes.*

## Peach & Lime Crush

⌚ Prep 10 minutes

🍹 Makes 1.4L / Serves 4 (1½ standard drinks per serve)

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*4 fresh yellow peaches (900g), quartered, stones removed*

*2 limes (170g), peeled, halved, seeds removed*

*10 ice cubes, plus extra to serve*

*180ml white rum*

*55g (¼ cup) raw caster sugar*

*Lime slices, to garnish*

---

1. Place ingredients into blender jug and secure lid.

🌀 GREEN SMOOTHIE until program finishes.

*Serve: pour into chilled glasses, add extra ice cubes and garnish with lime slices.*





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