

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Smart Stick® Variable Speed Hand Blender

CSB-87C

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

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power 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 of this appliance and the whisk have been designed for immersion into water or other liquids. Never submerge any other portion of this unit. If motor housing falls into liquid, unplug unit and remove immediately. **Do not reach into the liquid without unplugging the unit first.**
4. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
5. Avoid contact with moving parts.
6. During operation keep hands, hair, 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 malfunctions, or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment.
8. Remove detachable blending 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, or inserting the blade for the chopper/grinder attachment.**
10. When mixing liquids, especially hot liquids, use a tall container or mix small quantities in separate batches to reduce spillage, splattering and possibility of injury from burning.
11. Check prep bowl for presence of foreign objects before using.
12. To reduce the risk of injury, never place chopper/grinder attachment cutting blade on base without first putting work bowl properly in place.
13. The use of attachments or accessories not recommended by Cuisinart may cause fire, electric shock, or risk of injury.

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14. 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.
 15. Check work bowl for presence of foreign objects before using.
 16. The use of attachments or accessories not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
 17. Do not use outdoors or for other than intended use.
 18. Portable - Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord. Permanently Installed - Make sure appliance is OFF when not in use, before putting on or taking off parts, and before cleaning.
 19. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stovetop.
 20. DO NOT use blade storage cover when blending.
 21. When detaching blending shaft, make sure blade guard is in place over blade.
 22. Use storage pouch to specifically store hand blender unit and attachments. Be sure blade storage cover is in place on detachable blending shaft before putting in storage pouch.
 23. To reduce the risk of fire or electric shock, do not operate any heating appliance beneath the mounting unit.
 24. 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.

NOTE: Maximum rating of 300W is based on the attachment that draws the greatest power.

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UNPACKING INSTRUCTIONS

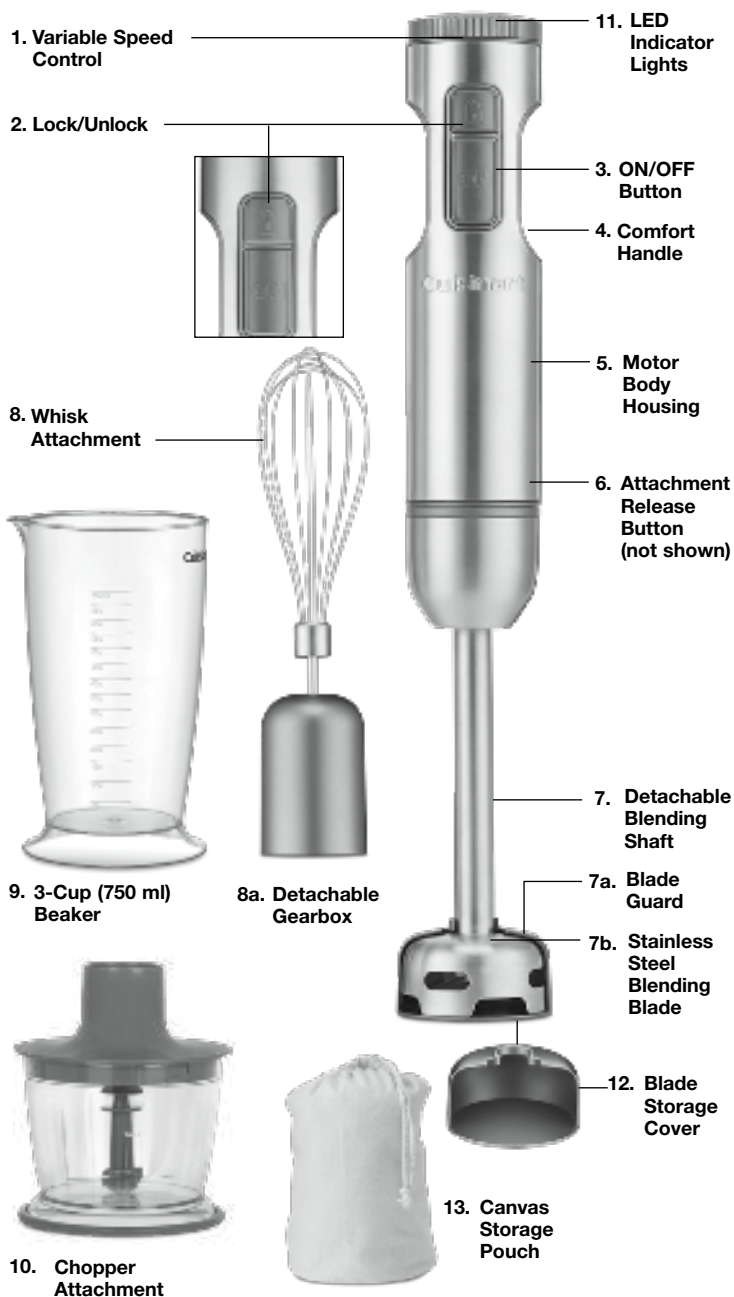
Place the package containing the Cuisinart® Smart Stick® Variable Speed Hand Blender on a sturdy surface. Unpack the hand blender from its box by removing the upper protective insert. Gently slide the unit from the box. Remove all support materials from the box and replace the upper insert. Save packaging 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 unit 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 or in the dishwasher. Dry thoroughly before use. Read all instructions completely for detailed operating procedures.

PARTS AND FEATURES

1. **Variable Speed Control:** Lets you adjust speed from Low to High for the ingredients you are blending.
2. **Lock/Unlock Button:** Must be pressed to unlock before power handle will operate.
3. **ON/OFF Button:** Simply press and hold down the button to blend. Once the button is released, blending will stop.
4. **Comfort Handle:** The ergonomic handle allows you to maneuver the hand blender with ease.
5. **Motor Body Housing:** Powers the blender. Release button makes it easy to attach and detach blending shaft and whisk assembly.
6. **Attachment Release Button:** (not shown)
7. **Detachable Blending Shaft with (7a) Stainless Steel Blade and (7b) Blade Guard:** Snaps into the motor body housing. The fixed-mount stainless blade is partially covered by a stainless guard to keep splashing to a minimum.



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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 GearBox: Whisk attaches to it.
 9. **3-Cup (750 ml) Beaker:** (24 oz.) Use this container to blend drinks, shakes, salad dressings and more. Designed for easy gripping and drip-free pouring.
NOTE: Only the whisk is dishwasher-safe. All other parts can be easily wiped clean with a damp cloth.
 10. **Chopper/Grinder Attachment:** Chop, mince and grind with the Cuisinart chopper/grinder attachment. Chopper/grinder attaches to the blender motor body in place of the blender shaft or whisk attachment.
 11. **LED Indicator Lights:** Blue LED bars light up to indicate speed selection from Low to High.
 12. **Blade Storage Cover:** Ensures safety and extends life of blade.
 13. **Canvas Storage Pouch:** Safely store motor body housing, blending shaft and whisk.

BLENDING TIPS AND HINTS

1. Liquid should not come closer than 1 inch (2.5 cm) from where the shaft attaches to the motor housing.
2. When using on a nonstick cooking surface, be careful not to scratch the coating with the edge of blender blade guard.
3. Do not immerse motor body housing or whisk gearbox in water or any other liquids.
4. Cut solid foods into ½-inch (1.25 cm) cubes for easier blending.
5. Pour liquid ingredients into the 3-cup (750 ml) beaker first, unless recipe instructs otherwise.
6. Never operate the hand blender continuously for longer than 1 minute. For best results, allow 20–30 seconds rest time in between 1-minute cycles.
7. To avoid splashing, don't turn the hand blender on until the blade guard is submerged beneath the surface of the mixture, and do not pull the hand blender out of the mixture until the blade has completely stopped.
8. Do not let hand blender stand in a hot pot on stove while not in use.
9. Do not put fruit pits, bones, or other hard material into the blending mixture, as these are liable to damage the blades.
10. Do not fill mixing containers too full. The level of mixture will rise when blending, and can overflow.
11. Adding liquids that are warm, not cold, facilitates blending solids with liquids.

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12. Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
 13. To whip air into a mixture, always hold the blade just under the surface.
 14. To purée a soup, use the hand blender to blend the soup solids to the desired consistency using a gentle up-and-down motion right in the saucepan or pot. You can quickly change chunky ingredients and stock into thick and creamy soup.
 15. The hand blender is the ideal tool for frothing milk for cappuccino or lattes.
 16. Use the hand blender to make smooth gravies and pan sauces.

WHISKING TIPS AND HINTS

Use the whisk attachment for beating heavy cream or egg whites. It may also be used for anything that you would normally whisk by hand, like crêpe batters or eggs for omelets.

BEATING 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, starting on Low and gradually raising to High, just until soft peaks form firmly enough not to droop over. Beating the egg whites longer will cause them to dry out and become even less stable. When adding sugar to beaten egg whites, start adding it slowly just as soft peaks begin to form. Continue beating until peaks are firm enough not to droop.

BEATING HEAVY CREAM

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. The cream should come out of the refrigerator just before whipping. Whipped cream may be used at either soft or firm peaks, depending on preference. It may be flavored as desired. For best results, start whipping on Low and gradually raise to High. Whip cream just before using.

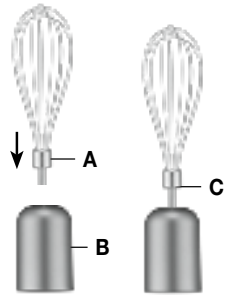
ASSEMBLY

BLENDING ATTACHMENT

Align the motor body housing with the blending shaft and push the pieces together until you hear and feel them click and connect. If they don't easily connect, just pull the housing and blending shaft slightly apart, rotate the shaft a little, push the pieces together again and listen for the click.

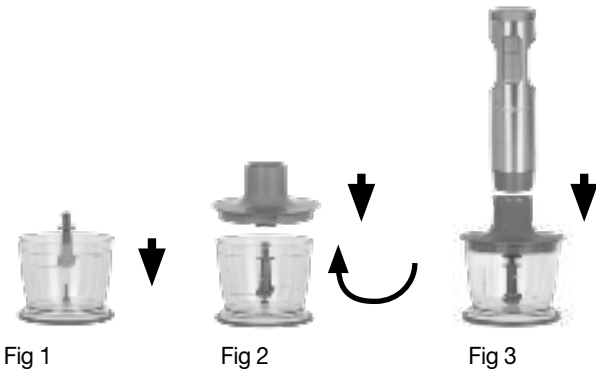
WHISK ATTACHMENT

1. Align the end of the whisk (A) with the small opening of the whisk gearbox (B).
2. Push end into opening until it locks into position (C).
3. Align the motor body with the whisk assembly and push the gearbox and motor body together until you hear and feel them click and connect. If they don't easily connect, just pull the housing and blending shaft slightly apart, rotate the shaft a little, push the pieces together again and listen for the click.



CHOPPER ATTACHMENT

1. Connect the motor body housing to the top of the work bowl cover.
2. Align the spine in the chopper 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.



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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.

OPERATION

Do not hold **LOCK/UNLOCK** button down once the blender is operating.



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.

BLENDING

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

This blade mixes and stirs while adding only a minimum of air to your mixture. A gentle up-and-down motion is all you need to make the most flavorful, full-bodied recipes. Be careful never to remove the blending shaft from the liquid while in operation.

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 3-cup (750 ml) beaker, bowl, pot, saucepan or pitcher.
4. Turn the variable speed control to the speed recommended in your recipe. **NOTE:** Blending speed can change while blending.
5. To turn the blender on:

See Operation Illustration 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.

NOTE: Do not continuously blend for longer than 60 seconds. Release **ON/OFF** button for 20–30 seconds between 60-second blending cycles.

6. Unplug immediately after use.

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 blended.
4. Turn the variable speed control to the desired speed. To begin whisking, follow the instructions in #5 under Blending, page 8.
5. Unplug immediately after use.

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.

CHOPPING FOOD

1. Place the work bowl on a flat, sturdy surface like a countertop.
2. Assemble the stainless chopping blade into the chopper bowl, as shown in Fig.1.
3. Put food in the work bowl. Be sure the food is cut into small pieces [$\frac{1}{2}$ to 1 inch (1.25 to 2.5 cm)], and the bowl is not overloaded.
4. Attach the lid onto the chopper bowl, place lid on the chopper bowl and turn it in clockwise direction until it locks in position. To remove lid, turn counter-clockwise.
5. To assemble the chopper with the motor unit, connect them and lock into place.(See Fig.3)
6. Press the unlock button to unlock the unit and then press on/off button to start. You can select desired speed setting by dialing speed knob. The speed will be higher gradually when you dial the speed control dial from left to right.

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

Note: Max operation duration per time should less than 1 minute, and 3 minute rest time must be maintained at two consecutive cycles.

7. When you have finished processing the food, stop the machine by taking your finger off the desired speed button.
8. **WHEN THE BLADE STOPS MOVING**, unplug the unit.
9. Remove the motor unit from the chopper lid by turning it in anti-clockwise.

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10. Carefully remove the chopping blade, holding it by the gripping ridges on the plastic sheath. **NEVER TOUCH THE BLADE ITSELF.**
 11. Remove food with a spatula.

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

Caution:

- **Be sure chopper lid is securely locked in place before operating appliance.**
- **During operating or after chopping, for safety, you shall disassemble the motor unit from the chopper lid firstly, then remove the chopper lid. Never remove the chopper lid with the motor unit in place.**

CLEANING AND MAINTENANCE

SMART STICK® VARIABLE SPEED HAND BLENDER

Clean motor body and blending shaft thoroughly after each use.

Press the attachment release button to 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. The blending shaft is not dishwasher safe. Be mindful of the fixed-mount, razor-sharp blade edges.

Never immerse the motor body in water. The unit must be dry thoroughly before operation.

When the appliance has malfunctioned or has been dropped or damaged in any way or it is not operating properly, return the appliance to the nearest Cuisinart Repair Center for examination, repair or mechanical or electrical adjustment. All servicing should be performed by an authorized service representative.

WHISK ATTACHMENT

To clean your whisk assembly, press the attachment release button to release it from the motor body housing. Detach the metal whisk from the gearbox by pulling the pieces apart. To clean the gearbox, simply wipe with a damp cloth. To clean the metal whisk, wash with warm, soapy water or put in the dishwasher. **Do not submerge the gearbox in water or any other liquids.** Any service, other than cleaning and normal user maintenance, should be performed by an authorized Cuisinart Service Representative.

CHOPPER 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 upper shelf of your dishwasher. Unload the dishwasher carefully to avoid contact with the sharp blade. Wipe the motor body and top of the cover with a damp sponge or cloth. Dry it immediately. **Never submerge the motor body or the cover in water or other liquids.** The chopper attachment is intended for **HOUSEHOLD USE ONLY.**

CANVAS STORAGE POUCH

When not in use, your hand blender should be disconnected, wiped down and stored in a safe, dry location out of reach of children. Use the storage pouch provided with hand blender. If needed, wash storage pouch by hand using mild soap and warm water.

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

FREQUENT USES FOR CHOPPER/GRINDER

Ingredient	Suggested Blade Side*	Speed	Comments
Baby foods (always consult a pediatrician or family physician for appropriate food recommendations)	Sharp	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.
Bread Crumbs - fresh or dry (day old)	Sharp	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	High	Cut into ¼-inch pieces. Pulse to chop, then process until desired consistency is reached.
Chocolate	Sharp	High	Cut into ½ inch (1.25 cm) pieces; may chill in freezer for 3 minutes before chopping. Pulse to chop, then process, no more than 1 ounce (30 g) at a time, until desired texture is reached.
Creamy Dressing and Dips	Sharp	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	Sharp	High	Peel up to 6 cloves. Pulse to chop.
Gingerroot (fresh)	Sharp	High	Peel, cut into-½ inch (1.25 cm) pieces. Pulse to chop ½ ounce at a time.
Hard Spices (coriander, dill, poppy, star, anise, etc.)	Sharp	High	Pulse to chop until desired consistency.
Herbs (fresh)	Sharp	High	½ cup (125 ml); must be clean/dry. Pulse to chop
Nuts	Blunt	High	Shelled; toast first for best flavor. Pulse to chop, process up to a ⅓ cup (75 ml) at a time, until desired consistency is reached. May be processed to nut-butter stage.
Onion	Sharp	High	Peel, cut into ½-inch (1.25 cm) pieces. Pulse to chop, up to ½ cup (125 ml) at a time, until desired chop is reached.
Vegetables (cooked)	Sharp	Low-High	Cut into inch (2.5 cm) pieces; pulse to chop, up to ½ 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
Vegetables (uncooked)	Sharp	High	Peel as needed; cut into ½-inch (1.25 cm) pieces. Peel celery with peeler to remove tough strings. Chop/process up to ½ cup (125 ml) at a time.
Meat (Beef, Pork)	Sharp	High	6 oz. or 175g, cut into ½ inch (1.25 cm) pieces. Pulse until desired consistency.
Simple Blending	Blunt	Low-High	For light mixing and incorporating.
Cream (for whipping)	Blunt	High	¼ cup (60 ml). Whisk until desired consistency.
Egg whites (for whipping)	Blunt	High	2 to 3 egg whites. Process until desired consistency.

* See page 8 for instructions on how to safely change the blade from the sharp side to the blunt side.

TIPS AND HINTS

FOR HAND BLENDER

- Always unplug hand blender when not in use or immediately after use.
- Be sure that blending blade guard is fully submerged before blending ingredients.
- To purée a soup, use the hand blender to blend the soup ingredients to the desired consistency, using a gentle up-and-down motion right in the saucepan or pot.
- When blending ingredients right in a pot or pan, tilt the pan away from you to create a deeper area for blending to prevent splatter.
- When using a nonstick cooking surface, be careful not to scratch the coating with the hand blender.
- When blending in the blending cup, for example, when making a fruit smoothie, cut most solid foods into ½-inch pieces for easy blending.
- When blending in the mixing cup, pour liquid ingredients in first, unless recipe instructs otherwise.
- Liquid should not come closer than 1 inch of where the shaft attaches to the motor housing.
- 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 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.
- Use the hand blender to make smooth gravies and pan sauces.
- Do not immerse motor body housing in water or any other liquid.

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.

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- When beating egg whites, use a very clean metal or glass bowl, never plastic. Plastic may contain hidden oils and fats that can ruin the delicate egg white foam. To help stabilize the egg whites, add $\frac{1}{8}$ teaspoon of cream of tartar per egg white prior to beating them.

(If using a copper bowl omit the cream of tartar.) Beat the egg whites until desired peaks form.

- It may also be used for any task that you would normally whisk by hand, like crêpe batters or eggs for omelets.
- Beating the egg whites too long causes them to dry out and become less stable.
- When adding sugar to beaten egg whites, add it slowly when soft peaks just begin to form, and then continue beating to form desired peaks.
- When beating heavy cream, if possible and time allows, use a chilled bowl and chill the whisk attachment. The best shaped bowl for whipping cream is one that is deep with a rounded bottom to minimize any splatter.
- The cream should come out of the refrigerator just before whipping. Whipped cream may be used at either soft or firm peaks depending on preference. It may be flavoured as desired. For best results, whip cream just before using.

FOR FOOD 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 $1\frac{1}{2}$ cups (375 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 about the same size 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 and 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.

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Simple Fruit Smoothie

Use this formula with any type of fruit or juice. If you do not have frozen fruit on hand, fresh fruit makes an easy substitution.

Makes about 2 cups (500 ml)

- 1 cup (250 ml) juice**
- 1 banana, cut into 1-inch (2.5 cm) pieces**
- 1 cup (250 ml) frozen mixed berries**

1. Put all ingredients in the order listed into the blending cup.
2. Be sure to push the blender into mixture so that the metal blade is completely submerged while blending.
3. Blend on High using a gentle up-and-down motion until smooth, about 45 to 60 seconds.
4. Serve immediately.

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

*Calories 141 (0% from fat) • carb. 35g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 6mg • calc. 25mg • fiber 4g*

Breakfast Shake for the Road

Blend up this satisfying smoothie on busy weekday mornings when time is short.

Makes about 2 cups (500 ml)

- ½ cup (125 ml) juice**
- ½ cup (125 ml) low-fat yogurt**
- 3 strawberries, hulled and halved**
- ½ cup (125 ml) frozen blueberries**
- 1 teaspoon (5 ml) flaxseed oil**
- ½ banana, cut into 1-inch (2.5 cm) pieces**
- 1–2 teaspoons (5–10 ml) honey (optional)**

1. Put all ingredients in the order listed into the blending cup.
2. Be sure to keep the metal blade completely submerged while blending.
3. Blend on High using a gentle up-and-down motion until smooth, about 30 to 45 seconds.
4. Serve immediately.

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

*Calories 147 (20% from fat) • carb. 27g • pro. 4g • fat 3g • sat. fat 1g
• chol. 4mg • sod. 50mg • calc. 109mg • 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)**
- 1/3 cup (80 ml) plain yogurt (optional)**
- 2 tablespoons (30 ml) protein powder**
- 1/2 banana, cut into 1/2-inch (1.25 cm) pieces**
- 1/2 cup (125 ml) frozen mango pieces**
- 1 cup (250 ml) chopped fresh pineapple**

1. Put all ingredients in the order listed into the blending cup.
2. Be sure to keep the metal blade completely submerged while blending.
3. Blend on High using a gentle up-and-down motion until smooth, about 30 to 45 seconds.
4. Serve immediately.

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

*Calories 204 (16% from fat) • carb. 29g • pro. 16g • fat 4g • sat. fat 1g
• chol. 5mg • sod. 142mg • calc. 118mg • fiber 5g*

Berry-Cocoa-Nut Shake

Usually a crepe filler or toast topper, creamy chocolate-hazelnut spread combined with strawberries makes this a treat that kids and adults will enjoy.

Makes about 2 cups (500 ml)

- 2 cups (500 ml) vanilla ice cream**
- 1/2 cup (125 ml) halved fresh strawberries**
- 2 tablespoons chocolate-hazelnut spread**
- 1/4 cup (60 ml) reduced-fat milk**
- Sweetened Whipped Cream, for garnish (page 28)**
- chopped toasted hazelnuts, for garnish**

1. Put all ingredients, except for the garnishes, in the order listed into the blending cup.
2. Be sure to keep the metal blade completely submerged while blending.
3. Blend on High using a gentle up-and-down motion until smooth, about 45 seconds.
4. Serve immediately, topped with whipped cream and chopped hazelnuts.

Note: Use your whisk and chopper attachment to prepare the garnishes prior to making the shakes.

Nutritional information per serving [1 cup (250 ml)]:
Calories 667 (58% from fat) • carb. 58g • pro. 13g • fat 42g • sat. fat 24g
• chol. 242mg • sod. 162mg • calc. 359mg • fiber 1g

Peach Margaritas

Close your eyes and pretend you are lying on the beach with this tropical drink in hand.

Makes about 1¾ cups (425 ml), about 3 servings

- 1 cup (250 ml) frozen peach slices**
- ½ cup (125 ml) orange-peach-mango juice**
(orange juice may be substituted)
- ½ cup (125 ml) tequila**
- 3 tablespoons (45 ml) peach schnapps, divided**
- 1 tablespoon (15 ml) Cointreau®**

1. Put all ingredients [using 2 tablespoon (30 ml) of peach schnapps] in the order listed into the blending cup.
2. Be sure to keep the metal blade completely submerged while blending.
3. Blend on High using a gentle up-and-down motion until smooth, about 30 to 45 seconds.
4. Serve over ice topped with remaining peach schnapps.

Nutritional information per serving [½ cup (125 ml)]:
(Calories 169 (0% from fat) • carb. 9g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 2mg • calc. 3mg • fiber 0g

Basic Vinaigrette

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

Makes about 1 cup (250 ml)

- ¼ cup (60 ml) red wine vinegar**
- 1 teaspoon (5 ml) Dijon mustard**
- Kosher salt**
- Freshly ground black pepper**
- ¾ cup (175 ml) olive oil**

1. Put all ingredients in the order listed into the blending cup.
2. Place the blender head directly on the bottom of the blending cup. Blend on Low. Once ingredients start to emulsify, slowly lift the

blender so that all ingredients are incorporated and the dressing is homogenous, about 30 seconds. Be sure to keep the metal blade completely submerged while blending.

3. Taste and adjust seasoning as desired.

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

*Calories 90 (100% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g
• chol. 0mg • sod. 44mg • calc. 0mg • fiber 0g*

Champagne Vinaigrette

This all-purpose dressing is incredibly versatile as a salad topper, marinade or finisher for roasted vegetables.

Makes about 1 cup (250 ml)

- 1 small shallot, cut into ½-inch (125 ml) pieces**
- 1 teaspoon (5 ml) Dijon mustard**
- ½ teaspoon (2 ml) kosher salt**
- ¼ teaspoon (1 ml) ground white pepper**
- 2½ tablespoons (40 ml) Champagne vinegar**
- ¾ cup (175 ml) extra virgin olive oil**

1. Put all ingredients in the order listed into the blending cup.
2. Place the blender head directly on the bottom of the blending cup. Blend on Low. Once ingredients start to emulsify, slowly lift the blender so that all ingredients are incorporated and the dressing is homogenous, about 30 seconds. Be sure to keep the metal blade completely submerged while blending.
3. Taste and adjust seasoning as desired.

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

*Calories 93 (97% from fat) • carb. 1g • pro. 0g • fat 11g • sat. fat 2g
• chol. 0mg • sod. 80mg • calc. 0mg • fiber 0g*

Mayonnaise

You will be amazed at how easily you can make this kitchen staple at home. It is best made with egg yolks, so be sure to use the freshest eggs you can find.

Makes about 1 cup (250 ml)

- 1 large egg yolk or 2 tablespoons (30 ml) pasteurized liquid egg product**
- 1 tablespoon (15 ml) fresh lemon juice**
- 1 teaspoon (5 ml) white vinegar**
- 1 teaspoon (5 ml) Dijon mustard**
- ½ teaspoon (2.5 ml) granulated sugar**
- ½ teaspoon (2.5 ml) kosher salt**
- pinch freshly ground black pepper**

$\frac{2}{3}$ **cup (160 ml) vegetable oil**

1. Put all ingredients in the order listed into the blending cup, making sure the oil is added last. Allow mixture to sit for about 1 minute before blending.
2. Place the blender head directly on the bottom of the blending cup. Blend on Low. Once ingredients start to emulsify, slowly lift the blender so that all ingredients are incorporated and the mayonnaise is homogenous, about 15 to 20 seconds. Be sure to keep the metal blade completely submerged while blending.
3. Stir mayonnaise with a spatula to fully combine if necessary.
4. Taste and adjust seasoning as desired.

Nutritional information per serving [1 tablespoon (15 ml)]:
Calories 85 (98% from fat) • carb. 0g • pro. 0g • fat 10g • sat. fat 1g
• chol. 12mg • sod. 30mg • calc. 1mg • fiber 0g

Hollandaise Sauce

Using an immersion blender makes this indispensable brunch component 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
 $\frac{3}{4}$ teaspoon (3.75 ml) kosher salt
 $\frac{1}{2}$ pound [227 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. Place the blender head on the bottom of the blending cup. Blend on Low. Once ingredients start to emulsify, slowly lift the blender so that all ingredients are incorporated and the hollandaise is homogenous and creamy, about 30 seconds. Be sure to keep the metal blade completely submerged while blending.
3. If sauce is too thick, blend in warm water 1 teaspoon (5 ml) at a time until desired consistency is reached [approximately 2 tablespoons (30 ml) total].
4. Taste and adjust seasoning as desired.
5. Serve immediately or transfer hollandaise to a small pot and keep warm over low heat until serving.

Nutritional information per serving [2 tablespoons (30 ml)]:
Calories 182 (97% from fat) • carb. 0g • pro. 1g • fat 19g • sat. fat 13g
• chol. 122mg • sod. 174mg • calc. 9mg • fiber 0g

Rustic Tomato and Roasted Red Pepper Sauce

*Jarred roasted red pepper adds a flavour twist
to this traditional pasta sauce.*

Makes about 4 cups (1 L)

- 1 onion, cut into ½-inch (1.25 cm) pieces**
- 1 carrot, peeled and cut into ½-inch (1.25 cm) pieces**
- 2 garlic cloves, peeled**
- 2 teaspoons (10 ml) extra virgin olive oil**
- 1 teaspoon (5 ml) dried basil**
- 1 jarred roasted red bell pepper, cut into 1-inch (2.5 cm) pieces**
- ⅓ cup (80 ml) dry white wine**
- 2 tablespoons (30 ml) tomato paste**
- 2 cans [15 ounces (450 ml), each] diced tomatoes with juices**
- ½ teaspoon (2 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**

1. Insert the chopping blade sharp side up in the work bowl of the chopper attachment. Add the onion, carrot and garlic into the work bowl and pulse on High to roughly chop, about 5 pulses.
2. In a 2-quart (1.89 L) saucepan, heat the olive oil over medium heat. Add the onion, carrot, garlic and basil. Cook until the vegetables are softened but not browned, about 6 to 8 minutes. Stir in the roasted red pepper and wine, increase the heat to medium-high and cook until the wine is completely reduced. Stir in the tomato paste and cook for 1 to 2 minutes. Stir in the diced tomatoes, salt and pepper.
3. Bring sauce to a boil, then reduce heat and simmer the sauce partly covered for 35 minutes. Remove the cover and simmer for an additional 15 minutes until thickened.
4. Remove sauce from heat and insert the immersion blender into the saucepan. Being sure to keep the metal blade completely submerged. Blend on Low, using an up-and-down motion until ingredients are well combined, about 60 seconds for a rustic-style texture. For a smoother consistency, blend additional time until desired consistency is achieved.

Nutritional information per serving [½ cup (125 ml)]:
Calories 61 (18% from fat) • carb. 9g • pro. 2g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 155mg • calc. 27mg • fiber 2g

Tomato Salsa

Serve warm tortilla chips alongside this fresh and tangy salsa.

Makes about 2 cups (500 ml)

- ¼ cup (60 ml) fresh cilantro leaves**
- 2 small scallions, cut into 1-inch (2.5 cm) pieces**
- 1 small garlic clove, peeled**
- 1 jalapeño pepper, seeded and cut into ½-inch (1.25 cm) pieces**
- ¾ teaspoon (3.75 ml) kosher salt**
- 2 cups (500 ml) grape tomatoes**
- 1 teaspoon (5 ml) fresh lime juice**

1. Insert the chopping blade sharp side up in the work bowl of the chopper attachment. Add the cilantro, scallions, garlic and jalapeño into the work bowl and pulse on High to chop, about 10 pulses. Add the salt, tomatoes and lime juice. Pulse to chop until desired consistency is reached, about 8 to 10 pulses.
2. Taste and adjust seasoning as desired. Depending on desired consistency, strain salsa to remove any excess liquid.

Nutritional information per serving [¼ cup (60 ml)]:

*Calories 8 (8% from fat) • carb. 2g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 216mg • calc. 6mg • fiber 1g*

Queso Fundido

Hot melted cheese mixed with spicy chorizo and beer makes for a combination no one will be able to resist.

Makes about 2½ cups (625 ml)

- 1 teaspoon (5 ml) olive oil**
- 4–6 ounces (115 -170 g) fresh chorizo, casings removed**
- ¼ small onion, peeled and cut into ½-inch (1.25 cm) pieces**
- 1 garlic clove, peeled**
- ¾ cup (175 ml) lager-style beer**
- 8 ounces (225 g) Pepper Jack cheese, shredded**
- 8 ounces (225 g) Monterey Jack cheese, shredded**
- 1 tablespoon (15 ml) tapioca starch**
- 1 tablespoon (15 ml) finely chopped pickled jalapeños**
- 1 small plum tomato, seeded and diced**
- warm flour tortillas or tortilla chips, for serving**

1. In a 2-quart (1.89 L) saucepan, heat olive oil over medium heat. When oil shimmers, add chorizo, breaking it up with a wooden spoon. Cook until sausage is well browned and cooked through, about 5 minutes. Remove chorizo to a paper towel-lined plate.

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2. While the chorizo is cooking, insert the chopping blade sharp side up in the work bowl of the chopper attachment. Add the onion and garlic into the work bowl and pulse on High to finely chop, about 7 to 9 pulses.
 3. Keeping the saucepan over medium heat, add the chopped onion and garlic. Cook until starting to soften, about 2 to 3 minutes. Stir in the beer and scrape up any browned bits on the bottom of the pan with a wooden spoon. Bring the beer to a simmer.
 4. While the beer is cooking, combine the cheeses in a medium bowl and toss with the tapioca starch to evenly coat the cheese.
 5. When the beer begins to simmer, reduce the heat to low and insert the immersion blender into the pot, being sure to keep the metal blade completely submerged while blending. While pulsing on Low, gradually add the cheese, about ¼ cup (60 ml) at a time, blending each addition before adding the next. As more cheese is added to the pot, switch from pulsing to blending until sauce is smooth and fully blended. The cheese sauce should be thick, but have a pourable consistency.
 6. Stir in the chopped jalapeño, tomato and chorizo. Serve immediately.

Note: If not eating this right away, keep the cheese sauce warm over low heat and stir in the chorizo, tomato and jalapeño just before serving.

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

*Calories 122 (73% from fat) • carb. 1g • pro. 6g • fat 10g • sat. fat 5g
• chol. 30mg • sod. 211mg • calc. 145mg • fiber 0g*

Yukon Gold Potato and Roasted Garlic Soup

Don't be afraid of the amount of garlic called for in the recipe – roasting makes its flavour mellow and sweet.

Makes about 6½ cups (1.625 L)

- 1 head of garlic
- 2 teaspoons (10 ml) olive oil, divided
- 1 tablespoon (15 ml) unsalted butter
- 1 large onion, thinly sliced
- 1 teaspoon (5 ml) chopped fresh thyme
- 1½ teaspoons (7 ml) kosher salt, divided
- ¼ cup (60 ml) white wine
- 2 pounds (900 g) Yukon gold potatoes, peeled and diced
- 3½ cups (875 ml) chicken stock, low sodium
- 1¼ cups (300 ml) water
- 1 tablespoon (15 ml) chopped chives, for garnish

1. Preheat the oven to 400°F (200°C). Slice off the top of the garlic head to just expose the cloves and place on a piece of aluminum foil. Drizzle the garlic with 1 teaspoon (5 ml) of the oil and tightly wrap foil around it. Place the garlic pouch in a pie plate or other ovenproof dish and roast for 45 minutes to 1 hour, until cloves are very soft and

golden in color. Let cool for a few minutes before squeezing the garlic out of their skins into a small bowl.

2. In a medium saucepan, heat the remaining oil with the butter over medium heat. Once the butter melts, add the onion, thyme and $\frac{1}{2}$ teaspoon (2 ml) of the salt and cook until the onion is softened and translucent, about 5 to 6 minutes. Stir in the wine and cook until completely reduced.
3. Stir in the potatoes, half of the roasted garlic, stock and water. Bring the soup to a boil, reduce the heat and simmer, partly covered until potatoes are very tender, about 25 minutes.
4. Remove soup from the heat and insert the immersion blender into the saucepan. Being sure to keep the metal blade completely submerged, blend on Low, using an up-and-down motion until ingredients are well combined and no large chunks remain, about 1 minute. Stir in the remaining roasted garlic and salt and blend until very smooth, about 1 minute more.
5. Adjust seasoning to taste and garnish with chives before serving.

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

*Calories 207 (19% from fat) • carb. 33g • pro. 7g • fat 4g • sat. fat 2g
• chol. 5mg • sod. 625mg • calc. 27mg • fiber 2g*

Creamy Tomato Soup

This childhood classic is pure comfort food.

Makes about $7\frac{1}{2}$ cups (1.875 L)

- 1 onion, cut into $\frac{1}{2}$ -inch (1.25) pieces**
- 2 garlic cloves, peeled**
- 1 celery stalk, cut into $\frac{1}{2}$ -inch (1.25 cm) pieces**
- 1 small carrot, peeled and cut into $\frac{1}{2}$ -inch (1.25 cm) pieces**
- 1 tablespoon (15 ml) olive oil**
- 2 tablespoons (30 ml) unsalted butter**
- $\frac{3}{4}$ teaspoon (3.75 ml) kosher salt, divided**
- 2 tablespoons (30 ml) tomato paste**
- 1 can [28-ounce (793 g)] whole peeled plum tomatoes**
- 4 cups (1 L) vegetable stock**
- Fresh basil, thinly sliced, for garnish**

1. Insert the chopping blade sharp side up in the work bowl of the chopper attachment. Add the onion, garlic, celery and carrot into the work bowl and pulse on High to finely chop, about 8 to 9 pulses. Remove to a bowl and set aside.
2. Heat the oil and butter in a 4-quart (3.8 L) saucepan over medium heat. Once the butter melts, add the chopped vegetables with $\frac{1}{2}$ teaspoon (2 ml) of the salt and sauté until softened, about 5 to 6 minutes. Stir in the tomato paste and cook 1 to 2 minutes.

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3. While tomato paste cooks, add the canned tomatoes, in batches if need be, to the work bowl of the chopper and pulse on High to roughly chop, about 10 to 12 pulses. Add the tomatoes with juices and stock to the pot. Bring the soup to a boil, then reduce to simmer. Cook, partly covered, for 20 to 25 minutes.
 4. Remove soup from the heat and insert the immersion blender into the saucepan. Being sure to keep the metal blade completely submerged, blend on Low, using an up-and-down motion until ingredients are well combined and no chunks remain, about 1 minute. Add remaining salt and blend another 10 to 15 seconds to incorporate.
 5. Taste and adjust seasoning as desired. Garnish with fresh basil before serving.

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

*Calories 91 (51% from fat) • carb. 10g • pro. 2g • fat 5g • sat. fat 3g
• chol. 9mg • sod. 810mg • calc. 27mg • fiber 2g*

Curried Cauliflower Soup

This soup's complex flavour stems from a base of aromatics and spices, while coconut milk lends richness, and lime a citrusy tang.

Makes about 6½ cups (1.625 L)

- 1 tablespoon (15 ml) olive oil**
- 1 onion, thinly sliced**
- 3 garlic cloves, peeled**
- 1 ½-inch (1.25 cm) piece ginger, peeled and halved**
- 2 teaspoons (10 ml) mild curry powder**
- ½ teaspoon (2 ml) turmeric**
- ½ teaspoon (2 ml) ground coriander**
- ½ teaspoon (2 ml) ground cumin**
- 1½ teaspoons (7 ml) kosher salt, divided**
- ¼ cup (60 ml) white wine**
- 1 head cauliflower [about 1¾ pounds (795 g)],
 cut into small florets**
- 1 medium red potato, peeled and diced**
- 4 cups (1 L) chicken stock, low sodium**
- 1 cup (250 ml) water**
- ½ cup (125 ml) unsweetened coconut milk**
- 2 tablespoons (30 ml) fresh lime juice, divided**
- plain yogurt, for serving**
- chopped peanuts or pistachios, for serving**
- fresh cilantro, for serving**

1. Heat the oil in a 4.5-quart (4.25 L) saucepan over medium heat. Add the onion and sauté until softened, about 5 to 6 minutes.
2. While the onion is cooking, insert the chopping blade sharp side up in the work bowl of the chopper attachment. Add the garlic and ginger into the work bowl and pulse on High until finely chopped, about 8 to 10 times. Scrape down the sides of the bowl as needed.

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3. Add the garlic and ginger to the pot and cook until fragrant, about 30 seconds. Stir in the spices and $\frac{1}{2}$ teaspoon (2 ml) of the salt and cook for another minute to toast the spices. Stir in the wine and cook until completely reduced. Add the cauliflower and potato to the pot and stir to coat with the spices. Add the stock and water and increase the heat to medium-high to bring to a boil. Reduce to a simmer and cook, partly covered, until vegetables are very tender, about 30 to 35 minutes.
 4. Remove soup from the heat and insert the immersion blender into the saucepan. Being sure to keep the metal blade completely submerged, blend on Low, using an up-and-down motion until ingredients are well combined and no chunks remain, about 1 minute. Add remaining salt and blend another minute until soup is completely smooth.
 5. Return pot to low heat and stir in coconut milk and 1 tablespoon (15 ml) of the lime juice. Taste and adjust seasoning as desired.
 6. Serve soup with remaining lime juice, yogurt, chopped nuts and cilantro.

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

*Calories 175 (36% from fat) • carb. 21g • pro. 8g • fat 8g • sat. fat 4g
• chol. 0mg • sod. 679mg • calc. 63mg • fiber 4g*

Corn and Green Chile Chowder

Sweet with a touch of heat, this soup is especially nice in the summer when fresh corn is at its peak.

Makes about $5\frac{1}{2}$ cups (1.375 L)

- 1 medium onion, cut into $\frac{1}{2}$ -inch (1.25 cm) pieces**
 - 1 garlic clove, peeled**
 - 1 jalapeño pepper, seeded and cut into $\frac{1}{2}$ -inch (1.25 cm) pieces**
 - 1 red bell pepper, seeded and cut into $\frac{1}{2}$ -inch (1.25 cm) pieces**
 - 2 tablespoons (30 ml) unsalted butter**
 - $1\frac{1}{4}$ teaspoons (6 ml) kosher salt**
 - $\frac{1}{4}$ teaspoon (1 ml) freshly ground black pepper**
 - 1 tablespoon (15 ml) unbleached all-purpose flour**
 - $\frac{1}{2}$ cup (125 ml) lager-style beer**
 - 1 can 4.5-ounce (127 g) chopped green chiles**
 - 3 cups (750 ml) corn kernels, fresh or frozen**
 - 3 cups (750 ml) chicken stock, low sodium**
1. Insert the chopping blade sharp side up in the work bowl of the chopper attachment. Add the onion, garlic, jalapeño and bell pepper into the work bowl and pulse on High until finely chopped, about 8 to 10 times, scraping down the sides as needed.
 2. Heat the butter in a 4.5-quart (4.25 L) saucepan over medium heat. Add the vegetables and sauté until softened, about 5 to 7 minutes.
 3. Stir in $\frac{3}{4}$ teaspoon (3.75 ml) of the salt, the pepper and the flour. Cook, while stirring, for 1 minute until flour thickens and begins to bubble.

Stir in the beer and chiles and cook to slightly reduce, another 1 to 2 minutes. Add the corn kernels and stock and increase the heat to bring to a boil. Reduce to a simmer and cook, partly covered, for 15 minutes.

4. Remove soup from the heat and insert the immersion blender into the saucepan. Being sure to keep the metal blade completely submerged, blend on Low, using an up-and-down motion until ingredients are well combined and no chunks remain, about 1 minute. Add remaining salt and blend another minute until soup is completely smooth.
5. Taste and adjust seasoning as desired.

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

*Calories 172 (30% from fat) • carb. 24g • pro. 5g • fat 6g • sat. fat 3g
• chol. 12mg • sod. 708mg • calc. 31mg • fiber 3g*

Creamy Black Bean Soup

One of our favourites, this bright and creamy soup gets its rich texture from not draining the beans; the starchy liquid from the can is used to thicken the soup.

Makes about 5½ cups (1.375L)

- 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**
- 1 bay leaf**
- 1¼ teaspoons (6 ml) ground cumin**
- 3 cans 15-ounce (425 g) black beans, not drained**
- 1 cup (250 ml) chicken stock, low sodium**
- 1 teaspoon (5 ml) red wine vinegar**
- crème fraîche or plain yogurt, for serving**
- cilantro, for serving**
- tortilla chips, for serving**

1. Insert the chopping blade sharp side up in the work bowl of the chopper attachment. Add the onion, garlic, jalapeño and bell pepper into the work bowl and pulse on High until finely chopped, about 8 to 10 times.
2. Heat the oil in a 4.5-quart (4.25 L) saucepan over medium heat. Add the vegetables and sauté until softened, about 5 to 7 minutes.
3. Stir in ¾ teaspoon (3.75 ml) of the salt, bay leaf and cumin. Cook for 1 minute to toast the cumin, and stir in the beans (with liquid from can) and the stock. Increase the heat to bring to a boil. Reduce to a simmer and cook, partly covered, for 20 to 25 minutes.

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4. Remove soup from the heat and insert the immersion blender into the saucepan. Being sure to keep the metal blade completely submerged, blend on High, using an up-and-down motion until ingredients are well combined and soup is completely smooth, about 1 minute. Add remaining salt and vinegar, and blend another 10 to 15 seconds to incorporate.
 5. Taste and add more salt and vinegar as desired. Serve with crème fraîche, cilantro and tortilla chips.

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

*Calories 289 (13% from fat) • carb. 47g • pro. 18g • fat 4g • sat. fat 1g
• chol. 0mg • sod. 589mg • calc. 64mg • fiber 17g*

Applesauce

With your immersion blender you can keep the texture of the applesauce as chunky or as smooth as you like.

Makes about 4¼ cups (1.60 L)

- 4 pound (1.8 Kg) apples (Fuji and Gala work well), peeled, cored and cut into 1- to 2-inch (2.5 to 5.0 cm) pieces**
- ¾ cup (175 ml) water**
- ¼ cup (60 ml) fresh lemon juice**
- 2-4 tablespoons (30 to 60 ml) packed brown sugar**
- 2 cinnamon sticks, halved**
- 2 pinches freshly ground nutmeg**
- 2 pinches ground cloves**
- Pinch kosher salt**
- 1 tablespoon (15 ml) chilled, unsalted butter (optional)**

1. In a 4.5-quart (4.25 L) saucepan, add all the ingredients except for the butter. Bring to a boil over medium-high heat, then reduce the heat to medium-low. Simmer for about 45 minutes, until apples are very tender.
2. Remove from the heat and remove the cinnamon sticks. Let sit for 1 to 2 minutes, then add in the butter if using.
3. Insert the immersion blender into the saucepan. Being sure to keep the metal blade completely submerged, blend on High, using an up-and-down motion, until ingredients are well combined and no large chunks remain, about 1 to 1½ minutes. Adjust blending time depending on desired consistency. Taste and adjust lemon juice or sweetness as desired.

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

*Calories 147 (10% from fat) • carb. 36g • pro. 1g • fat 2g • sat. fat 1g
• chol. 4mg • sod. 37mg • calc. 19mg • fiber 3g*

Caffè Latte

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

Makes 1 serving

½ cup (125 ml) cold skim milk
2 ounces (60 g) brewed espresso

1. In a small, tall-sided pot, 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. Remove pot from heat and insert the immersion blender. Being sure to keep the metal blade completely submerged, pulse on Low speed to begin frothing, then continue processing on Low speed 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 • pro. 5g • fat 0g • sat. fat 0g
• chol. 3mg • sod. 70mg • calc. 150mg • fiber 0g*

Sweetened Whipped Cream

Spoon a dollop over our Berry-Cocoa-Hot shake (page 16) or Mexican Hot Chocolate (page 30) for a finishing touch.

Makes 2 cups (500 ml)

1¼ cups (300 ml) chilled heavy cream
2 tablespoons (30 ml) confectioners' sugar
1½ teaspoons (7 ml) pure vanilla extract

1. Place all ingredients in a large bowl. Insert the blender fitted with the whisk attachment. Begin whipping on Low speed, being sure the whisk just skims the surface of the cream.
2. Continue whipping, blending on Low until cream begins to thicken, then 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 (30 ml)]:

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

Mexican Hot Chocolate

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

Makes 1½ cups (375 ml)

- 1½ cups (375 ml) whole milk**
3 ounces (85 g) Mexican chocolate (such as Taza Stone Ground Organic, 60% Dark), broken into ½-inch (1.25 cm) pieces
2 teaspoons (10 ml) granulated sugar
large pinch ground cinnamon
pinch cayenne
sweetened Whipped Cream (page 28), for serving

1. In a medium saucepan set over medium heat, bring the milk to a strong simmer.
2. While the milk is heating, insert the chopping blade in the work bowl of the chopper attachment. Add the remaining ingredients into the work bowl and 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 immersion blender 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 (125 ml)]:

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

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 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.

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, ON. L4H 0L2

Email:

consumer_Canada@conair.com

Model:

CSB-87C

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

- \$10.00 for shipping and handling of the product (cheque or money order to: Cuisinart Canada)
 - 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
- * The date code format we are using on unit is WWYY, representing week, and year. eg.2420 = manufactured in 24th week of the year 2020.

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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