

Breville

the Freeze & Mix

For use with BEM410, BEM800 (and all colour variations)

Instruction Booklet



BIA500

CONGRATULATIONS

on the purchase of your new
Breville Freeze & Mix

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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Carefully read all instructions before using the product for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the product for the first time.
- Do not place the bowl on or near a hot gas or electric burner, or where it could touch a heated oven.
- Do not attempt to use the bowl by any method other than those described in this book.
- The product is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, 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 play with the product.
- This item product is for household use only. Do not use this product for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- This product is for use with specific Breville bench mixers only. Do not attempt to use this bowl with any other mixer other than those models specified on the packaging.

**SAVE THESE
INSTRUCTIONS**

KNOW

your Breville Freeze & Mix



- A. Freezer Bowl – double walled insulated bowl, once frozen, freezes ice cream while it churns.
- B. Paddle – churns and aerates the ingredients in the bowl for a consistent and smooth result.

NOT SHOWN

- C. Splash guard – prevents splattering and use as a guide for adding ingredients.

OPERATING

your Breville Freeze & Mix

OPERATING YOUR BREVILLE FREEZE & MIX

BEFORE FIRST USE

Remove and safely discard any packaging material or promotional labels before using the bowl for the first time.

Wash and dry the bowl thoroughly following the 'Care and Cleaning' instructions in this booklet.

OPERATING YOUR BREVILLE FREEZE & MIX

Place the freezer bowl into your freezer for a minimum of 15 hours prior to making ice cream. When freezing your bowl, ensure that it is placed in the coolest part of the freezer. Adjust your freezer so that it is at the coldest setting. Then place the freezer bowl in the freezer for a minimum of 15 hours, prior to making ice cream, this will give you a faster and better end result.

NOTE

The Freezer bowl must be frozen for a minimum of 15 hours to ensure that the correct consistency of ice cream can be made.

PREPARE INGREDIENTS

Prepare the mixture and the ingredients to be used to make the ice cream or frozen desert.

NOTE

It is important to prepare all ingredients before removing the freezer bowl from the freezer. This will prevent the freezer bowl from thawing.

NOTE

If the mixture being used has been heated, ensure it has been completely cooled before placing it into the freezer bowl.

NOTE

Make sure your ice cream mixture has been refrigerated for 1-2 hours, if recipes require heating then chill mixture for 2-4 hours or overnight if time permits before churning/freezing. This will maintain that you achieve consistent quality ice cream results every time.

ATTACHING THE BOWL

1. Place the bench mixer base on a level, dry surface such as a bench top. The mixer motor head should be in the horizontal (closed) position. Raise the mixer motor head by depressing the tilt back hinge button located on the back of the mixer motor head.



Lift the mixer motor head up until it tilts back and locks into the open position.



OPERATING YOUR BREVILLE FREEZE & MIX

- Place the freezer bowl into the bowl locking recess of the mixer base and turn the bowl clockwise until the bowl locks securely into place.

NOTE

To remove or insert the freezer bowl, the mixer motor head must be raised and locked into the open position.

ATTACHING THE PADDLE TO THE MIXER MOTOR HEAD

NOTE

The Freezer bowl must be assembled and used immediately after removing it from the freezer to prevent it from thawing.

- Ensure the mixer motor head is in the raised/open position. Align the groove in the top of the Scraper Paddle with the locking pin on the spindle extending down from the mixer motor head.
- Push the scraper paddle upwards and turn clockwise until it locks securely onto the locking pin on the spindle.



- Lower the mixer motor head by depressing the tilt back button and gently pushing the mixer motor head down until it locks into the horizontal (closed) position.

ATTACHING THE SPLASH GUARD TO THE MIXER MOTOR HEAD

- To attach the splash guard, place bowl on mixer, make sure the motor head is in the up position, place the plastic splash guard on to the bowl, so that the groove lip of the guard sits inside the groove of the freezer bowl.

USING THE FREEZE & MIX

- Ensure the speed control dial is set to the 'Off' position, plug the cord into a 220-240v power outlet and switch the power 'ON' at the power outlet. The illuminated LED speed indicator band will flash and the Count Up/Down timer will display "0:00." The Freeze & Mix is now ready to be used.
- Follow directions in the recipe for the ice cream or frozen desert being prepared.
- Turn the mixer on the slowest speed setting, marked "folding/kneading" on the LED speed indicator band before adding any ingredients to the bowl. Once the freezer bowl has started to rotate add the mixture through the pouring spout of the splash guard and into the freezer bowl.

NOTE

Pouring the mixture into the freezer bowl before starting the mixer may cause the mixture to freeze prematurely.

- Mix the ice cream/frozen desert until it has reached the desired consistency. Follow the table below for mixing guidelines.

NOTE

If adding mix-ins (chocolate pieces, nuts etc) to ice cream/frozen deserts, it is suggested that these be added to the mixture at least 15 minutes after the churning processes has begun.

OPERATING YOUR BREVILLE FREEZE & MIX

NOTE

You can monitor the time that the ice cream has been churned by watching the count-up timer. You can also set the countdown timer on the mixer to the desired mixing time specified by the recipe. If longer mixing times are required, you can reset the time on the mixer if needed.



Press and hold the arrows to scroll through the timer setting more quickly.

DISASSEMBLING THE MIXER

1. Once the churning process is complete and the ice cream/frozen desert has reached the desired consistency, turn the speed control dial to the 'Off/Stand by' position, switch the appliance off at the power outlet and unplug the cord.
2. Remove splash guard if assembled.
3. Raise the mixer motor head by depressing the tilt back button and lift the mixer motor head up until it tilts back and locks into the open position.

NOTE

When lowering or lifting the mixer motor head, always support the motor head with your other hand to prevent from free-falling.

4. Remove the scraper paddle attachment by holding the mixer motor head and pressing the attachment upwards on the spindle. Turn the attachment anti-clockwise to release it from the pin on the spindle.
5. Use a plastic spatula to remove the excess frozen desert/ice cream from the scraper paddle.
6. Remove the freezer bowl from the indented bowl locking recess of the mixer base and turn anti-clockwise until the bowl releases.

STORING FROZEN DESERTS AND ICE CREAM

Use a plastic spatula to remove the mixture from the mixing bowl.

If further hardening of ice cream is required, place the mixture into a freezer safe storage container, smooth the surface of the ice cream out in the container, cover with a seal tight lid and place in the freezer for hardening. The hardening ice cream can take approximately 2-4 hours depending on the desired firmness.

NOTE

It is not recommended that ice cream is served and stored in the freezer bowl. Metal ice cream scoops and spoons can damage the coating of the freezer bowl. Frozen deserts and ice cream are best stored in a separate, freezer safe, food storage container with a seal tight lid.

TIPS FOR MAKING FROZEN DESSERTS

- The Freezer bowl should be frozen for a minimum of 15 hours prior to making frozen desserts. The freezer should be set at the coldest setting possible to allow the bowl to freeze thoroughly.

NOTE

If you have room in your freezer, the freezer bowl can be stored there permanently so that ice cream can be made at any time.

- To maximise the firmness of the ice cream or frozen desert, allow ingredients or mixtures to cool completely before placing in the freezer bowl.

NOTE

It is recommended that ingredients be placed into the fridge for a period of 2-4 hours, prior to making frozen desserts.

- If adding mix-ins (chocolate pieces, nuts etc) to ice cream/frozen deserts, it is suggested that these be added to the mixture for at least 15 minutes after the churning processes has begun.
- Do not exceed the recommended quantity of ingredients. Once ingredients start to freeze they will expand and fill the freezer bowl to the maximum capacity.

CARE & CLEANING

for your Breville Freeze & Mix

Note that the Freezer bowl is not dishwasher safe.

CLEANING THE FREEZER BOWL

Before cleaning the freezer bowl, ensure that it is room temperature. Wash in warm, soapy water with a mild detergent. Allow the bowl to dry thoroughly before placing it in the freezer.

CLEANING THE SPLASH GUARD

Dishwasher safe. Wash in warm soapy water with a mild detergent.

CLEANING THE PADDLE

Dishwasher safe. Wash in warm soapy water with a mild detergent.

RECIPES

NOTE

Make sure your ice cream mixture has been refrigerated for 1-2 hours, if recipes require heating then chill mixture for 2-4 hours or overnight if time permits before churning/freezing. This will maintain that you achieve consistent quality ice cream results every time.

INGREDIENTS

Home made ice cream is now easy to make at home and with only 4 staple kitchen cupboard ingredients required to make a basic vanilla ice cream.

EGGS

All the recipes in this book were tested using standard 60g eggs. The egg gives ice cream volume, stabilises and emulsifies the mixture. The yolk of the egg contains lecithin, which acts as an emulsifier to bond with the fat globules.

NOTE

Avoid using older eggs, especially if you are not cooking the mixture. Pregnant woman are not advised to consume ice cream containing raw eggs.

SUGAR

Caster sugar was used in all the recipes as it dissolves easily and to reduce crystallisation (when large ice crystals form) from occurring.

The amount of sugar is important in ice cream making as it defines the time your ice will take to set and once frozen to melt. As a rule the more sugar added will lower the freezing point of the water inside the mixture, which prevents your ice from forming a large hard clump that is difficult to scoop.

MILK

Full cream 10% fat milk was used for all milk based recipes. Lower fat varieties can be substituted but the same result will not be achieved.

CREAM

Pure cream 35% fat was used in all the recipes, creams that are thickened usually have additives such as gelatine (of animal origin to thicken and prolong the creams life). The cream gives fattiness and a smoother texture to the ice cream.

ICE CREAM

Ice creams usually have a higher percentage of fat compared to gelatos, sorbets and granitas and are made with cream or a combination cream and milk, egg yolks and sugar.

DARK CHOCOLATE ICE CREAM

INGREDIENTS

- 1 ½ cups (375ml) milk
- 150g dark 70% cocoa mass chocolate, chopped
- 1 ¼ cups pure cream
- 4 egg yolks
- ½ cup caster sugar
- 1 teaspoon vanilla extract

METHOD

1. Heat milk in a non-stick saucepan over medium heat, stirring occasionally until bubbles start appearing around the edges of the saucepan. Remove from heat and add chocolate, stirring until chocolate has melted and is well combined. Set aside to cool slightly and whisk in the cream.
2. Beat eggs and sugar until pale and creamy, add vanilla.
3. Continue beating mixture and add 1/3 warm milk mixture, repeat with remaining milk until combined.
4. Refrigerate for at least 4 hours or until chilled.
5. Attach the scraper paddle and thermal ice cream bowl to the planetary mixer. Set the mixer to Fold/Kneading setting, attach splash guard and pour the chilled ice cream mixture into the bowl. Churn mixture for 10-15 minutes or until desired consistency is reached.

Best eaten immediately with fresh raspberries.

Keeps: for 3-4 days frozen in a plastic container with a fitted lid. Remove from freezer 5 minutes before serving to soften.

VANILLA BEAN ICE CREAM

INGREDIENTS

- 1 ½ cups (375ml) milk
- 1 vanilla bean, split lengthways, seeds removed
- 4 egg yolks
- ½ cup caster sugar
- 1 ¼ cups pure cream

METHOD

1. Heat milk, vanilla seeds and bean in a saucepan over medium heat until bubbles start appearing around the edges. Remove from heat and allow vanilla to infuse for a further 5 minutes.
2. Beat egg yolks and sugar until pale and creamy.
3. Remove vanilla pod and add the cream. Add tablespoonfuls of milk/cream mixture to the egg, beating between additions. Repeat until all mixture has been added and mixed through.
4. Refrigerate mixture for at least 4 hours.
5. Attach the scraper paddle and thermal ice cream bowl to the planetary mixer. Set the mixer to Fold/Kneading setting, attach splash guard and pour the chilled ice cream mixture into the bowl. Churn mixture for 10-15 minutes or until desired consistency is reached.

Best eaten immediately and served with shaved chocolate curls, chopped peanuts and chocolate sauce or grated peppermint crisp and wafers.

Keeps: for 3-4 days frozen in a plastic container with a fitted lid. Remove from freezer 5 minutes before serving to soften.

NOTE

Infusing or steeping the vanilla pod in the warm milk will lend a lovely vanilla flavour to your ice cream or gelato.

TIP

For Vanilla gelato replace cream with all milk.

QUICK VANILLA ICE CREAM

INGREDIENTS

1 ½ cups (375ml) milk

1 ¼ cups pure cream

2 x 60g eggs

½ cup caster sugar

1 teaspoon vanilla extract

METHOD

1. Blend all the ingredients in a blender until well combined.
2. Refrigerate mixture for at least 2 hours.
3. Attach the scraper paddle and thermal ice cream bowl to the planetary mixer. Set the mixer to Fold/Kneading setting, attach splash guard and pour the chilled ice cream mixture into the bowl. Churn mixture for 10-15 minutes or until desired consistency is reached.

Best eaten immediately and served with fresh seasonal fruits or a fruit coulis.

Keeps: for 3-4 days frozen in a plastic container with a fitted lid. Remove from freezer 5 minutes before serving to soften.

GELATO

Gelatos are traditionally milk based ices that are lower in fat than the French and American-style ice creams. Gelatos are usually flavoured with fresh fruits, syrups or coffee.

PISTACHIO GELATO – MILK BASED ICES

INGREDIENTS

1 x 125g pkt pistachios, shelled
3 x 60g eggs or 4 egg yolks
½ cup caster sugar
600ml milk

METHOD

1. Blend pistachios in a food processor until smooth.
2. Beat eggs and sugar until pale and creamy.
3. Combine pistachios, egg mixture and milk in a large jug, blend until well combined.
4. Refrigerate mixture for at least 2 hours.
5. Attach the scraper paddle and thermal ice cream bowl to the planetary mixer. Set the mixer to Fold/Kneading setting, attach splash guard and pour the chilled gelato mixture into the bowl. Churn mixture for 10 minutes or until desired consistency is reached.

Best eaten immediately and served with chopped white chocolate.

Keeps: for 3-4 days frozen in a plastic container with a fitted lid. Remove from freezer 5 minutes before serving to soften.

PASSIONFRUIT GELATO

INGREDIENTS

3 x 60g eggs or 4 egg yolks
½ cup caster sugar
1 x 120g can passionfruit or fresh pulp
600ml milk

METHOD

1. Beat eggs and sugar until pale and creamy.
2. Combine passionfruit, egg mixture and milk in a large jug, whisk until well combined.
3. Refrigerate mixture for at least 2 hours.
4. Attach the scraper paddle and thermal ice cream bowl to the planetary mixer. Set the mixer to Fold/Kneading setting, attach splash guard and pour the chilled gelato mixture into the bowl. Churn mixture for 10 minutes or until desired consistency is reached.

Best eaten immediately and served with.

Keeps: for 3-4 days frozen in a plastic container with a fitted lid. Remove from freezer 5 minutes before serving to soften.

SORBETS

STRAWBERRY SORBET

INGREDIENTS

½ cup caster sugar
 2 x punnets (500g) strawberries, washed, hulled
 1 teaspoon lemon juice

METHOD

1. Add 65ml/¼ cup water and sugar to a small saucepan, heat over medium heat, stirring to dissolve the sugar and bring to the boil. Remove from heat and pour into a heat resistant jug. Allow to cool.
2. Puree strawberries in a blender until smooth, sieve strawberries through a fine sieve, discard seeds.
3. Combine strawberries, lemon juice and sugar syrup in a bowl.
4. Refrigerate for at least 2 hours or until chilled.
5. Attach the scraper paddle and thermal ice cream bowl to the planetary mixer. Set the mixer to Fold/Kneading setting, attach splash guard and pour the chilled sorbet mixture into the bowl. Churn mixture for 10 minutes or until desired consistency is reached.

Best eaten immediately and served with chopped white chocolate.

Keeps: for 3-4 days frozen in a plastic container with a fitted lid. Remove from freezer 5 minutes before serving to soften.

TIP

Replace strawberries with seasonal fruits: mango, passionfruit, peach, nectarine, plum, lemon, lime, watermelon and pear.

MANGO SORBET

INGREDIENTS

½ cup caster sugar
 2 x (500g) large fresh mangoes, peeled
 1 teaspoon lemon juice

METHOD

1. Add 65ml/¼ cup water and sugar to a small saucepan, heat over medium heat, stirring to dissolve the sugar and bring to the boil. Remove from heat and pour into a heat resistant jug. Allow to cool.
2. Puree mango flesh in a blender until smooth.
3. Combine mango, lemon juice and sugar syrup in a bowl.
4. Refrigerate for at least 2 hours or until chilled.
5. Attach the scraper paddle and thermal ice cream bowl to the planetary mixer. Set the mixer to Fold/Kneading setting, attach splash guard and pour the chilled sorbet mixture into the bowl. Churn mixture for 10 minutes or until desired consistency is reached.

Best eaten immediately and served with sticky coconut rice.

Keeps: for 3-4 days frozen in a plastic container with a fitted lid. Remove from freezer 5 minutes before serving to soften.

TIP

Replace mango with seasonal fruits: passionfruit, peach, nectarine, plum, lemon, lime, watermelon and pear.

GRANITA

Ice based dessert great on hot summery days

COFFEE GRANITA

INGREDIENTS

110g caster sugar

1 vanilla pod, halved lengthways and seed scraped

120ml espresso coffee

1 x 300ml pure cream, whipped

METHODS

1. Add 1 cup/250ml water and sugar to a small saucepan, heat over medium heat, stirring to dissolve the sugar and bring to the boil. Remove from heat and pour into a heat resistant jug. Allow to cool.
2. Add vanilla pod and seeds to hot coffee and set aside to infuse for 5 minutes. Remove and discard pod.
3. Combine coffee and sugar syrup in a bowl.
4. Refrigerate for at least 2 hours or until chilled.
5. Attach the scraper paddle and thermal ice cream bowl to the planetary mixer. Set the mixer to Fold/Kneading setting, attach splash guard and pour the chilled granita mixture into the bowl. Churn mixture for 15 minutes or until desired consistency is reached.

Best eaten immediately and served with a dollop of whipped cream.

Keeps: for 3-4 days frozen in a plastic container with a fitted lid. Remove from freezer 5 minutes before serving to soften.

CHECK WEBSITE FOR MORE RECIPES

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