

**PROGRESS®**

Est. 1931

**GO  
BAKE!**

**1300 W Stand Mixer**

**Instruction Manual**

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Please retain instructions for future reference.

## **Safety Instructions**

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, cease using the product immediately to avoid potential injury.

This appliance contains no user serviceable parts, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the appliance away from other heat emitting appliances.

Do not allow the power supply cord to hang over worktops, touch hot surfaces or become twisted.

Keep hands, fingers, hair and any loose clothing away from the rotating tools of the appliance.

Do not immerse the electrical components of this appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not pull or carry the appliance by its power supply cord.

Do not use the appliance if it has been dropped, if there are visible signs of damage or if it is leaking.

Do not use the appliance for anything other than its intended use.

Do not use any attachments other than those supplied.

Do not use any damaged attachments.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not touch any moving parts on this appliance during use, as this could cause injury.

Do not touch any sections of the appliance that may become hot during use, as this could cause injury.

Do not cover the air vents during use, as this may cause the appliance to overheat.

Do not use broken or loose attachments.

Switch off the appliance and disconnect it from the mains power supply before changing or fitting attachments.

Always place the appliance on a flat, stable surface at a height that is comfortable for the user.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance.

Use of an extension cord with the appliance is not recommended. This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

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## Care and Maintenance

**STEP 1:** Switch off and unplug the stand mixer from the mains power supply before performing any cleaning or user maintenance.

**STEP 2:** Wipe the stand mixer main unit with a soft, damp cloth and allow to dry thoroughly.

**STEP 3:** Wash all of the attachments and the mixing bowl in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the stand mixer main unit in water or any other liquid.

Do not use harsh or abrasive detergents or scourers to clean the stand mixer, as this could cause damage.

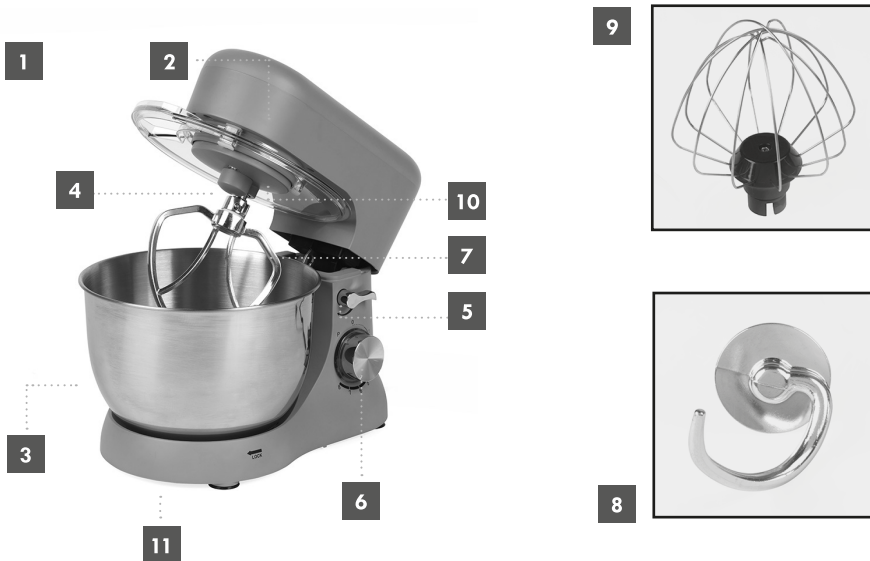
The stand mixer is not suitable for use in a dishwasher.

**NOTE:** The stand mixer should be cleaned after each use.

The stand mixer is not safe for dishwasher use.



## Description of Parts



- |                                    |                       |
|------------------------------------|-----------------------|
| 1. 1300 W Stand Mixer<br>main unit | 6. Speed control dial |
| 2. Stand mixer head                | 7. Beating blade      |
| 3. Mixing bowl                     | 8. Dough hook         |
| 4. Attachment shaft                | 9. Whisk              |
| 5. Tilt release button             | 10. Splash guard      |
|                                    | 11. Non-slip feet     |

## Instructions for Use

### Before First Use

Before using the stand mixer for the first time, clean it following the instructions in the section entitled 'Care and Maintenance'.

**NOTE:** When using the stand mixer for the first time, a slight odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the stand mixer.

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## Assembling and Using the 1300 W Stand Mixer

**STEP 1:** Before connecting to the mains power supply, place the stand mixer main unit onto a flat, stable surface, at a height that is comfortable for the user.

**STEP 2:** Place one hand on top of the stand mixer and use the other to press the tilt release button. Gently lift the stand mixer head until it locks in the open position.

**STEP 3:** Measure out the ingredients to be mixed and place them into the mixing bowl. Place the mixing bowl onto the stand mixer main unit and rotate it in a clockwise direction until it locks into position.

**STEP 4:** Carefully attach the splash guard.

**STEP 5:** Select the required mixing tool:

**Beating blade** – perfect for making cakes, biscuits, pastry, icing, filling and mashed potatoes.

**Whisk** – designed to whisk eggs, cream, batter, low-fat sponges, meringues, cheesecakes, mousses and soufflés.

**Dough hook** – ideal for yeast mixtures such as bread, pizza bases and doughnuts.

Lock the mixing tool into place by pushing it onto the attachment shaft so the pins on the shaft align with the recesses on the mixing tool. Push the mixing tool upwards and twist in an anticlockwise direction until secure.

**STEP 6:** Use one hand to press the tilt release button and the other to push the stand mixer head downwards until it locks in the closed position.

**STEP 7:** Plug in and switch on the stand mixer at the mains power supply.

**STEP 8:** To begin mixing, rotate the speed control dial in a clockwise direction until the desired speed setting is selected.

**STEP 9:** If necessary, stop the stand mixer by rotating the speed control dial to position '0' and scrape any mixture from the sides of the mixing bowl with a wooden or silicone spatula. Resume mixing by rotating the speed control dial back to the desired speed setting.

**STEP 10:** Once mixing is complete, turn off the stand mixer by rotating the speed control dial to position '0'.

**STEP 11:** Switch off and unplug the stand mixer from the mains power supply.

**STEP 12:** Place one hand on top of the stand mixer and use the other to press the tilt release button. Gently lift the stand mixer head until it locks in the open position.

**STEP 13:** To remove the mixing tool, rotate it in a clockwise direction and gently pull away from the attachment shaft.

**STEP 14:** To remove the mixing bowl, rotate it in an anticlockwise direction and carefully lift up and away from the stand mixer main unit.

**NOTE:** Check that the mixing bowl and mixing tool are securely fitted before use; do not attempt to remove them until the stand mixer has stopped moving.



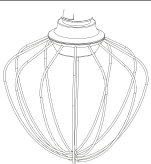
Do not overfill the mixing bowl.

It is recommended to always begin mixing on a low speed setting before gradually increasing to a high speed setting; this should prevent the ingredients from splattering.

**WARNING:** Never operate the stand mixer whilst the stand mixer head is raised.

Do not operate the stand mixer when the mixing bowl is empty.

### Speed Setting Guide

| Attachment  | Speed Setting | Mixture                           | Operation Method and Timings   |
|---|---------------|-----------------------------------|--|
| <br>Dough hook     | 1–5           | 585 g flour<br>and<br>315 g water | Speed settings 1–2 for 30 seconds, followed by speed settings 3–4 for 2–4 minutes to form a cluster. |
| <br>Beating blade | 2–6           | 400 g flour<br>and<br>500 g water | Speed setting 2 for 20 seconds, followed by speed setting 6 for 2 minutes 40 seconds.                |
| <br>Whisk        | 6–8           | Min. 3<br>egg whites              | Speed setting 6–8 for max. 3 minutes.  |

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**WARNING:** To avoid overworking the motor and to prolong the life of the stand mixer, always follow the timings displayed in the Speed Setting Guide and rest for at least 10 mins in between uses.

## Storage

Check that the stand mixer is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the stand mixer; wrap it loosely to avoid causing damage.

## Troubleshooting

| Problem  | Solution  |
|--|---|
| The stand mixer is not working.                    | Check that the stand mixer is plugged in and switched on at the mains power supply.<br>Switch off and unplug the stand mixer and check whether all parts have been correctly assembled. |
| It is not clear which speed setting to use.        | Follow the instructions in the section entitled 'Speed Setting Guide'.  |
| Egg whites are not whipping.                       | Make sure that the bowl and whisk are completely clean and dry before use; even the smallest amount of fat can affect whipping performance.   |
| Bread dough will not combine.                      | Additional liquid may need to be added to the mixture. Do not use a high speed setting to knead bread dough.  |
| The mixture curdles after adding egg.              | Add eggs one at a time and beat well. Check that the eggs are at room temperature.  |
| Sugar is still visible after creaming the mixture. | Continue to cream the mixture until the sugar has completely dissolved or try using caster sugar.   |
| There are lumps in the batter or dough.            | Sift ingredients such as flour before mixing.   |

## Specifications

Product code: EK5234P

Operates from 220–240 V ~ 50 Hz

Output: 1300 W

## Recipes

### Victoria Sponge

#### Ingredients

|                          |                       |                     |
|--------------------------|-----------------------|---------------------|
| 200 g self-raising flour | 200 g softened butter | 2 tsp milk          |
| 200 g caster sugar       | 4 eggs                | 1 tsp baking powder |

#### Buttercream filling

|                   |                       |                          |
|-------------------|-----------------------|--------------------------|
| 140 g icing sugar | ¼ tsp vanilla extract | Icing sugar, for dusting |
| 100 g butter      | Strawberry jam        |                          |

#### Method

Preheat the oven to 190 °C/170 °C Fan/Gas Mark 5. Grease two 20 cm sandwich tins and line with non-stick baking paper. Add the sugar, butter, eggs and self-raising flour into the mixing bowl provided and beat together using the beating blade on the medium speed setting. Combine until the mixture is a smooth, soft consistency. Divide the mixture evenly between the sandwich tins and use a silicone spatula to smooth out any bumps. Bake the cake mixtures for 20 minutes or until they appear a golden brown. To check whether they are baked fully, insert a bamboo skewer/cocktail stick into the mixture and pull it out slowly. If the bamboo skewer/cocktail stick is clean, the cakes are ready. Set aside to cool before removing them from the sandwich tins. Once partly cooled, use a palette knife or silicone spatula to slowly lift the cakes out of the tins. Place onto a cooling rack and leave to cool.

#### Filling

Beat the butter using the beating blade on the medium speed setting; combine until smooth and creamy. Slow the stand mixer down to add the icing sugar gradually, making sure to sift the sugar. Add the vanilla extract.

Spread the cream and a layer of jam between the two cake layers.  
Sprinkle with icing sugar and enjoy.



## Chocolate Cupcakes

This recipe makes 12 cupcakes.

### Ingredients

|                           |                   |                       |
|---------------------------|-------------------|-----------------------|
| 140 g caster sugar        | 20 g cocoa powder | 1 ½ tsp baking powder |
| 100 g plain flour, sifted | 120 ml whole milk | ¼ tsp vanilla extract |
| 40 g unsalted butter      | 1 egg             |                       |

### Method

Preheat the oven to 200 °C/ 180 °C Fan/Gas mark 6.

Using the beating blade on the medium speed setting, mix the butter, egg, sugar. Pour in the whole milk and vanilla extract and continue to combine until light and fluffy. Slowly mix in the sifted flour, baking powder and cocoa powder. Mix ingredients until fully combined. Remove the mixing bowl from the stand mixer and evenly distribute the mixture into the cupcake cases.

Place the cupcakes in the oven and bake for 15 minutes. Once baked, leave to cool.

## Chocolate Brownies

### Ingredients

|                          |                       |                              |
|--------------------------|-----------------------|------------------------------|
| 275 g caster sugar       | 3 large eggs          | 50 g white chocolate,        |
| 85 g plain flour, sifted | 185 g dark chocolate, | roughly chopped              |
| 40 g cocoa powder        | roughly chopped       | 50 g milk chocolate, roughly |
| 185 g unsalted butter    |                       | chopped                      |

### Method

Preheat the oven to 180 °C/ 160 °C Fan/Gas Mark 4.

Set a glass or metal bowl over a saucepan of boiling water. Add the dark chocolate and butter and allow to melt over a low heat. Once melted, remove from the heat and set aside.

While the oven is preheating, add the eggs, sugar and flour into the cooled chocolate mixture and whisk together using the whisk attachment for 3–5 mins to form a smooth batter. Add the remaining chunks of chocolate to the mixture and continue to combine. Once combined, pour the mixture into a lightly greased deep baking tray. Bake for 25–30 minutes. Check that the chocolate brownie is cooked as desired before serving.



## Chocolate Chip Cookie

This recipe makes 12 cookies.

### Ingredients

|                                  |                       |                             |
|----------------------------------|-----------------------|-----------------------------|
| 125 g plain flour                | 1 large egg, beaten   | ½ tsp salt                  |
| 100 g light brown soft sugar     | 1 tsp vanilla extract | Vanilla ice cream, to serve |
| 100 g chocolate chips            | 1 tsp baking powder   |                             |
| 37.5 g unsalted butter, softened |                       |                             |

### Method

Preheat the oven to 180 °C/160 °C Fan/Gas Mark 4.

In a large mixing bowl, cream the butter and sugar together until pale and fluffy.

Add the egg and vanilla, beat until well combined using the beating blade attachment.

Sift over the flour, then add the baking powder and salt and mix until smooth.

Fold in the chocolate chips using a wooden spoon or spatula. Grease a baking tray with butter or lightly coat with cooking spray. Place small dollops of dough onto the tray. Bake for approx. 6–10 minutes, or until the cookies are golden brown. Longer cooking times produce crispier cookies.

Carefully remove the cookies from the oven and place onto a wire cooling rack.

Serve warm, topped with vanilla ice cream.

## White Bread

### Ingredients

|                         |                  |            |
|-------------------------|------------------|------------|
| 500 g plain white flour | 300 ml water     | 2 tsp salt |
| 7 g fast-action yeast   | 3 tbsp olive oil |            |

### Method

Preheat the oven to 220 °C/200 °C Fan/Gas Mark 7.

Use the whisk attachment to combine the flour, salt, and yeast in the mixing bowl provided.

Make a well in the centre of the flour mixture and add the olive oil and water; mix well using the dough hook attachment. If the dough is too stiff, add 1–2 tbsp of water. Once the dough feels satin-smooth, place it in a slightly oiled bowl (the mixing bowl provided can be used) and cover with cling film. Leave the dough to rise for one hour, until it has doubled in size, or place in a fridge overnight. Once the dough rises, tip it out onto a floured surface and proceed to 'knock back' the dough (punch the air out of the dough and pull it into itself). This will release any trapped air pockets. Then gently mould the dough into a ball.

Place the dough ball onto a lined baking tray and allow to proof for one hour. Once doubled in size, dust the loaf with a sprinkle of flour and cut a cross into the top of the dough (roughly 6 cm long). Bake for 25–30 mins or until golden brown. When baked fully, the loaf should sound hollow when tapped.





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## Connection to the Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

### Important

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

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

**Blue Neutral (N)**

**Brown Live (L)**

**FOR UK USE ONLY** – Plug fitting details  
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\perp$ ).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

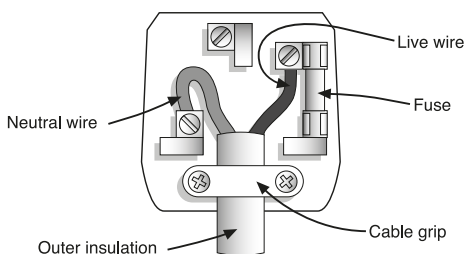
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



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If this product does not reach you in an acceptable condition please contact our Customer Services Department at **[www.progresscookshop.com](http://www.progresscookshop.com)**

Please have your delivery note to hand as details from it will be required. If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

### **Guarantee**

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

### **Disposal of Waste Batteries and Electrical and Electronic Equipment**




This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. **It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal.** For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

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\*To be eligible for the extended guarantee,  
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