# Cuisinart

## INSTRUCTION AND RECIPE BOOKLET



**Power Advantage™ 7-Speed Hand Mixer** 

**HM-70C Series** 

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### IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

- 1. Read all instructions.
- 2. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
- To protect against risk of electrical shock, do not put the hand mixer motor housing or cord in water or other liquid. If hand mixer motor housing or cord falls into liquid, unplug the cord from outlet immediately. Do not reach into the liquid.
- 4. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
- 5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beaters

- during operation to reduce risk of injury to persons, and/or damage to the mixer.
- 6. Remove beaters from the mixer before washing.
- 7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized Cuisinart service facility for examination, repair, mechanical or electrical adjustment.
- 8. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
- 9. Do not use outdoors or anywhere the cord or mixer might come into contact with water while in use.
- 10. To avoid possibility of mixer being accidentally pulled off work area, which could result in damage to the mixer or in personal injury, do not let cord hang over edge of table or counter.
- 11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including the stove.
- 12. The chef's whisk should be used without any other attachment.
- 13. **CAUTION:** Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing any appliance in an appliance garage**

always unplug the unit from the electrical outlet. Be sure the appliance does not touch the interior wall of the appliance garage, and the door does not touch the unit as it closes. Contact could cause the unit to turn ON, creating a risk of fire.

### SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

### **NOTICE**

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

### INTRODUCTION

Get ready to enjoy more mixing opportunities with the extremely versatile Cuisinart® Power Advantage™ 7-Speed Hand Mixer. A 220-watt motor breezes through big mixing jobs, and Automatic Feedback kicks in more power whenever it's needed. Don't worry about messy splatters...our SmoothStart® feature, with its 3 extra-low

speeds, keeps all the ingredients right in the bowl where they belong!

### FEATURES AND BENEFITS

### 220 Watts of Power

Powerful enough to easily cut through a double batch of cookie dough or butter right out of the refrigerator.

#### **Maximum Comfort**

Balanced to do more work for you. The shape of the mixer allows maximum possible power and balance. Stress-free grip provides unparalleled comfort and control, even during extended mixing.

### **Automatic Feedback**

No need for a power boost. An electronic feedback mechanism automatically feeds in extra power when needed. It assures that the mixer will not bog down, even when mixing heavy loads.

### **SmoothStart®**

When the mixer is turned on, the beaters start spinning very slowly to prevent ingredients from splattering.

### 3 Low Mixing Speeds

Lower mixing speeds provide greater control when folding or mixing dry ingredients.

### **Easy To Clean**

The Power Advantage<sup>™</sup> Hand Mixer has a smooth, sealed base; wipes clean instantly.

### 1. One-Step On/Off Switch

One-step power switch allows you to turn mixer on and off in a single operation.

### 2. LED Speed Display

Digital speed settings are easy to read.

### 3. One-Touch Speed Control

Allows you to change speeds quickly while you are mixing.

### 4. Exclusive Rotating Swivel Cord

Unique swivel cord can be positioned for comfortable right- or left-handed use.

#### 5. Beater Release Lever

Conveniently located for easy ejection of beaters or whisk.

### 6. Extra-Long Beaters

Extra-long, extra-wide beaters for superior, faster aerating, mixing, and whipping. Designed without center post to prevent ingredients from clogging up beaters. Beaters are easy to clean and dishwasher safe.

### 7. Chef's Whisk

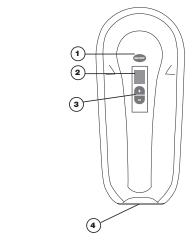
Professional 3" (6 cm) -diameter whisk adds volume to whipped cream and creates stiff, fine-textured egg whites. Provides superior whipping and aerating.

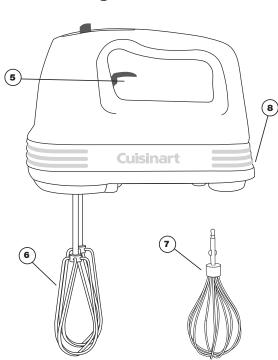
#### 8. Heel Rest

Allows mixer to rest squarely on countertop.

### 9. **BPA free**

All materials that come in contact with food are BPA free.

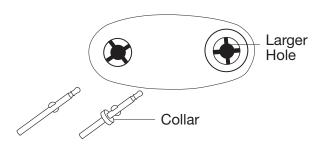




### **USE AND MAINTENANCE**

### **Inserting Beaters**

- 1. Unplug mixer and set the power switch to the OFF position.
- Insert beater with collar into the larger hole. Push beater in until it clicks into place. Insert the beater without collar into the smaller hole. Push beater in until it clicks into place.



### **Inserting Chef's Whisk**

- 1. Turn off and unplug mixer.
- Hold chef's whisk at stem end, and insert into either hole. Push whisk in until it clicks. DO NOT PUSH WHISK IN FROM WIRE END, AS YOU MAY DAMAGE WIRES.

### **Turning Mixer On/Off**

Plug mixer into outlet. Press On/Off switch to turn mixer On. Mixer will immediately begin to mix on Speed 1. To turn mixer off, press On/Off switch again.

### **Changing Speeds**

Press the + button on the digital touchpad to increase the speed. Press the - button to decrease the speed.

### **Cleaning and Removing Beaters**

- Before cleaning the Power Advantage<sup>™</sup>
   Hand Mixer, press the OFF switch and
   unplug from wall outlet. Lift the beater
   release lever and remove the beaters
   from the mixer. Wash the beaters after
   each use in hot, soapy water or in a
   dishwasher.
- 2. NEVER PUT THE MOTOR HOUSING IN WATER OR OTHER LIQUID TO CLEAN. Wipe it with a damp cloth or sponge. Do not use abrasive cleansers, which could scratch the surface. Any other servicing should be performed by an authorized service representative.

NOTE: DO NOT USE NONSTICK COOKWARE WITH THE CUISINART HAND MIXER.

### **QUICK REFERENCE GUIDE**

### **Mixing Techniques**

The Power Advantage™ Hand Mixer should always be set on the lowest speed when you start mixing.

**NOTE:** The chef's whisk attachment is used only for light whipping. See Speeds 4, 6, and 7 below. For all other mixing tasks, use the beaters.

#### With the Beaters

### Speed 1

- Ultra-slow mixing to combine and aerate dry ingredients without splatter
- Add nuts, chips, dried fruit to cookie doughs/cake batters
- Fold delicate creams and egg whites into batters
- Start mixing frostings
- Stir sauces/gravies
- Mix muffins/pancakes

### Speed 2

- Cream cold (not frozen) butter and sugar
- Mash potatoes/squash
- Add dry ingredients to batters/doughs

### Speed 3

- Start mixing cake mixes
- Add eggs to batters/doughs
- Add dry ingredients alternately with liquid ingredients
- Cream softened butter and sugar
- Whip potatoes/squash

### Speed 4

- Whip cream (with chef's whisk)
- Complete beating butter cream frostings
- Complete beating cake mixes

### Speed 5

- Beat whole eggs/yolks
- Mix thin batters

### With Chef's Whisk Attachment Speed 6

 Add sugar to whipped egg whites for meringues

- Beat egg yolks until thick and light
   Speed 7
- Whip egg whites

### **RECIPES**

### **Mixing Tips**

- Always read entire recipe and measure all ingredients before beginning the mixing process.
- For best results, do not measure flour directly from the bag. Pour into a container or bowl, scoop out the flour and level with the back of a knife or spatula.
   For flour stored in a container, stir before measuring.
- Eggs, butter and cream cheese combine more thoroughly at room temperature.
- Remove butter for recipe first and cut into ½-inch (1.25 cm) pieces, then measure out remaining ingredients for recipe. This will hasten the warming process. Do not warm butter for baking in a microwave unless instructed to do so. Microwaving can melt butter; melted butter will change the final product.
- The best cheesecakes are made when the eggs and cream cheese are at a similar room temperature. While the Cuisinart® Power Advantage™ Hand Mixer can easily mix cold cream cheese, the trick is not to add too much air, which can cause cracking.

- For best results, use heavy cream, cold from the refrigerator, for whipped cream.
- For best results, whip egg whites in a spotlessly clean stainless steel or glass mixing bowl. If available, use a copper mixing bowl.
- Chocolate chips, nuts, raisins, etc. can be added using speeds 1 or 2 of your hand mixer.
- To separate eggs for any recipe, break one at a time into a small bowl, gently remove yolk, then transfer egg white to spotlessly clean mixing bowl. If a yolk breaks into the egg white, reserve that egg for another use. Just a drop of egg yolk will prevent the whites from whipping properly.
- To achieve the highest volume of egg whites, the mixing bowl and chef's whisk attachment or beaters must be spotlessly clean and free of any fat, oil, etc. (Plastic bowls are not recommended for whipping egg whites.) The presence of any trace of fat or oil will prevent the egg whites from increasing in volume. Wash bowl and attachments thoroughly before beginning again.
- Occasionally ingredients may stick to the sides of the mixing bowl. When this occurs, turn mixer off and scrape the sides of the bowl with a rubber spatula.

**Note:** All recipes are mixed with beaters unless recipe specifies using chef's whisk.

### **CINNAMON MUFFINS**

These tasty muffins are great for breakfast. You may add blueberries or chopped apple for a fruit muffin.

Makes 12 regular or 24 mini muffins.

cooking spray

- 3 tablespoons (45 ml) brown sugar, packed
- 2 cups (500 ml) unbleached, all-purpose flour
- 1 tablespoon (15 ml) baking powder
- 1 teaspoon (5 ml) cinnamon
- 1/4 teaspoon (1 ml) salt
- 2 large eggs
- 1 cup (250 ml) evaporated skim milk (not reconstituted), or whole milk
- 1/4 cup (50 ml) unsalted butter, melted and cooled

Preheat the oven to 375°F (190°C). Lightly coat 12 regular or 24 mini muffin cups with cooking spray (even if using nonstick bakeware).

Crumble the brown sugar to remove lumps. Place the brown sugar, flour, baking powder, cinnamon, and salt in a medium bowl. Mix on Speed 1 for 30 seconds to combine; reserve.

Place the eggs in a second bowl. Beat on Speed 3 until slightly foamy, about 30 seconds. While mixing on Speed 3, add the milk and melted butter; mix for 15 seconds. Pour over the dry ingredients, and use Speed 1 to fold in until the ingredients are just moistened. Scoop into the prepared muffin cups. Bake in the preheated oven: 18 to 20 minutes for

regular muffins, 14 to 16 minutes for mini muffins, until lightly browned and springy to touch in the centre. Serve warm with Maple Orange Butter. Muffins may be made ahead and frozen; thaw and warm before serving.

Nutritional information per serving (1 regular or 2 mini muffins): Calories 155 (29% from fat) • carb. 22g • pro. 5g • fat 5g • sat. fat 3g • chol. 46mg • sod. 208mg • calc. 141mg • fiber 1g

### DOUBLE CHOCOLATE GRAHAM OAT COOKIES

Makes about 45 three-inch (6 cm) cookies.

- 1 cup (250 ml) graham cracker crumbs
- 1 cup (250 ml) rolled oats (regular, not quick-cooking)
- 1½ cups (375 ml) unbleached, all-purpose flour
- 1 teaspoon (5 ml) baking soda
- ½ teaspoon (2 ml) salt
- 1 cup (250 ml) unsalted butter, cut into 16 pieces, at room temperature
- 3/4 cup (175 ml) granulated sugar
- 3/4 cup (175 ml) brown sugar, packed
- 2 large eggs
- 2 teaspoons (10 ml) vanilla extract
- 1% cups [400 ml (11-ounce package)] semi-sweet or milk chocolate morsels

Preheat oven to 350°F (180°C). Line baking sheets with parchment paper or a nonstick baking sheet liner.

In a small bowl, combine graham cracker crumbs, oats, flour, baking soda, and salt. Mix on Speed 1 for 15 seconds; reserve.

Place the butter and both sugars in a large bowl. Mix on Speed 1 until creamy, about 45 to 60 seconds. Mix on Speed 3 until creamed and smooth, about 1 minute. Mix in eggs and vanilla, 30 seconds on Speed 2. Add the flour mixture in 2 additions, mixing on Speed 2. Add chocolate morsels, mix on Speed 2 until combined, about 20 seconds.

Drop by rounded spoonfuls [2 tablespoons (30 ml)]; for ease you may use a #40 ice cream scoop) onto prepared baking sheets. Bake for 9 to 11 minutes, or until set. Cool for 2 minutes on baking sheets, then remove to wire racks to cool completely.

**Note:** For a cookie with nuts, substitute half or all of the chocolate morsels with chopped nuts.

Nutritional information per cookie:
Calories 154 (42% from fat) • carb. 21g • pro. 2g
• fat 7g • sat. fat 4g • chol. 20mg • sod. 134mg
• calc. 37mg • fiber 1g

### CHOCOLATE CHIP SHORTBREAD COOKIES

Makes about 4 dozen cookies.

- 1 cup (250 ml) unsalted butter, room temperature
- 3/4 cup (175 ml) brown sugar, packed
- 1½ teaspoons (7 ml) pure vanilla extract
- cups (500 ml) unbleached, all-purpose flour
- cup (250 ml) miniature semisweet chocolate chips granulated sugar for garnish

Preheat oven to 350°F (175°C).

Starting on Speed 1, cream butter and brown sugar for about 30 seconds. Increase to Speed 3 and mix for 3 minutes or until light and fluffy. Scrape bowl and beat in vanilla, about 30 seconds. Sprinkle ½ of the flour over the top and beat on 1 until mixed in, about 20 seconds. Sprinkle the remaining flour and beat until a dough begins to form, about 45 seconds. Using Speed 1, stir in chocolate chips.

Roll dough into 1¼-inch (3 cm) balls and place about 3 inches (7.5 cm) apart on ungreased cookie sheets. Using the bottom of a drinking glass which has been smeared with a little bit of butter, dip it in sugar, and flatten each cookie to about ¾ inch (1 cm) . Bake in preheated 350°F (175°C) oven for about 12 minutes until cookies are just beginning brown on edges.

Cool on baking sheets for 2 minutes, then transfer to a wire rack to cool completely.

Store in an airtight container.

Nutritional information per cookie:
Calories 79 (57% from fat) • carb. 8g • pro. 1g
• fat 5g • sat. fat 3g • chol. 10mg • sod. 1mg
• calc. 4mg • fiber 0g

### CHOCOLATE ALMOND BISCOTTI

Makes about 4 dozen.

- 2½ cups (625 ml) unbleached, all-purpose flour
- % cup (150 ml) unsweetened cocoa powder (Dutch process preferred)
- 2 teaspoons (10 ml) baking powder
- ½ teaspoon (2 ml) salt
- ½ cup (125 ml) unsalted butter, at room temperature
- ½ cup (125 ml) granulated sugar
- ½ cup (125 ml) packed brown sugar
- 3 large eggs, 1 of them separated
- 4 ounces (115 g) bittersweet chocolate, melted and cooled slightly
- ½ cup (50 ml) coffee liqueur (Kahlua®, Tia Maria®, Kamora®)
- 1 teaspoon (5 ml) pure vanilla extract
- ½ teaspoon (1 ml) almond extract
- 1 cup (250 ml) slivered almonds, lightly toasted

Combine the flour, cocoa, baking powder, and salt in a medium bowl. Mix on Speed 1 for 15 seconds. In a large bowl, cream the butter and sugars using Speed 1, just until incorporated, 5 to 10 seconds. Add the 2 eggs and egg yolk, one at a time, beating for 10 seconds after each addition. Combine the chocolate, liqueur, vanilla and almond extracts; combine with the butter mixture, 15 seconds. Do not overbeat.

Using Speed 1, gradually beat in the flour mixture, 1 cup (125 ml) at a time, for 15 seconds after each addition, to form a soft dough. Stir in the nuts. Form dough into a rough 9-inch (23 cm) square, cover with plastic and refrigerate the dough for 1 hour or until it is easy to handle.

Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper or a nonstick baking liner. Divide the dough in 3 pieces, and with floured hands, shape each into a 10-inch (25 cm) log. Place on the prepared baking sheet and flatten to 2 inches (5 cm) across. Place the reserved egg white in a small bowl and beat until frothy using Speed 2. Brush the logs with the beaten egg white. Bake 30 to 35 minutes until firm.

Remove from oven and cool on a rack for 10 minutes. Lower oven temperature to 250°F. Slice each log into ½-inch (1.25 cm) pieces using a serrated knife, place the biscotti back on the baking sheet and bake for 15 to 20 minutes, until dry. Let cool completely on a wire rack. Store in an airtight container.

Nutritional information per biscotti:
Calories 106 (47% from fat) • carb. 12g • pro. 2g
• fat 6g • sat. fat 2g • chol. 18mg • sod. 40mg
• calc. 19mg • fiber 1g

### CAPPUCCINO CHEESECAKE

Makes 12-16 servings.

- 2 tablespoons (30 ml) instant espresso powder
- ½ cup (125 ml) half-and-half cooking spray
- 3 tablespoons (45 ml) unsalted butter, cut into ½-inch (1.25 cm) pieces
- 2½ cups (625 ml) granulated sugar, divided
- 3/4 cup (175 ml) unbleached, all-purpose flour
- 1/4 cup (50 ml) unsweetened cocoa
- ½ teaspoon (2 ml) cinnamon
- ½ teaspoon (1 ml) baking powder
- ½ teaspoon (0.8 ml) salt
- 1 large egg yolk
- ounces (453 g) cream cheese (regular), at room temperature
- ounces (453 g) lowfat cream cheese, at room temperature
- 4 large eggs\*
- 2 tablespoons (30 ml) cornstarch
- 2 teaspoons (8 ml) vanilla extract chocolate curls for garnish, optional

In a small bowl dissolve the espresso powder in the half-and-half; reserve. Preheat oven to 350°F (180°C). Lightly coat a 9 x 3 inch (23 x 6 cm) springform or cheesecake pan with cooking spray.

Place the butter and ¼ cup (50 ml) of the sugar in a medium bowl. Mix on Speed 3 to cream, 1½ minutes. Add flour, cocoa, cinnamon, baking powder, and salt; mix on Speed 1 until combined, 30 seconds. Add egg yolk and mix on Speed 1 until crumbly, 15 seconds. Press into bottom of prepared pan. Bake in preheated 350°F (180°C) oven for 10 minutes, until slightly puffed

(crust may have cracked appearance; that is normal). Place on a rack to cool. When the pan is cool to touch, wrap a sheet of aluminum foil around the bottom and sides of the pan so that it comes up at least 2 inches (5 cm).

Place cream cheeses and remaining sugar in a large mixing bowl. Beat on Speed 2 until combined and smooth, 2 minutes. Using Speed 1, add eggs, one at a time, mixing for 15 seconds after each addition. Scrape the bowl. Add cornstarch, mix on Speed 1, 20 seconds. Scrape the bowl. Add half-and-half mixture and vanilla extract; mix on Speed 2 until smooth and completely combined. Pour the mixture over the cooled crust. Place the pan in a larger aluminum pan and place in the oven: add enough hot water to the outer pan so that it is ½-inch (1.25 cm) deep. Bake in the preheated 350°F (180°C) oven for 60 to 70 minutes, until the cheesecake is pulling away from the sides of the pan; the center will be jiggly. Remove from the oven, remove the foil and let cool completely on a rack. Refrigerate at least 4 hours before serving. Garnish with chocolate curls if desired.

Nutritional information per serving (16 servings):
Calories 368 (48% from fat) • carb. 41g • pro. 8g
• fat 20g • sat. fat 12g • chol. 116mg • sod. 290mg
• calc. 89mg • fiber 1g

#### Variation:

After the cheesecake is mixed, add 3 ounces (85 g) each chopped white and bittersweet chocolate using Speed 1; mix for 15 seconds to combine.

\*Warm cold eggs safely before using by placing in a bowl of hot (not boiling) water

for 10 minutes. They will incorporate more easily into your mixture.

### **LEMON TEA LOAF**

Yield: 1 loaf, sixteen ½-inch (1.25 cm) slices.

- 3 cups (750 ml) unbleached, all-purpose flour
- 2 teaspoons (10 ml) baking powder
- ½ teaspoon (2 ml) salt
- % cup (150 ml) melted butter
- 2 cups (500 ml) sugar
- 3/4 cup (175 ml) fresh lemon juice, divided
- 1/4 cup (50 ml) finely chopped lemon zest (about 4 lemons)
- 4 large eggs
- 1 teaspoon (5 ml) pure vanilla extract
- 1 cup (250 ml) whole milk yogurt
- ½ cup (125 ml) confectioners' sugar, sifted

Preheat oven to 350°F (180°C). Butter and flour a 9 x 5 x 3 inch (23 x 13 x 6 cm) [8-cup (2 L)] loaf pan.

Sift flour, baking powder, and salt together into a medium mixing bowl.

Place the melted butter and sugar in a large mixing bowl and combine using Speed 3 for one minute. The mixture will still seem slightly granular. Continue mixing and add ½ cup (125 ml) of the lemon juice and zest.

Add eggs one at a time and then the vanilla.

Add the dry ingredients and yogurt to the batter alternately in three additions, using Speed 2, ending with the yogurt.

Pour batter into prepared loaf pan. Bake on the middle rack for approximately 1 hour 35 minutes, rotating the pan half way through baking time. Check cake for doneness after 1 hour 20 minutes. Cake is finished when cake tester comes out clean.

While cake is baking, mix remaining ¼ cup (50 ml) of the lemon juice with sifted confectioners' sugar until white and glossy; reserve.

Allow cake to rest about ten minutes, until cool to the touch. Remove from pan and place on a dish with a lip. Prick the cake with a toothpick all over the top, particularly along the cracks. Pour glaze over top of cake, spreading it with a spatula or pastry brush to make sure it covers the top and side surfaces of the loaf. Transfer to a wire rack and allow cake to cool completely before slicing.

Nutritional information per serving:
Calories 294 (29% from fat) • carb. 49g • pro. 5g
• fat 10g • sat. fat 6g • chol. 75mg • sod. 131mg
• calc. 32mg • fiber 1g

### **ORANGE APRICOT GLAZE**

Makes ½ cup (125 ml) glaze.

- ½ cup (125 ml) apricot preserves
- 2 tablespoons (30 ml) Grand Marnier<sup>®</sup> liqueur
- 1 teaspoon (5 ml) fresh lemon juice

Place preserves, liqueur and lemon juice in a small bowl. Insert the mixing beaters. Mix on Speed 7 for 1 minute. May use as is, or for a smoother glaze, press through a strainer.

Nutritional information per serving
[about 1½ teaspoon (6.6 ml)]:
Calories 28 (1% from fat) • carb. 7g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg
• calc. 2mg • fiber 0g

### **MOCHA CAKE**

These moist layers can be made ahead and frozen. Frost several hours before serving with Deep Mocha Frosting.

Makes two 9-inch (22 cm) layers, 12 servings.

- 1¾ cups (425 ml) unbleached, all-purpose flour, plus 2 tablespoons for pan
- 2 cups (500 ml) granulated sugar
- 3/4 cup (175 ml) unsweetened cocoa powder
- 2 teaspoons (10 ml) baking soda
- 1 teaspoon (5 ml) baking powder
- 1 teaspoon (5 ml) salt
- 2 large eggs
- 1 cup (250 ml) strong brewed coffee
- 1 cup (250 ml) buttermilk
- ½ cup (125 ml) unsalted butter, melted and cooled, plus 1 tablespoon (15 ml) for pan
- 1 teaspoon (5 ml) vanilla extract

Position rack in centre of the oven, and preheat oven to 350°F (180°C). Butter two 9-inch (22 cm) round, 2-inch (5 cm) deep cake pans and line each with round of parchment paper or waxed paper. Butter the parchment and dust the pans with flour, taking care to shake out all excess flour.

Place flour, sugar, cocoa, baking soda, baking powder and salt in a large bowl; mix on Speed 1 for 20 seconds. Make a well in the center and add eggs, coffee, buttermilk, butter and vanilla. Beat for 2 minutes on speed 3; batter will be thin. Pour into prepared pans.

Bake for 30 to 40 minutes, until a toothpick inserted into the centre comes out clean. Cool for 10 minutes, remove from pans; remove and discard parchment. Place on wire racks to cool completely. Frost with Deep Mocha Frosting.

### **DEEP MOCHA FROSTING**

Makes about 2½ cups (625 ml), enough for two 9-inch (22 cm) round layers.

- 3/4 cup (175 ml) heavy cream
- ½ cup (125 ml) unsalted butter
- ½ cup (125 ml) sugar
- 12 ounces (340 g) semisweet chocolate
- ½ tablespoon (340 g) espresso powder
- 1 teaspoon (5 ml) vanilla

Combine all ingredients in saucepan and place over medium heat. Heat mixture until it is almost simmering. Reduce heat to medium low and mix on Speed 2, mix until all the chocolate is melted and mixture is well combined, smooth, creamy and homogenous with no visible bits of chocolate remaining. This process takes approximately 8 minutes.

Before using, transfer to a bowl and refrigerate mixture for about an hour until it sets up. Deep Mocha Frosting can be made in advance and refrigerated. Remove from refrigerator about an hour before using to allow frosting to come to a spreadable consistency.

Nutritional information per serving [about 3½ tablespoons (50 ml) – frosting on ½ of a 2-layer cake):

Calories 151 (76% from fat) • carb. 9g • pro. 0g • fat 13g • sat. fat 8g • chol. 41mg • sod. 7g • calc. 12mg • fiber 0g

### CHOCOLATE SOUFFLÉ CAKE

Makes one 10-inch (25 cm) round cake; sixteen slices.

- 2 tablespoons (30 ml) unsalted butter plus additional for pan
- 6 ounces (170 g) bittersweet chocolate
- 2 ounces (60 g) semisweet chocolate
- 9 large eggs
- 2 large egg whites
- 11/4 cups (300 ml) granulated sugar, divided
- % cup (75 ml) unbleached, all-purpose flour

Preheat oven to 365°F (185°C). Cut a circle of parchment paper to line a 10" (25 cm) round cake pan. Butter the bottom and sides of cake pan well. Add enough flour to coat the buttered interior, being sure to tap the pan and remove any excess flour. Place the parchment circle at the bottom of the pan and butter and flour it as well.

Melt the butter and chocolates in a stainless bowl over a double boiler, and set aside.

Separate eggs into two mixing bowls, adding the extra whites to the bowl of egg whites. Add ¾ cup (175 ml) of the sugar to the bowl of yolks. Mix the yolks and sugar on Speed 4 for 1½ minutes until very pale and thick; reserve. Using the chef's whisk, beat the egg whites on Speed 5 for 1 minute; add the remaining ½ cup (125 ml) of sugar and continue beating whites for an additional 2 minutes until it reaches soft peaks. Remove the chef's whisk and insert the beaters. Using Speed 1, and reserving about one quarter of the whites, fold whites into the yolk mixture in three

additions. Scrape the bottom and sides of bowl to make certain the mixture is evenly blended. Sift in the flour into mixture and fold gently. Finally add the last of the egg whites again using the same folding technique. To ensure complete incorporation, use a rubber spatula to scrape the bottom and sides of the bowl.

Transfer the batter to the prepared pan and bake in the preheated 365°F (185°C) oven for about 40 minutes, until cake has puffed and cracked but is still soft to the touch on top.

Turn cake out onto serving plate and remove pan. Sprinkle the top with sifted confectioners' sugar. Serve immediately or at room temperature.

Nutritional information per serving:
Calories 195 (42% from fat) • carb. 25g • pro. 5g
• fat 10g • sat. fat 5g • chol. 123mg • sod. 43mg
• calc. 22mg • fiber 1g

### **TIRAMISÙ**

Makes one 9-inch (23 cm) square pan, 12 servings.

#### For champagne sabayon:

- 3 egg yolks
- ½ cup (125 ml) granulated sugar
- ½ cup (125 ml) champagne
- 8 ounces (225 g) mascarpone
- 34 cup (175 ml) heavy cream
- cup (50 ml) plus 3½ tablespoons(52.5 ml) Kahlua® or coffee liqueur
- ½ teaspoon (1 ml) pure vanilla extract
- 3 cup (85 g) espresso or strongly brewed coffee
- 1 recipe génoise (recipe follows)\*
- ounces (85 g) semi-sweet chocolate, made into chocolate curls (with vegetable peeler)

### To make sabayon:

Place egg yolks and sugar in mixing bowl. Using beater attachment mix yolks and sugar until pale and thick on Speed 4. Place bowl over warm water bath to resemble double boiler. Using the chef's whisk attachment, beat the yolk mixture on Speed 2 or 3. Add champagne after 1½ minutes. Continue beating for as long as 8 minutes, until the mixture has tripled in volume and it is too warm to submerge your finger. Remove bowl from heat and continue beating an additional 30 seconds to cool slightly; set aside.

In two separate mixing bowls, place the mascarpone and heavy cream. With the beaters, mix the mascarpone until smooth. Fold the mascarpone into the yolk mixture using the lowest speed. Using the whisk attachment, beat the heavy cream on Speed

5. After 1 minute add 1½ tablespoons (25 ml) of Kahlua® and vanilla. Continue beating until soft peaks form, about 2 minutes total. Fold the whipped cream into the yolk and mascarpone mixture. You should have about 3½ cups (875 ml) of filling. Fill a shallow dish with remaining Kahlua® and the coffee.

Slice the génoise into ½-inch (1.25 ml) strips. Soak the cake pieces in coffee until saturated. Use soaked cake to line the bottom of a 9-inch (23 cm) square pan. Cover with half of the filling and then chocolate curls. Continue with another layer of soaked cake, the remaining filling and then finally cover with the remaining chocolate curls. Cover with plastic wrap and refrigerate for at least 6 hours before serving.

After removing sabayon from heat, transfer to a bowl and allow to cool. Cover and place in the refrigerator until completely chilled. Fold in ½ to ¾ cups (125 - 175 ml) whipped cream and serve.

**Note:** The sabayon is wonderful on its own with berries for a simple dessert.

Nutritional information per serving:
Calories 382 (53% from fat) • carb. 33g • pro. 5g
• fat 23g • sat. fat 12g • chol. 184mg • sod. 68mg
• calc. 56mg • fiber 1g

\*May substitute 18 to 20 savoiardi (crisp lady fingers), purchased or homemade.

### GRAND MARNIER® WHIPPED CREAM

Makes about 2 cups (500 ml).

- 1 cup (250 ml) heavy cream
- ½ cup (50 ml) confectioners' sugar, sifted
- ½ teaspoon (2 ml) pure vanilla extract
- 3 tablespoons (45 ml) Grand Marnier® liqueur

Place heavy cream in mixing bowl. Using the chef's whisk attachment, whip the cream on Speed 5 for about 1 minute. Add the sifted sugar, vanilla, and Grand Marnier®. Whip for an additional minute until soft peaks form.

Nutritional information per serving (2 tablespoons):
Calories 64 (76% from fat) • carb. 3g • pro. 0g
• fat 6g • sat. fat 3g • chol. 20mg • sod. 6mg
• calc. 13mg • fiber 0g

### **COFFEE WHIPPED CREAM**

Makes about 2 cups (500 mL).

- 1 cup (250 ml) heavy cream
- 1/4 cup (50 ml) confectioners' sugar, sifted
- ½ teaspoon (1 ml) pure vanilla extract
- ½ cup (50 ml) strong brewed coffee, chilled

Place heavy cream in a cold mixing bowl. Using the chef's whisk, whip the cream for 1 minute on Speed 5. At this point add the sifted confectioners' sugar and vanilla and 1 teaspoon (5 ml) of coffee. Continue beating, adding one teaspoon of coffee at a time to taste until cream reaches soft peak stage, about 2 to 3 minutes.

Nutritional information per serving:
Calories 59 (83% from fat) • carb. 23g • pro. 0g
• fat 6g • sat. fat 35g • chol. 20mg • sod. 6mg
• calc. 10mg • fiber 0g

### **HERBED CHEESE**

Instead of purchasing expensive herb-flavoured cheeses, you can easily prepare your own.

Makes about 2 cups (500 ml). Preparation: 10 minutes or less.

- 8 ounces (225 g) cream cheese (may use regular or lowfat)
- 5 ounces (145 g) chèvre or other goat cheese (soft type, not aged)
- 1 clove garlic, peeled and minced
- 1 tablespoon (15 ml) finely minced shallot or green onion
- 1 tablespoon (15 ml) finely chopped fresh parsley
- 1 teaspoon (5 ml) herbes de Provence
- ½ teaspoon (2 ml) kosher salt
- ½ teaspoon (1 ml) white pepper dash hot sauce such as Tabasco®, to taste

Place the cream cheese, chèvre, garlic, shallot, parsley, herbes de Provence, and salt in a medium bowl. Mix for 1 minute, on Speed 3, then increase speed to Speed 5 to whip for an additional 2 minutes until light and fluffy. Add white pepper and hot sauce to taste, whip on Speed 5 for 30 seconds longer. Allow cheese spread to stand at least 30 minutes before serving, to allow flavours to blend. Transfer to a resealable container and refrigerate. Remove from refrigerator 15 minutes before serving to soften. Serve with crackers, pita or bagel chips. It also makes a good topping for a baked potato.

Nutritional information per serving [2 tablespoons (30 ml), made with lowfat cream cheese]:
Calories 58 (69% from fat) • carb. 1g • pro. 3g
• fat 4g • sat. fat 3g • chol. 9mg • sod. 156mg
• calc. 35mg • fiber 0g

### ROASTED RED PEPPER AND SUN-DRIED TOMATO DIP

Serve this dip with crackers, bagel chips or pita chips. Or, try it as a spread on sandwiches, or as a topping for baked potatoes.

Makes 2 cups (500 ml).

- 8 ounces (225 g) cream cheese (lowfat or regular), cut into 8 pieces
- ½ cup (125 mL) sour cream (lowfat or regular)
- 1 roasted red pepper, cut into 1-inch (2.5 cm) pieces
- 1/3 cup (75 ml) chopped sun-dried tomatoes (not oil-packed)
- 1 tablespoon (15 ml) chopped fresh parsley
- 1 clove garlic, chopped
- ½ teaspoon (2 ml) basil
- 1/4 teaspoon (0.5 ml) freshly ground black pepper

Combine all ingredients in a medium bowl. Mix on Speed 3 until well blended and smooth, 2 minutes. Mix on Speed 5 to lighten, 1 minute. Transfer to a resealable container and refrigerate for 30 minutes or longer to allow flavours to blend before serving.

Nutritional information per serving [2 tablespoons (30 ml)], made with lowfat products:
Calories 54 (52% from fat) • carb. 4g • pro. 2g
• fat 3g • sat. fat 2g • chol. 7mg • sod. 111mg
• calc. 43mg • fiber 0g

#### **GORGONZOLA BUTTER**

Serve a slice of this savory compound butter on top of your favourite steak – it will melt and impart an incredible flavour.

Makes 1 roll compound butter, 16 slices.

½ cup (125 ml) unsalted butter, softened ¼ cup (50 ml) Gorgonzola, crumbled pinch freshly ground pepper

Place butter in mixing bowl, mix on Speed 1 until smooth and slightly fluffy, about 30 seconds. Add Gorgonzola and mix until well blended, about 30 to 40 seconds longer.

Using a sheet of plastic wrap or waxed paper as an aid, shape butter into a log, about 1 inch (2.5 cm) in diameter. Wrap butter in plastic wrap twisting the ends to form a log. Chill until firm enough to slice. Place slices of Gorgonzola butter on top of grilled or broiled steak, a fluffed baked potato, or steamed vegetables.

**Note:** Butter can be wrapped in a whole log or wrapped in smaller sizes and kept in freezer. Double wrap using an outer wrap of aluminum foil to prevent absorption of freezer odors.

Nutritional information per slice:
Calories 52 (96% from fat) • carb. 0g • pro. 0g
• fat 6g • sat. fat 4g • chol.16 mg • sod. 5mg
• calc. 2mg • fiber 0g

### **BALSAMIC VINAIGRETTE**

Makes 1½ cups (375 ml).

- shallot, peeled and finely chopped [approximately 1 tablespoon (15 ml)]
- ½ cup (50 ml) balsamic vinegar
- ½ teaspoon (2 ml) salt
- ½ teaspoon (2 ml) freshly ground pepper
- ½ teaspoon (2 ml) sugar
- 3 teaspoons (15 ml) Dijon mustard
- cup (175 ml) extra virgin olive oil
- ½ cup (50 ml) vegetable oil

Place shallot, vinegar, salt, pepper, sugar, and Dijon in a mixing bowl. Mix ingredients until well incorporated.

Add olive oil and then vegetable oil in a slow stream to the bowl with the mixer running to ensure emulsification.

Adjust seasoning to taste.

Nutritional information per serving
[2 tablespoons (30ml)]:
Calories 166 (96% from fat) • carb. 2g • pro. 0g
• fat 22 g • sat. fat • chol. 0g • sod. 153mg
• calc. 1mg • fiber 0g

### PARMESAN PEPPERCORN DRESSING

This dressing is not only good on salads, but is a perfect spread for sandwiches, from smoked turkey to roast beef. It can be used as a dip for vegetables or even served alongside roasted meats.

Makes 1½ cups (375 ml).

- ½ cup (125 ml) reduced fat mayonnaise
- ½ cup (125 ml) reduced fat sour cream
- ½ cup (125 ml) Parmigiano Reggiano, finely grated
- 1 teaspoon (5 ml) crushed black peppercorns
- 2 tablespoons (30 ml) fresh basil, chopped
- 1 tablespoon (15 ml) red wine vinegar
- 1 teaspoon (5 ml) Dijon mustard
- tablespoon (15 ml) fresh parsley, finely chopped
- ½ tablespoon (7 ml) finely chopped shallot
- ½ teaspoon (2 ml) lemon juice

Place all ingredients in a medium mixing bowl and mix on Speed 2 until thoroughly combined, about 1 minute.

Nutritional information per serving
[2 tablespoons (30 ml)]:
Calories 61 (65% from fat) • carb. 3g • pro. 2g
• fat 4g • sat. fat 1g • chol. 8mg • sod. 169mg
• calc. 66mg • fiber 0g

### MISO GINGER DRESSING

This dressing is wonderful to use to make an Asian Slaw using shredded cabbage, bok choy, carrots, daikon, cucumbers and green onions, as well as to dress a traditional salad.

Makes about 2 cups (500 ml).

- 1½ tablespoons (25 ml) miso\*
- ½ cup (75 ml) rice vinegar
- ½ teaspoon (2 ml) mirin\*\*
- 1 teaspoon (5 ml) soy sauce
- 3 teaspoons (15 ml) peeled and finely chopped fresh ginger
- ½ teaspoon (2 ml) finely chopped fresh garlic
- 1 teaspoon (2 ml) brown sugar
- 1<sup>1</sup>/<sub>4</sub> cup (300 ml) vegetable oil
- 1 teaspoon (5 ml) sesame oil

In a medium mixing bowl, mix miso and vinegar until well blended, smooth and homogenous using Speed 2, about 1 to 2 minutes. Add mirin and soy sauce and mix to combine, about 20 seconds. Add ginger, garlic, and brown sugar and mix well about 30 seconds.

With mixer on Speed 1, add the vegetable oil and then the sesame oil in a slow, steady stream into the bowl and mix until totally emulsified and homogenous. Let stand 30 minutes or longer to allow flavours to blend before using. Store in an airtight container in the refrigerator. If dressing separates, mix on Speed 2 until emulsified.

Nutritional information per serving
[2 tablespoons (30 ml)]:
Calories 158 (97% from fat) • carb. 1g • pro. 0g
• fat 17g • sat. fat 1g • chol. 0mg • sod. 80mg
• calc. 2mg • fiber 0g

\*Miso (Japanese fermented soybean paste) can be purchased in most Asian/Japanese markets, natural food stores and in many well-stocked grocery stores. It is kept refrigerated in an airtight container.

\*\*Mirin is a low-alcohol sweet wine made from glutinous rice, also known as "rice wine." It is available in Asian/Japanese markets, and in the gourmet section of well-stocked grocery stores.

### **CAPONATA**

Serve Caponata as an appetizer spread with pita chips or thinly sliced French bread. It is also a good dressing to use on a wrap-type sandwich.

Makes 11/4 cups (300 ml).

- 1 medium size eggplant, about 1½ pounds (750 g)
- 2 tablespoons (30 ml) capers, drained
- 1 tablespoon (15 ml) celery, finely diced
- ½ teaspoon (2 ml) finely diced sweet red pepper
- 1 tablespoon (15 ml) finely chopped green onion
- 1 teaspoon (5 ml) chopped fresh basil
- 1 teaspoon (5 ml) chopped fresh mint
- ½ teaspoon (2 ml) finely chopped fresh parsley
- 2 tablespoons (30 ml) extra virgin olive oil

- 1 teaspoon (5 ml) lemon juice dash red pepper flakes
- teaspoon (5 ml) honey (if eggplant seems bitter)

Preheat oven to 400°F (200°C).

Pierce eggplant with fork all around the eggplant (about 8 times) and wrap in aluminum foil. Roast eggplant for approximately 45 minutes to 1 hour, until the eggplant is very soft and has collapsed. Unwrap and let cool.

When eggplant is cool to the touch (about 15 minutes) cut in half and spoon the soft eggplant flesh into a mixing bowl; there will be approximately 1½ cups (375 ml) of eggplant.

With mixer on Speed 3, mix for about 2 minutes until the eggplant turns into an almost smooth consistency.

Add remaining ingredients and mix on Speed 1 until just blended. Let stand 30 minutes before serving to allow flavours to blend. May be made ahead and refrigerated in an resealable container.

Nutritional information per serving [¼ cup (50 ml)]: Calories 72 (55% from fat) • carb. 7g • pro. 1g • fat 5g • sat. fat 1g • chol. 0g • sod. 112mg • calc. 15mg • fiber 3g

### BOURSIN® SMASHED POTATOES

Makes 4 cups (1 L) / eight  $\frac{1}{2}$ -cup (125 ml) servings.

- 2 pounds (1 kg) red potatoes, scrubbed
- ½ package Boursin® cheese\* [about 2½ ounces (70 g)], cut into 8 pieces
- 2 tablespoons (30 ml) unsalted butter
- 1/4 cup (50 ml) whole milk
- ½ teaspoon (2 ml) kosher salt
- ½ teaspoon (1 ml) freshly ground pepper

Cut unpeeled potatoes into 1-inch (2.5 cm) pieces as uniform as possible. Place in a large saucepan. Add cold water to cover and a large pinch of salt. Over high heat, bring to a boil. When boiling, reduce heat to medium low and simmer until potatoes are very soft, about 25 minutes.

Drain potatoes and return to saucepan, mix on Speed 3 until completely mashed, about 2 minutes. Add Boursin®, butter, milk, salt, and pepper and mix on Speed 4 until fully incorporated and fluffy, about 1 minute.

Transfer to a warm bowl and serve immediately.

Nutritional information per serving:
Calories 167 (36% from fat) • carb. 24g • pro. 4g
• fat 7g • sat. fat 5g • chol. 19mg • sod. 258mg
• calc. 27mg • fiber 2g

\*Boursin® cheese is a triple-cream cheese that is white and smooth, with a creamy, buttery texture. It is most often flavoured with herbs, garlic or pepper. It can be found in the specialty cheese section of

most well-stocked grocery stores or in gourmet food markets.

### **GORGONZOLA SOUFFLÉ**

Makes one 8-cup (2 L) soufflé.

- % cup (150 ml) walnuts, toasted and ground
- 5 eggs, whites and yolks separated into two mixing bowls
- 5 tablespoons (75 ml) unsalted butter
- ½ cup (125 ml) unbleached, all-purpose flour
- 1½ cups (375 ml) milk
- 1 cup (250 ml) Gorgonzola cheese, crumbled
- ½ teaspoon (2 ml) salt
- ½ teaspoon (1 ml) fresh ground pepper
- ½ cup (125 ml) shredded mozzerella

Preheat oven to 350°F (180°C). Butter an eight-cup (2 L) soufflé dish well and coat with toasted ground walnuts; set aside.

Beat egg yolks using Speed 1 for 30 seconds; reserve.

Melt butter in a saucepan. Add flour and stir with a wooden spoon until smooth and cook over medium heat for 2 minutes, stirring occasionally. Mix on Speed 1 while adding the milk, about 1½ minutes, beating until smooth. Cook slowly allowing the mixture to thicken, while mixing on Speed 2 until the mixture becomes smooth and thick, approximately 5 minutes total. Add Gorgonzola and mozzarella and stir until melted and smooth. Remove from heat.

While mixing egg yolks on Speed 1, spoon a small amount of hot cheese mixture into the yolks and mix until smooth. Continue adding the warm cheese mixture slowly to the yolks, while mixing (the mozzarella will be stringy).

Using chef's whisk, beat the egg whites until soft peaks form, about 1½ minutes on Speed 5.

Fold the whites into the yolk/cheese mixture in three additions with the beater attachment set to the lowest speed.

Pour into prepared soufflé dish and bake in the middle of oven until puffed over the rim of soufflé dish and golden, approximately 40 to 45 minutes. Serve immediately.

Nutritional information per serving:
Calories 207 (70% from fat) • carb. 7g • pro. 8g
• fat 16g • sat. fat 7g • chol. 118mg • sod. 315mg
• calc. 139mg • fiber 0g

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To facilitate the speed and accuracy of your return, please also enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by cheque or money order.

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> Printed in China 11CC126436

IB-7731-CAN-D

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