

# Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



**Smart Stick® 700-Watt Hand Blender**

**CSB-100C**

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

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# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from outlet when not in use, before putting on or taking off parts and before cleaning. To 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, immediately unplug it. Carefully remove the blending shaft, clean and dry unit thoroughly before continuing.
4. This appliance should not be used by children and care should be taken when used 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 for the chopper/grinder 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 work bowl properly in place.
12. Be certain the chopper/grinder 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.
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 purposes 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 optional CSB-100BFCC baby food chopper attachment that draws the greatest power. And that other recommended attachments may draw significantly less 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.

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## UNPACKING INSTRUCTIONS

Place the package containing the Cuisinart® Smart Stick® Variable Speed Hand Blender on a sturdy surface. Unpack the components from the 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 and chopper/grinder blades are extremely sharp.**

Before using the Cuisinart® Smart Stick® Variable Speed 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 9 and 10. Read all instructions completely for detailed operating procedures.

## INTRODUCTION

Get ready to experience a whole new level of blender versatility. Your Smart Stick® 700-Watt Hand Blender is a Potato Masher, too. A unique new attachment slips onto the power handle so you don't have to pull out your hand or stand mixer to make perfect mashed potatoes – in only takes seconds! This very powerful hand blender is also supremely multifunctional, with a chopper/grinder and chef's whisk that attach to the 700-watt motor body housing. Take a look at our recipes to find out even more you can do with this Smart Stick!

## FEATURES AND COMPONENTS

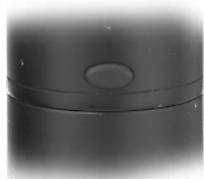
- 1. Variable Speed Control Dial**  
Allows you to select speed and gradually adjust during blending if desired.
- 2. Lock/Unlock Button**  
Must be pressed to unlock before power handle will operate.
- 3. On/Off Power Button:**  
Allows you to activate the hand blender at the touch of a button after unlocking. Simply unlock, then press and hold down to blend or pulse. Once the button is released, blending will stop.
- 4. Comfort Grip Handle:**  
The handle allows you to control the hand blender with ease.
- 5. Motor Body Housing:**  
Houses the powerful 700-watt motor.
- 6. Blending Attachment:**  
This attachment easily snaps into the motor body housing. The fixed stainless blade is partially covered by a stainless housing steel blade guard that keeps splashing to a minimum. Press the release button on the back of the unit to detach for easy cleaning.
- 7. Potato Masher:**  
Attaches to motor housing to mash potatoes in bowl or pot.
- 8. Whisk Attachment:**  
Whisk attachment snaps into the motor body housing; this attachment is great for whipping cream, egg whites and other delectable treats.
- 9. Chopper/Grinder Attachment with Reversible Blade:**  
Attaches to motor housing to chop, mince and grind.
- 10. Mixing/Measuring Beaker:**  
4-cup blending cup beaker is dishwasher safe. Use this container to blend drinks, shakes, salad dressings and more. Designed for easy gripping and drip-free pouring.



# 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. It may be helpful to press the release button when assembling.



2. Plug the motor housing into a electrical outlet.

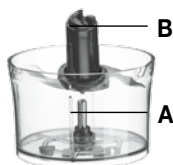


## CHOPPER/GRINDER ATTACHMENT (WITH REVERSIBLE BLADE)

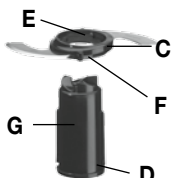
1. Place the chopping/grinding blade into center of the work bowl over metal blade shaft (See REVERSIBLE BLADE, following).
2. Place cover on top of the work bowl. Align notches on cover and bowl, and turn clockwise to lock into place.
3. When ready to process food, press power handle onto cover.

### Assemble the parts.

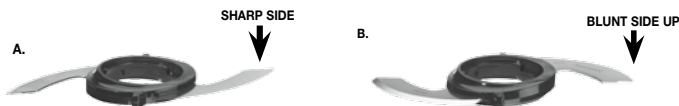
1. Place the chopping cup on a flat, dry, stable surface.
2. The metal blade assembly shaft (A) is attached to the bottom of the chopping cup. If not already in place, slide the fully assembled blade assembly (B) over the top of the metal blade assembly shaft.



- 2a. Put together the blade assembly if not assembled: Very carefully connect the blade ring (C) to the plastic blade sheath (D). Line up the blade ring opening with the plastic sheath. There are notches (E) on opposite sides of the interior of the hub. These fit over ridges on the sides of the plastic blade sheath (G). Let the blade ring slide to the bottom of the plastic sheath. **HOLD THE BLADE RING BY THE CENTRAL HUB HOLDING RIBS (grips) (F) ONLY. DO NOT TOUCH THE RAZOR-SHARP BLADES.** Pick up the blade ring by its hub holding ribs (grips) and turn it very slightly



clockwise. This locks it in place on the plastic blade sheath and prevents it from sliding up during processing. Note these important features of the blade ring. The blade ring can be placed over the plastic blade sheath in two different ways: If you hold it this way (A), you will see the word "Sharp" on the blade. Assemble the blade this side up to use the sharp edge. If you hold it this way (B), you will see no writing on the blade. Assemble the blade this side up to use the blunt edge.



## WHISK ATTACHMENT

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

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



## POTATO MASHER ATTACHMENT

Your potato masher attachment comes fully assembled.

1. Align the gear box at the end of the potato masher with the motor body housing and push gearbox and housing together until you hear and feel them click.
2. Plug the motor housing into an electrical outlet. **NOTE:** Gearbox detaches from potato masher shaft for cleaning and storage.

To reassemble potato masher after cleaning (see Cleaning Potato Masher Attachment, pg.10)

1. Align the triangle mark on the gear box with the unlock symbol on the potato masher shaft.
2. Rotate the gear box clockwise until you hear it click and lock into place on the shaft.
3. Place blade onto hub at the wide end of shaft, push down, and twist counterclockwise to secure. **NOTE:** blade cannot be put on or taken off unless gear box is firmly attached to the shaft.



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## 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 flavourful, 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. Plug in motor housing.
2. Put blending shaft into mixture to be blended.
3. Select Speed. Press and hold the Lock/Unlock button on top of the motor housing and press the power button to turn motor on. Once motor is on, you can release the Lock/Unlock button but continue to hold in the power button. You can also press the power button first, holding it down as you press the Lock/Unlock button to turn motor on. Speed can be gradually adjusted at any time during blending. Do not hold power button down for more than 60 seconds at a time.
4. To turn the blender motor off, release the power button.
5. Unplug immediately after use.

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

### PULSE

To Pulse, press and hold the Lock/Unlock button while pressing and releasing the power button as desired.

### CHOPPING AND GRINDING

Do not operate the chopper/grinder attachment without food in the work bowl.

1. Put the work bowl on a flat, sturdy surface like a countertop.
2. Be sure the blade is assembled to use the edge that is appropriate for the food to be processed, then place over metal blade shaft in work bowl.
3. Put food into the work bowl. Food should be cut into small even pieces, and the bowl not overloaded.
4. Put the chopper/grinder cover on top of the prep bowl, making sure the cover is properly seated.
5. Place motor housing over the center gear hub in the work bowl cover and push down to lock into place.
6. Plug unit in.

7. Select Speed, unlock, then press on 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.
8. WHEN THE BLADE STOPS MOVING, unplug the unit, remove the motor body from the chopper/grinder cover, and remove the cover.
9. Carefully remove the chopping blade, holding it by the gripping ridges on the plastic sheath. **NEVER TOUCH THE BLADE ITSELF.**
10. Remove food with a spatula.

### WHISKING

1. Insert the whisk attachment into the motor body. (See Assembly for Whisk Attachment, page 7.)
2. Plug electrical cord into a wall socket.
3. Put the whisk into mixture to be blended.
4. Select Speed, unlock and press power button. The hand blender will continue to run as long as the power button is pressed in. To turn off, release the power button and the motor will stop.

### MASHING POTATOES

1. Be sure potato masher is securely assembled.
2. Put potatoes or other food to be mashed in large bowl or pot.
3. Plug in unit and place head of potato masher into food.
4. Unlock and push power switch to turn masher on.
5. Slightly raise and lower masher as you move it through food until it reaches texture you want.
6. Release power button to turn off masher before you lift it away from the food.
7. Unplug unit.

## 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 or on top shelf of dishwasher. Be mindful of the fixed razor-sharp blade edges.

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## CHOPPER/GRINDER ATTACHMENT

To simplify cleaning, rinse the work bowl and blade and wipe the underside of the cover immediately after use so food does not dry on them. Do not submerge the work bowl cover in water or put in the dishwasher. Wash blade and work bowl in warm, soapy water – avoid leaving the blade submerged in water where it may disappear from sight. Rinse and dry. Blade and work bowl can also be cleaned on the top shelf of dishwasher. Unload the dishwasher carefully to avoid contact with the sharp blade. Wipe the underside of the cover with a sponge or damp cloth to remove any food. Wipe the power handle and top of the cover with a damp sponge or cloth. Dry it immediately. **Never submerge the power handle or the chopper cover in water or other liquids.** The chopper/grinder 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 clean on top shelf of the dishwasher. Do not submerge the gearbox in water or any other liquid.

## POTATO MASHER ATTACHMENT

Release the potato masher attachment from the housing body. To simplify cleaning, rinse the potato masher attachment immediately after use so food does not dry on it. Press the inner blade back into the unit and turn clockwise to release inner blade. Wash with warm, soapy water and a soft bristle brush if necessary, or clean on top rack of dishwasher. Do not use any sharp, metal objects. Dry thoroughly. To reassemble, see the assembly instructions on page 7.

Any other servicing should be performed by an authorized service representative.

## TIPS AND HINTS

### FOR HAND BLENDER

- Be sure that the blending blade guard is fully submerged before blending ingredients to prevent splatter.
- 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 beaker, for example when making a fruit smoothie, cut most solid foods into ½ -1 inch (1.25 - 2.5 cm) 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 blending beaker, 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.
- 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 (2.5 cm) of where the shaft attaches to the motor housing.

### FOR POTATO MASHER

- When using the potato masher, it is best to use Low speed for potatoes, which are starchy and should not be overworked. The High speed can be used for other root vegetables like turnips and sweet potatoes.
- To achieve a smoother and thicker root vegetable mash, add in 1 or 2 potatoes.
- The less you process potatoes the better. Mashing each section, by using just 1 or 2 up and down motion, works best.
- Mash ingredients when they are hot—they will mash better and more easily.
- Mash vegetables first, then add in the other ingredients, such as milk, butter and seasonings.

### 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 ⅛ teaspoon (0.5 ml) 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.

- The whisk attachment may also be used for any task that you would normally whisk by hand, like crêpe batters or eggs for omelets.
- Beating egg whites for 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 flavoured as desired. For best results, whip cream just before using.
- Use Low speed for gentle blending such as dressings and milk shakes.
- When pureeing soups, use Medium to first break up large, already tender ingredients. Then gradually increase speed to High to make very smooth.
- Use High speed for quick, powerful blending like smoothies

#### FOR CHOPPER/GRINDER ATTACHMENT

- When making compound butters, remove the butter from the refrigerator and let it come to room temperature before blending the ingredients.
- Some spices may scratch the work bowl.
- Liquids in work bowl should not exceed 1 cup (250 ml). 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 chopper/grinder cover in water or any other liquid.
- Do not operate chopper/grinder attachment for more than 30 seconds continuously.
- The size of pieces you put in bowl should be consistent to achieve even results.
- For raw ingredients: peel, core and/or remove seeds and pits. Food should be between  $\frac{1}{2}$  and 1-inch (1.25 - 2.5 cm), 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.

## FREQUENT USES FOR CHOPPER/GRINDER

Ingredient	Suggested Blade*	Speed	Comments
<b>Baby foods</b> (always consult a pediatrician or family physician for appropriate food recommendations)	Sharp Blade	Low-High	Place small amounts of cooked foods into chopper/grinder bowl. Add small amount of appropriate liquid. Pulse to chop, then hold to blend.
<b>Bread Crumbs</b> - fresh or dry (day old)	Sharp Blade	High	Pulse to chop, then process until desired consistency is reached.
<b>Hard Cheese</b> (Asiago, Locatelli, Parmesan, Romano, etc.) (Not recommended for softer cheeses unless making a dip or dressing)	Sharp Blade	High	Cut into $\frac{1}{4}$ -inch (0.6 cm) pieces. Pulse to chop, then process until desired consistency is reached.
<b>Chocolate</b>	Sharp Blade	High	Cut into $\frac{1}{2}$ inch (1.25 cm) pieces; may chill in freezer for 3 minutes before chopping. Pulse to chop, then process, no more than 1 ounce (28 g) at a time, until desired texture is reached.
<b>Creamy Dressing and Dips</b>	Sharp Blade	Low	Place ingredients in chopper/grinder bowl; do not cover or spill on stem. Use pulse action to chop, then continuous-hold action to blend to desired consistency.
<b>Garlic</b>	Sharp Blade	High	Peel up to 6 cloves. Pulse to chop.
<b>Gingerroot</b> (fresh)	Sharp Blade	High	Peel, cut into- $\frac{1}{2}$ inch (1.25 cm) pieces. Pulse to chop $\frac{1}{2}$ ounce (15 g) at a time.
<b>Hard Spices</b> (coriander, dill, poppy, star, anise, etc.)	Sharp Blade	High	Pulse to chop until desired consistency. Pulse with sharp blade to get fine results.
<b>Herbs</b> (fresh)	Sharp Blade	High	$\frac{1}{2}$ cup (118 ml); must be clean/dry. Pulse to chop
<b>Nuts</b>	Dull Blade	High	Shelled; toast first for best flavour. Pulse to chop, process up to a $\frac{1}{3}$ cup (79 ml) at a time, until desired consistency is reached. May be processed to nut-butter stage.
<b>Onion</b>	Sharp Blade	High	Peel, cut into $\frac{1}{2}$ -inch (1.25 cm) pieces. Pulse to chop, up to $\frac{1}{2}$ cup (125 ml) at a time, until desired chop is reached.
<b>Vegetables</b> (cooked)	Sharp Blade	Low-High	Cut into inch pieces; pulse to chop, up to $\frac{1}{2}$ cups (125 ml) at a time. Add cooking liquid, stock or milk to process to a puree. It is not recommended for making mashed potatoes
<b>Vegetables</b> (uncooked)	Sharp Blade	High	Peel as needed; cut into $\frac{1}{2}$ -inch (1.25 cm) pieces. Peel celery with peeler to remove tough strings. Chop/process up to $\frac{1}{2}$ cup (125 ml) at a time.
<b>Meat</b> (Beef, Pork)	Sharp Blade	High	6 oz. or 175 g, cut into $\frac{1}{2}$ inch (1.25 cm) pieces. Pulse until desired consistency.
<b>Simple Blending</b>	Dull Blade	Low-High	For light mixing and incorporating.
<b>Cream</b> (for whipping)	Dull Blade	High	$\frac{1}{4}$ cup (60 ml). Whisk until desired consistency.
<b>Egg whites</b> (for whipping)	Dull Blade	High	2 to 3 egg whites. Process until desired consistency.

\* See page 9 for instructions on how to safely change the blade from the sharp side to the blunt side.

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## BEVERAGES

### Breakfast Smoothie

*Enjoy this smoothie on the go—  
it's full of nourishing ingredients that will fill you up.*

Makes about 2 cups (500 ml)

- ½ cup (125 ml) orange juice  
(any juice or milk alternative may be used)**
- ½ cup (118 ml) frozen blueberries**
- 3 strawberries, hulled and halved**
- ½ banana, cut into 1-inch (2.5 cm) pieces**
- ½ cup (125 ml) lowfat yogurt**
- 1 teaspoon (5 ml) flaxseed oil**
- 1 to 2 teaspoons (5 to 10 ml) honey (optional)**

1. Put all of the ingredients, in the order listed, into the blending cup. Select High and blend, using a gentle up-and-down motion, until smooth, about 30 to 45 seconds.
2. Serve immediately.

*Nutritional information per serving [1 cup (250 ml)]:* Calories 138 (22% from fat)  
• carb. 24g • sugar 18g • pro. 4g • fat 3g • sat. fat 1g • chol. 4mg • sod. 51mg  
• calc. 109mg • fiber 2g

### Cherry-Ginger Shake

*Coconut milk beverage is made for drinking with fewer calories and grams of fat than canned coconut milk. For a thicker, creamier shake, substitute ⅔ cup (150 ml) canned coconut milk for the coconut milk beverage.*

Makes about 1 cup (250 ml)

- 1 cup (237 ml) dark, sweet frozen cherries cup**
- ¾ cup (175 ml) coconut milk beverage**
- ½-inch (1.25 cm) piece fresh ginger, peeled**

1. Put all of the ingredients, in the order listed, into the blending cup. Select High and blend, using a gentle up-and-down motion, until smooth, about 30 seconds or more.
2. Serve immediately.

*Nutritional information per serving [1 cup (250 ml)]:* Calories 128 (23% from fat)  
• carb. 24g • sugar 18g • pro. 1g • fat 3g • sat. fat 3g • chol. 0mg  
• sod. 1mg • calc. 1mg • fiber 4g

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## Caffè Latte

*Be your own barista by frothing this silky coffee drink at home.*

Makes ½ cup (125 ml)

- ½ cup (125 ml) cold skim milk**
- 1 shot [about 2 ounces (59 ml)] brewed espresso**

1. In a small saucepan, heat milk over medium heat until steam begins rising off the surface, but no bubbles have formed. While the milk is heating, add espresso to a mug or large drinking cup.
2. Pour heated milk into the blending cup. Select Low and pulse to begin frothing. Continue processing on Low, using a gentle up-and-down motion, until desired amount of froth is produced.
3. Pour the milk over the espresso, using a spoon to hold back the foam. Spoon the foam on top and serve.

*Nutritional information per serving [½ cup (125 ml)]:* Calories 47 (0% from fat)  
• carb. 7g • sugar 7g • pro. 5g • fat 0g • sat. fat 0g • chol. 3mg  
• sod. 70mg • calc. 150mg • fiber 0g

### Chocolate Peanut Butter Ice Cream Shake

*To satisfy your sweet tooth.*

Makes 2 cups (500 ml)

- 1½ cups (375 ml) chocolate ice cream**
- 2 teaspoons (10 ml) creamy peanut butter**
- 1 teaspoon (5 ml) chocolate syrup**
- ¾ cup (175 ml) whole milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Select Low. Blend, using a gentle up-and-down motion, until smooth and homogenous, about 30 to 40 seconds.
2. Serve immediately.

*Nutritional information per serving [½ cup (125 ml)]:* Calories 156 (46% from fat)  
• carb. 18g • sugar 16g • pro. 4g • fat 8g • sat. fat 5g • chol. 23mg  
• sod. 69mg • calc. 112mg • fiber 1g



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## Mango Lassi

*Adjust the amount of sugar in this recipe based on your personal preference and the ripeness of your mango—riper mangoes are sweeter.*

Makes 2 cups (500 ml)

- 4 ice cubes**
- 1 ripe mango, peeled, pitted and cut into ½-inch (1.25 cm) pieces**
- 1½ cups (375 ml) plain, whole-milk yogurt**
- ½ teaspoon (2.5 ml) ground cardamom**
- ½ teaspoon (2.5 ml) ground cinnamon**
- Pinch kosher salt**
- 3 teaspoons (15 ml) granulated sugar, divided**

1. Put the ice cubes, mango, yogurt, spices and salt into the blending cup. Select High and blend, using a gentle up and down motion, until smooth, about 1 minute. Taste and add sugar, 1 teaspoon (5 ml) at a time, blending after each addition until desired sweetness is reached.
2. Serve immediately.

Note: If a thinner drink is desired, add cold water, a tablespoon (15 ml) or two (30 ml) at a time, blending after each addition, until desired consistency is achieved.

*Nutritional information per serving [1 cup (250 ml)]: Calories 223 (25% from fat)*  
• carb. 34g • sugar 9g • pro. 9g • fat 6g • sat. fat 4g • chol. 23mg  
• sod. 181mg • calc. 319mg • fiber 2g

## Power Blast Protein Smoothie

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

Makes about 2 cups (500 ml)

- 1 cup (250 ml) rice milk (any milk or milk alternative may be used)**
  - ½ cup (118 ml) frozen mango pieces**
  - 1 cup (237 ml) chopped fresh pineapple**
  - ½ banana, cut into ½-inch (1.25 cm) pieces**
  - ⅓ cup (75 ml) plain, whole-milk yogurt**
  - 2 tablespoons (30 ml) protein powder**
1. Put all of the ingredients, in the order listed, into the blending cup. Select High and blend, using a gentle up-and-down motion, until smooth, about 30 to 45 seconds.
  2. Serve immediately.

*Nutritional information per serving [1 cup (250 ml)]: Calories 163 (7% from fat)*  
• carb. 30g • sugar 18g • pro. 10g • fat 1g • sat. fat 0g • chol. 0mg  
• sod. 146mg • calc. 36mg • fiber 1g

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## Simple Fruit Smoothie

*Tweak this recipe with any type of fruit or juice. If you do not have frozen fruit on hand, fresh fruit is an easy substitution.*

Makes about 1 cup (250 ml)

- ½ cup (125 ml) orange juice (any juice alternative may be used)**
- 1 cup (237 ml) frozen strawberries**
- 1 small to medium banana, cut into 1-inch (2.5 cm) pieces**

1. Put all of the ingredients, in the order listed, into the blending cup. Select High and blend, using a gentle up-and-down motion, until smooth, about 45 to 60 seconds.
2. Serve immediately.

*Nutritional information per serving [1 cup (250 ml)]: Calories 275 (4% from fat)*  
• carb. 70g • sugar 51g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg  
• sod. 6mg • calc. 42mg • fiber 5g

## Watermelon-Mint Refresher

*This summery drink doesn't require any extra liquid to blend—the watermelon is watery enough.*

Makes 2 cups (500 ml)

- 1 cup (237 ml) frozen strawberries**
- 1 tablespoon (15 ml) fresh mint leaves**
- 2 cups (473 ml) chopped watermelon, cut into ½-inch (1.25 cm) pieces**

1. Put all of the ingredients, in the order listed, into the blending cup. Select High and blend, using a gentle up-and-down motion, until smooth, about 30 seconds.
2. Serve immediately.

*Nutritional information per serving [1 cup (250 ml)]: Calories 75 (10% from fat)*  
• carb. 18g • sugar 3g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg  
• sod. 5mg • calc. 24mg • fiber 2g

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## SAUCES AND DRESSINGS

### Aioli/Mayonnaise

*A hefty amount of garlic transforms this mayonnaise recipe into aioli, a dip traditionally used for crudités. Like mayonnaise, it can also be used to top burgers, fish and crab cakes.*

Makes about 1 cup (250 ml)

- 2** garlic cloves, peeled (if making aioli)
- 2** large egg yolks
- 2** tablespoons (30 ml) fresh lemon juice
- 1 to 2** pinches kosher salt
- 1** tablespoon (15 ml) Dijon-style mustard
- 1 1/3** cups (325 ml) vegetable oil

1. Put all of the ingredients (leaving out the garlic if making mayonnaise), in the order listed, into the blending cup. Allow to sit for about 30 seconds to 1 minute.
2. Insert the blending shaft into the blending cup so that the blade guard touches the bottom of the cup. Select Low and blend, keeping the blade on the bottom. Once the ingredients thicken and start to emulsify, continue processing, using a gentle up-and-down motion, until completely thick and all of the oil is completely incorporated.
3. Taste and adjust seasoning as desired.

*Nutritional information per serving [1 tablespoon (15 ml), Aioli]:*

*Calories 169 (98% from fat) • carb. 1g • sugar 0g • pro. 0g • fat 19g • sat. fat 3g • chol. 23mg • sod. 23mg • calc. 33mg • fiber 0g*

*Nutritional information per serving [1 tablespoon (15 ml), Mayonnaise]: Calories 169*

*(98% from fat) • carb. 0g • sugar 0g • pro. 0g • fat 19g • sat. fat 2g • chol. 23mg • sod. 32mg • calc. 3mg • fiber 0g*

### Basic Vinaigrette

*Use this recipe as a guide for making various combinations. Simple additions, like fresh or dried herbs, citrus or honey, can make a new dressing every time.*

Makes about 1 cup (250 ml)

- 1/4** cup (60 ml) wine vinegar
- 1** teaspoon (5 ml) Dijon mustard
- 1/4** teaspoon (1 ml) kosher salt
- 1/8** teaspoon (0.5 ml) freshly ground black pepper
- 3/4** cup (175 ml) olive oil

- 
1. Put all of the ingredients, in the order listed, into the blending cup. Select Low and blend, keeping the metal blade completely submerged, until the mixture starts to emulsify. Continue processing, using a gentle up-and-down motion, until homogenous, about 30 seconds.
  2. Taste and adjust seasoning as desired.

*Nutritional information per serving [2 tablespoon (30 ml)]: Calories 181 (100% from fat)*

*• carb. 0g • sugar 0g • pro. 0g • fat 21g • sat. fat 3g • chol. 0mg • sod. 91mg • calc. 0mg • fiber 0g*

### Mixed Citrus Vinaigrette

*Use any variety of citrus in this recipe to dress up your typical green salad.*

Makes about 1 cup (250 ml)

- 1** 1-inch (2.5 cm) piece shallot, peeled
- 1** teaspoon (5 ml) Dijon-style mustard
- 1** teaspoon (5 ml) fresh thyme leaves
- 1/4** teaspoon (1 ml) kosher salt
- Pinch** freshly ground black pepper
- 1/2** grapefruit, juiced [about 3 tablespoons (45 ml)]
- 1/2** orange, juiced [about 2 tablespoons (30 ml)]
- 1/2** lemon, juiced [about 1 tablespoon (15 ml)]
- 1/4** teaspoon (1 ml) mixed grapefruit, orange and lemon peel, bitter white pith removed
- 2/3** cup (150 ml) light olive oil

1. Put all of the ingredients, except for the olive oil, into the blending cup in the order listed. Select High and blend until mixed and ingredients are broken up, about 10 seconds.
2. Add oil. Select Low and blend, keeping the metal blade completely submerged, until the mixture starts to emulsify. Continue processing, using a gentle up-and-down motion, until homogenous, about 10 additional seconds.
3. Taste and adjust seasoning as desired.

*Nutritional information per serving [2 tablespoons (30 ml)]: Calories 168 (95% from fat)*

*• carb. 2g • sugar 0g • pro. 0g • fat 19g • sat. fat 3g • chol. 168mg • sod. 82mg • calc. 2mg • fiber 0g*

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## Hollandaise Sauce

*Using a hand blender makes this tricky-to-make sauce a no-fuss recipe that you will want to put on top of more than just poached eggs.*

Makes about 1 cup (250 ml)

**4 large egg yolks**  
**1 tablespoon (15 ml) fresh lemon juice**  
**¾ teaspoon (3.75 ml) kosher salt**  
**½ pound [225 g (2 sticks)] unsalted butter, melted and kept slightly warm (not hot)**  
**Warm water, as needed**

1. Put the egg yolks, lemon juice and salt into the blending cup. Slowly pour the warm butter into the cup, carefully leaving any white milk solids on the bottom of the pot behind. Allow to rest for about 1 minute.
2. Insert the blending shaft into the blending cup so that the blade guard touches the bottom of the cup. Select Low and blend, keeping the blade on the bottom. Once the ingredients thicken and start to emulsify, continue processing, using a gentle up-and-down motion, until thick and all the ingredients are incorporated.
3. If sauce is too thick, blend in warm water, 1 teaspoon (5 ml) at a time, until desired consistency is achieved [approximately 2 tablespoons (30 ml) total].
4. Taste and adjust seasoning as desired. Serve immediately or transfer to a double boiler to keep warm.

*Nutritional information per serving [2 tablespoons (30 ml)]:* Calories 230 (97% from fat)  
• carb. 0g • sugar 0g • pro. 1g • fat 25g • sat. fat 15g • chol. 153mg  
• sod. 218mg • calc. 11mg • fiber 0g

## Mango Salsa

*Serve alongside warm tortilla chips or over grilled chicken, fish or pork. The fresh flavours will brighten any simple meal.*

Makes about 1 cup (237 ml)

**1 small garlic clove, peeled**  
**¼ jalapeño, seeded and halved**  
**1 scallion, cut into ½-inch (1.25 cm) pieces**  
**1 tablespoon (15 ml) packed cilantro leaves**  
**1 cup (237 ml) grape tomatoes, halved**  
**½ cup (118 ml) chopped mango, [½-inch (1.25 cm) pieces]**  
**¼ teaspoon (1 ml) kosher salt**  
**Pinch freshly ground black pepper**  
**1 teaspoon (5 ml) fresh lime juice**

1. Put the garlic, jalapeño, scallion and cilantro into the chopping cup. Select High and pulse to chop, about 6 to 8 times. Transfer to a medium bowl.
2. Add grape tomatoes and mango to chopping cup. Pulse again on High to roughly chop, about 5 to 6 times. Transfer to bowl with chopped garlic, jalapeño and cilantro. Add salt, pepper and lime juice; stir.
3. Taste and adjust seasoning as desired. Strain if necessary.

*Nutritional information per serving [¼ cup (60 ml)]:* Calories 23 (6% from fat)  
• carb. 6g • sugar 4g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg  
• sod. 137mg • calc. 15mg • fiber 1g

## Salsa Verde

*Spoon this green, herby sauce over grilled meat. For a variation, try a combination of parsley and cilantro or fresh oregano leaves.*

Makes ¾ cup (177 ml)

**1 small garlic clove, peeled**  
**¼ small jalapeño or serrano chile**  
**1 small scallion trimmed and cut into ½-inch (1.25 cm) pieces**  
**1 cup (237 ml) fresh parsley leaves**  
**½ teaspoon (2.5 ml) red wine vinegar**  
**¼ teaspoon (1 ml) kosher salt**  
**Pinch freshly ground black pepper**  
**¾ cup (175 ml) extra virgin olive oil**

1. Put the garlic, jalapeño and scallion into the chopping cup. Select High and process to finely chop, 5 to 8 seconds. Add parsley. Pulse again on High to medium chop, about 16 times. Transfer to a small mixing bowl.
2. Add vinegar, salt, pepper and oil to chopped parsley mixture. Stir with a spoon.
3. Taste and adjust seasoning as desired.

*Nutritional information per serving [2 tablespoons (30 ml)]:* Calories 246 (98% from fat)  
• carb. 1g • sugar 0g • pro. 0g • fat 28g • sat. fat 4g • chol. 0mg  
• sod. 105mg • calc. 18mg • fiber 0g

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## SOUPS

### Asparagus Leek Soup

*This soup practically screams “Spring!”  
when asparagus and leeks are abundant.*

Makes about 7½ cups (1.8 L)

- 2 garlic cloves, peeled
- 2 medium leeks, white and light green parts only, cut into 1-inch (2.5 cm) pieces
- 2 tablespoons (30 ml) olive oil
- 1 to 1½ teaspoons (5 to 7.5 ml) kosher salt, to taste, divided
- 2 large bunches asparagus [about 2 to 2½ pounds (907 g to 1.1 kg)], rough ends trimmed and cut into 2-inch (5 cm) pieces (tips removed and reserved for garnish), optional (see note in step 4)
- 1 large red potato [about 8 ounces (227 g)], peeled and cut into ½-inch (1.25 cm) pieces, held in water to prevent oxidation
- ¼ cup (60 ml) dry white wine or cognac
- ¼ teaspoon (1 ml) freshly ground black pepper
- 5 cups (1.25 L) vegetable or chicken broth, low sodium (the more clear the broth, the greener the soup will be)
- 1 teaspoon (5 ml) fresh lemon juice
- Crème fraîche for garnish
- Chopped chives for garnish

1. Put the garlic into the chopping cup. Select High and process to chop, about 2 to 3 seconds. Remove and reserve. Put the leeks into the chopping cup and process on High until chopped, about 8 seconds.
2. Heat the olive oil in a small to medium stockpot set over medium heat. Once hot, add the garlic and leeks with ¼ teaspoon (1 ml) of the salt; stir until you hear a slight sizzle and then cover pot to sweat the leeks for about 5 to 10 minutes, until they are very soft.
3. Add the asparagus, potato and ½ teaspoon (2.5 ml) of the salt to the pan. Stir to coat all vegetables and sauté until soft, about 10 minutes. Pour in white wine or cognac and stir until completely reduced. Add remaining salt and pepper, and stir in the vegetable broth. Simmer, partially covered, until all the vegetables are very tender, about 20 to 25 minutes.
4. 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 colour. Once cool, slice tips thinly lengthwise for garnish. (Note: This step is optional, but makes for a great presentation.)
5. Remove soup from heat. Select Medium and blend, using a gentle up-and-down motion. Gradually increase to High until very smooth, about 1½ minutes.

6. Stir in lemon juice. Taste and adjust seasonings as desired.
7. Serve immediately, garnishing with a dollop of crème fraîche, some chopped chives and asparagus tips.

*Nutritional information per serving [about 1 cup (>250 ml)]:* Calories 116 (31% from fat)  
• carb. 15g • sugar 5g • pro. 5g • fat 4g • sat. fat 1g • chol. 0mg  
• sod. 747mg • calc. 52mg • fiber 4g

### Black Bean Soup

*This soup gets its rich texture from not rinsing the beans;  
the starchy liquid from the can is used to thicken the soup.*

Makes about 6 cups (1.5 L)

- 2 garlic cloves, peeled
- 1 small onion, cut into ½-inch (1.25 cm) pieces
- 1 jalapeño, seeded and cut into ½-inch (1.25 cm) pieces
- 1 red bell pepper, cut into ½-inch (1.25 cm) pieces
- 1 tablespoon (15 ml) olive oil
- 1¼ teaspoons (6 ml) kosher salt, divided
- 1 bay leaf
- 1 teaspoon (5 ml) ground cumin
- 3 15-ounce (425 g) cans black beans, not drained
- 1 cup (250 ml) chicken broth, low sodium
- 1 teaspoon (5 ml) red wine vinegar
- Crème fraîche or plain, full-fat yogurt for garnish
- Cilantro for garnish
- Tortilla chips for garnish

1. In 2 to 3 batches, put the garlic, onion, jalapeño and bell pepper into the work bowl. Select High and pulse until finely chopped, about 8 to 10 times.
2. Heat the oil in a small to medium stockpot over medium heat. Once the oil is hot, add the vegetables and sauté until soft, about 5 to 7 minutes.
3. Add ¾ teaspoon (3.75 ml) of the salt, bay leaf and cumin. Cook for 1 minute to toast the cumin.
4. Add the beans (with liquid from can) and the stock. Simmer, partially covered, until all the ingredients are tender and the flavours have melded together, about 20 to 25 minutes. Remove bay leaf.
5. Remove soup from the heat. Select Medium and blend, using a gentle up-and-down motion. Gradually increase to High until very smooth, about 1 minute. Add remaining salt and vinegar; blend an additional 10 to 15 seconds to incorporate.
6. Taste and adjust seasoning as desired.
7. Serve, garnishing with crème fraîche, cilantro and tortilla chips.

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*Nutritional information per serving [1 cup (250 ml)]: Calories 288 (13% from fat)*

• carb. 47g • sugar 2g • pro. 18g • fat 4g • sat. fat 1g • chol. 0mg  
• sod. 589mg • calc. 63mg • fiber 17g

## Carrot Ginger Soup

*A small amount of ginger goes a long way in this naturally sweet soup.  
Increase the amount for an even bigger kick.*

Makes about 6½ cups (1.625 L)

- 1 small onion, cut into ½-inch (1.25 cm) pieces**
- 1 garlic clove, peeled**
- 1-inch (2.5 cm) piece fresh ginger, peeled and cut in half**
- 2 tablespoons (30 ml) unsalted butter or olive oil**
- 1 teaspoon (5 ml) kosher salt, divided**
- 1 pound (454 g) carrots, peeled and cut into ½-inch (1.25 cm) slices**
- ¼ teaspoon (1 ml) ground cinnamon**
- ⅛ teaspoon (0.5 ml) ground allspice**
- Pinch freshly ground nutmeg**
- 1 thyme sprig**
- 5 cups (1.25 L) chicken broth, low sodium**

1. In 2 batches, put the onion, garlic and ginger into the chopping cup. Select High and pulse until finely chopped, about 5 to 6 times. Reserve.
2. Heat the butter or olive oil in a small to medium stockpot set over medium heat. Once the butter or olive oil is hot, add the onion, garlic, ginger and ¼ teaspoon (1 ml) of the salt. Cook until soft and fragrant, about 5 minutes.
3. Add the carrots, remaining salt, spices and thyme sprig to the skillet; stir to coat ingredients and cook until carrots are slightly tender, about 8 minutes. Add broth and simmer until all the vegetables are very tender and the flavors have melded together, about 20 to 25 minutes. Remove thyme sprig.
4. Remove soup from heat. Select Medium and blend, using a gentle up-and-down motion. Gradually increase to High until very smooth, about 1 minute.
5. Taste and adjust seasoning as desired.

*Nutritional information per serving [about 1 cup (250 ml)]: Calories 133 (44% from fat)*

• carb. 10g • sugar 4 g • pro. 4g • fat 5g • sat. fat 1g • chol. 0mg  
• sod. 871mg • calc. 47mg • fiber 2g

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## Cauliflower Soup

*Let this soup warm you up on a cold, winter afternoon.  
It is so easy to prepare with your hand blender.*

Makes 6 cups (1.5 L)

- 1 tablespoon (15 ml) olive oil**
- 1 medium leek, white and light green parts only, thinly sliced**
- 1 medium head cauliflower, about 2½ pounds (1.1 kg), cut into florets**
- 1½ teaspoons (7.5 ml) kosher salt, divided**
- ¼ teaspoon (1 ml) freshly ground pepper**
- ¼ teaspoon (1 ml) caraway seeds**
- 4 cups (1 L) vegetable broth**

1. Heat the olive oil in a medium stockpot set over medium heat. Once warm, add the leeks and gently sauté until soft and fragrant, about 5 minutes, being careful that they do not pick up any color.
2. Add the florets and 1 teaspoon (5 ml) of the salt, pepper and caraway seeds. Stir and gently sauté for an additional couple of minutes. Add the broth and remaining salt, and simmer, partially covered, until the cauliflower is very tender, about 20 to 25 minutes.
3. Remove soup from heat. Select Medium and blend, using a gentle up-and-down motion. Gradually increase to High until very smooth, about 1 to 2 minutes. If the soup seems too thick, add additional stock or water until desired consistency is achieved.
4. Taste and adjust seasoning as desired.

*Nutritional information per serving [about 1 cup (250 ml)]: Calories 76 (30% from fat)*

• carb. 10g • sugar 4g • pro. 4g • fat 3g • sat. fat 0g • chol. 0mg  
• sod. 991mg • calc. 53mg • fiber 4g

## Creamy Tomato Soup

*This childhood classic is pure comfort food.*

Makes about 6½ cups (1.5 L)

- 1 onion, cut into ½-inch (1.25 cm) pieces**
- 2 garlic cloves, peeled**
- 1 celery stalk, cut into ½-inch (1.25 cm) pieces**
- 1 small carrot, peeled and cut into ½-inch (1.25 cm) pieces**
- 1 tablespoon (15 ml) olive oil**
- 2 tablespoons (30 ml) unsalted butter**
- ¾ teaspoon (3.75 ml) kosher salt, divided**
- 1 teaspoon (5 ml) fresh thyme leaves**
- 2 tablespoons (30 ml) tomato paste**
- 1 can [793 g (28-ounce)] whole, peeled plum tomatoes**

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#### 4 cups (1 L) vegetable broth

1. Put the onion and garlic to the chopping cup. Select High and pulse until finely chopped, about 6 times. Remove and set aside. Add the celery and carrot to the chopping cup. Pulse on High until finely chopped, about 8 to 9 times. Remove and set aside with the onion and garlic.
2. Heat the oil and butter in a medium stockpot set over medium heat. Once the butter melts, add the chopped vegetables with ½ teaspoon (2.5 ml) of the salt and the thyme, and sauté until softened, about 5 to 6 minutes. Stir in the tomato paste and cook 1 to 2 minutes.
3. Add the tomatoes with juices to the pot; gently break up tomatoes with a wooden spoon or rubber spatula.
4. Add the vegetable stock and simmer, partially covered, until all the flavours have melded together, about 20 to 25 minutes.
5. Remove soup from heat. Select Medium and blend, using a gentle up-and-down motion. Gradually increase to High until very smooth, about 1 minute 30 seconds. Add remaining salt; blend for an additional 10 to 15 seconds to incorporate.
6. Taste and adjust seasoning as desired.

*Nutritional information per serving [1 cup (250 ml)]: Calories 91 (51% from fat)*  
• carb. 10g • sugar 5g • pro. 2g • fat 5g • sat. fat 3g • chol. 9mg  
• sod. 810mg • calc. 27mg • fiber 2g

## Roasted Red Pepper Soup

*This soup is so good and easy to make that it may become a new staple in your household, especially if you have the ingredients on hand.*

Makes 4 cups (1 L)

- 1 garlic clove, finely chopped
- 1 small shallot, cut into ½-inch (1.25 cm) pieces
- 1 tablespoon (15 ml) olive oil 1 teaspoon (5 ml) fresh thyme leaves
- ¾ teaspoon (3.75 ml) kosher salt, divided
- 1 to 2 pinches freshly ground black pepper
- 1 tablespoon (15 ml) sherry
- 4 roasted red bell peppers, seeded [may use one, 12-ounce (340 g) jar or homemade] and cut into 1-inch (2.5 cm) pieces
- 3 cups (750 ml) chicken broth, low sodium
- ½ cup (125 ml) heavy cream
- ¼ teaspoon (1 ml) grated orange zest

1. Put the garlic and shallot into the chopping cup. Select High and process until finely chopped, about 5 seconds. Reserve.

2. Heat the olive oil in a small to medium stockpot set over medium heat. When the oil is hot, add the garlic, shallot, thyme, ¼ teaspoon (1 ml) of the salt and one pinch of the pepper to the skillet; cook until soft and fragrant, about 5 minutes. Add the sherry, scraping up any brown bits from the bottom of the pan. Cook until sherry is almost evaporated, about 1 minute.
3. Add the roasted peppers and chicken broth to the pot. Simmer, partially covered, until all the flavours are melded together, about 20 to 25 minutes.
4. Remove soup from heat and add heavy cream, orange zest and remaining salt and pepper. Select Medium and blend, using a gentle up-and-down motion. Gradually increase to High until very smooth, about 1 minute.
5. Taste and adjust seasoning as desired.

*Nutritional information per serving [about 1 cup (250 ml)]: Calories 216 (63% from fat)*  
• carb. 13g • sugar 6g • pro. 6g • fat 15g • sat. fat 8g • chol. 40mg  
• sod. 459mg • calc. 18mg • fiber 3g

## Mashed Potatoes and Vegetables

*Simple Mashed Potatoes, Plus Variation*

Makes about 12 cups (3 L)

- 5 pounds (2.2 kg) Yukon Gold potatoes, peeled and cut into 1-inch (2.5 cm) pieces
- 1 cup (250 ml) whole milk
- 6 tablespoons (90 ml) butter
- 1 teaspoon (5 ml) kosher salt
- ¼ teaspoon (1 m) freshly ground black pepper

1. Put the potatoes into a large stockpot. Cover with 1 inch (2.5 cm) of water and boil until very tender. Drain and return to pot.
2. While the boiled potatoes are still very hot, insert the potato masher attachment into the hand blender. Select Low and mash potatoes evenly, using just one, gentle up-and-down motion in each section. Add the remaining ingredients and continue mashing until all ingredients are incorporated.
3. Taste and adjust seasoning as desired. Serve immediately.

For a variation, decrease the milk to ½ cup to ¾ cup (125 to 175 ml), the butter to 3 tablespoons (45 ml) and add one, 5.2-ounce (147 g) container goat cheese with garlic and fine herbs.

*Nutritional information per serving [about 1 cup (>250 ml), Simple Mashed Potatoes]:*  
Calories 219 (27% from fat) • carb. 34g • sugar 1g • pro. 5g • fat 6g • sat. fat 4g  
• chol. 18mg • sod. 200mg • calc. 27mg • fiber 2g

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*Nutritional information per serving [about 1 cup (>250 ml), Variation]:*  
Calories 228 (32% from fat) • carb. 34g • sugar 1g • pro. 6g • fat 8g • sat. fat 5g  
• chol. 22mg • sod. 271mg • calc. 13mg • fiber 3g

## Rustic Turnip Mash

*Any root vegetable can be substituted in this simple recipe.*

Makes about 3 cups (750 ml)

- 2 pounds (907 kg) turnips, peeled and cut into 1-inch (2.5 cm) pieces**
- 4 garlic cloves**
- 3 tablespoons (45 ml) olive oil**
- 1 tablespoon (15 ml) finely chopped fresh rosemary**
- 1½ teaspoons (7.5 ml) kosher salt**
- Pinch freshly ground black pepper**
- 2 teaspoons (10 ml) balsamic glaze for drizzling**

1. Preheat oven to 350°F (176°C). Wrap garlic cloves in aluminum foil. Roast for 30 minutes until golden and very tender. Reserve.
2. While garlic is roasting, steam or roast turnips until very tender. Once very tender, put hot, cooked turnips into a large mixing bowl. Insert the mashed potato attachment into the hand blender. Select High and mash turnips evenly, using a gentle up-and-down motion. Add the remaining ingredients to the bowl, including the flesh of the roasted garlic, and continue mashing until all of the ingredients are incorporated.
3. Taste and adjust seasoning as desired.
4. Drizzle with balsamic glaze and serve.

*Nutritional information per serving [1 cup (250 ml)]:* Calories 219 (55% from fat)  
• carb. 23g • sugar 14g • pro. 3g • fat 14g • sat. fat 2g • chol. 0mg  
• sod. 1271mg • calc. 100mg • fiber 6g

## Sweet Mashed Potatoes with Meringue

*This not-too-sweet marshmallow-like topping complements the savoury notes in the sweet potatoes perfectly.*

Makes 7½ cups (1.77 L)

**For the sweet potato mash:**

- 4 pounds (1.8 kg) sweet potatoes**
- 1¼ teaspoons (6 ml) salt**
- ¼ teaspoon (1 ml) pepper**
- ½ teaspoon (2.5 ml) cinnamon**
- Pinch freshly ground nutmeg**

**For the meringue:**

- 3 egg whites**
- ½ cup (118 ml) granulated sugar**
- ½ teaspoon (2.5 ml) cream of tartar**

1. Bake or boil sweet potatoes until very tender. Put the flesh of the hot, cooked sweet potatoes into a large mixing bowl. Insert the mashed potato attachment into the hand blender. Select High and evenly mash the sweet potatoes using a gentle up-and-down motion. Add the salt, pepper, cinnamon and nutmeg to the bowl and continue mashing until ingredients are incorporated. Transfer to a 1¼-quart (1.18 L) baking dish.
2. In a separate clean, large mixing bowl, combine egg whites, sugar and cream of tartar. Remove the mashed potato attachment and insert the whisk attachment. Select Low and whisk meringue ingredients together, gradually increasing speed to Medium, until the mixture has tripled in volume and medium peaks have been achieved, about 3 minutes. Evenly spread mixture over sweet mashed potatoes.
3. Broil on High until meringue becomes lightly golden, about 1½ to 2 minutes.
4. Serve immediately.

*Nutritional information per serving [about 1 cup (>250 ml)]:* Calories 266 (1% from fat)  
• carb. 63g • sugar 21g • pro. 6g • fat 0g • sat. fat 0g • chol. 0mg  
• sod. 166mg • calc. 80mg • fiber 8g

## DESSERTS

### Applesauce

*You can keep the texture of the applesauce as chunky or as smooth as you like with your hand blender.*

Makes about 6 cups (1.5 L)

- 4 pound (1.8 kg) apples (Fuji and Gala work well), peeled, cored and cut into 1- to 2-inch (2.5 to 5 cm) pieces**
- ¾ cup (175 ml) water**
- ¼ cup (60 ml) fresh lemon juice**
- 2 tablespoons (30 ml) to ¼ cup (60 ml) packed light brown sugar**
- 2 cinnamon sticks**
- 2 pinches freshly ground nutmeg**
- 2 pinches ground cloves**
- Pinch kosher salt**
- 1 tablespoon (15 ml) unsalted butter (optional)**

1. Put all of the ingredients, except for the butter, into a small to medium stockpot. Bring to a boil over medium-high heat, then reduce the heat to medium low. Simmer, stirring occasionally, until the apples are very tender, about 45 minutes.
2. Remove from heat and remove the cinnamon sticks. If using, add the butter.
3. Select High and blend, using a gentle up-and-down motion, until the ingredients are well combined and no large chunks remain, about 1 to 1½ minutes. Adjust blending time depending on desired consistency.
4. Taste and adjust seasoning and sweetness as desired.

*Nutritional information per serving [1 cup (250 ml)]: Calories 180 (21% from fat)*  
 • carb. 48g • sugar 39 • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg  
 • sod. 49mg • calc. 25mg • fiber 4g

## Berry Fool

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

Makes 5½ cups (1.3 L)

- 2 cups (473 ml) mixed berries (strawberries, raspberries, blueberries)**
- 1 tablespoon (15 ml) granulated sugar**
- 2 cups (500 ml) heavy cream, chilled**
- 2 tablespoons (30 ml) confectioners' sugar**
- ½ teaspoon (2.5 ml) pure vanilla extract**

1. Put the berries and granulated sugar into the blending cup. Select High and blend, using a gentle up-and-down motion, until mixture is almost fully puréed, about 20 seconds. Reserve.
2. Put the remaining ingredients into a medium to large mixing bowl. Insert the whisk attachment. Select Low and whisk until medium peaks form, gradually increasing to Medium, 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 (125 ml)]: Calories 168 (85% from fat)*  
 • carb. 5g • sugar 4g • pro. 0g • fat 15g • sat. fat 10g • chol. 58mg  
 • sod. 0mg • calc. 3mg • fiber 1g

## Sweetened Whipped Cream

*The whisk attachment on your hand blender makes making whipped cream a breeze compared to making it by hand.*

Makes 2 cups (500 ml)

- ¼ cups (300 ml) chilled heavy cream**
- 2 tablespoons (30 ml) confectioners' sugar**
- 1½ teaspoons (7.5 ml) vanilla extract**

1. Put all of the ingredients in a large bowl. Insert the whisk attachment. Select Low and whisk until desired stiffness, gradually increasing to Medium. Whipped cream will reach soft peaks between 50 and 60 seconds.
2. Serve immediately.

*Nutritional information per serving [2 tablespoons (30 ml)]: Calories 67 (88% from fat)*  
 • carb. 2g • sugar 1g • pro. 0g • fat 6g • sat. fat 5g • chol. 25mg  
 • sod. 6mg • calc. 0mg • fiber 0g



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# WARRANTY

## LIMITED THREE-YEAR

### WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at [www.cuisinart.ca](http://www.cuisinart.ca) to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product 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.

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If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

Toll-free phone number:

1-800-472-7606

Address:

Cuisinart Canada

100 Conair Parkway

Woodbridge, Ont. L4H 0L2

Email:

[consumer\\_Canada@conair.com](mailto:consumer_Canada@conair.com)

**Model: CSB-100C**

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
  - Return address and phone number
  - Description of the product defect
  - Product date code\*/copy of original proof of purchase
  - Any other information pertinent to the product's return
- \* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

Note: We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us. To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606. For more information, please visit our website at [www.cuisinart.ca](http://www.cuisinart.ca).

# Cuisinart® MD



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