# Please make sure to read the enclosed Ninja® Instructions prior to using your unit.









**3-IN-1 FOOD PREP SYSTEM** 

20 delicious recipes







# Your guide to mixing, blending and chopping like a Foodi.

Welcome to the Ninja® Foodi® 3-in-1 Food Prep System Inspiration Guide. Here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you everything you need to create cakes, batters, soups, salsa and more. Now let's get started.



# Meet the PowerBase.

Power in the palm of your hand.

Thanks to its power-dense motor, the PowerBase can transform into a different appliance whenever a new accessory is attached. Mixing, blending and chopping are just the beginning. AINIK



# Hand Mixer Basics

Get to know your hand mixer



# Beaters: Speeds 1-4

With the beaters installed, use speed 1 for mixing dry ingredients with liquids. Ramp up to speeds 3-4 to make cookie doughs, batters, icing or to mash potatoes. Use speed 4 when creaming butter and sugar. Not recommended to use for yeasted doughs, such as pizza or bread.



# Whisk: Speed 5

With the whisk installed, it is recommended to use speed 5, but make sure to slowly ramp up to this setting. The whisk at speed 5 is good for whipping cream, egg whites and more. Starting on speed 1 and slowly increasing to speed 5 will prevent splattering and achieve the best consistency.



Follow the recipe mixing times carefully. Also, watch closely for visual cues that will help determine how long to mix or whip. For example, if the recipe says "mix until stiff peaks form," frequently check the mixture to assess if stiff peaks are forming.



Always start on speed 1 and then slowly increase speed in order to prevent ingredients from splattering. When processing is complete, ensure to power off the unit.

# Let's get blending





# Hand Blender Basics

Get to know your hand blender

# Choosing your container



The blending container should be large enough for the blender head to be fully submerged in the ingredients.

Once submerged, there should be ample room in the container to avoid overflowing and splashing. A saucepan or large measuring jug is recommended.

NOTE: Do not blend in non-stick cookware.

# Blending and pureeing



Submerge holes of blender head in ingredients and tilt blade up and away from yourself.

While blending, move the blender head through ingredients in an up-and-down motion, making sure to stop blending any time the blender head is no longer submerged.

# **Blending Tips:**

- Before blending larger ingredients, such as onions, tomatoes, potatoes and peppers, chop the food into smaller pieces (roughly 2.5cm squares or smaller). For best and smoothest results, cut food into uniform sizes. Cook vegetables prior to puréeing.
- Do not blend tough skins, peels, seeds or stones. Before blending, peel foods such as onions, potatoes, squash, garlic, oranges and lemons.
- Blend frozen fruit, ice, nuts and hard vegetables like carrots, potatoes and squash with liquid for best results.
- Let hot foods slightly cool before blending.
- For better control of results, start at low speed and ramp up to high speed by pressing and holding the TURBO button. Use pulses to keep from overprocessing.



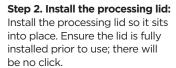
# Chopper Basics

Get to know your chopper

# **Assembly**

### Step 1. Install blade assembly:

Holding the blade assembly carefully by the top of the shaft, install it into the chopper bowl, then place ingredients in the bowl.





# Step 3. Install the power base:

Attach the power base by aligning the arrow on the power base to the arrow on the processing lid, then push the power base onto the lid to lock it in place.



# **Chopper Basics:**

# For best results, we recommend:

- Prepping ingredients into even size pieces and ensuring they sit below the top blade.
- Being careful to avoid overfilling and over-processing (so you don't get uneven or watery results).
- Holding the chopper bowl with one hand while processing to help ensure it stays in place.

# **SALSA**

PREP: 5 MINUTES
MAKES: 4 SERVINGS

**ACCESSORIES:** CHOPPER ATTACHMENT

#### **INGREDIENTS**

Tortilla chips for serving

1 garlic clove, peeled ½ small red onion, peeled and quartered 1 small red chili, deseeded and quartered ¼ red pepper, deseeded 250g tomatoes, deseeded and quartered Juice of half a lime 10g fresh coriander leaves and stalks Pinch of salt & pepper Pinch of sugar



# CHOPPER

#### **DIRECTIONS**

- 1. Assemble blade into the chopper bowl.
- 2. Place all ingredients into the chopper in the order listed.
- **3.** Install the processing lid onto the bowl, then assemble the power base onto the processing lid.
- **4.** Press the power button to pulse a few times until salsa is chopped.
- **5.** Remove the power base, lid and blades after processing.
- **6.** Serve with tortilla chips.

# **FETA CHEESE DIP**

PREP: 5 MINUTES
MAKES: 4-6 SERVINGS

**ACCESSORIES:** CHOPPER ATTACHMENT

## **INGREDIENTS**

150g feta cheese

50g cream cheese

75g sour cream

1 teaspoon tomato purée

½ teaspoon garlic powder

½ teaspoon oregano

Pepper to taste

# DIRECTIONS

- 1. Assemble blade into the chopper bowl.
- 2. Place all ingredients into the chopper in the order listed.
- Install the processing lid onto the bowl, then assemble the power base onto the processing lid.
- **4.** Press the power button to pulse until combined.
- **5.** Remove the power base, lid and blades after processing.
- **6.** Serve with bread, chips, olives or veggies of your choice.







# **BASIL SPINACH PESTO**

PREP: 5 MINUTES
MAKES: 4 SERVINGS

**ACCESSORIES: CHOPPER ATTACHMENT** 

## **INGREDIENTS**

20g baby spinach 30g basil leaves 1 garlic clove, peeled 25g pine nuts, toasted 25g grated Parmesan 75ml olive oil



# CHOPPER

#### **DIRECTIONS**

- 1. Assemble blade into the chopper bowl.
- 2. Place all ingredients into the bowl in the order listed.
- **3.** Install the processing lid onto the bowl, then assemble the power base onto the processing lid.
- **4.** Press the power button to pulse until combined.
- Remove power base, lid and blades after processing. Transfer to a storing container. Use for pasta, in sauces, soups or as a marinade.

# HOUMOUS

PREP: 5 MINUTES
MAKES: 4-6 SERVINGS

**ACCESSORIES:** CHOPPER ATTACHMENT

## **INGREDIENTS**

1 can (400g) chickpeas, drained (save 50ml liquid) and rinsed

15ml lemon juice

30ml olive oil

1 garlic clove, peeled

1 teaspoon sea salt

Extra Virgin Olive oil and paprika to garnish



## **DIRECTIONS**

- 1. Install blade into the chopper bowl.
- 2. Place all ingredients into the chopper in the order listed.
- Install the processing lid onto the bowl, then assemble the power base onto the processing lid.
- **4.** Press the power button to pulse until smooth.
- **5.** Remove power base, lid and blades after processing.
- **6.** Serve drizzled with olive oil and sprinkled with paprika to garnish.



# **GREEN THAI CURRY PASTE**

PREP: 5 MINUTES
MAKES: 6-8 SERVINGS

**ACCESSORIES: CHOPPER ATTACHMENT** 



1 shallot, halved

2 garlic cloves, peeled

2 lemon grass, quartered

4cm ginger, peeled

2cm galangal, peeled

2 green cayenne chilies, deseeded, quartered

4 green Thai chilies, deseeded, quartered

10g coriander leaves and stalks

2 limes, juice, and zest

1 teaspoon ground coriander

1 teaspoon ground cumin

½ teaspoon peppercorns

1 teaspoon salt

1 teaspoon fish sauce





#### **DIRECTIONS**

- 1. Install blade into the chopper bowl.
- **2.** Place all ingredients into the chopper in the order listed.
- Install the processing lid onto the bowl, then assemble the power base onto the processing lid.
- **4.** Press the power button to pulse until a smooth paste forms.
- Remove power base, lid and blades after processing. Transfer to a storing container. Use for sauces or as a curry base.

# **CHOPPED SALAD**

PREP: 5 MINUTES
MAKES: 2-4 SERVINGS

**ACCESSORIES: CHOPPER ATTACHMENT** 

#### **INGREDIENTS**

large chunks

45g romaine lettuce, cut into 2.5cm chunks
75g cherry tomatoes
45g pitted kalamata olives
40g feta cheese, roughly crumbled
125g cooked chicken breast, cut into



#### **DIRECTIONS**

- 1. Install blade into the chopper bowl.
- **2.** Place all ingredients into the chopper in the order listed.
- Install the processing lid onto the bowl, then assemble the power base onto the processing lid.
- **4.** Press the power button to pulse several times until roughly chopped.
- **5.** Remove power base, lid and blades after processing.
- **6.** Serve chopped salad on lettuce leaves or use as a sandwich filling.



# **TOMATO SAUCE**

PREP: 5 MINUTES
MAKES: 6-8 SERVINGS

**ACCESSORIES: CHOPPER ATTACHMENT** 

#### **INGREDIENTS**

1 bay leaf

1 garlic clove, peeled
1 small onion, peeled and cut in 2.5cm chunks
1 can (400g) plum tomatoes
1 tablespoon tomato purée
1 teaspoon sugar
1 teaspoon dried oregano or mixed herbs
Salt and freshly ground black pepper





#### **DIRECTIONS**

- 1. Install blade into the chopper bowl.
- **2.** Place all ingredients, except for bay leaf into the chopper.
- **3.** Install the processing lid onto the bowl, then assemble the power base onto the processing lid.
- **4.** Press the power button to pulse until smooth.
- 5. Remove power base, lid and blades.
- **6.** Pour into a saucepan, add bay leaf and simmer with a lid on for 25 minutes or until thick. Serve with pasta or use as a base.

# **GAZPACHO**

PREP: 15 MINUTES
MAKES: 2 SERVINGS

**ACCESSORIES: CHOPPER ATTACHMENT** 

#### **INGREDIENTS**

300g plum tomatoes, cored and roughly chopped

100g cucumber, peeled and deseeded and roughly chopped

50g yellow pepper, deseeded and roughly chopped

1 small shallot, halved

1 garlic clove, peeled

4 basil leaves

2 teaspoons balsamic vinegar

2 teaspoons olive oil

Salt and pepper to taste





## **DIRECTIONS**

- 1. Assemble blade into the chopper bowl.
- **2.** Place all ingredients into the chopper in the order listed.
- **3.** Install the processing lid onto the bowl, then assemble the power base onto the processing lid.
- **4.** Press the power button to pulse until combined.
- **5.** Remove power base, lid and blades. Chill soup for 2 hours before serving.

# **BROCCOLI CHEDDAR SOUP**

PREP: 15 MINUTES
COOK: 25 MINUTES
MAKES: 4 SERVINGS

**ACCESSORIES:** HAND BLENDER ATTACHMENT



## **INGREDIENTS**

25g butter

1 onion, diced

1 tablespoon flour

800ml vegetable stock

1 medium carrot, sliced

1 broccoli head approx. 370g, cut into 2cm florets

1 teaspoon dried parsley

75g grated mature Cheddar, plus

extra for topping

Salt and pepper to taste



#### **DIRECTIONS**

- In a medium pan, melt the butter then add diced onion. Cook for 2 minutes and then sprinkle with flour. Stir continuously until the flour starts to brown.
- Slowly pour in the stock while stirring continuously. Add carrot, broccoli, parsley and season with salt and pepper to taste. Cover with lid and let cook for 20 minutes over medium heat, stirring occasionally.
- **3.** After 20 minutes, stir in grated cheddar and remove from heat.
- 4. Attach the hand blender attachment to the power base and submerge the blender head into the soup ensuring it is flush with the bottom of the pot. Press and hold the power button to start the hand blender and move the hand blender around, and up and down, to blend the ingredients for approximately 1 minute or until desired smoothness is achieved.
- **5**. Serve hot topped with additional grated Cheddar.

NOTE Do not blend in non-stick cookware.

# PUMPKIN SOUP

PREP: 25 MINUTES
COOK: 40 MINUTES
MAKES: 6 SERVINGS

**ACCESSORIES:** HAND BLENDER ATTACHMENT

### **INGREDIENTS**

50g butter

75g shallots, peeled and finely chopped

30g fresh ginger, peeled and minced

1 teaspoon paprika

1 teaspoons curry powder

¼ teaspoon cavenne pepper

600g pumpkin, peeled, seeded, and cubed

225g potatoes, peeled and diced

225g carrots, peeled and diced

750ml vegetable stock

150ml single cream

1 teaspoon salt

½ teaspoon white pepper

½ teaspoon ground nutmeg

TIP Freeze soup in airtight container to store.



# DIRECTIONS

 In a large saucepan, melt butter over a medium heat. Add shallots and ginger and sauté for 3-4 minutes.

HAND

**BLENDER** 

- 2. Add paprika, curry powder, cayenne pepper to shallots and cook for 3 minutes. Add pumpkin, potatoes, carrots and stock to pan and stir. Bring to boil and simmer for 40 minutes or until the vegetables are cooked.
- **3.** Stir in cream, salt, white pepper and nutmeg.
- 4. Remove pan from heat. Attach the hand blender attachment to the power base and submerge the blender head into the soup ensuring it is flush with the bottom of the pot. Press and hold the power button to start the hand blender and move the blender around as well as up and down to blend the ingredients for approximately 1 minute or until desired smoothness is achieved.
- 5. Serve hot.

NOTE Do not blend in non-stick cookware.

# CHEESE SOUFFLE

PREP: 15 MINUTES
COOK: 30 MINUTES

MAKES: 4 INDIVIDUAL SOUFFLÉS

ACCESSORIES: HAND MIXER ATTACHMENT, WHISK



30g butter

30g plain flour

280ml milk

Salt and pepper to taste

½ teaspoon nutmeg

40g Parmesan, finely grated

40g Gruyère, finely grated

3 large eggs, yolks and whites

separated

Butter and breadcrumbs for lining

ramekins



# HAND MIXER + WHISK

#### **DIRECTIONS**

- 1. Preheat oven to 200°C. Grease 4 x 10cm/180ml ramekins with butter and coat with breadcrumbs.
- 2. In a large saucepan, add butter and flour, cook for 1-2 minutes over medium heat, then slowly stir in the milk. Continue cooking until thick, or approximately 5 minutes while stirring continuously, then remove from heat. Stir in nutmeg, season with salt and pepper and set aside to cool down.
- **3.** Add cheese to the thick sauce and mix well. Then add egg yolks and stir until fully incorporated.
- **4.** Place egg whites into a medium sized bowl. Attach the hand mixer attachment to the power base, then assemble the whisk. Select power to begin whisking, starting on speed 1 and slowly increasing to speed 5 until soft peaks appear.
- 5. Gently fold egg whites into sauce approximately a third at the time. Once combined, divide mixture between 4 ramekins leaving approximately 1cm from the top.
- Wipe down ramekin sides if necessary and place them in the oven. Let bake undisturbed for 18-20 minutes.
- 7. Serve immediately.

# MINI YORKSHIRE PUDDINGS

PREP: 5 MINUTES
COOK: 12 MINUTES

**MAKES: 12 MINI YORKSHIRE PUDDINGS** 

**ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS** 

#### **INGREDIENTS**

2 large eggs 70g plain flour Pinch of salt 80ml cold milk

Oil for mini muffin tin/patty tin



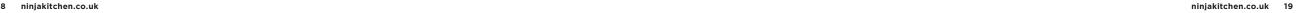
#### **DIRECTIONS**

 Preheat oven to 220°C. Pour about half of a teaspoon of oil into each muffin/ patty tin and place it in the oven.

HAND MIXER

+ BEATERS

- 2. In a medium bowl, place eggs. Attach the hand mixer attachment to the power base then assemble the beaters. Select power to begin mixing on speed 1 for approximately 10 seconds to beat eggs.
- **3.** Add flour and salt to eggs. Select power to begin mixing on speed 1 and then slowly increase to speed 3 until smooth thick batter forms, then gradually mix in milk until fully combined.
- **4.** Carefully remove the hot muffin tin from oven. Pour batter into tin and quickly place back in the oven.
- **5.** Bake for 12 minutes or until golden brown.
- **6.** Serve immediately.



# LEMON DRIZZLE TRAYBAKE

PREP: 10 MINUTES
BAKE: 25-30 MINUTES
MAKES: 12 SERVINGS

**ACCESSORIES:** HAND MIXER ATTACHMENT, BEATERS



#### **INGREDIENTS**

275g self-raising flour

2 teaspoons baking powder

225g butter, softened, plus extra for greasing

225g caster sugar

4 medium eggs

4 tablespoons natural yogurt

Zest of 2 unwaxed lemons, divided

#### **DRIZZLE TOPPING**

100g granulated sugar Juice of 2 lemons



#### **DIRECTIONS**

- Preheat oven to 180°C. Grease a 18cm x 30cm shallow baking tin and line base with baking parchment.
- 2. In a large bowl, sift flour and baking powder together. Add butter, sugar, eggs, yogurt and half the lemon zest. Attach the hand mixer attachment to the power base then assemble the beaters. Select power to begin mixing on speed 1 and then slowly increase to speed 3. Beat for 1-2 minutes until smooth. Spoon or pour into prepared tin.
- **3.** Bake for 25-30 minutes or until a cocktail stick is inserted in cake and it comes out clean.
- **4.** Meanwhile, in a small bowl, stir sugar, remaining lemon zest and juice together and reserve.
- 5. When cooked, allow to cool slightly in tin. Prick over top of cake with a fork or cocktail stick. While the cake is still warm spoon over drizzle topping.
- 6. Allow to cool in tin. Cut into 12 pieces.

# VICTORIA SANDWICH CAKE

PREP: 10 MINUTES

BAKE: 20-25 MINUTES

MAKES: 8 SERVINGS

ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS, WHISK

# HAND MIXER + BEATERS + WHISK

#### **INGREDIENTS**

#### CAKE

200g unsalted butter, softened, plus extra for greasing

200g caster sugar

4 eggs, beaten

1 teaspoon vanilla extract

200g self-raising flour

1 teaspoon baking powder

#### FILLING

150ml whipping cream Strawberry jam Icing sugar to dust



### **DIRECTIONS**

- Preheat oven to 180°C. Grease 2 x 20cm round sandwich tins, line with baking parchment.
- 2. In a large mixing bowl add all cake ingredients. Attach the hand mixer attachment to the power base, then assemble the beaters. Select power to begin mixing on speed 1 and slowly increase to speed 3. Mix for 1-2 minutes until smooth.
- Divide mixture evenly into the tins and place them in the oven for 20-25 minutes until golden brown or until a cocktail stick is inserted and it comes out clean.
- Allow cakes to cool in tin for 10 minutes then remove and place on a wire rack allowing to cool completely.
- 5. In a medium mixing bowl add the cream. Attach the hand mixer attachment to the power base, then assemble the whisk. Select power to begin whisking on speed 1 and slowly increase to speed 4. Beat until the cream is thick and holds its shape.
- Assemble cake by spreading one half with whipped cream and the other half with jam. Sandwich together. Dust with icing sugar.

# **BUTTERCREAM ICING**

PREP: 10 MINUTES
MAKES: 8-10 SERVINGS

**ACCESSORIES:** HAND MIXER ATTACHMENT, BEATERS



200g butter, room temperature 1 teaspoon vanilla bean paste 300g icing sugar, sifted

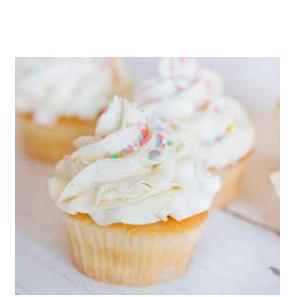
# DIRECTIONS

 In a large bowl, add the butter. Attach the hand mixer attachment to the power base then assemble the beaters. Select power to begin mixing on speed 1 and slowly increase to speed 4. Beat for 1-2 minutes until smooth.

**HAND MIXER** 

+ BEATERS

- 2. Add vanilla paste and half of the sugar. Select power to begin mixing on speed 1 and slowly increase to speed 3. Beat until fully incorporated. Then add remaining sugar and continue beating until light and fluffy for about 5 minutes.
- **3.** Use the icing for cakes, cupcakes or Swiss roll.



# **SWISS ROLL**

PREP: 20 MINUTES
COOK: 14 MINUTES
MAKES: 8 SERVINGS

**ACCESSORIES:** HAND MIXER ATTACHMENT, WHISK, BEATERS

# HAND MIXER + BEATERS + WHISK

#### **INGREDIENTS**

3 tablespoons cocoa powder
60g plain flour
1 teaspoon baking powder
4 eggs, yolks and whites separated
80g caster sugar
Cream filling of your choice

## **DIRECTIONS**

- 1. Preheat oven to 175°C. Line a 33cm x 23cm shallow tin with baking parchment.
- **2.** Sift the cocoa powder, flour and baking powder together and set aside.
- 3. In a large bowl, add egg whites. Attach the hand mixer attachment to the power base then assemble the whisk. Select power to begin whisking on speed 1 and slowly increase to speed 5 until stiff peaks have formed about 2 minutes. Set aside.
- **4.** In a large bowl, add egg yolks and sugar. Remove the whisk and assemble the beaters. Select power to begin mixing on speed 1 and slowly increase to speed 5. Beat egg yolks and sugar until pale in colour and increased in volume.
- **5.** Fold egg whites into yolks, then very gently fold in flour mixture until fully incorporated.
- **6.** Pour the mix into prepared tin and spread evenly with a palette knife. Bake for 14 minutes.
- 7. Once the cake has baked, take it out of the oven. Place it on a clean damp tea towel, remove baking parchment and roll it up while still warm. Allow it to cool rolled up.
- **8.** When cooled down, unroll the cake, and evenly coat it with a cream filling of your choice. Roll it back up and serve sliced.



# **BERRY ETON MESS**

PREP: 10 MINUTES
MAKES: 4 SERVINGS

ACCESSORIES: HAND BLENDER, HAND MIXER ATTACHMENT, WHISK



## **INGREDIENTS**

250ml whipping cream 1 teaspoon vanilla paste 12 meringues, crumbled 4 meringues, whole Handful of berries

#### **BERRY SAUCE**

150g mixed berries 1 tablespoon honey 1 tablespoon water



#### **DIRECTIONS**

- Add all ingredients for berry sauce into a tall glass or a mason jar.
- Submerge the blender head into the mixture ensuring it is flush with the bottom of the container.
- 3. Press and hold the power button to start the hand blender, then lift it up slowly through the mixture while continuing to process for about 15 seconds. Set aside and remove the power base from the hand blender attachment
- **4.** In a large bowl, add cream and vanilla paste. Attach the hand mixer attachment to the power base then assemble the whisk. Select power to begin whisking on speed 1 and slowly increase to speed 5 until stiff peaks have formed.
- Once soft peaks have formed, stir in 12 crumbled meringues and then gently fold in berry sauce.
- **6.** Scoop mixture into 4 glasses, alternating between cream and fresh berries.
- 7. Top with whole meringues and serve immediately.

# **PROFITEROLES**

PREP: 40 MINUTES
BAKE: 35 MINUTES
MAKES: 4-6 SERVINGS

**ACCESSORIES: HAND MIXER ATTACHMENT, BEATERS** 

# HAND MIXER + BEATERS

#### **INGREDIENTS**

#### **CHOUX PASTRY**

65ml milk

65ml water

65g butter

½ teaspoon sugar

Pinch of salt

65g plain flour

2 large eggs

#### **CHANTILLY CREAM**

400ml double cream

40g icing sugar

1 teaspoon vanilla essence

#### GANACHE

80g dark chocolate, broken into smaller pieces 80g double cream

2 tablespoons just boiled water 10g honey

#### **DIRECTIONS**

- 1. Preheat oven to 200°C. Line a large baking tray with baking parchment.
- In a medium saucepan, add milk, water, butter, sugar and salt. Bring to boil over medium heat while stirring constantly.
- 3. Attach the hand mixer attachment to the power base, then assemble the beaters. When mixture starts boiling, remove from heat and add all the flour at once. Select power to begin mixing starting on speed 1 and slowly increase to speed 3 until roux is combined.

- 4. Return saucepan to hob. Continue cooking over medium heat stirring it continuously for approximately 3 minutes, or until mixture stops sticking to the sides of the saucepan and forms a ball. Remove from heat and allow to cool down slightly.
- 5. With the beaters still attached, select power, to begin mixing on speed 1. While mixing, add 1 egg at a time and mix until fully combined and smooth. Continue mixing for 1 minute.
- **6.** Place dough in a piping bag fitted with plain piping nozzle and pipe 18 balls, 4cm in diameter onto prepared baking tray. Transfer to oven and bake for 15 minutes.
- 7. After 15 minutes, reduce oven temperature to 175°C and continue baking for additional 20 minutes or until golden brown. Remove from oven to a wire rack and allow to cool down completely.
- 8. Meanwhile, in a separate large bowl, add all ingredients for Chantilly cream. Select power to begin beating starting on speed 1 and slowly increase to speed 4 until stiff peaks appear. Spoon cream into a piping bag fitted with a plain nozzle and fill profiteroles or halve profiteroles with serrated knife and sandwich with cream. On a plate, arrange in a pyramid shape.
- **9.** In a heat resistant bowl over a pan of hot water, add chocolate and cream. Stir regularly until chocolate is melted and smooth. Mix in just boiled water and honey. Drizzle profiteroles with ganache and serve immediately.

# **PANCAKES**

**PREP:** 5 MINUTES

**COOK:** 2-3 MINUTES PER PANCAKE

**MAKES:** 4 SERVINGS

**ACCESSORIES:** HAND MIXER ATTACHMENT, BEATERS

#### **INGREDIENTS**

125g plain flour

Pinch of salt

2 medium eggs

300ml milk

1 teaspoon sunflower oil or cooking

spray

Lemon and sugar to serve



# **DIRECTIONS**

 In a medium sized bowl, place flour, salt and make a well in centre and add eggs. Attach the hand mixer attachment to the power base then assemble the beaters. Select power to begin mixing on speed 1 then slowly increase to speed 4 while also gradually adding milk until a smooth batter is formed.

**HAND MIXER** 

+ BEATERS

- 2. Heat a frying pan over a moderate heat. Brush pan with sunflower oil or spray with cooking spray. Pour a little batter into pan, swirl around to make a thin layer to completely cover pan. Cook underside until it is golden brown and the top starts to produce bubbles.
- **3.** Flip over with a palette knife and cook the other side. Repeat with remaining batter.
- **4.** Serve pancakes with a squeeze of lemon and a sprinkle of sugar.

# CHOCOLATE, HAZELNUT, ORANGE BISCOTTI



**PREP:** 30 MINUTES

BAKE: 1 HOUR 15 MINUTES
MAKES: 30 BISCOTTI

**ACCESSORIES:** HAND MIXER ATTACHMENT, BEATERS

#### **INGREDIENTS**

3 large eggs

180g caster sugar

1 teaspoon vanilla extract

270g plain flour, plus extra for shaping

30g cocoa powder

1 teaspoon baking powder

1 teaspoon salt

Zest from 2 oranges

100g toasted hazelnuts, roughly chopped

75g dark chocolate chips



#### **DIRECTIONS**

- **1.** Preheat oven to 150°C. Line two large baking sheets with parchment paper.
- 2. In a large bowl, add eggs, sugar, and vanilla extract.
- **3.** Attach the hand mixer attachment to the power base, then assemble the beaters. Select power to begin mixing on speed 1 then slowly increase to speed 4 until mixture is pale in colour and thick, about 1 minute.
- **4.** Sift flour, cocoa powder, baking powder and salt into egg mixture. Select power to begin mixing on speed 1 and increase to speed 3, mix until fully incorporated.
- **5.** While still mixing, add zest, hazelnuts and chocolate chips.
- **6.** Spoon dough onto prepared tray in the shape of a loaf sized approximately 35cm x 12cm. Transfer to oven and bake for 50 minutes.
- 7. After 50 minutes, turn oven to 135°C. Remove loaf from the oven and let cool for 10 minutes.
- 8. Once dough has cooled down slightly, slice loaf into 1cm thick slices using a serrated knife.

  Divide individual slices between both baking sheets and place back in the oven for 20 minutes.
- Allow biscotti to cool down completely on a wire rack before serving. Enjoy with tea or coffee.

NOTES	NOTES

# Foodi

**3-IN-1 FOOD PREP SYSTEM**