

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



SMARTPOWER™

3-Speed Electronic and
5-Speed Electronic Hand Mixers

HTM-3
HTM-5

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. To protect against risk of electrical shock, do not put the hand mixer or cord in water or other liquid. If hand mixer or cord falls into liquid, unplug the cord from outlet immediately. Do not reach into the liquid.
3. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beaters during operation to reduce risk of injury to persons, and/or damage to the mixer.
6. Remove beaters from the mixer before washing.
7. Do not operate any appliance with a damaged cord or plug after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized Cuisinart service facility for examination, repair, or mechanical or electrical adjustment.
8. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
9. Do not use outdoors or anywhere the cord or mixer might come into contact with water while in use.
10. To avoid possibility of mixer being accidentally pulled off work area, which could result in damage to the mixer or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surface, including the stove.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

NOTICE

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

INTRODUCTION

Whether you're making a quick cake mix for an after-school party or treating friends to decadent chocolate mousse brownies, the Cuisinart® SmartPower™ Mixer will serve you well. Its superior mixing performance and state-of-the-art features spoil you for any other mixer. Super-sized beaters power through

heavy cookie dough and vegetable purées. They also produce smooth, fine-textured egg whites for light desserts. The SmartPower™ Mixer is built with the same commitment to the home cook as all other fine Cuisinart® kitchen products.

FEATURES AND BENEFITS

220 Watts of Power

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

Maximum Comfort

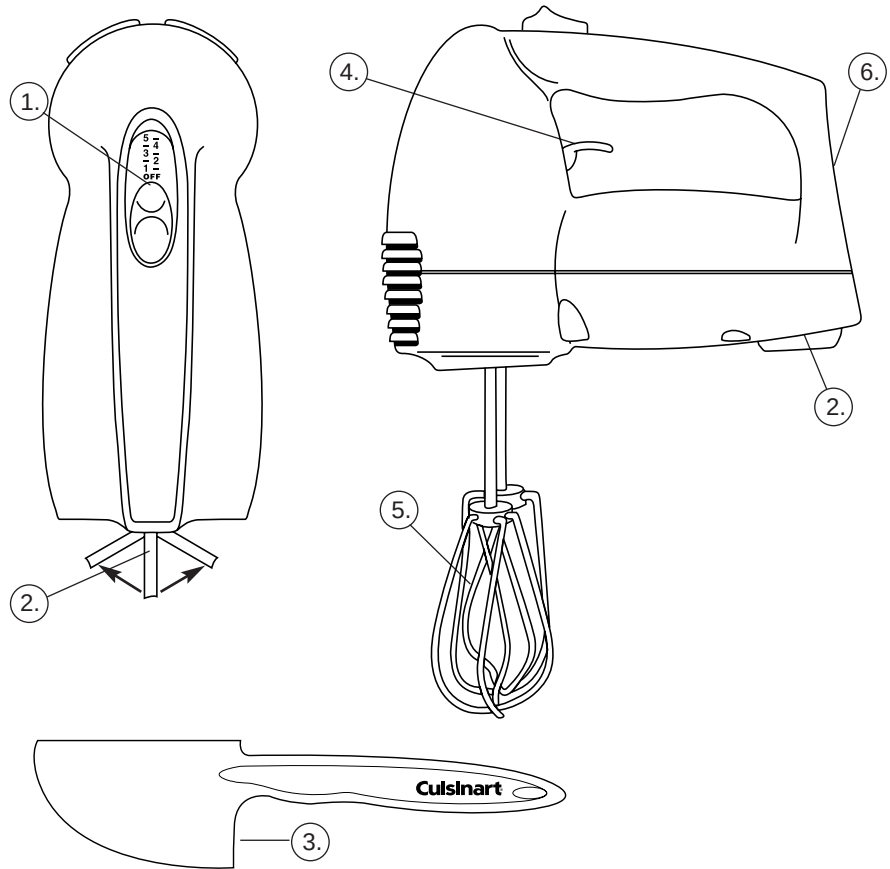
Balanced to do more work for you. The shape of the unit allows maximum possible power and balance. Stress-free grip provides unparalleled comfort and control, even during extended mixing.

Automatic Feedback

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

1. Speed Control

Provides fingertip control of all speeds.



2. Exclusive Rotating Swivel Cord

Unique swivel cord can be positioned for comfort with right or left-handed use. (Patent pending)

3. Spatula Included

4. Beater Release Trigger

Conveniently located trigger for easy ejection of beaters.

5. Extra-Long Beaters

Extra-long, extra-wide stainless steel beaters for superior, faster aerating, mixing, and whipping. Designed with no center post to prevent ingredients from clogging up beaters. Beaters are easy to clean and dishwasher safe.

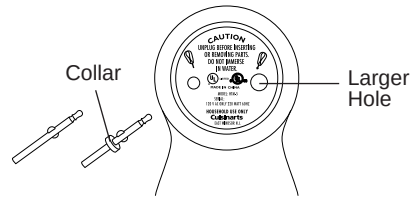
6. Heel Rest

Allows mixer to rest squarely on countertop.

7. Easy To Clean (not shown)

The SmartPower™ Mixer has a smooth, sealed base. It wipes clean instantly.

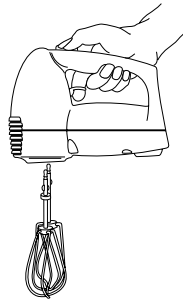
USE AND CARE



Inserting Super-Sized Beaters:

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

Cleaning and Removing Super-Sized Beaters:



1. Before cleaning the SmartPower™ Mixer, set the speed control switch to OFF and unplug it from the wall outlet. Pull up on the beater release trigger and remove beaters from the mixer. Wash the beaters after each use in hot, soapy water or in a dishwasher.

2. **NEVER PUT THE MOTOR HOUSING IN WATER OR OTHER LIQUID TO CLEAN.** Wipe with a damp cloth or sponge. Do not use abrasive cleansers, which could scratch the surface.

QUICK REFERENCE CHART

Mixing Techniques

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

Speed 1/Low Speed

- Start mixing most ingredients together
- Combine dry ingredients
- Cream butter and sugar
- Mix heavy cookie doughs
- Mash potatoes/squash
- Add nuts, chips, dried fruit to doughs and batters
- Add flour to batters, or liquids to dry ingredients
- Start mixing frostings
- Start mixing cake mixes

Speed 2/Low Speed

- Add eggs to batters/doughs
- Whip potatoes/squash
- Mix pudding batters

Speed 3/Medium Speed

- Complete beating cake mixes
- Mix scratch cake batters
- Complete mixing frostings
- Whip potatoes/squash
- Beat whole eggs/yolks
- Start whipping cream

Speed 4/High Speed

- Complete whipping cream

Speed 5/High Speed

- Whip egg whites

RECIPES

Mixing Tips

- Always read entire recipe and measure all ingredients before beginning the mixing process.
- For best results, do not measure flour directly from the bag. Pour into a container or bowl, scoop out the flour and level with the back of a knife or spatula. For flour stored in a container, stir before measuring.
- Eggs, butter or cream cheese combine more thoroughly at room temperature.
- Remove butter for recipe first and cut into 1/2-inch pieces, then measure out remaining ingredients for recipe. This will hasten the warming process. Do not warm butter for baking in a microwave unless instructed to do so. Microwaving can melt butter; melted butter will change the final product.
- The best cheesecakes are made when the eggs and cream cheese are a similar room temperature. While the Cuisinart hand mixer can easily mix cold cream cheese, the trick is not to add too much air, which can cause cracking.
- For best results, use heavy cream, cold from the refrigerator, for whipped cream.
- For best results, whip egg whites in a spotlessly clean stainless steel or glass

mixing bowl. If available, use a copper mixing bowl. Chocolate chips, nuts, raisins, etc. can be added using speeds 1 or 2 of your hand mixer.

- To separate eggs for any recipe, break them one at a time into a small bowl, gently remove yolks, then transfer egg whites to spotlessly clean mixing bowl. If a yolk breaks into the egg white, reserve that one for another use. Just a drop of egg yolk in the white will prevent the whites from whipping properly.
- To achieve the best volume when whipping egg whites, the mixing bowl and chef's whisk attachment or beaters must be spotlessly clean and free of any fat, oil, etc. (Plastic bowls are not recommended for whipping egg whites.) The presence of any trace of fat or oil will prevent the egg whites from increasing in volume. Wash bowl and attachments thoroughly before beginning again.
- Occasionally ingredients may stick to the sides of the mixing bowl. When this occurs, turn mixer off and scrape the sides of the bowl with a rubber spatula.

Recipe Notes

Preparation times are estimates and are based on the time it takes to prepare, assemble, and cook the ingredients once they have been gathered from the refrigerator and cupboard and placed on the counter.

Nutritional analyses are based on number of servings indicated. If a recipe produces a range of servings, they are based on the highest serving yield for that particular recipe.

SWEETS

Nutmeg Muffins

These tasty muffins are just right for a holiday bread basket.

Preparation: 10 – 15 minutes
plus baking time
Makes 12 regular or 24 mini muffins

- Cooking spray**
- 2 cups unbleached all-purpose flour**
- 3 tablespoons brown sugar, packed**
- 1 tablespoon baking powder**
- 1/2 teaspoon freshly grated nutmeg**
- 1/4 teaspoon salt**
- 2 large eggs**
- 1 cup evaporated skimmed milk (not reconstituted), or whole milk**
- 1/4 cup unsalted butter, melted and cooled**

Preheat the oven to 375°F. Spray 12 regular or 24 mini muffin cups.

Place the flour, brown sugar, baking powder, nutmeg, and salt in a medium bowl. Mix on speed 2/Low for 30 seconds to combine and break up brown sugar; reserve.

Place the eggs into a second bowl. Beat on speed 2/Low until slightly foamy, 30 seconds. While mixing on speed 2/Low, add the milk and melted butter; mix for 15 seconds. Pour over the dry ingredients, and use speed 1/Low to fold in until the ingredients are just moistened. Scoop into the prepared muffin cups. Bake in the preheated oven 18 to 20 minutes for regular muffins, 14 to 16 minutes for mini muffins, until lightly browned and springy to touch in the center. Serve warm with Maple Orange Butter. (Muffins may be made ahead and frozen; thaw and warm before serving.)

*Nutritional information per serving
(1 regular or 2 mini muffins):
Calories 155 (29% from fat) • carb. 22g •
pro. 5g • fat 5g • sat. fat 39g • chol. 46mg •
sod. 208mg • calc. 141mg • fiber 1g*

Maple Orange Butter

*Maple Orange Butter also makes
a great spread for pancakes, waffles,
biscuits or scones.*

Preparation: 5 minutes or less
Makes 3/4 cup

- 1/2 cup unsalted butter,
room temperature**
- 2 tablespoons maple syrup
(not pancake or sugar syrup)
zest of 1 orange, finely chopped**

Use speed 3/Medium to beat butter in a mixing bowl until light and fluffy, about one minute. Add maple syrup and orange zest; beat on speed 3/Medium for one minute longer until fluffy and completely combined.

*Nutritional information per serving (1 tablespoon):
Calories 76 (88% from fat) • carb. 2g •
pro. 0g • fat 8g • sat. fat 5g • chol. 21mg •
sod. 1mg • calc. 6mg • fiber 0g*

Variation:
For Lemon Honey Butter, substitute honey for the maple syrup and lemon zest for the orange zest.

Double Chocolate Walnut Brownie Drops

Great bite-sized brownies

Preparation: 10 – 15 minutes, plus baking time
Makes 26 (may be doubled)

- 2 ounces unsweetened chocolate,
chopped**
- 1-1/2 cups all-purpose flour**
- 1/2 teaspoon baking powder**
- 1/2 teaspoon salt**
- 8 tablespoons unsalted butter,
cut in 8 pieces**
- 1/2 cup granulated sugar**
- 1/2 cup brown sugar, firmly packed**
- 1 large egg**

Melt the chocolate in a double boiler over hot water or in a microwave according to manufacturer's directions. Let cool. Preheat oven to 350° F. Line baking sheets with parchment or non-stick baking liner sheets.

Place the flour, baking powder and salt in a medium bowl; mix on speed 1/Low for 20 seconds to combine. Reserve.

Place the butter and sugars in a medium bowl. Mix on speed 1/Low for 30 seconds, then mix on speed 5 until light and fluffy, 2 minutes. Add the egg and vanilla, mixing on speed 3 until combined, 20 seconds. Add melted, cooled chocolate; mix 20 seconds on speed 1/Low. Add flour mixture; mix on speed 1/Low until combined, 30 seconds. Add chocolate morsels and walnuts; mix on speed 1/Low to blend, 10 seconds.

Scoop out dough in 1-1/2 tablespoon amounts onto prepared baking sheets. (For ease, speed and uniformity, you may use an ice cream scoop.) Bake in the preheated 350° F oven for 10 to 12 minutes. Let cool on pans 2 minutes, then transfer to a wire rack to cool completely. Just before serving, dust lightly with powdered sugar if desired.

Nutritional information per serving:

Calories 151 (48% from fat) • carb. 18g • pro. 2g • fat 8g • sat. fat 4g • chol. 18mg • sod. 59mg • calc. 15mg • fiber 1g

Oatmeal Monster Cookies

A traditional Cuisinart favorite, these yummy oatmeal cookies are loaded with mix-ins.

Preparation: 10 - 15 minutes, plus baking time.

Makes 60 cookies

- 2 cups all-purpose flour
- 1-1/2 teaspoons baking soda
- 1 teaspoon salt
- 1-1/3 cups unsalted butter, cut in tablespoon sized pieces
- 1-1/3 cups granulated sugar
- 1-1/3 cups light brown sugar, firmly packed
- 2 large eggs
- 3 tablespoons milk
- 2 teaspoons vanilla extract
- 3 cups quick cooking oats
- 2/3 cup coarsely chopped pecans, almonds or walnuts
- 2/3 cup semi-sweet chocolate morsels
- 2/3 cup "white" chocolate morsels
- 2/3 cup almond bristle bits (may substitute coconut)
- 2/3 cup mini M&M® Chocolate Mini Baking Bits
- 2/3 cup raisins or dried tart cherries

Preheat oven to 350° F. Line baking sheets with parchment paper or non-stick baking liners. Combine flour, baking soda and salt in a small bowl.

Mix on speed 1/Low to combine, 10 seconds.

In a large mixing bowl, cream butter and sugars on speed 1/Low until light and fluffy, about 1 minute. Add eggs, milk and vanilla; increase to speed 3/Medium and beat until well blended, about 1 minute.

Add flour mixture to creamed mixture in two additions; beat on speed 2/Low until well mixed. Add oats in 2 additions; beat on speed 2/Low after each addition until well blended. Add nuts and beat on speed 2/Low until just blended. Add chocolate morsels, bristle bits, M&M's®, and raisins; continue to beat on speed 2/Low until blended, about 30 to 40 seconds.

Drop by rounded tablespoons (1-1/2 tablespoons – may use a small ice cream scoop) onto the prepared baking sheets, two inches apart. Bake in preheated 350° F oven until golden, about 10 to 12 minutes. Cool on pan for 2 to 3 minutes, then transfer to a wire rack to cool completely.

Nutritional information per cookie:

Calories 165 (40% from fat) • carb. 23g • pro. 2g • fat 7g • sat. fat 4g • chol. 18mg • sod. 91mg • calc. 25mg • fiber 1g

Lemon Lime Sugar Cookies

These old fashioned, crackly sugar cookies are flavored with lemon and lime for a refreshing change.

Preparation: 10 – 15 minutes, plus baking time.
Makes 50 cookies (3-1/2 pounds cookie dough)

- 4 cups all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, cut in 8 pieces
- 1/2 cup vegetable shortening
- 2-1/2 cups granulated sugar, divided
- 1/2 cup Lyle's Golden Syrup (may use light corn syrup)
- 2 large eggs
- zest of 1 lemon (bitter white pith removed), finely chopped
- zest of 1 lime (bitter white pith removed), finely chopped
- 1 teaspoon lemon extract
- 1 teaspoon lime extract

Preheat oven to 350° F. Line baking sheets with parchment.

Place the flour, baking soda, and salt in a medium bowl. Use speed 1 to blend and aerate, 20 seconds. Reserve.

Place the butter and 2 cups of the sugar in a large bowl. Use speed 1 to blend, 30 seconds. Cream until light and fluffy using speed 5, 1-1/2 minutes.

Add syrup, eggs, and zests. Mix on speed 3 for 30 to 40 seconds until smooth. Add extracts; mix on speed 2 for 30 seconds. Add flour mixture to creamed mixture in two additions; beat on Speed 2 until well mixed.

Using 1-1/2 tablespoons of dough, shape into round balls and dip in remaining sugar to coat. (For ease and speed, use an ice cream scoop.) Arrange balls on parchment lined baking sheet 2-1/2 inches apart. Press each ball gently with the flat bottom of a glass. Bake in preheated 350° F oven for 10 to 12 minutes, until crackled and just beginning to turn golden. Remove from oven, let cool on baking sheet for 2 to 3 minutes, then transfer to a wire rack to cool completely. Store between sheets of waxed paper in an airtight container.

Nutritional information per cookie:
Calories 116 (31% from fat) • carb. 19g •
pro. 1g • fat 15g • sat. fat 2g • chol. 13mg •
sod. 72mg • calc. 5mg • fiber 0g

Meringue Kisses

Light as a cloud, these little kisses are just the thing when the sweet tooth bites.

Preparation: 15 – 20 minutes, plus baking and resting times.
Makes 36

- 1 tablespoon butter, melted
- 2 tablespoons powdered sugar
- 4 large egg whites
- 1/8 teaspoon cream of tartar
- 3/4 cup granulated sugar (superfine is best)
- 1 teaspoon vanilla or almond extract
- 2 ounces chopped semi-sweet or bittersweet chocolate (1/8-inch chop)

Preheat oven to 225° F. Line 2 baking sheets with parchment paper. Brush the parchment lightly with the melted butter, then dust with powdered sugar, shaking off excess sugar.

Place the egg whites and cream of tartar in a medium mixing bowl. Start mixing the egg whites and cream of tartar on speed 1/Low, increasing gently to speed 5/High. Whip until soft peaks form, 1-1/2 to 2 minutes (depending on temperature of egg whites). Sprinkle sugar 1 tablespoon at a time over egg whites and beat on speed 5/High after each addition, until stiff peaks form and mixture is shiny but not dry, about 4 minutes total. Add the vanilla and beat on speed 1/Low to blend in, 10 seconds.

Using a clean rubber spatula, fold in chopped chocolate. Drop by rounded tablespoons onto prepared baking sheets, or gently place meringue mixture in a large pastry bag fitted with a 3/8-inch plain tip and pipe out "kisses". Bake in preheated oven for 1-1/2 hours;

do not open oven . Turn off oven and let sit in warm oven for an additional 1-1/2 hours to dry out. Transfer to a wire rack to cool completely. Store in an airtight container.

Nutritional information per "kiss":

Calories 26 (19 from fat) • carb. 5g • pro. 0g • fat 1g • sat. fat. 0g • chol. 0mg • sod. 8mg • calc. 1mg • fiber 0g

Tip: Meringues are best when made on a dry day.

To make "nests" for mousse:

Draw 3-inch circles on the underside of parchment sheet. Butter and dust with powdered sugar. Pipe concentric circles of meringue into the 3-inch rounds. Pipe another 2 circles on the outermost edge of the meringues. Bake as directed, but increase the baking and resting time to 2 hours. Makes 4.

Apple Cranberry Coffee Cake

This versatile cake can be served as a breakfast or brunch cake, or warmed for dessert and topped with a scoop of vanilla ice cream or softly whipped cream.

Preparation: 15 minutes, plus baking time.
Makes 18 – 24 servings

Cooking spray

- 3 cups sliced apples ***
(peel, core, quarter apples, cut into 1/8-inch slices)
Juice of 1 lemon

- 3/4 cup brown sugar, firmly packed**
1 tablespoon ground cinnamon
1/2 teaspoon freshly grated nutmeg
3 cups all-purpose flour
1 tablespoon baking powder
3/4 teaspoon salt
2 cups granulated sugar
1 cup unsalted butter, cut into 1/2-inch pieces
4 large eggs
2 teaspoons vanilla extract
1/2 cup dried cranberries
(may substitute dried cherries, blueberries or raisins)

Preheat oven to 350° F. Lightly coat a 13 x 9 x 2-inch rectangular baking pan (15 cup) with cooking spray.

Place the apples, lemon juice, brown sugar, cinnamon, nutmeg, and dried cranberries in a medium bowl. Toss gently to combine; reserve.

Place the flour, baking powder, and salt in a medium bowl. Mix on speed 1/Low to blend and aerate, 15 seconds; reserve.

Place the sugar and butter in a large bowl. Mix on speed 2/Low to cream until well blended, 1 minute. Add eggs and vanilla; mix on speed 2/Low until smooth and creamy, about 50 seconds. Add the flour mixture; mix on speed 1/Low until combined and smooth, 1 minute. Batter will be very thick. Spread 2/3 of the batter in the prepared pan. Top evenly with the apple and cranberry

mixture. Spoon the remaining batter randomly over the top of the apple mixture. Bake in preheated oven for 55 to 60 minutes, until a tester inserted in the center comes out clean. Cool in pan on a wire rack for at least 30 minutes before cutting.

* About 1-1/2 pounds apples before trimming.

Nutritional information per serving (24 pieces):

Calories 253 (31% from fat) • carb. 56g • pro. 3g • fat 9g • sat. fat 5g • chol. 75mg • sod. 151mg • calc. 31mg • fiber 2g

Sunshine Chiffon Cake

Made with oil rather than butter or shortening, chiffon cakes are moist and light in texture. With flecks of fresh citrus, this one is good on its own, or served with sliced fresh fruit.

Preparation: 15 minutes or less, baking time 60 – 70 minutes.

Makes 16 servings

- 2-1/4 cups cake flour**
1-1/2 cups granulated sugar, divided
1 tablespoon baking powder
1/4 teaspoon salt
1 tablespoon finely chopped lemon zest
1 tablespoon finely chopped orange zest
1/2 cup orange juice
1/4 cup fresh lemon juice
1/4 cup frozen orange juice concentrate,

- thawed, not reconstituted
- 1/2 cup flavorless vegetable oil
- 1-1/2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 2 large egg yolks
- 7 large egg whites
- 1/4 teaspoon cream of tartar
- powdered sugar for dusting

Preheat oven to 325° F. Cut a ring of parchment to fit the top of a 10-inch angel food pan and place it in the pan.

Place the flour, 1-1/4 cups of the sugar, baking powder, and salt in a large mixing bowl. Mix on speed 1/Low to blend and aerate, 10 seconds. Make a well in the center of the flour mixture. Add the zests, juices, oil, orange juice concentrate and extracts to the well; mix on speed 2/Low for 30 seconds and scrape the bowl. Add the yolks and mix on speed 2/Low for 30 seconds longer; scrape the bowl and reserve.

Clean the beaters with hot water and soap; dry completely. Place the egg whites and cream of tartar in a second bowl (stainless, glass or copper, not plastic). Beat on speed 5/High until soft peaks form, about 1-1/2 minutes. After soft peaks form, add the remaining 1/4 cup of sugar 1/2 tablespoon at a time, until the egg whites are stiff and shiny, but not dry, 3 to 4 minutes. Stir 1 cup of the egg whites into the reserved batter, then gently fold the remaining egg whites into the batter 1/3 at a time.

Gently spoon into the prepared pan and bake in the preheated oven for 60 to 70 minutes, until a cake tester comes out clean when tested. Invert the pan immediately onto a wire rack and let the cake cool completely in the pan upside down on the rack. Run a long thin knife around the outer and tube edges of the pan and turn the cake out of the pan onto the rack; remove parchment. Dust with powdered sugar before serving.

*Nutritional information per serving:
Calories 214 (31% from fat) • carb. 34g •
pro. 3g • fat 8g • sat. fat 1g • chol. 27mg • sod.
160mg • calc. 60mg • fiber 0g*

Cappuccino Cheesecake

It will be difficult for coffee lovers to resist this luscious, creamy cappuccino cheesecake in a cinnamon scented chocolate cookie crust.

Preparation: 20 minutes, plus baking times.
Makes 12 – 16 servings

- Cooking spray**
- 2 tablespoons instant espresso powder
- 1/2 cup half-and-half
- 3 tablespoons unsalted butter, cut in 1/2-inch pieces
- 2-1/2 cups granulated sugar, divided
- 3/4 cup all-purpose flour
- 1/4 cup unsweetened cocoa
- 1/2 teaspoon cinnamon
- 1/4 teaspoon baking powder

- 1/8 teaspoon salt
- 1 large egg yolk
- 16 ounces cream cheese (regular), at room temperature
- 16 ounces low-fat cream cheese, at room temperature
- 4 large eggs *
- 2 tablespoons cornstarch
- 2 teaspoons vanilla extract
- Chocolate curls for garnish, optional

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

Place the butter and 1/4 cup of the sugar in a medium bowl. Mix on speed 2/Low to cream, 1-1/2 minutes. Add flour, cocoa, cinnamon, baking powder, and salt; mix on speed 1/Low until combined, 30 seconds. Add egg yolk and mix on speed 1/Low until crumbly, 15 seconds. Press into bottom of prepared pan. Bake in preheated 350° F oven for 10 minutes, until slightly puffed (crust may have cracked appearance, which is normal). Place on a rack to cool. When the pan is cool to touch, wrap a sheet of aluminum foil around the bottom and sides of the pan so that foil comes up at least 2 inches.

Place cream cheeses and sugar in a large mixing bowl. Beat on speed 1/Low

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

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

Variation:

After the cheesecake is mixed, add 3 ounces each chopped white and bittersweet chocolate using speed 1/Low; mix for 15 seconds to combine.

*Warm cold eggs safely before using by placing in a bowl of hot (not boiling) water for 10 minutes. They will incorporate more easily into your mixture.

Sweetened Freshly Whipped Cream

Sweetened whipped cream is the perfect finish for just about any dessert, or spoon a dollop over coffee or hot chocolate.

Preparation: less than 5 minutes.

Makes 2 cups

- 1-1/4 cups heavy cream, chilled**
2 tablespoons granulated sugar
1-1/2 teaspoons vanilla extract

Place the cream, sugar, and vanilla in a medium stainless or glass mixing bowl. Using the chef's whisk, beat on speed 4/High until whipped to desired thickness – about 45 seconds for softly whipped cream, about 1 minute for stiffly whipped cream.

Nutritional information per serving (2 tablespoons):
Calories 70 (86% from fat) • carb. 2g • pro. 0g • fat 7g • sat. fat 4g • chol. 25mg • sod. 7mg • calc. 12mg • fiber 0g

Variation:

Cocoa Whipped Cream: Place 1-1/4 cups heavy cream, 3 tablespoons granulated sugar, 1 tablespoon unsweetened cocoa, and 1 teaspoon vanilla in mixing bowl. Whip as directed.

SAVORIES

Herbed Cheese

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

Preparation: 10 minutes or less.

Makes about 2 cups

- 8 ounces cream cheese (lowfat or regular), cut into 8 pieces**
5 ounces chevre or other goat cheese (soft type, not aged)
1 clove garlic, peeled and minced
1 tablespoon finely minced shallot or green onion
1 tablespoon finely chopped fresh parsley
1 teaspoon herbs de Provence
1/2 teaspoon kosher salt
1/4 teaspoon white pepper
dash hot sauce, to taste

Place all ingredients in a medium bowl. Mix on speed 2/Low for 1 minute, then increase speed to speed 3/Medium to whip for an additional 2 minutes until light and fluffy. Allow to stand at least 30 minutes before serving, to allow flavors to blend. Transfer to a resealable container and refrigerate. Remove from refrigerator 15 minutes before serving to

soften. Serve with crackers, pita or bagel chips. This cheese also makes a good topping for baked potatoes.

Nutritional information per serving (2 tablespoons, made with lowfat cream cheese):

Calories 58 (69% from fat) • carb. 1g • pro. 3g
• fat 4g • sat. fat 3g • chol. 9mg • sod. 156mg
• calc. 35mg • fiber 0g

Roasted Red Pepper and Sun-dried Tomato Dip

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

Preparation: 10 minutes or less.
Makes 2 cups

- 8 ounces cream cheese (lowfat or regular), cut into 8 pieces
- 1/2 cup sour cream (lowfat or regular)
- 1 roasted red pepper, cut into 1-inch pieces
- 1/3 cup chopped sun-dried tomatoes (not oil packed)
- 1 tablespoon chopped fresh parsley
- 1 clove garlic, chopped
- 1/2 teaspoon basil
- 1/8 teaspoon freshly ground black pepper

Combine all ingredients in a medium bowl. Mix on speed 2/Low until well

blended and smooth, 2 minutes. Mix on speed 3/Medium to lighten, 1 minute. Transfer to a resealable container and refrigerate for 30 minutes or longer to allow flavors to blend before serving.

Nutritional analysis per serving (2 tablespoons), made with lowfat products:

Calories 54 (52% from fat) • carb. 4g • pro. 2g
• fat 3g • sat. fat 2g • chol. 7mg • sod. 111mg
• calc. 43mg • fiber 0g

Basic Vinaigrette

The perfect topping for a crisp green salad, you can easily vary this by changing the flavor of the oil or vinegar, or by adding herbs.

Preparation: 10 minutes or less.
Makes about 2 cups

- 1 clove garlic, peeled and finely minced
- 2 tablespoons Dijon-style mustard
- 1/2 cup wine vinegar or lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 cup extra vegetable oil
- 1/2 cup extra virgin olive oil

Place the garlic, mustard, vinegar, salt, and pepper in a medium bowl. Beat on speed 2/Low until well blended, 30 seconds. With the mixer running, add the oils in a slow, steady stream, about 1-1/2 minutes; continue to mix until totally

blended. (If vinaigrette is made ahead and separation occurs, mix on speed 1/Low until blended.)

Nutritional information per serving (1 tablespoon):

Calories 92 (98% from fat) • carb. 1g • pro. 0g
• fat 10g • sat. fat 1g • chol. 0mg • sod. 54mg
• calc. 1mg • fiber 0g

Creamy Blue Cheese Dressing

This version is much lower in fat than traditional blue cheese dressings. Try it as a dip for celery the next time you serve buffalo-style wings.

Preparation: 10 minutes or less.
Makes about 2 cups dressing

- 1 clove garlic, peeled and chopped
- 1/2 ounce shallot, peeled and chopped
- 1 cup nonfat yogurt
- 1/2 cup lowfat buttermilk
- 1/3 cup lowfat mayonnaise
- 3/4 teaspoon dry mustard
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon white pepper
- 3 ounces crumbled blue cheese
- Dash hot sauce – to taste

Place the garlic, shallot, buttermilk, yogurt, mayonnaise, dry mustard, Worcestershire, and pepper in a medium bowl. Mix using speed 2/Low until smooth and creamy, 30 to 40 seconds. Add the crumbled blue cheese and hot sauce. Mix using speed 2/Low for 20 to

30 seconds longer. Let stand for 30 minutes before using, to allow flavors to develop. Cover and refrigerate all unused portions. Keeps 1 week.

Nutritional information per serving (4 teaspoons):
Calories 27 (54% from fat) • carb. 1g • pro. 1g
• fat 1g • sat. fat 0g • chol. 2mg • sod. 47mg
• calc. 29mg • fiber 0g

Garlic & Chive Mashed Potatoes

*Old fashioned comfort food at its best.
For basic mashed potatoes, omit the
garlic and chives.*

Preparation: 20 minutes or less, plus cooking
time for potatoes.

Makes 7 cups (12 servings)

- 3 pounds russet or Yukon gold potatoes
- 4 - 6 cloves garlic, peeled and halved
- 2 teaspoons kosher salt, divided
- 1 teaspoon white wine vinegar
- 3/4 cup whole milk
- 1/2 cup half-and-half
- 3 tablespoons unsalted butter
- 1/2 cup (1/4 ounce) chopped fresh chives
- 1/4 teaspoon freshly ground white or black pepper

Peel the potatoes and cut in 1/2-inch slices. Place the potatoes, garlic, 1 teaspoon kosher salt, and wine vinegar in a 3-3/4 quart saucepan* and cover with

1 inch of cold water. Cover loosely and bring to a boil over high heat, then reduce heat to medium high and boil gently until potatoes are tender but not falling apart, about 15 to 18 minutes. While potatoes are cooking, combine milk, half-and-half, butter, and half the chives in a 1-1/2 quart saucepan. Simmer over low heat until butter is completely melted. Keep warm.

Drain the cooked potatoes and garlic, return to the saucepan, and place over low heat for 1 minute. Remove from the heat, and use speed 1/Low to mash the potatoes and garlic until somewhat smooth, about 30 seconds. While still mixing, add the hot milk and butter mixture, and mix until well blended, about 30 seconds. Mix on speed 3/Medium until fluffy, about 1 minute. Add the remaining salt and pepper; mix to blend, 15 seconds. Scrape down sides of pan with rubber spatula as necessary. Transfer the potatoes to a warm serving bowl and sprinkle with the remaining chopped chives. Serve immediately.

Nutritional information per serving:
Calories 149 (28% from fat) • carb. 24g • pro. 3g •
fat 5g • sat. fat 3g • chol. 14mg • sod. 185mg •
calc. 42mg • fiber 2g

*Do not use nonstick cookware with the hand mixer.

Tip: For a "lighter" everyday version, use evaporated fat free milk (not reconstituted) in place of the milk and half-and-half.

Souffléd Sweet Potatoes with Praline Topping

For easy entertaining, you may prepare the potatoes ahead of time. Make the topping just before putting them into the oven.

Preparation: 20 – 25 minutes, plus cooking
and baking times.

Makes 8 - 12 servings

Cooking spray

- 3-1/2 pounds sweet potatoes or yams, peeled, cut in 1/2-inch slices
- 2 tablespoons fresh lemon juice
- 1/2 cup brown sugar (light or dark), firmly packed, divided
- 5 tablespoons butter, room temperature, divided
- 1/2 cup evaporated fat-free milk
- 3 large eggs
- 1-1/2 teaspoons kosher salt, divided
- 1/2 teaspoon freshly ground pepper
- 1/3 cup half-and-half
- 1/2 teaspoon cinnamon
- 1/4 teaspoon freshly grated nutmeg
- pinch cayenne
- 2/3 cup coarsely chopped pecans

Preheat the oven to 350°F. Coat an 8-cup shallow casserole/baking dish with cooking spray.

Place the sweet potatoes in a 3-3/4 quart saucepan and cover with 1 inch of cold water. Bring to a boil over high heat, reduce heat to medium and cook until potatoes are fork tender, about 15 to 18 minutes. Drain and transfer to a large bowl. Add lemon zest and juice. Mash potatoes on speed 2/Low until smooth, about 40 seconds. Add half the brown sugar and 2 tablespoons of the butter; mix until well-blended, about 40 seconds. Add the evaporated fat-free milk; mix on speed 3/Medium until blended, 30 seconds. Mix in the eggs one at a time on speed 2/Low until smooth and blended, 30 seconds. Add 1 teaspoon of the salt and the pepper; mix on speed 1/Low for 30 seconds.

Transfer the sweet potato mixture to the prepared baking dish and spread evenly. Place the remaining butter in a 1-1/2 quart saucepan and melt over medium heat. Stir in the remaining brown sugar, half-and-half, remaining salt, cinnamon, nutmeg, and cayenne. Stir over medium heat until sugar is dissolved. Stir in the pecans and simmer until slightly thickened. Spread this mixture over the sweet potatoes in the casserole.

Bake the preheated 350°F oven for 25 to 30 minutes, until heated through and lightly browned on top. Serve hot.

Nutritional information per serving (12 servings):
Calories 308 (32% from fat) • carb. 49g • pro. 5g •
fat 11g • sat. fat 4g • chol. 69mg • sod. 212mg •
calc. 76mg • fiber 6g

Three Cheese Soufflé

Full of rich cheese flavor, this soufflé makes a wonderful supper or brunch.

Preparation: 25 – 30 minutes, plus baking time.
 Makes 8 servings

- Unsalted butter for dish**
- 1/2 cup grated Reggiano Parmesan cheese, divided**
- 1/4 cup unsalted butter**
- 5 tablespoons all-purpose flour**
- 1-1/4 cups evaporated fat-free milk (not reconstituted)**
- 1/4 cup dry white vermouth**
- pinch cayenne**
- pinch freshly ground nutmeg**
- 6 large egg yolks**
- 3/4 cup grated imported Gruyère cheese**
- 1/2 cup grated sharp white cheddar cheese**
- 1 teaspoon kosher salt**
- 1/4 teaspoon freshly ground pepper**
- 8 large egg whites**
- 1/4 teaspoon cream of tartar**

Arrange rack in lower third of oven; preheat oven to 400° F. Generously butter a 10-cup soufflé dish, (you may

also use eight 1-1/4 cup individual soufflé dishes) and sprinkle with half the Parmesan.

Melt butter in a 2-3/4 quart saucepan over medium heat. Stir in flour and cook stirring constantly without browning until the mixture bubbles, about 1 minute. Slowly whisk in milk, then wine. Cook until thickened, whisking constantly, about 2 to 3 minutes; stir in cayenne and nutmeg. Remove from heat and transfer to a large bowl.

Combine yolks, salt and pepper in a small bowl; mix on Speed 1/Low until smooth, 30 seconds. While mixing on speed 2/Low, add yolk mixture to sauce all at once and mix until well blended, 20 seconds. Stir in cheeses on speed 1/Low, 20 seconds. Wash the beaters with hot water and soap; dry completely.

Place egg whites and cream of tartar in a large stainless or glass mixing bowl. Beat on speed 5/High until stiff peaks form, about 2-1/2 minutes. Use a rubber spatula to stir 1 cup of the beaten egg whites into the cheese sauce, then gently fold the remaining egg whites into the mixture, 1/3 at a time. Gently spoon the soufflé mixture into the prepared dish(es). Smooth over the top. Place in the hot 400° F oven and immediately reduce the heat to 375° F. Bake the soufflé until puffed and golden – about 45 to 50 minutes for the large soufflé

and 25 to 30 minutes for individual soufflés. The centers will be just barely set and creamy. Sprinkle with chopped fresh chives and serve immediately.

Nutritional information per serving:

Calories 280 (61% from fat) • carb. 9g • pro. 16g • fat 19g • sat. fat 10g • chol. 203mg • sod. 445mg • calc. 370mg • fiber 0g

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Printed in China
02CU13049

IB-4052