

*Healthy Choice*  
HB57

# STICK MIXER SET

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blends • minces • chops • whips • purees • froths



Model no: HB57

Batch no: PR3687

## **INSTRUCTION MANUAL**

PLEASE READ AND RETAIN FOR FUTURE REFERENCE.

THIS APPLIANCE IS INTENDED FOR HOUSEHOLD USE ONLY.

HAND BLENDER ATTACHMENT

CHOPPER ATTACHMENT

WHISK ATTACHMENT

CHOPPER BOWL WITH 600 ML CAPACITY

MEASURING CUP WITH 750ML CAPACITY

VARIABLE SPEED CONTROL

TURBO SPEED BUTTON

### **Before using the hand blender for the first time**

Carefully unpack the appliance and remove all packaging materials, check the contents to ensure that all the parts and accessories are present and are in good condition.

**WARNING** do not touch the blades, they are very sharp. Do not have the appliance plugged into a mains supply when cleaning or fitting attachments. Wash all the attachments in warm soapy water, rinse and dry thoroughly. Wipe the blades carefully with a damp cloth, then allow to fully dry.

The power handle can only be wiped with a damp cloth; **DO NOT IMMERSE THE POWER HANDLE IN WATER.**

### **Important Precautions**

When using electrical appliances, basic precaution need to be followed at all times to reduce the risk of fire, electrical shock and injury.

- Ensure the power source conforms to the electrical requirements of the appliance 220-240 Volts.
- Use this electrical appliance as described in this manual, any other use is not recommended by the manufacturer and could have a detrimental effect on the durability of the appliance and or the safety of the user.
- This appliance is not intended for use by person (including children) with reduced physical, sensory or mental capability has or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not touch or play with the appliance.
- Unplug from the mains power supply prior to moving the appliance or conducting any servicing or cleaning or when not in use.
- Do not use outdoors.

## **Important Safeguards**

- The appliance must not be used in potentially dangerous locations such as flammable, explosive, chemical-laden or wet atmospheres where petrol or flammable liquids are used or stored.
- This appliance is only intended to be used in household and similar applications such as:
  - staff kitchen areas in shops, offices, and other work environments
  - farm houses
  - by clients in hotels, motels, bed and breakfast and other residential environments
- Do not use in a bathroom or in an area that could allow it to get wet.
- Never operate the appliance with a damaged power lead or plug or after the appliance malfunction, or the control unit is damaged in any way.
- There are no internally serviceable parts, do not attempt to disassemble.
- Never insert or allow fingers or foreign objects to enter any ventilation or exhaust openings as it may cause an electrical shock or fire.
- Do not operate without all relevant safety guards in place.
- Locate the power lead in such a way to prevent causing a trip or damage to the lead.
- The blades are very sharp, take care when cleaning and disassembling the appliance.
- With heavy mixtures, do not use the hand blender for longer than 50 seconds in any four minutes period.
- When operating, do not put hands or sharp objects near the blending blades.
- Do not submerge the power handle in water during cleaning.
- Do not switch on the appliance without it in a suitable container.

## **Chopper attachment**

- Do not touch the sharp blades.
- Remove the chopper blade before emptying the bowl.
- Never remove the cover until the blade has completely stopped.

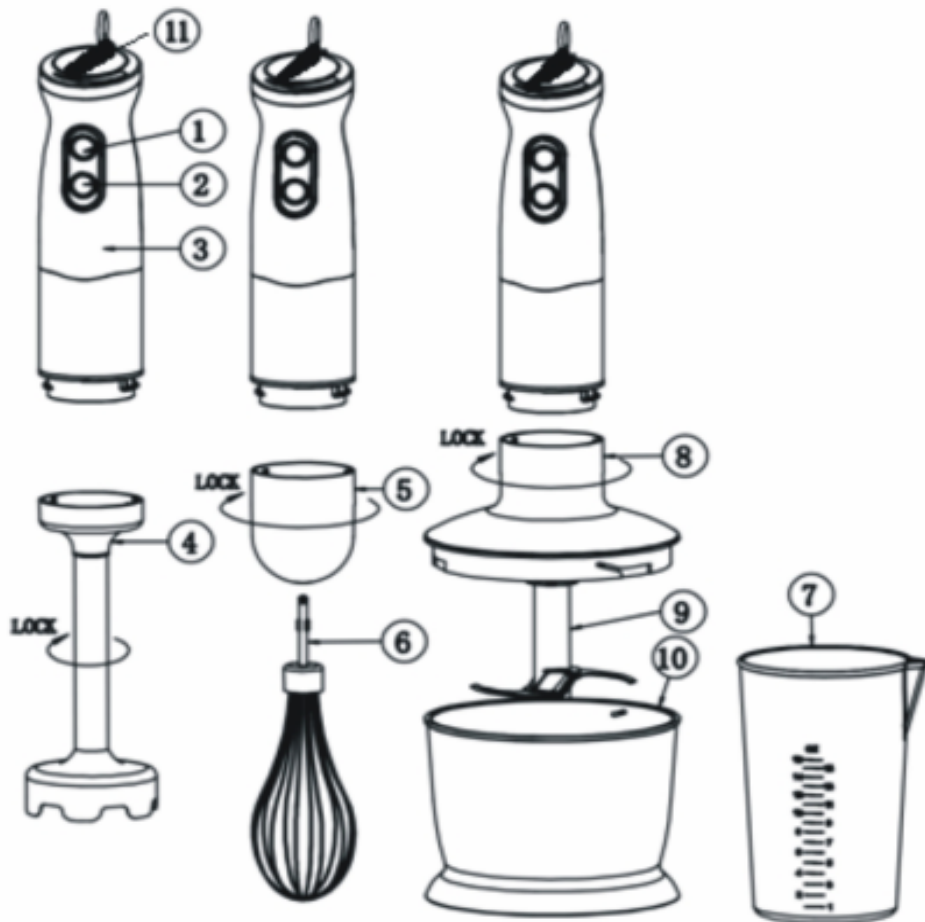
## **Blender attachment**

- Do not touch the blade when the unit is in operation.
- Do not touch the sharp blades.
- Take care to keep hair, jewelry, clothing etc. from becoming tangled in the attachment.

## **Whisk attachment**

- Do not touch the sharp blades.
- Take care to keep hair, jewelry clothing etc. from becoming tangled in the attachment.

## Product overview



### Hand blender

1. Speed button
2. Turbo speed button
3. Power handle
11. Speed control
4. Blending shaft

### Whisk

5. Whisk collar
6. Whisk attachment

### Chopper

8. Chopper lid
9. Chopper blade
10. Chopper bowl
7. Measuring cup 750ml capacity

**To use the hand blender:**

Blend baby food, soups, sauces, milk shakes and mayonnaise. In addition, blend iced ingredient food.

**For saucepan blending**

1. Take the pan off the heat and let it cool slightly.
2. Fit the blender shaft (4) to the power handle (3), turn and lock. It will only fit one way.
3. Plug in to mains power.

To avoid splashing, place the blade into the food before switching on.

4. Hold the saucepan. Then press and hold the speed button (1). Increase speed as required by turning the speed control dial (11) to the wide end of the wedge symbol. Release the speed button when you are finished to stop blending.

Do not let liquid get above the join between the power handle and blender shaft.

Move the blade through the food using a steady action. Use a gentle raising and lowering motion.

For an extra boost of power, press and hold the turbo speed button (2). Doing this will override the variable speed and operate at maximum speed. Release the speed button when you are finished to stop blending.

If the blender blade becomes clogged, unplug immediately and clear blockage.

5. After use, unplug and dismantle.

Do not blend soft foods continuously for more than 1 minute at a time.

Do not attempt to blend solid food without liquid.

Take care with saucepans with non-stick coatings.

Take care with the blending blades as they are very sharp.

Food can also be blended in the included measuring cup.

**To use the whisk:**

Whisk mayonnaise, dessert mixes or anything which needs air incorporated. Ideal for beating eggs and whipping cream. Do not whisk heavier mixtures such as margarine or granulated sugar.

1. Insert the whisk attachment (6) to the whisk collar (5).
2. Attach the whisk attachment and whisk collar to the power handle (3) until it locks. It will only fit one way.

3. Plug into mains power.
4. Place your food into a bowl. Do not whisk more than 4 eggs whites or 400ml (0.75pt) cream.
5. To avoid splashing, place the whisk into the food before switching on.
6. Do not let liquid get above the join between the power handle and whisk wires.
7. Hold the bowl. Then press and hold the speed button (1). Increase speed as required by turning the speed control dial (11) to the wide end of the wedge symbol. Release the speed button when you are finished to stop blending.
8. For an extra boost of power, press and hold the turbo speed button (2). Doing this will override the variable speed and operate at maximum speed. Release the speed button when you are finished to stop blending.
9. After use, unplug and dismantle.

Do not whisk foods continuously for more than 2 minutes at a time.

**To use the chopper:**

Chop cheese, meat, vegetables, onions, herbs, garlic, nuts etc.

Set the speed control to a higher level for chopping hard cheese and to a lower level for softer food.

Do not use the chopper for chopping hard foods such as ice cubes, coffee beans, whole grains or nutmeg.

1. Place the chopper blade (11) on the centre pin in the chopping bowl (10) and press down.
2. Place cut up pieces of food into the chopper bowl, do not fill it over half way.
3. Place the chopper lid (8) onto the chopper bowl, turn it clockwise to lock it into place.
4. Attach the power handle (3) to the lid. It will only fit one way.
5. Plug into mains power.
6. Press and hold the speed button (1). Increase speed as required by turning the speed control dial (11) to the wide end of the wedge symbol. Release the speed button when you are finished to stop chopping.

7. For an extra boost of power, press and hold the turbo speed button (2). Doing this will override the variable speed and operate at maximum speed. Release the speed button when you are finished to stop chopping.
8. When you have finished, unplug from mains power. Remove the power handle from the chopper bowl. Remove the lid from the chopper bowl. Carefully remove the blade from the chopper bowl before removing the food from the bowl.

Do not chop food continuously for more than 10 seconds at a time.

Take care when using the chopping bowl, the blades are very sharp.

### Chopper processing guide

FOOD	Maximum	Approx. time (in seconds)
Herbs	50g	8
Meat (cut into 1 – 2 cm cubes)	250g	8 - 10
Nuts	100g	8 – 10
Cheese	100g	5
Bread (cut into 1 – 2 cm cubes)	150g	5
Biscuits (broken into smaller pieces)	150g	6 seconds
Soft fruit (cut into 1 – 2 cm cubes)	200g	6 seconds
Hard boiled Eggs	2	5
Flour (for dough penetration)	350g	10
Onions (cut into 1 – 2 cm cubes)	100g	8

### Whisk guide

Food	Maximum Amount	Approx. time (in seconds)
Egg	4 eggs	60s
Cream	400ml(0.75pt)	25s

## Troubleshooting

Problem	Possible cause
The appliance does not work	Check and ensure that the power handle is properly connected to the appropriate mixing tool: the blending shaft (if using the hand blender, the whisk holder (if using the whisk) or the lid (if using the chopping bowl).
	Check and ensure that the appliance is properly connected to the wall outlet and that power is switched on at the outlet. Also ensure that the power outlet is not defective, check it with another appliance, or use a different outlet.
To blend soup, can I use the hand blender in the saucepan?	Yes, you can use the blending shaft directly in a saucepan, but take care with non-stick coatings and protect yourself from splashes.
My vegetables are of inconsistent size after chopping.	Make sure to cut vegetables into similar sized chunks before adding them to the chopping bowl for processing.

## Cleaning and maintenance

NOTE: Use extreme care when handling the chopping blade. Do not touch the blades with your fingers. The blades are very sharp and can cause injury if touched.

- . Make sure the unit is unplugged from the main power supply before cleaning or changing accessories.
- . Disconnect the detachable stem from the motor unit.
- . The power handle is not dishwasher safe. Do not wash it in the dishwasher. Do not submerge the power handle in water.
- . The chopper lid with gear is not dishwasher safe. It also should never be submerged in water or held under a running tap. If needed, please wipe it clean with a soft damp cloth.
- . It is much easier to clean the accessories immediately after their use. Wash them in warm, soapy water, rinse and dry well.
- . The body of the power handle can be cleaned with a damp cloth and must be wiped off with a dry cloth.



. To remove stubborn spots, wipe the surfaces with a piece of cloth slightly dampened in soapy water or a mild non-abrasive cleaner. Finally, with a clean damp cloth.

. Do not use any abrasive cleaner or material to clean any part of the hand blender, as it will harm the exterior of the hand blender.

. Always keep the unit/stem in vertical position after cleaning, do not store in horizontal position.

. The warnings, precautions, in this instruction, manual cannot cover all possible conditions and situations that may occur. It must be understood by the operator that common sense and caution are factors, which cannot be built into this product, but must be supplied by the operator.

### **Discolouration**

When processing food with an intense natural colour, such as carrots, the plastic parts of the appliance may become discoloured. If this happens, wipe these parts with vegetable oil before placing them in the dishwasher.

### **Repair**

The unit has no user-serviceable parts contained within. Do not attempt to repair, disassemble or modify the appliance. Trying to repair the appliance yourself, undertaking incorrect repairs or making any modifications to the appliance or the power

### **Environment/disposal**

At the end of its working life, do not throw this appliance out with your household rubbish. Electrical and electronic products contain substances which can have a detrimental effect on the environment and human health if disposed of inappropriately. Observe any local regulations regarding the disposal of electrical consumer goods and dispose of the unit appropriately for recycling. Contact your local authorities for advice about recycling facilities in your area.

### **Specifications**

**Family type:** Class II , **Rate Voltage:**220-240V~50Hz , **Rated Power:**700W

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