

PEACOCK

PALE  
HONEY

Fearne  
by Swan

2 SLICE

# TOASTER

## CARE & USE INSTRUCTIONS

Model: ST20010 (all colours)



FEATURING  
TEN DELICIOUS FAVOURITES



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TRUFFLE

LILY



“Breakfast is the most important meal of the day for me. If I didn’t eat it, I’d feel rotten and start the day off on the wrong foot.

Mornings can be very busy with a lot of rushing around so making things as organised and slick as possible is key.”

*“it also has the added benefit of looking gorgeous”*  
**Fearne**



PEACOCK

PALE  
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## 2 SLICE TOASTER CARE & USE INSTRUCTIONS

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TRUFFLE

LILY



## IMPORTANT SAFEGUARDS

When using your Fearnby by Swan 2 slice toaster 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 immerse the toaster in water or other liquids.
3. Unplug the toaster from the wall socket when not in use, before repositioning and before cleaning. Allow the toaster to cool down fully before cleaning and before storing away.
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. Before plugging into a socket, check whether your voltage corresponds to the rating label of the appliance.
8. Position the toaster upright on a firm, level, heat-resistant surface, near a power socket and out of reach of children.
9. Don't use it near or below curtains or other combustible materials and watch it, as bread if overcooked can catch fire.
10. The area round the toasting slot will get hot during use. Don't touch.
11. Don't let the toasting slot become covered during toasting, or while it's hot.
12. Don't toast buttered items or make toasted sandwiches in the toaster.
13. If bread gets jammed, unplug the toaster, let it cool, before carefully removing the bread. Don't use anything sharp you'll damage the elements.
14. Don't use torn, curled, or misshapen slices, you may jam the toaster.
15. Unplug after use, and let it cool down before cleaning and storing away.





16. Clean the crumb out of your toaster frequently, to avoid a build-up of crumb. This is unhygienic and could cause a fire hazard.
17. Don't use the toaster unless the crumb tray is closed.
18. Don't use the toaster for anything other than toasting bread products.
19. Don't use the toaster if it's damaged. If the mains lead is damaged, the toaster must be returned, in order to avoid hazard.
20. The appliances are not intended to be operated by means of an external timer or separate remote-control system.
21. Always disconnect the appliance from the supply if it's left unattended.
22. Please handle with care to avoid injury, never misuse the appliance.
23. 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.
24. 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. Bread carriage  | 5. Defrost button      | 7. Main toaster body |
| 2. Carriage handle | 6. Browning level knob | 8. Crumb tray        |
| 3. Cancel button   |                        |                      |
| 4. Reheat button   |                        |                      |





## HOW TO USE THE 2 SLICE TOASTER

Before first use remove all packaging.

### MAKING TOAST

1. Put the toaster upright on a firm, level, heat-resistant surface, clear of curtains and other combustible materials. Don't put it on or near anything that could be damaged even by moderate sources of heat.
2. Plug it into a power socket (if necessary, switch the socket on). The middle lights under the knob will light up.
3. Use the knob to adjust the browning level number. Higher the number darker the toast. (setting 3 is best for most uses)
4. Put the bread centrally into the toasting slot (maximum thickness 20mm)
5. Press the bread carriage handle fully down it won't lock down unless the toaster is connected to the electricity supply.
6. The light under the knob will come on and elements will heat up.
7. When it's done, the toast will pop up and the elements will turn off.

### DEFROST BUTTON

This feature takes the guesswork out of toasting frozen bread. Set the browning level to your favoured setting, put the frozen bread into the toasting slot, lower the bread carriage handle, and then press the button. The light by the button will come on. The toasting time will be adjusted automatically to give the same browning level you get with unfrozen bread.

### REHEAT BUTTON

Use the lowest setting, and only reheat plain, unbuttered toast.

### CANCEL BUTTON

To stop the toaster before the toasting cycle has finished, press the eject button, to pop the toast up, turn the elements off, and put the light out



## HINTS AND TIPS

If toasting two slices, they should be of similar size, thickness and freshness. Old bread contains less moisture, so makes crisper toast. Old or thin bread cooks faster than fresh or thick bread, so use a lower setting. Sweet bread products (tea cakes, fruit loaf, etc.) brown much more quickly than ordinary bread, so should be toasted on a lighter setting.

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## CLEANING & MAINTENANCE

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

1. Unplug the toaster and let it cool down fully.
2. Don't let anything enter the slot, as this might damage the element.
3. Don't use harsh or abrasive cleaning agents or solvents.

## CRUMBS

Remove crumbs frequently, they're unhygienic, and could cause a fire hazard. Unplug the toaster and let it cool down fully. Remove and empty the crumb tray. Wipe it with a damp cloth, dry it, then slide it back into the toaster. Don't use the toaster unless the crumb tray is in place and closed.

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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 or 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.





## 2 YEAR WARRANTY CONTINUED

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

GREEN/YELLOW ..... EARTH

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. The wire which is coloured GREEN/YELLOW must be connected to the terminal which is marked with the letter E or (earth symbol) and is coloured GREEN or GREEN/YELLOW.

**WARNING: THIS APPLIANCE MUST BE EARTHED**

### TECHNICAL INFORMATION

Model: ST20010

220-240V ~50/60Hz 820-980W

Distributed by Swan Products Ltd,

PO Box 3117, Stoke-on-Trent,

ST4 9GD

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Made in China



Fearne By Swan 09







"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."

*Fearnley*







## 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 Fearnby 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.





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.





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.





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 Fearnby 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.



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.







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.



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.





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.





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 Fearnby Swan food processor and blitz until the dates are very finely chopped, transfer to the bowl of the Fearnby 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.







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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what we do



We're proud  
of our quality

## NOTES



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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