

goodFOOD

in partnership
with

TOWER



1.6L

Soup Maker

with sauté function

User Instruction Manual

GF12069





From soup to smoothie, perfection in every pour!

Create delicious homemade soups quickly and easily with the Soup Maker. For over 30 years, Good Food has been at the forefront of testing and reviewing kitchen equipment. Now, we've partnered with Tower to bring you a new range of products designed to help you create delicious meals for every taste and occasion.

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This box contains

Instruction Manual
1.6L Soup Maker with Saute Function



Specifications

Rated Voltage	220-240V~
Frequency	50/60Hz
Power Consumption	800-1000W Heating
Capacity	1.6 Litre
Motor Power	140-160W Motor

Important safety information

Thank you for purchasing this Soup Maker from the Tower range. Please read this manual carefully **BEFORE** using the Soup Maker for your own safety. It has been designed to provide many years of trouble-free use. There are many benefits to using your Tower Soup Maker with Saute Function:

- Make quick meals in 20 to 30 minutes.
- Intelligent Control System with LED Screen.
- Four Blend Settings for soups, puree and baby food.
- Robust yet Stylish Design.
- Generous 1.6L Capacity.

GENERAL SAFETY

Check that the voltage of the main circuit corresponds with the rating of the appliance before operating.

- If the supply cord or appliance is damaged, stop using the appliance immediately and seek advice from the manufacturer, its service agent or a similarly qualified person.
- DO NOT let the cord hang over the edge of a table or counter or let it come into contact with any hot surfaces.
- DO NOT carry the appliance by the power cord.
- The mains cable should reach from the socket to the base unit without straining the connections.

It is important that this user instruction manual is retained for future reference.

If the appliance is given to someone else, it should always be accompanied by these operating instructions, as they form an integral part of the appliance.

- DO NOT let the cable run across an open space e.g. between a low socket and table.
- DO NOT use any extension cord with this appliance.
- DO NOT let the cable run across a cooker or toaster or other hot area which might damage the cable.
- DO NOT pull the plug out by the cord as this may damage the plug and/or the cable.
- Switch off at the wall socket then remove the plug from the socket when not in use or before cleaning.
- Switch off and unplug before fitting or removing tools/ attachments, after use and before cleaning.
- Close supervision is necessary when any appliance is used by or near children.
- Children should not play with the appliance. Please read these notes carefully BEFORE using your Tower appliance.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance should not be undertaken by children without supervision.
- Take care when any appliance is used near pets.
- DO NOT use this product for anything other than its intended use.
- This appliance is for household use only.
- This appliance includes a heating function.

Important safety information

GENERAL SAFETY

- Please ensure that the appliance is used on a stable, level, and heat resistant surface.
- USE CAUTION when lifting or moving the appliance. Use the handle on the appliance to lift or move the jug. It is advised to use heat protective gloves or pot holders when handling the jug. Areas which are not intended to hold must be given sufficient time to cool.
- Always remove the plug and lid before using the jug to serve soup.
- WARNING! Keep your fingers away from moving parts and fitted attachments.
- When in use, the surfaces of the appliance will become very hot. Always use the handle.
- The use of accessory attachments is not recommended by the appliance manufacturer apart from those supplied with this product. DO NOT use extension cords with the appliance.
- When the appliance is used for reheating foods, always ensure food is piping hot before eating.
- Never exceed the maximum capacities outlined in this instruction manual.
- CAUTION! The blades in the jug are very sharp, extreme caution shall be taken when using and cleaning the inside of the jug.
- DO NOT immerse cords, plugs or any part of the appliance in water or any other liquid.
- Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.

Safety When Using the Appliance:

- DO NOT use the appliance outdoors. - This appliance is not intended to be operated by means of an external timer or separate remote control system.
- Always locate your appliance away from the edge of a worktop.
- DO NOT use the appliance outdoors, or near water.
- WARNING! HOT SURFACE THE BODY OF THE PRODUCT CAN GET HOT DURING USE.
- Extreme caution must be observed when moving an appliance with hot contents.
- CAUTION! DO NOT use the appliance with wet or moist hands.
- Treating Scalds: Run cold water over the affected area immediately. DO NOT stop to remove clothing, get medical help quickly. DO NOT place the appliance on or near heat sources such as gas or electric stove, ovens, or burners.
- Keep the appliance and the cable away from heat, direct sunlight, moisture, sharp edges and the like.
- When using the unit, ensure the lid is in place before switching on.
- DO NOT remove the lid until the blade has stopped.
- After one operation cycle, you must allow the appliance to cool down completely, and then clean the appliance to prevent burning.

It is important that this user instruction manual is retained for future reference.

If the appliance is given to someone else, it should always be accompanied by these operating instructions, as they form an integral part of the appliance.

Important safety information

Safety When Using the Appliance:

- DO NOT operate the appliance for making soup continuously.
- Be careful if hot liquid is poured into the soup maker as it can be ejected out of the appliance due to sudden steaming.
- In the unlikely event the appliance develops a fault, stop using it immediately and seek advice from the Customer Support Team: +44 (0) 333 220 6066

Wiring Safety for UK Use Only

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 labelled in accordance with the following code: Blue neutral [N] Brown live [L] Green/Yellow [EARTH] Plug Fitting Details (Where Applicable). The wire labelled blue is the neutral and must be connected to the terminal marked [N]. The wire labelled brown is the live wire and must be connected to the terminal marked [L]. The wire labelled green/yellow must be connected to the terminal marked with the letter [E]. On no account must either the brown or the blue wire be connected to the [EARTH] terminal. 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 nonrewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (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 of the mains lead and immediately dispose of it in a safe manner. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock. FUSE Earth (Green/Yellow) Fuse Neutral (Blue) Live (Brown) WARNING: This appliance MUST be earthed!

It is important that this user instruction manual is retained for future reference.

If the appliance is given to someone else, it should always be accompanied by these operating instructions, as they form an integral part of the appliance.

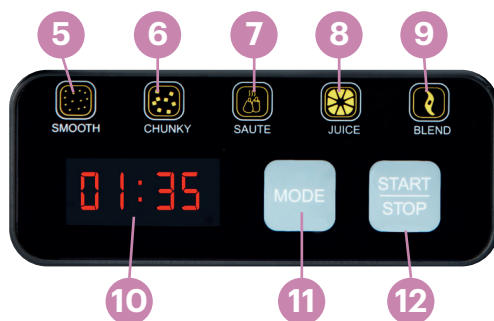
Getting to know your appliance

1. Lid Handle
2. Control Panel
3. Jug Handle
4. Power Socket



Control Panel

5. Smooth Function Indicator
6. Chunky Function Indicator
7. Saute Function Indicator
8. Juice Function Indicator
9. Blend Function Indicator
10. LED Screen
11. Mode Button
12. Start / Stop Button



Before first use

PREPARING FOR USE

Read all instructions and safety information carefully before first use. Please retain this information for future reference.

1. Remove your appliance from the packaging.
2. Check that there is no damage to the cord or any visible damage to the body.
3. Your appliance is now ready for normal use.
4. Dispose of the packaging in a responsible manner.
5. It is important to clean your Soup Maker before first use or if it has not been used for a long period of time.
6. When you first use your Soup Maker you may notice some smoke/vapour emitting from the Lid, this is normal and is simply grease that is used on some parts of the appliance applied during the manufacturing process. After using a few times this will stop.

Using your appliance

1. Ensure the Soup Maker is unplugged from the mains.
2. Remove the Lid. Be careful NOT to touch the Mixing Blade. **WARNING: Sharp Blades.** 3. Place all the ingredients into the Jug. Add the liquid last, filling up to between the max and min lines marked on the Jug.
4. Place the Lid back onto the Jug ensuring it is securely in place.
5. Plug into the mains. The icons will flash in sequence.
6. Press the Mode Button to select the programme. The icon will illuminate.
7. To start the Soup Maker, press the Start/Stop Button. The Soup Maker will beep and begin the cooking process. The cooking time will be displayed and start to count down.
8. When finished, the Soup Maker will beep for 60 seconds and all four icons will flash.
9. Unplug from the mains, remove the Lid and pour the fresh soup into a bowl.

YOUR SOUP MAKER PROGRAMMES:

Smooth - Use the Smooth programme to produce a thorough mix and blend of ingredients. The programme will run for 21 minutes and is ideal for classic dishes, such as Tomato and Basil Soup.

Chunky - Recipes which use chunks of meat and veg can use this setting. The Chunky programme will only heat the contents, it doesn't perform any blending, so make sure to chop the ingredients to your preferred size. The smaller the chunks the better the spread of heat throughout the dish. This programme has a runtime of 28 minutes.

Saute - Add additional flavour to your soup, and reduce the washing up by sautéing onion, bacon or vegetables in the soup maker before adding the liquid. You can even make croutons in the soup maker.

Juice - If smoothies or milkshakes are your thing your Soup Maker can handle them easily. Juice is a 2 minute programme that will blend your ice cream, fruit or vegetables perfectly. The ingredients are not heated so a wide variety of drinks can be made. Note: Do not place ice cubes into the Soup Maker.

Blend - Additional Blending. This setting allows you to further blend the soup, if required. This function works without additional heating of the soup. To access this function after cooking, you will need to unplug your Soup Maker before re-plugging into the mains. This resets the Soup Maker, allowing you to select the Blend Setting with the Mode Button. When highlighted, press and hold the Select Start/Stop Button to blend the contents of the Jug. Note: To preserve the life of the motor, we recommend blending in 30 second intervals LED Screen: Your Soup Maker utilises 3 different processes to create fresh soups and drinks; heating, blending and resting. These processes are highlighted during the programme with a small animation on the LED Screen.

Heating - The heating animation will appear in motion when the Soup Maker is heating or sauteing the contents of the Jug.

Blending - The blending animation will be displayed when the Mixing Blade is in use. When switching from heating to blending the Soup Maker will give off a single audible beep.

Resting - During the programme the Soup Maker will occasionally 'rest', at which point no animation will be shown, but the timer on the LED Screen will continue to count down. This is normal. Note: During the resting period do not lift the Lid as this will void the programme. Once the process is completed the soup maker will beep for 60 seconds and the screen will display the 'completed' icon.

Completed - When completed, your Soup Maker will show the same animation as resting, but the timer will be at '0' and all four icons on the panel will flash.

TIPS FOR GETTING THE MOST OUT OF YOUR SOUP MAKER:

- Prepare as many of your ingredients as possible in advance.
- Although the appliance has an intelligent control system to prevent dry burning, it is recommended to add a little olive or vegetable oil and water to the bottom of the jug before adding ingredients that are high in starch or sugar.
- Once you've added all the ingredients to the jug, stir with a wooden spoon before fitting the lid and turning the soup maker on.
- Make a full batch of soup at a time and freeze your leftovers to enjoy later in the week. When freezing soup, leave it to chill overnight in the fridge before putting it into the freezer.

YOUR SOUP MAKER PROGRAMMES:

- Layer softer, lighter ingredients like lentils or chopped tomatoes on top of heavier ingredients such as potato. This stops the lighter ingredients from being pressed down into the bottom of the jug and the blades too much.
- If your soup seems too thin, lower the amount of liquid you are adding. Reducing the liquid will give you thicker soup. Never fill the soup maker above the maximum fill line and always make sure it isn't under the minimum fill line either. The Tower Soup Maker with Saute Function is as easy to use as a kettle, and in this instance it abides by the same rules.

HEALTHY OPTIONS FOR WHOLESOME SOUP:

- Using vegetable stock as your liquid gives the soup a great added flavour.
- Sauté onions and garlic in vegetable oil for a healthier option rather than oil before adding other ingredients to your Soup Maker..
- Certain vegetables increase in antioxidant content when they're cooked. For a real health boost, make soups that include these vegetables: carrots, spinach, green and red peppers, asparagus, broccoli and red cabbage.
- For a boost to your immune system include these ingredients in your healthy soups: garlic, sweet potatoes, tomatoes and kale.
- Include potato to bulk up a soup, add some energizing carbs and to fill you up a little more. This will also thicken the soup naturally.
- Garnish your soup with fresh basil, which is thought to ease stress and help with problem skin.
- For low fat soups, replace crème fraîche or soured cream with low fat fromage frais
- Always remember to season your soup with salt and pepper after cooking.
- When you've finished cooking your soup and you're getting ready to serve it, try adding some fresh herbs or a dollop of fresh yoghurt or cream - the fresh ingredients will really highlight the delicious flavours in the soup.

Making Stock: Good quality stock can help give soup a delicious, flavourful taste. For some soups, you may wish to omit stock and just use water. For others, a stock cube thrown in with the rest of the ingredients and topped up with water will do. Making your own stock is nutritious and economical. For those recipes that you want to go the extra mile with, we've got a great basic vegetable stock recipe for you. See Page 15.

Troubleshooting

Questions	Answers
Can I use uncooked meat in the soup maker?	No. You need to first cook the meat separately before transferring it to the soup maker with the rest of your ingredients. Meats such as lamb will need browning before adding to the ingredients
What is the capacity of the soup maker?	The Soup Maker has a capacity of 1.6 Litres. Always ensure ingredients and liquids do not exceed the maximum fill line marked on the jug
Why is my soup maker overflowing?	The water may be filled above the maximum fill line. Ensure you take note of the maximum fill line before using. The unit will emit an audible signal if the overspill sensor is triggered.
Can I remove the lid during cooking?	Yes, you can remove the lid during cooking for up to 3.5 minutes without disturbing the selected programme. If you remove the lid for longer the soup maker will automatically power off and you will need to turn it back on and reset the function.

Cleaning and Care

Not dishwasher safe. Do not immerse the soup maker in water or any liquids.

1. Clean the base housing and outside of the jug with a soft cloth.
2. Rinse the lid in warm, soapy water.
3. To clean the inside of the jug, rinse to remove any soup or large food particles. Remove any food remains using a soft cloth and mild detergent before rinsing again. Note: Before wiping the inside of the jug, add a small amount of detergent to the jug together with some warm water. Place the lid securely onto the jug and press the Blend/Clean button to loosen food remnants.

CAUTION: The blades in the jug are very sharp. Take extreme caution when cleaning the inside of the jug. **IMPORTANT:** After cleaning allow to dry fully before using again. Do not use the appliance if damp. Ensure the appliance is completely clean and dry before storing.

Storage

To store your appliance:

- Unplug the power cord from the power outlet and clean as above.
- Allow the appliance to dry fully.
- Store on a flat, dry, level surface and out of the reach of children.

Warranty

This product is guaranteed for 12 months from the date of original purchase. If any defect arises due to faulty materials of workmanship, the faulty products must be returned to the place of purchase. Refund or replacement is at the discretion of the retailer. The Following Conditions Apply:

- The product must be returned to the retailer with proof of purchase or a receipt.
- The product must be installed and used in accordance with the instructions contained in this instruction guide.
- It must be used only for domestic purposes.
- It does not cover wear and tear, damage, misuse or consumable parts.
- Tower has limited liability for incidental or consequential loss or damage.

This guarantee is valid in the UK and Eire only. The standard one year guarantee is only extended to the maximum available for each particular product upon registration of the product within 28 days of purchase. If you do not register the product with us within the 28 day period, your product is guaranteed for 1 year only. To validate your extended warranty, please visit www.towerhousewares.co.uk and register with us online. Please note that length of extended warranty offered is dependent on product type and that each qualifying product needs to be registered individually in order to extend its warranty past the standard 1 year. Extended warranty is only valid with proof of purchase or receipt.

DISPOSAL OF THE UNIT

Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately.

Please visit www.recycle-more.co.uk or www.recyclenow.co.uk for access to information about the recycling of electrical items.

Please visit www.weeeireland.ie for access to information about the recycling of electrical items purchased in Ireland.

The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill. Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.



Recipes

Check these charts for basic imperial to metric conversions of weights. Food Allergies

Important Note: Some of the recipes contained in this document may contain nuts and/ or other allergens. Please be careful when making any of our sample recipes that you **ARE NOT** allergic to any of the ingredients. **For more information on allergies, please visit the Food Standards Agency's website at: www.food.gov.uk**

Metric	Imperial	US Cups
250ml	8floz	1 cup
180ml	6floz	3/4 cup
150ml	5floz	2/3 cup
120ml	4floz	1/2 cup
75ml	2 1/2 floz	1/3 cup
60ml	2floz	1/4 cup
30ml	1floz	1/8 cup
15ml	1/2 floz	Tablespoon

Imperial	Metric	Imperial	Metric
1/2 oz	15g	8 oz	225g
1 oz	30g	9 oz	255g
2 oz	60g	10 oz	280g
3 oz	90g	11 oz	310g
4 oz	110g	12 oz	340g
5 oz	140g	13 oz	370g
6 oz	170g	14 oz	400g
7 oz	200g	15 oz	425g
		1lb	450g



Chicken Stock

This essential chicken stock recipe adds depth and herby qualities to any stew or soup. It's versatile and you can add a range of veg for extra flavour



Freezable



Healthy



Gluten Free

INGREDIENTS

1kg chicken carcasses or wings
 1 carrot, cut into chunks
 1 onion, skin on, cut into quarters
 1 leek, cut into chunks
 1 stick of celery, cut into chunks
 1 garlic clove, bashed
 bouquet garni of 2 parsley stalks, 2 sprigs of thyme and 1 bay leaf, tied with string
 5 peppercorns
 1 clove



Prep: 5 mins

Cook: 3 hrs



Easy



Serves 1

	low in						
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
18	1g	0.3g	0.4g	0.3g	0.3g	1.5g	0.08g

METHOD

STEP 1

Tip everything into a large saucepan with a pinch of salt then cover with 2 litres of water. Bring to the boil, then reduce to a simmer and cook for 3 hours, skimming when needed. Pass through a sieve and use for your intended recipe. Will keep in the fridge for a week and for three months in the freezer.



Soup maker vegetable soup

Whizz up this versatile vegetable soup in a soup maker using your favourite vegetables. Serve with a dollop of crème fraîche and some herbs



Freezable



Healthy



Vegetarian

INGREDIENTS

200g vegetables, such as onions, celery and carrots, chopped

300g potato, peeled and chopped

700ml vegetable stock
crème fraîche and fresh herbs, to serve



Prep: 5 mins

Cook: 30 mins



Easy



Serves 2

low in	low in						
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
166	1g	0g	32g	9g	7g	4g	0.95g

METHOD

STEP 1

Put the vegetables, potatoes, and stock into a soup blender, and press the 'smooth soup' function. Make sure you don't fill the soup maker above the max fill line.

STEP 2

Once the cycle is complete, season, and pour into bowls with a dollop of crème fraîche and some herbs.



Soup maker leek and potato soup

Serve up this creamy leek and potato soup on cold days when you want something warming and comforting. Made with a soup maker, it's good for lunch or supper



Freezable



Vegetarian

INGREDIENTS

225g potatoes, peeled and cut into 1cm pieces
1 small onion, cut the same size as the potatoes
1 large leek, sliced
450ml light chicken or vegetable stock
60ml whipping cream, plus a drizzle to serve
60ml whole milk
small knob of butter
finely chopped chives



Prep: 5 mins

Cook: 30mins



Easy



Serves 2

kcal
300

fat
16g

saturates
10g

carbs
24g

sugars
7g

fibre
5g

protein
12g

salt
0.68g

METHOD

STEP 1

Put the potatoes, onions, most of the leeks (keep a handful of the white leek for later) and chicken stock into a soup maker and press the 'smooth soup' function. Make sure you don't fill the soup maker above the max fill line.

STEP 2

Once the cycle has complete, add most of the cream and all the milk, and blend again briefly. Use the 'keep warm' or 'heat' function to keep the soup warm while you make the topping.

STEP 3

Finely shred the remaining white part of the leek. Heat the butter in a small frying pan, and gently cook the leek for a few mins until it is softened but not coloured.

STEP 4

Drizzle the remaining cream over the soup, and top with the leeks, a scattering of chives and some black pepper.



Easy soup maker lentil soup

Use a soup maker to make this easy lentil soup with leek and carrot for lunch or supper. It's filling and nutritious, plus low in calories and fat



Freezable



Healthy



Vegetarian

INGREDIENTS

750ml vegetable or ham stock

75g red lentils

3 carrots, finely chopped

1 medium leek, sliced (150g)

small handful chopped parsley, to serve



Prep: 5 mins

Cook: 30 mins



Easy



Serves 4

low in

kcal
103

low in

fat
1g

saturates
0g

carbs
15g

sugars
5g

fibre
5g

protein
6g

salt
0.15g

METHOD

STEP 1

Put the stock, lentils, carrots and leek into a soup maker, and press the 'chunky soup' function. Make sure you don't fill it above the max fill line. The soup will look a little foamy to start, but don't worry – it will disappear once cooked.

STEP 2

Once the cycle is complete, check the lentils are tender, and season well. Scatter over the parsley to serve.

Notes

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thank you!

We hope you enjoy your appliance for many years...

Extended warranty is only valid with proof of purchase or receipt. Your warranty becomes void should you decide to use non Tower spare parts

Spare parts can be purchased from www.towerhousewares.co.uk

Or call our customer Support Team on:

+44 (0) 333 220 6066

