

Breville®

the Kinetix® Twist™
Instruction Booklet



BBL405

We design and manufacture our products with your safety foremost in mind. We ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

READ ALL INSTRUCTIONS BEFORE USE, AND SAVE FOR FUTURE REFERENCE

- Remove and discard all packaging materials and stickers before first use.
- To avoid choking hazard for young children, remove and safely dispose the protective cover fitted on the power plug.
- This appliance is for household use only. Do not use it in moving vehicles or boats, do not use it outdoors, and do not use it for anything other than its intended use. Misuse can cause injury.
- Keep the appliance and its cord out of reach of children. This appliance can be used by children aged 8 years and above, and by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way, and understand the hazards involved. Cleaning and user maintenance shall not be made by children without supervision.
- Children shall not play with the appliance.
- Do not use the appliance near the edge of a countertop or table. Ensure the surface is level, clean and free of water and other substances. Please be aware that vibration during use may cause the appliance to move.
- Do not use the appliance on (or close to) a hot gas or electric burner, or where it could touch a heated oven or surface.
- Do not allow the cord to hang over the edge of a countertop, or to become knotted.

BREVILLE RECOMMENDS SAFETY FIRST

- To avoid electric shock, do not immerse the cord, plug or motor base in water (or other liquids).
- Installation of a residual current device (a standard safety switch on your wall socket) is recommended to provide additional safety protection when using appliances. It is advisable that a safety switch (with a rated residual operating current not more than 30mA) be installed in the electrical circuit supplying the appliance. Contact your electrician for further professional advice.
- In order to avoid the possible hazard of the blender starting by itself due to inadvertent resetting of the overload protector on the motor, do not attach an external switching device (such as a timer) or connect the blender to a circuit that can regularly switch the blender on and off.
- Do not operate appliance with a damaged cord or plug, or after appliance malfunctions, or if dropped or damaged in any way. Stop use immediately and contact Breville by phone or email for replacement or repair.
- All maintenance (other than cleaning) is to be done by an authorised Breville Service Centre.
- Authorised Breville Service Centres can be found on our website **www.Breville.com.au** Alternatively, you can contact the Breville Customer Care Centre by phone on **1300 273 845** or email **AskUs@breville.com.au**

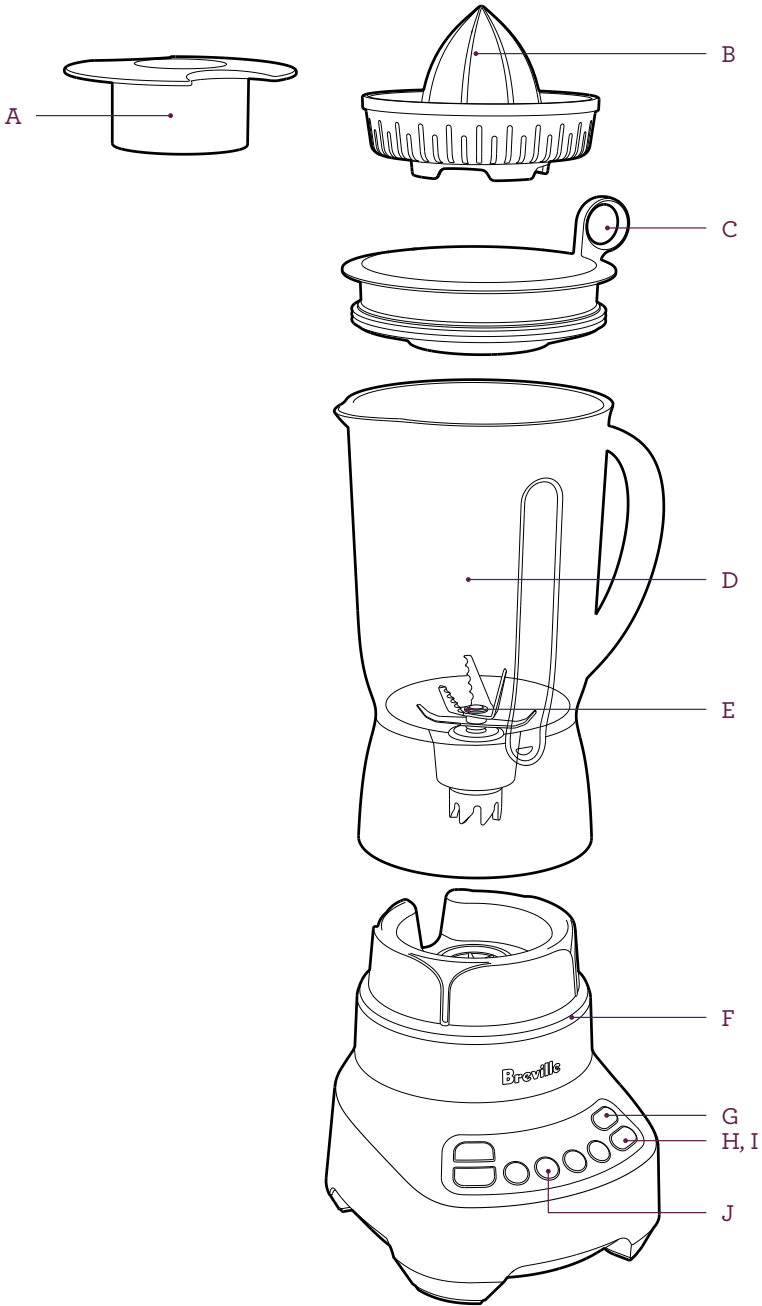
SAFEGUARDS FOR YOUR BLENDER

- Wash the blender jug with warm soapy water before first use.
- Use only the blender jug and lid that is supplied with this blender. The use of attachments or accessories not manufactured or specified by Breville may cause the risk of fire, electrical shock, or injury.
- Always ensure the blender is assembled properly before using. Lid must be firmly secured to the jug before operation to ensure internal contents do not escape, spray or overflow.
- If the motor is straining under a heavy load, do not operate continuously for more than 10 seconds. Allow the motor to rest for 1 minute between uses on heavy loads. Note that none of the recipes in these instructions are considered a heavy load.
- Do not leave the blender unattended when in use.
- Keep hands, fingers, hair and clothing away from the blender during use. Always turn blender off and unplug at the wall before reaching inside. Avoid touching moving parts.
- Be careful when handling the blender jug as the blades are very sharp. Be careful when emptying the jug and during cleaning. Mishandling of the blades may cause injury.
- Do not remove the jug from the motor base while blender is in use.
- The blender is intended for food or drinks preparation. Do not use for anything other than food or drinks. Do not operate without any ingredients in the blender jug.
- Never attempt to operate with damaged blades, or with utensils, or any foreign objects inside the blender jug.
- To reduce the risk of severe injury to persons or damage to the blender, keep hands and utensils out of the jug while blending.

- Never blend hot liquids. Allow ingredients and liquids to cool down to a warm state or to room temperature before putting into the jug for blending.
- Do not put the blender jug in extremes of heat or cold, for example placing a cold jug into hot water, or vice versa.
- Before moving the blender, cleaning or putting it away for storage, always turn blender off and unplug at the wall.
- Always disconnect the appliance from the supply if it is left unattended and before assembling, disassembling or cleaning.

**SAVE THESE
INSTRUCTIONS**

KNOW YOUR BREVILLE PRODUCT



KNOW YOUR BREVILLE PRODUCT

- A. **Inner measuring cap**
Remove to add ingredients while blending.
- B. **Citrus cone**
Add a twist of citrus to your blended cocktails and drinks.
- C. **Breville Assist™ lid**
Ring pull lid for easy removal.
- D. **1.5 litre BPA-free Eastman Tritan™ jug**
Impact resistant, shatter proof, and dishwasher safe.
- E. **Mini Kinetix® blade and bowl system**
Contoured to the base of the jug so there are no food traps. Central blades are serrated for extra cutting performance, and the outer blades create the Kinetix motion.
- F. **Overload protection**
Resettable thermal fuse for motor protection.
- G. **Pulse**
Momentary burst of high power.
- H. **Smoothie program**
Optimises the blender's capabilities to create great smoothies and drinks.
- I. **Auto clean**
The smoothie button cycle doubles as an auto clean function. Rinse and allow to dry immediately after washing (do not soak).
- J. **4 electronic speeds**
Maximises control for different ingredients, from slow mix to high speed liquify.

Eastman Tritan™ Copolyester

This blender jug is made with Eastman Tritan™ copolyester, which is a tough, BPA - free polymer used to make housewares products that can stand up to extreme use and repeated dishwasher cleaning. Products made from Tritan™ are impact resistant and shatter resistant and stay clear and durable even after hundreds of cycles in the dishwasher.

Breville Assist™ Plug

Your Breville appliance comes with a unique Breville Assist™ Plug, conveniently designed with a finger hole to easy removal from the wall outlet.



GETTING STARTED

ON | OFF

The ON | OFF button powers the unit into READY mode.

CANCEL button

Cancels any function.

MANUAL FEATURES

Electronic speed control

There are 4 electronic speed buttons from MIX through to LIQUIFY.

MIX combines more delicate foods with a folding motion, and is good for combining wet and dry ingredients.

LIQUIFY is the fastest setting, and is ideal for breaking down ingredients to make cocktails and other finely blended mixtures.

PULSE

The momentary pulse button is ideal for processing foods that need sudden bursts of power. It also encourages ingredients to move around the jug.

PRESET PROGRAMS

SMOOTHIE (60 seconds)

This program has been optimised to combine and aerate frozen and liquid ingredients together. The SMOOTHIE function has a unique processing technique that blends the denser ingredients at lower speed, then increases in speed as ingredients thicken. This will happen several times while blending smoothies. The programming also circulates the ingredients for maximum aeration and creamy texture.

AUTO CLEAN (60 seconds)

Use to remove most of the ingredients off the blender walls and blades. Add 2 cups (500ml) warm soapy water, and press the clean button. For harder to clean, sticky or thick ingredients, add ½ teaspoon of dish liquid detergent for extra cleaning power. For best results, clean the blender jug this way immediately after use.

Soaking can damage the surface of the jug, especially if citrus has been blended. After washing in detergent, rinse with plain water and allow to dry immediately.

Note:

If the blender is running and a different button is pressed, the speed will automatically switch to that program without stopping.

HINTS & TIPS

- If the volume (while blending) is below the maximum line, the inner measuring cap can be removed and oils/liquids can be added while blender is in use.
- Caution should be taken if blending large volumes or thin liquids, as splashing may occur through the centre cap area.
- Run the blender only for the appropriate amount of time required – do not over blend ingredients.
- Use the PULSE button when food is too thick or coarse to circulate within the blender jug.
- Do not exceed the maximum mark when adding foods and liquids into the blender.
- Ingredients may stick to the sides of the blender jug. To push food back onto the blades, turn the blender off and unplug at the wall. Use a plastic spatula to scrape down the sides of the jug, and then continue blending.
- If any moisture or liquid appears on top of the motor base during blending, turn the blender off and unplug at the wall. Remove the blender jug, and wipe motor base immediately with a dry cloth or paper towel.
- To stop blending at any time or during the SMOOTHIE program, press the CANCEL button.
- When the blender has been running for 120 seconds (or 60 seconds for the smoothie program), it will automatically turn off. This is a safety feature to protect the motor.
- A speed or function can be selected at any time, even while the blender is running. Press the new speed or program, and the blender will change operation immediately.
- The maximum amount of ice cubes that the blender can process is 8-10 cubes from a standard ice tray.

DO'S AND DON'TS

The Do's

- Use a combination of the blending speeds and pulse function to suit the foods being processed.
- Use the SMOOTHIE function to blend fruits, ice cream and yogurts into thick smoothies, whips and milkshakes.
- Use the PULSE function for foods that only require short bursts of power, such as chopping nuts and crushing ice.
- When blending drinks with ice cubes or frozen fruit, use PULSE in short bursts.
- Thicker mixtures puree more efficiently if the jug is $\frac{1}{4}$ to $\frac{1}{2}$ full.

The Don'ts

- Do not use metal utensils, as they may damage the blades or blender jug.
- Do not blend a heavy mixture for more than 10 seconds. For normal blending tasks, do not blend longer than 1 minutes at a time. If you need to blend longer, turn off the blender and stir ingredients before starting again. This rest will help protect the motor from wear and tear.
- The blender will not knead dough, or mash potatoes.
- When blending warm ingredients, do not put more than 2 cups at a time in.
- Do not blend hot or boiling ingredients. Allow food to cool down to a warm state before placing in the blender. This is to safeguard against sudden bursts of steam that could cause the lid to dislodge.
- If blending warm ingredients, place a tea towel over the lid and hold down firmly.

HINTS & TIPS

BLENDING CHART

FOOD	PREPARATION & USAGE	QUANTITY	FUNCTIONS	TIME
Raw vegetables	Peel and cut into 1.5–2cm cubes.	200g	CHOP Speed 2	10–30 secs
Nuts	Remove shells.	200g	CHOP Speed 2	10–20 secs
Breadcrumbs	Cut into 2cm pieces.	100g	PULSE	40–50 secs
Biscuits	Halved.	125g	PULSE	50–60 secs
Whipped cream	Add sugar or vanilla if desired.	300ml	MIX Speed 1 and PULSE	30–40 secs
Smoothie	Milk, chopped fresh fruits, yogurt, ice cream.	Max 800ml	SMOOTHIE	60 secs
Fresh Fruit Sauce	Whole berries, chopped soft fruit like peaches.	250g	BLEND Speed 3	10–30 secs
Herbs	Leaves only.	1 cup	CHOP Speed 2	10–15 secs
Blended Soups	Cool to room temperature.	800ml	BLEND Speed 3	30–50 secs
Dressing	Oil, vinegar or lemon juice, seasonings.	250ml	BLEND Speed 3	15–20 secs
Ice		Max 8 – 10 ice cubes	PULSE	60 secs

NOTE: This blending chart should be used as a guide only.

TROUBLESHOOTING

PROBLEM	EASY SOLUTION
Motor doesn't start or blade doesn't rotate	<ul style="list-style-type: none">• Check that the power plug is properly inserted into the power outlet.• Check the ON OFF button and selected function button is illuminated.• If all lights are flashing in unison,, refer to the 'blender overload' solutions below.
Food is unevenly chopped	<ul style="list-style-type: none">• This can happen when too much food is being blended at one time. Try a smaller amount, and work in batches if necessary.• The ingredients may be too large. Try cutting into smaller pieces. For best results, ingredients should be in pieces no larger than 2cm.
Food is chopped too fine or is watery	<ul style="list-style-type: none">• Try blending for shorter period of time. Use the PULSE function for better control.
Food sticks to blade and jug	<ul style="list-style-type: none">• The mixture may be too thick. Try adding more liquid and/or using a slower speed for blending.
Blender overloaded (all lights flashing)	<ul style="list-style-type: none">• This blender has overload protection to prevent damage to the motor. Unplug and allow the blender to cool down for 15 minutes. Once cooled, you will be able to use the blender as usual again.• We recommend blending in smaller batches, or cutting ingredients into smaller batches.

Jug and lid

In order to keep your jug clean and avoid food drying on the blades and jug, follow the below steps as soon as possible after use:

- Rinse most of the ingredients off the jug and lid.
- Add 500ml of warm water and press the AUTO CLEAN button. If thick or sticky ingredients require extra cleaning power add a few drops of dish liquid detergent.
- Rinse the jug and lid again and/or wash separately in warm soapy water with a soft cloth or bottle brush.
- Take care to rinse all detergent off the jug after cleaning.
- It is most effective to clean the jug immediately after use.

Citrus

Exposure to citrus oil may affect the clarity and longevity of the blending jug. After washing in detergent, rinse with plain water thoroughly, and allow to dry immediately. Do not soak.

Motor base

To clean the motor base, wipe with a soft, damp cloth then dry thoroughly. Wipe any excess food particles from the power cord.

Cleaning agents

Do not use abrasive scouring pads or cleaners on either the motor base or the jug, as they may scratch the surface. Use only warm soapy water with a soft cloth.

Dishwasher

The blender jug and lid can be washed in the dishwasher on a standard wash cycle. Jug can be placed on the bottom shelf, however the lid and inner measuring cap should be washed on the top shelf only.

Stubborn food stains and odours

Strong smelling foods such as garlic, fish and some vegetables such as carrots may leave an odour or stain on the blender jug and lid. To remove, soak blender jug and lid for 5 minutes in warm soapy water. Then wash with a mild detergent and warm water, rinse well and dry thoroughly. Store jug with the lid off.

Storage

Store your blender upright with the blender jug assembled on the motor base, or beside it. Do not place anything on top. To allow air to circulate, keep the lid off.

RECIPES

BREAKFAST SMOOTHIE

Serves 2

INGREDIENTS

1 cup (250ml) chilled orange juice
250g fresh strawberries, hulled
½ teaspoon grated orange zest
1-2 tablespoons rolled oats
2 scoops frozen fruit based yogurt

METHOD

1. Place ingredients into blender jug and secure lid. Process on SMOOTHIE until program finishes.

MANGO, COCONUT & LIME SMOOTHIE

Serves 4

INGREDIENTS

½ lime
400ml chilled reduced fat coconut milk
½ cup (130g) vanilla yoghurt
1 large (350-400g) chopped fresh mango
1 teaspoon finely grated lime zest
5 ice cubes

METHOD

1. Use citrus lid to squeeze lime.
2. Add remaining ingredients and process on SMOOTHIE until program finishes.

LIME AND MINT CRUSH

Serves 2 (1 standard drink per serve)

INGREDIENTS

2 limes, peeled and cut into 8 pieces
16-20 mint leaves
¼ cup (60ml) sugar syrup
60ml white rum or vodka
8 medium ice cubes
1 cup (250ml) soda water

METHOD

1. Use PULSE in short bursts until all ingredients are roughly chopped.

SUGAR SYRUP

Makes approx 1½ cups (375ml)

INGREDIENTS

1 cup (220g) white sugar
1 cup (250ml) water

METHOD

1. Place sugar and water into a heavy based saucepan and cook, stirring over a very low heat, until sugar has dissolved.
2. Bring to the boil then reduce heat and simmer for 5 minutes.
3. Remove from heat and allow to cool completely. Transfer to an airtight container and store in the fridge until ready to use.

CLASSIC MARGARITA

Serves 2 (2 standard drinks per serve)

INGREDIENTS

3 limes, halved
60ml tequila
60ml Cointreau
¼ cup (60ml) sugar syrup
12 ice cubes

METHOD

1. Squeeze lemon directly into blender jug, using the citrus cone lid.
2. Add remaining ingredients and secure lid.
3. Process on LIQUIFY (Speed 4) until well combined and ice is crushed. Use PULSE in short bursts if needed.
4. Serve in salt rimmed glasses.

HUMMUS

Makes approximately 1 cup

INGREDIENTS

1 lemon
 400g can chickpeas, rinsed, drained
 2 cloves garlic, halved
 2 tablespoons tahini
 1 tablespoon warm water
 1 teaspoon ground cumin
 Salt and freshly ground black pepper, to taste
 Extra virgin olive oil, to garnish
 Sweet paprika, to garnish
 Fresh Turkish bread, to serve

METHOD

1. Squeeze lemon directly into blender jug, using the citrus cone lid.
2. Add chickpeas, garlic, tahini, water and cumin into blender jug and secure lid.
3. Process on BLEND (Speed 3) until mixture is smooth. Scrape down sides of blender if necessary. Season to taste.
4. Transfer to a bowl. Drizzle with olive oil and sprinkle with paprika. Serve with Turkish bread.

TIP

If dip is a little too thick when blending, add a little extra water.

SPICED CARROT & FETA DIP

Makes approximately 1 cup

INGREDIENTS

500g carrots, cut into 1.5cm slices
 2 tablespoons extra-virgin olive oil, plus extra to garnish
 Salt and pepper, to taste
 ½ cup natural Greek style yogurt
 3 teaspoons apple cider vinegar
 1 clove garlic, halved
 1 tablespoon chopped fresh coriander leaves, plus extra to garnish
 1¼ teaspoons ground cumin
 ½ teaspoon ground ginger
 Good pinch ground chilli or cayenne pepper
 Salt and freshly ground black pepper, to taste
 50g feta cheese, crumbled
 Crisp pita bread, to serve

METHOD

1. Preheat oven to 170°C no fan (150°C fan-forced). Line a baking tray with non-stick baking paper.
2. Place carrots on prepared tray. Drizzle with oil, and toss to coat. Season to taste with salt and pepper. Bake for 50 minutes, turning halfway, or until tender. Set aside for 10 minutes to cool. Transfer to blender jug.
3. Add remaining olive oil, yogurt, vinegar, garlic, coriander, cumin and ginger to blender jug and secure lid.
4. Process on BLEND (Speed 3) until mixture is almost smooth. Scrape down sides of blender if necessary. Season to taste.
5. Transfer to a bowl. Cover with plastic food wrap and place in the fridge for at least 1 hour, to chill.
6. Just before serving, stir through half the feta until well combined. Sprinkle with remaining feta, drizzle with olive oil and garnish with extra coriander. Serve with crisp pita bread.

MAYONNAISE

Makes approximately 1 cup

INGREDIENTS

- ½ lemon
- 2 egg yolks
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- 1 cup grapeseed or light olive oil

METHOD

1. Squeeze lemon directly into blender jug, using the citrus cone lid.
2. Add yolks, mustard and salt to blender jug and secure lid.
3. Process on MIX (Speed 1) for 30 seconds or until combined.
4. With blender running on MIX (Speed 1), slowly pour oil through the inner measuring lid until mixture thickens, this should take about 1 minute.
5. Transfer to an airtight container and store in the fridge for up to 1 week.

Variation

To make Caesar dressing:

- Increase to a whole lemon.
- Omit the salt.
- Add 1 tablespoon Worcestershire sauce, 3-4 anchovy fillets and 2 cloves of garlic in with the egg yolk and mustard mixture.
- Continue as per the recipe. Season to taste with salt and pepper.

To make Roasted Garlic Aioli:

- Slice the top off 1 whole garlic bulb and wrap in foil. Bake in the oven for 200°C for 30 minutes or until garlic is softened and fragrant.
- While the garlic is cooling, make the mayonnaise recipe, omitting mustard.
- Squeeze from the bulb and stir through mayonnaise using MIX (Speed 1).

PESTO SAUCE

Makes approximately 1½ cups

INGREDIENTS

- 2 cups firmly packed basil leaves (approx 1 large bunch basil)
- 2 cloves garlic, halved
- 2 teaspoons lemon juice
- ½ cup (40g) pine nuts, toasted
- 60g grated parmesan cheese
- ½ cup (125ml) olive oil
- Salt and freshly ground black pepper, to taste

METHOD

1. Place all ingredients, in the order listed, into blender jug and secure lid.
2. Process on CHOP (Speed 2) until ingredients are very finely chopped and almost smooth. Scrape down sides of blender if necessary. Season to taste.
3. Transfer to an airtight container and chill until ready to use.

TIP

Pour a little extra oil over the top and store in an airtight container in the refrigerator for up to 3 days. The oil will prevent excess browning.

LEEK AND POTATO SOUP

Serves 4

INGREDIENTS

40g butter
 1 tablespoon olive oil
 2 leeks, thinly sliced
 750g potatoes, roughly chopped
 1 litre chicken stock
 Salt and white pepper, to taste
 Chopped fresh chives, to serve

METHOD

1. Heat butter and oil in a large saucepan, add leeks and cook, stirring, for 3–4 minutes until softened. Add potatoes and stock. Bring to the boil then reduce heat and cook, covered, for about 20 minutes or until potatoes are soft. Remove from heat and allow soup to cool down to a warm state or to room temperature.
2. Blend soup in batches with lid on jug on MIX (Speed 1) until just blended.
3. Return pureed soup to saucepan. Season to taste and heat on medium, stirring occasionally, until hot.
4. Serve soup topped with chives.

TIP

Add a little extra stock or water if soup becomes too thick when cooking or blending.

THAI SWEET POTATO SOUP

Serves 4

INGREDIENTS

2 tablespoons oil
 1 large brown onion, chopped
 2 cloves garlic, chopped
 1–2 tablespoons red curry paste
 1 kg peeled, chopped sweet potato
 1 litre chicken stock
 270ml can light coconut cream
 Salt and freshly ground black pepper, to taste
 Chopped fresh coriander, to serve

METHOD

1. Heat oil in a large saucepan, add onion, garlic and curry paste and cook, stirring for 4 to 5 minutes or until onion has softened and curry paste is fragrant.
2. Add sweet potato and stock and bring to the boil. Lower heat and simmer covered for 25 minutes or until sweet potato is soft. Remove from heat and allow soup to cool down to a warm state or to room temperature.
3. Blend soup in batches with lid on jug on BLEND (Speed 3) until just blended.
4. Return pureed soup to saucepan with coconut milk. Season to taste and heat on medium, stirring occasionally, until hot. Serve soup topped with coriander.

TIP

Add a little extra stock or water if soup becomes too thick when cooking or blending.

RASPBERRY CHEESECAKE

Serves 8

INGREDIENTS

250g packet plain sweet biscuits

125g unsalted butter, melted

200ml sour cream, at room temperature

$\frac{2}{3}$ cup (150g) caster sugar

1 teaspoon vanilla extract

3 eggs

500g cream cheese, at room temperature, cut into cubes

1 cup (125g) fresh or frozen raspberries

METHOD

1. Preheat oven to 160°C no fan. Line the base of a 20cm springform pan with non-stick baking paper.
2. Place half the biscuits into blender jug and secure lid. PULSE in short bursts until biscuits are finely crushed, and transfer to a bowl. Repeat with remaining biscuits.
3. Add melted butter and mix well. Press biscuits mixture over the base and sides prepared pan. Use a straight-sided glass to spread and press the biscuit mixture firmly over the base and side of pan. Refrigerate 10 minutes.
4. Add sour cream, sugar and eggs to the blender jug and secure lid. Process on LIQUIFY (Speed 4) for 30 seconds or until just combined.
5. Add half the cream cheese and secure lid. Process on LIQUIFY (Speed 4) for 30 seconds or until combined.
6. Add remaining cream cheese, and secure lid. Process on LIQUIFY (Speed 4) for 30 seconds or until mixture is smooth, being careful not to over-process.
7. Pour cream cheese mixture into base, and sprinkle with raspberries. Place the pan on a baking tray and bake for 50 - 60 minutes. Centre should still be slightly wobbly as the cheesecake will set further once in the fridge.
8. Turn oven off. Leave cheesecake in oven, with the door slightly ajar, for 2 hours or until cooled completely (this will prevent cheesecake from cracking). Refrigerate until well chilled.

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