



COMMERCIAL DESIGN GUARANTEED PERFORMANCE

## MULTI-FOOD GRINDER

Accessory for use with  
Planetary Mixmaster® Power Drive

### Instruction & Recipe Booklet

Please read these instructions carefully and retain for future reference



MX0600

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## Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

# Sunbeam's Safety Precautions

## SAFETY PRECAUTIONS FOR YOUR SUNBEAM MULTI-FOOD GRINDER.

- Always use extreme care when handling the blade and discs.
- Unplug from power outlet when not in use, before putting on or taking off attachments, and before cleaning.
- Only use the pusher that is supplied with this Multi-Food Grinder.
- Do not put your fingers or any utensil into the feeder chute.
- Do not contact moving parts at all times.

**Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:**

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.

- Do not put hot meat into the Multi-Food Grinder.
- All discs and attachments should be removed with care before cleaning.
- Only use the attachments and accessories provided and recommended by Sunbeam.
- Do not overload the Multi-Food Grinder.
- Do not operate for more than 1 minute at a time while mincing heavy loads. This does not apply to any of the recipes in this booklet.

- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

If you have any concerns regarding the performance and use of your appliance, please visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

# Features of your Multi-Food Grinder attachment

**Mincing screw**

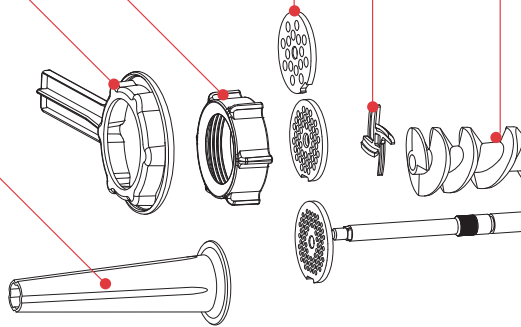
**Blade**

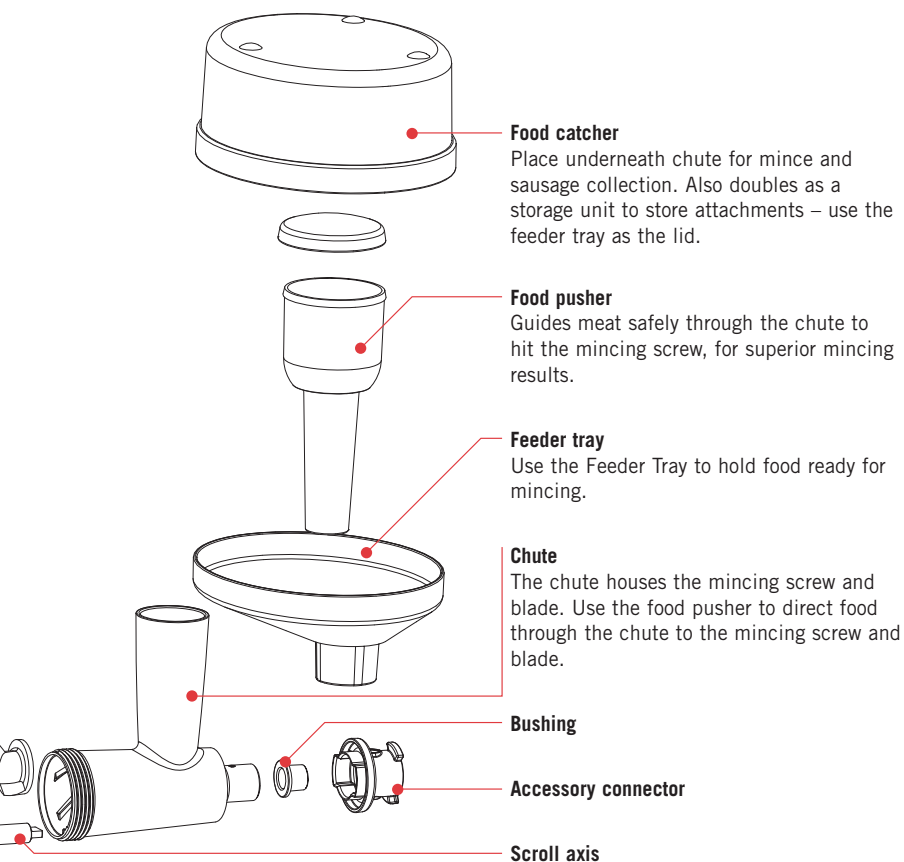
**Mincing discs**  
(Fine, Medium and Coarse)

**Fastening dial**  
Locks the mincing discs and sausage firmly into place. Use the spanner to ensure it is firmly screwed onto the chute.

**Spanner**

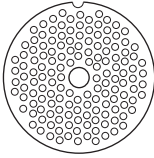
**Sausage attachment**



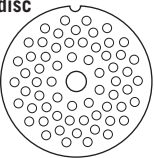


# Attachments for your Multi-Food Grinder

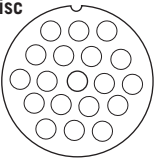
**Fine disc**



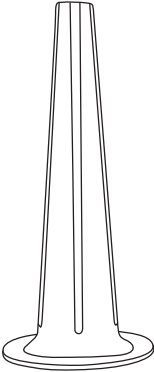
**Medium disc**



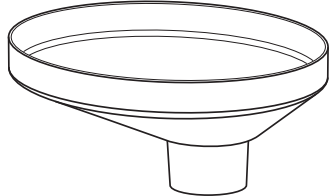
**Coarse disc**



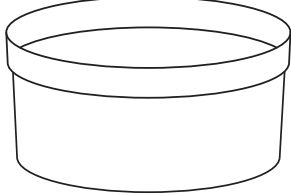
**Sausage making attachment  
(Thin nozzle)**



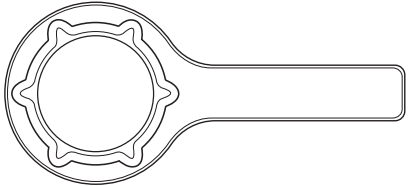
**Feeder tray**



**Food catcher**



**Spanner**



# Using your Multi-Food Grinder

## Before using your Multi-Food Grinder Attachment

Wash all attachments in warm soapy water using a mild detergent. Dry each part thoroughly before use.

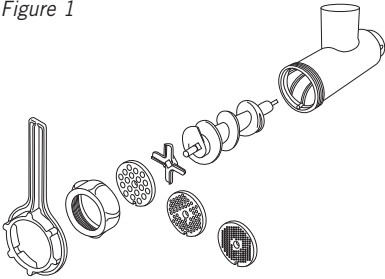
Before you assemble the Multi-Food Grinder attachment ensure that the power cord is unplugged.

**NOTE:** All attachments must be firmly in place before using the appliance. Ensure that the mincing screw and blade are firmly in place inside the Multi-Food Grinder body and the mincer discs are secured with the fastening dial.

## Fitting and using the mincing discs

1. Place the mincer body, facing you on a level, dry surface.
2. Fit the mincing screw inside the chute.
3. Fit the blade over the mincing screw ensuring that the flat/smooth side of the blade faces the mincing screw, away from the mincing disc.
4. Fit the disc (depending on the type of mince you require, this will either be a fine, medium or coarse disc).
5. The fastening dial then fits over the disc and screws into place. Do not tighten this fastening dial yet as it will be harder to lock into the mincer body. See Fig 1.

Figure 1



6. Align chute into the Multi-Food Grinder body, using arrows as a guide. Insert the grinder into the power drive. Turn the grinder in an anti-clockwise position and lock into place securely. The mixer head should be lowered and not in an upright position.
7. Once the Multi-Food Grinder attachment is in place, tighten the fastening dial using the spanner to ensure all elements are securely in place. See figure 2.
8. Place the food catcher underneath the fastening dial for mince collection and the feeder tray on top of the Multi-Food Grinder chute. See figure 2. Turn the speed dial clockwise to commencing grinding. Operate at speeds no greater than 7. Refer to the mixer manual for further operating instructions.

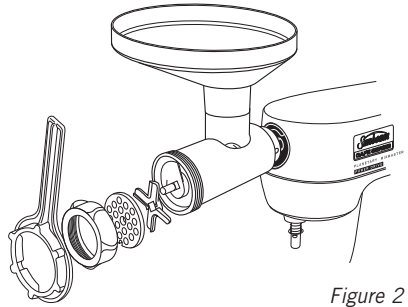


Figure 2

9. Place prepared meat in feeder tray. Plug the power cord into a 230-240V AC power outlet and turn the power 'ON'.

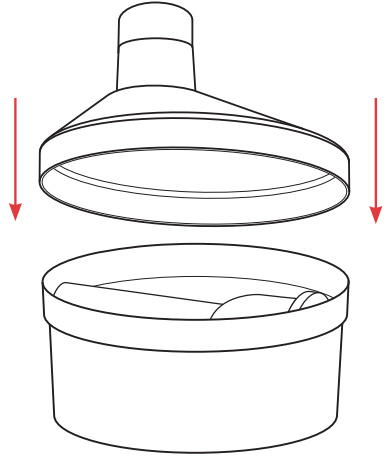
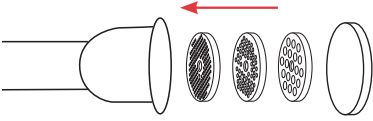
**NOTE:** Do not use excessive force to push meat through the mincing chute as it could damage the appliance.

**CAUTION:** Do not use anything else apart from the pusher supplied with this Multi-Food Grinder to push meat through the chute. NEVER use your hands/fingers to push meat through the chute.

# Storing your Multi-Food Grinder

The Sunbeam Multi-Food Grinder was designed so that all attachments can be stored in two unique storage components.

1. Attachments can be stored inside the food pusher as shown below:





# Handy Hints for Mincing

- Remove all large pieces of fat from meat before mincing.
- For fatty cuts of meat we recommend that you cut meat into 5cm cubes. For lean cuts of meat; cut into strips approximately 15cm long and 5cm thick or into cubes.
- Remove any bones from meat as this may damage the mincer.
- To make sure that all meat has come through mincing, place a 20cm sheet of crushed baking paper into the mincer after the last piece of meat. This will push through any remaining meat and will not damage the mincer.
- If changing mincing discs or changing to another attachment, always ensure that any meat that is around the fastening dial or blade is removed. This will ensure that all parts will reassemble and operate correctly.
- Minced meat should be used within 1-2 days. Freeze uncooked mince that will not be used within this time frame.
- Mince can be frozen for 2-3 months
- Thaw mince in refrigerator overnight, DO NOT refreeze uncooked meat.
- When cooking mince it needs to be cooked thoroughly. Mince that has been used for hamburgers or meat patties should be cooked until well done.

# Handy Hints for Sausage Making

- Salt is an important component of sausage making. It is responsible for the control of growth of micro-organisms. It also aids in dissolving the myosin (protein) out of the muscle fibres which then acts as a glue to bind the meat together.
- Freshly made sausages are better when allowed to sit in the refrigerator for a minimum of 12 hours and for up to 24 hours.
- Fresh sausages are highly perishable products as they do not contain the preservatives that are present in most store-bought sausages. They should be cooked within 2-3 days of being made or frozen.
- Ideally, sausages should contain up to 30% fat content to provide a tender and moist product.
- Sausages should be thoroughly cooked to kill all microbes. Internal temperatures must reach 70-75°C.
- Intentional piercing of sausage skin releases much needed moisture but prevents the sausage from possibly splitting and being disfigured.
- Thing to look for when making sausages:
  - *Choose good quality ingredients*
  - *Fat to meat ratio (30:70)*
  - *Spices and seasoning should be combined in amounts that compliment the type of meat in the sausage.*
- Casings can be purchased from the butcher that have supplied you with your fresh meat. If preserved in salt, it should be soaked in lukewarm water for up to 30 minutes before use. Flush skins with cold water to expel excess salt.
- Unused fresh casings must be drained, covered with salt and frozen.
- Sausages should be stored in an air tight container or sealed with cling film in the refrigerator.
- A good way to make sure that all the sausage mince has come through the mincer is to break up 1-2 slices of bread and push through mincer, this will force any remaining mixture into the casing.
- Gentle cooking over medium heat prevents interior from boiling which in turn bursts the skin, leaking out moisture and flavour. This then produces a hard textured product.

# Care and Cleaning

When you have completed mincing, unplug the Multi-Food Grinder from the power outlet.

Ensure that all accessories and attachments are washed thoroughly with hot, soapy water.

To remove meat that is stuck in the fine and medium discs, align the holes of the mincing disc with the cleaning disc. Push the cleaning disc into the mincing disc. As shown in figure 1.

Any meat stuck in the mincing disc will be pushed out. Any remaining meat that is still in the mincing disc should be washed off using a soft sponge and hot soapy water.

To remove foods from the coarse disc, rinse disc under cold, running water to force meat from holes. Any remaining meat stuck on the mincing disc should be washed off using a soft sponge and hot soapy water.

Ensure that all attachments and discs are dried thoroughly before storing. If discs are not dried, rust may occur on the discs.

**Tip:** To store mincing discs, we recommend rubbing a little vegetable oil on the outside of the discs.

**Warning:** Take care in washing all attachment components to ensure that there is no food particles left in/ around the mincing discs, sausage/ kebbe making attachments, blade and mincing screw. We do not recommend dishwashing any of the mincing attachments.

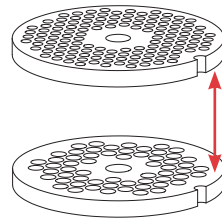


Figure 1

# Recipes

## **Bolognaise**

**Serves 6**

- 1kg topside steak, diced into 5cm cubes
- 2 tablespoons olive oil
- 1 medium onion, chopped finely
- 1 clove garlic, crushed
- 2 teaspoons dried basil
- 280g tomato paste
- 1 x 800g can peeled chopped tomatoes
- 2 cups water
- Salt and pepper

1. Assemble Multi-Food Grinder with the blade and medium disc.
2. Turn Multi-Food Grinder on and slowly add beef pieces into the chute using the food pusher. Reserve and set aside.
3. Heat oil in a large pan over medium high heat, add onion and garlic and cook 2-3 minutes or until onion has softened.
4. Add dried basil and mince; cook, stirring frequently, for 4-5 minutes or until mince is brown and crumbly.
5. Stir in tomato paste and cook for 1 minute; add chopped tomatoes and water and bring to the boil. Reduce heat to medium, cover and simmer 20 minutes or until mixture has reduced and thickened.

## **Quick Lasagne**

**Serves 8-10**

- 1 quantity bolognaise mixture
  - 375g large instant lasagne sheets
  - 500g blend grated mozzarella, cheddar and parmesan cheese
  - 350g fresh ricotta
1. Preheat oven to 200°C
  2. Lightly grease a 40cm x 22cm (approx) size deep baking dish. Spoon enough meat sauce on base to just cover. Place a layer of lasagne sheets to cover base.
  3. Spoon about one third of the remaining meat sauce over the lasagne sheets to cover well. Sprinkle about one third of the blended cheese only over the meat. Place another layer of lasagne sheets on top.
  4. Spoon another one third meat sauce over the lasagne sheets then spoon the fresh ricotta over the meat sauce. Top with more lasagne sheets. Repeat with the remaining meat sauce and another one third of the cheese. Top with the last layer of lasagne sheets and sprinkle with the remaining cheese.
  5. Loosely cover lasagne with aluminium foil and bake for 40 minutes. Remove foil and bake, uncovered, for a further 20 minutes or until the top is golden and the lasagne sheets are cooked. To test, place a small sharp knife through the lasagne, if soft the sheets are cooked.

## Recipes continued

### **Sang Choi Bow** Serves 4 as an entrée

*You will need approximately 400g of chicken breast for this recipe. Pork can be substituted in this recipe. We recommend using the medium disc.*

- 3 green onions
- 1 tablespoon peanut oil
- 1 clove garlic, crushed
- ½ teaspoon grated fresh ginger
- 6 fresh shiitake mushrooms, chopped finely
- 350g chicken mince
- 4 lettuce leaves, to serve
- 2 teaspoons sesame seeds, toasted

#### **Sauce**

- 1 tablespoon shao hsing wine
  - 1 tablespoon light soy sauce
  - 1 tablespoon oyster sauce
  - 1 tablespoon hoisin sauce
  - 1 teaspoon sesame oil
  - 1 teaspoon white sugar
1. Assemble Multi-Food Grinder with the blade and medium disc.
  2. Turn Multi-Food Grinder on and slowly add chicken pieces into the chute using the food pusher. Reserve and set aside.
  3. Separate white and greens parts of onions. Finely chop the white parts and thinly slice the green. Keep separate and set aside.
  4. Heat oil in a wok over high heat, add garlic, ginger, mushrooms and white parts of green onions and cook stirring frequently for 1 minute.
  5. Add chicken mince and cook 3-4 minutes or until golden and crumbly.
  6. Combine sauce ingredients in a separate bowl, mix well. Pour into chicken mince and stir-fry 3 minutes or until chicken mince is cooked and sauce has thickened. Stir through green parts of green onions.

7. Spoon into lettuce cups, sprinkle with sesame seeds and serve immediately.

**Tip:** Shao Hsing wine, oyster sauce, hoisin sauce and sesame oil are all available in Asian supermarkets.

### **Red Curry Paste** Makes approx 1 cup

- 2 teaspoons shrimp paste
- 16 – 20 dried long red chillies
- 2 teaspoons salt
- 2 tablespoons chopped galangal
- 4 tablespoons chopped lemongrass
- 6 kaffir lime leaves, stems removed and sliced thinly
- 2 teaspoons scraped and chopped coriander root
- ¼ cup chopped red shallots
- ⅓ cup chopped fresh garlic

1. Preheat a grill on High. Wrap shrimp paste in aluminium foil and place onto a baking tray. Grill 1-2 minutes and turn over and repeat. Alternatively place onto a hot barbeque hot plate and cook 1-2 minutes each side. Remove and set aside to cool.
2. Remove stalks and seeds from chillies; place in a bowl. Pour over boiling water to cover and soak for 20 minutes or until softened. Drain chillies and roughly chop. Place chillies into a bowl with remaining ingredients; mix well.
3. Assemble Multi-Food Grinder with the blade and fine disc.
4. Turn Multi-Food Grinder on and slowly add paste ingredients into the chute using the food pusher. Repeat once or twice more depending on the fineness of paste you require.
5. Store paste in an airtight container for up to 3 days. Alternatively, freeze for up to 6 months.

## Recipes continued

### Thai Chicken Red Curry

Serves 4

- 1 tablespoon vegetable oil
  - 1 onion, cut into thin wedges
  - 1 portion home made red curry paste
  - 1 x 400ml can coconut milk
  - 2 teaspoons sugar
  - 1 tablespoon fish sauce
  - 750g chicken breast fillet, sliced thinly
  - 1 red capsicum, deseeded and sliced
  - 230g can bamboo shoots, drained
  - 100g sugar snap peas
  - Coriander leaves, to serve
1. Heat oil in a wok over high heat, add onion and cook 1-2 minutes, stirring frequently or until softened.
  2. Add red curry paste and cook 1 minute. Reduce heat to medium and stir in coconut milk, sugar and fish sauce.
  3. Add chicken and capsicum and simmer for about 3 minutes or until chicken is just cooked. Stir through bamboo shoots and sugar snap peas and simmer a further 1-2 minutes.
  4. Serve hot with steamed jasmine rice and fresh coriander leaves.

**Tip:** If using store bought curry paste use 2-3 tablespoons to taste.

### Matt's Meatballs

Serves 6-8

- 1.3kg lean beef
  - $\frac{2}{3}$  cup packaged breadcrumbs
  - 3 eggs
  - 2 tablespoons Worcestershire sauce
  - 2 teaspoons dried sweet basil
  - 1 teaspoon dried oregano
  - 2 cloves garlic, crushed
  - salt and pepper
  - 2 tablespoons olive oil
- Sauce**
- 1 onion, sliced
  - 2 cloves garlic, crushed
  - 2 tablespoons tomato paste
  - 1 green capsicum, sliced
  - 1 red capsicum, sliced
  - 1 litre bottled tomato sauce
1. Assemble Multi-Food Grinder with the blade and fine disc.
  2. Turn the mixer on and increase speed progressively and slowly add beef pieces into the chute using the food pusher.
  3. Combine meatball ingredients; roll into balls slightly smaller than golf balls.
  4. Heat half of the oil in a frying pan over a medium heat. Cook meatballs, in batches, until browned all over. Remove from pan.
  5. Heat remaining oil in frying pan; cook onions and garlic, stirring, until the onions are translucent. Add tomato paste and cook for about 1-2 minutes or until fragrant. Add capsicums; cook, stirring occasionally, until tender. Add sauce and cook for 10 minutes. Reduce heat; add meatballs and cook, covered, for a further 10 minutes or until the meatballs are cooked through.
  6. Serve in long crusty bread rolls as a sub sandwich or with pasta.



COMMERCIAL DESIGN GUARANTEED PERFORMANCE

# 12 Month Warranty

This Sunbeam product is covered by a 12 month replacement or repair warranty, which is in addition to your rights under the Australian Consumer Law (if your product was purchased in Australia) or New Zealand Consumer Guarantees Act (if your product was purchased in New Zealand).

Should you experience any difficulties with your product during the warranty period, please contact our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

Alternatively, you can send a written claim to Sunbeam to:

## Australia

Units 5 & 6, 13 Lord Street  
Botany NSW 2019 Australia

## New Zealand

Level 6, Building 5, Central Park  
660-670 Great South Road  
Greenlane, Auckland

Upon receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the product is defective, advise you on how to obtain a replacement or refund.

To assist us in managing warranty claims, we recommend you register your product as soon as practicable after purchase by creating a MySunbeam account on our website and send a copy of your original receipt to Sunbeam.

In order to make a claim under our warranty, you must have the original proof of purchase documentation for the product and present it when requested.

Should your product develop any defect within 12 months of purchase because of faulty materials or workmanship, we will replace or repair it, at our discretion, free of charge. A product presented for repair may be replaced by a refurbished product of the same type rather than being repaired. Refurbished parts may be used to repair the product.

Our replacement or repair warranty only applies where a defect arises as a result of faulty material or workmanship during the warranty period. Your warranty does not cover misuse or negligent handling (including damage caused by failing to use the product in accordance with this instruction booklet), accidental damage, or normal wear and tear.

Your warranty does not:

- cover freight or any other costs incurred in making a claim, consumable items, accessories that by their nature and limited lifespan require periodic renewal (such as filters and seals) or any consequential loss or damage; or
- cover damage caused by:
  - power surges, power dips, voltage supply problems, or use of the product on incorrect voltage;
  - servicing or modification of the product other than by Sunbeam or an authorised Sunbeam service centre;
  - use of the product with other accessories, attachments, product supplies, parts or devices that do not conform to Sunbeam specifications; or
  - exposure of the product to abnormally corrosive conditions; or
- extend beyond 3 months if the product is used in commercial, industrial, educational or rental applications.

**The benefits given to you by our warranty are in addition to other rights and remedies under law in relation to the product.**

**In Australia our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.**

**Our goods also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.**

If your warranty claim is not accepted, we will inform you and if requested to do so by you, repair the product provided you pay the usual charges for such repair. You will also be responsible for all freight and other costs.

Should your product require repair or service after the warranty period, contact your nearest Sunbeam service centre. For a complete list of Sunbeam's service centres, visit our website or call our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.



COMMERCIAL DESIGN GUARANTEED PERFORMANCE

## Need help with your appliance?

Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

### In Australia

Visit [www.sunbeam.com.au](http://www.sunbeam.com.au)  
Or call 1300 881 861

### In New Zealand

Visit [www.sunbeam.co.nz](http://www.sunbeam.co.nz)  
Or call 0800 786 232

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Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet.

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New Zealand

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