the Boss™

Instruction Booklet



BBL910

Sage™ by heston blumenthal®

At Sage™ by Heston Blumenthal® 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

- Before using for the first time please ensure that your electricity supply is the same as shown on the rating label on the underside of the appliance. If you have any concerns please contact your local electricity company.
- Your Sage™ by Heston Blumenthal® appliance includes a BS 13 amp moulded mains plug on the supply cord.
- Should you need to change this plug, please complete the rewiring as follows (after safe disposal of the moulded plug).
- Please note that a cut off plug inserted into a socket is a serious danger risk
- Wires are coloured as follows:
  - Blue = Neutral
  - Brown = Live
  - Green & Yellow = Earth
- As the colours of the wire may not correspond with the coloured markings which identify the terminals in your plug, please refer to the following:
  - The Blue wire must be connected to the terminal which is marked 'N'.
  - The Brown wire must be connected to the terminal which is marked with the letter 'L'.
  - The Green & Yellow wire must be connected to the terminal which is marked with the letter E or the earth symbol ⏚.

SAGE RECOMMENDS SAFETY FIRST

- Please note that if a 13 amp plug is used, a 13 amp fuse should be used.
- 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.
- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
- Cleaning and user maintenance shall not be made by children without supervision.
- Children shall not play with this appliance.
- This appliance can be used 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 if they understand the hazards involved.
- 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.
- To avoid electric shock, do not immerse the cord, plug or motor base in water (or other liquids).

SAGE RECOMMENDS SAFETY FIRST

- 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 Sage by phone or email for replacement or repair.
- All maintenance (other than cleaning) is to be done by an authorised Sage Service Centre.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way or maintenance other than cleaning is required, immediately cease use of the appliance and contact Sage Customer Service on 0808 178 1650.

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, including canning jars or accessories not manufactured or specified by Sage 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.
- Flashing light indicates ready to operate. Avoid any contact with blades or moving parts.
- Keep hands, fingers, hair and clothing away from the blender during use. Always turn blender off and unplug at the wall before reaching inside.
- 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. The scraper and frozen dessert wand provided can be used, provided the main lid is in place.
- Never blend boiling hot liquids. Allow temperature to drop before putting into the jug for blending.
- Be careful if hot liquid is poured into the blender, as it can be ejected out of the jug due to sudden steaming.
- When blending hot liquids ensure inner measuring cap is in place. Cap will protect from splashing of hot liquids during blending and includes vents designed to relieve pressure and avoid steam build up.
- Be careful removing the lid after blending hot liquids, as steam traps can form in the liquid and be ejected out of the jug.
- 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.



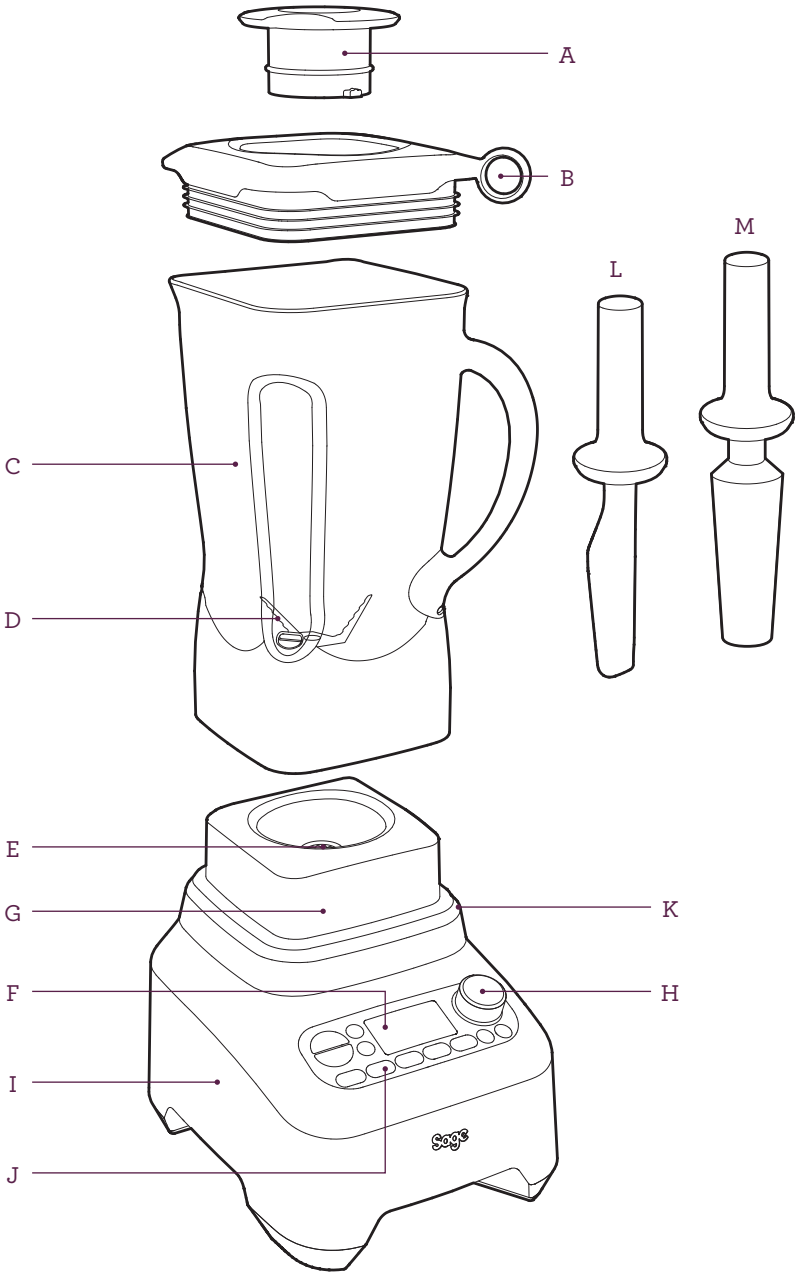
The symbol shown indicates that this appliance should not be disposed of in normal household waste. It should be taken to a local authority waste collection centre designated for this purpose or to a dealer providing this service. For more information, please contact your local council office.

⚠ ***CAUTION***

Surface may get hot after periods of extended use.

SAVE THESE INSTRUCTIONS

KNOW YOUR SAGE PRODUCT



KNOW YOUR SAGE PRODUCT

A. **Inner measuring cap**
Remove to add ingredients while blending.

B. **High performance lid**
Withstands high velocity tasks, and is designed to vent steam and prevent splatter.

C. **2.0 Litre BPA-free Tritan™ jug**
Impact resistant, shatter proof and dishwasher safe.

D. **ProKinetix® extra-wide, heavy duty blade and bowl system**
Designed with 3 powerful stainless steel blades contoured to the base of the jug for maximum cutting power and processing results including liquid-free processing. The wide blades create the Kinetix® motion, and eliminate food traps.

E. **Heavy duty metal coupling**
For durable and long lasting performance under demanding conditions.

F. **LCD timer**
Counts down for pre-programmed settings, and counts up for speed dial settings.

G. **Heavy duty 2200W motor**
High velocity power combined with high torque for outstanding results.

H. **Manual speed control**
Wide speed range from super slow stir up to high speed milling for precise control.

I. **Durable die-cast metal base**

J. **5 preset programs**
Optimise the blender's capabilities for crushing ice, smoothies, green smoothies, milling and soup.

K. **Overload protection**
Resettable thermal fuse for motor protection.

Accessories

L. **Scraper**
Designed to push food down from the walls, or for easily removing ingredients after blending.

M. **Frozen Dessert Wand**
Helps make frozen desserts by pushing thick foods directly into the blades.

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.

Sage Assist™ Plug

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



GETTING STARTED

ON | OFF

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

Ready mode

The blender will default to MANUAL.

MANUAL FEATURES

Speed control dial

There are 12 speed settings from STIR through to MILL.

STIR mixes more delicate foods with a slow stirring motion and light pausing to fold ingredients together.

MILL is the fastest setting, and is ideal for milling nuts, grains and seeds.

The blender is programmed to allow manual speeds to run for 6 minutes before automatically stopping.

PAUSE | PLAY

Pauses and holds the speed and timer for up to 2 minutes. Press PAUSE | PLAY again to resume.

Pause is also activated if the jug is removed from base during use. Replace jug, and press START to resume.

Repeat function

If the START button is pressed when using the manual speed dial, or if the timer finishes, the current speed setting will be held for 2 minutes to allow a quick repeat of the cycle.

Pressing the START button will re-start this repeat cycle.

If you want to clear the previous speed from the memory, press and hold the START button for 2 seconds.

Sleep

After 2 minutes of inactivity, LCD powers off, and the ON | OFF button flashes red. After 5 minutes of inactivity, the blender turns OFF completely. Press the ON | OFF button to reactivate.

Count-up timer

If the timer isn't set, the blender timer counts up in seconds as it blends. When using the timer this way, the blender will stop after 6 minutes, or you can cancel blending manually.

Count-down timer

The alternative to running the blender in count-up mode is to set the blending time before starting.

PRESET PROGRAMS

PULSE | ICE CRUSH (60 seconds)

Optimised to crush ice, and has an intelligent sensor to stop the motor when ice is done. This cycle is also ideal for processing other foods that need sudden bursts of power.

SMOOTHIE (60 seconds)

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 a creamy texture.

GREEN SMOOTHIE (60 seconds)

Optimised to break down whole hard ingredients like fruits, leafy greens and seeds, and allows them to blend together with other soft and liquid ingredients.

FROZEN DESSERT (60 seconds)

Optimised to break down and combine frozen ingredients quickly. Use the frozen dessert wand for best results.

SOUP (6 minutes)

This preset program runs for 6 minutes to blend and heat ingredients to make soups. The program has a slow start to combine ingredients before running at high speed, and ends with a couple of stirs to release any steam bubbles that may have formed in the soup.

⚠ *WARNING*

Never blend boiling hot liquids. Allow temperature to drop before putting into the jug for blending.

AUTO CLEAN

Use to remove most of the ingredients off the blender walls and blades. Add 500ml warm soapy water, and press the AUTO CLEAN button. For harder to clean, sticky or thick ingredients, add ½ teaspoon of dish liquid detergent for extra cleaning power. For best results, run the clean cycle immediately after use.

PAUSE | PLAY

Pauses and holds a program mid-cycle for up to 2 minutes. Press PAUSE | PLAY again to resume.

Pause is also activated if the jug is removed from base during use. Replace jug, and press START to resume.

Note: If the blender is running and you press a different preset button, it will 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.
- Run the blender only for the appropriate amount of time required – do not over blend ingredients.
- Use the PULSE | ICE CRUSH button when food is too thick or coarse to circulate within the blender jug.
- The scraper and frozen dessert wand accessories can be used during blending. Remove the inner cap, and always make sure the main lid stays firmly in place.
- Do not exceed the MAX mark when adding foods and liquids into blender.
- Ingredients may stick to the sides of the blender jug. To push food back onto the blades with the main lid on (inner cap removed), use the scraper provided to scrape down the sides of the jug, and continue blending.
- If any moisture or liquid appears on top of the motor base during blending, turn the blender off and unplug from the outlet. Remove the blender jug, and wipe base immediately with a paper towel.
- Press CANCEL to stop blending at any time or during one of the programs.
- 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 250g (approx. 1 standard ice tray).
- When the blender has been running for 3 minutes in manual mode, it will automatically turn off. This is a safety feature to protect the motor.
- Thicker mixtures puree more efficiently if the jug is ¼ to ½ full.
- Do not use metal utensils, as they may damage the blades or blender jug.

Dry milling

- Please note that milling hard ingredients like spices, nuts, sugar, coffee, grains, etc will cause scratching and clouding to the inside surfaces of the jug.
- This is a cosmetic result from milling these kinds of ingredients, and does not affect the performance of the jug.

BLENDING CHART (This blending chart should be used as a guide only.)

FOOD	PREPARATION & USAGE	QUANTITY	FUNCTIONS	TIME
Grains & seeds	Mill into flour. Use in bread, pizza doughs, cakes, muffins and flour batters.	250 – 500g	MILL speed	30 - 60 seconds
Dried legumes & corn eg. soy beans, chickpeas popping corn	Mill into flour. Use in combination with plain or self-raising flour for breads, cakes, muffins, pancakes.	250 – 500g	MILL speed	1 min 30 seconds
Spices	To make ground spices. Use whole spices except for cinnamon quills that need to be broken in half. Store in airtight containers.	55 – 115g 8 – 16 cinnamon sticks, halved	MILL speed	1 min
Raw nuts	To make nut meal. Use in cakes, biscuits and muffins.	150g – 300g	MILL speed	20 – 30 seconds
Toasted nuts	To make nut butters and spreads.	300g – 450g	MILL speed, use wand	1 minute
White sugar	Mill to make pure icing sugar.	200g	MILL speed	15 seconds
Raw vegetables	Peel and cut into 2cm cubes. Finely chopped. Use for stuffing, filling, bolognese, stews and casseroles.	200g	CHOP speed	5 – 10 seconds
Biscuits/cookies (for cheesecake crusts)	Break biscuits/cookies in half. Blend to form crumbs.	250g	PULSE | ICE CRUSH	6 – 10 pulses
Bread crumbs	Remove crusts. Cut bread into 2 ½ cm cubes. Use in crumb coatings, stuffings or meatballs / patties.	120g (up to 3 slices)	CHOP speed	20 – 30 seconds
Mayonnaise	Mix the egg yolk, mustard and vinegar or lemon juice. Add oil slowly through the lid.	Up to 4 egg yolks and 2 cups of oil.	MIX speed	1½ - 2 mins
Hard cheeses (like Parmesan and Pecorino)	Cut into 3cm cubes. Use in creamy sauces, pasta dishes.	130g	CHOP speed	15 – 20 seconds
Cream	Whip cream to firm peaks. Add sugar or vanilla before blending, if desired.	300 – 600ml	MILL speed	10 seconds

TROUBLESHOOTING

PROBLEM	EASY SOLUTION
Motor doesn't start or blade doesn't rotate	• Check the blender jug and lid are securely in place. • Check the ON | OFF button and selected function button is illuminated. • Check that the power plug is properly inserted into the power outlet.
Food is unevenly chopped	• 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	• Try blending for shorter period of time. Use the ICE CRUSH | PULSE function for better control.
Food sticks to blade and jug	• The mixture may be too thick. Try adding more liquid and/or using a slower speed for blending.
Blender overloaded	• This blender has a motor protection feature to protect against over heating and/or over current use. When activated OVERLOAD PROTECTION will flash on the LCD and the blender will be inoperable. • If activated, turn the blender off by pressing the ON | OFF button on the control panel, switch of at the wall and unplug the blender. Wait a few minutes then re-plug and power ON the blender. • If OVERLOAD PROTECTION is still flashing, repeat and leave the blender for at least 20-30 minutes. Once OVERLOAD PROTECTION has disappeared from the screen the blender is ready to be used again. • We recommend blending in smaller batches, or cutting ingredients into smaller pieces.

CARE & CLEANING

Jug and lid

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

1. Rinse most of the ingredients off the jug and lid.
2. 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.
3. Rinse the jug and lid again and/or wash separately in warm soapy water with a soft cloth or bottle brush.

Sanitizing

The recommended sanitizing solution is 1.5 tsp (7.5ml) of household bleach in 2qt (8 cups / 2L) of clean, cool water, mixed according to the recommended instructions on the bleach container. To sanitize, follow the below steps:

1. After performing the auto clean cycle as per the instructions above, add half (4 cups / 1L) of the recommended sanitizing solution to the jug. Secure the lid and inner lid and press AUTO CLEAN to run a sanitizing clean cycle.
2. Allow to stand for 1 minute, then empty solution.
3. Soak lid, inner lid (also scraper spatula and frozen dessert wand if used) in the remaining second half of the sanitizing solution mixture for 2 minutes.
4. Place the empty jug and lid back on blender base and run on manual speed MIX for 10-20secs to remove any excess moisture from the blade area.
5. Wipe the exterior of the lid, jug and base with a soft cloth dampened with the sanitizing solution.
6. Do not rinse after sanitizing. Allow to air dry before storage. Rinse with clean water prior to next use.

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 lid should be on the top shelf only.

Stubborn food stains and odours

Strong smelling foods such as garlic, fish, spices, 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.

Dry milling

Please note that milling hard ingredients like spices, nuts, sugar, coffee, grains, etc will cause scratching and clouding to the inside surfaces of the jug.

Note: This is a cosmetic result from milling these kinds of ingredients, and does not affect the performance of the jug.

STARTER RECIPES FROM SAGE

GREEN SMOOTHIE BLAST

Prep Time: 10 minutes
Serves 4

INGREDIENTS

150g green seedless grapes
1 navel orange, peeled, halved, seed removed
1 green apple, quartered, cored
1 small Lebanese cucumber, roughly chopped
50g baby spinach leaves
6 ice cubes
330ml chilled coconut water

METHOD

1. Place ingredients into blender jug in the order listed and secure lid.
2. Press GREEN SMOOTHIE. Process until program finishes. Serve.

TRIPLE GREEN SMOOTHIE

Prep Time: 10 minutes
Serves 4

INGREDIENTS

2 green apples, quartered, cored
250g pineapple, peeled, chopped
20g firmly packed chopped kale leaves
20g firmly packed baby spinach
20g firmly packed halved baby cos lettuce leaves
1 banana, halved
375ml chilled coconut water

METHOD

1. Place ingredients into blender jug in the order listed and secure lid.
2. Press GREEN SMOOTHIE. Process until program finishes. Serve.

TROPICAL GREEN SMOOTHIE

Prep Time: 10 minutes
Serves 4

INGREDIENTS

250g pineapple, peeled, roughly chopped
160g frozen chopped mango
2 tablespoons raw almonds
60g green kale leaves, roughly chopped
250ml chilled coconut water
4 ice cubes

METHOD

1. Place ingredients into blender jug in the order listed and secure lid.
2. Press GREEN SMOOTHIE. Process until program finishes. Serve.

ZESTY GREEN SMOOTHIE

Prep Time: 10 minutes
Serves 4

INGREDIENTS

1 lime, peeled
1 (200g) green pear, quartered, cored
60g chopped green kale leaves
1 small Lebanese cucumber, roughly chopped
1 green kiwi fruit, peeled
6 ice cubes
375ml chilled coconut water

METHOD

1. Place ingredients into blender jug in the order listed and secure lid.
2. Press GREEN SMOOTHIE. Process until program finishes. Serve.

BERRY BLUSH SMOOTHIE

Prep Time: 5 minutes
Serves 4

INGREDIENTS

350g frozen mixed berries
500ml chilled milk, almond or soy milk
70g natural unsweetened yoghurt
2½ tablespoons agave syrup or honey

METHOD

1. Place ingredients, into blender jug in the order listed and secure lid.
2. Press SMOOTHIE. Process until program finishes. Serve.

BREAKFAST ON THE GO SMOOTHIE

Prep Time: 10 minutes
Serves 4

INGREDIENTS

6 pitted dates, roughly chopped
65g oat bran
2 ripe bananas, peeled, roughly chopped
2½ tablespoons white chia seeds
500ml chilled milk, almond, rice or soy milk
130g Greek reduced fat natural yoghurt
2 tablespoons maple syrup or honey

METHOD

1. Place ingredients, into blender jug in the order listed and secure lid.
2. Press SMOOTHIE. Process until program finishes. Serve.

MANGO, VANILLA & CHIA SMOOTHIE

Prep Time: 5 minutes
Serves 4

INGREDIENTS

350g frozen chopped mango
180g reduced fat vanilla yoghurt
2½ tablespoons white chia seeds
500ml chilled milk

METHOD

1. Place ingredients into blender jug in the order listed and secure lid.
2. Press SMOOTHIE. Process until program finishes.
3. Pour into glasses and serve.

COOKIES N CREAM SHAKE

Prep Time: 5 minutes
Serves 4

INGREDIENTS

60ml bought chocolate topping or syrup
10 Oreo cookies, halved
500ml chilled milk
260g vanilla ice cream

METHOD

1. Place 1 tablespoon of chocolate syrup into each glass. Roll glass to line edges with the syrup.
2. Place 4 cookies into blender jug and secure lid. Press PULSE. Pulse four times or until roughly crushed. Transfer biscuit crumbs to a bowl.
3. Add milk, ice cream and remaining cookies into blender jug and secure lid. Press SMOOTHIE. Process until program finishes. Pour into prepared glasses. Sprinkle with reserved cookie crumbs.

ALMOND MILK

Prep Time: 15 minutes
Makes 1 Litre

INGREDIENTS

300g raw almonds
1 litre chilled purified water

METHOD

1. Place almonds and water into blender jug and secure lid.
2. Dial to MILL. Process for 2 minutes or until almost smooth.
3. Place a nut milk bag (or line a sieve with a large piece of muslin or cheesecloth) over a large clean jug or bowl. Pour nut milk mixture into bag. Close bag. Squeeze the pulp in the bag to extract as much milk as you can. Remove bag and discard pulp.
4. Store in a clean, airtight container in the fridge for up to 3 days.

TIPS

- Nut milk bags can be bought from health food stores. Muslin or cheesecloth, can be bought from fabric or kitchen supply stores.
- If desired, sweeten the almond milk, to taste, with agave syrup or honey.

SOY BEAN MILK

Prep Time: 10 minutes plus overnight soaking
Makes 700ml

INGREDIENTS

160g organic dried soy beans
1 litre chilled purified water
Agave syrup or honey, to taste (optional)

METHOD

1. Place soybeans in a glass or ceramic bowl. Cover with cold water. Cover with plastic food wrap. Place in the fridge and for 8–10 hours, or overnight, to soak. Drain. Rinse with cold water. Discard any discoloured beans.
2. Place 1 cup of the soaked soy beans in the blender with half the purified water. Dial to BLEND. Process for 2 minutes. Place a nut milk bag in a large jug (or use a large piece of muslin or cheesecloth over a sieve over a large jug). Pour soybean mixture into the bag. Close bag and gently squeeze out the pulp to extract out as much liquid as you can. Discard the pulp. Repeat with the remaining soaked soy beans and purified water.
3. Place soybean milk into a medium saucepan over medium heat. Bring to a gentle boil, reduce heat to low and simmer for 10–15 minutes, skimming any foam from the surface. Remove from heat. Allow to cool. Transfer to a clean, airtight container.
4. Sweeten, if desired, to taste with agave syrup or honey. Place in the refrigerator for 2 hours or until well chilled. Store in the fridge for up to 3 days.

ROASTED TOMATO & PEPPER SOUP WITH SALSA VERDE

Prep Time: 15 minutes
Cooking Time: 55 minutes
Serves 4

INGREDIENTS

6 (550g) plum tomatoes, halved
1 red pepper (315g), seeds removed, thickly sliced
1 onion, cut into wedges
3 cloves garlic
2 tablespoons olive oil
Salt and freshly ground black pepper, to taste
3 drained anchovy fillets
15g fresh flat-leaf parsley leaves
4 tablespoons drained baby capers
4 teaspoons fresh lemon juice
3 tablespoons olive oil
500ml vegetable stock, at room temperature
2 teaspoons tomato puree
15g fresh basil leaves

METHOD

1. Preheat oven to 200°C no fan (180°C with fan / Gas Mark 6). Line a large baking tray with non-stick baking paper.
2. Place tomatoes, pepper, onion and garlic onto prepared tray. Drizzle with olive oil and season with salt and pepper. Toss to coat. Roast for 40–45 minutes, or until golden brown and softened. Set aside to cool for 5 minutes.
3. Meanwhile place anchovy fillets, parsley, capers, lemon juice and oil into blender jug and secure lid. Dial to CHOP. Process for 30–40 seconds or until combined. Transfer to a bowl and set aside. Rinse and clean blender jug.
4. Using tongs transfer roasted vegetables to blender jug. Add stock and tomato puree and secure lid. Press SOUP. Process for the entire program until smooth and hot.
5. Add basil. Season to taste with salt and pepper and secure lid. Dial to PUREE. Process for 30 seconds.
6. Divide soup among serving bowls. Drizzle salsa verde over soup. Serve.

PEA & MINT SOUP

Prep Time: 10 minutes
Cooking Time: 10 minutes
Serves 4

INGREDIENTS

420g frozen green peas
2 spring onions, coarsely chopped
500ml vegetable stock, at room temperature
Salt and freshly ground black pepper, to taste
15g fresh mint leaves
Greek style natural yoghurt, to garnish
Extra fresh mint leaves, to garnish

METHOD

1. Place peas in a large heatproof bowl. Cover with boiling water. Stand for 5 minutes. Drain.
2. Add peas, onion and stock into blender jug and secure lid. Press SOUP. Process until program finishes.
3. Add mint leaves. Season to taste with salt and pepper and secure lid. Dial to PUREE. Process for 30 seconds or until combined.
4. Divide among serving bowls. Garnish with a dollop of yoghurt and extra mint leaves.

THAI SPICED BUTTERNUT SQUASH SOUP

Prep Time: 10 minutes
Cooking Time: 25 minutes
Serves 4

INGREDIENTS

1 tablespoon organic coconut oil
6½ tablespoons Thai Red Curry Paste (see page 20) or 2–3 tablespoons store bought paste
1.5kg butternut squash, peeled, seeded, cut into 4cm pieces
1 litre chicken stock, at room temperature
400ml can coconut milk
1 tablespoon fish sauce, or more to taste
Fresh coriander leaves and thinly sliced red chilli, to garnish
Lime wedges, to serve

METHOD

1. Heat coconut oil in a large saucepan over medium heat. Add curry paste and cook, stirring, for 2–3 minutes or until fragrant.
2. Add squash and stock. Increase heat to high and bring to the boil. Reduce heat to medium low. Simmer for 20 minutes or until squash is tender. Set aside and allow to cool until warm and there is no steam coming from soup.
3. Reserve 125ml coconut milk and set aside. Add remaining coconut milk to the squash mixture. Transfer a third of squash mixture into blender jug and secure lid. Dial to BLEND. Process for 10–15 seconds or until smooth. Return mixture back to saucepan. Repeat with remaining squash mixture.
4. Heat squash soup, stirring, over medium low heat until hot. Add fish sauce and stir until combined. If needs additional seasoning increase fish sauce by 1–2 teaspoons.
5. Divide among serving bowls. Drizzle with reserved coconut milk. Garnish with coriander leaves and chilli. Serve with lime wedges.

ROASTED ALMOND BUTTER

Prep Time: 5 minutes
Cook Time: 10 minutes
Makes 520g

INGREDIENTS

450g raw almonds
2½ tablespoons rice bran oil or macadamia oil

METHOD

1. Preheat oven to 200°C no fan (180°C with fan).
2. Place almonds on a baking tray. Bake for 8–10 minutes or until lightly roasted. Set aside to cool for 10 minutes.
3. Place nuts and oil into blender jug and secure lid. Dial to MILL. Process for 1 minute, or until mixture is almost smooth. Use wand to move ingredients and keep them circulating into blades.
4. Dial to BLEND. Process for a further 10–15 seconds or until smooth and creamy.
5. Transfer to a clean, airtight container or jar. Refrigerate for up to 2 weeks.

THAI RED CURRY PASTE

Prep Time: 10 min plus 15 min to soak
Serves 4

INGREDIENTS

20 dried long red chillies, seeds removed
4cm piece galangal, peeled, thinly sliced
2 lemongrass stems, white part only, trimmed, roughly chopped
12–14 coriander roots, scraped clean
10 fresh kaffir lime leaves, stems removed, thinly shredded
4 Asian or red shallots, roughly chopped
12 cloves garlic
2 teaspoons salt
1 teaspoon roasted shrimp paste (belacan)
5 tablespoons rice bran oil or vegetable oil

METHOD

1. Place chillies in a heatproof bowl. Cover with boiling water and soak for approximately 15 minutes or until softened. Drain.
2. Place soaked chillies and remaining ingredients into blender jug and secure lid. Dial to BLEND. Process for 1 minute, or until mixture is almost smooth. Use scraper to move ingredients and keep them circulating into blades.
3. Dial to BLEND. Process for a further 1 minute (again using scraper), or until mixture forms a paste.
4. Transfer curry paste to a clean, sterilised glass jar. Paste can be stored in refrigerator, with a little extra oil over the top, for 1 week or frozen for up to 1 month.

TIPS

- Roasted shrimp paste can be bought from the Asian aisle of your supermarket.
- If you can't get roasted shrimp paste use unroasted shrimp paste. Wrap the shrimp paste in a piece of aluminium foil. Cook in a preheated hot oven-grill for 1–2 minutes each side.

MOROCCAN SPICE BLEND

Prep Time: 5 minutes
Makes: 50g

INGREDIENTS

12 cardamom pods
4 tablespoons cumin seeds
2½ tablespoons coriander seeds
2 cinnamon sticks, halved
2 teaspoons fennel seeds
½ teaspoon whole black peppercorns
½ teaspoon whole allspice berries
2 teaspoons paprika
1 ½ teaspoons ground turmeric

METHOD

1. Lightly crush cardamom pods with the flat side of a knife to remove seeds. Discard pods and reserve the seeds.
2. Place cardamom seeds, cumin, coriander, cinnamon, fennel, peppercorns and allspice into blender jug and secure lid. Dial to MILL. Process for 1 minute or until finely ground. Transfer spice mixture to a bowl.
3. Add paprika and turmeric. Stir until combined. Transfer to a clean, dry airtight container. Store in a cool dry place for up to 3 months.

TIPS

- Sprinkle over your favourite lamb, beef, poultry or vegetables and then pan-fry, barbecue or roast.
- Add a little to casseroles, stews or soups.
- As a guide use 1 tablespoon spice blend to 500g meat, poultry or vegetables.

MOROCCAN CHICKEN SKEWERS

Prep Time: 10 minutes
Cooking Time: 15 minutes
Serves 4

INGREDIENTS

600g chicken tenderloins
2 tablespoons Moroccan spice blend
Salt and freshly ground pepper, to taste
12 x 16cm bamboo skewers
1½ tablespoon rice bran oil or vegetable oil
Greek natural yoghurt, to serve
Lemon wedges, to serve

METHOD

1. Place chicken in a bowl. Sprinkle over spice blend and toss to coat. Season with salt and pepper. Thread chicken onto skewers.
2. Heat oil in a large frying pan over medium high heat. Cook chicken, in batches, for 2 minutes each side or until browned and cooked through. Serve with yoghurt and lemon wedges.

BERRY, PEAR AND OAT MUFFINS

Prep Time: 15 minutes
Cooking Time: 20 minutes
Makes 12

INGREDIENTS

200g whole wheat grains
100g rolled oats
2 teaspoons baking powder
¼ teaspoon salt
110g firmly packed brown sugar
125ml orange juice
125g organic coconut oil, melted
1 egg
1 ripe pear, cut into 1.5cm pieces
225g frozen raspberries or blueberries

METHOD

1. Preheat oven to 180°C no fan (160°C with fan / Gas Mark 4). Line a 12 hole (125ml capacity) muffin pan with paper cases.
2. Place wheat grains into blender jug and secure lid. Dial to MILL. Process for 1 minute. Press PAUSE. Add oats and secure lid. Press PAUSE again to restart. Process for 1 minute. Transfer mixture to a bowl. Add baking powder, salt, and brown sugar. Stir until combined.
3. Place juice, coconut oil, and egg into blender jug and secure lid. Press PULSE. Allow to pulse three times or until just combined, then press PAUSE.
4. Add half the oat mixture and secure lid. Press PAUSE again to restart. Allow to pulse two times or until just moistened, then press PAUSE.
5. Add remaining oat mixture and secure lid. Press PAUSE again to restart. Allow to pulse 5 or 6 times or until just combined (note you will still see a few flour spots).
6. Transfer mixture to a large bowl. Gently fold in pear and berries until just combined. Divide mixture among prepared muffin cases. Bake for 20 minutes or until golden brown and a skewer inserted in the centre comes out clean.

TIP

- Wheat grains can be purchased from health food stores.

COCONUT SPELT BREAD

Prep Time: 15 minutes
Cooking Time: 60 minutes
Serves 8

INGREDIENTS

300g spelt grain
110g blanched almonds
4 teaspoons baking powder
2 teaspoons mixed spice
170g caster sugar
150g shredded coconut, plus 1 tablespoon extra
2 eggs
75g organic coconut oil, melted
300ml reduced fat milk, soy or almond milk
Butter, to serve

METHOD

1. Preheat oven to 180°C no fan (160°C with fan / Gas Mark 4). Grease and line base of a 21 x 10cm loaf pan.
2. Place spelt into blender jug and secure lid. Dial to MILL. Process for 1 minute or until finely ground. Transfer to a bowl.
3. Place almonds into blender jug and secure lid. Dial to MILL. Process for 1 minute or until ground. Add to spelt flour with the baking powder, mixed spice and sugar. Stir to combine.
4. Place eggs, coconut oil and milk into blender jug and secure lid. Press PULSE. Pulse for four times or until just combined. Press PAUSE.
5. Add spelt flour mixture and secure lid. Press PAUSE again to restart. Pulse for six or seven times or until just mixed. Transfer to a bowl. Stir in coconut. Spoon into prepared pan. Sprinkle with extra coconut.
6. Bake for 55–60 minutes or until golden brown and a skewer inserted in the centre comes out clean. Stand in pan for 5 minutes. Turn out and transfer to a wire rack to cool slightly.
7. Cut into thick slices and serve slightly warm spread with a little butter. Alternatively allow bread to cool completely then cut into slices and toast until golden.

PEACH & LIME CRUSH

Prep Time: 10 minutes
Serves 4

INGREDIENTS

4 fresh yellow peaches (900g), quartered, stones removed
10 ice cubes
2 limes (170g), peeled, halved, seeds removed
180ml white rum
55g raw caster sugar
Lime slices, to garnish

METHOD

1. Place peaches, ice cubes and limes into blender jug and secure lid. Press GREEN SMOOTHIE and process for 10 seconds. Press PAUSE, add rum and sugar and secure lid. Press PAUSE to restart the SMOOTHIE program and process until program finishes.
2. Pour into chilled glasses. Garnish with lime slices.

CITRUS & CRANBERRY VODKA SPRITZER

Prep Time: 10 minutes
Serves 4

INGREDIENTS

1 ruby red grapefruit (400g), peeled, quartered, seeds removed
2 oranges (400g), peeled, halved, seeds removed
250ml chilled cranberry fruit juice drink
90ml vodka
55g caster sugar
6 ice cubes

METHOD

1. Place ingredients into blender jug in the order listed and secure lid. Dial to BLEND. Process for 20–30 seconds or until combined.
2. Pour into chilled glasses. Serve.

SUGAR SYRUP

Prep Time: 5 minutes
Cooking Time: 10 minutes
Makes approx 375ml

INGREDIENTS

220g white sugar
250ml water

METHOD

1. Place sugar and water into a heavy base saucepan. Cook, stirring, over a very low heat until sugar has dissolved.
2. Bring to the boil then reduce heat and simmer mixture for 5 minutes.
3. Remove from heat and allow to cool completely. Store in an airtight container in the refrigerator.

MARGARITA

Prep Time: 5 minutes
Serves 4

INGREDIENTS

60ml tequila
60ml Cointreau or triple sec liqueur
80ml lime or lemon juice
60ml sugar syrup
12 ice cubes

METHOD

1. Place ingredients into blender jug in the order listed and secure lid.
2. Press ICE CRUSH. Process until well combined and ice is crushed. Serve in salt rimmed glasses.

CHOCOLATE HAZELNUT FREEZE

Prep Time: 5 minutes
Serves 4

INGREDIENTS

160ml double cream
220g chocolate hazelnut spread
1 frozen banana, halved
350g ice cubes

METHOD

1. Place ingredients in the blender jug container in the order listed and secure lid. Press FROZEN DESSERT. Process until smooth, using frozen dessert wand to press ingredients into blades.
2. Serve immediately or transfer to a freezer safe airtight container and freeze for up to 1 month.

LEMON SORBET

Prep Time: 5 minutes
Serves 4–6

INGREDIENTS

2 lemons (375g), peeled, quartered, seeds removed
1 teaspoon finely grated lemon rind
75g caster sugar
520g ice cubes

METHOD

1. Place ingredients into blender jug in the order listed and secure lid.
2. Press FROZEN DESSERT. Process until smooth, using frozen dessert wand to press ingredients into blades.
3. Serve immediately or transfer to a freezer safe airtight container and freeze for up to 1 month.

TIP

- Swap one of the lemons for a lime. Swap lemons for oranges and reduce sugar to 2 tablespoons (35g).

COCONUT, MANGO GELATO

Prep Time: 10 minutes
Serves 4

INGREDIENTS

1 lime, peeled, halved, seeds removed
125ml chilled coconut milk
150g sweetened condensed milk
600g frozen mango pieces
20g toasted shredded coconut (optional)

METHOD

1. Place ingredients in the blender jug container in the order listed and secure lid. Press FROZEN DESSERT. Process until smooth, using frozen dessert wand to press ingredients into blades.
2. Serve immediately or transfer to a freezer safe airtight container and freeze for up to 1 month.

WATERMELON AND MINT SORBET

Prep Time: 10 minutes
Serves 4

INGREDIENTS

250g chilled seedless watermelon, peeled, roughly chopped
300g frozen strawberries
2 small limes, peeled, halved, seeds removed
60g caster sugar
10g packed fresh mint leaves

METHOD

1. Place ingredients into blender jug in the order listed and secure lid.
2. Press FROZEN DESSERT. Process until smooth, using frozen dessert wand to press ingredients into blades.
3. Serve immediately or transfer to a freezer safe airtight container and freeze for up to 1 month.

BAKED BLUEBERRY AND LEMON CHEESECAKE

Prep: 20 minutes
Cook Time: 1 ½ hours
Serves 10

INGREDIENTS

250g packet plain sweet biscuits, halved
125g unsalted butter, melted
300ml carton sour cream
220g caster sugar
½ teaspoon vanilla extract
1 tablespoon finely grated lemon rind
4 eggs
750g cream cheese, at room temperature, cut into cubes
125g punnet fresh blueberries

METHOD

1. Preheat oven to 160°C no fan (Gas Mark 3). Line the base of a 23cm (base measurement) spring-form pan with non-stick baking paper.
2. Place biscuits into blender jug and secure lid. Press PULSE. Process until biscuits are finely crushed. Transfer to a bowl. Add melted butter and mix well. Use a straight-sided glass to spread and press the biscuit mixture firmly over the base and sides of pan, leaving 1cm at the top of the pan. Refrigerate 10 minutes.
3. Meanwhile place sour cream, sugar, vanilla and lemon rind, eggs into the blender jug and secure lid. Dial to PUREE. Process for 10 seconds or until just combined.
4. Press PAUSE. Add half of the cream cheese, secure lid. Press PAUSE to restart PUREE function. Process for 20 seconds or until mixture is smooth.
5. Press PAUSE. Add remaining cream cheese, secure lid. Press PAUSE to restart PUREE function. Process for 20 seconds or until mixture is smooth. Do not overmix.
6. Pour the cream cheese mixture into the base. Top with blueberries. Place the pan on a baking tray and bake for 1¼ – 1½ hours or until just set in the centre. Turn oven off. Leave the cheesecake in oven, with the door ajar, for 2 hours or until cooled completely (this will prevent cheesecake from cracking). Refrigerate until well chilled.

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BBL910UK Issue - D14