PEACOCK

PALE HONEY

Fearne by Swan

400W

HAND MIXER

CARE & USE INSTRUCTIONS

Model: SP21050 (all colours)

FEATURING

TEN DELICIOUS FAVOURITES

Est.1931

We love what we do

2 year GUARANTEE

We're proud of our quality

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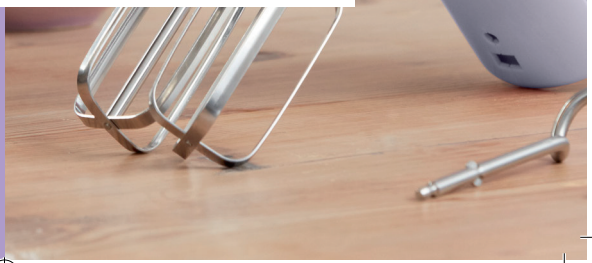
TRUFFLE

LILY



"Making your own cakes is a complete joy and guaranteed to taste so much better than a shop bought one.

Homemade cakes always have that little bit of extra magic about them."

"make something completely delicious"

Fearne

PEACOCK

PALE HONEY

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400W HAND MIXER
CARE & USE INSTRUCTIONS

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TRUFFLE

LILY

IMPORTANT SAFEGUARDS

When using your Fearne by Swan hand mixer especially when children are present, basic safety precautions should always be followed, including the following:

1. Read all instructions before using.
2. To protect against electrical shock, do not submerge the mixer or allow the AC cord or plug to come in contact with water or other liquids.
3. Unplug the appliance when not in use.
4. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
5. Do not use outdoors.
6. Do not let the cord hang over the edge of the table/counter or touch hot surfaces.
7. Always unplug the appliance before assembling, disassembling and cleaning the accessories.
8. Before plugging into a socket, check whether your voltage corresponds to the rating label of the appliance.
9. **Caution:** Only use the double wire beaters or double dough hooks at each operating! Don't use one wire beater and one dough hook at one time.
10. Replace the wire beater and dough hooks respectively if they show any signs of damage.
11. The attachments continue to rotate after being switched off. Wait until the attachments come go into a full stop before handling the appliance.
12. Never poke any kitchen utensils such as spoons, knives, etc. into the rotating dough hooks/wire beater and do not reach into the mixing bowl while they are running.
13. The appliance is constructed to process normal household quantities.
14. Never use an extension cord and be careful not to let the power cord come into contact with the rotating dough hooks and wire beaters respectively.

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15. Short-time operating. Don't use the hand held mixer longer than 5 minutes at one time.
16. Always disconnect the appliance from the supply if it's left unattended.
17. Please handle with care to avoid injury, never misuse the appliance.
18. Appliances 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.
19. This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.

WHAT'S IN THE BOX

1. Eject key
2. Speed switch (1-5)
3. Hand held mixer
4. Whisk
5. Dough hooks
6. Double beaters

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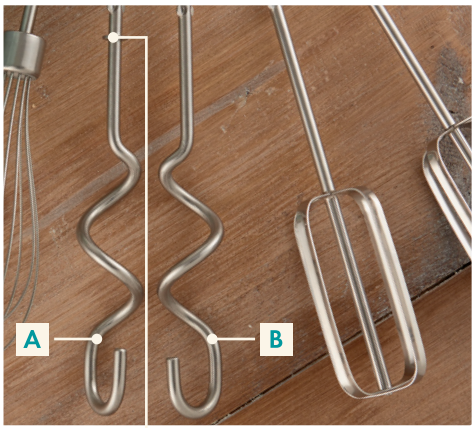
HOW TO USE THE DOUGH HOOKS

1. Insert hook (A) into the bigger hole at the bottom of the hand held mixer.
2. Then insert hook (B) into the smaller hole at the bottom of the hand held mixer. Be sure to make the hook (A) and (B) locked in place. (See figure below)



Caution:

3. Only hook (A) has a marking ring. Don't install the hooks wrongly!
4. It is suitable for kneading the dough, such as the dough for making dumpling, pastry.
5. To remove double hooks:
6. Firstly slide the speed switch back to "0". Secondly press "Eject key", and draw the double hooks out from the mixer at the same time.

HOW TO USE THE DOUBLE BEATERS

Insert the double beaters into the holes at the bottom of the hand held mixer. Make sure the double beaters are locked in place.

1. Beaters are suitable for beating egg white, cream, mayonnaise and gravies.
2. To remove the double beaters:
3. Firstly slide the speed switch back to "0". Secondly press "Eject key", and draw the double beaters out from the mixer at the same time.

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HOW TO USE THE WHISK

Insert whisk into large hole.

Caution:

1. It is suitable for beating egg white, cake batter
2. To remove press eject key.

HOW TO USE THE APPLIANCE

1. Assemble the dough hooks/beaters on the hand held mixer. Set speed to "0"
2. Plug in and select the speed (1-5) you want to start the appliance.
3. Add the food in the bowl.
4. After the working, slide the speed switch back to "0", the mixer stops running. Power off.
5. Take out the processed food from the bowl.

Caution:

Unplug the appliance from the mains socket before you attach or remove the double beaters or the double hooks.

PROCESSING GUIDE (5 MIN RUN TIME)

Attachment	Food	Max	Speed
Double hooks	Flour	1000g	1-5
	Water	600g	1-5
Double beaters	Egg White	8 pcs	4-5
Whisk	Egg White	8 pcs	4-5

CLEANING & MAINTENANCE

Clean the appliance with a damp cloth only. Do not immerse the motor unit in water.

1. Always unplug the appliance before cleaning.
2. After use, rinse the beaters or hooks right away.
3. When processing food with colour, the plastic parts of the appliance may become discoloured, wipe these parts with vegetable oil before placing them in the dishwasher.

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2 YEAR WARRANTY

This product is guaranteed for 2 years from the date of original purchase. If any defect arises due to faulty materials of workmanship the faulty products must be returned to the place of purchase. Refunds or replacement is at the discretion of the store.

The following conditions apply:

1. The product must be returned to the retailer with proof of purchase.
2. The product must be installed and used in accordance with the instructions contained in this instruction guide.
3. It must be used only for domestic purposes.
4. It does not cover wear and tear, damage, misuse or consumable parts.
5. Swan Products Ltd has limited liability for incidental or consequential loss or damage.
6. This guarantee is valid in the UK and Eire Only.

BS PLUG

The wires in the mains lead are coloured in accordance with the following code:

BLUE.....NEUTRAL
BROWN .....LIVE

As the colours of the wire in the mains lead of this appliance may not correspond with the colour markings identifying the terminals on your plug, proceed as follows:

The wire which is coloured BLUE must be connected to the terminal which is marked with the letter N or coloured black. The wire which is coloured BROWN must be connected to the terminal which is marked with the letter L or coloured red.

WARNING: DO NOT CONNECT ANY WIRE TO THE EARTH (E) TERMINAL

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TECHNICAL INFORMATION

Model: SP21050
220-240V ~50/60Hz 400W
Distributed by Swan Products Ltd,
PO Box 3117, Stoke-on-Trent,
ST4 9GD
© 2017 Swan Products Ltd
Made in China

SPARE PARTS

When ordering spare parts, please use the references below:

Part No:	Description:
SP21050N004	Whisk
SP21050N005	Dough hooks
SP21050N006	Double beaters

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"I get loads out of making food! The whole process brings me joy. From chopping, mixing, just that whole lovely cathartic process and then the best bit, eating it."

Fearne

TEN

DELICIOUS FAVOURITES

Simple & easy to make recipes to help get you started.

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MAKES 1 JAR OF 240g

CASHEW AND PECAN BUTTER

INGREDIENTS

150g raw unsalted cashew nuts
100g raw pecan nuts
Sea salt

PREP TIME: 10 MINS
PLUS COOLING TIME

METHOD

Preheat the oven to 180°C / 160°C fan / 350°F / gas mark 4.

Spread the nuts out on a baking tray and roast in the oven for 6-7 minutes, or until a shade darker and aromatic, taking care not to let them burn. Once roasted, remove the nuts and leave to cool completely.

Add the cooled nuts into the Fearne by Swan food processor and blitz until the nuts transform into a creamy smooth butter. Depending on the strength of your processor, this can take anything from 3 – 6 minutes, as the natural oils within the nuts slowly release, aiding the process. Add in a good pinch of salt to taste and blitz to combine.

Transfer to an airtight container.

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SERVES 4

BEETROOT DIP WITH CARROT AND RED PEPPER

INGREDIENTS

5 raw beetroot
3 tbsp Greek or soy yoghurt
2 tbsp tahini
Juice and zest of half a lemon
2 tbsp extra virgin olive oil, plus more to serve
1 tsp fresh thyme leaves
Sea salt and pepper
1 tbsp coriander leaves, to serve
Carrot and red pepper batons, to serve

PREP TIME: 15 MINS
COOKING TIME: 60 MINS

METHOD

Preheat the oven to 200°C / 180°C fan / gas mark 6.

Wrap the beetroot in foil and roast for 50 - 60 minutes until completely tender. Remove, peel off the skin and leave to cool completely.

Add the cooled beetroot to the Fearne by Swan food processor together with the yoghurt, tahini, lemon zest and juice, olive oil and thyme and blitz until smooth. Season to taste with salt and pepper. Thin with one tablespoon of water at a time until you reach your desired consistency.

Serve with the coriander leaves and olive oil drizzled over and the carrot and red pepper batons to dip into.

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SERVES 4

SWEET POTATO HUMMUS

INGREDIENTS

1 large sweet potato
1 x 400g tin chickpeas, drained and rinsed
2 garlic cloves, peeled
100g tahini
Zest and juice of half a lemon
3 tbsp extra virgin olive oil, plus extra to drizzle over
½ tsp ground cumin, plus extra to sprinkle over
½ tsp ground coriander
1 tsp sea salt
1 tbsp flat leaf parsley leaves, roughly chopped

PREP TIME: 15 MINS
COOKING TIME: 45 MINS

METHOD

Preheat the oven to 200°C / 180°C fan / gas mark 6.

Wrap the sweet potato in foil and roast for 40 – 50 minutes until completely tender. Remove, cut in half lengthways, scoop out the flesh and leave to cool completely. Discard the skin.

In the Fearne by Swan food processor blitz together the sweet potato flesh and the remaining ingredients, apart from the parsley, until completely smooth. Thin with one tablespoon of water at a time until you reach your desired consistency.

Taste and adjust the seasoning if necessary with a little more salt. Serve in a bowl with a little ground cumin and parsley scattered over and some olive oil drizzled on top.

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SERVES 4

LENTIL WINTER WARMER SOUP

INGREDIENTS

1 tbsp olive oil
2 onions, finely chopped
2 tsp ground cumin
4 garlic cloves, crushed
1 litre vegetable stock
2 potatoes, diced
1 carrot, peeled and diced
200g baby plum tomatoes
120g red lentils
Sea salt and pepper
1 tbsp extra virgin olive oil
1 tbsp flat leaf parsley, roughly chopped

PREP TIME: 10 MINS
COOKING TIME: 40 MINS

METHOD

Put the oil into a large pot set over a medium heat. Add in the onion and cumin and sauté for 5 minutes. Add in the garlic and sweat out for another 5 minutes until the onion is translucent. Season well with salt and pepper.

Add in the stock, potato, carrot, tomatoes and lentils and bring to a boil. Skim off any foam that rises to the surface. Reduce the heat and simmer for 30 - 35 minutes until the vegetables and lentils are cooked through. Taste and adjust the seasoning with salt and pepper if necessary. This will depend on the quantity of salt in the vegetable stock you used, so make sure to add a little at a time, tasting as you go.

Using the Fearne by Swan 3-in-1 stick blender, process the soup until completely smooth. Divide between bowls, drizzle over a little extra virgin olive oil and scatter with parsley.

Serve immediately with flaked almonds and a little sea salt.

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MAKES 16

CORN FRITTERS WITH HONEY YOGHURT

INGREDIENTS

120g white spelt flour
½ tsp baking powder
100ml milk
1 egg, lightly beaten
100g onion, very finely chopped
400g corn, drained and rinsed
15g parsley, finely chopped
20g mint, finely chopped
1.5 tsp ground cumin
Sea salt and pepper
Olive or vegetable oil to fry
250g Greek yoghurt
2 tbsp honey

PREP TIME: 15 MINS
COOKING TIME: 10 MINS

METHOD

Place the flour and baking powder in a large bowl, using either the Fearne by Swan hand mixer or stand mixer slowly whisk in the milk and beaten egg, until well combined with no lumps. Add in the onion, corn, parsley, half the chopped mint, ground cumin, 1 tsp sea salt and a few grindings of black pepper. Stir everything together to combine.

Place 1 tbsp of olive or vegetable oil in a large, non-stick frying pan and set over a medium-high heat. Once hot, add on 2 level tbsp's of batter for each fritter and flatten into little rounds. Fry in batches, without over crowding the pan, for about 3 minutes on each side, until they are golden brown and cooked through.

Combine together the yoghurt, honey and remaining mint and season with salt and pepper. Plate up a little stack of fritters (about 4 per person) and serve with the yoghurt on the side for dipping into.

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SERVES 8 - 10

SPELT AND SEED LOAF

INGREDIENTS

500g wholegrain spelt flour
1 tsp baking powder
1 tsp bicarbonate of soda
1 tsp sea salt
100g sunflower seeds
20g chia seeds
60g raisins
1 tbsp maple syrup
550ml tepid water

PREP TIME: 5 MINS
COOKING TIME: 60 MINS

METHOD

Preheat the oven to 200°C / 180°C fan / 400°F / gas mark 6. Lightly grease a 1kg loaf tin and line with baking parchment.

Add all the dry ingredients to the bowl of the Fearne by Swan stand mixer fitted with a dough hook, and mix everything together on a low speed. Add in the maple syrup and water and mix on a slightly higher speed until just combined.

Pour into the loaf tin and bake in the oven for 50 minutes, then carefully remove the loaf from its tin and continue to bake for a further 10 minutes.

Remove the loaf from the oven and leave to cool. Once cool cut into slices and enjoy with butter or coconut oil and jam.

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SERVES 8 - 10

NUT & SEED ENERGY BAR

INGREDIENTS

300g dark chocolate, min 70%
130g jumbo oats
130g raw cashew nuts
200g pitted dates
4 tbsp brown rice syrup
60g almond, cashew
or peanut butter
3 tbsp pumpkin seeds
3 tbsp sunflower seeds
2 tbsp linseeds
3 tbsp coconut oil, melted

EQUIPMENT

24cm x 16cm baking tray
or Tupperware box, lined
with cling film.

PREP TIME: 15 MINS
PLUS COOLING TIME

METHOD

Preheat the oven to 180°C / 160°C fan / 350°F / gas mark 4.

Roast the oats and cashew nuts for 8 – 10 minutes until a shade darker and aromatic. Remove and leave to cool completely.

Place the dates, brown rice syrup and almond butter into the Fearne by Swan food processor and process down to a paste.

Add in the oats, cashew nuts, seeds and melted coconut oil and pulse on and off until the nuts and seeds are roughly chopped and all the mixture has come together.

Transfer the mixture to the lined baking tray and flatten out with the back of a wet spoon until well compacted and smooth. Cover and refrigerate for 2 hours or until very well chilled.

When ready to serve, slice into bars. Store in an airtight container for up to a week.

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SERVES 8 - 10

BANANA BREAD

INGREDIENTS

120g coconut oil or unsalted butter, at room temperature
200g coconut palm sugar
2 eggs, beaten
4 very ripe bananas, peeled and mashed with a fork
2 tbsp rice milk
350g white or wholegrain spelt flour
½ tsp fine sea salt
1 tsp baking powder
1 tsp bicarbonate of soda
60g walnuts, roughly chopped

PREP TIME: 15 MINS
COOKING TIME: 70 MINS

METHOD

Preheat the oven to 180°C / 160°C fan / 350°F / gas mark 4. Grease a 20cm x 10cm loaf tin and line with baking parchment.

In the bowl of the Fearne by Swan stand mixer fitted with a paddle beater, cream together the coconut oil or butter and sugar until light and fluffy, then gradually beat in the eggs, mashed banana and milk until well combined.

In another bowl combine together the remaining ingredients. Gradually mix this in, until it has just come together.

Transfer the mixture to the lined loaf tin and bake for about 55-65 minutes, until a skewer comes out clean. If the top is browning too quickly, cover with tinfoil. Cool in the tin for 10 minutes, then turn out onto a wire rack to cool completely. Serve in slices as it is, or with a little butter.

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SERVES 12

CHOCOLATE AND ALMOND CAKE

INGREDIENTS

300g dark chocolate, min 70% cocoa solids
225g coconut oil or unsalted butter
100g pitted medjool dates
6 eggs
100g ground almonds
200g coconut palm sugar
1 tsp vanilla extract
¼ tsp sea salt, plus extra to serve
Cocoa powder to dust
2 tbsp flaked almonds

PREP TIME: 15 MINS
COOKING TIME: 45 MINS

METHOD

Preheat the oven to 160°C / 140°C fan / gas mark 3 and grease and line a 22cm round spring form tin.

Melt 250g of the chocolate and coconut oil or butter in a heatproof bowl over barely simmering water.

Meanwhile, add the medjool dates and 2 of the eggs to the Fearne by Swan food processor and blitz until the dates are very finely chopped, transfer to the bowl of the Fearne by Swan stand mixer with a whisk attachment.

Whisk in the remaining 4 eggs, ground almonds, coconut palm sugar, vanilla and salt. Increase the speed to high and whisk in the melted chocolate and coconut oil until everything has come together, resulting in a thick, shiny mixture.

Pour the mixture into the cake tin and bake for 35-45 minutes, or until the cake is set but with a little wobble in the centre. Cover with foil if the top is browning too quickly. Leave the cake to cool completely, then remove from the tin.

To serve, dust the cake with cocoa powder and sprinkle over the flaked almonds and a little sea salt.

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MAKES 8 - 10

BLUEBERRY SCONES

INGREDIENTS

350g white spelt flour, plus extra for rolling
½ tsp sea salt
1 tsp baking powder
1 tsp bicarbonate of soda
90g coconut oil
or unsalted butter
150g blueberries
50ml maple syrup
120ml rice milk
½ tsp apple cider vinegar
1 tsp vanilla extract
1 egg, beaten

TO SERVE

Salted butter or coconut oil
Jam or almond butter

EQUIPMENT

5cm plain or fluted pastry cutter

PREP TIME: 15 MINS

METHOD

Preheat the oven to 220˚C / 200˚C fan / gas mark 7 and line a baking tray with parchment paper.

In a bowl combine together the flour, salt, baking powder and bicarbonate of soda. Rub in the butter or coconut oil until it looks like breadcrumbs. Stir in the blueberries.

In a separate bowl combine together the maple syrup, rice milk, apple cider vinegar and vanilla extract. Add the dry and wet mixture to the Fearne by Swan stand mixer fitted with a dough hook and combine together quickly. Bring the dough together into a ball using your hands.

Turn the dough out onto a heavily floured work surface and roll or pat out (with floured hands) to a thickness of about 4cm. Dip the pastry cutter into flour and stamp out as many scones as possible. Gather up the remaining dough, roll out again and stamp out the remaining scones, you should have 8-10. Arrange on the baking tray, brush the tops with beaten egg and place in the centre of the oven, bake for 15 - 18 minutes until golden brown in colour and a skewer comes out clean. Cover with foil if browning too quickly.

Remove to a wire rack and leave to cool a little. Serve warm with your favourite jam, almond butter and some coconut oil or butter. Store in an airtight container and consume within 2 days.

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AFFIX

YOUR RECEIPT HERE

Affix your store receipt for safe keeping.

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We love what we do

2 year GUARANTEE

We're proud of our quality

NOTES

CE

The device complies with the European Directives 2014/35/EU, 2014/30/EU and 2009/125/EC.

At the end of its service life, this product may not be disposed of in the normal household waste, but rather must be disposed of at a collection point for recycling electrical and electronic devices. The materials are recyclable according to their labelling. You make an important contribution to protecting our environment by reusing, recycling or utilising old devices in other ways. Please ask the municipal administration where the appropriate disposal facility is located.

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