

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Smart Stick Variable Speed Hand Blender

CSB-179A

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

IMPORTANT SAFEGUARDS

When using an electrical appliance, especially when children are present, basic safety precautions should always be taken, 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 electric shock, do not put the motor body, cord or electrical plug of this hand blender in water or other liquids. Only the detachable blending shaft and other certain parts of this appliance have been designed for immersion into water or other liquids. Never submerge any other portion of this unit. If hand blender falls into liquid, remove immediately.
Do not reach into the liquid without unplugging the unit first.
4. This appliance should not be used by children. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children or individuals with certain disabilities.
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 Centre for examination, repair, or mechanical or electrical adjustment.
8. Remove detachable shaft from the motor body before washing the blades or shaft.
9. **Blades are SHARP. Handle carefully when removing, inserting or cleaning. Exercise the same care when removing or inserting the cutting blade, or reversing disc for the food processor attachment.**
10. When mixing liquids, especially hot liquids, use a tall container or mix small quantities at a time to reduce spillage, splattering and the 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 food processor attachment cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.

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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, electric shock, or risk of injury.
 15. Do not use outdoors or for other than its 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 300W optional food processor attachment that draws the greatest power.
 19. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
 20. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
 21. Always disconnect the blender from the supply if it is left unattended and before assembling, disassembling or cleaning;
 22. Do not allow children to use the blender without supervision.
 23. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

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UNPACKING INSTRUCTIONS

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

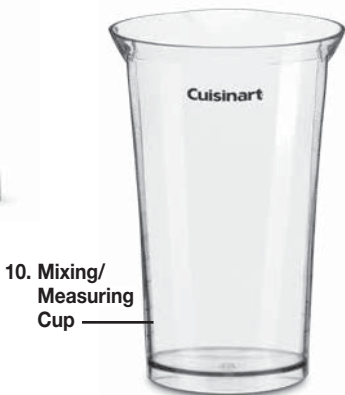
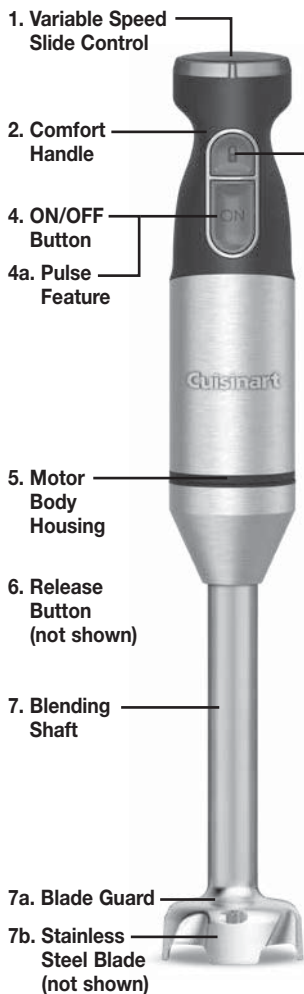
NOTE: The blending blade is extremely sharp.

Before using the Cuisinart® Smart Stick Variable Speed Hand Blender for the first time, we recommend that you wipe the motor body housing with a clean, damp cloth to remove any dirt or dust. Dry it thoroughly with a soft, absorbent cloth. Handling it carefully, wash the detachable blending shaft with fixed-mount blade and the whisk by hand. Dry thoroughly before use. Read all instructions completely for detailed operating procedures.

PARTS AND FEATURES

1. **Variable Speed Slide Control:** Lets you adjust speed from low to high for the ingredients you are blending.
2. **Comfort Handle:** The ergonomic handle allows you to maneuver the hand blender with ease.
3. **LOCK/UNLOCK Button:** Must be pressed to unlock before power handle will operate.
4. **ON/OFF Button:** Simply press and hold down the button to blend. Once the button is released, blending will stop.
- 4a. **Pulse Feature:** Repeatedly press and release the ON/OFF button to PULSE (while holding down the LOCK/UNLOCK button).
5. **Motor Body Housing:** Powers the blender. Release button in back makes it easy to attach and detach blending shaft and whisk assembly.
6. **Release Button:** (not shown)
7. **Detachable Blending Shaft**
 - 7a. **Blade Guard:** Snaps into the motor body housing. The fixed-mount stainless blade is partially covered by a stainless guard to keep splatter to a minimum.
 - 7b. **Stainless Steel Blade**
8. **Whisk Attachment:** Whisk attachment snaps into the gearbox which connects to the motor body housing. The whisk is great for whipping cream, egg whites and other delectable treats.
 - 8a. **Detachable Gear Box:** Whisk attaches to it.
9. **Chopper/Grinder Attachment with Reversible Blade:** Chop, mince and grind with the Cuisinart® chopper/grinder attachment. Chopper/grinder attaches to the motor body in place of the blending shaft or whisk attachment.
10. **Mixing/Measuring Cup:** 3-cup (24 oz.) mixing cup is top-rack dishwasher safe. Use this container to blend drinks, shakes, salad dressings and more. Designed for easy gripping and drip-free pouring.

PARTS AND FEATURES



ASSEMBLY

BLENDING ATTACHMENT

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



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

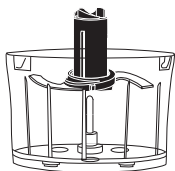
CHOPPER/GRINDER ATTACHMENT

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



CHOPPER/GRINDER ATTACHMENT

4. Place the chopping/grinding blade into center of the work bowl over metal blade shaft.
5. Place the motor body housing with cover on top of the work bowl and rotate clockwise to lock into place.
6. Plug the power cord of the hand blender into an electrical outlet.



WHISK ATTACHMENT

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

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

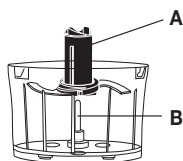


REVERSIBLE BLADE

The Cuisinart® Smart Stick Variable Speed Hand Blender chopper/grinder attachment is equipped with a reversible blade. This blade is sharp on one side and blunt on the other. The blade is attached to a plastic ring that slides over the plastic blade sheath, so it can be easily turned over to select the appropriate blade. To reverse the blade, see detailed instructions on page 10. Also see Frequent Uses for Chopper/Grinder (page 16).

Assemble the parts:

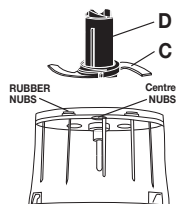
1. Place the work bowl on a flat, dry, stable surface near an electrical outlet with the same specifications as the hand blender.
2. The fully assembled two-piece metal blade assembly (A) should be attached to the bottom of the work bowl. If not, slide it onto the metal shaft (B) in the bowl.



IF METAL BLADE RING (C) HAS NOT BEEN ATTACHED TO PLASTIC SHEATH (D), OR TO SAFELY REASSEMBLE BLADE ASSEMBLY AFTER USE AND CLEANING, CAREFULLY FOLLOW THESE INSTRUCTIONS:

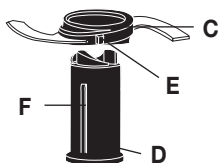
Assembling the Blade Ring

ALWAYS HOLD THE BLADE RING BY THE CENTRAL HUB'S HOLDING GRIPS (E). DO NOT TOUCH THE RAZOR-SHARP BLADES!



To assemble using base of bowl to turn blade:

1. Turn work bowl upside down and stand the sheath (D) on the raised round nub in the Centre of bowl bottom.
2. Place the metal blade ring (C) over the sheath, lining up the two notches in the interior of the Centre hub with the two ridges (F) on either side of the sheath. Let the blade ring slide to the bottom of the sheath.



3. Grasp the top of the sheath firmly and turn counterclockwise to lock the blade into place on the sheath. The three rubberized nubs will guide the blade ring without you needing to touch it.
4. To remove the blade from the sheath, stand the metal blade assembly on the overturned work bowl and turn the sheath clockwise to unlock the blade. Holding the central hub by the grips, carefully lift the blade ring off the sheath.

To assemble turning blade by hand:

1. Carefully place the metal blade ring (C) over the sheath (D), lining up the two notches in the interior of the Centre hub with the two

ridges (F) on either side of the sheath. Let the blade ring slide to bottom of sheath.

2. Grasp the top of the sheath firmly and, holding the grips (E) on the central hub of the blade ring, turn the blade ring clockwise to lock it into place on the sheath.
3. To remove the blade from the sheath, hold the sheath firmly and holding the central hub by the grips, turn the blade ring counterclockwise to unlock it and carefully lift it off the sheath.

TWO-WAY CUTTING BLADE

(See section on Frequent Uses for Chopper/Grinder, page 16, to learn which side of blade – SHARP or DULL – is best for what you are prepping.)

SHARP – Place blade ring over plastic blade sheath so the word “SHARP” is on top side of blade.



DULL – Place blade ring over plastic blade sheath so **no writing** is on top of blade.



OPERATION



1. Press and hold the LOCK/UNLOCK button.



2. Then press and hold the ON/OFF button.



3. Release the LOCK/UNLOCK button while continuing to hold down the ON/OFF button.

No need to keep holding down the LOCK/UNLOCK button once the blender is operating.

BLENDING

The specially designed blade blends, mixes and purées all kinds of foods, including salad dressings, thick smoothies, powdered drink products, soups and sauces. It can also be used to emulsify mayonnaise.

This blade is designed to add minimal air to your mixture. A gentle up-and-down motion lets you achieve the most flavourful, full-bodied results. Be careful never to remove the blending shaft from the liquid while in operation.

1. Connect the blending shaft to the motor body housing.
2. Plug electrical cord into a wall socket.
3. Immerse the blade end of blending shaft into mixture to be blended. You can blend in the mixing cup, bowl, pot, saucepan or pitcher.
4. Turn the variable speed slide to the speed recommended in your recipe. **NOTE:** You can change the blending speed while blending.
5. To turn the blender on:
See Operation, illustrations 1, 2, 3 above.
 1. Press and hold the LOCK/UNLOCK button.
 2. Then press and hold the ON/OFF button.
 3. Release the LOCK/UNLOCK button while continuing to hold down the ON/OFF button.
6. Unplug immediately after use.

NOTE: Do not continuously blend for longer than 30 seconds.

TO PULSE

1. Press and hold the LOCK/UNLOCK button.
2. Then press and hold the ON/OFF button.
3. Repeatedly press and release the ON/OFF button *while continuing to hold down* the LOCK/UNLOCK button to PULSE until ingredients reach desired consistency.

WHISKING

1. Insert the whisk assembly into the motor body.
(See Assembly for Whisk Attachment, page 8.)
2. Plug electrical cord into a wall socket.
3. Put the whisk into mixture that will be whisked.
4. Turn the variable speed slide to the desired speed.
To begin whisking, follow the instructions in #5 under OPERATION BLENDING.
5. Unplug immediately after use.

CHOPPING/GRINDING

1. Place the work bowl firmly on a flat, sturdy surface like a countertop.
2. Put food in the work bowl. Be sure the food is cut into small pieces (1-2cm), and the bowl is not overloaded.
3. Put the work bowl cover on top of the work bowl. Be sure the cover is properly seated.
4. Turn the variable speed slide to the desired speed. To begin processing, follow the instructions in #5 under OPERATION BLENDING (unplug immediately after use).

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

5. When you have finished processing the food, stop the unit by releasing the ON/OFF button.
6. **WHEN THE BLADE STOPS MOVING**, unplug the unit.
7. Remove the motor body with the cover from the work bowl.
8. Carefully remove the chopping blade, holding it by the gripping ridges on the plastic sheath. **NEVER TOUCH THE BLADE ITSELF.**
9. Remove food from work bowl with a kitchen tool.

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

CLEANING AND MAINTENANCE

MOTOR BODY AND BLENDING SHAFT

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

Do not put the motor body or blending shaft in the dishwasher.

CHOPPER/GRINDER ATTACHMENT

To simplify cleaning, rinse the work bowl, blade and cover immediately after use so that food won't dry on them. Do not submerge the work bowl cover in water or put in the dishwasher. Wash chopping blade and work bowl in warm, soapy water. Rinse and dry. Wipe the underside of the cover with a sponge or damp cloth to remove any food. Wash the blade carefully. Avoid leaving it in soapy water where it may disappear from sight.

You can wash the work bowl and chopping blade on the top shelf of your dishwasher. Unload the dishwasher carefully to avoid contact with the sharp blade. Wipe the motor body and top of the cover with a damp sponge or cloth. Dry it immediately. **Never submerge the motor body or the cover in water or other liquids.** The 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 put in the top shelf of the dishwasher.

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

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

TIPS AND HINTS

FOR HAND BLENDER

- When blending in the mixing cup, pour liquid ingredients in first, unless recipe instructs otherwise.
- When blending into mixing cup, for example, when making a fruit smoothie, cut most solid foods into 1cm pieces for easy blending.
- Be sure that blending blade guard is fully submerged before blending ingredients.
- Do not attempt to blend fruit pits, bones or other hard materials, as these are liable to damage the blades.

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- Do not fill mixing containers too full. The level of mixture will rise when blending and can overflow.
 - Liquid should not come closer than 2cm of where the shaft attaches to the motor housing.
 - Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
 - To whip air into a mixture, always hold the blade just under the surface.
 - When using a nonstick cooking surface, be careful not to scratch the coating with the hand blender.
 - 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.
 - Do not let hand blender stand in a hot pot on stove while not in use.
 - Use the hand blender to make smooth gravies and pan sauces.
 - The hand blender is perfect for frothing milk for cappuccino or lattes. 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 immerse motor body housing in water or any other liquids.

FOR WHISK ATTACHMENT

- Do not immerse whisk attachment gearbox in water or any other liquids.
- Use the whisk attachment for beating heavy cream or egg whites.
- When beating egg whites, use a very clean metal or glass bowl, never plastic. Plastic can contain hidden oils and fats that can ruin the delicate egg-white foam. To help stabilize the egg whites, add $\frac{1}{8}$ teaspoon of cream of tartar per egg white prior to beating them. (If using a copper bowl, omit the cream of tartar.) Beat the egg whites until desired peaks form.
- 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.
- Beating the egg whites too long causes them to dry out and become less stable.
- 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.
- It may also be used for any task that you would normally whisk by hand, like crêpe batters or eggs for omelets.

FOR FOOD CHOPPER/GRINDER ATTACHMENT

- 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.
- Liquids in work bowl should not exceed $1\frac{1}{2}$ cups. Use quantities given in the recipe section as a guide.
- For raw ingredients: Peel, core and/or remove seeds and pits. Food should be between 1-2cm, depending on hardness of the food.
- The size of pieces you put in bowl should be about the same size to achieve even results.
- Do not attempt to chop fruit pits, bones or other hard materials, as these are liable to damage the blades.
- 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.
- Do not operate chopper/grinder attachment for more than 10 seconds continuously.
- 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.
- Do not immerse food processor cover in water or any other liquids.

FREQUENT USES FOR CHOPPER/GRINDER

Ingredient	Suggested Blade	Speed	Comments
Baby foods (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.
Cranberry sauce	Sharp Blade	High	Food load of 160g dried cranberries + 35g honey, operation time of 10 sec
Bread Crumbs fresh or dry (day old)	Sharp Blade	High	Pulse to chop, then process until desired consistency is reached.
Hard Cheese (Asiago, Locatelli, Parmesan, Romano, etc.) (Not recommended for softer cheeses unless making a dip or dressing)	Sharp Blade	High	Cut into 5mm pieces. Pulse to chop, then process until desired consistency is reached.
Chocolate	Sharp Blade	High	Cut into 1cm pieces; may chill in freezer for 3 minutes before chopping. Pulse to chop, then process, no more than 30g at a time, until desired texture is reached.
Creamy Dressings and Dips	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.
Garlic (peeled)	Sharp Blade	High	Up to 6 cloves. Pulse to chop.
Ginger (fresh)	Sharp Blade	High	Peel, cut into 1cm pieces. Pulse to chop 15g at a time.
Hard Spices (coriander, cloves, anise, etc.)	Dull Blade	High	Pulse to chop until desired consistency. Pulse with sharp blade to get fine results.
Herbs (fresh)	Sharp Blade	High	½ cup maximum; must be clean/dry. Pulse to chop.
Nuts	Dull Blade	High	Shelled; toast first for best flavour. Pulse to chop, process up to ⅓ cup at a time, until desired consistency is reached. May be processed to nut-butter stage.
Onion	Sharp Blade	High	Peel, cut into 1cm pieces. Pulse to chop, up to ½ cup at a time, until desired chop is reached.
Vegetables (cooked)	Sharp Blade	Low-High	Cut into 1-2cm pieces; pulse to chop, up to ½ cup at a time. Add cooking liquid, stock or water to process to a puree. It is not recommended for making mashed potatoes.
Vegetables (uncooked)	Sharp Blade	High	Peel as needed; cut into 1cm pieces. Chop/process up to ½ cup at a time.
Meat (raw for grinding)	Sharp Blade	High	6 oz. or 175g, cut into 1cm pieces. Pulse until desired consistency.
Simple Blending	Dull Blade	Low-High	For light mixing and incorporating.

SMOOTHIES AND DRINKS

Simple Fruit Smoothie

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

Makes 500ml

- ½ cup juice (use your favourite)**
- ½ banana, cut into 2cm pieces**
- 1½ cups mixed fruit, fresh or frozen**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, start blending on Medium, gradually increasing to High until smooth, about 30–45 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

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

Breakfast Shake for the Road

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

Makes about 500ml

- ½ cup juice (use your favourite)**
- ½ cup low-fat yoghurt**
- ½ cup peach pieces (fresh or frozen, cut into 1cm pieces)**
- ¼ cup blueberries**
- 1 tablespoon ground flax seeds (optional)**
- 1 frozen banana, cut into 1cm pieces**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, start blending on Medium, gradually increasing to High until smooth, about 30–45 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

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

Power Blast Protein Smoothie

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

Makes about 500ml

- ½ cup coconut milk**
- ⅓ cup low-fat yoghurt**
- 2 tablespoons protein powder**
- 1 banana, cut into 1cm pieces**
- 1 cup mango pieces (1cm pieces)**
- ½ cup pineapple pieces (1cm pieces)**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, start blending on Medium, gradually increasing to High until smooth, about 30–45 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

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

Cherry Ginger Smoothie

Coconut milk beverage is made for drinking, and has fewer calories and grams of fat than canned coconut milk. For a thicker, creamier drink, substitute $\frac{2}{3}$ cup canned coconut milk for the coconut milk beverage.

Makes about 1 cup

- 1 cup dark, sweet, frozen cherries**
- $\frac{3}{4}$ cup coconut milk beverage**
- 1 1cm piece fresh ginger, peeled**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, start blending on Medium, gradually increasing to High until smooth, about 30–45 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):

*Calories 128 (23% from fat) • carb. 24g • pro. 1g • fat 3g • sat. fat 3g
chol. 0mg • sod. 1mg • calc. 1mg • fibre 4g*

Chocolate Peanut Butter Ice Cream Shake

This will satisfy your sweet tooth.

Makes 2 cups

- 1½ cups chocolate ice cream**
- 2 teaspoons creamy peanut butter**
- 1 teaspoon chocolate syrup**
- ¾ cup whole milk**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, blend on Low, using a gentle up-and-down motion, until smooth and homogenous, about 30–40 seconds.
3. Serve immediately.

Nutritional information per serving (½ cup):

*Calories 156 (46% from fat) • carb. 18g • pro. 4g • fat 8g • sat. fat 5g
chol. 23mg • sod. 69mg • calc. 112mg • fibre 1g*

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

- 4 ice cubes**
- 1 ripe mango, peeled, pitted and cut into 1cm pieces**
- 1½ cups plain, whole-milk yoghurt**
- ½ teaspoon ground cardamom**
- ½ teaspoon ground cinnamon**
- Pinch kosher salt**
- 3 teaspoons granulated sugar, divided**

1. Put the ice cubes, mango, yoghurt, spices and salt into the mixing cup.
2. Using the blending shaft, start blending on Medium, gradually increasing to High until smooth, about 1 minute.
3. Taste and add sugar, 1 teaspoon at a time, blending after each addition, until desired sweetness is reached.
4. Serve immediately.

NOTE: If a thinner drink is desired, add cold water, a tablespoon or two at a time, blending after each addition, until desired consistency is achieved.

Nutritional information per serving (1 cup):

*Calories 223 (25% from fat) • carb. 34g • pro. 9g • fat 6g • sat. fat 4g
chol. 23mg • sod. 181mg • calc. 319mg • fibre 2g*

Watermelon-Mint Refresher

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

Makes 2 cups

- 1 cup frozen strawberries**
- 1 tablespoon fresh mint leaves**
- 2 cups chopped watermelon, cut into 1cm pieces**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, start blending on Medium, gradually increasing to High until smooth, about 30–45 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):

*Calories 75 (10% from fat) • carb. 18g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 5mg • calc. 24mg • fibre 2g*

Mayonnaise/Aioli

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 1 cup

- 2 garlic cloves, peeled (if making aioli)**
- 2 large egg yolks**
- 2 tablespoons fresh lemon juice**
- 1 to 2 pinches kosher salt**
- 1 tablespoon Dijon mustard**
- 1½ cups vegetable oil**

1. Put all ingredients (omitting the garlic if making mayonnaise), in the order listed, into the mixing cup. Allow to sit for about 30 seconds to 1 minute.
2. Insert the blending shaft into the mixing cup so that the blade guard touches the bottom of the cup. Blend on Low, 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 of the oil is completely incorporated.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon, Mayonnaise):

*Calories 169 (98% from fat) • carb. 0g • pro. 0g • fat 19g • sat. fat 2g
• chol. 23mg • sod. 32mg • calc. 3mg • fibre 0g*

Nutritional information per serving (1 tablespoon, Aioli):

*Calories 169 (98% from fat) • carb. 1g • pro. 0g • fat 19g • sat. fat 3g
• chol. 23mg • sod. 33mg • calc. 4mg • fibre 0g*

Hollandaise

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

- 4 large egg yolks**
- 1 tablespoon fresh lemon juice**
- $\frac{3}{4}$ teaspoon kosher salt**
- 250g (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 mixing 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 cup so that the blade guard touches the bottom of the cup. Blend on Low, 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 at a time, until desired consistency is achieved (approximately 2 tablespoons 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):

*Calories 230 (97% from fat) • carb. 0g • pro. 1g • fat 25g • sat. fat 15g
• chol. 153mg • sod. 218mg • calc. 11mg • fibre 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

- $\frac{1}{4}$ cup wine vinegar (any variety will work)**
- 1 teaspoon Dijon mustard**
- $\frac{1}{4}$ teaspoon kosher salt**
- $\frac{1}{8}$ teaspoon freshly ground black pepper**
- $\frac{3}{4}$ cup extra virgin olive oil**

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

Nutritional information per serving (2 tablespoons):

*Calories 181 (100% from fat) • carb. 0g • pro. 0g • fat 21g • sat. fat 3g
• chol. 0mg • sod. 91mg • calc. 0mg • fibre 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

- 1** **garlic clove, peeled**
- ¼** **jalapeño, seeded and halved**
- 1** **green onion, cut into 1cm pieces**
- 1** **tablespoon packed coriander leaves**
- 1** **cup grape tomatoes, halved**
- ½** **cup chopped mango (1cm pieces)**
- ¼** **teaspoon kosher salt**
- Pinch freshly ground black pepper**
- 1** **teaspoon fresh lime juice**

1. Put the garlic, jalapeño, green onion and coriander into the chopping cup. Pulse on High 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 other chopped items. Add salt, pepper and lime juice; stir.
3. Taste and adjust seasoning as desired. Strain if necessary.

Nutritional information per serving (¼ cup):

*Calories 23 (6% from fat) • carb. 6g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 137mg • calc. 15mg • fibre 1g*

Guacamole

This popular Mexican specialty is delicious with chips and vegetable crudités, or as a topping for grilled chicken or fish.

Makes about 1 cup

- 1** **garlic clove, peeled**
- ½** **jalapeño, seeded and quartered**
- ¼** **cup grape tomatoes**
- 1** **ripe avocado, halved and pitted**
- 1** **teaspoon fresh lime juice**
- ½** **teaspoon kosher salt**

1. Put the garlic and jalapeño into the chopping cup. Process on High for 5 seconds to chop. Add the tomatoes and pulse 2 to 3 times to chop. Add the remaining ingredients and pulse on High until desired consistency is achieved.
2. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

*Calories 30 (72% from fat) • carb. 2g • pro. 0g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 144mg • calc. 4mg • fibre 1g*

Hummus

This hummus is delicious on its own, but also makes a great foundation for new flavour variations like roasted pepper or fresh herbs.

Makes about 2 cups

- 1 garlic clove, peeled**
- 1 can (460ml) chickpeas, drained and rinsed**
- ½ cup tahini**
- 2 tablespoons fresh lemon juice**
- ¾ teaspoon kosher salt, or to taste**
- Pinch ground cumin**
- ½ cup water (plus more if needed)**

1. Put the garlic clove into the chopping cup and process on High until finely chopped, about 5 to 10 seconds; scrape bowl. Add the remaining ingredients and process on High until fully smooth, about 1 minute.
2. Taste and adjust seasoning as desired. If a thinner consistency is desired, add additional water, or olive oil for a richer tasting hummus.

Nutritional information per serving (2 tablespoons):

*Calories 71 (47% from fat) • carb. 7g • pro. 3g • fat 4g • sat. fat 1g
• chol. 0mg • sod. 119mg • calc. 45mg • fibre 2g*

Roasted Red Pepper and Tomato Sauce

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

Makes about 4 cups

- 2 teaspoons olive oil**
- 1 medium onion, cut into 1cm pieces**
- 1 medium carrot, cut into 1cm pieces**
- 1 medium celery stalk, cut into 1cm pieces**
- 2 garlic cloves**
- 1 teaspoon dried basil**
- ⅓ cup dry white wine or vermouth**
- 3 roasted red peppers (jarred and packed in vinegar), cut into 1cm pieces**
- 2 tablespoons tomato paste**
- 2 cans (440ml each) diced tomatoes, with juices**
- ¾ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- ⅛ teaspoon crushed red pepper flakes, or to taste**

1. Put the olive oil in a medium saucepan set over medium heat. Once hot, add the onion, carrot, celery, garlic and basil. Partially cover and cook until vegetables are softened but not browned, about 6 to 8

minutes. Add the wine/vermouth, stirring to deglaze the pan (picking up the brown bits from the bottom of the pan and working into the mixture); let cook until fully evaporated. Add remaining ingredients. Increase heat to bring to a boil, then reduce the heat to allow to simmer, partially covered, for about 35 to 40 minutes. Uncover and then simmer for an additional 15 to 20 minutes to thicken.

2. Remove from heat and using the blending shaft, blend on Low gradually increasing to Medium until sauce is puréed. If using a larger saucepan, tilt the pan to the side away from you to ensure that the blade guard is fully submerged to prevent splatter.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (¼ cup):

*Calories 29 (18% from fat) • carb. 5g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 216mg • calc. 15mg • fibre 1g*

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

- 2 garlic cloves, finely chopped**
- ½ medium onion, finely chopped**
- 1 jalapeño, seeded and finely chopped**
- 1 red bell pepper, finely chopped**
- 1 tablespoon olive oil**
- 1¼ teaspoons kosher salt, divided**
- 1 bay leaf**
- 1 teaspoon ground cumin**
- 3 cans (440ml each) black beans, not drained**
- 1 cup chicken broth, low sodium**
- 1 teaspoon red wine vinegar**
- Crème fraîche or plain, whole-milk yoghurt for serving**
- Coriander, chopped, for serving**
- Tortilla chips for serving**

1. Put the garlic, onion and jalapeño into the chopping cup. Pulse to finely chop. Remove and reserve. Put the bell pepper in the chopping cup and pulse to finely chop; reserve with the other vegetables.
2. Put the oil in a stockpot set over medium heat. Once the oil is hot, add the chopped vegetables and sauté until soft, about 5 to 7 minutes.
3. Add ¾ teaspoon of the salt, bay leaf and cumin. Cook, while stirring, until nicely fragrant, about 1 minute.
4. Add the beans (with liquid from can) and the broth. Simmer, partially covered, until all the ingredients are tender and the flavours have melded, about 20 to 25 minutes. Discard the bay leaf.

-
5. Remove soup from the heat. Using the blending shaft, blend on Low for about 20 seconds and then gradually increase to High and blend until very smooth, about 1 minute in total. Add remaining salt and vinegar; blend an additional 10 to 15 seconds to incorporate.
 6. Taste and adjust seasoning as desired.
 7. Serve, topping with a dollop of crème fraîche, a pinch of the chopped coriander and tortilla chips.

Nutritional information per serving (1 cup):

*Calories 288 (13% from fat) • carb. 47g • pro. 18g • fat 4g • sat. fat 1g
• chol. 0mg • sod. 589mg • calc. 63mg • fibre 17g*

Butternut Squash Bisque with Bacon Sage Butter

The bacon sage butter partners perfectly with this soup. Rave reviews are almost guaranteed..

Makes about 7 cups

Butter:

- 2 slices bacon, diced and cooked through (makes about ¼ cup bacon crumbles)**
- 3 to 4 sage leaves**
- 8 tablespoons (1 stick) unsalted, good quality butter, room temperature**
- 1 teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**

Soup:

- 1 tablespoon unsalted butter**
- 1 medium leek, cleaned well, white and light green parts only (about 180g trimmed), sliced, about 1 cup**
- 1 medium butternut squash, peeled, seeded and cut into 5cm cubes, about 8 cups**
- 1 garlic clove, smashed**
- 1 sprig thyme**
- 1½ teaspoons kosher salt, divided**
- ¼ teaspoon freshly ground black pepper**
- 2 tablespoons sherry**
- 4 cups chicken broth, low sodium**

Make the butter:

1. Put the bacon and sage leaves into the chopping cup. Pulse on High until evenly and finely chopped. Add the butter, salt and pepper and process on High until combined.

-
2. Wrap butter in plastic wrap (twist both ends of the plastic wrap so that butter will form a log shape). Refrigerate until serving. Butter should be very cold and hard for serving.

Make the soup:

1. Put the tablespoon of unsalted butter into a stockpot over medium/medium-low heat. Once butter melts, add the leeks. Cook until soft and fragrant, about 5 minutes. Stir in the butternut squash, garlic, thyme, ½ teaspoon salt and all of the pepper. Stir ingredients together well and cook for an additional 5 minutes.
2. Stir in the sherry. Once the sherry has just about evaporated, add the broth so that the squash is completely submerged. Increase the heat. When the liquid comes to a boil, reduce the heat to a simmer. Simmer until squash is very soft and tender, about 20 minutes.
3. Once tender, use the blending shaft to blend the soup, starting on Low and gradually increasing the speed to High until completely smooth, about 1 to 1½ minutes.
4. Taste and adjust seasoning as desired. Add the remaining salt, ½ teaspoon at a time, tasting with each addition until desired seasoning is achieved.
5. To serve: Ladle soup into individual serving bowls and place a pat of Bacon Sage Butter in each bowl.

Nutritional information per serving (about 1 cup):

*Calories 268 (59% from fat) • carb. 22g • pro. 5g • fat 18g • sat. fat 11g
• chol. 70mg • sod. 741mg • calc. 92mg • fibre 4g*

Cauliflower Soup

Let this soup warm you up on a cold, winter afternoon. It is so easy to prepare with the Cuisinart® Hand Blender.

Makes about 6 cups

- 1 medium leek, cleaned well, white and light green parts only, cut into 2cm pieces**
- 1 tablespoon olive oil**
- 1 medium head cauliflower, about 1kg, cut into florets**
- 2 teaspoons kosher salt, divided**
- ¼ teaspoon freshly ground black pepper**
- ¼ teaspoon caraway seeds**
- 4 cups vegetable broth, low sodium**
- Dill, for garnish (optional)**

1. Put the leek into the chopping cup. Process on High for about 8 seconds to chop.
2. Put the olive oil in a stockpot over medium heat. Once hot, add the leek and sauté until soft and fragrant, about 5 minutes. Be careful not to let the leek pick up any color.
3. Add the cauliflower florets and 1 teaspoon of the salt, all the pepper and caraway seeds. Stir together until coated and gently sauté for an

additional couple of minutes. Add the broth and an additional ½ teaspoon of the salt and increase heat. Allow liquid to come to a boil and then reduce heat so that the liquid is just simmering.

4. Simmer for about 20 minutes, until the cauliflower is tender.
5. Once tender, use the blending shaft to purée. Blend on Low and gradually increase to High, about 1 to 2 minutes. If the soup seems too thick, add additional broth or water until desired consistency is achieved.
6. Taste and adjust seasoning as desired. Garnish with a sprig of fresh dill when serving.

Nutritional information per serving (about 1 cup):
Calories 76 (30% from fat) • carb. 10g • pro. 4g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 991mg • calc. 53mg • fibre 4g

Mashed Sweet Potatoes

A staple on most holiday tables, this dish can be made a day ahead and then reheated before serving.

Makes 5 cups

- 1.5kg sweet potatoes (or yams), peeled and cut into 2- 4cm pieces**
- 1 tablespoon pure maple syrup**
(optional – use if you like extra-sweet potatoes!)
- 1 teaspoon kosher salt**
Pinch freshly ground black pepper
- ½ teaspoon ground cinnamon**
Pinch freshly ground nutmeg

1. Put the sweet potatoes into a stockpot with enough water to cover. Bring to a boil over medium-high heat and cook until very tender. Drain and return the sweet potatoes to the pot.
2. Using the blending shaft, blend the potatoes on Low, using a gentle up-and-down motion. Add the remaining ingredients and gradually increased speed to High until ingredients are incorporated and mixture is smooth.
3. Taste and adjust seasoning as desired; serve warm.

Nutritional information per serving (about ½ cup):
Calories 117 (1% from fat) • carb. 27g • pro. 2g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 303mg • calc. 80mg • fibre 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 about 4 cups

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

1. Put the berries and granulated sugar into the mixing cup.
2. Using the blending shaft, blend on High until almost fully puréed; reserve.
3. Put the remaining ingredients into a medium to large mixing bowl. Using the whisk attachment, blend on Low until cream is just starting to thicken and then gradually increase speed to High to finish (cream should be a medium-stiff consistency).
4. With a large spatula, gently fold in the berry mixture – streaky is OK.
5. Serve immediately for the best texture (fool will only stay in good form for about 1 hour maximum).

Nutritional information per serving (½ cup):

*Calories 185 (85% from fat) • carb. 6g • pro. 0g • fat 16g • sat. fat 11g
• chol. 64mg • sod. 0mg • calc. 4mg • fibre 1g*

Sweet Whipped Cream

Spoon a dollop over our milkshake (page 19) or Mexican Hot Chocolate (page 29) for a finishing touch.

Makes 2 cups

- 1¼ cups chilled heavy cream**
- 2 tablespoons confectioners' sugar**
- 1½ teaspoons pure vanilla extract**

1. Put all ingredients in a large bowl. Using the whisk attachment, begin to whip on Low speed, being sure the whisk just skims the surface of the cream.
2. Continue blending on Low until cream begins to thicken, then gradually increase speed to High and move whisk in an up-and-down motion throughout the bowl until desired stiffness is achieved. Whipped cream will reach soft peaks between 50 to 60 seconds.

Nutritional information per serving (2 tablespoons):

*Calories 67 (88% from fat) • carb. 2g • pro. 0g • fat 6g • sat. fat 5g
• chol. 25mg • sod. 6mg • calc. 0mg • fibre 0g*

Mexican Hot Chocolate

Mexican chocolate is a stoneground chocolate that is mixed with sugar, spices or vanilla. It can be found in gourmet markets, some larger grocery stores or online.

Makes 1½ cups

- 1½ cups whole milk**
- 90g Mexican chocolate, broken into 1cm pieces**
- 2 teaspoons granulated sugar**
- Large pinch ground cinnamon**
- Pinch cayenne**
- Sweetened whipped cream (page 28), for serving**

1. Put the milk into a medium saucepan set over medium heat and bring to a strong simmer.
2. While the milk is heating, put the remaining ingredients into the chopping bowl. Pulse on High until chocolate is finely chopped, about 10 to 15 times.
3. Remove milk from heat and add in the chopped chocolate-spice mixture. Insert the blending shaft into the pot. Being sure to keep the metal blade completely submerged, pulse on Low speed until chocolate is completely melted and combined, and hot chocolate is frothy.
4. Serve immediately with sweetened whipped cream.

Nutritional information per serving (½ cup):

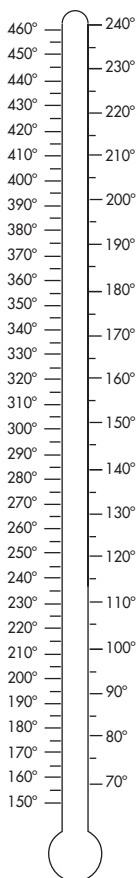
*Calories 207 (34% from fat) • carb. 31g • pro. 5g • fat 8g • sat. fat 5g
• chol. 18mg • sod. 66mg • calc. 161mg • fibre 1g*

Weights, Measures and Conversions

Temperature °F / °C

Fahrenheit

Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

WARRANTY

THREE-YEAR LIMITED WARRANTY

This warranty supersedes all previous warranties on Cuisinart® Two-Speed Hand Blender.

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Two-Speed Hand Blender that was purchased at retail for personal, family, or household use.

Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Two-Speed Hand Blender will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

Please visit our website, **www.cuisinart.com.au**

or

Call toll-free

1800 808 971 (AUST), 0800 435 000 (NZ),

or

Write to

Cuisinart® Australia

24 Salisbury Road

Asquith NSW 2077

or

Cuisinart® New Zealand

44 Apollo Drive Mairangi Bay

Auckland New Zealand

The consumer must maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your blender should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you.

This warranty expressly excludes any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorised by Cuisinart®.

This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use.

Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number 19 (stamped on bottom of product base), and any other information pertinent to the product's return.

Your Cuisinart® Two-Speed Hand Blender has been manufactured to strict specification and has been designed for use with the Cuisinart® Two-Speed Hand Blender accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorised by Cuisinart®. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages.

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