

Cuisinart™

INSTRUCTION
BOOKLET

Recipe
Booklet
Reverse Side



Blend and Cook Soup & Beverage Maker

SBC-1000C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. **Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar. Never put hands into the blender jar or handle the blades with appliance plugged in.**
3. To protect against the risk of electrical shock, do not put motor base of blender in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. Avoid contact with moving parts.
6. 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 Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar while blending, to reduce the risk of severe injury to persons or damage to blender itself.** A plastic or wooden spatula may be used but must be used only when the blender is turned off.
11. When blender is on, and LED lights are illuminated or flashing, do not touch cutting assembly, interfere with blade movement, or remove blender jar cover. Accidentally touching a speed button may activate the blender.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar is properly attached.
14. Always operate blender with the lid in place.
15. Never leave your blender unattended while it is running.
16. Twist locking ring on firmly. Injury can result if moving blades accidentally become exposed.
17. **Regarding your cord set:** A longer cord has been provided so that you will have flexibility in positioning your blender. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over.
18. Wash the blender jar, jar collar with black assembly, lid and measuring cup before first use.
19. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
20. **WARNING: FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.**
21. Ensure all packaging materials and any promotional labels or stickers are removed from the Cuisinart™ Blend and Cook Soup & Beverage Maker before first use.
22. Always inspect the appliance before use for noticeable signs of damage. Do not use if damaged or if the appliance has been dropped. In the event of damage, or if the appliance develops a fault, contact Cuisinart Customer Service.
23. **While unit is in use, the surfaces will become extremely hot. Do not touch hot surfaces. Always use handles. Heating plate and complete jar collar assembly become very hot.**
24. For domestic use only.
25. This appliance should be used only for preparation of drinks / food as described within the instructions for use that accompany it. Please retain these instructions for future reference.
26. Always ensure that your hands are dry before removing the plug from the outlet. Never pull the plug out of the outlet by the cord.
27. Do not connect this appliance to an external timer or remote control system.
28. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
29. Do not place on or near a hot gas or electric burner or in a heated oven.
30. To disconnect, turn any control to off, then remove plug from wall outlet.
31. Do not use appliance for other than intended use.
32. Do not submerge the jar collar with blade assembly in water or place in dishwasher.
33. When blending hot liquids ensure vents in lid opening are clear and intended pour spouts are closed (lid is secured).

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

NOTICE

For your protection, this unit is equipped with a 3-conductor cord set that has a molded 3-prong grounding-type plug, and should be used in combination with a properly connected grounding-type outlet as shown in Figure A.

1. A longer cord has been provided so that you will have flexibility in positioning your blender. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over.
2. Longer detachable power supply cords or extension cords are available and may be used if care is exercised in their use.
3. If a long detachable power supply cord or extension cord is used:
 - a) The marked electrical rating of the detachable power supply cord or extension cord should be at least as great as the electrical rating of the appliance;
 - b) If the appliance is of the grounded type, the extension cord should be a grounded type 3-wire cord; and
 - c) The longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over.

NOTE: Do not remove the grounding prong.

CAUTION: Before using an adapter, it must be determined that the outlet cover plate screw is properly grounded. If in doubt, consult a licensed electrician. Never use an adapter unless you are sure it is properly grounded.

Note: Use of an adapter is not permitted in Canada.

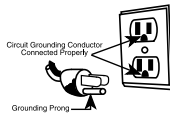


Figure A

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart™ blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from the top of corrugated insert. Next remove the top corrugated insert.
3. Carefully lift blender base from box and set aside.
4. Carefully remove lower corrugated insert containing the blender jar assembly. Be careful not to tip the jar when moving.

To assemble the blender, follow the Assembly Instructions on page 4 in this instruction booklet. Replace all corrugated inserts in the box and save the box for repackaging.

Before using for the first time: Wash all parts according to the Cleaning and Maintenance section on page 6 of this booklet to remove any dust or residue.

TABLE OF CONTENTS

Important Safeguards	1
Unpacking Instructions	2
Features and Benefits	3
Assembly	4
Helpful Reminders	4
Getting to Know Your Control Panel	5
Cooking and Blending	6
Blending Cold Ingredients	6
Cleaning and Maintenance	6
DOs and DON'Ts	7
Warranty Information	8

FEATURES AND BENEFITS

- 1. Press-on Lid**
Tightfitting seal resists leakage and vents in lid opening allow steam to escape.
- 2. Lid Opening**
Allows you to add ingredients when measuring cup is removed from lid.
- 3. Removable Measuring Cup**
Allows you to measure up to 3 ounces (90 mL) of ingredients to add through the lid opening.
- 4. Thermal Shock-Resistant Glass Blending/Cooking Jar**
Has a unique, sturdy, wide-mouth design. Holds 48 oz. (1.4 L) of hot liquids and 56 oz. (1.65 L) of cold. Hot and cold markings are on the jar.
- 5. Leak-Proof Rubber Gasket (not shown)**
Holds the glass jar snugly in position for safe operation.
- 6. Jar Collar with Heater and Blade Assembly**
- 7. Easy-Clean Heating Plate (not shown)**
Lets you sauté, simmer, boil and reheat right in blender.
- 8. High-Quality Cutting Assembly with Patented Stainless Steel Blades**
Is strong enough for all blending tasks, including tough jobs like crushing ice.
- 9. Electronic Touchpad Controls**
 - a. On/Off Button**
Turns blender on or off.
 - b. Blending Control**
Choose desired speed 1 to 4 or pulse to blend ingredients to the desired consistency. Use speeds 1 through 3 for blending hot ingredients.
 - c. Stir Button**
Gently stirs ingredients as they cook.
 - d. Countdown Timer Control**
Select up to 30 minutes in 1-minute increments. Must be used to operate the temperature controls.
 - e. Temperature Control**
High, Medium and Low settings. Must be used to activate heating.
- 10. Heavy-Duty Motor Base**
- 11. Slip-Proof Feet**
Prevent movement during use and prevent damaging marks on countertops or tables.

- 12. Heavy-Duty Cleaning Brush**
to help clean heating plate and blades thoroughly.
- 13. BPA-Free (not shown)**
All parts that come in contact with food are BPA-free.



Note: Blades are sharp. Handle carefully.
CAUTION: Collar assembly is hot when making soup.
Handle very carefully.

ASSEMBLY

To use your Cuisinart™ Blend and Cook Soup & Beverage Maker, begin by assembling the blender jar.

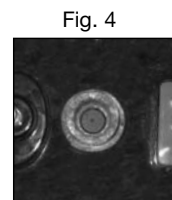
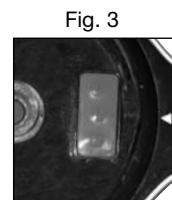
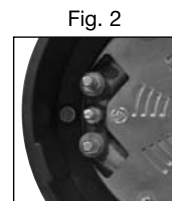
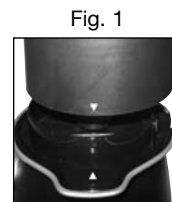
1. Place jar collar with blade assembly (a) on a flat, sturdy surface.
2. Carefully place the rubber gasket (b) inside the jar collar.
3. Place the blender jar (c) on the collar and turn clockwise until tight.

Note: Blades are sharp. Handle carefully.

4. Place lid (d) on jar and push until secure. Place measuring cup (e) in the lid opening and press into lid.
5. When placing jar onto base, be sure arrow on jar collar, located just below the handle, is aligned with arrow on base (Fig. 1). Place jar onto base, making sure the 3 interlocking pins on the underside of the collar (Fig. 2) fit into the rectangular rubber connector on the base (Fig. 3).

NOTE: If jar does not sit flush on base, do not force it! Remove jar and slightly turn the clutch (Fig. 4), located in the center of the top of the base.

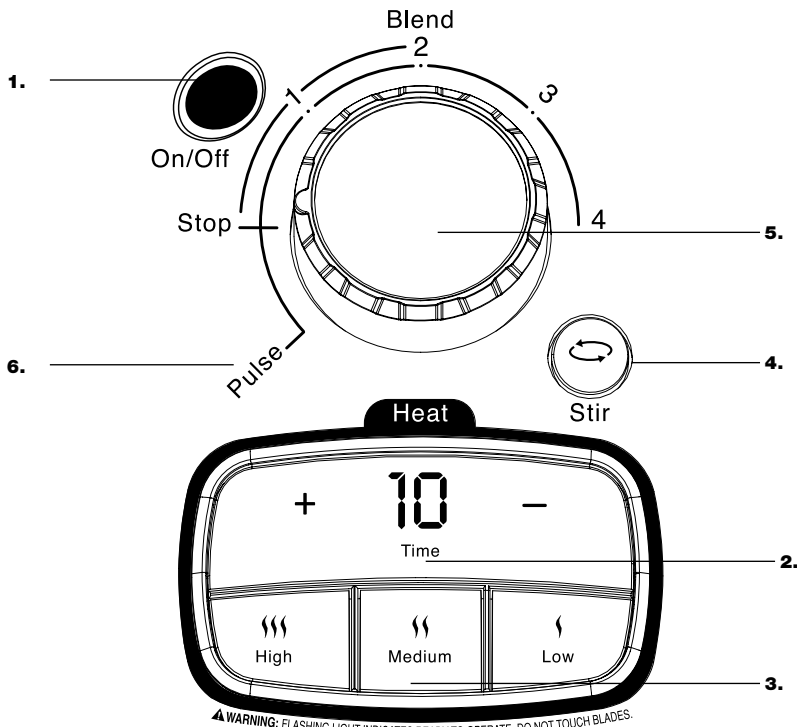
CAUTION: Do not adjust jar clutch after cooking, as it may be hot.



HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measuring cup, adding ingredients through lid opening, and replacing the measuring cup.
- **CAUTION:** Be sure lid is on and measuring cup is in lid opening when blending hot liquids.
- Lid should always be in place while the unit is on.
- **CAUTION:** Collar is hot when making soup. Handle carefully.
- Keep hands away from the underside of collar. The surface will also be very hot.
- **CAUTION:** Do not place blender jar on base while motor is running.
- Do not twist blender collar from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Do not put very cold liquids or ice into a blender jar that has come directly from a hot dishwasher or just after making a hot recipe.
- Do not put very hot liquids into a cold blender jar.
- Follow Cleaning and Maintenance instructions (page 6), prior to your first use.

GETTING TO KNOW YOUR CONTROL PANEL



Cuisinart®

- 1. Power On/Off Button** – When unit is first plugged in, the red LED indicator light around the button will flash. Press once and the light will stay lit and stop flashing; the unit is now in Standby mode. If the On/Off button is pressed while in Standby mode, the unit will begin flashing again.
- 2. Cooking Timer Control** – When the unit is in Standby mode, the cooking time can be set by pressing the + or – buttons. Time counts up or down in one-minute increments, up

to 30 minutes. (Note: If – button is pressed first, 30-minutes will be displayed.) Hold button down to scroll through minutes, or press and release to advance one minute at a time.

- 3. Temperature Controls** – **NOTE:** Cooking time must be selected before setting temperature. The unit will start its heating or cooking cycle when high, medium or low temperature is selected. The temperature can be changed at any time during the heating or cooking cycle. The heater

can be manually turned off by pressing the Temperature control currently in use (this will be illuminated) or pressing the power On/Off button. If the power On/Off button is used to turn off the heater, the unit will power off and must be restarted for blending. **NOTE:** Blending and cooking cannot operate simultaneously.

- 4. Stir Button** – The Stir function does just what it says, allowing you to stir ingredients at a low speed. It can be operated at any time during the cooking or blending cycle. It can also be operated in Standby mode when ingredients are being added to the glass jar. It is a manually operated function; it will stir only when pressed. You have complete control.
- 5. Blending Control** – The Blending control has 4 speeds – 1 is the lowest setting, 4 is the highest. When in Standby mode, the Blending function is active and operable. **NOTE:** Blending and cooking cannot operate simultaneously. When blending hot items such as soups or sauces, only use speeds 1 through 3; cooking will be nonoperational.
- 6. Pulse** – The Pulse setting can only be used in Standby mode. This function creates a burst of power for quick blending. Rotate counter-clockwise and release Blending control and repeat as desired. You determine the duration of each pulse. The Pulse function is best for breaking apart larger pieces of food. **NOTE:** Pulsing and cooking cannot operate simultaneously.

COOKING AND BLENDING

1. Place the motor base of your blender on a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the Assembly instructions (page 4). Once the jar is assembled and is in position on the motor base, plug the blender into an electrical outlet.
2. Press the On/Off button. The blender is now in Standby mode.
3. Select the required time per the recipe. This can be adjusted throughout the cooking process, but a time must be selected to start the heater initially.
4. Add ingredients according to the recipe. You may add more ingredients by lifting the measuring cup from the lid and dropping ingredients through the lid opening. When making soup, fill the contents of the glass jar only to the 48-oz. (1.4 L) level marked HOT. Always replace the measuring cup after adding ingredients. See Recipe Tips and Hints for cooking soups.

CAUTION: Do not put hands into blender jar with blender plugged in.

NOTE: Do not use anything other than the measuring cup to cover or close lid opening. This prevents obstruction to necessary steam vents.

CAUTION: When blending hot liquids ensure vents in lid opening are clear and intended pour spouts are closed (lid is secured).

5. To remove blender jar lid, lift edge of cover upwards. Lifting from measuring cup will not remove lid.
6. To stir ingredients while cooking, use the Stir button.
7. When cooking time has finished, the blender will beep 4 times.
8. To blend soup always start on speed 1, gradually increasing to speed 2 or 3. Use only these recommended speeds when blending hot items. Turn the Blending control dial to stop when the desired consistency is reached.
9. Unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist the blender collar from the blender jar when removing jar from motor base.

CAUTION: When removing the jar use caution. The area underneath the collar may be extremely hot.

BLENDING COLD INGREDIENTS

1. Place the motor base of your blender on a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the Assembly instructions (page 4). Once the jar is

assembled and is in position on the motor base, plug the blender into an electrical outlet.

2. Press the On/Off button. The blender is now in Standby mode.
3. Add all necessary ingredients to the blender jar and replace the cover. You may add more ingredients by lifting the measuring cup and dropping ingredients through the lid opening. Replace the measuring cup after adding ingredients. Do not put hands into blender jar with blender plugged in.

NOTE: Add liquid ingredients first then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.

4. To remove blender jar lid, lift the edge of lid upwards. Lifting from measuring cup will not remove lid.
5. Turn the Blending control dial to your desired speed or use the Pulse function. Turn the Blending control dial to Stop when the desired consistency is reached.
6. The Stir function can be used as well for gentle blending.

NOTE: To dislodge food, use a plastic or wooden spatula to help remove food lodged around the cutting assembly. Do not use a spatula until you have turned the blender off. Replace the lid and measuring cup and continue blending, if necessary. Make sure the spatula is not inside the blender jar before blending.

7. Unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist the blender collar from the blender jar when removing jar from motor base.

CLEANING AND MAINTENANCE

NOTE: Jar collar with blade assembly is NOT dishwasher safe. Do not submerge in water or other liquids.

CAUTION: Be extremely careful when cleaning around the blades. They are very sharp.

Always unplug your Cuisinart™ Blend and Cook Soup & Beverage Maker from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, DO NOT USE BLENDER.

Remove the blender jar from the motor base by lifting straight up and away. Twist off the jar collar with blade assembly by turning counterclockwise. Carefully remove the rubber gasket.

CAUTION: When removing the jar use caution. The area underneath the collar may be extremely hot.

Place the blender jar, lid, rubber gasket and measuring cup in the upper rack of the dishwasher or wash in warm, soapy water; rinse and dry thoroughly.

To thoroughly clean the heating plate, we recommend that you use the cleaning brush that is included with your blender. Be sure to let the heating plate cool before cleaning with the cleaning brush, as the brush not heatproof.

NOTE: Do not clean the heating plate with any abrasive tools so as not to scrape the easy-clean coating.

TIP: To wash jar assembly, add a drop of dishwashing liquid and 8 ounces (236 mL) of warm water. Run on speed 1 for 30 to 60 seconds. Repeat, using clean tap water. Do not use heat controls when cleaning. Empty blender jar and carefully disassemble jar from the collar with blade assembly. Rinse and dry all parts thoroughly or allow to air dry.

CAUTION: Handle the cutting assembly carefully. It is SHARP and may cause injury. Do not attempt to remove blades from cutting assembly.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquids, or place in a dishwasher. Any other servicing should be performed by an authorized service representative.

DOs and DON'Ts WHEN USING YOUR BLEND AND COOK SOUP & BEVERAGE MAKER

DO:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- When blending always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.
- Cut most foods into cubes of approximately ½ inch (1.3 cm) to 1 inch (2.5 cm) to achieve a more uniform result.
- Use the removable measuring cup to measure up to 3 ounces (90 mL) of liquid ingredients. Replace measuring cup after ingredients have been added.

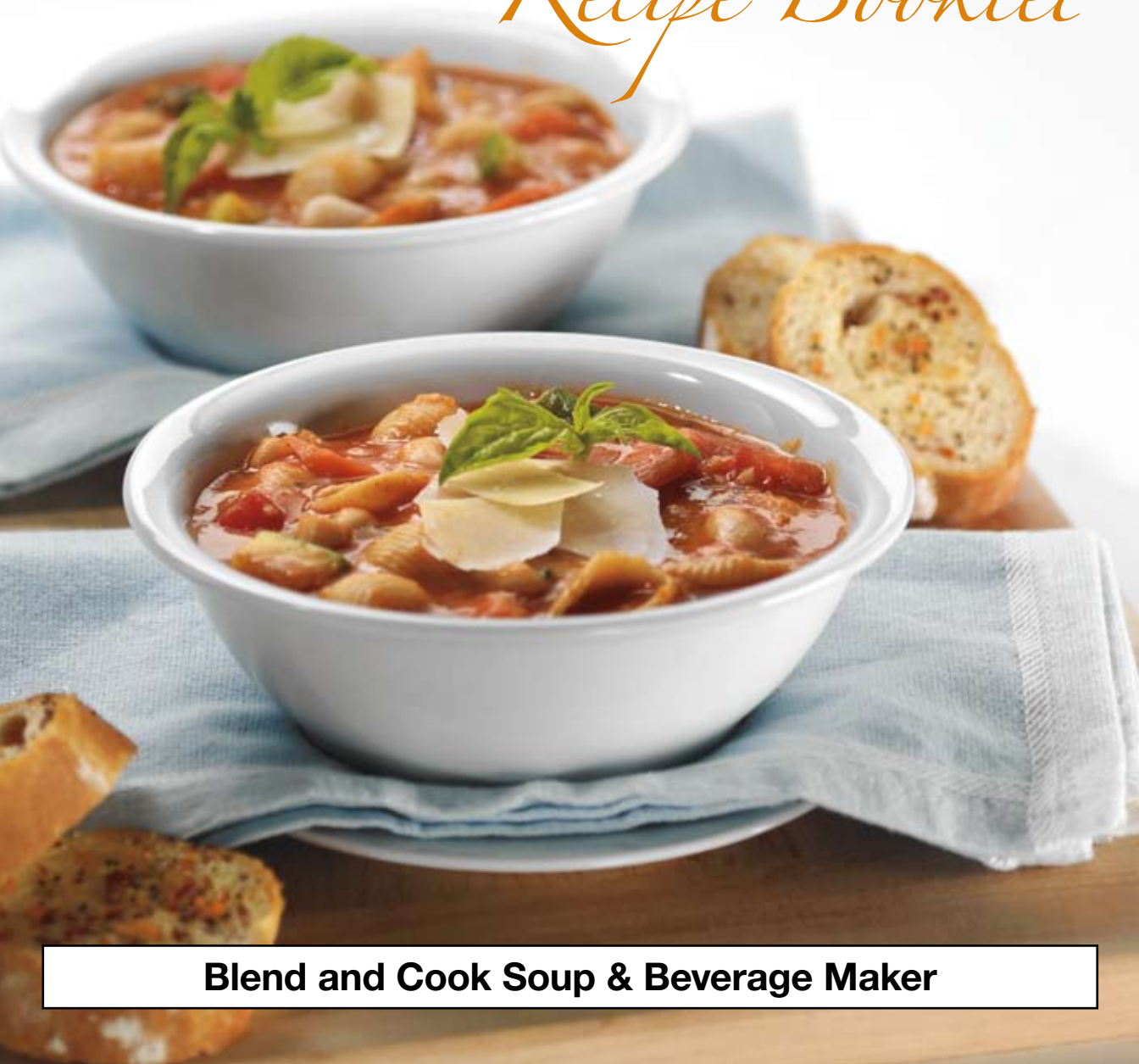
- Use a plastic or wooden spatula as needed, only when the blender is turned off. Never use metal utensils, as damage may occur to the blender jar, heating plate or cutting assembly.
- Place lid on firmly. Always operate the blender with the lid on.
- Make sure jar collar with blade assembly is tightly attached to blender jar.
- Always remove collar with blade assembly and rubber gasket before cleaning. Make sure unit has cooled.
- For best results when blending, scrape down sides of the blender jar occasionally.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.
- During the sautéing process, stir frequently to ensure even cooking.

DON'T:

- Don't store food or liquids in your blender jar.
- Don't place jar collar with blade assembly on motor base without the blender jar attached.
- Don't attempt to mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist jar collar with blade assembly from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't put hands inside the blender jar when blender is plugged in.
- Don't run blender when jar is empty.
- Don't leave unattended with the heater on.
- Don't fill jar past the HOT marking (48 oz.) when cooking in the blender.
- Don't touch under the collar assembly during or immediately after heating or cooking foods. It will be very hot!

Cuisinart™

Recipe Booklet



Blend and Cook Soup & Beverage Maker

RECIPE TIPS

It is easy to prepare your favourite soup and sauce recipes in the Blend and Cook Soup & Beverage Maker by following these simple tips.

For soup/sauce making:

- If recipe calls to sauté first, set the unit to Medium. Approximately 5 to 10 minutes is a good start to sweat or sauté ingredients.
- Add the oil or butter and wait for it to heat up or melt, about 10 seconds.
- Add base ingredients (prepped and cut into ½-inch [1.3 cm] pieces) to sauté; cover and stir to further chop and incorporate ingredients with the oil/butter.
- Continue to cook, stirring occasionally. The blender jar should always be covered when using the Stir function.
- Add liquid and other soup/sauce ingredients that need to cook and set unit to High to bring to a boil. We recommend stirring once or twice during this heat up time using a quick burst or two to combine ingredients.
- Liquid will come to a boil between 8 and 20 minutes, depending on the amount of ingredients in the blender jar.
- Once liquid reaches a boil, switch unit to Medium for 30 minutes for adequate simmer/cooking time. Extra time can always be added at the end if additional cooking is necessary. Again we recommend an occasional stir during the cooking process.
- Once time expires and the unit shuts off, blend if a puréed soup or sauce is desired. Start on speed 1 and gradually increase to speed 3 if necessary. Blend until smooth.
- Soup can be held at an ideal serving temperature by switching to the Low setting, 30 minutes at a time, once cooking is complete.
- If it is not necessary to sauté first, then add all ingredients to blender jar, liquid first and then solids. Set unit to High to bring liquid to a boil. As soon as it reaches a boil, switch unit to Medium to simmer soup/sauce until ready to blend or serve.
- When converting recipes, the liquid amount should be reduced by ⅓ to ½, as liquid reduction is lessened when the blender cover is in place. To maximize liquid reduction for certain recipes, remove the measuring cup during the cooking process; be sure to replace cup when stirring.

- When heating ingredients like milk or cream, it is necessary to stir every few minutes during any heating or cooking. This is to prevent any milk proteins from scalding on the bottom.
- It is very important to be sure gasket is in place and blender jar is secured tightly on blender base before performing any blending or soup-making tasks.

Blending cold ingredients:

- **Grinding/Chopping Nuts** - Put ½ cup (125 mL) shelled nuts into the blender jar and cover blender. Blend on speed 2 for 20 to 30 seconds until desired grind/chop is achieved. For best results process small amounts, ½ cup (125 mL) or less.
- **Bread, Cookie or Cracker Crumbs** - Break or cut bread, cookies or crackers into pieces ½ inch (1.3 cm) or less in size. Put bread, cookie or cracker pieces in blender jar. Blend on Speed 2 for 10 to 20 seconds. For best results, process 1 cup (250 mL) or less at a time.
- **Crushing Ice** - Put up to 8 standard ice cubes into the blender jar. Cover. Pulse, using short bursts, about 4 to 6 times and then blend on Speed 2 until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.
- **Grating Fresh Citrus Zest** - For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest, if necessary. Process no more than 8 to 10 strips at a time (zest of 1 medium lemon). Cut strips in half. Put strips and 1 teaspoon (5 mL) sugar or coarse salt (from recipe) into the blender jar. Cover blender jar. Run on the Stir function for 15 to 20 seconds, until zested.
- **Baby Food** - Combine 1 cup (250 mL) vegetables, fruit or meat with ¼ to ½ cup (50-125 mL) water in the blender jar. Bring to a boil and cook on High until soft. Once soft, blend on speed 2 until completely smooth or desired consistency is reached. Scrape the jar with a spatula if necessary. Should more liquid be required blend in breast milk, formula or additional filtered water one tablespoon at a time. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

- **Grinding Hard Cheese** - Cut cheese into ½ inch (1.3 cm) pieces; remove all outer hard rind. Put cheese into blender jar. Pulse 3 to 4 times to break up cheese. Blend on Speed 3 to 4 until desired grind is reached. For best results, grind no more than 3 ounces (85 g) of cheese at a time.
- **Grinding Spices** - For best results, blender jar and cutting assembly must be clean and dry. Put ¼ to ½ cup (50-125 mL) of spices/seeds/peppercorns into blender jar. Pulse 3 to 4 times to break up and then blend on Speed 2 to 3 for about 20 to 40 seconds.
- **Whipping Cream** - If possible, chill blender jar and cutting assembly in refrigerator for 15 minutes. Put 1 cup (250 mL) heavy or whipping cream into blender jar. Cover. Blend on Speed 1 for about 1 minute. (Do not overblend – bits of butter will begin to form.) If desired, add 1 tablespoon (15 mL) sugar and 1 to 2 teaspoons (5-10 mL) of vanilla or other flavouring. Consistency will be that of a thickened but not fluffy whipped cream, and is most appropriate for topping desserts or coffee drinks.
- Keep your blender out on the counter within easy reach, and you will be surprised how often you will use it.
- Keep ice cubes made of juices, yogurt, milk or fruit purées on hand to substitute for plain ice when making smoothies and frosty beverages to prevent diluting the drink.
- For quick cleaning, add 1 cup (250 mL) of warm water and a drop of liquid dish soap to the blender jar. Cover and Blend on Speed 1 for 30 seconds or more as needed. Discard the soapy water and rinse blender thoroughly before the next use.

QUICK REFERENCE GUIDE – BLENDER

To activate blender	Press On/Off - The blender is in Standby mode
To begin blending	Press desired Speed button. Turn dial to Speed 1.
To change speeds	Turn dial to desired Speed
To pulse	In Standby mode Turn dial to Pulse, then immediately release, repeat as needed
To crush ice	In Standby mode, Pulse then blend on speed 2 or until desired consistency is reached
To stop blending (and deactivate blender)	Turn dial to stop position and then press On/Off button
To stop blending	Turn dial to stop position

SPEED SELECTION GUIDE

Refer to this guide to choose the best blender speed for your desired result.

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrate	1 to 2	Smooth and full-bodied
Mayonnaise	1	Thick and creamy
Salad dressings	1	Completely blended and emulsified
Nuts (shelled, ½ cup [125 mL] or less at a time)	2	Coarse to fine (20 to 30 sec.)
Heavy or whipping cream	1	Thick, creamy topping (1 min.)
Bread, cookies or crackers (add ½-inch [1.3 cm] pieces, 1 cup [250 mL] or less at a time)	2	Coarse to fine as desired (10 to 20 sec)
Grating/chopping citrus zest (add 1 to 2 teaspoons [5-10 mL] sugar or salt from recipe)	1 to 2	Uniformly fine
Smoothies, shakes, health drinks	1 to 4	Smooth, creamy and thick
Baby food/fruit and vegetable purée	1 to 2	Smooth and creamy
Frozen cocktails	1 to 4	Thick and slushy
Hard cheeses	Pulse first, then blend 3 to 4	Coarse to fine
Spices	Pulse first, then blend on 2 to 3	Coarse to fine
Ice	Pulse then blend 2	Coarse crush to snowy

TEMPERATURE GUIDE

High	High temperature
	Sauté
	Bringing liquids to boil
Medium	Main Sauté temperature
	Perfect Simmer temperature
Low	Keep Warm Temperature
	Steeping

RECIPES

Drinks

Fresh Fruit Smoothie	12
Classic Frozen Margarita	12
Frozen Mudslide	12
Chai	12
Hot Chocolate	13

Breakfast and Brunch

Apple Filling for Crêpes	13
Crêpe Batter	13-14
Blueberry Sauce	14
Warm Peach Compote	14

Starters

Roasted Vegetable Spread	14-15
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Soups

Chilled Borscht	15
Carrot and Ginger Soup	15
Lentil Soup	15-16
Chicken Noodle Soup	16
Roasted Red Pepper Soup	16
Tomato Soup	16-17
Light Broccoli and Potato Soup	17
Curried Coconut and Butternut Squash Soup	17
Spinach Dal	18

Dressings and Sauces

Basic Vinaigrette	18
Walnut-Parsley Pesto	18-19
Light Marinara Sauce	19
Romesco Sauce	19

Desserts

Chocolate Banana Crème Brûlée	20
Cinnamon-Maple Applesauce	20
Mascarpone-Honey Pana Cotta	20
Crème Anglaise	21
Dairy-Free Chocolate Mousse	21

Drinks

Fresh Fruit Smoothie

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.

Makes about five 8-ounce (230 mL) servings

- ½ **cup (125 mL) orange juice**
- 1 **cup (250 mL) 1-inch (2.5 cm) cubed cantaloupe**
- 1 **medium banana, cut into 1-inch (2.5 cm) slices**
- 1 **cup (250 mL) 1-inch (2.5 cm) cubed mango (about 1 small fruit)**
- ¾ **cup 1-inch (2.5 cm) cubed pineapple**
- 1 **cup (250 mL) raspberries or mixed berries (fresh or frozen)**
- ¾ **cup (175 mL) 1-inch (2.5 cm) cubed pineapple (fresh or canned, drained)**
- 1 **cup (250 mL) navel orange segments**
- 1 **cup (250 mL) hulled and halved strawberries**
- 1 **cup (250 mL) ice cubes (about 6 standard)**

1. Put ingredients into the blender jar in order listed.
2. Blend on speed 4 until smooth, about 60 to 75 seconds.
3. Serve immediately.

Note: Be sure the fruit is really ripe for the sweetest smoothie.

Nutritional information per serving:

Calories 113 (4% from fat) • carb. 28g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 11mg • calc. 41mg • fiber 5g

Classic Frozen Margarita

Just as the name implies, a true classic cocktail.

Makes about seven 8-ounce (236 mL) servings

- 1 **cup (250 mL) fresh lime juice**
 - 1¼ **cups (300 mL) tequila**
 - 1 **cup (250 mL) Triple Sec**
 - ¼ **cup (50 mL) simple syrup, chilled**
 - 4 **cups standard ice cubes**
1. Put ingredients in the blender jar in order listed.
 2. Pulse about 15 times, until the ice is evenly crystallized.
 3. Serve immediately. Note that if the margarita sits, it will need to be stirred before serving.

Nutritional information per serving:

Calories 140 (0% from fat) • carb. 34g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 0mg • calc. 8mg • fiber 0g

Frozen Mudslide

A delicious version of an adult milkshake.

Makes about seven 8-ounce (236 mL) servings

- ¼ **cup (50 mL) Kahlúa**
- ¼ **cup (50 mL) vodka**
- 2 **tablespoons (30mL) Irish cream liqueur**
- 4 **cups (1 L) vanilla ice cream**

1. Put ingredients into the blender jar in order listed.
2. Pulse about 15 to 20 times, until homogenous.
3. Serve immediately.

Nutritional information per serving:

Calories 367 (51% from fat) • carb. 24g • pro. 6g • fat 21g • sat. fat 13g • chol. 137mg • sod. 80mg • calc. 171mg • fiber 0g

Chai

While this tea is best prepared with half & half, reduced fat or soy milk may be substituted.

Makes six 6-ounce (177 mL) servings

- 4½ **cups (1.06 L) half & half**
- ½ **tablespoon (7 mL) pure vanilla extract**
- 12 **bags black tea**
- ½ **teaspoon (2 mL) freshly ground black pepper**
- ½ **teaspoon (2 mL) ground cloves**
- 1 **teaspoon (5 mL) ground cinnamon**
- 6 **star anise pods**
- 2 **1x1-inch (2.5 x 2.5 cm) piece of peeled fresh ginger**
- ¼ **teaspoon (1 mL) orange zest**
- 4 **tablespoons (60 mL) honey**

1. Put half & half and vanilla into the blender jar. Set timer for 20 minutes and temperature on High until milk is hot and foamy. Stir mixture every few minutes.
2. Once liquid is hot turn the unit off. Add tea, spices, ginger and zest. Stir mixture with a wooden spoon through the lid opening as the stir function will break up the tea bags.
3. Set timer for 10 to 15 minutes and temperature on Low to steep the ingredients.
4. Once the tea has steeped, pour through a strainer and fully squeeze out tea from tea bags, reserving the tea and discarding the bags.
5. Stir in tea and honey and serve.

Nutritional information per serving:

Calories 285 (64% from fat) • carb. 20g • pro. 6g • fat 21g • sat. fat 13g • chol. 67mg • sod. 76mg • calc. 199mg • fiber 0g

Fresh Fruit Smoothie

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.

Makes about five 8-ounce (230 mL) servings

- ½ cup (125 mL) orange juice**
- 1 cup (250 mL) 1-inch (2.5 cm) cubed cantaloupe**
- 1 medium banana, cut into 1-inch (2.5 cm) slices**
- 1 cup (250 mL) 1-inch (2.5 cm) cubed mango (about 1 small fruit)**
- ¾ cup 1-inch (2.5 cm) cubed pineapple**
- 1 cup (250 mL) raspberries or mixed berries (fresh or frozen)**
- ¾ cup (175 mL) 1-inch (2.5 cm) cubed pineapple (fresh or canned, drained)**
- 1 cup (250 mL) navel orange segments**
- 1 cup (250 mL) hulled and halved strawberries**
- 1 cup (250 mL) ice cubes (about 6 standard)**

1. Put ingredients into the blender jar in order listed.
2. Blend on speed 4 until smooth, about 60 to 75 seconds.
3. Serve immediately.

Note: Be sure the fruit is really ripe for the sweetest smoothie.

Nutritional information per serving:

Calories 113 (4% from fat) • carb. 28g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 11mg • calc. 41mg • fiber 5g

Hot Chocolate

Hot chocolate is so simple in your Soupmaker.

Makes six 6-ounce (177 mL) servings

- 3½ cups (828 mL) whole milk**
 - 4 teaspoons (20 mL) cocoa powder**
 - 8 ounces (226 g) semisweet chocolate, finely chopped (may use chocolate chips)**
1. Put the milk into the blender jar. Cover and set timer for 8 minutes and temperature on High, stirring every few minutes.
 2. Once milk is hot and foamy on the top, but not boiling, add the cocoa powder and chocolate and set timer for 15 minutes and temperature on Medium. Stir in the beginning and every few minutes during cooking time to blend ingredients.
 3. Serve immediately once time expires.

Nutritional information per serving:

Calories 267 (49% from fat) • carb. 31g • pro. 6g • fat 16g • sat. fat 9g • chol. 14mg • sod. 61mg • calc. 174mg • fiber 3g

Breakfast and Brunch

Apple Filling for Crêpes

Use this as a filling for crêpes (recipe below) or on top of waffles or pancakes.

Makes about 2 cups (500 mL)

- 3 tablespoons (45 mL) unsalted butter, cut into tablespoons**
- 3 Granny Smith apples, peeled, cored, and cut into ½-inch (1.25 cm) dice**
- ⅓ cup (75 mL) granulated sugar**
- ¾ teaspoon (3.75 mL) ground cinnamon**
- pinch table salt**

1. Put the butter in the blender jar. Set timer for 15 minutes and temperature on Medium. Once butter has melted add ½ cup (125 mL) of the apples and ½ of the sugar. Cover and stir, using quick bursts to mix and break down the apples.
2. Continue with remaining apples ½ cup (125 mL) at a time, waiting and allowing some liquid to accumulate from the cooking apples before adding the next batch. Stir between each addition 3 to 5 times.
3. Once all apples are added (in about 10 minutes) stir using long pulses to achieve an even consistency.
4. Once all ingredients are added and time expires, set timer for 30 minutes and temperature on Medium. Stir occasionally while the mixture is cooking.
5. Serve warm or at room temperature.

Nutritional information per serving (2 tablespoons [30 mL]):

Calories 37 (39% from fat) • carb. 6g • pro. 0g • fat 2g • sat. fat 1g • chol. 5mg • sod. 7mg • calc. 2mg • fiber 0g

Crêpe Batter

Extremely versatile, this recipe should be added to everyone's collection. The crêpes can be filled with sweet items (cinnamon sugar and fruit; whipped cream and chocolate) or savoury (eggs and ham; vegetables and hollandaise).

Makes about 20 eight-inch (20 cm) crêpes

- ¼ cup (50 mL) unsalted butter, cut into tablespoons (15 mL)**
- 1 cup (250 mL) reduced-fat milk, room temperature**
- ¾ cup (175 mL) unbleached, all-purpose flour**
- ½ teaspoon (2 mL) salt**
- 1 tablespoon (15 mL) granulated sugar**
- 3 large eggs, room temperature**
- 1 teaspoon (5 mL) pure vanilla extract**
- 1 teaspoon (5 mL) unsalted butter, room temperature**

- Put butter in the blender jar. Set timer for 4 minutes and temperature on Medium. Once butter has melted add the milk and then turn the unit off. Add the flour, salt and sugar to the blender jar and then blend on speed 1. Scrape the sides of the blender jar and blend to incorporate any ingredients that may be clinging to the jar.
- With the unit running on speed 1, add eggs one a time and then the vanilla. Raise to speed 3 to fully blend the mixture so it has no lumps.
- If time allows, let the batter rest in the refrigerator for at least ½ hour. Before using batter, whisk to re-blend, straining if necessary to remove any lumps.
- Melt the teaspoon of butter in an 8-inch (20 cm) skillet set over medium heat. Once pan is hot, add a scant ¼ cup (50 mL) of batter to the pan, moving the batter around quickly to make a thin coating on the pan. Cook the crêpe for 2 to 3 minutes, until the edges just start to brown, and then carefully flip and finish the other side for an additional minute. Continue cooking crêpes until the batter is gone.
- Serve with apple filling (previous recipe).

Nutritional information per crêpe:

Calories 56 (52% from fat) • carb. 5g • pro. 2g • fat 3g • sat. fat 2g
• chol. 39mg • sod. 77mg • calc. 22mg • fiber 0g

Blueberry Sauce

This sauce is so versatile. While we find it to be a perfect topping to our Whole Wheat Pancakes (previous recipe), it is also delicious on top of a bowl of vanilla ice cream.

Makes about 2½ cups (625 mL)

- 4 cups (1 L) fresh blueberries**
- ¼ cup (50 mL) pure maple syrup**
- pinch sea salt**
- ½ tablespoon (7 mL) fresh lemon juice**
- ½ tablespoon (7 mL) cornstarch**

- Put all of the ingredients into the blender jar. Cover, with the measuring cup removed.
- Set timer for 20 minutes and temperature on Medium. Once heating begins, stir occasionally during the cooking time.
- Once time expires, blend on speed 1, increasing to speed 2 for 10 seconds. If a purée is preferred, blend up to speed 3 for 30 seconds.
- Serve immediately, or transfer to an airtight container and store in the refrigerator for up to one week. Can be served warm or at room temperature.

Nutritional information per serving (2 tablespoons [30 mL]):

Calories 34 (3% from fat) • carb. 9g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 7mg • calc. 5mg • fiber 1g

Warm Peach Compote

This is delicious served warm over oatmeal or rice pudding, but also excellent chilled and spread on top of warm toast or scones.

Makes about 2½ cups (625 mL)

- ¼ cup (50 mL) water**
- 1 pound (500 g) (about 3 to 4 small to medium) peaches, cut into ½-inch (1.3 cm) dice**
- 3 tablespoons (45 mL) honey**
- pinch sea salt**
- ¼ teaspoon (1 mL) ground cinnamon**
- ½ cup (125 mL) walnut pieces**

- Put ingredients into the blender jar in order listed. Cover, with the measuring cup removed.
- Set timer for 20 minutes and temperature on Medium. Once heated, stir every few minutes to mix.
- For a smoother compote, blend on speed 1 until desired consistency.
- Serve warm or chilled.

Nutritional information per serving (2 tablespoons [30 mL]):

Calories 23 (18% from fat) • carb. 5g • pro. 0g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 7mg • calc. 2mg • fiber 0g

Starters

Roasted Vegetable Spread

The rich and sweet flavours of the roasted vegetables, along with the tanginess of the capers and vinegar, make this recipe a match for many items. We love it on toasted bread or crackers, or even as a sauce over couscous or pasta.

Makes about 3½ cups (875 mL)

- 2 tablespoons (30 mL) extra virgin olive oil, divided**
- ½ medium red onion, cut into ½-inch (1.3 cm) pieces**
- 6 garlic cloves, smashed**
- 1 tablespoon (30 mL) water**
- ½ medium eggplant, cut into ½-inch (1.3 cm) pieces**
- 1 tablespoon (15 mL) balsamic vinegar**
- 2 roasted red peppers (jarred or fresh), drained and cut into ½-inch (1.3 cm) pieces**
- ¼ teaspoon (1 mL) sea salt**
- ¼ teaspoon (1 mL) freshly ground black pepper**
- 8 large fresh basil leaves**
- ½ tablespoon (7 mL) capers, drained**

- Put 1 tablespoon (15 mL) of the oil in the blender jar. Set timer for 30 minutes and temperature on High. When the oil is heated, add the onion and garlic. Cover the blender jar and stir 2 to 3 times to break up. Sauté for 10 minutes, stirring on occasion.
- When 20 minutes remain, add the water and eggplant and stir 2 to 3 times to mix. Continue sautéing and stirring on occasion until the eggplant is soft and completely incorporated with the onion and garlic, scraping down the sides if needed.
- When machine turns off, add the remaining ingredients and blend on speeds 1 to 2 until desired consistency is reached – this spread is delicious slightly chunky or smooth depending on personal preference.
- Taste and adjust seasoning as desired.
- Can be served warm, room temperature or cold.

Nutritional information per serving (2 tablespoons [30 mL]):

*Calories 20 (59% from fat) • carb. 2g • pro. 0g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 51mg • calc. 5mg • fiber 1g*

Soups

Chilled Borscht

The beautiful ruby colour of this soup makes a lovely presentation for entertaining. Garnish with a dollop of crème fraiche and chopped chives.

Makes about 6 cups (1.5 L)

- 1** **tablespoon (15 mL) olive oil**
- 1** **small shallot, cut into ½-inch (1.3 cm) pieces**
- 2** **medium carrots, thinly sliced**
- 2½** **cups (625 mL) chicken broth, low sodium**
- 1½** **pounds (750 mL) beets, scrubbed well and peeled, cut into ½-inch (1.25 cm) pieces**
- ½** **teaspoon (2 mL) kosher salt**
- pinch freshly ground black pepper**
- 1** **teaspoon (5 mL) fresh lemon juice**

- Put the olive oil into the blender jar; set timer for 6 minutes and temperature on Medium. Once hot add the shallot. Cover blender jar stir 1 to 2 times, and let sauté for about 30 seconds to soften. Add the carrots, stir a few times and let sauté for about 3 to 4 minutes.
- Once time expires, add the broth. Set timer for 5 to 8 minutes and temperature on High. Once broth comes to a boil, add the beets, salt and pepper. Switch to Medium for 30 minutes.
- Once time expires, test the beets. If they are not tender, add more time as needed. When tender, add the lemon juice. Blend starting with speed 1 gradually rising to speed 3 until completely smooth and homogenous, about 2 minutes.
- Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 87 (25% from fat) • carb. 14g • pro. 3g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 533mg • calc. 28mg • fiber 4g*

Carrot and Ginger Soup

The ginger gives this soothing soup a nice kick.

Makes about 6 cups (1.5 L)

- 1** **tablespoon (15 mL) unsalted butter or olive oil**
- 1** **garlic clove**
- 1** **small onion (about 3 ounces [85 g]), cut into ½-inch (1.3 cm) pieces**
- ½** **ounce (15 g) ginger, cut into ½-inch (1.25 cm) pieces**
- 1½** **pounds carrots, cut into ½-inch pieces**
- ¼** **teaspoon (1 mL) ground cinnamon**
- ⅛** **teaspoon (.5 mL) ground allspice**
- pinch freshly ground nutmeg**
- 1** **thyme sprig, leaves removed and stem discarded**
- ½** **teaspoon (2 mL) kosher salt**
- 3** **cups (750 mL) chicken broth, low sodium**

- Put the butter in the blender jar; set timer for 10 minutes and temperature on Medium. Once butter begins to melt add the garlic, onion and ginger. Cover blender jar and stir about 5 to 8 quick bursts to break up. Continue to stir occasionally while sautéing.
- Add the carrots, spices, thyme, salt and broth. Cover and stir a few times to combine ingredients. Set timer for 20 minutes and temperature on High. Once mixture comes to a boil, set timer for 30 minutes and temperature on Medium. Stir once or twice while soup is simmering.
- Once time expires, test the carrots. If they are not fully soft, add additional time on Medium. When carrots are fully cooked through, turn unit off. Starting with speed 1 and gradually raising to speed 3, blend soup until completely smooth, about 2 minutes.
- Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup[250 mL]):

*Calories 81 (28% from fat) • carb. 13g • pro. 2g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 557mg • calc. 43mg • fiber 3g*

Lentil Soup

A delicious version of a classic.

Makes about 5 cups (1.25 L)

- 1** **tablespoon (15 mL) olive oil**
- 1** **small onion, cut into ½-inch (1.3 cm) pieces**
- 1** **small carrot, cut into a ½-inch (1.3 cm) dice**
- 2** **garlic cloves**
- 1** **bay leaf**
- ½** **pound (250 g) dried brown lentils**
- 3 to 4** **cups (750 mL - 1 L) chicken or vegetable stock or broth (stock makes a more flavourful soup)**
- ¾** **teaspoon (3.75 mL) kosher salt**
- ¼** **teaspoon (1 mL) freshly ground black pepper**

1. Put the olive oil into the blender jar. Set timer for 8 minutes and temperature on Medium. Once the oil is hot, add the onion. Cover the blender jar and stir, using about 10 quick bursts to break up the onions. Add the carrot and garlic and stir to combine. Continue to sauté, stirring occasionally, until softened.
2. Once unit shuts off, add the remaining ingredients. Set timer for 10 minutes and temperature on High. Once soup comes to a boil, set timer for 30 minutes and temperature on Medium.
3. Once the time has expired, test the lentils. If firm add more time on Medium. Some varieties of lentils will need more time; increase by 15 to 30 minute increments.
4. Remove and discard bay leaf. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup[250]):

*Calories 213 (14% from fat) • carb. 32g • pro. 14g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 747mg • calc. 53mg • fiber 15g*

Chicken Noodle Soup

Who doesn't love chicken soup? This easy version can be made any night of the week.

Makes about 7 cups (1.75 L)

- 1** **tablespoon (15 mL) unsalted butter**
- 1** **small onion, cut into ½-inch (1.25 cm) pieces**
- 4** **cups (1L) chicken broth, low sodium**
- 2** **medium carrots, cut into ¼-inch (.6 cm) rounds**
- 2** **celery stalks, cut into ¼-inch (.6 cm) dice**
- ½** **teaspoon (2 mL) kosher salt, plus more to taste**
- ¼** **teaspoon freshly ground black pepper**
- 2 to 3** **sprigs fresh thyme, leaves removed and stems discarded**
- ¾ to 1** **pound (375 g - 500 g) mixed chicken breasts and thighs, boneless and skinless, cut into ½-inch (1.25 cm) pieces**
- ½** **cup (125 mL) medium egg noodles**
- 3 to 4** **sprigs fresh parsley, leaves removed and chopped**

1. Put the butter into the blender jar. Set timer for 8 minutes and temperature on Medium. Once the butter begins to melt, add the onion. Cover the blender jar and stir, using about 10 quick bursts to break up the onion. Sauté until softened, stirring occasionally.
2. Add the broth, carrots, celery, salt, pepper and thyme; stir to mix. Set timer for 15 minutes and temperature on High to bring mixture to a boil. Once soup boils, switch to Medium for 30 minutes, stirring gently on occasion.
3. After 10 minutes, slowly and carefully add the chicken through the lid opening.
4. After another 10 minutes lapses, slowly add egg noodles through the lid opening.
5. Once time expires add the chopped parsley. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup [250 mL]):

*Calories 129 (44% from fat) • carb. 6g • pro. 12g • fat 6g • sat. fat 2g
• chol. 38mg • sod. 479mg • calc. 21mg • fiber 1g*

Roasted Red Pepper Soup

This soup is delicious either hot or chilled – your choice!

Makes about 5 cups (1.25 L)

- ½** **tablespoon (7 mL) olive oil**
- 1** **garlic clove**
- 2** **shallots, cut into ½-inch (1.25 cm) pieces**
- 1** **teaspoon (5 mL) fresh thyme leaves**
- 4** **roasted red bell peppers, seeded (may used jarred, or home made) and cut into 1-inch (2.5 cm) pieces**
- 1** **tablespoon (15 mL) sherry**
- 2½** **cups (625 mL) chicken broth, low sodium**
- ½** **teaspoon (2 mL) kosher or sea salt**
- 1 to 2** **pinches freshly ground black pepper**
- ¼** **teaspoon (1 mL) orange zest**

1. Put the olive oil to the blender jar. Set timer for 15 minutes and temperature on Medium. Once the oil is hot, add the garlic, shallots and thyme. Cover blender jar and stir, using quick bursts to break up. Continue stirring occasionally as mixture sautés.
2. Put the roasted peppers and all of the remaining ingredients into the blender jar. Set timer for 5 to 8 minutes and temperature on High. Once mixture comes to a boil, set timer for 30 minutes and temperature on Medium.
3. Once time expires, start blending on speed 1 and gradually raising to speed 3 for 1 minute, or until completely smooth.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup[250 mL]):

*Calories 59 (25% from fat) • carb. 9g • pro. 2g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 516mg • calc. 12mg • fiber 3g*

Tomato Soup

This recipe is so easy – just throw the ingredients together in the blender jar and turn it on. It gives you plenty of time to prepare the grilled cheese to accompany your soup.

Makes about 5 cups (1.25 L)

- 1¼** **cups (300 mL) vegetable stock**
- ½** **small onion, cut into ½-inch (1.3 cm) pieces**
- 1** **small carrot, cut into ½-inch (1.3 cm) pieces**
- 1** **small celery stalk, cut into ½-inch (1.3 cm) pieces**
- 1** **teaspoon (5 mL) dried basil**
- ½** **teaspoon (2 mL) dried marjoram**
- 1** **tablespoon (15 mL) unbleached, all-purpose flour**
- 1** **can (28-ounce) whole plum tomatoes in purée**

- 2 whole sun-dried tomatoes**
- 1/8 teaspoon (.5 mL) baking soda**
- 1/2 teaspoon (2 mL) kosher salt**
- 1/2 teaspoon (2 mL) freshly ground black pepper**

1. Put all of the ingredients into the blender jar. Cover and stir to mix.
2. Set timer for 9 minutes and temperature on High. Once the mixture comes to a boil, set timer for 30 minutes and temperature on Medium.
3. When time expires, blend on speed 1, gradually raising to speed 3, for 2 minutes, or until completely smooth.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup [250 mL]):

*Calories 57 (1% from fat) • carb. 12g • pro. 2g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 762mg • calc. 46mg • fiber 2g*

Light Broccoli and Potato Soup

This soup is a delicious and healthy substitute for other cream soups.

Makes about 4 cups (1 L)

- 2 cups (500 mL) vegetable broth**
- 1 garlic clove**
- 1/2 small onion, cut into 1/2-inch (1.3 cm) pieces**
- 2 tablespoons (30 mL) sherry**
- 1 teaspoon (5 mL) sea or kosher salt**
- 1/2 teaspoon (2 mL) freshly ground black pepper**
- 6 ounces (2.7 kg) red potatoes, peeled and cut into 1/2-inch (1.3 cm) pieces**
- 3/4 pound broccoli, cut into 1/2 to 1-inch (1.3 - 2.5 cm) pieces**
- 1/2 teaspoon (2 mL) lemon zest**
- 2 ounces (60 g) Cheddar, shredded**

1. Put the broth, garlic, onion, sherry, salt, pepper, potatoes and broccoli into the blender jar. Cover and set timer for 10 minutes and temperature on High.
2. Once time expires, or once the mixture comes to a boil, stir to mix for about 15 seconds. Set timer for 30 minutes and temperature on Medium, stirring occasionally during the cooking process.
3. Once time expires, add zest and Cheddar and blend on speed 1, gradually raising to speed 3 for 3 minutes, or until completely smooth.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup [250 mL]):

*Calories 145 (30% from fat) • carb. 17g • pro. 7g • fat 7g • sat. fat 3g
• chol. 15mg • sod. 943mg • calc. 161mg • fiber 3g*

Curried Coconut and Butternut Squash Soup

An Indian twist on a classic butternut squash soup.

Makes about 4 1/2 cups (1.06 L)

- 1 tablespoon (15 mL) butter or ghee***
- 1 small onion, cut into 1/2-inch (1.25 cm) pieces**
- 1/2 jalapeño, seeded and cut into 1/2-inch (1.25 cm) pieces**
- 1 1/2-inch (1.25 cm) piece of ginger, peeled and halved**
- 1 garlic clove**
- 1 tablespoon (15 mL) curry powder**
- 1 can (13.5-ounce) coconut milk**
- 1/2 cup (125 mL) chicken broth, low sodium**
- 1/4 teaspoon (1 mL) kosher salt**
- 1 pound (500 g) peeled, seeded butternut squash cut into 1 1/2-inch (3.8 cm) cubes (about 1 small squash)**

1. Put the butter or ghee into the blender jar. Set timer for 15 minutes and temperature on Medium. Once the butter begins to melt, add the onion. Cover and stir, using quick bursts and sauté until softened. Add the jalapeño, ginger and garlic; stir to break up and coat with the butter. Add the curry powder and stir to combine. Scrape down the sides of the jar if needed. Let sauté for the remaining time, stirring occasionally.
2. Once time expires, add coconut milk, broth and salt. Cover and stir. Set timer for 5 minutes and temperature on High, stirring occasionally, until mixture comes to a boil. Once mixture reaches a boil, add the squash. Cover again and set timer for 30 minutes and temperature on Medium; stirring occasionally during the cooking process.
3. When unit shuts off, blend on speed 1, gradually raising to speed 3, for 2 minutes or until completely smooth.
4. Taste and adjust seasoning as desired.

*Ghee is an Indian clarified butter found in the specialty food section of supermarkets or health food stores.

Nutritional information per serving (1 cup [250 mL]):

Calories 210 (63% from fat) • carb. 17g • pro. 2g • fat 17g • sat. fat 15g • chol. 6mg • sod. 198mg • calc. 59mg • fiber 3g

Spinach Dal

A traditional Indian spiced dish based on lentils. Each version is different depending on ingredients and spices used. This one adds spinach at the end for some colour and extra nutrients.

Makes about 5 cups (1.25 L)

- 1** **tablespoon (15 mL) ghee* or butter**
- 1** **½-inch (1.3 cm) piece fresh ginger, peeled and halved**
- 1** **small onion, cut into ½-inch (1.3 cm) pieces**
- ½** **jalapeño, seeded and cut into ½-inch (1.3 cm) pieces**
- 2** **garlic cloves**
- ½** **teaspoon (2 mL) ground cumin**
- 1** **teaspoon (5 mL) garam masala****
 pinch turmeric
- ¾** **teaspoon (3.75 mL) kosher or sea salt**
- 3** **cups (750 mL) water**
- 1½** **cups (375 mL) dried red lentils**
- 1** **small dried chile, left whole**
- 4** **ounces (115 g) fresh spinach**

1. Put the ghee or butter into the blender jar. Set timer for 30 minutes and temperature on Medium. Once the ghee or butter begins to melt, add the ginger, onion, jalapeño and garlic. Cover and stir using about 10 quick bursts to break up. Once vegetables have softened, add the cumin, garam masala, turmeric and salt; stir a few times to combine and to coat the sautéed vegetables. Scrape down the sides of the jar if needed. Once 15 minutes remain, switch to Low, allowing flavors to develop. Stir every few minutes.
2. Once time expires, add the water and stir once to combine. Add the lentils and chile. Set timer for 8 to 10 minutes and temperature on High. Once mixture comes to a boil, Set timer for 20 minutes and temperature on Medium.
3. Once time expires, remove the chile with a wooden spoon and stir in the spinach in two batches.
4. Taste and adjust seasoning as desired.

*Ghee is an Indian clarified butter found in the specialty food section of supermarkets or health food stores.

**Garam masala is a blend of Indian spices. It can be purchased in Indian markets and most grocery stores.

Nutritional information per serving (1 cup [250 mL]):

*Calories 250 (13% from fat) • carb. 38g • pro. 17g • fat 4g • sat. fat 1g
• chol. 6mg • sod. 382mg • calc. 60mg • fiber 10g*

Dressings and Sauces

Basic Vinaigrette

This simple vinaigrette is perfect over a salad of mixed greens and fresh vegetables. Substituting 1½ teaspoons (7 mL) of herbes de Provence for the combined basil/thyme/marjoram is an easy way to change it up a bit, and saves on the amount of dried herbs you need to have on hand.

Makes about 1 cup (250 mL)

- ¼** **cup (50 mL) red wine vinegar**
- 1** **teaspoon (5 mL) Dijon-style mustard**
- ¼** **cup (50 mL) fresh parsley**
- ½** **teaspoon (2 mL) dried basil**
- ½** **teaspoon (2 mL) dried thyme**
- ¼** **teaspoon (1 mL) dried tarragon**
- ¼** **teaspoon (1 mL) ground white pepper**
- ½** **teaspoon (2 mL) kosher salt**
- ¾** **cup (175 mL) extra virgin olive oil**

1. Put the vinegar, mustard, parsley, spices and salt into blender jar. Blend on speed 1 until combined, and parsley is finely chopped, about 10 seconds (stopping to scrape down the sides of the jar as necessary).
2. Once the mixture is combined, carefully remove the measuring cup from the cover of the blender. Blend on speed 1 and slowly add the oil through the lid opening. The process should take about 2½ minutes.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon [15 mL]):

*Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g
• chol. 0mg • sod. 76mg • calc. 3mg • fiber 0g*

Walnut-Parsley Pesto

This recipe is a fresh alternative to traditional pesto, especially in the cooler months, when basil is not as plentiful.

Makes about 1¼ cups (300 mL)

- ½** **cup (125 mL) walnuts, lightly toasted**
- 1** **garlic clove**
- 2** **cups (500 mL) loosely packed fresh parsley (about 1 small bunch)**
- ¼** **cup (50 mL) grated Parmesan**
- ¼** **teaspoon (1 mL) kosher or sea salt**
 pinch freshly ground black pepper
- ½** **teaspoon (2 mL) lemon zest**
- 1½** **teaspoons (7 mL) fresh lemon juice**
- ½ to ¾** **cup (125 - 175 mL) extra virgin olive oil, divided**

1. Put the walnuts in the blender jar. Run on speeds 1 to 3 for about 10 to 15 seconds, or until finely chopped.
2. With the unit running on speed 1. Carefully remove the measuring cup from the cover of the blender. Gradually add the garlic and parsley through the lid opening. Let run until roughly chopped, stopping to scrape down the sides of the jar as necessary.
3. Add the Parmesan, salt, pepper and zest. Pulse 3 to 4 times to mix. Add the lemon juice and blend on speed 1. Remove the measuring cup and slowly pour ½ cup of the olive oil, using a liquid measuring cup, through the lid opening while the mixer is running. Scrape down as necessary and let run until desired consistency. Add remaining oil for thinner consistency.
4. To store, transfer to a glass jar or bowl, tap to remove all air bubbles, and even out the surface. Float a layer of olive oil on top; cover with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen.

Nutritional information per serving (1 tablespoon [15 mL]):

*Calories 78 (82% from fat) • carb. 2g • pro. 1g • fat 8g • sat. fat 1g
• chol. 1mg • sod. 46mg • Calc. 23mg. • fiber 0g*

Light Marinara Sauce

This versatile sauce is so easy to make, and it freezes well too!

Makes about 4 cups (1 L)

- 1** **tablespoon (15 mL) extra virgin olive oil**
- 5** **garlic cloves**
- ½** **small onion, cut into ½-inch (1.3 cm) pieces**
- ¼** **teaspoon (1 mL) kosher salt, divided**
- 1** **can (28-ounce) whole plum tomatoes in purée**
- ½** **teaspoon (2 mL) freshly ground black pepper**
- ½** **teaspoon (2 mL) dried oregano**
- 1 to 2** **tablespoons (15 - 30 mL) granulated sugar**
- 6** **large leaves fresh basil, torn into small pieces**

1. Put the oil into the blender jar. Cover and set timer for 10 minutes and temperature on Medium. Once oil is hot, add the garlic and onion. Stir a few times to coat with the oil and to break up. Leave to sauté stirring occasionally.
2. Once time expires, add the remaining ingredients and set timer for 10 minutes and temperature on High. Once the mixture comes to a boil, Set timer for 30 minutes and temperature on Medium. Remove the measuring cup from the lid while cooking. Be sure to replace to stir occasionally while cooking.
3. Once the time has expired, blend on speed 1 for 30 seconds, or until desired consistency. If a chunkier-style sauce is desired, pulse to blend.
4. Taste and adjust seasoning as desired.

Note: If a thicker sauce is desired once blended, simmer for additional time with measuring cup removed, until desired consistency is achieved.

Nutritional information per serving (¼ cup [50 mL]):
*Calories 26 (30% from fat) • carb. 4g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 141mg • calc. 11mg • fiber 1g*

Romesco Sauce

This sauce of Spanish origin is delicious served with grilled chicken, vegetables, or even grilled seafood.

Makes about 3½ cups (875 mL)

- 1** **tablespoon (15 mL) extra virgin olive oil**
- 2** **shallots, cut into ½-inch (1.25 cm) pieces**
- 6** **garlic cloves**
- ⅔** **cup (150 mL) almonds, toasted**
- 2** **cups (500 mL) white bread, crust removed
and cut into ½-inch (1.3 cm) pieces
(about 2 standard slices)**
- 1** **can (28-ounce) whole plum tomatoes, drained**
- 2** **roasted red peppers**
- ¼** **cup (50 mL) sherry vinegar**
- ¼** **cup (50 mL) sherry**
- ½** **cup (125 mL) chicken or vegetable broth**
- 1** **teaspoon (5 mL) smoked paprika**
- 1** **teaspoon (5 mL) kosher salt**
- ¼** **teaspoon (1 mL) freshly ground black pepper**

1. Put the oil into the blender jar. Cover and set timer for 5 minutes and temperature on Medium. Once hot, add the shallots and garlic, stirring frequently until softened.
2. Once time expires and the vegetables are soft, add the almonds. Blend on speeds 1 to 2 for about 10 to 15 seconds, or until chopped. Add the remaining ingredients in the order listed. Set timer for 15 minutes and temperature on Medium.
3. Once unit shuts off, blend starting on speed 1 and gradually raising to speed 4 until fully puréed, about 1 minute.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (¼ cup [50 mL]):
*Calories 90 (45% from fat) • carb. 8g • pro. 3g • fat 5g • sat. fat 0g
• chol. 0mg • sod. 352mg • calc. 38mg • fiber 1g*

Desserts

Chocolate Banana Crème Brûlée

Cuisinart® makes this impressive dessert quick and easy. Both kids and adults will love it.

Makes six servings

- 2 cups (500 mL) heavy cream**
- 1 cup (250 mL) whole milk**
- 1 teaspoon (5 mL) pure vanilla extract**
- 4 ounces milk chocolate, roughly chopped**
- 6 large egg yolks**
- 8 tablespoons (120 mL) granulated sugar, divided**
- 1 banana, cut into ½-inch (1.3 cm) slices**

1. Preheat oven to 325°F (160°C) with the rack in the middle position.
2. Put the cream, milk and vanilla into the blender jar. Cover and set timer for 15 minutes and temperature on Medium, stirring every few minutes.
3. Once the cream/milk mixture is hot and foamy, (turn heat off if time has not expired) add the chocolate, yolks and 3 tablespoons (15 mL) of the sugar, stirring continuously until fully blended and homogenous, about 45 seconds.
4. Evenly divide the mixture among 6 shallow ramekins. Skim the foam off of the top with a spoon or by blotting with a paper towel. Place the ramekins in a rimmed baking pan and then add water until it goes up the sides of the ramekins by ¼ inch (.6 cm).
6. Bake for 40 minutes, or until just set. Cool to room temperature and then chill overnight.
7. Before serving, evenly top with the banana slices and liberally sprinkle the reserved sugar over each. Using a kitchen torch, caramelize the sugar by quickly moving the flame back and forth about 1 inch (2.5 cm) above the ramekin.

Nutritional information per serving:

Calories 539 (67% from fat) • carb. 37g • pro. 7g • fat 41g • sat. fat 23g • chol. 329mg • sod. 75mg • calc. 160mg • fiber 1g

Cinnamon-Maple Applesauce

A healthy afternoon treat for you and your family.

Makes about 2½ cups (625 mL)

- ½ cup (125 mL) water**
- 4 medium to large apples (about 1½ pounds [750 g]), peeled, cored and cut into 1-inch (2.5 cm) pieces**
- 1 teaspoon (5 mL) ground cinnamon**
- 1 to 2 pinches ground nutmeg**
- 1 to 2 pinches ground cloves**
- 1 to 2 pinches kosher or sea salt (optional)**
- 1 to 2 teaspoons (5 - 10 mL) fresh lemon juice**
- 1 to 2 tablespoons (15 - 30 mL) pure maple syrup (optional)**

1. Put the water into the blender jar. Set timer for 12 minutes and temperature on High. Once water comes to a boil (about 2 minutes) add apples, spices and salt (if using) and switch to Medium. Stir occasionally to incorporate the cooked apples from the bottom, cooking all apples until soft and homogenous.
2. Add lemon juice and maple syrup (if using). If necessary blend on speed 1 until desired consistency is reached.

Nutritional information per serving (½ cup [125 mL]):

Calories 78 (2% from fat) • carb. 21g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 28mg • calc. 16mg • fiber 1g

Mascarpone-Honey Panna Cotta

Toasted chopped pistachios are a wonderful topping for this rich and creamy panna cotta.

Makes six servings

- 2 tablespoons (30 mL) water**
- 1¼ teaspoons (1 mL) unflavoured powdered gelatin**
- 2 cups (500 mL) heavy cream, divided**
- ½ cup (125 mL) granulated sugar**
- ⅓ cup (75 mL) nonfat plain yogurt**
- ¾ cup (175 mL) mascarpone**
- 1 teaspoon (5 mL) pure vanilla extract**
- 3 tablespoons (45 mL) honey**

1. Pour water into a small mixing bowl or liquid measuring cup. Sprinkle gelatin over the water; stir to mix. Let stand until set, about 15 minutes.
2. Put 1 cup (250 mL) of the cream and all of the sugar into the blender jar. Set timer for 2 minutes and temperature on High to dissolve the sugar. Once the mixture starts to simmer, turn the unit off and add the gelatin mixture. Stir to combine.
3. Add the remaining cream and all of the other ingredients to the unit. Blend on speeds 1 to 2 for about 30 seconds, or until well combined.
4. Divide the blended mixture among six 5-ounce (147 mL) ramekins. Chill overnight.

Nutritional information per serving:

Calories 450 (71% from fat) • carb. 29g • pro. 5g • fat 36g • sat. fat 23g • chol. 131mg • sod. 101mg • calc. 85mg • fiber 0g

Crème Anglaise

You can use as is for a sauce, or freeze it into ice cream.

Makes about 4 cups (1 L) sauce (5 cups [1.25 L] ice cream)

- 2 cups (500 mL) whole milk**
- 2 cups (500 mL) heavy cream**
- 1 cup (250 mL) granulated sugar, divided**
pinch table salt
- 1 whole vanilla bean, halved and seeds scraped (pod saved for another use or discarded)**
- 5 large egg yolks**
- 1½ teaspoons (7 mL) pure vanilla extract**

1. Put the milk, cream, half of the sugar, salt and scraped vanilla seeds into the blender jar. Cover and blend on speed 1 for about 30 seconds. Set timer for 8 minutes and temperature on High, stirring every few minutes.
2. While mixture is heating, put the yolks, remaining sugar and extract into a bowl and whisk until light and thickened. Reserve.
3. Once time expires the mixture should be hot and foamy but not boiling; if not add some more time, turn to blend on speed 1. With the unit on, gradually add yolk mixture through the lid opening in the cover.
4. Once all the yolk mixture has been added and thoroughly blended, set timer for 20 minutes and temperature on Medium. While mixture is heating, it is necessary to Stir every few minutes.
5. Sauce is done when it can coat the back of the spoon – the mixture must NOT boil or the yolks will over cook. You will be able to tell when it's done – the mixture leaves a thickened coating on the inside of the jar. Also, the mixture should not go beyond 185°F (85°C).
6. Pour the mixture through a fine mesh strainer. Bring to room temperature. Cover and chill for at least 2 hours or overnight. Use as is for a crème anglaise or freeze into ice cream by following the instructions for your ice cream maker.

Nutritional information per serving (based on ½ cup [125 mL] ice cream):

Calories 260 (62% from fat) • carb. 21g • pro. 3g • fat 18g • sat. fat 11g • chol. 165mg • sod. 50mg • calc. 87mg • fiber 0g

Nutritional information per serving (based on 2 tablespoons [30 mL] sauce):

Calories 38 (62% from fat) • carb. 3g • pro. 0g • fat 3g • sat. fat 2g • chol. 22mg • sod. 8mg • calc. 13mg • fiber 0g

Dairy-Free Chocolate Mousse

This rich chocolate mousse is so good, you won't miss a thing!

Makes ten ½-cup (125 mL) servings

- 1 cup (250 mL) soy milk**
- 12 ounces (340 g) semi-sweet chocolate (roughly chopped) or chocolate chips**
- ⅓ cup (75 mL) granulated sugar**
- ½ tablespoon (7 mL) pure vanilla extract**
- 1 package silken tofu (14 to 16 ounces), drained and cut into 1-inch (2.5 cm) cubes**

1. Put the soy milk into the blender jar. Cover and Set timer for 12 minutes and temperature on Medium, stirring occasionally.
2. Once milk comes just to a boil, turn unit off and add the chocolate, sugar and vanilla. Blend on speed 1 until homogenous.
3. With unit still running, remove the measuring cup from the blender lid and add the tofu cubes through the lid opening with the unit on speed 1.
4. Blend until smooth, scraping down sides if necessary, about 1 minute.
5. Pour mousse into individual custard cups. Tap custard cups on the counter to remove any air bubbles. Wrap with plastic and refrigerate for at least 2 hours before serving.

Nutritional information per serving:

Calories 222 (42% from fat) • carb. 31g • pro. 4g • fat 11g • sat. fat 6g • chol. 0mg • sod. 151mg • calc. 27mg • fiber 2g

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