

Dualit®



M I N I C H O P P E R

I N S T R U C T I O N M A N U A L

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THE DUALIT MINI CHOPPER

Thank you for purchasing the Dualit mini chopper. With its sharp blades and 500ml capacity, it is neat and handy for chopping vegetables, making breadcrumbs, grinding nuts and grating cheese. It is also great for making curry pastes and sauces, blending mini-soups and mashing tasty root vegetables. This booklet contains a variety of recipe ideas. Try them, and of course, adapt and add your own favourite ingredients.

SAFETY PRECAUTIONS

**IMPORTANT
SAFEGUARDS
KEEP INSTRUCTIONS IN
A SAFE PLACE FOR
FURTHER REFERENCE.**

SAFETY PRECAUTIONS

Always follow these safety precautions when using this mini chopper to avoid personal injury or damage to the appliance. The blades are sharp, handle with care

- The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury to persons
- To reduce the risk of injury, never place cutting blade on base with out first putting bowl properly in place
- Never leave the mini chopper unattended when switched on. The blade is sharp, so supervision is necessary if the mini chopper is being used near children, or by anyone with a disability that might make it difficult to use
- This appliance is designed to operate with an AC power supply. Make sure that the network voltage corresponds to that shown on the chopper's rating plate on the base
- **Unplug the unit from outlet when not in use, before inserting or removing parts, and before cleaning.** To unplug, grasp plug and pull from electrical outer. Never pull the cord
- Do not let cord hang over edge of table or counter, or touch hot surfaces, including the stove
- Do not operate any appliance: with a damaged cord or plug, Do not operate the appliance if it malfunctions, has been dropped or damaged in any manner.

SAFETY PRECAUTIONS

- The use of attachments not recommended or sold by Dualit may cause fire, shock or injury
- Before using, check that there are no foreign objects, other than food inside chopper bowl
- Avoid touching moving parts. A scraper may be used; but only when the unit is not running
- Do not over fill the bowl as the ingredients need room to move around. Two thirds full is the maximum for soft and juicy ingredients. For dry ingredients, such as onion or breadcrumbs, half full is recommended
- To protect against risk of shock, do not submerge the motor unit, cord or plug in water or liquids
- The chopper works in seconds. Never process for long periods
- Do not process hot liquids.
- Do not operate the mini chopper without food contents in bowl
- Ensure the chopper bowl is securely locked in place before operating the appliance. Do not attempt to remove bowl lid until blades have come to a stop
- Keep hands and utensils out of chopper bowl while blending to reduce risk of severe injury to the user or the appliance
- Always operate with lid in place.
- This appliance must be supervised when in use, it is not suitable for use by children
- Do not use outdoors
- Do not attempt to force the bowl lid interlock mechanism, as serious injury may result
- This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug.

If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

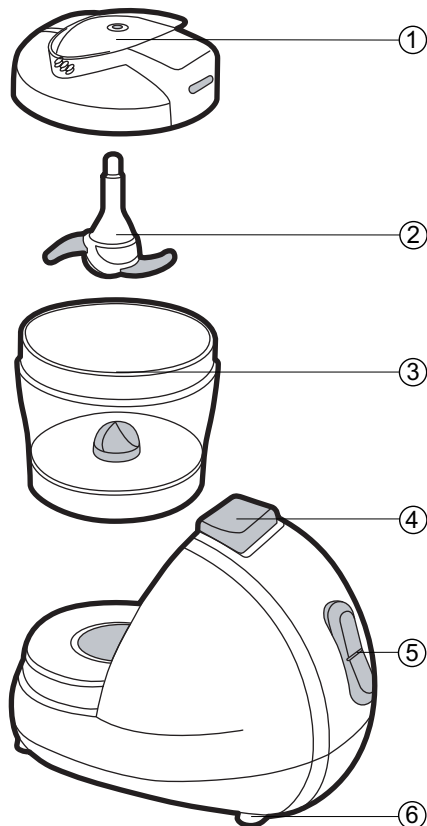
CAUTION: CHOPPER BLADES ARE VERY SHARP. HANDLE WITH CARE. NEVER TOUCH CUTTING EDGES OF CHOPPER BLADES. DOMESTIC USE ONLY.

SAVE THESE INSTRUCTIONS

PARTS & CONTROLS

- ① **Chopper bowl lid**
with drizzle holes
- ② **Blade assembly**
Stainless steel
- ③ **Chopper bowl**
0.5L capacity
- ④ **Bowl release switch**
- ⑤ **'ON' switch**
High and low pulse
- ⑥ **Sucker feet** reduce
countertop movement

PARTS & CONTROLS



USING YOUR MINI CHOPPER

GETTING STARTED

The following section will explain how to get the most out of your mini chopper. Please follow the instructions carefully.

- Wash chopper bowl, chopper lid and chopper blades with warm, soapy water. Rinse and dry thoroughly
- Put the blade attachment in first. It sits at the bottom of the bowl. Treat the blades with respect - they are sharp!
- Seal the chopper bowl by putting on the lid - from left to right. Engage the locking position first, on the left, with its three little plastic uprights, then push down on the right which has a small protruding ledge
- Once the lid is on, and only then, gently slide the bowl into position on the base, engaging it securely before switching on. Do not force

Note: Your mini chopper is equipped with a safety feature, where the blades will not operate unless the chopper lid and chopper bowl are correctly engaged.

- To release the bowl from the base, press the button on the side with the cable and pull the bowl away from the left
- **Never touch the cutting edges of the blade as they are very sharp!**
- Add food ingredients to the chopper bowl, distributing them evenly with a spatula

When chopping, pre-cut the larger parts of food into pieces of even size, approximately 1.0 to 1.5cm (half inch to $\frac{3}{4}$ inch)

- If working with hot ingredients, take care not to put your hands over the little holes in the lid. The steam needs to escape and can be hot

USING YOUR MINI CHOPPER

PULSE CONTROL

- Now plug in the unit, the mini chopper is ready for use
- There are two speeds on the rocker switch: one bar is for slow speed, and two bars for a faster speed which is suitable for softer ingredients. For runny and hard ingredients use the slower speed. Press the rocker switch with one hand, and hold the mini chopper with the other, especially when chopping solids, e.g. chocolate



Note: The Dualit mini chopper is equipped with a safety locking system to increase safety during operation. The mini chopper will not work if the chopper bowl, chopper blades and chopper bowl lid are not properly locked in place.

CHOPPING

The “Low” and “High” pulse buttons are used for chopping, pureeing and mixing foods.

- Ensure that the chopper bowl, blade and lid are in proper position
- This function is also excellent for chopping soft foods like herbs, celery, onions, garlic, sauces and preparing salad dressing
- Normally, 2 or 3 pulses are enough for chopping. Several pulse actions will help the food to drop to the bottom for a better chop
- Check the food frequently to prevent over processing
- Make sure that the chopping bowl, blade and bowl lid are in proper position.

See our recipes section starting on page 9 for ideas and inspiration.

GRINDING

The “Low” pulse button should also be used for grinding. Products such as coffee beans, dry fruits, seeds, hard cheeses and chocolate can be ground effortlessly in the chopper.

- Use short pulses for a longer period of time
- The grinding time for preparing seeds or ground coffee will always depend on personal taste but 20 to 40 seconds is normally enough.

DRIZZLE HOLES

You can add liquids holes into the bowl while the appliance is running.

This is useful when making dressings, mayonnaise or dips requiring oils or flavourings to be mixed in.

Note: Pour liquid into one side of the opening at a time. The other opening needs to be clear for air to escape. If all holes are blocked the liquid will not flow freely into the bowl.

USING YOUR MINI CHOPPER

TIPS FOR SUCCESS

- We recommend using one hand to hold the unit during operation.
- **Never use the mini chopper continuously for more than 1 minute at a time.** After 1 minute, unplug and let the unit rest for 5 minutes
- The bowl is made of a high quality Lexan. However it may become scratched when you use it for grinding dry fruits, beans, or some herbs. These scratches will not affect the performance or the hygiene of the bowl
- Before chopping nuts, herbs or breadcrumbs, ensure that the bowl, lid and blade are dry
- When processing food for babies or young children, always check the ingredients are thoroughly blended before feeding
- Secure the lid before attaching the bowl to the base
- Put the blade in first, before the food. Remove the blade before emptying out the food
- Do not over fill the bowl. Two thirds full is the recommended maximum for soft and juicy ingredients. For dry ingredients, such as onion or breadcrumbs, half full is recommended
- Always switch off the machine and remove the bowl before taking off the lid
- Allow hot ingredients to cool slightly before putting in the mini chopper bowl
- If the mix sticks to the sides of the bowl, stop the chopper from time to time, and scrape down the sides with a rubber spatula
- When drizzling oil in through the holes in the lid, do it slowly to prevent oil escaping down the sides of the bowl, which will make it slippery

SERVICING

CLEANING AND MAINTENANCE

- Always switch off and unplug before cleaning. Disassemble the chopper bowl from the main unit
- We recommend washing the chopper bowl, lid and blades immediately after each use with warm soapy water. Rinse all parts and dry.
- **Take care when washing blades as they are very sharp**
- Wipe the main unit with a damp cloth. Dry it immediately. Never immerse the main unit in water or other liquids
- Some foods may discolour the plastic. This is normal and will not harm the plastic or affect the flavour of your food.
- Rub with a cloth dipped in vegetable oil to remove discolouration on bowl

If treated with care, your mini chopper will last for years and years.

SERVICING

STORAGE

When the unit is not in use, leave it unplugged. Store in an appliance garage if available

Keep the chopper blades out of reach from children.

TROUBLESHOOTING

1. The motor does not start or blade does not rotate.

- a) Check that plug is securely inserted into the mains
- b) Check the bowl and lid are both securely locked in place

2. Food is unevenly chopped.

- a) Try using smaller evenly cut pieces and use less in the bowl

3. Food is chopped too fine or is watery.

- a) The food has been over chopped. Use short pulses for less time

TROUBLESHOOTING

4. Food gets stuck to the blade.

- a) The bowl may be overfilled. Use a spatula to remove from blades and re-distribute food in centre of the bowl and retry until sufficiently chopped
- b) The food may not be suitable for chopping

5. The bowl lid is not locking correctly.

- a) Make sure that the bowl lid and the lip on the bowl are correctly aligned, then push down to lock into the bowl release mechanism

US AFTER-SALES SERVICE

If your mini chopper fails within one year from date of purchase, we will repair or replace it free of charge provided:

- You have not misused, neglected or damaged it
- It has not been modified
- You supply your receipt to with date of purchase

The guarantee does not affect your statutory rights.

If over one year, contact recommended repair agents.

Further advice on using your Dualit mini chopper and other products in the Dualit range is available from:

Dualit Customer Careline on
UK: +44(0) 1293 652 500
Alternatively email your enquiry to
email: info@dualit.com or
visit: www.dualit.com

Dualit®



M I N I C H O P P E R

C O O K B O O K

DAILY USES FOR YOUR DUALIT MINI CHOPPER

Your Dualit mini chopper is a useful cooking aid and effortlessly takes care of many boring and messy chores.

You can produce those little extras in moments that can make plain food into something special.

- **Chop onions and garlic** finely by putting chunks into the chopper and whizzing - no smelly fingers!

- **Grate cheeses** in moments, ready for adding to sauces or sprinkling over baked dishes

Nothing is easier than grating hard Parmesan cheese finely in the mini chopper

150g (5oz) Parmesan cheese makes a useful quantity

Cut off any rind and grate a few chunks of cheese at a time, then store in a tightly sealed container and use straight from the freezer

- **Produce vegetable purées** – for both babies and sophisticated grown ups

Simply whiz up cooked ingredients

Puréed root vegetables make a change from serving chunks – add butter and/or milk, herbs, spices, salt and pepper

- **Make fresh breadcrumbs** in moments. White breadcrumbs produce the fluffiest crumbs, but use brown bread if you prefer

Cut the crusts from the bread (slightly stale is best) and cut into cubes

Half fill the mini chopper

Whiz to make the crumbs

Make in batches, tipping them out into a plastic bag to store in the freezer

- **Chop nuts.** With knife and board this is a slow process and can result in nut pieces all over the kitchen

The mini chopper makes this a simple and tidy process. Use nuts without their skins, and make sure they are fresh as stale nuts taste bitter

To intensify their flavour and crunchiness, toast them in a hot oven 180C/350F/M4 for about 10 minutes, watching carefully

Half fill the bowl and give short, sharp whizzes to grind the nuts to the desired fineness. If using for a recipe that includes flour, put some in with the nuts. This prevents them from becoming oily and chops them more evenly

Sprinkle over desserts and cakes, add to stuffings and to savoury toppings for vegetarian bakes

DAILY USES FOR YOUR DUALIT MINI CHOPPER

- **Make quick, creamy soups.**

The mini chopper is enormously helpful in making soups

First it chops the prepared vegetables; later it is used to make the soup smooth and creamy – you don't need cream to make a cream soup if you have a mini chopper!

Nourishing, healthy soups can be made from cooked parsnip and apples, tomatoes, carrots and onions, or soft squashes like pumpkin, butternut and courgettes

Use flavourings such as a dash of curry powder, fresh ginger, cumin, or sprigs of thyme to ring the changes

(See soup recipe, page 17)

- **Chop fresh herbs** – no mess.

Take a large fistful of soft herbs and whiz for a second on high speed, scrape down the sides of the bowl and whiz again for a second on slow speed

- **Knock up a smoothie.** A smoothie is a terrific and healthy pick-me-up at any time of the day, and fruit which is just past its best can be used

A smoothie is made in moments with your mini chopper. Most soft fruits are suitable, peeled and roughly cut into chunks and whizzed together

Stir into cereal for a nutritious breakfast

To make a smoothie drink, pour mixture into a glass and add milk, yogurt and/or fruit juice to the required consistency. (For a smoothie dessert see recipe, page 21)

- **Impress with a fresh, red fruit sauce for ice cream** and many desserts

Whiz up a punnet of fresh (NOT frozen) raspberries or strawberries with a tablespoon of icing sugar and a squeeze of lemon juice, until smooth

Taste, add more sugar or lemon juice if necessary, and whiz quickly again

If using raspberries, rub the sauce through a sieve with the back of a spoon to remove the tiny seeds

Serve within the day

VEGETARIAN DIPS AND CREAMS

TOFU DIP

A quickly prepared – and healthy – dip to serve with drinks or as a summer starter.

250g (9oz) plain, softish tofu

1 tsp Dijon style mustard

a small handful parsley

1- 2 tbsp chopped chives or other soft fresh herbs of your choice

salt and freshly ground pepper

a few drops olive oil

- Drain the tofu and cut into large cubes. Place in the mini chopper with the mustard, parsley and any soft herbs (except chives)
- Whiz at top speed to blend to a chunky cream, scrape down sides of the bowl from time to time

- If using chives, snip them with scissors and stir in. Add salt and pepper to taste
- Pile into a little bowl and trickle some olive oil over the top. Serve with celery sticks or rice crackers

HUMMUS STYLE DIP

This nutritious dip is made in minutes, from cupboard ingredients

a small tin or 120g (4oz) cooked chick peas

2-3 cloves of garlic

the juice of a lemon

extra virgin olive oil

hot water from the kettle

1 tbsp extra virgin olive oil

1 tsp paprika & salt

sprig of parsley

...HUMMUS STYLE DIP

- Using a sieve, wash the chickpeas in warm water, then pat dry with kitchen paper. Place in the mini chopper with the garlic and most of the lemon juice and whiz, using top speed
- Dribble in a little olive oil through the holes in the lid. Adding a tablespoon or two of hot water will prevent the mixture from separating. Add salt and pepper to taste, and more lemon juice if required
- Spoon into a pretty dish, dribble on little olive oil and sprinkle with paprika. Using scissors, snip the parsley over the top
- Serve with pitta bread, cos lettuce spears, tomato wedges and cucumber sticks

VEGETARIAN DIPS AND CREAMS

HOT BEAN CREAM (serves four to six)

An unusual side dish for traditional British roast lamb or pork.

a tin of cannellini or flageolet beans or 220g (8oz) cooked beans

2 tbsp olive oil

a medium onion

1 tbsp chopped rosemary leaves (optional)

salt and pepper

- Rinse the beans in a sieve in warm water and pat dry
- Chop the onion and rosemary leaves in the mini chopper. Heat olive oil in a pan and add the mixture and soften by cooking gently for 10 minutes

- Stir in the beans. Put the mixture in the mini chopper and whiz until smooth
- You may need to make this in two batches. Add plenty of salt and pepper to taste
- Re-heat the mixture gently in the pan and serve with traditional roasts

BREAD COATINGS

CRUNCHY CRUMBS (serves four)

Fish or chicken in golden crunchy crumbs. A coating of breadcrumbs keeps the flavour and juices in, and makes a crispy crust to bite on.

plenty of fresh breadcrumbs (see Daily uses for your Dualit mini chopper, page 10)

4 heaped tbsp plain white flour, seasoned with salt and pepper

an egg

a pinch of salt

4 chicken breasts or boned and skinned fillets of white fish

sunflower or groundnut oil for frying

- Spread out the breadcrumbs and flour (separately) on two dinner plates. Beat the egg with the salt and pour onto another plate

BREADCRUMB COATINGS

...CRUNCHY CRUMBS

- One by one, roll the chicken breasts or fish in the flour and then pat off as much as you can, leaving the finest layer
- Roll in the egg, and finally place in the bed of crumbs, rolling lightly, patting and pressing, so the pieces are well and evenly coated
- Heat the oil in frying pan, cook and gently sizzle on both sides, until they are cooked through, then drain on crumpled paper towel. The chicken breasts will take 10-12 minutes
- Fish requires about 8 minutes, and is ready when it flakes cleanly if prodded with a fork.

FILLET OF FISH WITH A HERB CRUST (serves four)

This gorgeous crust prevents the fish from drying out, and makes the meal more substantial.

60g (2½oz) fresh breadcrumbs
(see Daily uses for your Dualit mini chopper)

a tbsp tarragon or parsley leaves

45g (2oz) chilled butter

4 x 150g (5oz) turbot, halibut or brill fillets, skinned

flour for dusting (see Crunchy Crumbs recipe for method)

salt and pepper

- Place the crumbs, herbs and a knob of butter in the mini chopper and whiz until the mixture goes green. Add salt and pepper to taste

- Pat the fish dry with kitchen paper, dust with flour
- Fry the fish for 2-3 minutes each side in the oil and remaining butter. press herb topping over fish, one side only
- Place at the top of a hot oven, 220C/425F/M7, or under a preheated grill, until the crust starts to colour
- Serve straight away

BREADCRUMB COATINGS

ROAST RACK OF LAMB WITH A MUSTARD CRUST (serves four)

The fat covering is removed from the lamb, and replaced by a protective, tasty crust.

6–8 tbsp fresh breadcrumbs (see Daily uses for your Dualit mini chopper, page 10)

4 tbsp fresh herb leaves, such as mint, chives, parsley, thyme.

¼ tsp salt

1 tsp freshly ground black pepper

40g (1½oz) chilled unsalted butter

4 tsp mustard

2 x 7 cutlet racks (best ends) of lamb, ready to eat, with as much fat removed as possible

- Preheat the oven to 220C/425F/M7
- Place the crumbs, herbs, salt and pepper in the mini chopper and whiz to combine
- Add the butter and mustard and whiz again. Take out the paste and press a thinnish layer over the rounded, meaty side of the lamb
- Leave in a cool place for about 15 minutes
- Place meat, crust side up, in a roasting pan and cook in the oven for 25 minutes for slightly pink lamb
- Cover with foil and rest in a warm place for 15 minutes before serving

SAUCES

PESTO SAUCE (serves eight)

A wonderful sauce when trickled over grilled fish, beef steaks or goat's cheese croutes, or stirred into plain cooked pasta.

2 large handfuls basil leaves

2 cloves garlic

1 tsp salt

50g (2oz) grated Parmesan

3 tbsp pine nuts

125ml (4fl oz) extra virgin olive oil, plus some extra, not chilled

- Place all ingredients, except the olive oil, in the mini chopper. Whiz to combine. Add the oil slowly, pouring it through the drizzle holes, until you have a thick sauce, adding enough oil to achieve the right consistency. Store in the fridge until required

SAUCES

CREAMY SALAD DRESSING (makes about 270ml (½ pint))

This is made with a whole egg, giving a light, creamy sauce. Use as a basic dressing for potato salad, pasta salad, seafood salads etc.

a large fresh egg

dash of lemon juice or vinegar

1 tbsp French mustard

1- 2 cloves garlic (to soften flavour, poach in milk for 30 minutes)

300ml (½ pint) sunflower oil, or sunflower and olive oil mixed

salt and milled white pepper

- All the ingredients should be warm. Fill the bowl of the mini chopper with hot water and stand the container of mixed oils and the egg (still in its shell) in warm water

- When everything is warm, drain and dry the chopper bowl, and break the egg into it
- Add a little lemon juice or vinegar, mustard and garlic and whizz
- With the blade spinning, trickle in the oil slowly through the lid using the drizzle holes. Add more lemon juice or vinegar, also through the drizzle holes, as needed
- Add salt and pepper to taste
- Store in the fridge until required

VEGETABLES

ROOT MASH (serves two)

Mashed swede or parsnip, Elevate the humble root vegetable to something special to serve with roast meat or poultry.

450g (1 lb) swede or parsnip

a knob of butter

1-2 tbsp single or whipping cream (optional)

salt and freshly milled pepper

½ tsp powdered cinnamon (if you like it) for the swede

milk

- Peel the vegetable and cut into biggish cubes, then cover with cold water in a saucepan, add a little salt, bring to simmering point, and cook gently for 15-20 minutes, or until tender

VEGETABLES

...ROOT MASH

- They are ready when you can crush the vegetables easily with the back of a spoon. Tip into a colander to drain thoroughly, reserving a little of the water
- Place in the mini chopper, using the slower speed, and whiz until they become a chunky cream, adding salt and pepper to taste, and the butter and/or cream
- Add cinnamon to the swede. If the mash becomes too thick add a little of the cooking water
- Return to the saucepan, stir well with a wooden spoon to reheat
- Alternatively make in advance, pour a thin layer of milk over the top, cover and reheat in a microwave

ONION, POTATO AND PARSLEY SOUP (serves two)

These simple and inexpensive ingredients make a great soup. Serve in colourful mugs or bowls.

a good handful of parsley

a large onion

a large potato

30g (1oz) butter

430ml (¾ pint) light stock, made from a cube or powder

a bay leaf

a pinch of mace (optional)

140ml (¼ pint) milk (optional)

salt and ground white pepper

- Chop the parsley in the mini chopper. Scrape out and set aside – no need to clean the chopper bowl. Cut the onion into chunks, and whiz in the chopper
- Cut the potato into cubes with a knife. Melt the butter in a heavy based saucepan, add the potato and onion, cover with the lid and cook to soften very gently for 7-10 minutes, stirring from time to time to prevent browning
- Then add the stock, bay leaf and mace, bring to the boil and simmer for 20 minutes, with the lid slightly ajar. It is cooked when you can crush the vegetables easily with the back of a spoon
- Remove bay leaf and allow to cool slightly

VEGETABLES

...SOUP

- Spoon into the mini chopper, and whiz to a thick smooth cream
- Pour the soup back into the cleaned out saucepan
- Bring the milk to the boil (if using) and add, whisking well, to achieve the thickness you prefer
- Alternatively, hot water may be used to thin the soup.
- Add salt and pepper to taste, stir in the parsley and serve piping hot
- Serve with fresh warm bread and crouton

HOMEMADE CURRY

FRESH THAI GREEN CURRY PASTE

A curry paste made with fresh ingredients is a different taste experience from a ready made version.

2 stalks of lemon grass: use only the inner, soft part (about two inches from the root end)

3 medium hot green chillies, seeded and quartered

a large clove of garlic

a little finger of ginger, peeled

a shallot, peeled and quartered

a handful of coriander leaves

juice and grated zest of ½ lime

3 tbsp Thai fish sauce (nam pla)

¼ tsp freshly ground black pepper

- Place the ingredients in the mini chopper and whiz until slushy
- Store in the fridge, ready for making Thai Green Curry

THAI GREEN CURRY (serves four)

4 tbsp green curry paste

sunflower oil

400ml (14fl oz) vegetable stock

400ml tin (14fl oz) coconut milk

4 chicken breasts, cut into slivers or chunks

or 400g (14oz) prawns, or raw fish cut into chunks

250g (9oz) cooked, drained spinach leaves

a small bunch fresh coriander

HOMEMADE CURRY

...THAI GREEN CURRY

- In a large frying pan, sizzle the curry paste in a little oil, then add stock and coconut milk
- Add chicken, fish or prawns and simmer until cooked. The chicken breasts take much longer to cook than fish or prawns
- Add spinach leaves, stirring gently so they do not stick. Taste to see if you need more green curry paste
- The moment the spinach is hot, scatter coriander leaves over the surface
- Serve straight away with steaming bowls of basmati rice

SAVOURY AND SWEET BISCUITS

PARMESAN WAFERS (makes twelve)

Light as a feather, these little crisps could not be easier to make. They are delicious with drinks before a meal, or served with a Caesar salad

100g (4oz) Parmesan cheese

25g (1oz) mature Cheddar cheese

You will need two 5cm (2in) cookie cutters and a large baking tray lined with baking parchment

- Preheat oven to 180C/350F/M4
- Mix the two cheeses together, whizzing them in the mini chopper. (See Daily uses for your Dualit mini chopper, pages 10 & 11)

- Place the cookie cutters far apart on the baking tray. This allows for the mix to spread
- Scoop up a tablespoon of grated cheese, level it off and sprinkle into a cookie cutter, using a knife to tickle the cheese out evenly
- Repeat, moving the cutters as you go along, until the cheese mixture is used up
- Place in the oven and bake for 8 minutes. Cool on the tray
- Store in an airtight container, interleaved with paper towel

SAVOURY AND SWEET BISCUITS

CRANBERRY AND ALMOND BISCUITS (makes 30)

Makes approximately 30 small biscuits for serving with creamy or fruit desserts, or with after dinner coffee.

40g (1½oz) butter

120ml (4fl oz) double cream

110g (4oz) sugar

110g (4oz) blanched almonds

110g (4oz) dried cranberries

50g (2oz) plain flour

- Preheat oven to 180C/350F/M4
- In a small pan melt butter, cream and sugar together and bring to boil
- Remove from heat

- Place almonds in mini chopper with a couple of teaspoons of the flour and chop to a rough texture – not fine. Stir into cream mix
- Chop cranberries briefly in chopper to reduce their size
- Stir into cream mixture and then stir in remaining flour, thoroughly.
- Drop teaspoons of the mixture onto the prepared baking tray, leaving space between for them to spread. You may need to do a couple of batches
- Bake for 5 minutes in centre of oven
- Remove from oven and, with a knife, push the edges of the biscuits back into shape – they will have spread out unevenly
- Return to oven for a further 5-7 minutes, until well browned
- When cooked, leave for 10 minutes to firm up before removing from the tray
- Cool, and store in an airtight container

DESSERTS

MANGO & YOGHURT DESSERT

A healthy, sugar free dessert which can be whipped up in minutes.

a large, very ripe mango, peeled and stoned

4 tablespoons of Greek set yoghurt

Cubed papaya, or slices of kiwi fruit (optional)

- Place both ingredients in the mini chopper and whiz until you have a smooth cream
- Serve in pretty little bowls, topped with the fruit

Chocolate parfait (serves six to eight)

For an indulgent treat, this creamy, intensely chocolatey pudding is hard to beat. It can be frozen and served as a parfait, or chilled in the fridge for a softer texture.

180g (6oz) plain, best quality dark chocolate

275ml (½ pint) double cream

3 fresh egg yolks

110g (4oz) caster sugar

160ml (5½fl oz) water

Red soft fruits (optional)

- Break up the chocolate, place in the mini chopper and chop into small pieces
- Lightly whip the cream in a bowl from which it is easy to pour
- Put the sugar and water into a small pan to make a syrup. Bring to the boil and stir just enough to dissolve the sugar. Simmer for 2-3 minutes
- Remove from the heat and pour the syrup directly on to the chocolate, secure the lid and whiz until the chocolate is melted
- Add the egg yolks and whiz again until smooth. Pour this onto the cream, stir in well and pour into individual glasses or dishes before the mix sets
- Chill. If serving as a frozen dessert, remove from freezer in time to allow it to soften a little
- Serve with red fruits on top



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