

**PROGRESS**by



**Easy-Store  
Hand Mixer**  
**Instruction Manual**



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.

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

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 and its power supply cord out of the reach of children. 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.

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 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 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.



## Care and Maintenance

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

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

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

Do not immerse the hand mixer motor unit in water or any other liquid. Do not use harsh or abrasive detergents or scourers to clean the hand mixer, as this could cause damage.

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

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

### Description of Parts



- |                            |                           |
|----------------------------|---------------------------|
| 1. Hand Mixer motor unit   | 6. Whisk attachments      |
| 2. 5-speed selector switch | 7. Dough hook attachments |
| 3. Turbo button            | 8. Stand                  |
| 4. Attachment eject button | 9. Stand attachment slots |
| 5. Attachment slots        |                           |



## Instructions for Use

### Before First Use

Clean the hand mixer following the instructions outlined in the section entitled 'Care and Maintenance'. Wash all of the attachments in warm, soapy water, then rinse and dry thoroughly. Wipe the hand mixer motor unit with a soft, damp cloth and allow to dry thoroughly.

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

### Using the Hand Mixer

All attachments must be securely fitted before use; do not attempt to remove them until the attachment has stopped moving.

### With the Whisk Attachments

The whisk attachments are ideal for mixing light ingredients such as egg whites, cream and instant desserts. To avoid spillage, it is best to start slowly and build up to the required speed one setting at a time.

**STEP 1:** Before connecting the hand mixer to the mains power supply, carefully attach the whisk attachments onto the hand mixer by aligning the tabs and pushing in until they click into place.

**STEP 2:** Place the food to be whisked into a mixing jug or bowl, then plug in and switch on the mixer at the mains power supply.

**STEP 3:** With the whisk attachments secure, lower them into the mixing jug and then move the 5-speed selector switch to the desired speed setting.

**STEP 4:** Slowly move the hand mixer in a clockwise direction to avoid splashing. Once whisking is complete, move the 5-speed selector switch back to '0' to switch off the hand mixer.

**STEP 5:** After use, switch off and unplug the hand mixer from the mains power supply. Remove the whisk attachments by gently pulling them outwards whilst holding down the eject button. Do not press the attachment eject button without a secure grip on the attachments, as they may drop and sustain damage.

**NOTE:** Whilst mixing liquid, especially hot liquid, use a tall container or whisk small quantities at a time to reduce spillage, splattering and the possibility of injury from scalding.

**WARNING:** Do not use the whisk attachments to blend very hot or boiling liquid, as this may cause injury.

Switch off and unplug the hand mixer from the mains power supply before attempting to remove the whisk attachments and before cleaning.

### With the Dough Hook Attachments

The dough hook attachments are ideal for mixing bread dough. For best results, make sure that the dough is not too dry and use the dough hooks on a lower speed setting.

**STEP 1:** Before connecting the hand mixer to the mains power supply, carefully attach the dough hook attachments onto the hand mixer by aligning the tabs and pushing in until they click into place. The dough hook with the end washer should be fitted into the large hole, on the left.

**STEP 2:** Place the food to be kneaded into a mixing jug or bowl, then plug in and switch on the hand mixer at the mains power supply.



**STEP 3:** With the dough hook attachments secure, lower them into the mixing jug and then move the 6-speed selector switch to the desired speed setting.

**STEP 4:** Slowly move the hand mixer in a clockwise direction to avoid splashing. Once kneading is complete, move the 6-speed selector switch back to '0' to switch off the hand mixer.

**STEP 5:** After use, switch off and unplug the hand mixer from the mains power supply. Remove the dough hook attachments by gently pulling them outwards whilst holding down the attachment eject button. Do not press the eject button without a secure grip on the attachments, as they may drop and sustain damage.

**NOTE:** Whilst mixing liquid, especially hot liquid, use a tall container or dough hook small quantities at a time to reduce spillage, splattering and the possibility of injury from scalding.

**WARNING:** Do not use the attachments to blend very hot or boiling liquid, as this may cause injury.

Switch off and unplug the hand mixer from the mains power supply before attempting to remove the dough hook attachments and before cleaning.

#### Turbo Button

The turbo button is located below the 5-speed selector switch. Press and hold this to activate the highest speed setting; it can also be used to activate a burst of increased mixing speed whilst a different mixing speed is active.

**NOTE:** The hand mixer must be switched on for the turbo button to be used. If the switch is set to '0', the turbo button will not activate.

#### Troubleshooting

Problem	Possible Cause	Solution
The hand mixer will not operate.	The hand mixer is not connected to the mains power supply.	Plug in and switch on the hand mixer at the mains power supply.
The attachments will not move when in contact with ingredients.	The mixture is too dry.	Add liquid to the mixture.

#### Storage

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

#### Specifications

Product code: EK5250WW

Input: 220–240 V ~ 50/60 Hz

Output: 400 W

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# Recipes

Any recipe images used in this instruction manual  
are intended for illustrative purposes only.





## Spiced Marmalade Upside Down Cake

9-10

PersonalPoints™ range per serving

Serves 8

### Ingredients

160 g half fat crème fraîche, to serve  
 150 g self-raising flour  
 75 g reduced sugar marmalade  
 75 g low-fat spread  
 75 g light brown sugar  
 2 medium eggs  
 1 medium orange, zested  
 1 medium orange, sliced  
 4 tbsp semi-skimmed milk  
 2 tbsp boiling water  
 1 tbsp mixed spice  
 1 tbsp fresh ginger, grated  
 2 tsp ground ginger  
 1 tsp ground cinnamon  
 1 tsp baking powder  
 Calorie-controlled cooking spray, butter flavour



### Method

Preheat the oven to 180 °C, fan 160 °C, Gas Mark 4.  
 Mist a 20 cm round cake tin with the cooking spray. Line the tin with the slices of orange.  
 Sift the flour, spices and baking powder into a bowl. Combine and set aside.  
 In a separate larger bowl, whisk together the low-fat spread and sugar until pale and combined.  
 Add the eggs one at a time, whisking well until everything is combined. Stir in the fresh ginger and orange zest.  
 Carefully fold in the flour mixture. Gradually stir in the milk.  
 Pour the batter into the prepared tin, covering the orange slices.  
 Bake for 30–35 minutes, or until a skewer inserted into the centre of the cake comes out clean.  
 Allow to cool for approx. 10 minutes, then turn the cake out onto a serving plate.  
 In a small bowl, whisk together the marmalade and boiling water, then brush the glaze over the warm cake.  
 Cut the cake into 8 slices and serve with the crème fraîche.

## Garlic Dough Balls

3

PersonalPoints™ value per serving

**Serves 12**

### Ingredients

250 g bread flour, plus extra for dusting  
1½ g dried baking yeast  
1 garlic clove, crushed  
150 ml warm water  
1½ tbsp low-fat spread  
1 tbsp fresh parsley, finely chopped  
1 tsp caster sugar  
1 tsp garlic granules  
½ tsp salt  
Calorie-controlled cooking spray

### Method

Put the flour, sugar, salt and garlic granules into a large mixing bowl. Stir through the yeast and make a well in the centre. Pour the warm water into the well and whisk together to form a soft dough. Turn out onto a lightly floured surface and knead for 5–7 minutes or until smooth and springy. Mist a large baking sheet with the cooking spray. Divide the dough into 12 equal pieces and roll into balls. Arrange the balls on the baking sheet so they are almost touching. Mist some plastic wrap with the cooking spray and cover the dough balls. Leave in a warm place for 35 minutes, or until doubled in size. Meanwhile, preheat the oven to 220 °C, fan 200 °C, Gas Mark 7. In a small bowl, combine the spread, garlic and parsley to make garlic butter. Set aside. Remove the plastic wrap from the risen dough and bake for 15 minutes or until golden. Set aside to cool for 5 minutes, then brush with the garlic butter to serve.



## Raspberry, Almond and Ricotta Muffins

8

PersonalPoints™ value per serving

**Serves 12**

### Ingredients

150 g ricotta  
150 g raspberries, plus extra to serve  
100 g low-fat spread  
100 g caster sugar  
100 g gluten-free plain white flour  
100 g ground almonds  
50 g organic almond butter  
20 g almonds  
2 medium eggs  
1 orange, zested  
1 lemon, zested  
1 tsp vanilla extract  
1 tsp baking powder  
1 tsp icing sugar

### Method

Preheat the oven to 180 °C, fan 160 °C, gas mark 4.

Line a 12-hole muffin tray with muffin cases, or line a 12 x 12 cm baking tin with greaseproof paper.

In a bowl, whisk together the low-fat spread and sugar until smooth.

Whisk in the vanilla extract, orange and lemon zests, eggs and 25 g of the plain flour. Add the almond butter and ricotta and stir until combined.

Sift in the remaining flour, ground almonds and baking powder and carefully fold in. Add the raspberries and stir.

Divide the mixture evenly between the muffin cases. Scatter the flaked almonds over and bake for 25–30 minutes, until a skewer inserted into the centre of each muffin comes out clean.

Dust with the icing sugar and top with extra raspberries to serve.

## Flourless Chocolate Cake

9-10

PersonalPoints™ range per serving

**Serves 12**

### Ingredients

165 g granulated sugar  
125 g raspberries  
120 g half fat crème fraîche  
85 g dark chocolate  
65 g ground almonds  
15 g unsalted butter  
5 egg whites  
3 egg yolks  
3 tbsp cocoa powder  
2 tsp icing sugar  
1½ tsp vanilla extract  
¼ tsp salt  
Calorie-controlled cooking spray



### Method

Preheat the oven to 180 °C, fan 160 °C, Gas Mark 4.

Mist a 23 cm springform cake tin with the cooking spray and dust the base and sides with 1 tbsp of the cocoa powder.

Put the chocolate and butter in a microwave-safe bowl. Cover and microwave on high for 1 minute until melted. Stir until combined, then set aside to cool.

Sift the remaining cocoa powder into a small bowl. Add the crème fraîche and mix until smooth and combined. Set aside.

Put the egg yolks and 65 g of the granulated sugar in a medium bowl. Whisk until pale and creamy. Add the chocolate mixture and vanilla extract, then beat until smooth.

Fold in the crème fraîche mixture and stir until smooth and combined. Fold in the ground almonds until combined.

In a separate bowl, whisk together the egg whites and salt until soft peaks form. Gradually add the remaining granulated sugar until combined. Beat for approx. 2 minutes until thick, glossy peaks have formed.

Gently fold one-third of the meringue into the chocolate and almond mixture. Repeat with the remaining meringue until combined.

Transfer to the prepared cake tin and smooth the surface with a spatula. Bake for approx. 40 minutes until a skewer inserted into the centre of the cake comes out clean.

Allow the cake to cool completely in the tin.

Once cooled, gently remove the cake from the tin. Transfer it to a cake stand and dust over the icing sugar.

Serve with the fresh raspberries scattered over the top.





## Fig, Pistachio and Mascarpone Roulade

8

PersonalPoints™ value per serving

**Serves 12**

### Ingredients

115 g caster sugar  
100 g low-fat mascarpone  
100 g half fat crème fraîche  
60 g light brown sugar  
25 g icing sugar  
20 g pistachios, plus extra for serving  
5 figs, chopped, plus extra for serving  
4 egg whites  
1 medium pomegranate  
1 tsp cornflour  
1 tsp white wine vinegar  
1 tsp icing sugar  
½ tsp vanilla extract  
Calorie-controlled cooking spray



### Method

Preheat the oven to 160 °C, fan 140 °C, Gas Mark 3.

Mist a 25 x 35 cm Swiss roll baking tin with the cooking spray and line with baking paper.

Whisk the egg whites until stiff peaks are formed.

Combine the caster sugar and light brown sugar and gradually add to the egg whites, folding in until the mixture is stiff and glossy.

Sift in the cornflour and fold then whisk in the white wine vinegar.

Spoon the meringue evenly into the prepared baking tin and bake for approx. 25 minutes.

Remove from the oven and leave to cool.

Lift the meringue from the tin and remove the baking paper. Dust a new sheet of baking paper with 1 tsp of icing sugar and leave the meringue to cool completely on the sugar-dusted paper.

Meanwhile, combine the mascarpone, crème fraîche, vanilla and remaining icing sugar to make the filling. Whisk until smooth and combined then chill until ready to use.

To assemble the roulade, set aside 2 tbsp of the chilled filling for decoration and spread the remaining filling over the roulade. Leave a 2.5 cm strip along one of the edges so the filling does not spill out when rolled. Scatter over the pistachios and chopped figs.

Starting from the longest edge, roll the roulade, using the paper to help.

Transfer to a platter and spread the reserved filling down the centre of the roulade.

Decorate with the figs, pistachios and pomegranate.

### Note

For a neater, more secure roulade, tuck 4 cm of the long edge firmly down into the mascarpone mixture before rolling.



Notes:



### 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)**

**Green/Yellow Earth** ( $\frac{\perp}{\equiv}$ )

**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**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter E or marked  $\frac{\perp}{\equiv}$ .

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

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.

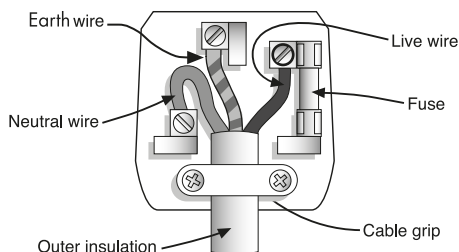
If in doubt, consult a qualified electrician who will be pleased to do this for you.

#### 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 WW Customer Services Department via web chat 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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## 3 YEAR GUARANTEE\*

\*To be eligible for the extended guarantee, go to [guarantee.upgs.com/progress](https://guarantee.upgs.com/progress) and register your product within 30 days of purchase.

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CD270522/MD011122/V2