the Bakery Boss

Food Science & Recipes

Foreword by Heston Blumenthal

Heston Blumenthal is world renowned for his Michelin starred The Fat Duck restaurant, and pioneering multi-sensory dining. As a self-taught chef, his creativity and passion for science have led to him to become one of the world's leading culinary masters.

His ethos is to question everything and he is known for pushing the boundaries of traditional cooking and pioneering new culinary techniques. His award-winning restaurants celebrate not only his multi-sensory approach to the dining experience, but also his relentless research into nostalgia and historic British gastronomy.

His drive to bring new technology, science and greater understanding into his cooking have led to his work with many universities and becoming a Fellow of The Royal Academy of Culinary Arts and The Royal Society of Chemistry. He has also been named by the RSC as one of the 175 Faces of Science. Alongside his restaurants, Heston has numerous successful TV shows and cookbooks. He was also awarded an OBE (Order of the British Empire) for services to British Gastronomy.

One of the keys to a great cake is texture. Often what you're going for is something light and airy, and for this you need lots of air in the mixture.

How to get that airiness?

The secret's in the mixing.

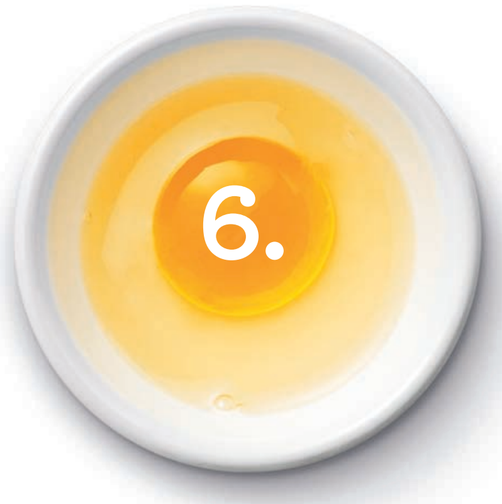
With traditional mixers, all too often the batter ends up sticking to the sides of the bowl, leaving lumps instead of a smooth consistency. To combat this, the Sage Bakery Boss™ comes with a scraper mixer that wipes the sides and bottom of the bowl with every turn. So it mixes faster and more efficiently, incorporating plenty of air into the batter to give you just the light, springy texture you're looking for.

Your Sage Bakery Boss™ is a great piece of kit for creativity, and no doubt you can't wait to get in the kitchen and try it out. The accompanying book will help you do just that: it's full of essential info about the 5 core ingredients of baking, plus a bunch of delicious recipes for you to play around with.

Well, what are you waiting for? Show the Sage Bakery Boss™ who's boss – and get baking!

Heston

Now lets mix up some magic.



Eggs

The Fresh Egg Test
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Chocolate Chip Ice Cream Sandwiches
Salted Caramel Ice Cream

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Pizza Dough

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Pavlova
Lemon Shortbread
Coconut Marshmallows

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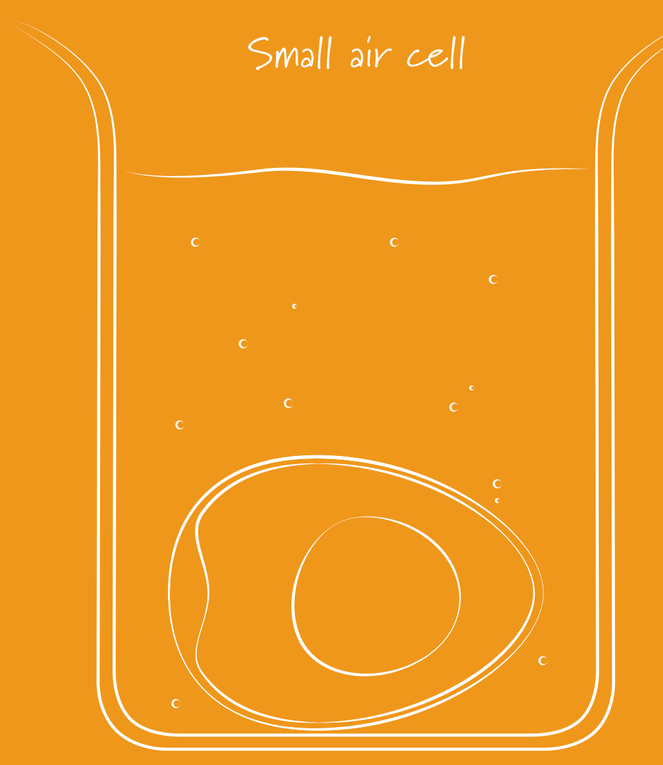
Carrot Cake with Cream Cheese Frosting
Caramel Chip Peanut Butter Cookies
Quick Bread

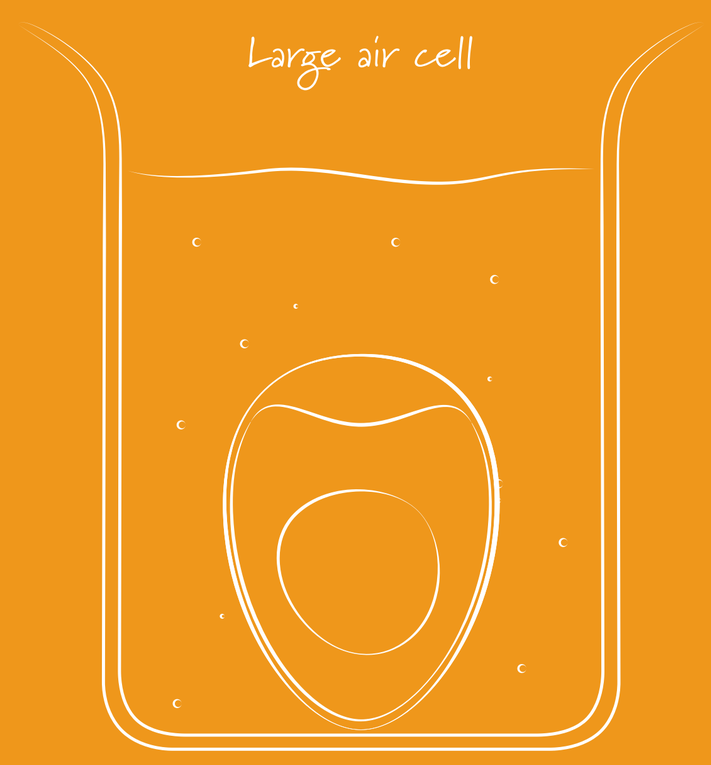
Butter

The Cream of the Crop
Raspberry Cupcakes
Passionfruit Yo Yos'
Citrus Tart
Chocolate Molten Cake
Chocolate Brownie Cheesecake

The Fresh Egg Test.



Fresh eggs lay on their side
and are best for baking



Older eggs float on their end
and are best saved for scrambled eggs

Eggs can affect a recipe in a range of ways, depending on how they are treated. What other ingredient could emulsify, aerate, bind, leaven, thicken, and set mixtures? No ingredient is so versatile, in fact to find an alternative, you would have to turn to a range of ingredients like potato starch flour to bind, baking soda to leaven, agar to thicken, and soy milk to glaze.

When egg whites are whipped, the structure of the protein unfolds and they orientate around the small pockets of air to create a uniform foam structure. Fats, including the fats in the yolk, will prevent the white from reaching its full volume, so it's important to separate without breaking the yolk. The whisk and the bowl also need to be free from moisture or residual fats, and plastic bowls should be avoided.

As the foam is approaching readiness, it will start to look shiny. Stop and check if stiff peaks have formed. Watch the foam closely, as it will collapse if over-whipped, and it can't be reversed.

Sage TIP

Before using an egg for baking, it's a good idea to check if it's fresh. As eggs age, the size of the air cell grows. Put the raw egg into a bowl of cold water deep enough to completely cover it. If it rolls around on the bottom, it's fresh and good for baking. If it stands up on its point, it's older and is best saved for scrambled eggs for breakfast. If it rises to the surface, it is too old to use.

The Bakery Boss™ comes with a whisk that is essential for giving egg whites the desired 'stiff peak' structure. Begin by using the *KNEADING* setting to start mixing and then slowly work your way up to the *WHISKING* setting. The glass bowl makes it easy to see the consistency of the peaks. Just be careful not to over-beat as beautifully stiffed peaks and turn grainy and dull.

Ricotta Pancakes

Prep 15 minutes / Cook 15 minutes

Serves 8–10

3 eggs, separated
2 tablespoons caster sugar
200g fresh ricotta
½ cup (125ml) milk
¾ cup (110g) self raising flour
1½ teaspoons baking powder
Unsalted butter for greasing
Fresh berries, to serve
Maple syrup, to serve

Method

1. *Assemble mixer using the whisk attachment. Add egg whites to mixer bowl. Turn the mixer to AERATE/WHIP setting and whisk egg whites until soft peaks form. Add sugar and whisk for 1 minute. Transfer egg white mixture to another bowl.*
2. *Place egg yolks, ricotta and milk into bowl of mixer. Still using the whisk attachment, turn the mixer to CREAMING/BEATING setting and mix until combined. Reduce speed to FOLDING/KNEADING and add sifted flour and baking powder and mix until just combined. Return egg white mixture back into mixer bowl and mix on FOLDING/KNEADING setting until just combined.*
3. *Heat a heavy base frying pan or griddle over a low to moderate heat. Lightly grease with butter.*
4. *Spoon about ⅓ cup of the mixture into pan and cook until golden brown on both sides.*
5. *Serve with fresh blueberries and maple syrup.*

Tip

For berry pancakes pour mixture into pan; top with several fresh berries before flipping over and cooking other side.

Mocha Mousse Cake

Prep 30 minutes / Cook 5 minutes

Makes 12

350g dark chocolate, chopped
130g butter, chopped
1 tablespoon honey
200g digestive biscuits
4 eggs, separated, at room temperature
300ml thickened cream
30ml strong espresso coffee, chilled
Cocoa powder, to dust
Choc curls, to serve

Method

1. *Line the base and sides of a 22cm (base measurement) springform pan with baking paper.*
2. *Place 50g of the chocolate, 100g butter and honey in a heatproof bowl over a saucepan half filled with simmering water (making sure the bowl doesn't touch the water). Stir with a metal spoon until melted and smooth. Remove from heat.*
3. *Place biscuits into a food processor or blender and process until finely crushed. Add to chocolate mixture and stir to combine. Spread over the base of prepared pan. Place in fridge for 30 minutes to set.*
4. *Meanwhile place remaining dark chocolate and butter in a large heatproof bowl over a saucepan of simmering water (making sure the bowl doesn't touch the water). Stir with a metal spoon until melted and smooth. Remove bowl and set aside for 5 minutes to cool slightly. Stir in egg yolks until combined.*
5. *Assemble mixer with the whisk; add egg whites to mixer bowl. Slowly turn mixer to AERATE/WHIP setting and beat egg whites until firm peaks form.*
6. *Assemble mixer with the scraper whisk and the small mixer bowl. Place cream and coffee into bowl and attach the pouring cover. Slowly turn mixer to CREAMING/BEATING setting and beat for 1–2 minutes or until just thickened and very soft peaks form.*
7. *Add half the cream mixture to the chocolate mixture and stir until combined. Gently fold through half of the egg whites and mix until it is combined. Repeat with the remaining cream mixture and egg whites. Spoon mixture over biscuit base. Smooth surface. Cover with plastic food wrap. Refrigerate for at least 8 hours or overnight, until set.*
8. *Just before serving release cake from the springform pan and peel away baking paper. Place cake onto a serving plate. Dust with cocoa powder, top with choc curls.*

Free-Form Apple, Rhubarb & Crumble Tart

Prep 30 minutes / Cook 30 minutes

Serves 6–8

Sweet shortcrust pastry

1¼ cups (185g) plain flour
⅓ cup (55g) icing sugar
¼ cup (30g) almond meal
125g butter
1 egg yolk
1–2 teaspoons cold water

Crumble

¼ cup (55g) brown sugar
¼ cup (40g) blanched almonds
½ teaspoon cinnamon
⅓ cup (30g) rolled oats
50g cold butter, cubed

Filling

3–5 stalks (180g) rhubarb, sliced
2 tablespoons white sugar
2 granny smith apples, peeled, sliced
1 egg white, lightly beaten
2 tablespoons Demerara sugar, to sprinkle

Method

1. Preheat oven to 200°C.
2. Assemble the mixer with the scraper paddle. Add flour, sugar and almond meal and butter into mixer bowl. Slowly turn mixer to FOLDING/KNEADING setting and mix until it resembles sand like texture; add egg yolk and water (if needed) and mix until pastry combines.
3. Remove pastry from bowl onto a clean surface and shape into a flat disc. Cover pastry with plastic wrap and refrigerate for 30–40 minutes.
4. Meanwhile process sugar, almonds, cinnamon, oats and butter in a food processor. And pulse mixture until roughly combined. Set mixture aside.
5. Toss rhubarb in white sugar set aside.
6. Roll pastry out to a 35cm circle between two sheets of baking paper. Remove top sheet of paper and slide pastry onto a baking tray. Place half of the crumble into middle of circle. Top with apples then rhubarb. Sprinkle with remaining crumble. Bring edges up around filling leaving top open. Brush pasty lightly with egg white and sprinkle with raw sugar.
7. Bake in oven for 30–45 minutes or until golden.
8. Serve warm with custard or ice cream.

Chocolate Chip Ice Cream Sandwiches

Prep 40 minutes / Cook 10–12 minutes

Makes 16

Quick mix vanilla ice cream

1 cup (250ml) pouring cream
1¼ cups (310ml) whole milk
¾ cup (185ml) sweetened condensed milk
1 teaspoon vanilla extract

Cookies

160g unsalted butter, softened
¾ cup (150g) caster sugar
¾ cup (150g) firmly packed soft brown sugar
1 teaspoon vanilla extract
2 eggs
2 cups (300g) self raising flour
150g dark chocolate, finely chopped

Method

1. *To make ice cream: Place cream, milks and vanilla into a large jug and stir to combine. Refrigerate until cold.*
2. *Assemble mixer with the pre-frozen ice cream bowl attachment. Turn mixer to FOLDING/KNEADING setting and pour ice cream base into ice cream bowl. Churn ice cream for about 15 minutes or until firm.*
3. *Transfer ice cream to a shallow tray; cover and freeze for a further 2–3 hours in freezer.*
4. *Preheat oven to 200°C. Line two baking trays with baking paper.*
5. *Meanwhile to make cookies, assemble mixer with the scraper blade and the large mixer bowl. Place butter, sugars and vanilla into bowl. Slowly turn mixer to CREAMING/BEATING setting. Beat for 1 minute. Reduce speed and add eggs, one at a time, and beat until combined. Reduce speed to FOLDING/KNEADING setting and add flour; beat until just combined. Stir through chocolate.*
6. *Roll heaped tablespoons of dough into balls. Place onto trays about 10cm apart. Bake in oven for 10–12 minutes or until lightly golden. Cool on trays for 2–3 minutes before transferring to a wire rack. Repeat with any remaining cookie dough.*
7. *Once ice cream is firm but not too hard and cookies are completely cool place a scoop of ice cream onto one cookie and top with another cookie. Press lightly to squash together. Wrap each sandwich in plastic wrap and freeze for 3–4 hours or until firm.*

Tip

For fastest results when making ice cream allow the ice cream bowl attachment to freeze for at least 24–48 hours before using. Allow longer in hotter weather or if fridge and freezer are opened often.

** Ice cream freezer bowl accessory sold separately. Store bought ice cream can be used.*

Salted Caramel Ice Cream

Prep 15 minutes / Cook 15 minutes

Makes 1L

1½ cups (375ml) milk
7 egg yolks
¾ cup (165g) white sugar
300ml pouring cream
¾ teaspoon fine sea salt

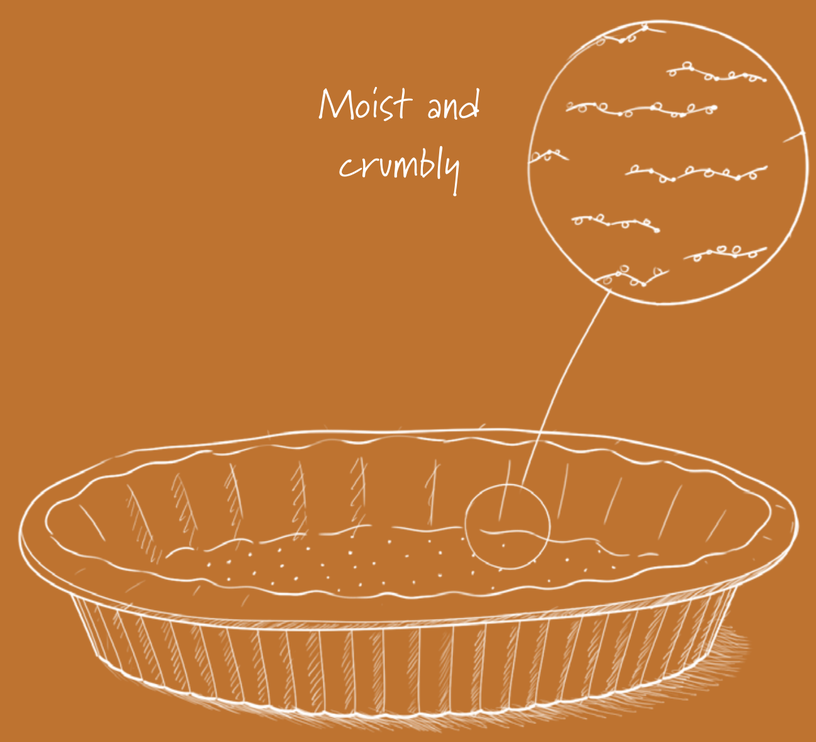
Method

1. *Place milk into a medium heavy-based saucepan. Heat until milk just starts to simmer.*
2. *Meanwhile, turn mixer to CREAMING/BEATING setting and beat egg yolks for 2 minutes, until pale and thickened. Once milk is hot, slowly whisk the milk into the eggs. Set aside.*
3. *Combine sugar and water in a saucepan and stir over low heat until the sugar has started to dissolve. Increase heat to a medium-high heat. Using a pastry brush dipped in clean water, brush down sides of saucepan with a clean, wet pastry brush to dissolve any sugar crystals and cook without stirring until the toffee starts to turn a rich golden colour. Remove from heat and carefully pour in cream.*

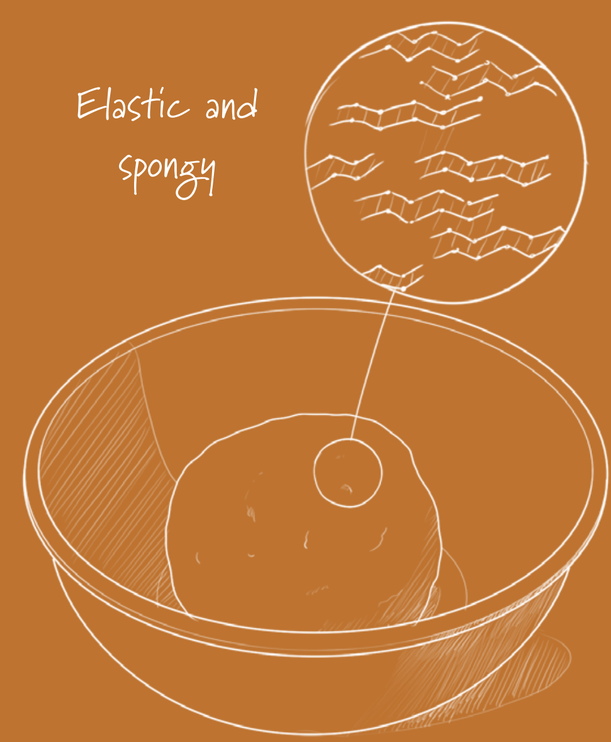
Note

1. *Mixture may splatter at this stage.*
2. *Return mixture to a low heat and stir until any lumps have dissolved. Add egg mixture and salt and cook, stirring until mixture coats the back of a wooden spoon.*
3. *Pour mixture into a heatproof bowl, cover and refrigerate until well chilled.*
4. *Once chilled pour into ice cream bowl. Set ice cream maker to desired setting and churn.*
5. *Once mixture is frozen transfer to a freezer safe container and freezer for up to 1 week.*

Doughs and don’ts



Pastry has tight, unattached glutens encased in butter



Dough has elastic, entwined glutens

Flour is an intriguing and versatile ingredient. It is quite incredible how foods with such dramatically different textures like crumbly shortbread, compared with a fluffy croissant, a quiche crust or a bread roll, all build their structure using flour.

While the ingredients you mix with flour plays a part, the order in which you add them and the way you combine them is far more important. It’s this that determines how much the glutens (the proteins that give dough its elasticity) are developed.

The structure of any dough is essentially determined by how liquids (water or milk) and flour react to one another. The length of time the dough is kneaded as well as the amount of time the gluten in the flour is in contact with liquid is what determines the elasticity of the glutens and hence the dough. Bread dough needs wet flour, heavy kneading and a decent proving time, to maximise its elasticity. But for a crisp, flaky pastry, the opposite is true and gluten development needs to be kept to a minimum. This means adding the fat to the flour before any liquid to form a moisture barrier around the glutens.

The Bakery Boss™ loves making dough – a lot of dough. The high powered motor combined with extra sturdy construction, the Bakery Boss™ can make enough dough for two large loaves of bread. The specially designed dough hook pushes the dough down into the mixing bowl and kneads it with high pressure against the bowl wall, while the bottom hook folds and brings dough ball back up to the top of the dough hook to repeat the kneading cycle. Fast, capable, and very easy.

Quinoa, Linseed & Chia Bread

Prep 10 minutes / Cook 30–35 minutes

Makes 1 loaf

1 tablespoon black chia seeds
1 tablespoon linseeds
2 teaspoons white quinoa
2 teaspoons red quinoa
1¾ cups (330ml) lukewarm water
1½ teaspoons salt
2 cups (300g) bakers flour
1½ cups (240g) wholemeal plain flour
2 teaspoons white sugar
2½ teaspoons instant dried yeast
1 tablespoon olive oil
White and brown quinoa extra for crust

Method

1. *Combine chia, linseed and quinoa in a small bowl. Add ½ cup of the water and mix well; set aside for 20 minutes.*
2. *Assemble mixer using the dough hook. Add salt, flours, sugar, yeast, oil, remaining 1 cup water and soaked seeds into mixer bowl. Slowly turn mixer to FOLDING/KNEADING setting and mix for about 5 minutes. If necessary turn mixer off and scrape sides to lift any flour.*
3. *Turn dough out onto a lightly floured surface and knead to combine. Place dough ball into a lightly oiled bowl, cover and rest in a warm draught free place for 30–40 minutes or until dough has doubled in size. Turn dough out on bench surface and knock back (punch) the dough to remove excess air, using hands gently push the dough to make a rough rectangle, about 30 x 20cm.*
4. *Bring one long edge of the dough into the centre then bring the other long edge in. Pinch seam together to seal. Brush with a little water and sprinkle generously with extra quinoa. Flip dough over so the seam is down and repeat with water and quinoa. Cover with a clean towel and allow to rise again for about 30 minutes until doubled in size.*
5. *Preheat oven to 190–°C fan assisted .*
6. *Once doubled in size, cut three shallow slits with a sharp knife on the top of the loaf.*
7. *Bake in oven for 30–35 minutes or until golden brown and hollow when tapped on top. Transfer to a wire rack to cool completely. Place in oven for 10 minutes again if serving hot.*

Cinnamon Scrolls

Prep 25 minutes / Cook 20 minutes

Makes 12

1½ teaspoons dried yeast
¼ cup (60ml) warm milk
¼ cup (55g) caster sugar
2¼ cups (335g) bread flour
½ teaspoon cinnamon
¼ teaspoon salt
3 eggs, lightly beaten
125g butter, softened and cut into cubes

Cinnamon filling

2 tablespoons soft brown sugar
1 tablespoon caster sugar
1½ teaspoons cinnamon
25g butter, softened

Method

1. *Preheat oven to 200°C fan assisted . Grease a 12 hole ⅓ cup capacity muffin tray.*
2. *Combine yeast, milk and 1 teaspoon of the sugar in a bowl; stir to combine. Allow to sit in a warm place for 5 minutes or until frothy.*
3. *Assemble mixer using the dough hook. Add flour, cinnamon, salt, eggs, remaining sugar and yeast mixture into bowl. Slowly turn mixer to FOLDING/KNEADING setting and mix until almost combined. Add the butter in, a few cubes at a time, until mixed through (approx 3–4 min).*

Tip

1. *If some of the butter does not combine then stop the mixer and scrape butter onto dough then mix a little more.*
2. *Turn dough out onto a well-floured surface and lightly knead until combined. Place in an oiled bowl; cover with plastic wrap and allow to rest in a warm draught free place for about 45 minutes or until doubled in size.*
3. *Meanwhile to make cinnamon sugar, combine the sugars and cinnamon and set aside.*
4. *Once rested, place dough onto a floured surface and roll or press out to rectangle shape approximately 25 x 45cm. Using your fingers or a spatula spread the softened butter over the dough. Sprinkle the cinnamon mixture over the dough leaving 1 tablespoon for the tops.*
5. *Starting from the long side, roll the dough up to form a log.*
6. *If the dough is sticking as you are trying to roll it use a spatula or flat knife to lift it off bench. The dough should be very soft.*
7. *Trim ends of roll then cut into 12 equal size portions. Place each scroll, cut side up, into the greased muffin pan. Sprinkle with remaining cinnamon sugar.*
8. *Bake in oven for 20 minutes. Serve hot.*

Gingerbread

Prep 30 minutes / Cook 15 minutes

Makes 15–20

Cookies

90g butter
¼ cup (55g) firmly packed soft brown sugar
¼ teaspoon salt
150g treacle
1 tablespoon ground ginger
¼ teaspoon ground cloves
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
1½ cups (225g) plain flour
¼ teaspoon bicarbonate of soda

Icing

2 egg whites
Pinch cream of tartar
2¼ cups pure icing sugar, sifted

Method

1. *Preheat oven to 170°C fan assisted . Line two baking trays with baking paper.*
2. *Assemble mixer using scraper beater. Add the butter, sugar, salt, treacle and spices to bowl. Slowly turn the mixer to CREAMING/BEATING setting and beat for 1 minute.*
3. *Reduce speed to FOLDING/KNEADING setting; add remaining ingredients and mix until mixture just forms a firm dough.*
4. *Place dough onto a floured surface. Using a lightly floured rolling pin roll the mixture out to a 5mm thickness. Using a shaped cutter approximately 8cm in size cut out shapes and place onto prepared trays.*
5. *Bake for about 13–15 minutes. Allow to cool on tray for 5 minutes before transferring to a wire rack. Repeat with remaining dough.*
6. *To make royal icing, assemble mixer using the whisk and the large mixer bowl. Add egg whites and cream of tartar into mixer bowl. Turn mixer to AERATING/ WHISKING setting. Whisk until egg whites form soft peaks. Reduce speed to LIGHT MIXING setting and add icing sugar, a heaped spoonful at a time, and mix until well combined and stiff.*
7. *Place icing into a piping bag and decorate gingerbread as desired. Icing will harden on standing.*

Tip

To make a gingerbread house the mixture needs to be doubled. We recommend using the standard paddle if doubling the recipe.

Fresh Pasta Dough

Prep 10 minutes

Serves 4–6

250g 'OO' flour
Pinch salt
2 eggs
3 egg yolks
1 tablespoon olive oil
Extra 'OO' flour for shaping

Method

1. *Assemble Mixer using the dough hook and the large mixer bowl. Place flour and salt into bowl. Make a well and add eggs, yolks and olive oil.*
2. *Slowly turn mixer to FOLDING/KNEADING setting and mix for about 4–5 minutes or until dough combines. If dough has not combined add 1–2 teaspoons water if needed.*
3. *Remove dough from bowl onto a floured surface and shape to a smooth ball. Cover with plastic wrap and allow to rest for 1–2 hours.*
4. *Use a pasta machine to make pasta.*

Pizza Dough

Prep 15 minutes

Makes enough for four 30cm thin crust pizzas or two 30cm thicker crust pizza

3 teaspoons dry yeast
3 teaspoons sugar
1 tablespoon olive oil
1 cup (250ml) lukewarm water
3 cups (450g) bakers flour
3 teaspoons salt

Method

1. *Add yeast, sugar, olive oil and water to a large bowl; stir until combined.*
2. *Assemble mixer using the dough hook. Add flour to mixer bowl. Turn mixer to FOLDING/KNEADING setting; add yeast mixture and knead for 4–5 minutes until smooth and elastic.*
3. *Place dough ball into a lightly oiled bowl, cover and rest in a warm draught free place for 30 minutes or until dough has doubled in size. Turn dough out on a floured surface and knock back (punch) the dough to remove excess air, lightly knead.*
4. *For thin crust, divide dough into 4 x 170g dough balls and set aside until required.*
5. *For thicker crust, divide dough into 2 even dough balls and set aside until required.*

More Than a Sweet Tooth.

Whipped egg white
stabilized by sugar crystals

Deflating whipped egg white
without stabilization

Simple eggs whites can expand up to 8 times their size when whipped into a meringue. This expansion occurs as air is whisked into the egg whites to expose the hydrophilic (water loving) and hydrophobic (water fearing) sections. The hydrophobic parts of proteins orient themselves around the incorporated air and will continue to do so as more whipping and air divides existing air bubbles into more numerous bubbles, hence the resulting foam increasing in volume. Depending on how long the egg whites are beaten, a foam can be classified as soft, firm, or stiff.

However the air bubbles in whipped egg whites will deflate easily over time. Gradually adding sugar to egg whites creates a more stable foam. Sugar attracts water which makes for a stronger and longer-lasting protein structure by slowing the drainage of water away from the liquid surrounding the air bubbles. The result is smaller but more stable air bubbles.

With the addition of sugar, the whipped egg white foam is also stable enough to be baked in the oven to form a meringue. And how do I know if the sugar is dissolved? Rub a little meringue between your fingers. If it's still grainy more mixing time required.

The Bakery Boss™ features a new Whisk design. With 30% more wire arms and 25% thinner gauge that not only improves separation of egg white protein and the introduction of air into the mix, it results in faster dissolving of sugar.

Mini Blood Orange Cheesecakes

Prep 20 minutes / Cook 25 minutes

Serves 4

120g ginger nut biscuits, processed to a crumb
50g butter, melted
500g cream cheese, softened
½ cup (110g) caster sugar
2 eggs, room temperature
¼ cup (60ml) sour cream
Zest from 1 blood orange (or other citrus fruit)
2 tablespoons blood orange juice
¼ teaspoon vanilla extract

Method

1. *Preheat oven to 170°C. Combine ginger nut crumbs with melted butter in a small bowl then divide among four 10cm lightly greased springform tins. Use a teaspoon to press crumb mixture evenly and firmly into the bottoms and partway up the sides of the tins. Chill until ready to use.*
2. *Assemble mixer using scraper beater. Add the cream cheese and sugar. Slowly turn the mixer to CREAMING/BEATING setting and beat for 2 minutes or until smooth Turn the dial to LIGHT MIXING and add. Add the eggs, sour cream, citrus zest, juice and vanilla. Mix well.*
3. *Fill the tins ¾ full with the cheesecake mix and loosely cover with foil. Place them on a tray in the oven.*
4. *Bake for 20–25 minutes or until the cakes are firm and set.*
5. *When cooking has completed, carefully remove cheesecakes and let sit at room temperature.*
6. *Prepare topping by combining sour cream, sugar, citrus zest and juice. Divide topping evenly over each cheesecake and chill completely before serving.*

Little Lemon Meringue Cakes

Prep 40 minutes / Cook 50 minutes

Makes 8

Cake

1¼ cups (175g) plain flour
1¼ teaspoons baking powder
150g unsalted butter, room temperature
¾ cup (165g) caster sugar
½ cup (125ml) pouring cream
3 egg yolks
1 egg
1 teaspoon vanilla extract

Lemon Curd

1 egg
2 egg yolks
90g caster sugar
Finely grated rind of 1 lemon
⅓ cup (80ml) lemon juice
70g chilled butter

Swiss Meringue

3 eggs whites (105g)
¾ cup (165g) caster sugar
Pinch cream of tartar

Method

1. Preheat oven to 160°C fan assisted . Grease and line a (25cm x 30cm) lamington pan with baking paper.
2. Sift flour and baking powder together; set aside.
3. Assemble mixer with the scraper beater and the large mixer bowl. Add butter and sugar to bowl. Slowly turn mixer to CREAMING/BEATING for 3–4 minutes or until pale and creamy.
4. Combine cream, eggs and vanilla in a jug. Reduce speed and add half the liquid mixture, then half the flour mixture then repeat with the liquid and flour. Don't over mix. Spread mixture into prepared pan.
5. Bake in preheated oven for 25 minutes or until a skewer inserted in centre comes out clean. Cool for 5 minutes before turning out onto a wire rack lined with baking paper. Leave turned upside down.
6. Meanwhile, to make the lemon curd, beat the egg, egg yolks and strain into a heat proof bowl. Whisk through sugar, lemon rind and juice and butter.
7. Place bowl over a saucepan of simmering water, making sure the base of the bowl does not touch the water. Stir the mixture over simmering water for about 15–20 minutes, or until curd has thickened.
8. Transfer to another bowl, cover with plastic wrap with a small side of the bowl uncovered to allow steam to escape and refrigerate until cold.
9. When ready to assemble, make the meringue. Place egg whites, sugar and cream of tartar into the small mixer bowl. Place bowl carefully into a saucepan of simmering water and gently whisk for 3–4 minutes or until the sugar has dissolved and the mixture has warmed through. Assemble the mixer with the scraper whisk onto the mixer. Whisk on the AERATE/WHIP for about 2 minutes or until mixture has thickened but not too stiff.
10. To assemble, using a 5.5cm round cutter cut 16 rounds from the cake. Spread 1–2 teaspoons of lemon curd onto half of the rounds. With the remaining rounds pipe or shape with a spoon, approximately 2 tablespoons of meringue onto each. Place meringue rounds on top of lemon curd.
11. Using a chef's blow torch, lightly colour outside of meringue. Serve.

Tip

Chefs blow torches can be purchased from good kitchenware stores.

Pavlova

Prep 20 minutes / Cook 60 minutes

Makes 8

6 egg whites (210g)
1½ cups (330g) caster sugar
300ml carton cream
Fresh berries, to serve
Fresh passionfruit pulp, to serve

Method

1. *Preheat oven to 120°C fan assisted . Mark a 23cm circle onto a sheet of baking paper. Turn paper over and place onto a large greased baking tray.*
2. *Assemble mixer using the whisk attachment and the large mixer bowl. Add egg whites to bowl. Slowly turn mixer to AERATE/WHIP setting and whisk until soft peaks form.*
3. *Gradually add sugar making sure sugar is dissolved between each addition. This can take about 10 minutes.*
4. *Spoon meringue onto paper within the circle; use a spatula to shape sides of meringue into a dome shape.*
5. *Bake for about 1 hour or until dry. Turn oven off and allow pavlova to cool completely in oven with door slightly ajar.*
6. *Once cool, assemble mixer using the scraper whisk attachment and small mixer bowl. Add cream to bowl. Slowly turn mixer to CREAMING/BEATING setting and whisk for about 1 minute or until just thickened. Top pavlova with cream, berries and passionfruit pulp.*

Lemon Shortbread

Prep 15 minutes / Cook 30 minutes

Makes 22

250g butter, softened
½ cup (110g) caster sugar
1 tablespoon finely grated lemon rind
2¼ cups (335g) plain flour

Icing

1 cup (160g) icing sugar, sifted
1 tablespoon lemon juice
1 teaspoon milk or water

Method

1. *Preheat oven to 150°C fan assisted . Line two baking trays with baking paper.*
2. *Assemble mixer using the scraper beater. Add butter, caster sugar and lemon rind in mixer bowl. Slowly turn the mixer to LIGHT MIXING setting, beat until butter, sugar and rind start to combine. Gradually increase to CREAMING/ BEATING setting. Beat mixture for about 5 minutes or until butter is very pale in colour.*
3. *Reduce speed to LIGHT MIXING setting and gradually add flour. Once all flour is added, increase speed slightly to mix thoroughly for 30 seconds.*
4. *Lightly knead dough on a flat surface.*

Tip

1. *The buttery texture of the mixture should not need a floured surface, but if very sticky on your work surface then lightly flour the surface.*
2. *Using a lightly floured rolling pin, roll the mixture out to a 1cm thickness. Using a 5cm round pastry cutter, cut rounds of shortbread and place onto prepared trays. Reshape shortbread mixture to get as many rounds as possible. Refrigerate shortbread rounds for 15 minutes.*
3. *Bake rounds for about 25–30 minutes or until firm. Allow to cool on trays for 5 minutes before transferring to a wire rack. Once cool drizzle with icing.*
4. *To make icing: Combine icing sugar, lemon juice and milk or water in a small bowl. If mixture is still thick add another ¼–½ teaspoon milk or water. Mix well to combine. Spoon mixture into a zip lock bag. Cut the edge of one corner of the bag to make a small opening, gently squeeze icing and drizzle over shortbread. Set shortbread aside until icing has set.*

Coconut Marshmallows

Prep 15 minutes / Cook 15 minutes

Serves 24

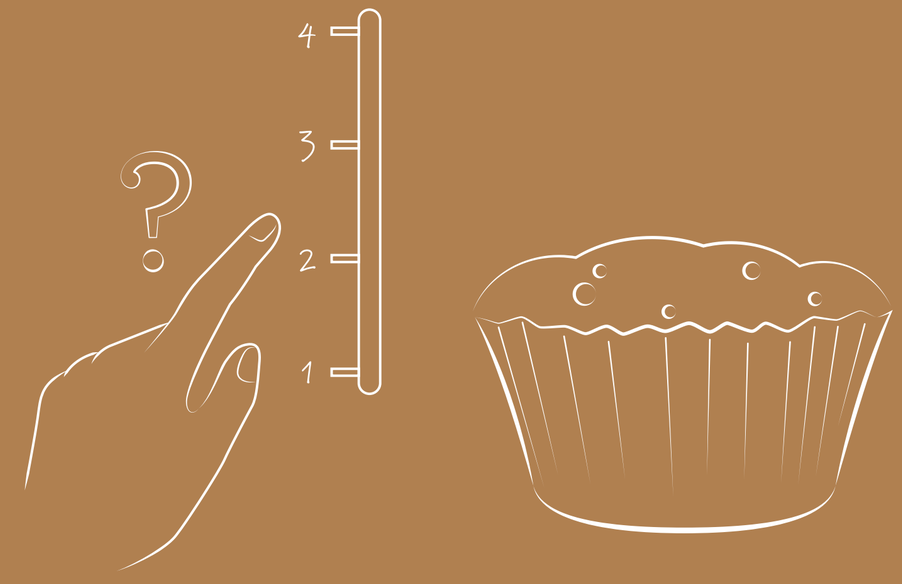
2 cups (440g) caster sugar
200ml luke warm water
6 teaspoons gelatine
½ cup (125ml) cold water
1 teaspoon vanilla bean paste
2 cups (160g) toasted desiccated coconut

Method

1. *Grease and line a 3cm deep, 16.5 x 26.5cm (base) slab pan, allowing paper to hang over sides.*
2. *Combine the sugar and luke warm water into a saucepan and cook over medium heat, stirring constantly, until sugar dissolves. Brush sides of pan with a wet pastry brush to dissolve any sugar crystals. Bring to boil and boil gently, without stirring for 5 minutes until a candy thermometer reaches 110°C.*
3. *Sprinkle the gelatine over cold water and stir with a fork to combine. Spoon the gelatine mixture into hot sugar syrup and cook, whisking constantly until the gelatine has dissolved then bring to a gentle boil. Pour into mixer bowl and set aside for 20–30 minutes to cool to room temperature.*
4. *Add the vanilla to the gelatine mixture. Assemble the mixer using whisk attachment. Place bowl onto mixer. Slowly turn mixer to AERATE/WHIP setting and whisk for 4½–5 minutes, or until the mixture is very thick and white.*
5. *Spoon into the prepared pan, smooth surface and set aside to cool. Once set (about 2 hours at room temperature) turn out of the pan and use a wet knife to cut into 24 squares. Toss in coconut and set aside until surface feels dry. Serve.*

The High Rise.

Mixing with the correct speed and motion
is easy with the Bakery Boss™



It's easy to over mix or under mix
if you don't know the right speed and motion

It's fascinating to think that out of all of the ingredients we use for baking, one of the most important ones is one that is invisible to the eye. When we think of leaveners, we tend to think of chemical leaveners (baking powder, bicarbonate of soda) and biological leaveners like yeast. But air, a mechanical leavener, is fantastic when it comes to achieving a light and fluffy texture instead of something dense and flat.

Leavening occurs when mixtures release gasses and create a porous structure in the batter. These tiny air cells then expand (rise) and then maintain their structure when heated in the oven. But where does all of this air come from in the first place, and how does it make its way into the mix? The secret is in the mixing technique.

Creaming, beating, whisking, kneading stirring and whipping are all ways of incorporating air. Ensuring these precious air bubbles remain is why so many recipes say "do not over mix." By gently folding in our dry ingredients like flour, baking powder, cocoa, etc, we can combine the ingredients without running the risk losing air bubbles.

In order to incorporate the right amount of air into the batter, it's important to mix using the correct speed and motion. This is where the Sage Bakery Boss™ speed selector dial comes in - it takes the guesswork (and the physical work) out to ensure your mixture is correctly and evenly mixed.

Apple Tea Cake

Prep 15 minutes / Cook 60 minutes

Serves 10–12

3 eggs
1 cup (250ml) milk
1 teaspoon vanilla extract
180g butter, melted
1½ cups (330g) caster sugar
3 cups (450g) self raising flour
2 pink lady apples, cored and sliced
1½ tablespoons demerara sugar
2 tablespoons apricot jam, warmed and sieved
Double cream, to serve

Method

1. *Preheat oven to 160°C with fan. Grease and line a 25cm springform cake pan with baking paper.*
2. *Assemble mixer with the scraper blade. Place eggs, milk, vanilla, melted butter, sugar and flour in the bowl.*
3. *Slowly turn mixer to CREAMING/BEATING setting. Beat the mixture until just combined.*
4. *Spoon mixture into prepared pan and use a spatula to smooth top. Arrange apple slices over cake making sure that each apple overlaps each other. Sprinkle with 1 tablespoon of the sugar. Bake in oven for about 60 minutes or until a wooden skewer inserted comes out clean.*
5. *While cake is still in pan brush apples with apricot jam and sprinkle with remaining sugar. Allow to cool for 5 minutes then remove from pan and allow to cool on a cooling rack.*

Tip

Have all your ingredients measured out to save time and minimise the amount of time the apples have to start browning.

Red Velvet Cupcakes

Prep 25 minutes / Cook 25 minutes

Makes 20

2¾ cups (410g) plain flour
¼ cup (25g) cocoa powder
1½ teaspoon baking powder
¼ teaspoon salt
185g butter, softened
1½ cups (330g) caster sugar
2 eggs
¾ cup (180g) sour cream
1 tablespoon pillar box red food colouring
½ cup (125ml) buttermilk
½ teaspoon bicarbonate of soda
1 teaspoon white vinegar

Cream Cheese Frosting

60g butter, softened
250g cream cheese, softened
1 teaspoon vanilla extract
3 cups icing sugar, sifted

Method

1. *Preheat oven to 160°C fan assisted . Line two x 12 hole ⅓ cup capacity muffin trays with 20 cupcake liners.*
2. *Sift flour, cocoa, baking powder and salt onto a sheet baking paper.*
3. *Assemble mixer using scraper beater. Add butter and sugar to mixer bowl. Slowly turn mixer to LIGHT MIXING setting and beat for 1 minute then increase speed to CREAMING/ BEATING setting and beat for 2 minutes until pale and creamy.*
4. *Reduce speed to LIGHT MIXING setting add the eggs, one at a time, and mix until combined then add the sour cream. Combine food colouring and milk together and pour half into the batter. Beat in half the flour mixture, then repeat with remaining milk and flour mixtures. Turn the mixer to FOLDING/KNEADING setting, combine the bi-carb and vinegar and pour into the batter; mix for 20 seconds.*
5. *Spoon into paper cases, filling each about two-thirds full. Bake for 20–25 minutes or until a skewer inserted in centre of cupcakes comes out clean. Stand in pans for 5 minutes then remove to a wire rack to cool completely.*
6. *To make frosting: Assemble mixer using scraper beater. Add butter, cheese and vanilla into the mixer bowl. Slowly turn mixer to CREAMING/BEATING setting and beat for about 1 minute or until well combined. Reduce speed to FOLDING/KNEADING setting and add sugar; once added increase speed to CREAMING/BEATING setting and beat until mixed well. Spoon icing into a piping bag with a large round piping tip.*

Carrot Cake with Cream Cheese Frosting

Prep 20 minutes / Cook 30 minutes

Serves 12

2 eggs
½ cup light olive oil
½ cup milk
1 cups caster sugar
1½ cups self-raising flour
1 teaspoon cinnamon
½ teaspoon bicarbonate soda
1 cups (approx 3 medium) carrots, grated
½ cup canned crushed pineapple in natural juice, drained well
½ cup chopped walnuts, plus extra for garnish

Cream cheese frosting

30g butter, softened
125g cream cheese, softened
½ teaspoon vanilla extract
1½ cups icing sugar, sifted

Method

1. *Assemble the mixer with the scraper beater. Add the eggs, oil, milk, and sugar. Slowly turn mixer onto the CREAMING/BEATING function for about 2 minutes or until mixture is well combined.*
2. *Turn the mixer down to FOLDING/KNEADING function and add the flour, cinnamon, bi-carb soda and fold through until mixture is just combined.*
3. *Add carrots, drained pineapple and walnuts. Pour mixture into a greased heat-proof microwave-safe 22cm ring pan.*
4. *Elevate cake pan by placing cake pan onto a microwave-safe rack or upturned cup and plate.*
5. *Select 50% power and dial up 12 minutes cook time. Press START button.*
6. *Stand cake for 10 minutes and check that cake is cooked with a skewer. Remove from pan and cool completely on a cake rack. If cake has moist spots on the surface; place absorbent paper on top during standing time.*
7. *To make frosting: Assemble mixer with the scraper beater. Add the butter, cream cheese and vanilla. Turn the mixer to CREAMING/BEATING function, and beat for about 1–2 minutes or until well combined.*
8. *Reduce speed to LIGHT MIXING and add sugar; once added increase speed again until mixed well.*
9. *Spread on cooled cake and garnish with extra chopped walnuts.*

Caramel Chip Peanut Butter Cookies

Prep 25 minutes / Cook 15–18 minutes

Makes 36

125g butter, softened
1 cup (280g) crunchy peanut butter
1 cup (220g) firmly packed brown sugar
1 egg
1¾ cups (260g) plain flour
½ teaspoon baking powder
½ cup (70g) roasted salted peanuts, chopped
½ cup (95g) caramel choc chips (see note)

Method

1. *Preheat oven to 170°C fan assisted . Line two baking trays with baking paper.*
2. *Assemble mixer using scraper beater. Add butter, peanut butter and brown sugar to bowl. Slowly turn mixer to LIGHT MIXING setting and beat for 30 seconds. Increase speed to CREAMING/ BEATING setting and beat for 2 minutes until pale and creamy.*
3. *Reduce speed to LIGHT MIXING setting; add egg and beat for 30 seconds. Sift the flour and baking powder over the butter mixture. Increase speed to FOLDING/KNEADING setting and beat for about 30 seconds or until just combined.*
4. *Remove the bowl from the mixer and stir through the peanuts and caramel choc chips. Roll tablespoons of mixture into balls. Place onto prepared baking trays, allowing room for spreading. Flatten with fingertips to about 1cm-thick. Bake for 15–18 minutes or until golden. Allow to stand on trays for 5 minutes before transferring to a wire rack to cool. Repeat with remaining cookie mixture.*

Note

Caramel choc chips are available in baking section of most supermarkets, alternately use white, milk or dark choc chips.

Quick Bread

Prep 15 minutes / Cook 35 minutes

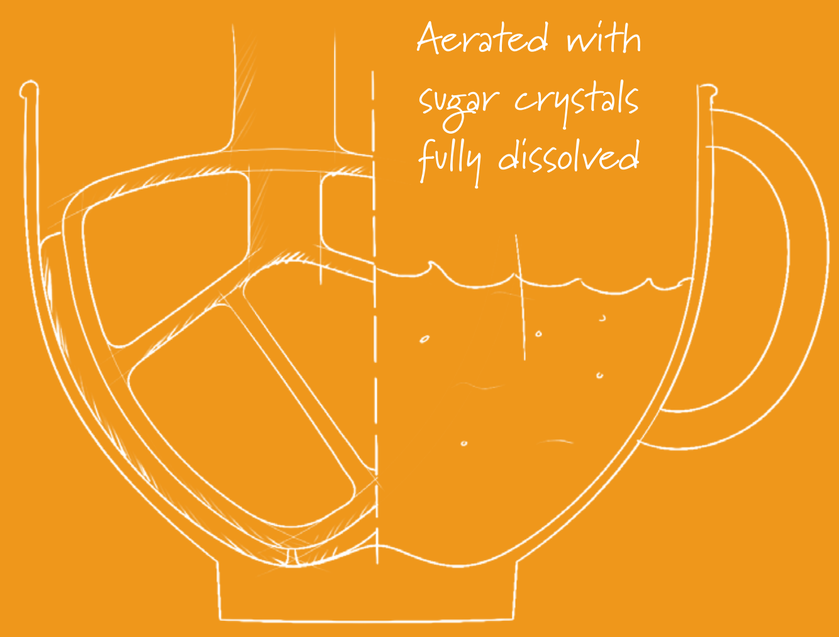
Makes 1 loaf

2 teaspoons active dry yeast
1 tablespoons sugar
2 tablespoons olive oil
1 teaspoon salt
360ml water
Bread flour 640g (4 cups)
1 tablespoon milk powder
Flour extra

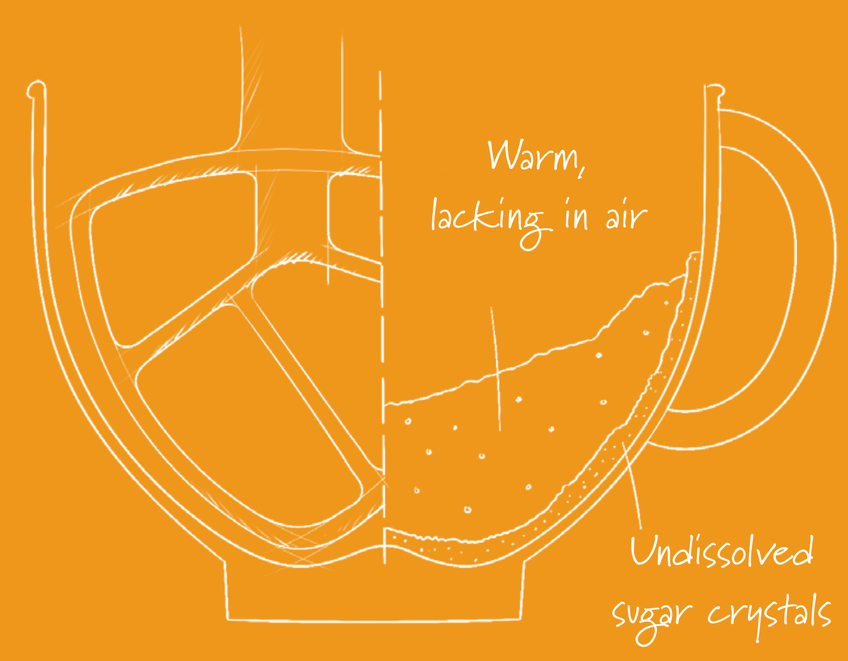
Method

1. *Add yeast, sugar, olive oil, salt and water to a large bowl; stir until combined.*
2. *Assemble mixer using the dough hook. Add flour and milk powder to mixer bowl. Turn mixer to FOLDING/ KNEADING setting; add yeast mixture and knead for 4–5 minutes until smooth and elastic.*
3. *Place dough into a lightly oiled bowl, cover and rest in a warm draught free place for 40 minutes or until dough has doubled in size. Turn dough out on a floured surface and knock back (punch) the dough to remove excess air, shape into a tight ball. Dust with extra flour.*
4. *Cover with a clean towel and allow to rise again for about 30 minutes until doubled in size.*
5. *Preheat oven to 190°C fan assisted .*
6. *Once doubled in size, cut three shallow slits with a sharp knife on the top of the loaf.*
7. *Bake in oven for 30–35 minutes or until golden brown and hollow when tapped on the top.*

The Cream of the Crop.



With scraping



Without scraping

The action of creaming butter assists in the softening and aerating process. But, if you over-beat, excess heat from the friction caused by mixing can remove these small but necessary air pockets. Be that as it may, the key to breaking the sugar crystals down is to ensure it is beaten enough.

So how do you dissolve sugar crystals and still trap the air? The key is to stop the butter from sticking to the walls of the mixer and not to over mix. If butter sticks to the walls, the mixture in the middle gets over mixed while the mixture on the sides ends up under mixed. This means less air in the middle and more sugar crystals on the outside.

For perfectly creamed butter, you need to regularly stop to scrape the sides and bottom of the bowl with a spatula. As soon as the mixture turns a paler yellow colour, stop and rub the butter between your fingers to check for sugar crystals. If you can't feel any, stop right away.

For the best and most consistent results, use the scraper beater that comes with the Bakery Boss™. It has blades like a windscreen wiper and scrapes the sides and bottom of the bowl with every turn. Not only does it save you time from having to stop and scrape with a spatula, but it also helps to achieve a smoother, creamer result. The scraper beater is about 3 times faster than using the standard metal beater so pay close attention to the consistency and colour.

Raspberry Cupcakes

Prep 20 minutes / Cook 20 minutes

Makes 12

125g unsalted butter, softened
¾ cup (165g) caster sugar
½ teaspoon vanilla extract
2 eggs
1¾ cups (260g) self-raising flour
¾ cup (160ml) milk
1 cup fresh or frozen raspberries
Extra fresh raspberries, to serve
Icing sugar, to dust

Buttercream Icing

200g butter
½ teaspoon vanilla extract
1½ cup (240g) icing sugar mixture
1–2 tablespoons milk

Method

1. *Preheat oven to 180°C no fan (160°C fan assisted). Line a 12 hole ⅓ cup capacity muffin tray with cupcake liners.*
2. *Assemble mixer using scraper beater. Add butter and sugar to mixer bowl. Turn the mixer to slowly to CREAMING/ BEATING setting and beat for 1 minute. Add vanilla then eggs one at a time beating well between each addition. Reduce speed to FOLDING/KNEADING setting and add half the milk. Beat in half the flour mixture, then repeat with remaining milk and flour mixtures. Do not over beat. Add raspberries and fold through once.*
3. *Divide mixture into patty cases. Bake for about 20 minutes or until a wooden skewer inserted into centre of the cupcakes comes out clean. Turn onto wire racks to cool.*
4. *To make icing, assemble mixer using scraper beater. Add butter and vanilla to the mixer bowl. Slowly turn mixer to CREAMING/BEATING setting and beat for about 2–3 minutes or until light and fluffy. Reduce speed to FOLDING/KNEADING setting and add sugar; once added increase speed again until mixed well. Adjust thickness of icing with milk. Spoon icing into a piping bag with a large round piping tip.*
5. *Using a fine-pointed knife, cut circles from the tops of the cupcakes. Pipe in icing and replace tops; dusted with icing sugar and finish with extra raspberries.*

Tip

If using frozen raspberries, thaw first on paper towelling.

Passionfruit Yo Yos'

Prep 20 minutes / Cook 36 minutes

Makes 20

250g butter, softened
½ cup (80g) icing sugar
1 teaspoon vanilla extract
1½ cups (225g) plain flour
¾ cup (80g) custard powder
Extra Icing sugar, for dusting

Filling

125g butter, softened
1½ cups (240g) icing sugar
¼ cup (60ml) passionfruit pulp

Method

1. *Preheat oven to 160°C fan assisted . Line two baking trays with baking paper. Assemble mixer with the scraper beater and the large mixer bowl. Add butter, sugar and vanilla to bowl. Slowly turn mixer to LIGHT MIXING setting and beat for*
   1 minute.
2. *Increase speed to CREAMING/BEATING setting and beat for 3–4 minutes until pale and creamy. Reduce speed to LIGHT MIXING setting; add flour and custard powder and beat until just combined.*
3. *Roll heaped teaspoons of mixture into balls. Place onto prepared baking trays. Press with a floured fork to flatten slightly. Bake for 15–18 minutes or until firm to touch. Allow to cool on trays for 5 minutes before transferring to a wire rack to cool completely. Repeat with remaining biscuit mixture.*
4. *For the filling; Assemble Mixer using Scraper Beater. Combine the butter and icing sugar in the mixer bowl. Slowly turn mixer to AERATE/WHIP setting and beat 1 minute, increase speed to CREAMING/BEATING setting and beat further 1–2 minutes until thick and pale. Fold through the passionfruit pulp.*
5. *Spread half the biscuits with passionfruit filling and sandwich together with remaining biscuits. Dust with extra icing sugar just before serving serve.*

Citrus Tart

Prep 20 minutes / Cook 45 minutes

Makes 1L / Serves 8

Sweet Shortcrust Pastry

⅓ cup (55g) icing sugar mixture
125g butter, chopped
1–½ tablespoons iced water

Lemon Filling

3 lemons
5 x 60g eggs
1 cup (220g) caster sugar
200ml cream
Fresh raspberries, to serve
Icing sugar, to serve

Method

1. Assemble mixer using the scraper beater. Add flour, sugar and butter into bowl. Slowly turn mixer to FOLDING/ KNEADING setting and mix until it resembles sand like texture. Add water ½ tablespoon at a time until pastry combines.
2. Remove pastry from bowl onto a clean surface and shape into a flat disk. Cover pastry and refrigerate for 30 minutes.
3. Grease a 24cm round loose-based flan tin. Roll pastry, between two sheets of baking paper, large enough to line tin. Carefully lift pastry into tin and press into sides; trim edges. Cover and refrigerate for 30 minutes.
4. Preheat oven to 200°C. Place tin on oven tray; line tin with baking paper then fill with baking beans. Bake for 10 minutes then remove beans and paper and cook in oven for a further 10 minutes or until pastry is lightly browned; remove from oven and reduce heat to 160°C.
5. Remove rind from lemons; reserve. Juice lemons. Combine rind, juice and remaining filling ingredients and whisk until well combined.
6. Carefully pour into pastry case and bake for about 35–45 minutes or until set (mixture should still be slightly wobbly). Cool completely at room temperature then refrigerate until ready to serve. Top with fresh raspberries and dust with icing sugar before serving.

Chocolate Molten Cake

Prep 15 minutes / Cook 70 minutes

Makes 10

200g good quality dark chocolate
200g butter, softened
1 cup (220g) caster sugar
1 teaspoon vanilla extract
2 eggs, lightly beaten
1½ cups (225g) self-raising flour
¼ cup (25g) cocoa powder
1¼ cups (310ml) buttermilk
Cream, to serve

Chocolate Ganache

200g good quality dark chocolate, chopped
¾cup (160ml) pure cream

Method

1. *Preheat oven to 180°C no fan (160°C fan assisted). Grease and line base and sides of a 22cm cake pan with baking paper.*
2. *Melt chocolate in a heatproof bowl over hot water. Set aside.*
3. *Assemble mixer using scraper beater and the large mixer bowl. Add butter, sugar and vanilla to bowl. Slowly turn mixer to CREAMING/BEATING setting; beat for 1–2 minutes or until pale and creamy. Add eggs one and at time, beat until combined. Add melted chocolate and mix until combined.*
4. *Reduce speed to FOLDING/KNEADING setting; add half of the sifted dry ingredients and buttermilk and then repeat with remaining flour and milk mixtures. Spoon mixture into prepared pan and bake for about 1 hour and 10 minutes or until cooked when tested with a wooden skewer.*
5. *Allow cake to cool in pan for 5 minutes before transferring to a wire rack to cool completely upside down.*
6. *To make ganache: place chocolate into a heat proof bowl. Heat cream in a saucepan until it almost comes to the boil. Pour cream over chocolate; sit for 1–2 minutes then stir to combine. Sit at room temperature until cooled slightly then drizzle over cooled cake. Serve with cream.*

Chocolate Brownie Cheesecake

Prep 20 minutes / Cook 55 minutes

Serves 12–16

Base

200g dark chocolate, chopped
200g butter, chopped
1 cup brown sugar
2 eggs
½ cup (75g) plain flour
¼ cup (35g) self raising flour
½ cup (40g) desiccated coconut

Cheesecake top

500g cream cheese, softened
1 cup (220g) caster sugar
1 teaspoon vanilla extract
2 eggs
300ml thickened cream
Blueberries, to serve

Method

1. *Preheat oven 160°C fan assisted . Grease and line a 5cm deep, 28cm (base measurement) slab pan with baking paper, extending 2cm overhang along both long ends.*
2. *Combine chocolate and butter in a small saucepan. Stir constantly over low heat until melted and smooth. Remove from the heat and stir in sugar. Transfer mixture to a bowl, add eggs one at a time, whisking well then stir in the flours and coconut. Spread mixture over the base of prepared pan and bake for 15 minutes (base will still be soft). Remove from the oven and set aside 15 minutes. Reduce oven to 150°C fan assisted .*
3. *Assemble mixer using scraper beater. Combine cream cheese, sugar and vanilla in bowl. Turn mixer to FOLDING/KNEADING setting and mix for 1 minute. Increase speed to LIGHT MIXING setting and beat for 2–3 minutes until creamy. Reduce speed to FOLDING/KNEADING setting again and add eggs, one at a time then the cream, beat 20–30 seconds until just combined.*
4. *Carefully pour cheesecake mixture over the lukewarm base. Bake for about 35–40 minutes or until cooked, the centre will still wobble slightly. Turn oven off and leave door ajar for 2 hours. Refrigerate overnight. Cut into pieces and serve with blueberries.*

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