



**EMPIRE**  
TRADING & COMMERCE

# HIGH-POWERED FOOD BLENDER E-BOOK



# GETTING TO KNOW YOUR BLENDER



CUP 600ml



JUG 2L



TAMPER STICK



OPENER



8 BLADE



6 BLADE



# HOW TO BEST USE YOUR BLENDER?

## LOAD AND LAYER YOUR INGREDIENTS CORRECTLY

For optimal blending speed and ease, add ingredients to your blender in this order:

1. Liquids
2. Powders
3. Solids
4. Frozen



- Place your softer, high-moisture foods in the blender first. For example, liquids, fresh fruits, and vegetables.
- Place your hard solid foods in last (such as ice, frozen foods, and nuts) last.



**DO NOT** fill your jug more than two thirds full



Combining smoothie ingredients in the wrong order can cause frozen fruit and ice to get caught in the blender's blades.

- Use 1 hand to hold the lid down so that it does not come off when blending, especially at high speed.
- Do not stick any utensils into the blender whilst it is running.
- To use the Tamper remove the lid plug and insert the tamper through its opening. Angle the tamper in each of the four corners of the jug to push the ingredients into the blades.



# TAKE YOUR TIME

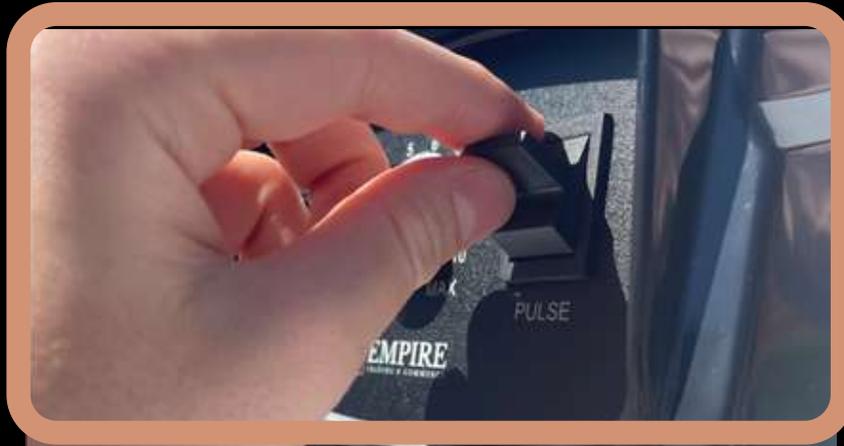
- To optimise the best blending, start on the lowest speed, work your way up to medium and then high.



- Do not go straight to high speed as this can damage the motor.
- Instantly going at high speed often results in the mixture not being blended to a smooth texture.
- Chop your food before adding it to the blender.
- Secure the lid tightly before switching the blender on
- Use the removable centre cap to assist with tampering and adding in extra ingredients during mixing.



# PULSE BUTTON



- Use the pulse button to finely grind oats and nuts.
- If you hold the button down, your contents will turn into purée.
- Make sure to 'Pulse' in short bursts – A maximum of 30 seconds intervals



- Always allow the motor a moment during tougher blending jobs, such as nut butter or thick soups.
- You should only use it in short intervals of about 30 seconds to prevent overheating of the machine.
- Use your spatula to scrape down the sides of the jug and make sure all the ingredients are being blended.



# DIFFERENT BLADES

## 8 Blade



## 6 Blade



# SPEED SETTING SUGGESTIONS

Setting	Description	Suggested items to blend
<b>Pulse P</b>	Allows precise control of the duration and frequency of blending	Salsa, crumb topping, chopped nuts, fruits or vegetables & more
<b>Variable speeds 1 - 5</b>	Manual speeds offer ultimate control of the blender	Fruits, soups, sauces, doughs, vegetables, butters, nuts, dips, frozen desserts, purees
<b>Ice Crush</b>	The blender runs at optimal speed to crush ice	To crush and chop ice without adding any liquid ingredients
<b>Icy Drink</b>	Gradually ramp up to full power to blend hard foods	Ice, whole fruits or vegetables. or frozen fruits. Drinks like margaritas, daiquiris, and blended ice coffee drinks
<b>Smoothie</b>	The Blender will operate at the high speed to make purees of items or ingredients	Fruits, vegetables, ice cream and yoghurt into thick smoothie, blended drinks and milkshakes. etc
<b>Clean</b>	Quick pulses of power and high speeds work to clean the blender jar	Half of the Jar filled with warm water and 1-2 drops of dish soap

# 10 Speeds Control & Pulse Function

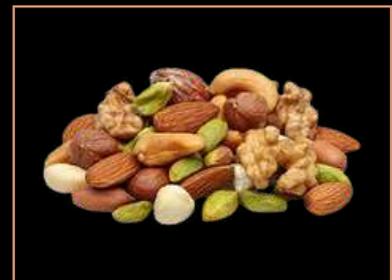
As a professional blender, 10 adjustable speeds control and pulse functions can meet your different needs.



**1 - 6 speed** Chop Salad and dips, crush ice



**7 - 10 speed** Grind nuts and coffee, meat



# CLEANING TIPS



1. Rinse down with warm water.
2. Fill the container halfway with warm water and add a few drops of dish soap.
3. Secure the lid with the lid plug on the cup.
4. Start and gradually increase the speed to the highest setting.
5. Run the blender and clean for 30 to 60 seconds.
6. Turn the speed down to low, and then stop.
7. Rinse all parts with hot water, drain and allow to completely dry on a towel or dish rack.
8. If needed, use a cleaning brush to scrub under the blades, making sure not to touch the blade with your fingers!
9. Most blender cups, lids and tamper can be washed in a dishwasher, however, check the user manual.

**Store the blender unplugged and make sure the blender cup is dry, so the blades don't rust.**



# RECIPE IDEAS

## HUMMUS



## INGREDIENTS

- Cooked chickpeas
- Tahini – 1/3 Cup
- Extra Virgin Olive Oil – 2 Tablespoons
- Fresh Lemon Juice – 1 lemon
- Garlic – 1 fresh garlic glove
- Water – 5 tablespoons
- Sea Salt – ½ teaspoon

Optional Extra: Add ½ teaspoon of ground cumin and/or coriander to add extra flavour

Add all the ingredients into the blender and process until smooth.

**It really is that simple!**



# SALSA



## INGREDIENTS

- 1 can of fire-roasted tomatoes, drained.
- 1 Jalapenos with ribs and seeds removed
- Lime Juice – 2 to 3 tablespoons
- White Onion – 1 small onion cut into chunks
- Cilantro – ½ bunch fresh
- Diced Green Chillies - 4 ounce / 1 can
- Garlic – 3 Gloves
- Sugar – 2 teaspoons (optional)
- Cumin - 1 ½ teaspoon
- Oregano, Chili Powder, Salt – ½ teaspoon of each



## COOKING INSTRUCTIONS

Roughly chop the ingredients and place them in the blender. Pulse until the veggies break down

**TIP: Pulse the salsa ingredients and don't puree.  
Place in the fridge to chill for 20 – 30 minutes.**



# Cauliflower Rice



## INGREDIENTS

- Medium-sized Cauliflower
- A handful of fresh coriander; chopped

## COOKING INSTRUCTIONS

- Remove the hard core and stalks from the cauliflower and cut cauliflower into small florets
- Add to the blender until the jug is  $\frac{3}{4}$  full
- PULSE the cauliflower florets until small pieces are formed the size of rice grains
- Remember to only pulse in short intervals
- Tip into a heatproof bowl, cover with cling film and then pierce and place in the microwave for 6 minutes on high.
- Stir in the coriander



# Peanut Butter & Banana Smoothie



## INGREDIENTS

- 2 Bananas
- ½ Cup of Peanut Butter
- Milk (or dairy-free alternative)
- 2 tablespoons of Honey
- Optional – 2 or 3 Ice Cubes
- Optional Extra; Chia Seeds

## COOKING INSTRUCTIONS

- Place all the ingredients into the blender and blend for 30 seconds, or until smooth

**Yes, it really is that simple!**



# BANANA PANCAKES



## INGREDIENTS

- 1 Banana
- 1 Egg
- 1 Heaped tbsp of Self Raising Flour
- ½ tsp Baking Powder
- Optional – Chopped Strawberries & Banana
- Optional – Maple syrup

## COOKING INSTRUCTIONS

- Chop the banana into chunks, and place in the blender together with the egg, flour, and baking powder.
- Blend for approximately 20 seconds
- Melt a small knob of butter in the frying pan on low to medium heat
- Pour the mixture into the ingredients into the frying pan and cook for 1 minute or until the mixture starts to bubble and then flip, using a spatula
- Cook for a further 30 seconds
- Repeat this with the remaining mixture to make more pancakes
- Serve with chopped banana and/or strawberries and maple syrup

