

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Smart Stick® PowerTrio™ High Torque Hand Blender

CSB-80

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.**
2. **Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**
3. To protect against electrical shock, do not put the motor body, cord or electrical plug of this hand blender in water or other liquids. Only the detachable blending shaft and other certain parts of this appliance have been designed for immersion into water or other liquids. Never submerge any other portion of this unit. If hand blender falls into liquid, remove immediately. **Do not reach into the liquid without unplugging the unit first.**
4. This appliance should not be used by children. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Avoid contact with moving parts.
6. During operation keep hands, hair and clothing, as well as spatulas and other utensils, away from attachments and any mixing container to reduce risk of injury to persons and/or damage to the appliance. A spatula may be used, but must be used only when the unit is not operating.
7. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair, or mechanical or electrical adjustment.
8. Remove detachable shaft from the blender before washing the blades or shaft.
9. **Blades are SHARP. Handle carefully when removing, inserting or cleaning. Exercise the same care when removing, inserting the cutting blade or reversing disc for the food processor attachment.**
10. When mixing liquids, especially hot liquids, use a tall container or make small quantities at a time to reduce spillage, splattering and possibility of injury from burning.
11. To reduce the risk of injury, never place chopper/grinder attachment cutting blade on base without first putting prep bowl properly in place.
12. Be certain the food processor attachment cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.
13. Check work bowl for presence of foreign objects before using.

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14. The use of attachments or accessories not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
 15. Do not use outdoors or for other than intended use.
 16. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stovetop.
 17. Make sure the appliance is off, the motor has stopped completely, and the appliance is unplugged from outlet before putting on or taking off attachments, and before cleaning.
 18. Maximum rating is based on the 400W food processor attachment that draws the greatest power.
 19. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

NOTICE

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

CONTENTS

Important Safeguards	3
Unpacking Instructions	5
Parts and Features	6
Assembly	8
Blending Attachment	8
Food Processor Attachment	8
Slicing and Shredding Disc	9
Chopping Blade	10
Whisk Attachment	10
Operation	11
Blending	11
Food Processing	11
Whisking	12
Cleaning and Maintenance	12
Tips and Hints	13
Frequent Uses for Food Processor Attachment	16
Recipes	17
Warranty	33

UNPACKING INSTRUCTIONS

Place the package containing the Cuisinart® Smart Stick® PowerTrio™ High Torque Hand Blender on a sturdy surface. Unpack the Smart Stick® Hand Blender from its box by removing the upper protective insert. Gently slide the unit from the box. Remove all support materials from the box and replace the upper insert. Save packaging for possible repacking of the unit.

NOTE: The blending blade is extremely sharp.

Before using the Cuisinart® Smart Stick® PowerTrio™ High Torque Hand Blender for the first time, we recommend that you wipe the unit with a clean, damp cloth to remove any dirt or dust. Dry it thoroughly with a soft absorbent cloth. To clean all parts see instructions on page 12. Read all instructions completely for detailed operating procedures.

PARTS AND FEATURES

1. **One-Touch Power Button:** Allows you to activate the hand blender at the touch of a button. Simply press and hold down the button to blend or pulse. Once the button is released, blending will stop.
2. **Comfort Grip Handle:** The handle allows you to control the hand blender with ease.
3. **Motor Body Housing**
4. **Blending Attachment:** This attachment easily snaps into the motor body housing. The fixed stainless blade is partially covered by a stainless housing that keeps splashing to a minimum. Press the release button on the back of the unit to detach for easy cleaning.
5. **Whisk Attachment:** Whisk attachment snaps into the motor body housing. This attachment is great for whipping cream, egg whites and other delectable treats.
 - a. **Gearbox:** Whisk attaches to it.
6. **Food Processor Attachment:**
 - a. 4-cup capacity work bowl with a feed tube and pusher; works as a mini food processor. The food processor attaches to the blender motor body in place of the blending attachment.
 - b. Chop with the stainless steel chopping blade.
 - c. Slice on one side and shred on the other with the stainless steel slicing and shredding disc.
7. **Mixing Cup:** 2-cup blending cup is microwave and dishwasher safe. Use this container to blend drinks, shakes, salad dressings and more. Designed for easy gripping and drip-free pouring.

PARTS AND FEATURES



ASSEMBLY

BLENDING ATTACHMENT

1. Align the motor body housing with the blending shaft and push the pieces together until you hear and feel them click together. It may be helpful to press the release button when assembling.



2. Plug the power cord of the hand blender into an electrical outlet.

FOOD PROCESSOR ATTACHMENT

1. Connect the motor body housing to the top of the food processor attachment cover.
2. Align the spine in the food processor cover's drive shaft with the ribbed opening on the underside of the motor body housing.
3. When aligned properly, slide the two pieces together until you feel and hear a slight click.



SLICING AND SHREDDING DISC

1. Insert adapter stem into center of work bowl.



2. Place the slicing/shredding disc onto shaft with the desired cutting blade facing up.

To slice: Attach disc to stem with the raised edge of slicer on top.

To shred: Attach disc to stem with the raised shredding slots on top.

BE SURE TO HANDLE THE METAL DISC WITH CARE, AS IT IS RAZOR SHARP.



3. Place the hand blender with cover on top of the work bowl and rotate counter-clockwise to lock into place.



4. Plug the power cord of the hand blender into an electrical outlet.

CHOPPING BLADE



1. Place the chopping blade into center of the work bowl over metal blade shaft.
2. Place the motor body housing with cover on top of the work bowl and rotate counterclockwise to lock into place.
3. Plug the power cord of the hand blender into an electrical outlet.

WHISK ATTACHMENT

1. Align the motor body housing with the assembled whisk attachment and push the pieces together until you hear and feel them click together. It may be helpful to press the release button when assembling.

Note: Whisk and whisk gearbox are detachable from one another.



OPERATION

BLENDING

The specially designed blade is for mixing and puréeing all kinds of foods, including salad dressings, powdered drink products, soups and sauces and blended drinks like milkshakes or smoothies.

This blade mixes and stirs while adding only a minimum of air to your mixture. A gentle up-and-down motion is all you need to make the most flavorful, full-bodied recipes. Be careful never to remove the blending shaft from the liquid while in operation, for it will splatter. Tilt the pan or bowl away from you if needed to ensure the protective blade guard on the blending shaft is fully submerged.

1. Put blending shaft into mixture to be blended.
2. Press and hold the Power button. The hand blender will continue to run as long as the button is pressed in. To turn hand blender off, release the Power button and the motor will stop.
3. Do not press the button for longer than 60 seconds at a time.
4. Unplug immediately after use.

CAUTION: DO NOT PUT FINGERS NEAR BLADE. TO DISLodge FOOD, UNPLUG HAND BLENDER FROM THE OUTLET FIRST.

PULSING

To pulse, press and release Power button.

FOOD PROCESSING

CHOPPING FOOD

1. Place the work bowl firmly on a flat, sturdy surface like a countertop.
2. Put food in the work bowl. Be sure the food is cut into small pieces (½ to 1 inch), and the bowl is not overloaded.
3. Put the food processor cover on top of the work bowl. Be sure the cover is properly seated.
4. Press and hold the Power button.

Note: Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the work bowl during operation.

5. When you have finished processing the food, stop the machine by taking your finger off the Power button.
6. **WHEN THE BLADE STOPS MOVING**, unplug the unit.
7. Remove the motor body with the cover from the work bowl.
8. Carefully remove the chopping blade, holding it by the gripping ridges on the plastic sheath. **NEVER TOUCH THE BLADE ITSELF.**

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9. Remove food with a spatula.

Note: Do not operate the food processor attachment without food contents in the work bowl.

SLICING AND SHREDDING FOOD

The reversible slicing/shredding disc can slice and shred a variety of fruits, vegetables and cheeses. See Slicing and Shredding Tips on page 15. Refer to Slicing and Shredding Disc Assembly on page 9.

1. Place the work bowl firmly on a flat, sturdy surface like a counter-top. Be sure the disc is assembled to use the desired cutting edge.
2. Insert food in feed tube. Insert pusher. Use light to moderate pressure to push down on pusher with one hand while using your other hand to push the Power button on hand blender.
3. Slicing and shredding take only a few seconds. Wait until disc stops spinning before removing cover. **ALWAYS USE THE PUSHER TO GUIDE FOOD THROUGH FEED TUBE. NEVER USE YOUR FINGERS OR A SPATULA.**
4. Unplug hand blender. Remove cover, then the slicing/shredding disc. To remove it, grasp flat top section of adapter stem and lift it straight up while holding the work bowl.

WHISKING

1. Insert the whisk attachment into the motor body. (See Assembly for Whisk Attachment, page 10.)
2. Plug electrical cord into a wall socket.
3. Put the whisk into mixture to be blended.
4. Press and hold the Power button. The hand blender will continue to run as long as the switch is pressed in. To turn hand blender off, release the Power button and the motor will stop.

CLEANING AND MAINTENANCE

HAND BLENDER

Always clean the motor body and blending shaft thoroughly after using. Remove the blending shaft from the motor body. Clean the motor body only with a sponge or damp cloth. Do not use abrasive cleaners that could scratch the surface. To clean the blending shaft, wash by hand in hot water using mild detergent. Be mindful of the fixed razor-sharp edges.

FOOD PROCESSOR ATTACHMENT

To simplify cleaning, rinse the work bowl, blade, disc and cover immediately after use so that food won't dry on them. Do not submerge the work bowl cover in water or put in the dishwasher. Wash chopping blade, disc, stem, pusher and work bowl in warm, soapy water. Rinse and dry. Wipe the underside of the food proces-

sor cover with a sponge or damp cloth to remove any food. Wash the blade carefully. Avoid leaving it in soapy water where it may disappear from sight.

You can wash the work bowl, chopping blade, disc and pusher on the upper shelf of your dishwasher. Unload the dishwasher carefully to avoid contact with the sharp blade. Wipe the motor body and top of the cover with a damp sponge or cloth. Dry it immediately. **Never submerge the motor body or the cover in water or other liquids.** The food processor attachment is intended for **HOUSEHOLD USE ONLY.**

WHISK ATTACHMENT

To clean your whisk attachment, simply release the attachment from the motor body housing. Once the whisk is removed, detach the metal whisk from the gearbox by pulling the pieces apart. To clean the gearbox, simply wipe with a damp cloth. To clean the metal whisk, wash with warm soapy water or put in the dishwasher.

Do not submerge the gearbox in water or any other liquid.

Any service, other than cleaning and normal user maintenance, should be performed by an authorized Cuisinart Service Representative.

TIPS AND HINTS

FOR HAND BLENDER

- Be sure that blending blade guard is fully submerged before blending ingredients.
- To purée a soup, use the hand blender to blend the soup ingredients to the desired consistency, using a gentle up-and-down motion right in the saucepan or pot.
- When blending ingredients right in a pot or pan tilt the pan away from you to create a deeper area for blending to prevent splatter.
- When using a nonstick cooking surface, be careful not to scratch the coating with the hand blender.
- When blending into the blending cup, for example when making a fruit smoothie, cut most solid foods into ½ inch pieces for easy blending.
- Use the hand blender to make smooth gravies and pan sauces.
- Do not immerse motor body housing in water or any other liquid.
- When blending in the mixing cup, pour liquid ingredients in first, unless recipe instructs otherwise.
- The hand blender is perfect for frothing milk for cappuccino or lattés. Just warm milk in a small saucepan, and then pulse the hand blender gently, being sure to keep the blending blade guard fully submerged.
- Do not let hand blender stand in a hot pot on stove while not in use.
- Do not attempt to blend fruit pits, bones or other hard materials as these are liable to damage the blades.

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- Do not fill mixing containers too full. The level of mixture will rise when blending and can overflow.
 - To whip air into a mixture, always hold the blade just under the surface.
 - Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
 - Liquid should not come closer than 1-inch of where the shaft attaches to the motor housing.

FOR WHISK ATTACHMENT

- Do not immerse whisk attachment gearbox in water or any other liquid.
- Use the whisk attachment for beating heavy cream or egg whites.
- When beating egg whites use a very clean metal or glass bowl, never plastic. Plastic can contain hidden oils and fats that can ruin the delicate egg white foam. To help stabilize the egg whites, add $\frac{1}{8}$ teaspoon of cream of tartar per egg white prior to beating them. (If using a copper bowl omit the cream of tartar.) Beat the egg whites until desired peaks form.
- It may also be used for any task that you would normally whisk by hand, like crêpe batters or eggs for omelets.
- Beating the egg whites too long causes them to dry out and become less stable.
- When adding sugar to beaten egg whites, add it slowly when soft peaks just begin to form and then continue beating to form desired peaks.
- When beating heavy cream, if possible and time allows, use a chilled bowl and chill the whisk attachment. The best shaped bowl for whipping cream is one that is deep with a rounded bottom to minimize any splatter.
- The cream should come out of the refrigerator just before whipping. Whipped cream may be used at either soft or firm peaks depending on preference. It may be flavored as desired. For best results, whip cream just before using.

FOR FOOD PROCESSOR ATTACHMENT

- When making compound butters, remove the butter from the refrigerator and let it come to room temperature before blending the ingredients.
- Do not grind spices in food processor work bowl.
- Liquids in work bowl should not exceed $1\frac{1}{2}$ cups. Use quantities given in the recipe section as a guide.
- Do not overload work bowl. For best results most foods should not reach more than $\frac{2}{3}$ of the way up the work bowl.
- Do not attempt to chop fruit pits, bones or other hard materials, as these are liable to damage the blades.
- Do not immerse food processor cover in water or any other liquid.

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- Do not operate food processor attachment for more than 30 seconds continuously.
 - To add liquid while the machine is running, pour it through open feed tube. This is especially useful when making sauces.
 - A small hole in the pusher allows you to add liquids in a very slow, steady stream – useful when making dressings and/or emulsions.
 - **ALWAYS USE PUSHER TO GUIDE FOOD THROUGH FEED TUBE. NEVER USE YOUR FINGERS OR A SPATULA.**
 - The size of pieces you put in bowl should be about the same size to achieve even results.
 - For raw ingredients: peel, core and/or remove seeds and pits. Food should be between ½ and 1-inch, depending on hardness of the food.
 - Pulse food in 1-second increments to chop. For the finest chop, process continuously. Watch ingredients closely to achieve desired consistency and scrape the work bowl as necessary.

Slicing and Shredding (using the reversible slicing/shredding disc)

- Always pack food in the feed tube. Use light to medium pressure on the feed tube while processing
- For round fruits or vegetables, remove a thick slice on the bottom of the food so that it sits upright in the feed tube. If food does not fit in the feed tube, halve or quarter it to fit. Process with even pressure.
- For small ingredients, like mushrooms, radishes or strawberries, trim the ends so the food sits upright in the feed tube.
- When slicing or shredding cheese, soft to medium firm cheeses be sure that the cheese is well chilled.
- When slicing or shredding harder cheeses like Parmesan, bring to room temperature first.
- To shred leafy vegetables like lettuce or spinach, roll leaves together and stand up in feed tube. Process with even pressure.

FREQUENT USES FOR FOOD PROCESSOR ATTACHMENT

Ingredient	Attachment in work bowl	Comments
Baby foods (always consult a pediatrician or family physician for appropriate food recommendations)	Chopping Blade	Place small amounts (no more than 2 cups) of cooked foods into food processor work bowl. Add small amount of appropriate liquid. Pulse to chop then hold to blend.
Bread Crumbs - fresh or dry (day old)	Chopping Blade	Pulse to chop, then process until desired consistency is reached.
Hard Cheese (Asiago, Locatelli, Parmesan, Romano, etc.) (Not recommended for softer cheeses unless making a dip or dressing)	Chopping Blade	For grated cheese: Cut into ¼ inch pieces. Pulse to chop then process until desired consistency is reached. Grate up to 4 ounces.
	Shredding Disc	For shredded cheese: Let cheese come to room temperature first and then cut into pieces to fit the feed tube. Place cheese in feed tube with pusher in place and turn unit on. Use very light to no pressure, letting the pusher almost naturally guide the cheese through the shredding disc. Stop as soon as cheese has finished shredding.
Chocolate	Chopping Blade	Cut into ½ inch pieces; may chill in freezer for 3 minutes before chopping. Pulse to chop, then process, no more than 1 ounce at a time, until desired texture is reached.
	Shredding Disc	Larger chocolate pieces work best (may chill in freezer for 3 minutes before shredding. Process, using medium pressure. Results are a finely grated product.
Creamy Dressing and Dips	Chopping Blade	Place ingredients in food processor work bowl; do not cover or spill on stem. Use pulse action to chop, then continuous-hold action to blend to desired consistency. Dressings can also easily be made in the mixing cup with the blending shaft.
Garlic	Chopping Blade	Peel up to 12 cloves. Pulse to chop.
Gingerroot (fresh)	Chopping Blade	To grate: Peel, cut into ½ inch pieces. Pulse to chop 2 ounces at a time.
	Slicing/Shredding Disc	To slice or shred: peel and cut to fit the feed tube; using light to medium pressure on the pusher, turn the unit on. Stop as soon as ginger is completely shredded/sliced.
Herbs (fresh)	Chopping Blade	1 cup; must be clean and dry. Pulse to chop.
Nuts	Chopping Blade	Shelled, toast first for best flavor. Pulse to chop; process up to a ½ cup at a time until desired consistency is reached.
Meat (beef, poultry, pork)	Chopping Blade	To process: 6 ounces; cut into ½ inch pieces. Pulse until desired consistency.
	Slicing/Shredding Disc	To slice or shred: Chill cooked meat that is cut to fit the feed tube for at least 15 to 20 minutes in the freezer. Using light to medium pressure on the pusher, turn the unit on. Stop as soon as meat is completely shredded/sliced.
Onion	Chopping Blade	Peel, cut into ½ inch pieces. Pulse to chop, up to 1½ cups at a time, until desired chop is reached.
Vegetables (cooked)	Chopping Blade	Cut into ½ inch pieces; pulse to chop, up to 2 cups at a time. Add cooking liquid; stock to process to a purée. Not recommended for mashed potatoes.
Vegetables (uncooked)	Chopping Blade	To process: Peel as needed, cut into ½-inch pieces. Peel celery with peeler to remove tough strings. Chop/process up to 2 cups at a time.
	Slicing/Shredding Disc	To slice or shred: Cut vegetables to fit the feed tube. Using medium pressure on the pusher, turn the unit on. Stop immediately when all product has been sliced or shredded.

SMOOTHIES AND DRINKS

Breakfast Shake for the Road

Nutrition in a cup! Make this smoothie in the morning for breakfast on the road.

Makes about 16 ounces

- ½ cup juice**
- ½ cup lowfat yogurt**
- 3 strawberries, hulled and halved**
- ½ cup mango pieces (fresh or frozen, cut into ½-inch pieces)**
- 1 tablespoon ground flax seeds (optional)**
- 1 frozen banana, cut into ½-inch pieces**

1. Put all ingredients in order listed into the mixing cup.
2. Using the blending shaft, blend until smooth, about 30 to 45 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 181 (11% from fat) • carb. 38g • pro. 4g • fat 2g • sat. fat 0g
• chol. 4mg • sod. 43mg • calc. 111mg • fiber 4g*

Power Blast Protein Smoothie

Blend this for a post-workout pick-me-up.

Makes about 16 ounces

- ½ cup coconut milk**
- ⅓ cup vanilla or plain yogurt**
- 2 tablespoon protein powder**
- 1 banana, cut into ½-inch pieces**
- 1 cup mango pieces, cut into ½-inch pieces**
- ½ cup pineapple pieces, cut into ½-inch pieces**

1. Put all ingredients in order listed into the mixing cup.
2. Using the blending shaft, blend until smooth, about 25 to 30 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 270 (40% from fat) • carb. 38g • pro. 6g • fat 13g • sat. fat 11g
• chol. 5mg • sod. 68mg • calc. 89mg • fiber 4g*

Simple Fruit Smoothie

This recipe works great with any type of fruit or juice.

Makes about 16 ounces

- ½ cup pomegranate juice**
- ½ banana, cut into 1-inch pieces**
- 1½ cups mixed fruit, fresh or frozen**

1. Put all ingredients in order listed into the mixing cup.
2. Using the blending shaft, blend until smooth, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 112 (4% from fat) • carb. 28g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 6mg • calc. 16mg • fiber 3g*

Zucchini Spice Muffins

The shredding disc makes these muffins a breeze to make.

Makes 6 large muffins

- nonstick cooking spray**
- ½ cup toasted, cooked walnuts**
- 1 medium zucchini (about 8 ounces), trimmed and cut to fit the feed tube of the work bowl**
- ½ cup packed light or dark brown sugar**
- 1 large egg, lightly beaten**
- ¾ cup unbleached, all-purpose flour**
- ¼ teaspoon baking soda**
- ¼ teaspoon baking powder**
- 1 teaspoon ground cinnamon**
- ¼ teaspoon ground cloves**
- ¼ teaspoon ground nutmeg**
- ¼ teaspoon ground ginger**
- ½ teaspoon table salt**
- ⅓ cup vegetable oil**
- ¾ teaspoon pure vanilla extract**

1. Preheat oven to 375°F. Lightly coat a 6-cup regular muffin pan with nonstick cooking spray; reserve.
2. Insert the chopping blade into the work bowl. Add the toasted nuts and pulse until chopped. Remove and reserve.
3. Replace the chopping blade with the shredding disc. Shred the zucchini, and then remove to squeeze as much of the liquid out of it as possible (you should end up with about 2 cups of shredded zucchini). Reserve in a large mixing bowl.

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4. Add the brown sugar and egg to the shredded zucchini; mix to fully combine. Add the remaining ingredients and mix to just combine. Spoon evenly into prepared muffin cups.
 5. Bake in the preheated oven for about 25 minutes, or until a cake tester inserted comes out clean.

Nutritional information per muffin:

*Calories 318 (54% from fat) • carb. 33g • pro. 5g • fat 20g • sat. fat 2g
• chol. 35mg • sod. 284mg • calc. 94mg • fiber 2g*

Tapenade

A traditional French condiment. Serve alongside crackers or a nice crusty bread.

Makes about 1 cup

- 1 large garlic clove**
- 3 tablespoons packed fresh parsley**
- 1½ cups pitted black olives (Kalamata or Niçoise work very well)**
- ⅓ cup pitted green olives**
- ¼ cup capers, drained and rinsed**
- ½ tablespoon fresh lemon juice**
- ½ tablespoon Dijon-style mustard**
- ½ teaspoon freshly ground black pepper**
- 2 tablespoons extra virgin olive oil**

1. Insert the chopping blade into the work bowl. Add the garlic and parsley; process for about 5 to 10 seconds to chop. Scrape the work bowl. Add the olives and capers; pulse 12 to 15 times to chop. Add the lemon juice, mustard and pepper; process for 10 to 15 seconds, stopping to scrape down the sides of the bowl as necessary.
2. With the motor running, add the olive oil through the feed tube and process until a thick paste forms and is homogenous, about 20 seconds.

Nutritional information per serving (1 tablespoon):

*Calories 31 (84% from fat) • carb. 1g • pro. 0g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 186mg • calc. 14mg • fiber 1g*

Hummus

This is your basic hummus. To change it up a bit, add a cooked red pepper, or roasted beets or fresh herbs.

Makes about 2 cups

- 1 large garlic clove**
- 1 can (15.5 ounce) chickpeas, drained and rinsed**
- 6 tablespoons tahini**
- 3 tablespoons fresh lemon juice**
- ½ to ¾ teaspoon sea or kosher salt, or to taste**
- ¼ teaspoon freshly ground black pepper**
- ¼ cup extra virgin olive oil, more if desired**
- ⅓ cup water (plus more if needed)**

1. Insert the chopping blade into the work bowl. Add garlic to bowl and process for 10 to 15 seconds; scrape bowl. Add chickpeas, tahini, lemon juice, salt and pepper; pulse 10 to 12 times. Add the oil and process until almost completely combined. Add the water and process until very smooth. If a thinner consistency is desired, add more water. Adjust seasoning to taste.

Nutritional information per serving (2 tablespoons):

Calories 68 (41% from fat) • carb. 8g • pro. 2g • fat 3g • sat. fat 0g

• chol. 0mg • sod. 153mg • calc. 33mg • fiber 2g

Fresh Tomato and Corn Salsa

Be sure you know the freshness of your ingredients, for they can dramatically change the taste of this salsa. You can always add more flavors at the end of mixing.

Makes about 2 cups

- 1 large garlic clove**
- ½ medium onion, cut into 1-inch pieces**
- ½ jalapeño (or to taste, depending on the heat intensity of the pepper), seeded and cut into ½-inch pieces**
- 2 green onions, cut into 1-inch pieces**
- ½ cup fresh cilantro**
- 1 tablespoon fresh lime juice**
- ¼ to ½ teaspoon sea or kosher salt**
- pinch freshly ground black pepper**
- pinch chili powder**
- 2 medium tomatoes, cut into 1-inch pieces (you can substitute 1 cup grape or cherry tomatoes)**
- ⅔ cup frozen corn kernels, not defrosted**

1. Insert the chopping blade in the work bowl. Add the garlic, onion, jalapeño, green onion and cilantro to the bowl and pulse about 5 times, or until roughly chopped; scrape bowl. Add the lime juice, salt, pepper, chili powder and tomatoes; pulse an additional 5 to 6 times. Add the corn and pulse 3 to 4 times to combine.

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2. Adjust seasoning to taste. Serve with warm tortilla chips.

Nutritional information per serving (2 tablespoons):
Calories 11 (6% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 35mg • calc. 4mg • fiber 0g

Mayonnaise

You will be amazed with how easily you can make homemade mayonnaise. It is best with raw egg yolks, so seek out fresh local eggs.

Makes about 1 cup

- ¼ cup pasteurized liquid egg product (such as EggBeaters®); you can also use raw egg yolks – be sure you use the freshest eggs possible and from a trusted source**
- 1 tablespoon fresh lemon juice**
- ½ tablespoon white vinegar**
- ½ tablespoon Dijon-style mustard**
- ½ teaspoon granulated sugar**
- pinch sea or kosher salt**
- pinch ground white pepper**
- ⅔ cup vegetable oil**

1. Put all ingredients, except for the oil, in the mixing cup in order listed. Using the blending shaft, process until mixture begins to thicken. Be sure to keep the metal blade completely submerged while blending. Gradually add the oil, two tablespoons at a time. Continue processing with a gentle up-and-down motion until thick, about 30 seconds longer.

Nutritional information per serving
(1 tablespoon based on recipe with pasteurized liquid egg product):
Calories 83 (96% from fat) • carb. 0g • pro. 0g • fat 9g • sat. fat 1g
• chol. 0mg • sod. 27mg • calc. 1mg • fiber 0g

Creamy Champagne Vinaigrette

This delicious vinaigrette will become a favorite after the first taste.

Makes about 1 cup

- 1 garlic clove**
- 1 small shallot, cut into ½-inch pieces**
- 1 tablespoon Dijon-style mustard**
- ¼ teaspoon kosher or sea salt**
- pinch freshly ground black pepper**
- 2½ tablespoons champagne vinegar**
- ¾ cup extra virgin olive oil**

1. Put all ingredients in the blending cup except for the olive oil. Process to break up the garlic and shallot. Add oil, ¼ cup at a time, and blend until emulsified.

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- Let mixture blend an additional 30 seconds after all ingredients have been added.

Nutritional information per serving (1 tablespoon):
Calories 93 (90% from fat) • carb. 1g • pro. 0g • fat 11g • sat. fat 2g
• chol. 0mg • sod. 57mg • calc. 1mg • fiber 0

Pesto

This is a traditional basil pesto but experiment with other herbs like parsley and cilantro and nuts like walnuts.

Makes about $\frac{3}{4}$ cup

- 1½ ounces Reggiano Parmigiano, cut into ½-inch cubes**
- $\frac{1}{3}$ cup toasted pine nuts (may substitute another nut like walnuts if not available)**
- 2 garlic cloves**
- $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon kosher salt**
- 1½ cups packed fresh basil leaves**
- $\frac{1}{3}$ cup extra virgin olive oil**

- Insert the chopping blade into the work bowl. Add the cheese to bowl and pulse about 5 times to break up, and then process until finely ground, about 15 to 20 seconds. Remove and reserve.
- Add nuts to the work bowl. Pulse about 8 times until chopped; remove and reserve with the cheese.
- Add the garlic and salt to the work bowl; process for 5 seconds. Scrape down the sides of the bowl and add the basil and half of the olive oil. Pulse about 10 to 12 times for 10 to 15 seconds; scrape bowl. With the motor running, add the remaining oil slowly through the feed tube in a steady stream until blended. Add the reserved cheese and nuts and process for 10 to 15 seconds to fully blend.
- Transfer pesto to an airtight container. Pesto will keep in the refrigerator for up to a week, or it may be frozen.

Nutritional information per serving (2 tablespoons):
Calories 144 (88% from fat) • carb. 2g • pro. 3g • fat 15g • sat. fat 3g
• chol. 5mg • sod. 282mg • calc. 73mg • fiber 1g

Classic Caesar Salad

An old favorite made fresh at home.

Makes 4 to 6 servings

CROUTONS:

- 2 cups crusty bread, cut into ½-inch cubes**
- 1 tablespoon extra virgin olive oil**
- 1 garlic clove, crushed**
- $\frac{1}{4}$ teaspoon kosher salt**

Salad and Dressing:

- 1 head romaine lettuce**
- 2 ounces Parmigiano Reggiano**
- 1 small garlic clove**
- 3 to 4 anchovy fillets**
- 2 tablespoons egg substitute**
(may substitute 1 fresh, raw egg yolk; be sure you use the freshest eggs possible and from a trusted source – or use 2 tablespoons mayonnaise)
- 1 teaspoon Dijon-style mustard**
- 2 teaspoons fresh lemon juice**
- 2 teaspoons red wine vinegar**
- 1 teaspoon Worcestershire sauce**
- ¼ teaspoon freshly ground black pepper**
- ⅓ cup extra virgin olive oil**

1. Preheat oven to 350°F. Line baking tray with aluminum foil. Toss bread cubes together with olive oil, crushed garlic clove and salt. Pour onto prepared baking tray and bake for about 10 to 12 minutes, tossing croutons once during bake time. Croutons should be evenly golden. Remove and reserve.
2. Clean lettuce and tear each leaf into bite size pieces. Dry well and reserve in large salad bowl.
3. Insert the shredding disc into the work bowl. Shred the cheese; remove and reserve.
4. Carefully remove the shredding disc and insert the chopping blade. Add the garlic clove and process until finely chopped. Add anchovies, egg substitute/yolk/mayonnaise, mustard, lemon juice, vinegar, Worcestershire sauce and pepper to the work bowl. Process until well blended. With machine running, slowly pour olive oil through the feed tube in a steady stream so that dressing becomes emulsified.
5. Toss lettuce with reserved croutons, Parmesan and dressing. Serve immediately.

Nutritional information per serving (based on 6 servings):

Calories 256 (68% from fat) • carb. 14g • pro. 7g • fat 20g • sat. fat 4g

• chol. 45mg • sod. 433mg • calc. 161mg • fiber 3g

Citrus-Dill Dressing

*We love serving this over sliced cucumbers
(use the slicing disc for quick preparation).*

Makes about 1 cup

- ½ tablespoon champagne vinegar (you may substitute sherry vinegar)**
 - 1 small shallot, cut into ½-inch pieces**
 - 1 small garlic clove**
 - 1 tablespoon Dijon-style mustard**
 - 3 tablespoons fresh orange juice**
-

-
- 1** **tablespoon fresh lemon juice**
 - 1** **tablespoon fresh lime juice**
 - 3** **tablespoons fresh dill**
 - ¼** **teaspoon kosher or sea salt**
 - pinch freshly ground black pepper**
 - ½** **cup extra virgin olive oil**

1. Put all ingredients in the mixing cup except for the olive oil. Using the blending shaft, blend to break up the garlic and shallot. Add oil, ¼ cup at a time, and blend until emulsified. Let mixture blend an additional 30 seconds after all ingredients have been added.

Nutritional information per serving (based on 2 tablespoons):
Calories 128 (94% from fat) • carb. 2g • pro. 0g • fat 14g • sat. fat 2g
• chol. 0mg • sod. 113mg • calc. 3mg • fiber 0g

Roasted Red Pepper and Tomato Sauce

*This is a very versatile sauce. It is equally great over
grilled chicken or a bowl of pasta.*

Makes about 4 cups

- 2** **teaspoons extra virgin olive oil**
- 1** **medium onion, cut into ½-inch pieces**
- 1** **carrot, cut into ½-inch pieces**
- 1** **stalk celery, cut into ½-inch pieces**
- 2** **garlic cloves**
- 1** **teaspoon dried basil**
- ⅓** **cup dry white wine, or vermouth**
- 3** **roasted red peppers, cut into ½-inch pieces**
- 2** **tablespoons tomato paste**
- 2** **cans (15 ounce) diced tomatoes, with juices**
- ¾** **teaspoon kosher or sea salt**
- ¼** **teaspoon freshly ground black pepper**
- ⅛** **teaspoon crushed red pepper flakes, or to taste**

1. Put the olive oil in a medium saucepan and set over medium heat. Once hot, add the onion, carrot, celery, garlic and basil. Partially cover and let cook until vegetables are softened but not browned, about 6 to 8 minutes. Add the wine/vermouth, stirring to deglaze the pan (picking up the brown bits from the bottom of the pan and working into the mixture); let cook until fully evaporated. Add roasted peppers, tomato paste, tomatoes with juices, salt, pepper and red pepper flakes. Bring to a boil, then reduce heat to allow to simmer, partially covered, for about 35 to 40 minutes. Uncover and then simmer for an additional 15 to 20 minutes longer to thicken.
2. Using the blending shaft, blend sauce until puréed. If using a larger saucepan, tilt the pan to the side away from you to ensure that the protective guard of the blending shaft is fully submerged to prevent splatter.
3. Taste and adjust seasonings as desired.

Nutritional information per serving (1/4 cup):
Calories 29 (18% from fat) • carb. 5g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 216mg • calc. 15mg • fiber 1g

Mole Sauce

These are many varieties of mole sauce. Ours is full flavored yet mild – perfect over chicken and rice.

Makes about 4 cups

- 2** **tablespoons extra virgin olive oil**
- 1** **medium onion, chopped**
- 3** **garlic cloves, chopped**
- 2** **tablespoons chili powder**
- 1/4** **teaspoon ground cinnamon**
- 1/4** **teaspoon ground cumin**
- 1/4** **teaspoon ground coriander**
- 1** **teaspoon kosher salt**
- 1** **corn tortilla, cut into small pieces**
- 1/4** **cup toasted almonds**
- 2** **tablespoons natural peanut butter**
- 2** **cans (4 to 5 ounce) chopped green chilies**
- 1** **can (28 ounce) diced tomatoes, liquid drained**
- 1 1/2** **cups chicken broth, reduced sodium**
- 1/4** **cup raisins**
- 2** **tablespoons cocoa powder**
- 1** **teaspoon granulated sugar**

1. Put the olive oil in a medium saucepan and set over medium heat. Add the onion and sauté until soft and translucent, about 5 to 8 minutes. Reduce heat to low and add the garlic. Stir until coated with oil and fragrant. Add the spices and salt. Cook until spices are well distributed and the onion and garlic are coated, about 1 minute. First stir in the tortilla, almonds and peanut butter, and then add the remaining ingredients and stir to combine. Cover and bring to a boil over medium heat. Reduce heat and let simmer for about 45 minutes, loosely covered and stirring occasionally.
2. Once sauce has simmered, use the blending shaft to blend until puréed. If using a larger saucepan, tilt the pan to one side away from you to ensure that the protective guard of the blending shaft is fully submerged to prevent splatter. If sauce is too thick, thin out with a bit more broth.
3. Taste and adjust seasonings as desired.

Nutritional information per serving (2 tablespoons):
Calories 36 (48% from fat) • carb. 4g • pro. 1g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 180mg • calc. 17mg • fiber 1g

Winter White Bean Soup

A rich and creamy soup, it will be sure to warm you up on a cold winter day. If you do not have prosciutto, bacon would work well in its place.

Makes about 6 cups

- 1** **tablespoon extra virgin olive oil, divided**
- 1** **ounce prosciutto (2 thin slices), chopped**
- 1** **garlic clove, chopped***
- 1** **medium onion, chopped***
- 1** **celery stalk, chopped***
- 1** **tablespoon dry white wine, or vermouth**
- 2** **cans (15 ounce) cannellini beans drained (or 1 pound dried, soaked overnight)****
- 1** **rosemary sprig**
- 1** **bay leaf**
- ¼ to ½** **teaspoon sea salt**
- pinch freshly ground black pepper**
- 5** **cups chicken or vegetable broth, reduced sodium**
- grated Parmesan for garnish**

1. Heat ½ tablespoon oil over medium-high heat. Add prosciutto to quickly fry. Once crispy, remove and reserve.
2. Add remaining oil and reduce heat to medium. Once hot, add garlic, onion and celery. Sauté until softened, about 8 to 10 minutes. Add the wine/vermouth, stirring to deglaze the pan (picking up the brown bits from the bottom of the pan and working into the mixture); let cook until fully evaporated. Add the beans, rosemary, bay leaf, salt and pepper and stir to mix. Heat until beans are warmed through. Add the broth and raise the heat to bring to a boil. Once boiling, reduce heat to allow to simmer, partially covered, for about 60 to 75 minutes. Remove the rosemary and bay leaf.
3. Using the blending shaft, blend sauce until puréed. If using a larger saucepan, tilt the pan to one side away from you to ensure that the protective guard of the blending shaft is fully submerged to prevent splatter.
4. Taste and adjust seasonings as desired. Garnish with a sprinkling of prosciutto and/or grated Parmesan.

* All chopping can be easily and quickly done in the food processor attachment's work bowl.

** When using soaked, dried beans, you may have to add more broth and a bit more salt as well.

Nutritional information per serving (based on 6 servings):
Calories 321 (14% from fat) • carb. 44g • pro. 24g • fat 5g • sat. fat 1g
• chol. 3mg • sod. 873mg • calc. 142mg • fiber 16g

Spring Asparagus Leek Soup

Makes about 8 cups

- 2** **tablespoons unsalted butter**
- 2** **garlic cloves, chopped***
- 2** **medium leeks, white and light green parts only, washed well and sliced***
- 2** **large bunches asparagus (about 2 to 2½ pounds), rough ends trimmed and cut into 2-inch pieces (tips removed and reserved)* – optional (see note in step 3)**
- 1** **large red potato (about 8 ounces), peeled and sliced, held in water to prevent oxidation***
- 4** **tablespoons dry white wine or cognac**
- 1 to 1½** **teaspoons kosher salt, to taste**
- ¼** **teaspoon freshly ground black pepper**
- 5** **cups vegetable broth (the more clear the broth, the greener the soup will be)**
- 1** **teaspoon fresh lemon juice**
crème fraîche for garnish
chopped chives for garnish

1. Put the butter in a medium saucepan and set over medium heat. Add the garlic and leeks; stir until you hear a slight sizzle and then cover pan to sweat the leeks for about 5 to 10 minutes, until they are very soft.
2. Add the asparagus and potato to the pan. Stir to coat all vegetables and sauté until soft. Pour in white wine or cognac and stir until completely reduced. Add salt and pepper and stir in the vegetable broth. Bring mixture to a boil and then reduce to a simmer. Simmer until all vegetables are very tender, about 20 to 25 minutes.
3. While soup is simmering, steam the asparagus tips separately, about 5 to 8 minutes until crisp tender. Shock tips in ice water to maintain a bright green color. Once cool, slice tips thinly lengthwise to be used for garnish. (Note: This step is optional, but makes for a great presentation.)
4. Once soup vegetables are tender, use the blending shaft and blend soup until puréed. If using a larger saucepan, tilt the pan to the side away from you to ensure that the protective guard of the blending shaft is fully submerged to prevent splatter.
5. Stir in lemon juice. Taste and adjust seasonings as desired.
6. Serve immediately garnishing with a dollop of crème fraîche, some chopped chives and asparagus tips.

* All chopping and slicing can be easily and quickly done in the food processor attachment's work bowl.

Nutritional information per serving (based on 6 servings):

*Calories 97 (26% from fat) • carb. 13g • pro. 5g • fat 35g • sat. fat 2g
• chol. 8mg • sod. 650mg • calc. 45mg • fiber 3g*

Summer Zucchini Soup

A great way to use up that surplus of summer garden zucchini – serve cold or warm!

Makes about 6 cups (without cream)

- 1** **tablespoon unsalted butter or extra virgin olive oil**
- 2** **medium leeks, white and light green parts, sliced***
- 1** **medium celery stalk, cut into small dice***
- 2** **garlic cloves, crushed**
- 4** **medium zucchini (about 2 pounds), sliced***
- 8** **ounces white (waxy) potato, peeled and cut into 2- inch pieces**
- 1½** **teaspoons kosher salt, divided**
- ¼** **teaspoon freshly ground black pepper**
- ½** **cup dry white wine**
- 3½** **cups chicken broth, reduced sodium**
- 2** **tablespoons fresh mint leaves (about 6 medium leaves)**
- 2** **tablespoons fresh basil leaves (about 3 to 4 large leaves)**
- ¼** **cup heavy cream (optional)**

1. Put the butter in a large saucepan over medium heat. Once the butter melts add the leeks, celery and garlic. Stir over medium heat until vegetables soften, about 8 to 10 minutes.
2. Once soft, add the zucchini and potato with 1 teaspoon of the salt and the peppers; stir ingredients together until well coated. Once coated, add the white wine. Simmer until wine is just about evaporated. Add the broth and turn the heat up to bring mixture to a boil. Once the soup comes to a boil, reduce the heat in order to maintain a simmer. Simmer until all vegetables are tender, about 20 to 25 minutes.
3. Once all vegetables are tender, add the fresh herbs and blend using the blending shaft. To help facilitate blending, tilt pot to the side away from you to ensure that the protective guard of the blending shaft is submerged. Blend until mixture is completely puréed.
4. Taste and adjust seasoning, add remaining salt to taste if necessary.
5. If using optional cream, add at the very end of blending. Stir in cream and simmer soup for an additional 5 to 10 minutes before seasoning.

*All chopping and slicing can be easily and quickly done in the food processor attachment's work bowl.

Nutritional information per serving (based on 6 servings without cream):

*Calories 109 (17% from fat) • carb. 16g • pro. 4g • fat 2g • sat. fat 1g
• chol. 5mg • sod. 911mg • calc. 50mg • fiber 3g*

Autumn Carrot-Ginger Soup

The ginger gives this soothing soup a nice kick.

Makes about 5 cups

- 2** **tablespoons extra virgin olive oil**
- 2** **small shallots, chopped***
- 1** **tablespoon finely chopped fresh ginger***
- 1** **teaspoon kosher or sea salt, divided**
- ½** **teaspoon freshly ground black pepper, divided**
- 2** **pounds carrots, sliced***
- ½** **teaspoon ground cumin**
 pinch ground cloves
- ¼** **teaspoon ground cinnamon**
- 5** **cups vegetable or chicken broth, reduced sodium**
- ½** **teaspoon fresh lemon juice**

1. Heat oil in a large saucepan over medium-low heat. Once hot, add the shallots, ginger and a pinch each of the salt and pepper. Sauté until vegetables are softened, about 5 minutes. Add the carrots and raise the heat to medium/medium-high. Sauté for 2 to 3 minutes, or until carrots are heated through and just starting to get tender. Add the remaining salt and pepper and the spices and stir to mix with the carrots to fully coat. Add the broth and bring to a boil. Reduce heat to let soup simmer, uncovered, for about 25 to 30 minutes (carrots should be completely tender).
2. Stir in the lemon juice and blend using the blending shaft. Use an up-and-down motion until ingredients are smooth and completely combined. To help facilitate blending, tilt pot to one side away from you so the protective cover of the blending shaft is fully submerged.
3. Taste and adjust seasonings as desired.

*These can be quickly chopped or sliced in the food processor attachment.

Nutritional information per serving (based on 6 servings):

*Calories 161 (32% from fat) • carb. 25g • pro. 3g • fat 6g • sat. fat 1g
• chol. 0mg • sod. 1133mg • calc. 88mg • fiber 5g*

Compound Butters

Compound butters are very versatile and add a nice touch to a number of dishes. The sweeter butters are delicious when spread on toast or served with pancakes, while the more savory ones can enhance the flavor of a steak hot off the grill, or finish a soup before serving. Our list is only a suggestion – use your imagination and play around with your favorite flavors.

Orange-Maple

Makes ½ cup

- 8 tablespoons unsalted GOOD quality butter, like Plugra or Kerrygold, room temperature**
- 1½ tablespoon orange zest**
- 2 tablespoons pure maple syrup**

1. Put butter and zest into the work bowl fitted with the chopping blade. Process until full combined, about 30 seconds. Scrape bowl as necessary. With unit running, add the maple syrup through the feed tube and allow to process until fully combined, about 30 seconds.
2. Remove butter from bowl and place on a sheet of waxed paper. With the aid of the paper, form the butter into a log. Roll and wrap well in plastic. Butter can either be refrigerated or frozen.

Nutritional information per serving (1 teaspoon):

*Calories 38 (87% from fat) • carb. 1g • pro. 0g • fat 4g • sat. fat 2g
• chol. 10mg • sod. 0mg • calc. 2mg • fiber 0g*

Nut Butter

Makes ½ cup

- ½ cup toasted nuts (cashews and walnuts are excellent choices)**
- 8 tablespoons unsalted GOOD quality butter, like Plugra or Kerrygold, room temperature**
- pinch sea salt**
- pinch ground cinnamon (optional)**

1. Put nuts into the work bowl fitted with the chopping blade. Pulse a few times to chop. Add butter, salt and cinnamon, if using. Process until fully combined, about 30 seconds. Scrape bowl as necessary.
2. Remove butter from bowl and place on a sheet of waxed paper. With the aid of the paper, form the butter into a log. Roll and wrap well in plastic. Butter can either be refrigerated or frozen.

Nutritional information per serving (1 teaspoon; based on cashew butter):

*Calories 34 (99% from fat) • carb. 0g • pro. 0g • fat 4g • sat. fat 2g
• chol. 10mg • sod. 11mg • calc. 0mg • fiber 0g*

Lemon-Thyme

Makes ½ cup

- 8 tablespoons unsalted GOOD quality butter, like Plugra or Kerrygold, room temperature**
- 1½ to 2 teaspoons fresh thyme leaves**
- 1½ to 2 tablespoons lemon zest**
- pinch sea salt (optional)**

1. Put all ingredients into the work bowl fitted with the chopping blade. Process until full combined, about 30 seconds. Scrape bowl as necessary.
2. Remove butter from bowl and place on a sheet of waxed paper. With the aid of the paper, form the butter into a log. Roll and wrap well in plastic. Butter can either be refrigerated or frozen.

Nutritional information per serving (1 teaspoon):

*Calories 34 (99% from fat) • carb. 0g • pro. 0g • fat 4g • sat. fat 2g
• chol. 10mg • sod. 0mg • calc. 1mg • fiber 0g*

Bacon-Sage

Makes about ½ cup

- 2 slices bacon, diced and cooked through (about 2 tablespoons bacon crumbles)**
- 3 to 4 fresh sage leaves**
- 8 tablespoons unsalted GOOD quality butter, like Plugra or Kerrygold, room temperature**
- pinch kosher salt**
- pinch freshly ground black pepper**

1. Put the bacon and sage leaves in the prep bowl fitted with the chopping blade. Pulse until evenly and finely chopped. Add the butter, salt and pepper and process until combined.
2. Remove butter from bowl and place on a sheet of waxed paper. With the aid of the paper, form the butter into a log. Roll and wrap well in plastic. Butter can either be refrigerated or frozen.

Nutritional information per serving (1 teaspoon):

*Calories 48 (96% from fat) • carb. 0g • pro. 0g • fat 5g • sat. fat 3g
• chol. 12mg • sod. 37mg • calc. 1mg • fiber 0g*

Berry Fool

A traditional British dessert, fool is great anytime of the year, but is a real treat when summer berries are at their peak.

Makes about 4 to 5 cups

- 2 cups mixed berries (strawberries, raspberries, blueberries)**
- 1 tablespoon granulated sugar**
- 2 cups heavy cream, chilled**
- 2 tablespoons confectioners' sugar**
- ½ teaspoon pure vanilla extract**

1. Put the berries and granulated sugar into the mixing cup. Using the blending shaft, purée, using an up-and-down motion, until *almost* fully puréed; reserve.
2. Put the remaining ingredients into a medium to large mixing bowl. Using the whisk attachment, whisk until medium peaks form, about 1 minute. Fold in berry mixture.
3. Serve immediately for the best texture (fool will only stay in good form for about 1 hour maximum).

Nutritional information per serving (½ cup):

*Calories 231 (85% from fat) • carb. 8g • pro. 0g • fat 20g • sat. fat 14g
• chol. 80mg • sod. 0mg • calc. 4mg • fiber 1g*

Triple Chocolate Shake

The ultimate chocolate dessert.

Makes about 2 cups

- 2 cups premium chocolate ice cream**
 - ½ tablespoon cocoa powder**
 - 1½ tablespoons chocolate syrup**
 - ¾ cup milk (any type of milk will do, whole, reduced-fat or skim)**
- Garnishes: whipped cream, chocolate shavings or cocoa powder**

1. Put all ingredients into the mixing cup in the order listed. Using the blending shaft, blend, using an up-and-down motion, until fully combined, about 30 to 40 seconds.
2. Top with whipped cream and chocolate shavings or cocoa powder.

Nutritional information per serving (1 cup; based on 2% milk):

*Calories 597 (55% from fat) • carb. 55g • pro. 11g • fat 37g • sat. fat 22g
• chol. 233mg • sod. 142mg • calc. 339mg • fiber 3g*

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Smart Stick® PowerTrio™ High Torque Hand Blender that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchaser or owners.

We warrant that your Cuisinart® Smart Stick® PowerTrio™ High Torque Hand Blender will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com, for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Smart Stick® PowerTrio™ High Torque Hand Blender should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Customer Service Representatives or send the defective product to Customer Service at

Cuisinart
7811 North Glen Harbor Blvd.
Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product.

Please pay by check or money order (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Please be sure to include your return address, daytime phone number, description of the product defect, product model # (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product

(A) to the store where it was purchased or

(B) to another retail store that sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options does not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

BEFORE RETURNING YOUR CUISINART® PRODUCT

If you are experiencing problems with your Cuisinart® product, we suggest that you call our Cuisinart® Service Center at 1-800-726-0190 before returning the product to be serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Cuisinart® Smart Stick® PowerTrio™ High Torque Hand Blender has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

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