

### Breakfast Smoothie

Add a handful of **defrosted berries** to a tall glass and add some ice cold milk and a drizzle of honey for sweetness. Use the frothing attachment to whizz up the fruit to create a simple, time saving, quick and delicious breakfast.

### Yorkshire Puddings

The whisk attachment helps makes great Yorkshire puddings. Add 70g plain flour and some freshly ground salt and pepper to a small bowl. Add 2 eggs and start whisking together with 100ml of semi-skimmed milk. Whisk until all the flour has been incorporated and there are lots of air bubbles in the batter.

Heat the oven to 210°C (gas mark 8) and add a small amount of sunflower oil to a 4 hole Yorkshire pudding tin. Heat the tray in the oven until the oil is piping hot. Give the batter another quick blast with the whisk and then remove the tin from the oven and immediately pour the batter evenly between the holes in the tray. Pop the tray back into the oven for 20-25 minutes till the puddings are puffed up and golden brown. Serve immediately.

### Buttermilk Pancakes

These are light, fluffy and perfect for a lazy weekend breakfast. Add 130g of plain flour to a bowl with 1 tsp. of baking powder, ¼ tsp. bicarbonate of soda, ¼ tsp. salt and 30g of sugar.

Mix the ingredients together using the whisk attachment. In a separate jug, add 250ml buttermilk, 1 large beaten egg and 40g melted butter and whisk together.

Add the wet ingredients to the dry and whisk together until combined. Don't worry if you have a few lumps, this is fine, just don't overmix or your pancakes will be tough. Heat a frying pan on a medium heat and add a little butter to grease. Drop a heaped tablespoonful into the pan. These will spread slightly. Make in small batches of three or four at a time. Cook for about 3 minutes until little bubbles have formed and flip them over for another 3 minutes.

Keep them warm and repeat with the remaining mixture until it has been used up. Serve with fresh fruit and a drizzle of maple syrup or for a true North American style breakfast, with strips of cooked, smoky bacon.

### Classic French Dressing

This is perfect over a delicious Salad Nicoise. Simply add 3 tbsp. of rapeseed or olive oil to a bowl with 1 tbsp. of white wine vinegar, 1 tsp. of Dijon mustard and ½ a finely crushed garlic clove. Add some seasoning and whisk together until combined and spoon over your salad.

### Honey and Mustard Dressing

Simply add 6 tbsp. of light oil such as sunflower or rapeseed to a bowl and add 1 tbsp. of Dijon mustard, 1 tbsp. of runny honey, 1 finely crushed garlic clove, 2 tbsp. of cider vinegar and a drizzle of balsamic vinegar for sweetness. Give the whole mixture a whisk and use to dress salad leaves.

### Hot and Spicy Marinade

This is great with pork shoulder steaks or even mini chicken fillets for a mid-week supper. In a bowl combine 2 tbsp. of sunflower oil, 1 garlic clove peeled and crushed, 2 tbsp. of hot chilli sauce, 2 tbsp. of dark soy sauce, 1 tbsp. of Worcester sauce, 1 tsp. soft brown sugar, 1 tbsp. tomato puree, 1 tbsp. wine vinegar, 1 tsp. ground ginger and some sea salt and freshly ground black pepper.

Using the whisk attachment combine the ingredients and pour over some pork shoulder steaks or mini chicken fillets. Leave to marinate for a couple of hours in the fridge. When ready to cook, remove the meat from the marinade and cook under a pre-heated hot grill until cooked and the juices run clear.

## TROUBLESHOOTING

### Milk not frothing

Temperature is the most common reason why milk fails to froth to a good volume. Milk should not be allowed to boil during heating as this will produce poor frothing results. When frothing cold milk, milk should be taken straight from the fridge and not used at room temperature, otherwise the results will be poor.

### Attachments are not oscillating when switched on.

Check the batteries. It is possible that the batteries are running low. Change the batteries for new ones to see if the performance improves.

### Attachment oscillating wildly

The attachment is possibly bent which will cause the attachment to spin erratically and not centrally. It is possible to straighten it by hand as long as care is taken whilst doing so.

## DISASSEMBLY AND CLEANING

### Do not submerge the unit into water or any other liquid for cleaning.

Before cleaning your Frotha, make sure it's switched off and the attachment has stopped spinning. The attachment should be removed from the unit before cleaning.

Pull the attachment locking collar back and remove the attachment.



Wash the attachments in hot soapy water, rinse under clean water and dry.

Store the attachments in the stand ready for next use or in a drawer using the provided storage clip to prevent them from bending.

## SERVICING

If you drop or damage your Frotha it should not be used until it has been examined by an authorised service centre or appliance technician.

Always refer servicing to qualified service personnel.

## GUARANTEE

This product is guaranteed for 1 year from the date of original purchase. If any defect arises due to faulty materials or workmanship, the unit will either be replaced or refunded where possible during this period by the dealer from whom you purchased the unit.

The following conditions apply:

- The product must be returned to the retailer with original proof of purchase.
- The product must be installed and operated in accordance with the instructions contained in this instruction guide.
- It must be used only for domestic purposes.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- It does not cover wear and tear, damage, misuse or consumable parts.
- We accept no responsibility for incidental or consequential loss or damage.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- Specifications are subject to change without notice.
- Valid in the UK only.

For technical queries, please contact  
MPL Home Ltd  
IMEX, 575 - 599 Maxted Road  
Hemel Hempstead, Herts, HP2 7DX.

### Customer Helpline: 0345 467 6743

IMPORTANT INFORMATION FOR CORRECT DISPOSAL OF THE PRODUCT IN ACCORDANCE WITH EC DIRECTIVE 2002/96/EC

At the end of its working life, the product must not be disposed of as urban waste. It must be taken to a special local authority differentiated waste collection centre or to a dealer providing this service.

Disposing of a household appliance separately avoids possible negative consequences for the environment and health, deriving from inappropriate disposal and enables the constituent materials to be recovered to obtain significant savings in energy and resources. As a reminder of the need to dispose of household appliance separately, the product is marked with crossed-out wheeled dustbin.



# frotha

*Revolutionise  
your cooking*

## Instructions SHFR001



*"Perfect results,  
in an instant!"*

## SAFETY INSTRUCTIONS

**This product is for household use only.**

**Wash the attachments before first use.**

**ALWAYS** take care as to not bend the attachments as this will cause the attachment to oscillate wildly. To prevent these from bending always store them in the storage clip or in the stand.

**ALWAYS** ensure the appliance is stored out of the reach of children to prevent them using or playing with it unsupervised.

**ALWAYS** ensure that the unit does not get wet (water splashing, etc.) and do not use it with wet hands. Remove the attachment before cleaning, following the disassembly and cleaning instructions.

**ALWAYS** ensure the batteries are inserted correctly.

**ALWAYS** remove the batteries when the Frotha is not in use for an extended period of time.

**ALWAYS** use the batteries by the recommended use-by-date.

**ALWAYS** store unused batteries in their original packaging away from metal objects.

**ALWAYS** ensure the battery compartment cover is securely replaced.

**ALWAYS** follow equipment instructions carefully and always use the recommended type of batteries.

**ALWAYS** seek medical advice if you believe a battery has been swallowed.

**ALWAYS** store batteries in a well-ventilated cool dry place away from direct sunlight.

**ALWAYS** keep batteries out of the reach of young children.

**NEVER** allow this product to come into contact with hair as it can become entangled.

**NEVER** mix alkaline, standard (carbon-zinc) or rechargeable (nickel cadmium) batteries. Replace all batteries of a set at the same time.

**NEVER** store flat batteries in the unit for a prolonged period of time, this is to prevent them leaking. Remove and dispose of them appropriately.

**NEVER** mix or jumble old and new batteries or batteries of different types or brands.

**NEVER** use the appliance if it has been dropped or damaged.

**NEVER** attempt repairs yourself. Improper repairs may place the user at serious risk and will invalidate the guarantee. If damaged, discontinue use immediately and do not use until the appliance has been inspected and approved by a qualified electrician.

**NEVER** immerse in water or other liquids.

**NEVER** use this appliance near water in bath tubs, basins or other vessels.

**NEVER** allow children to play with this product. **This product is not a toy.**

**NEVER** dispose of batteries in household waste; take them to the correct disposal centre.

**NEVER** place the batteries in a fire or mutilate the battery as it may burst or release toxic materials.

If battery leakage occurs and comes into contact with the skin or eyes wash immediately with lots of water.

**NEVER** short circuit batteries i.e. do not connect the + and - terminals together.

**NEVER** allow children to fit batteries without adult supervision.

**NEVER** put batteries in a fire or puncture, crush, dent or dismantle batteries.

**NEVER** attempt to revive batteries by heating, charging or other means.

## FROTHA

The Frotha is fantastic for frothing milk for true Barista style Cappuccinos, Caffé Lattes and Macchiatos. It also works wonderfully on hot chocolate, ice cold thick fruit milkshakes and chilled Frappées in the summertime.

A handy whisk attachment is also supplied for beating eggs, whipping cream, making batter and delicious homemade salad dressings and marinades.

This powerful cordless unit can be used all around the kitchen and can be kept neatly stored on its stand on top of the work surface for all those quick little jobs!

## FEATURES



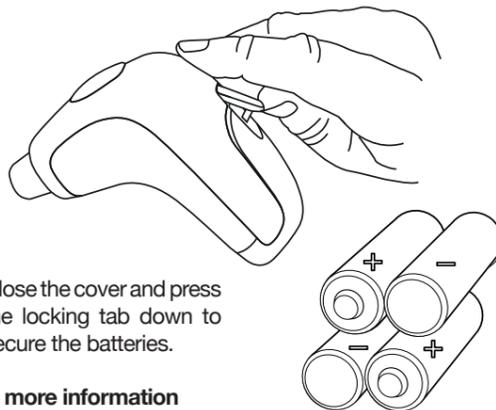
Your Frotha requires 4 x 'AA' Alkaline batteries (not included).

## INSERTING BATTERIES

Your Frotha requires 4 x AA size batteries (not supplied). You can use either normal alkaline batteries or rechargeable NiMH batteries.

Rechargeable batteries are recommended as these are better for the environment and can be recharged many times. If using rechargeable batteries, it is better for the life of the battery to keep them partially charged because they can deteriorate if left to run completely flat. **Never leave flat alkaline batteries in your Frotha as they may leak and damage the unit.**

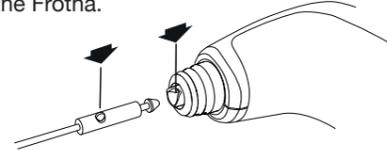
1. Lift the locking tab to open the battery cover. Insert the 4 x AA batteries as shown in the diagram below.



**Need more information about your Frotha? Visit [www.mplhome.com](http://www.mplhome.com)**

## USING THE FROTHA

1. Before using your Frotha for the first time, ensure that the attachments are washed in warm, soapy water and dried thoroughly.
2. Choose the desired attachment and line-up the pin on the side of the attachment head with the slot in the Frotha.



3. Gently insert the attachment into and this will 'click' into position.
4. Press the on/off button to operate the Frotha. When you have finished using the Frotha, press the button again to stop the attachment oscillating.
5. To remove the attachment, pull the locking collar back and pull out the attachment.



## PERFECTLY FROTHED MILK.....IT'S EASY AS 1, 2, 3

1. Choose a tall mug as this works best. Heat the milk to approximately 70°C either in a microwave or a pan. **Do not allow the milk to boil.** If using cold milk, make sure it's straight from the fridge. Fill the mug to one third full.
2. Insert the round frothing attachment into the unit and direct this towards the base of the mug.
3. Press the on/off button and move the Frotha attachment slowly around in a circle. The milk will start to thicken. As this happens, raise the whisk so that it just sits below the top of the froth. When the foam is rich and thick press the on/off button to stop the head from oscillating and remove from the mug.

## HINTS AND TIPS

Whole, semi-skimmed and skimmed milk all create great froth. When frothing hot milk, use whole milk for longer lasting froth. Foam from skimmed milk will last longer when cold.

Other milks such as Goat's and Sheep's, UHT and dairy alternatives, such as soya, can also be frothed.

When heating milk to froth, heat to approximately 70°C. **Do not allow it to boil.** Boiled milk reduces the ability of the milk to froth.

When frothing cold milk, make sure the milk is taken straight from the fridge. Milk at room temperature will not froth well.

When frothing milk, make sure you choose a suitable sized mug or cup. Fill it up to a third full with your chosen milk and froth. Taller, broader vessels work best.

Hot chocolate works best with drinking chocolate or cocoa powder with a little sugar for sweetness. Using the Frotha will produce a wonderfully, creamy hot chocolate. Using instant chocolate powder will not froth well.

The whisk attachment creates wonderful homemade salad dressings. Get the mix of sweet and sour flavours right and the possibilities are endless.

Choose a good quality olive oil or sunflower oil for a lighter dressing, an acid such as vinegar or citrus and add seasonings like mustard or finely crushed garlic. Add some salt and pepper and simply whisk to combine.

When making salad dressings, make a bigger batch and keep the remainder in a sealed jam jar in the fridge. This will keep for a week or so.

Use your Frotha to make pancakes and batters with the whisk attachment. It will create a light batter perfect for crispy, puffy Yorkshire puddings.

The whisk is also great for making lump free gravy. Simply whisk to combine until thick and glossy.

Make super, vitamin rich breakfast smoothies using **defrosted** frozen berries. Simply place a spoonful of berries in a glass with a drizzle of honey for sweetness. Use the frothing attachment to mix the contents and get the morning off to the best possible start.

Use the whisk or frothing attachment to whisk eggs for meringues or for whipping up a light, fluffy omelette.

## FROTHA RECIPES

### Cappuccino

To make the perfect cappuccino, froth hot milk in a suitable container till rich and thick. Use a spoon to hold the froth back and pour the milk into a Cappuccino cup to 1/3 full. Add a hot espresso or your favourite coffee and spoon on the rich foamy froth. Finish with a dusting of cocoa powder for a truly authentic Italian finish.

### Caffè Latte

This is a milky coffee finished with a small amount of foam on top. Heat some milk and froth as for a Cappuccino. Pour the hot milk into a tall Latte glass and pour in a freshly brewed espresso. Simply top with a small amount of foam. Flavoured syrups, such as vanilla or hazelnut, can be added as required.

### Caramel Macchiato

A delicious caramel flavoured coffee. Add a shot of caramel syrup to the milk before frothing. Froth hot milk in a suitable container till rich and thick. Add to a shot of espresso coffee in a tall mug or latte glass and top with the rich foam, adding a drizzle of caramel syrup to the top of the foam before serving.

### Hot Chocolate

For a truly indulgent hot chocolate, add some good quality chocolate to a tall mug and pour in a little boiling water. Mix this to a paste with the whisk to melt the chocolate. Then pour over some hot milk and add some sugar if desired. Use the round whisk attachment to combine until frothy. Top with some mini marshmallows, drinking chocolate or cocoa for a true coffee shop experience.

### Milkshakes

For a delicious milkshake, add some milkshake syrup or powder to ice cold milk, then froth with the round whisk attachment till rich and thick. For a more indulgent milkshake add a small amount of ice-cream to the mixture and whisk.

### Summer Frappè

This is a delicious mix of fruit juice and ice cold water. It's perfect for the summertime as it's light and refreshing. Try experimenting with your favourite fruit combinations. Simply puree some soft fruit in a blender with a little fruit juice and add a little sugar or honey to bring out the sweetness of the fruit. Add the puree to a tall glass add some ice cold water and mix with the frothing attachment.