

# PREPSTAR

## CHOP, GRATE, WHIP, MIX AND MORE!

ONE MACHINE MULTIPLE POSSIBILITIES

PREPSTAR RECIPE E-BOOK



**morphy richards**  
smart ideas for your home









# BOSS THE PREP WITH **PREPSTAR**

BY **morphyrichards®**

PREPARE HEALTHY, NUTRITIOUS AND  
DELICIOUS MEALS WITH EASE!

CHOP



GRATE



WHIP



MIX



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# 16 RECIPES FOR YOUR PREPSTAR

- Tomato Basil Bruschetta with Bocconcini
- Apple, Fennel and Red Cabbage Salad
- Lemon Seeded Mustard Mayonnaise
- Chilli, Parmesan and Rosemary Biscuits
- Lentil and Cashew Sliders
- Thai Fish Cakes
- Cheesy Zucchini and Carrot Slice
- Cauliflower Mash with Dukkah
- Chunky Tuna Dip
- Creamy Pumpkin Dip
- Jam and Lemon Drop Biscuits
- Raspberry Crumble Cake
- Individual No-Bake White Choc Cheesecake
- Mini Carrot Cake with Cream Cheese Frosting
- Chocolate Tart
- Shortcrust Pastry

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Chopping  
Blade

**2**  
Serves

**10**  
Minutes



# TOMATO BASIL BRUSCHETTA WITH BOCCONCINI

## INGREDIENTS:

250g cherry or grape tomatoes

¼ small red onion

6 large basil leaves

2 tablespoons extra virgin olive oil

2 teaspoons balsamic vinegar

Salt and ground black pepper, to taste

4 slices sourdough bread, thickly sliced

4 bocconcini, torn into small pieces

Extra virgin olive oil, to serve

Basil leaves, to serve

## METHOD:


Attach the Chopping Blade to your PrepStar and add tomatoes, onion, basil, oil, vinegar and season with salt and pepper; pulse until bruschetta mixture is the desired consistency.

Toast sourdough and drizzle oil over toast; place onto a serving platter and spoon bruschetta mixture over toast.

Serve topped with bocconcini and basil, drizzle with olive oil and season with salt and pepper.





 Slicer  
Grater  
Blade &  
Whisk

**8**  
Serves

**10**  
Minutes





# APPLE, FENNEL AND RED CABBAGE SALAD

## INGREDIENTS:

- 1 red apple, quartered
- 1 small fennel, trimmed
- ¼ small red cabbage
- 3 stalks celery
- 1 bunch radishes, trimmed
- ½ red onion
- ¼ cup lemon seeded mustard mayonnaise (see recipe)
- 2 tablespoons olive oil
- Salt and ground black pepper, to taste

## METHOD:

Attach the Slicer Grater Blade to your PrepStar; slice apple, fennel, red cabbage, celery stalks, radishes and red onion<sup>1</sup> on Speed 2.

Transfer salad ingredients to a serving bowl and mix together.

Remove the Slicer Grater Blade, attached the Whisk to your PrepStar, add prepared mayonnaise, oil, salt and pepper and whisk to combine.

Pour Mayonnaise dressing over salad and stir to combine.

## NOTES:

1. If necessary, cut the vegetables to size so they will fit down the feed tube.



Whisk

Makes  
**1 1/4**  
Cups

**10**  
Minutes





# LEMON SEEDED MUSTARD MAYONNAISE

## INGREDIENTS:

3 egg yolks  
1 ½ tablespoons lemon juice  
2 teaspoons seeded mustard  
Salt and ground black pepper, to taste  
250ml vegetable oil

## METHOD:

Attach the Whisk to your PrepStar and add egg yolks, lemon juice, mustard, salt and pepper; process on Speed 2 until the mixture is light and creamy.

While processing, gradually add oil in a slow and steady stream until mixture thickens and becomes pale.<sup>1</sup>

## NOTES:

1. Store in an airtight container and refrigerate.



Chopping  
Blade

**50**  
Serves

**50**  
Minutes





# CHILLI, PARMESAN & ROSEMARY BISCUITS

## INGREDIENTS:

2 cups plain flour  
½ teaspoon dried chilli flakes  
50g grated Parmesan  
1 teaspoon dried rosemary  
¼ teaspoon salt  
180g butter, chopped  
1 egg  
2 teaspoons seeded mustard  
1-2 teaspoons cold water

## METHOD:

Preheat oven to 180°C  
(160°C fan-forced).

Line 2 baking trays with baking paper.

Attach the Chopping Blade to your PrepStar and add flour, chilli, Parmesan, rosemary, salt and butter in a bowl; process on Speed 1 until mixture resembles fine breadcrumbs.

Add egg and mustard; process on Speed 1 until just mixed.

Add water; process on Speed 1 until dough comes together and forms a ball.

Turn pastry out onto a lightly floured surface and knead until just smooth.

Shape dough into a disc and wrap in plastic; refrigerate for 30 minutes.

Divide dough into 2 halves; roll one half out between 2 sheets of baking paper until 5mm-thick.

Use a 5cm round cutter to cut out biscuits, then place in a single layer on baking trays; repeat with remaining dough.

Bake biscuits for 12 minutes, or until lightly golden brown; set aside to cool.<sup>1</sup>

Serve with cheese.

## NOTES:

1. Biscuits can be stored in an airtight container at room temperature for up to 1 week or frozen in an airtight container for later use.



Chopping  
Blade

**8**  
Serves

**30**  
Minutes





# LENTIL AND CASHEW SLIDERS

## INGREDIENTS:

4 slices bread, crusts removed  
150g salted cashews  
400g can lentils, drained  
2 spring onions, roughly chopped  
¼ cup coriander, chopped  
2 teaspoons cumin  
¼ teaspoon dried chilli flakes  
Cooking oil (of your choice)  
8 brioche slider rolls  
Rocket, to serve  
Mayonnaise, to serve

## METHOD:

Attach the Chopping Blade to your PrepStar and add bread and cashews; process on Speed 2 until coarsely chopped.

Add lentils, spring onions, coriander, cumin and chilli; pulse until well combined.

With wet hands, divide the mixture into 8 equal portions; roll and flatten each portion into a burger pattie.

Heat a small amount of oil in a large non-stick frying pan over medium heat; cook patties in batches, for 3-4 minutes on each side, or until golden brown.

Serve in brioche slider rolls with rocket and mayonnaise.



Chopping  
Blade

**18**  
Serves

**20**  
Minutes





# THAI FISH CAKES

## INGREDIENTS:

½ small onion, quartered

3 garlic cloves, peeled

1 cm piece ginger, peeled and sliced

2 long red chillies, quartered and deseeded

¼ bunch coriander

4 Kaffir lime leaves, sliced

1 tablespoon fish sauce

2 tablespoons red curry paste

800g boneless white fish fillets, cut into chunks<sup>1</sup>

150g green beans, thinly sliced

1/3 cup vegetable oil

Sweet chilli sauce, to serve

Lime wedges, to serve

Coriander, to serve

## METHOD:

Attach the Chopping Blade to your PrepStar and add onion, garlic, ginger, chilli, coriander, Kaffir lime leaves, fish sauce and curry paste; process on Speed 2 until smooth.

Add fish; process on Speed 3 until pureed, scraping down the sides of the bowl, if necessary.

Add beans; pulse until just mixed through.

Using wet hands, shape ¼ cup portions into fish cakes by rolling into balls then flattening slightly.

Add oil to a large frypan and heat over medium.

Cook fish cakes, in batches, for 6 minutes on each side, or until golden brown and cooked through.

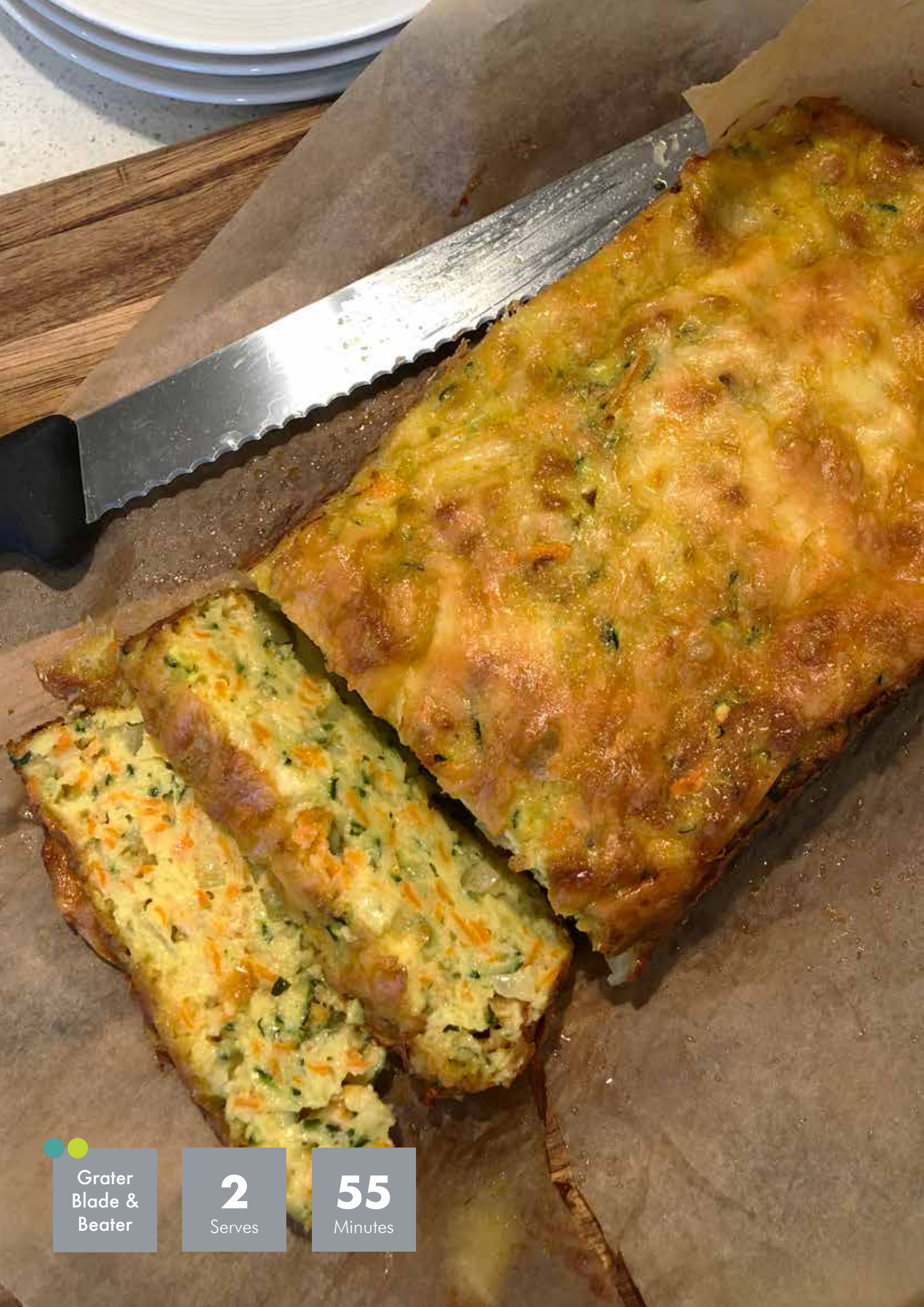
Serve with sweet chilli sauce, lime wedges and coriander.<sup>2</sup>

## NOTES:

1. White fish like Cod, Snapper, Barramundi, Dory, Basa, Blue Grenadier, Perch, Flathead or Monkfish are great for Thai fish cakes.

2. Fish cakes can be served with a fresh green salad and cooked Jasmine rice.





Grater  
Blade &  
Beater

2

Serves

55

Minutes





# CHEESY ZUCCHINI AND CARROT SLICE

## INGREDIENTS:

4 medium zucchini  
2 medium carrots, peeled  
1 onion, quartered  
 $\frac{3}{4}$  cup self-raising flour  
125g butter, melted  
4 eggs  
 $\frac{3}{4}$  cup cheddar cheese, grated  
Salt and ground black pepper, to taste  
 $\frac{1}{4}$  cup cheddar cheese, grated,  
to serve

## METHOD:

Preheat oven to 170°C fan-forced.  
Grease a 12cm x 22cm loaf pan and  
line with baking paper.

Attach the Coarse Grater to your  
PrepStar and grate zucchini, carrot and  
onion<sup>1</sup> on Speed 2; transfer grated  
vegetables to a bowl and remove the  
Coarse Grater.

Attach the Beater to your PrepStar and  
add flour, butter, eggs, cheese, salt  
and pepper; process on Speed 2 to  
make a batter.

Add vegetables and process on Speed  
3 to mix until just combined.

Pour mixture into the prepared pan  
and bake for 40-45 minutes, or until a  
skewer inserted into the centre comes  
out clean.

Serve warm with a fresh salad.<sup>2</sup>

## NOTES:

1. If necessary, cut the vegetables to  
size so they will fit down the feed tube.

2. Leftovers make a delicious  
sandwich filling!





Chopping  
Blade

Makes  
**2**  
Cups

**30**  
Minutes





# CAULIFLOWER MASH WITH DUKKAH

## INGREDIENTS:

1 kg cauliflower florets  
6 cloves garlic, peeled  
50ml extra virgin olive oil  
Salt and ground black pepper, to taste  
Extra virgin olive oil, to serve  
Dukkah, to serve

## METHOD:

Steam cauliflower and garlic for 20 minutes, or until tender; drain well.

Attach the Chopping Blade to your PrepStar and add cauliflower and garlic; process on Speed 2 until smooth.

Add oil and season with salt and pepper; process on Speed 2 until smooth.

Transfer to a serving bowl; serve with a drizzle of extra virgin olive oil and sprinkle with dukkah.



Chopping  
Blade

Makes  
**2**  
Cups

**10**  
Minutes





# CHUNKY TUNA DIP

## INGREDIENTS:

125g cream cheese, softened at room temperature and cubed

½ cup mayonnaise

185g can tuna in oil, drained

4 pickled baby cucumbers

2 spring onions, roughly chopped

1 tablespoon lemon juice

1 teaspoon seeded mustard

Salt and ground black pepper, to taste

## METHOD:

Attach the Chopping Blade to your PrepStar.

Add all ingredients and process on Speed 2 until mixed well but still chunky.<sup>1</sup>

## NOTES:

1. For a smoother dip, process on Speed 2 until smooth and creamy.

DISCLAIMER: Image for pictorial reference only and may differ from the actual recipe.



Chopping  
Blade

Makes  
**2**  
Cups

**40**  
Minutes





# CREAMY PUMPKIN DIP

## INGREDIENTS:

750g pumpkin, peeled, deseeded and cubed

2 teaspoons olive oil

125g cream cheese, softened at room temperature and cubed

½ cup light sour cream

½ bunch coriander, roughly chopped

2 tablespoons lemon juice

2 teaspoons cumin

Salt and ground black pepper, to taste

## METHOD:

Preheat oven to 180°C and line baking tray with baking paper.

Toss pumpkin in oil and transfer to prepared baking tray.

Bake for 25-30 minutes, or until tender; allow to cool.

Attach the Chopping Blade to your PrepStar and add all ingredients; process on Speed 2 until smooth and creamy.



Chopping  
Blade

**24**  
Serves

**20**  
Minutes



A vertical photograph on the left side of the page shows several golden-brown biscuits on a black wire cooling rack. One biscuit in the foreground is clearly topped with a thick layer of yellow jam. The background is a light-colored, speckled countertop.

# JAM AND LEMON DROP BISCUITS

## INGREDIENTS:

125g butter, softened  
½ cup caster sugar  
1 teaspoon vanilla essence  
1 egg, beaten  
1 cup self-raising flour  
¼ cup cornflour  
2 tablespoons raspberry jam  
2 tablespoons lemon butter

## METHOD:

Preheat oven to 180°C  
(160°C fan-forced).

Line 2 baking trays with baking paper.

Attach the Chopping Blade to your PrepStar and add butter, sugar and vanilla; process on Speed 1 until just mixed.

Add egg, flour and cornflour; process until combined.

Turn dough out onto a lightly floured surface and knead lightly.

Roll tablespoonfuls of dough into balls and place onto prepared trays, allowing room for spreading.

Using the end of a wooden spoon, make an indentation in the centre of each ball.

Divide jam and lemon butter amongst biscuits (about ½ teaspoon) and spoon into each indentation.

Bake biscuits for 15 minutes or until lightly golden; set aside to cool.



  
Beater &  
Chopping  
Blade

**12**  
Serves

**75**  
Minutes





# RASPBERRY CRUMBLE CAKE

## INGREDIENTS:

1 cup plain flour  
1 cup self-raising flour  
 $\frac{3}{4}$  cup caster sugar  
1 teaspoon cinnamon  
200g butter, melted and cooled  
 $\frac{3}{4}$  cup milk  
2 teaspoons vanilla essence  
2 eggs  
100g frozen raspberries  
Icing sugar, to serve  
Whipped thickened cream, to serve

## CRUMBLE

$\frac{1}{2}$  cup plain flour  
 $\frac{1}{4}$  cup brown sugar  
 $\frac{1}{4}$  cup rolled oats  
50g butter, cubed

## METHOD:

Preheat oven to 180°C  
(160°C fan-forced).

Grease a 20cm round springform pan and line with baking paper.

Attach the Beater to your PrepStar and add flour, sugar and cinnamon; process on Speed 1 for 15 secs to combine.

Add butter, milk, vanilla and eggs; process on Speed 1 for 30 seconds to combine, then process on Speed 2 for 1 minute, or until cake mixture is light and fluffy.

Pour into the prepared pan and spread raspberries over the top; set aside.

Remote the Beater, wash and dry your PrepStar and attach the Chopping Blade.

Add all crumble ingredients; pulse until mixture resembles coarse breadcrumbs.

Sprinkle crumble mixture over cake mixture and bake for 1 hour and 15 minutes, or until a skewer inserted into the centre comes out clean.

Serve with a dusting of icing sugar and whipped cream on the side.



Chopping  
Blade &  
Beater

**8**  
Serves

**20**  
Minutes





# INDIVIDUAL NO-BAKE WHITE CHOC CHEESECAKE

## INGREDIENTS:

75g butternut snaps biscuits

250g cream cheese, cubed; softened at room temperature

180g white chocolate, melted

1/3 cup thickened cream

125g raspberries

## METHOD:

Attach the Chopping Blade to your PrepStar and add biscuits; pulse into crumbs.

Reserve some biscuit crumbs for serving.

Evenly distribute and press remaining biscuit crumbs into 8 small glasses.

Remove the Chopping Blade from your PrepStar, wipe clean with a damp cloth and attach the Beater.

Process cream cheese on Speed 2 until creamy.

Add white chocolate; process on Speed 2 until well combined.

Add cream; pulse until ingredients are just combined.

Spoon mixture evenly between glasses.

Sprinkle with biscuit crumbs and serve with raspberries.

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Chopping,  
Grater  
& Beater  
Blades

**10-12**  
Makes

**50**  
Minutes





# MINI CARROT CAKE WITH CREAM CHEESE FROSTING

## INGREDIENTS:

- 1 cup walnuts
- 4 medium carrots (about 300g)
- $\frac{3}{4}$  cup brown sugar
- 2 eggs
- $\frac{3}{4}$  cup vegetable oil
- 1 teaspoons vanilla essence
- 1 cup plain flour
- $1\frac{1}{2}$  teaspoons cinnamon
- 1 teaspoon baking powder

## FROSTING

- 200g cream cheese, softened
- $1\frac{1}{2}$  cups icing sugar, sifted
- 1 teaspoon vanilla essence

## METHOD:

Preheat oven to 180°C fan-forced.

Line a  $\frac{1}{3}$  cup muffin pan with 12 patty papers or  $\frac{1}{2}$  cup muffin pan with 10 large patty papers.

Attach the Chopping Blade to your PrepStar and add walnuts; pulse until coarsely chopped; set aside.

Remove the Chopping Blade, attach the Coarse Grater Blade to your PrepStar and grate carrot<sup>1</sup> on Speed 2; set aside.

Remove the Coarse Grater Blade, attach the Beater to your PrepStar and add sugar, eggs, oil and 1 teaspoon vanilla essence; pulse until just mixed through.

Sift flour, cinnamon, baking powder into your PrepStar and add walnuts and carrot; process on Speed 3 to combine, scraping down the side of the bowl if necessary.

Divide mixture evenly between patty papers, using either a  $\frac{1}{4}$  cup measuring cup for 12 cakes or  $\frac{1}{3}$  cup measuring cup for 10 cakes.

Bake for 20-25 minutes or until a skewer inserted in the centre comes out clean; allow to cool completely.

Wash and dry your Beater and PrepStar; reattach the Beater to your PrepStar.

Add cream cheese, icing sugar and vanilla; process on Speed 2 until smooth, scraping down the side of the bowl if necessary.

Add frosting into a piping bag fitted with a star nozzle; pipe frosting on carrot cakes in a swirl.<sup>2</sup>

## NOTES:

1. If necessary, cut the vegetables to size so they will fit down the feed tube.
2. Store in the fridge.



Chopping  
Blade

8  
Serves

40  
Minutes





# CHOCOLATE TART

## INGREDIENTS:

4 egg yolks  
2 tablespoons caster sugar  
1 tablespoon cornflour  
250ml milk  
300ml cream  
200g dark chocolate, chopped  
2 tablespoons Nutella  
1 quantity of shortcrust pastry  
(see recipe)

## METHOD:

Preheat oven to 160°C  
(140°C fan-forced).

Using shortcrust pastry recipe cook a  
23cm pastry case<sup>1</sup>

Attach the Chopping Blade to your  
PrepStar and add the dark chocolate,  
pulse until chocolate is chopped into  
smaller pieces; set aside.

Heat a saucepan on low-medium heat;  
add yolks, sugar and cornflour and mix  
to combine.

Whisk in milk and cream until  
combined; add chocolate and Nutella.

Heat for 5 minutes, or until chocolate  
is melted, stirring until mixture is  
smooth; remove from heat.

Pour the chocolate mixture into the  
pastry case, bake for 30 minutes, or  
until just set.

Set aside to cool completely, then  
refrigerate to chill before serving.

## NOTES:

1. Add 2 tablespoons of cocoa  
powder to make a chocolate shortcrust  
pastry. You may also need to add 2-4  
teaspoons of cold water if the dough is  
too dry



Chopping  
Blade

Makes  
**23cm**  
Case

**45**  
Minutes





# SHORTCRUST PASTRY

## INGREDIENTS:

1½ cups plain flour  
1/3 cup icing sugar  
125g butter, cubed  
1-2 tablespoons cold water

## METHOD:

Attach the Chopping Blade to your PrepStar and add flour, icing sugar and butter; process on Speed 1 until mixture resembles fine breadcrumbs.

Add cold water; process until dough just comes together.

Turn pastry out onto a lightly floured surface and knead until just smooth.

Shape dough into a disc and wrap in plastic wrap; refrigerate for 30 minutes.

Preheat oven to 180°C (160° fan-forced).

Place a 23cm fluted tart pan on a baking tray.

Roll pastry between 2 sheets of baking paper until 3mm-thick; carefully line the tart pan with pastry, trimming any excess.

Line pastry case with baking paper and fill with ceramic pie weights or uncooked rice.

Bake for 15 minutes and remove weights and paper.

Bake for further 15 minutes, or until pastry is golden brown; allow to cool.

## NOTES:

1. Add 2 tablespoons of cocoa powder to make a chocolate shortcrust pastry. You may also need to add 2-4 teaspoons of cold water if the dough is too dry.

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MIX AND MORE!

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