

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Cordless SmartStick® Hand Blender and Knife

CSB-300

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 taken, including the following:

WARNING: Read all safety warnings and instructions. Failure to follow the warnings and instructions may result in electric shock, fire and/or serious injury.

1. **READ ALL INSTRUCTIONS.**
2. To protect against electrical shock, do not put the charger handle or motor body of this hand blender in water or other liquids. The drive shaft of this appliance, where blades are interchanged, has been designed for submersion in water or other liquids. Never submerge any other portion of this unit. If hand blender falls into liquid, remove immediately. Carefully remove, clean and dry unit thoroughly before continuing.
3. 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.
4. Do not operate in the presence of explosive and/or flammable fumes.
5. To avoid the possibility of personal injury, always unplug the unit from the charger before attaching or removing blades and/or attachments for cleaning or any other purpose.
6. Illuminated lights indicate unit is ready to operate. Avoid any contact with blades or movable parts.
7. Once blender is unlocked and/or powered on, avoid any contact with blades or moveable parts.
8. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from attachments and mixing container during operation 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.
9. Remove detachable shaft from the power handle before washing the blades or shaft.
10. Blades and accessory attachments are SHARP. Handle carefully. Always handle blades with hand away from cutting edge. Always store blades with cutting edge away from you.
11. When mixing liquids, use a tall container or make small quantities at a time to reduce spillage and possibility of injury.
12. Charger should be plugged into an electrical outlet away from sink or hot surface.
13. Do not use an extension cord. Plug charger directly into an electrical outlet.

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14. Do not attempt to use this charger with any other product. Also, do not attempt to charge the batteries with any other charger.
 15. Do not charge batteries with charger plugged into an outdoor outlet.
 16. Do not use appliance for other than intended use.
 17. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way, or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair, or mechanical or electrical adjustment.
 18. The use of attachments or accessories not recommended by Cuisinart may cause fire, electrical shock or risk of injury.
 19. Make sure the appliance is off and the motor/blade/attachment has stopped completely before putting on or taking off attachments, and before cleaning.
 20. This appliance is intended for household use only and is not for commercial or outdoor use.
 21. Do not use this hand blender for other than its intended use of preparing foods and beverages.
 22. Use extra care when working with hot liquids to avoid splattering.
 23. To reduce the risk of fire or electric shock, do not operate any heating appliance beneath or near the mounted charging handle unit.
 24. Do not mount or store/unit over or near a portion of a heating or cooking appliance, or a sink or washbasin.
 25. Unplug the charger from the outlet before attempting any routine cleaning of the charger.
 26. Do not operate a damaged charger. Have damaged charger replaced immediately.
 27. Do not incinerate the hand blender, even if it is severely damaged. The batteries can explode in a fire.
 28. This product contains lithium batteries which must be recycled at the end of the life of the hand blender and disposed of properly. (See Disposal/Recycling of Batteries, page 44.) Do not incinerate or compost batteries, as they will explode at high temperature.
 29. Leaks from battery cells can occur under extreme conditions. If the liquid gets on the skin, (1) wash quickly with soap and water or (2) neutralize with mild acid such as lemon juice or vinegar. If the liquid gets into eyes, flush them immediately with clean water for a minimum of 10 minutes. Seek medical attention.
 30. Prevent unintentional starting. Never press the Auto Lock/Unlock switch on the power handle or electric knife attachment while pressing the Power On switch or trigger unless you are ready to use your blender or knife.
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31. Recharge only with the charger specified by the manufacturer. A charger that is suitable for one type of battery pack may create a risk of fire when used with another battery pack.
 32. Use appliances only with specifically designated battery packs. Use of any other battery packs may create a risk of injury and fire.
 33. Under abusive conditions, liquid may be ejected from the battery. Avoid contact with such liquid. If contact accidentally occurs, flush with water. If liquid contacts eyes, seek medical help. Liquid ejected from the battery may cause irritation or burns.
 34. Do not use a battery pack or appliance that is damaged or modified. Damaged or modified batteries may exhibit unpredictable behavior resulting in fire, explosion or risk of injury.
 35. Do not expose a battery pack or appliance to fire or excessive heat. Exposure to fire or temperatures above 265°F/130°C/ may cause an explosion.
 36. Have servicing performed by a qualified repair person using only identical replacement parts. This will ensure that the safety of the product is maintained.
 37. Recommended ambient charging temperature 50°F–104°F (10°C– 40°C).
 38. Recommended storage temperature (10°C– 40°C) (50°F– 104°F).
 39. Use only the power adapter (10.0VDC/1000mA output) supplied with this product.
 40. Any other servicing should be performed by an authorized service representative.
 41. To reduce the risk of injury, never place chopper/grinder attachment cutting blade assembly on cup shaft without first putting chopper cup properly in place.
 42. 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.
 43. Check chopping cup for presence of foreign objects before using.
 44. 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**

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UNPACKING INSTRUCTIONS

Place the package containing the Cuisinart® Cordless Rechargeable Hand Blender on a sturdy surface. Unpack the Hand Blender from its box by removing the storage pouch containing the power handle, blending shaft, knife attachment and whisk. Remove all support materials from the box. Save packaging for possible repacking of the unit.

NOTE: All blades are extremely sharp. Be careful when removing and/or handling.

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

INTRODUCTION

Introducing another first from Cuisinart. Your new Cordless SmartStick® Hand Blender and Knife is also a full size, full-power Electric Knife. Slip our exclusive new attachment onto the power handle to carve meat or slice bread. With no cord to get in the way, you can slice a smoked turkey, or blend and whisk right in a bowl on the counter or pot at the stove. Want to do even more? Attach the handle onto the chopper/grinder and find out what we mean when we say we've just taken multifunctionality over the top!

FEATURES AND COMPONENTS

1. Power Handle

No cord! Operates on two rechargeable 4.0 volt lithium-ion batteries, with power button within easy reach. Shaped like a stirring utensil for comfortable control.

- a. Auto Lock/Unlock Button for safe operation.
- b. Battery Indicator Lights. Red/Low: Less than 25%. Orange/Normal Use Range: 25–75%. Green/High: 75–100%.
- c. Blue Speed Indicators. Five bars light up to indicate low to high speed selection.
- d. Speed Control. Push button to left or right to select speed.
- e. Power On Button. Press and hold before or right after pushing Auto Lock/Unlock switch. **NOTE: Operation stops instantly and locks when Power button is released.**

2. Blending Shaft

Detachable 8¾" shaft with stainless steel blade and blade guard snaps on and off power handle for easy operation and cleanup.

3. Electric Knife Assembly

Snaps onto the power handle creating a full-size, electric carving knife.

4. Chopper/Grinder Attachment

Chop, mince and grind with the Cuisinart® chopper/grinder attachment. Chopper/grinder attaches to the power handle in place of the blender shaft or whisk attachment.

5. Whisk Assembly

Whisk attachment snaps into the power handle housing. This attachment is great for whipping cream, egg whites and other delectable treats.

6. Mixing/Measuring Beaker

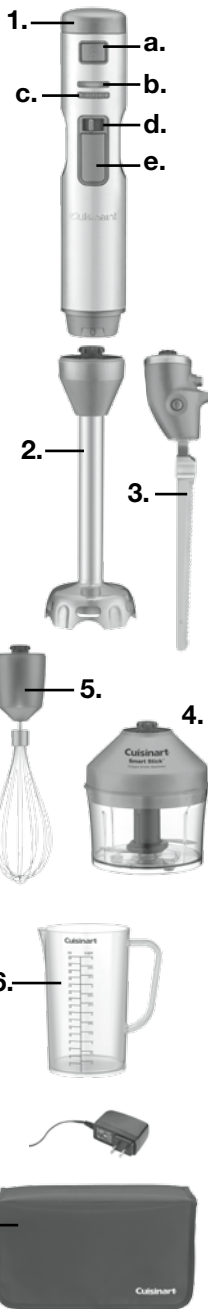
Beaker is marked for liters and cups for convenient measuring. Use for drinks, shakes, salad dressings, etc. Designed for easy gripping and drip-free pouring.

7. Charger Port

Located on back of the power handle at the top.

8. Storage Pouch

Interior dividers safely store power handle, blending, shaft, knife and whisk.



BEFORE YOU BEGIN

Before using the Cuisinart® Cordless SmartStick® Hand Blender and Knife 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. Handle carefully. Wash the blending blade, whipping attachment, chopper cup and blade, mixing beaker, knife blades and detachable shaft by hand or in the dishwasher (upper rack only). Dry thoroughly before use.

Read all instructions completely for detailed operating procedures. The batteries in your Cuisinart® Cordless SmartStick® Hand Blender and Knife have not been fully charged. Before the first use of this appliance, the batteries must be charged until the green light goes on. See Charging and Battery Life below.

CHARGING YOUR BLENDER/BATTERY LIFE

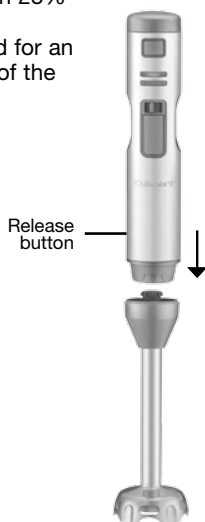
The batteries in your Cuisinart® Cordless SmartStick® Hand Blender and Knife have not been fully charged. Before the first use of this appliance, the batteries must be charged until the GREEN battery indicator light illuminates. With a full charge, your stick blender will run for approximately 20 minutes, depending on load. Your stick blender will be fully charged in approximately 2-2.5 hours. You can “quick charge” your stick blender for 5 minutes of run time in 30 minutes. Battery Life Indicator Lights: Green: When the unit displays a green power light, you are between 100% and 75% of battery power. Orange: When illuminated in Orange, you are between 75% and 25% of battery power. When Red, you are at less than 25% and will need to charge soon.

Note: do not leave your stick blender uncharged for an extended period of time, as it will affect the life of the rechargeable battery.

ASSEMBLY

BLENDING ATTACHMENT

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.



CHOPPER/GRINDER

1. Place the chopping/grinding blade assembly into center of the chopping cup over metal blade shaft.
2. Place your ingredients into the chopper cup. Close cover, rotating clockwise to lock in place.
3. Connect the power handle to the top of the chopping cup cover until you hear a slight click.



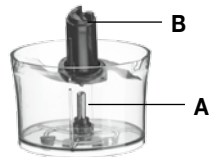
REVERSIBLE BLADE

The chopper/grinder attachment is equipped with a reversible blade – sharp on one side and blunt on the other. The blade is attached to a plastic ring that slides over the plastic blade shaft, so it can be easily turned over to select the appropriate blade. To reverse the blade, see detailed instructions below. Also see Frequent Uses for Chopper/Grinder (page 16).

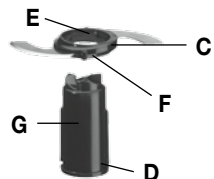
Assemble the parts.

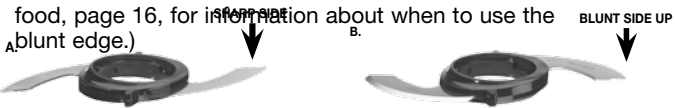
1. Place the chopping cup on a flat, dry, stable surface.
2. The metal blade assembly shaft (A) is attached to the bottom of the chopping cup. If not already in place, slide the fully assembled blade assembly (B) over the top of the metal blade assembly shaft.

- 2a. Put together the blade assembly if not assembled: Very carefully connect the blade ring (C) to the plastic blade shaft (D). Line up the blade ring opening with the plastic sheath. There are notches (E) on opposite sides of the interior of the ring. These fit over ridges on the sides of the plastic blade sheath (G).



Let the blade ring slide to the bottom of the plastic shaft. **HOLD THE BLADE RING BY THE CENTRAL HUB HOLDING RIBS (grips) (F) ONLY. DO NOT TOUCH THE RAZOR-SHARP BLADES.** Pick up the blade ring by its hub holding ribs (grips) and turn it very slightly clockwise. This locks it in place on the plastic blade sheath and prevents it from sliding up during processing. Note these important features of the blade ring. The blade ring can be placed over the plastic blade shaft in two different ways: If you hold it this way (A), you will see the word “Sharp” on the blade. Assemble the blade this side up to use the sharp edge. If you hold it this way (B), you will see no writing on the blade. Assemble the blade this side up to use the blunt edge. (See the section on processing





REMOVING CHOPPER/BLADE ASSEMBLY

To remove rotate assembly right or left to release from the cup shaft.

WHISK ATTACHMENT ASSEMBLY

Align the motor power handle 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 gearbox are detachable from one another.



KNIFE ATTACHMENT

1. Before first use, separate the blades and wash them in hot, soapy water or in the dishwasher. **CAUTION: BLADES ARE SHARP. HANDLE WITH CARE.** Dry thoroughly.
2. The two blades must be attached before inserting into the gearbox. Lock the blades together by inserting the rivet on one blade into the keyhole of the other blade.
3. Holding the blades with the serrated edge facing down, insert blades into the gearbox until you hear a click. The blades may not line up evenly when properly inserted. **CAUTION: THE BLADES ARE VERY SHARP. BE CAREFUL WHEN HANDLING THEM. A BLADE SHEATH IS INCLUDED TO PROTECT YOU AND YOUR KNIFE BLADE.**



OPERATION

TURNING CORDLESS RECHARGEABLE HAND BLENDER ON/OFF

The power handle lets you operate the blender, chopper whisk and knife. Keep hands, hair, clothing and other utensils away from all blades.

BLENDING AND MIXING

The blending shaft is specially designed for mixing and stirring all kinds of foods, including salad dressings, smoothies, shakes, powdered drink products and sauces. It is ideal for combining dry ingredients, and can also be used to make mayonnaise, too. The 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 thoroughly blend the most flavorful, full-bodied liquid recipes. To avoid splatter, be sure the protective blade guard on the blending shaft remains submerged in the liquid while blending. Never remove it from liquid while the motor is running.

Insert the blending attachment into the power handle. (See Assembly for Blending Attachment, page 8.) Insert blending shaft into mixture to be blended. Press and hold the Auto Lock/Unlock button and press and Power On button to turn motor on. Once motor is on, you can release the Auto Lock/Unlock button. You can also press the Power button first, holding it down as you press the Auto Lock/Unlock button to turn motor on. Do not hold Power button down for more than 2 minutes at a time. To turn the blender motor off, release the Power On button.

CHOPPING AND GRINDING

Put the chopping cup firmly on a flat sturdy surface like a countertop. Be sure the blade is assembled to use the blade edge that is appropriate for the food to be processed.

Put food unto the chopping cup. Be sure the food is cut into small uniform pieces and the cup is not overloaded.

Put the chopper/grinder cover on top of the chopping cup. Be sure the cover is properly seated. Then attach power handle to the cup cover.

NOTE: To pulse – hold the Auto Lock/Unlock button down while pressing and releasing the Power On button. Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the chopper/grinder during operation. When you have finished processing, release Power On button to turn motor off.

WHEN THE BLADE STOPS MOVING, remove the power handle from

the chopper/grinder cover, and remove the cover from the chopping cup.

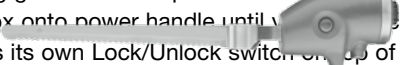
NOTE: Do not operate the chopper/grinder attachment without food in the chopping cup.

WHISKING

1. Make sure the whisk is attached to it's the gearbox before attaching it to the power handles. (See page 10 Insert the whisk into mixture to be blended, and turn unit on.
2. Begin whisking at Speed 1, gradually increasing speed to avoid splatters.

CARVING AND SLICING

The knife blades should be assembled and inserted into gearbox before attaching gearbox to the power handle.

1. Press gearbox onto power handle until you hear a click.
2. The knife has its own Lock/Unlock switch on top of the gearbox. Slide the switch and immediately press and hold the power button on the gearbox.
3. Continue pressing the power button as you cut, keeping the blade straight so thickness of slices is consistent. **CAUTION:** NEVER place your hand on top of the blade to support it while operating the knife, as the blades are designed to move only back and forth.
4. Blades will automatically stop when power trigger is released. Press the two blade release buttons on either side of gearbox to release the blades.

CLEANING AND MAINTENANCE

HAND BLENDER

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

CHOPPER

To simplify cleaning, rinse the chopping cup, blade and cover immediately after use so that food won't dry on them. Do not submerge the chopping cup cover in water or put in the dishwasher. Wash chopping blade and chopping cup in warm, soapy water. Rinse and dry. Wipe the underside of the chopper/grinder 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 chopping cup 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.

WHISK

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

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

ELECTRIC KNIFE

1. Remove the gearbox from the power handle.
2. To remove the blades, press the blade release buttons on both sides of the gearbox and grasp the blades with the cutting edge away from you. Slowly pull blades out from knife handle. To wash, separate the blades by sliding the rivet out of the keyhole. Wash them in hot, soapy water or the dishwasher and dry thoroughly.
3. Do not put gearbox into dishwasher or into water. Wipe it with a damp cloth to clean.

Caution: Do not clean handle with blades in place. Do not immerse the appliance in water or other liquids or place it under running water.

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

TIPS AND HINTS

FOR HAND BLENDER

- Be sure the protective blade guard on the blending shaft 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 directly in the saucepan or pot.
- When blending ingredients in a pot or pan, tilt the pan away from you to create a deeper area for blending and to prevent splatter.
- If blending a small volume of liquid, tilt the container slightly for better results.
- When using a nonstick cooking surface, be careful not to scratch the coating with the hand blender.
- When blending in the beaker – for example, if making a fruit smoothie – cut firmer fruit into ½-inch pieces for easy blending.
- When blending in the beaker, put harder ingredients in first, then soft ingredients. Finish with any liquid you want to add, unless recipe instructs otherwise.

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- 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 lattés. Just warm milk in a small saucepan, and then pulse the hand blender gently, being sure to keep the blending blade guard fully submerged.
 - Do not let hand blender stand in a hot pot on stove while not in use.
 - Do not attempt to blend fruit pits, bones or other hard materials, as these are likely 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 liquids.

FOR FOOD CHOPPER/GRINDER ATTACHMENT

1. 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.
2. Do not attempt to chop fruit pits, bones or other hard materials, as these are likely to damage the blades.
3. 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
4. For raw ingredients: Peel, core and/or remove seeds and pits. Food should be between $\frac{1}{2}$ and 1 inch, depending on hardness of the food.
5. The size of pieces you put in bowl should be about the same size to achieve even results.
6. Do not operate chopper/grinder attachment for more than 30 seconds continuously.
7. Liquids in work bowl should not exceed $1\frac{1}{2}$ cups. Use quantities given in the recipe section as a guide.
8. Some spices may scratch the work bowl.
9. When making compound butters, remove the butter from the refrigerator and let it come to room temperature before blending the ingredients.
10. Do not immerse chopper/grinder cover in water or any other liquids.

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 can contain hidden oils and fats that can ruin the delicate egg white foam. To help stabilize the egg whites, add $\frac{1}{8}$ teaspoon of cream of tartar per egg white prior to beating them. (If using a copper bowl omit the cream of tartar.) Beat the egg whites until desired peaks form.
 - It may also be used for any task that you would normally whisk by hand, like crêpe batters or eggs for omelets.
 - Beating the egg whites too long causes them to dry out and become less stable.
 - When adding sugar to beaten egg whites, add it slowly when soft peaks just begin to form, and then continue beating to form desired peaks.
 - When beating heavy cream, if possible and time allows, use a chilled bowl and chill the whisk attachment. The best-shaped bowl for whipping cream is one that is deep with a rounded bottom to minimize any splatter.
 - The cream should come out of the refrigerator just before whipping. Whipped cream may be used at either soft or firm peaks depending on preference. It may be flavored as desired. For best results, whip cream just before using.

FOR KNIFE ATTACHMENT

- Do not press down when carving or slicing; let the motion of the blades control the cutting.
- When slicing bread, keep the blades at a right angle to the cutting board for consistent thickness.
- Be careful to avoid bones when carving meat or poultry; they could damage the cutting edges of blades.
- When carving or slicing with one hand, be sure to keep the other hand (which is often holding the item being cut) away from the blades.

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 food into chopper/grinder bowl. Add small amount of appropriate liquid. Pulse to chop, then hold to blend.
BreadCrumbs – 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 1/4-inch pieces. Pulse to chop, then process until desired consistency is reached.
Chocolate	Sharp Blade	High	Cut into 1/2- inch pieces; may chill in freezer for 3 minutes before chopping. Pulse to chop, then process, no more than 1 ounce at a time, until desired texture is reached.
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	Sharp Blade	High	Peeled to 6 cloves. Pulse to chop.
Gingerroot (fresh)	Sharp Blade	High	Peel, cut into-1/2-inch pieces. Pulse to chop 1/2 ounce at a time.
Hard Spices (coriander, dill, poppy, star, anise, etc.)	Sharp Blade	High	Pulse to chop until desired consistency is reached. Pulse with sharp blade to get fine results.
Herbs (fresh)	Sharp Blade	High	1/2 cup; must be clean/dry. Pulse to chop.
Nuts	Dull Blade	High	Shelled; toast first for best flavor. Pulse to chop, process up to a 1/3 cup at a time, until desired consistency is reached. May be processed to nut-butter stage.
Onion	Sharp Blade	High	Peel, cut into 1/2-inch pieces. Pulse to chop, up to 1/2 cup at a time, until desired chop is reached.
Vegetables (cooked)	Sharp Blade	Low–High	Cut into inch pieces; pulse to chop, up to 1/2 cup at a time. Add cooking liquid, stock or milk to process to a purée. It is not recommended for making mashed potatoes.
Vegetables (uncooked)	Sharp Blade	High	Peel as needed; cut into 1/2-inch pieces. Peel celery with peeler to remove tough strings. Chop/process up to 1/2 cup at a time.
Raw Meat (beef, pork)	Sharp Blade	High	6 oz. or 175g, cut into 1/2-inch pieces. Pulse until desired consistency.
Simple Blending	Dull Blade	Low–High	For light mixing and incorporating.

* See page 9-10 for instructions on how to safely change the blade from the sharp side to the blunt side.

RECIPES

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SMOOTHIES AND DRINKS

Berry On-the-Go Smoothie

The mint in this recipe pleasantly offsets the sweetness of the berries and the tartness of the cranberry juice. Try it in any of your favorite fruit smoothies.

Makes 2 cups

- ½ cup frozen blueberries**
- 1 cup strawberries, hulled and halved**
- ¼ cup packed fresh mint leaves**
- 1 banana, cut into 1-inch pieces**
- ⅓ cup cranberry juice**
- ⅓ cup water**

1. Put all ingredients, in the order listed, into the mixing beaker. Using the blending shaft, select Speed 5 and blend, using an up-and-down motion, for 1 minute 30 seconds.
2. Serve immediately.

Nutritional information per serving (1 cup):

*Calories 117 (3% from fat) • carb. 29g • sugars 16g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 7mg • calc. 38mg • fiber 5g*

Mango-Lime Smoothie

For a creamier smoothie, increase the amount of yogurt to ½ cup.

Makes a scant cup

- 1 cup mango, cut into 1-inch chunks**
- ⅓ cup plain full fat yogurt**
- 1½ teaspoons fresh lime juice**
- ½ teaspoon grated lime zest**
- 2 tablespoons cold water**

1. Put all ingredients, in the order listed, into the mixing beaker. Using the blending shaft, select Speed 5 and blend, using an up-and-down motion, for 30 seconds.
2. Serve immediately or refrigerate until ready to enjoy.

Nutritional information per serving (1 cup):

*Calories 195 (15% from fat) • carb. 39g • sugars 35g • pro. 5g • fat 3g • sat. fat 2g
• chol. 10mg • sod. 53mg • calc. 156mg • fiber 3g*

Protein Shake

Peanut butter, banana and cocoa powder—what's not to like? Plus, the combo is packed with protein that is sure to fill you up.

Makes 1¼ cups

2 tablespoons creamy-style peanut butter

1 banana, cut into 1-inch pieces

1 tablespoon protein powder

1 teaspoon unsweetened cocoa powder

1 teaspoon flaxseed*

¾ cup unsweetened almond milk

1. Put all ingredients, in the order listed, into the mixing beaker. Using the blending shaft, select Speed 5 and blend, using up-and-down motions, for 1 minute 30 seconds.
2. Serve over ice or refrigerate until ready to enjoy.

Nutritional information per serving (about ½ cup):

*Calories 192 (52% from fat) • carb. 18g • sugars 8g • pro. 6g • fat 12g • sat. fat 2g
• chol. 4mg • sod. 111mg • calc. 95mg • fiber 3g*

Simple Fruit Smoothie

Less is more, especially when it comes to making a quick and nutritious snack with your hand blender.

Makes a scant 2 cups

1 cup fresh strawberries, hulled and halved

1 cup frozen pineapple chunks

¾ cup orange juice

1. Put all ingredients, in the order listed, into the mixing beaker. Using the blending shaft, select Speed 5 and blend, using up-and-down motions, for about 1 minute.
2. Serve immediately or refrigerate until ready to enjoy.

Nutritional information per serving (1 cup):

*Calories 129 (2% from fat) • carb. 30g • sugar 25g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 5mg • calc. 20mg • fiber 4g*

Cherry-Ginger Smoothie

Coconut milk beverage, normally found in a carton, is much lighter than traditional canned coconut milk. Substitute $\frac{2}{3}$ cup of the canned version for a creamier, richer smoothie.

Makes about 1 cup

- 1 cup dark, sweet frozen cherries**
- $\frac{3}{4}$ cup coconut milk beverage**
- 1 piece ($\frac{3}{4}$ -inch) fresh ginger, peeled and halved**

1. Put all ingredients, in the order listed, into the mixing beaker. Using the blending shaft, select Speed 5 and blend, using an up-and-down motion, for about 30 seconds.
2. Serve immediately or refrigerate until ready to enjoy.

Nutritional information per serving (1 cup):

*Calories 242 (57% from fat) • carb. 25g • sugars 18g • pro. 3g • fat 16g • sat. fat 14g
• chol. 0mg • sod. 10mg • calc. 14mg • fiber 3g*

Triple Chocolate Shake

For the chocolate lover.

Makes about 2 cups

- $\frac{3}{4}$ cup milk (any fat variety)**
- $1\frac{1}{2}$ tablespoons chocolate syrup**
- $\frac{1}{2}$ teaspoons cocoa powder**
- $1\frac{1}{2}$ cups premium chocolate ice cream**

1. Put all ingredients, in the order listed, into the mixing beaker. Using the blending shaft, select Speed 3 and blend, using an up-and-down motion, for 45 seconds.
2. Serve immediately.

Nutritional information per serving ($\frac{1}{2}$ cup):

*Calories 154 (39% from fat) • carb. 21g • sugars 19g • pro. 3g • fat 7g • sat. fat 4g
• chol. 23mg • sod. 65mg • calc. 110mg • fiber 1g*

Baba Ghanoush

This popular roasted eggplant dip dish is great as a dip for vegetables or pita, but is also nice as a sandwich spread. To achieve the signature charred flavor, cooking the eggplant over an open flame is the way to go, but you can also just broil or roast it in your oven so until the eggplant is cooked to a soft consistency.

Makes about 1¼ cups

- 1 medium eggplant (about 1 pound), not peeled**
- 1 garlic clove, peeled**
- 1/3 cup fresh parsley leaves**
- 2 tablespoons tahini**
- 2 teaspoons fresh lemon juice**
- 2 teaspoons extra virgin olive oil**
- 1/2 teaspoon kosher salt**

1. Prick the eggplant evenly on all sides with the tines of a fork. Char the eggplant. This can be done in one of two ways: If you have a gas stove, you can char over the stove (the faster method). Holding the eggplant with heatproof tongs, place over the flame of the stove and carefully turn the eggplant until all sides are blackened. Set aside to cool slightly. The second method is to char in an oven under the broiler. Set on a rack fit into a foil-lined baking pan. Place as close as possible to the broiler/top element and turn every 5 to 10 minutes, until all sides are charred (this may not get as blackened as it would over an open flame). It is important for the flesh to be very soft, to the point where the eggplant is falling apart. This can take anywhere between 15 and 30 minutes, depending on your oven. Note: This is a great task for your toaster oven! Once the eggplant is charred, set aside to cool slightly.
2. Put the garlic into the chopping cup. Process on Speed 5 to chop. Add the remaining ingredients, and then scrape in the flesh (not the skin) of the eggplant into the bowl (discard any seeds). Process on Speed 5 until completely combined.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

*Calories 37 (54% from fat) • carb. 4g • sugars 1g • pro. 1g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 153mg • calc. 33mg • fiber 2g*

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 small garlic clove, peeled**
- ½ small 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 Speed 5 for 5 seconds to chop. Add the tomatoes and pulse 2 to 3 times to chop. Add the remaining ingredients and pulse on Speed 5 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 • sugars 0g • pro. 0g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 144mg • calc. 4mg • fiber 1g*

Hummus

This is your basic hummus. To change it up a bit, add a cooked red pepper, or roasted beets or fresh herbs. This hummus is delicious on its own, but also makes a great foundation for new flavor variations like roasted pepper or fresh herb.

Makes about 2 cups

- 1 garlic clove, peeled**
- 1 can (15.5 ounces) 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 Speed 5 for 10 to 15 seconds; scrape bowl. Add the remaining ingredients and process until fully smooth, about 40 to 60 seconds.
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 • sugars 0g • pro. 3g • fat 4g • sat. fat 1g
• chol. 0mg • sod. 119mg • calc. 45mg • fiber 2g*

Mango Salsa

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

Makes about 1 cup

- 1 small garlic clove, peeled**
- ¼ jalapeño, seeded and quartered**
- 1 scallion, cut into ½-inch pieces**
- 1 tablespoon packed cilantro leaves**
- 1 cup grape tomatoes, halved**
- ½ cup mango, cut into ½-inch pieces**
- ¼ teaspoon kosher salt**
- Pinch freshly ground black pepper**
- 1 teaspoon fresh lime juice**

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

Nutritional information per serving (¼ cup):

*Calories 23 (6% from fat) • carb. 6g • sugars 4g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 137mg • calc. 15mg • fiber 1g*

Spinach, Gruyère and Artichoke Dip

A bit of a twist on the standard spinach artichoke dip, for the more grown-up palate. The combination of Gruyère and Parmesan gives the dip a pleasant nuttiness. No special pan required – we found that using a pie plate was the best and quickest way to warm this dish.

Makes about 2 cups

- Olive oil or nonstick cooking spray**
- 2 ounces Gruyère, cut into ½-inch cubes**
- 1 ounce Parmesan, cut into ½-inch cubes**
- 1 garlic clove, peeled**
- ½ small shallot, cut into 1-inch pieces**
- 8 ounces frozen spinach, thawed and drained well**
- 1 can (15 ounces) quartered artichoke hearts, drained**
- 12 ounces cream cheese, room temperature and cut into 1-inch pieces (regular or reduced-fat style, such as Neufchâtel, works)**
- 2 tablespoons heavy cream**
- ½ teaspoon crushed red pepper**

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1. Lightly coat a 9-inch pie or cake pan with olive oil or nonstick cooking spray. Reserve. Preheat oven, with the rack in the middle position, to 375°F.
 2. Put both cheeses into the chopping cup. Process on Speed 5 until chopped, about 20 to 30 seconds. Add the garlic and shallot and process on Speed 5 until chopped, another 20 seconds.
 3. Put the remaining ingredients into a medium mixing bowl, along with the chopped mixture. Using the blending shaft, process on Speed 5 until combined. Use an up-and-down motion, about 1 to 1½ minutes, to be sure to cut through all ingredients.
 4. Transfer mixture to the prepared pie/cake pan and put into the preheated oven. Bake until the top is nicely browned, about 20 to 25 minutes.
 5. Serve immediately with pita chips, crusty bread and crisp vegetables.

Nutritional information per serving (2 tablespoons):

*Calories 99 (61% from fat) • carb. 5g • sugars 1g • pro. 5g • fat 7g • sat. fat 4g
• chol. 23mg • sod. 169mg • calc. 93mg • fiber 3g*

Tapenade

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

Makes about 1½ cups

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

1. Put the garlic and parsley into the chopping cup. Select speed 5 and process roughly chop, about 20 seconds. Scrape down the sides of the bowl. Add the olives and capers and continue processing on Speed 5 for to chop another 20 seconds. Add the remaining ingredients. Process until combined and desired consistency has been achieved. Tapenade is equally delicious whether puréed or more roughly chopped.
2. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

*Calories 42 (84% from fat) • carb. 2g • sugars 0g • pro. 0g • fat 4g • sat. fat 1g
• chol. 0mg • sod. 224mg • calc. 33mg • fiber 2g*

Tzatziki

The Greek cousin of raita, this sauce benefits from time in the refrigerator so the flavors can develop.

Makes about 1¾ cups

- 2 garlic cloves, peeled**
- 1 tablespoon fresh dill**
- 1 piece (½ inch) lemon peel, bitter white pith removed**
- 4 ounces cucumber, seeded (if necessary) and cut into 1-inch pieces – do not peel**
- 1 cup plain Greek yogurt (any fat variety works)**
- 1 tablespoon fresh lemon juice**
- 2 pinches kosher salt**

1. Put the garlic, dill and lemon peel into the chopping cup. Select Speed 5 and process on Speed 5 to roughly chop, about 20 seconds. Scrape down the sides of the bowl and add the cucumber. Process again on Speed 5 until finely chopped, about 10 seconds.
2. Add the remaining ingredients and process until combined.
3. Transfer to a storage container, cover and refrigerate for a minimum of 2 hours, preferably overnight.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

*Calories 7 (1% from fat) • carb. 1g • sugars 1g • pro. 2g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 153mg • calc. 33mg • fiber 2g*

Aioli/Mayonnaise

Aioli, like mayonnaise, has its roots in France, but it has been adopted by many cuisines, most notably the Catalans of Spain. This version makes it simple by using the same base for mayonnaise, but adding a hefty amount of garlic to the mix. Traditionally, aioli is used as a dip for crudités, but it can also top burgers, fish and crab cakes.

Makes about 1 cup

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

Put all ingredients (excluding the garlic if making mayonnaise), in the order listed, in the mixing beaker. Allow to sit for about 30 seconds to 1 minute. Insert the blending shaft so that it is sitting level on the bottom of the cup select Speed 3 and blend, being sure to keep the metal blade completely submerged. Process until the mixture begins to thicken. Continue processing with a gentle up-and-down motion until thick and oil is fully incorporated.

Nutritional information per serving (1 tablespoon):

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

Cranberry Sauce

Freshly made cranberry sauce beats out the canned variety any day.

Makes about 3 cups

- 4 cups whole cranberries (fresh, or frozen and thawed)**
- 2 cups water**
- ²/₃ cup granulated sugar**
- ¹/₄ teaspoon kosher salt**
- 3-inch piece orange peel, bitter white pith removed**

1. Put all ingredients into a medium saucepan. Bring to a boil, then lower heat to achieve a simmer. Continue to simmer until the cranberries are very plump, about 20 minutes (in addition to the cranberries being plump, you want to reduce the liquid by about one-third or one-half). Remove from heat and let come to room temperature.
2. Remove orange peel and then insert the blending shaft. Select Speed 3 and blend for 10 to 15 seconds, depending on desired consistency.
3. Transfer to a storage container, cover and chill in the refrigerator.
4. Cranberry sauce can be stored in the refrigerator for up to 1 week.

Nutritional information per serving (¹/₄ cup):

*Calories 57 (1% from fat) • carb. 14g • sugars 11g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 55mg • calc. 7mg • fiber 2g*

Garden Vegetable Sauce

This all-purpose pasta sauce is a great way to get your daily dose of vegetables.

Makes about 4 cups

- 1** **tablespoon extra virgin olive oil**
- 1** **small onion, cut into ½-inch pieces**
- 1** **carrot, cut into ½-inch pieces**
- ½** **cup ½-inch cubed eggplant (not peeled)**
- 1** **celery stalk, cut into ½-inch pieces**
- 2** **garlic cloves, smashed**
- ½** **teaspoon kosher salt, divided**
- ½** **teaspoon dried oregano**
- ½** **teaspoon dried basil**
- 1** **roasted red pepper, cut into 1-inch pieces**
- ¼** **cup dry white wine**
- 1** **tablespoon tomato paste**
- 1** **can (28 ounces) diced tomatoes with their juices**
- Pinch freshly ground black pepper**
- 1** **tablespoon granulated sugar**

1. Put the oil into a large saucepan set over medium heat. Once oil is hot, add the onion, carrot, eggplant, celery, garlic and ¼ teaspoon of the salt. Gently sauté ingredients together until they turn slightly golden.
2. Add the oregano, basil, red pepper and wine. Cook until reduced by at least half. Add the tomato paste, tomatoes and remaining salt. Bring to a boil, then reduce heat and simmer for 35 minutes, loosely covered. Uncover and then simmer for an additional 10 to 15 minutes longer to thicken. Turn off heat and let sit 5 minutes.
3. Select Speed 3 and blend sauce directly in the pot on using the blending shaft. Process until desired consistency is achieved, being sure to keep the metal blade completely submerged in the sauce (depending on the size of the pot being used, you may need to tilt the pot to one side – be sure to tilt the pot away from you to prevent any possible splatter).
4. Taste and adjust seasoning as desired.
5. Serve immediately or cool completely and then transfer to storage containers to store in the refrigerator. Sauce will keep in the refrigerator for up to one week. It can also be frozen for up to one month.

Nutritional information per serving (¼ cup):

*Calories 41 (25% from fat) • carb. 7g • sugars 4g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 245mg • calc. 18mg • fiber 2g*

Horseradish Sauce

Perfect accompaniment for any roast beef dish.

Makes about 1 cup

- 2/3 cup sour cream**
- 1/3 cup mayonnaise**
- 1/3 cup prepared horseradish**
- 2 teaspoons Dijon-style mustard**
- 3/4 teaspoon kosher salt**
- Pinch freshly ground black pepper**

Put all ingredients, in the order listed, into the mixing beaker. Using the blending shaft, select Speed 3 and blend. While blending, gradually increase to Speed 5, using a gentle up-and-down motion until completely combined, about 20 to 30 seconds.

Nutritional information per serving (1 tablespoon):

*Calories 56 (89% from fat) • carb. 7g • sugars 1g • pro. 1g • fat 5g • sat. fat 2g
• chol. 10mg • sod. 163mg • calc. 10mg • fiber 0g*

Pesto

Make this traditional pesto when basil is abundant in the garden.

Makes about 3/4 cup

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

1. Put the cheese into the chopping cup. Select Speed 5 and pulse to process until finely ground, about 5 pulses.
2. Add the nuts, garlic and salt. Process on Speed 5 until chopped, about 30 seconds.
3. Add half of the basil and process until chopped. Add the remaining basil and process until chopped. Add half of the oil and process until combined. Add the remaining oil and process until mixture is homogenous and finely chopped, about 1 minute.
4. Taste and adjust seasoning as desired. Transfer pesto to an airtight container – either drizzle additional olive oil on top of the pesto or press a piece of plastic wrap directly on top prior to covering the container. Pesto will keep in the refrigerator for up to a week, or frozen for up to 1 month.

Nutritional information per serving (1 tablespoon):

*Calories 94 (89% from fat) • carb. 1g • sugars 0g • pro. 1g • fat 10g • sat. fat 2g
• chol. 2mg • sod. 152mg • calc. 49mg • fiber 0g*

Salsa Verde

Spoon this green, herby sauce over grilled meat – it will become an instant favorite.

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

- 1** small garlic clove, peeled
- $\frac{1}{4}$ small jalapeño or serrano chile
- 1** small scallion, trimmed and cut into $\frac{1}{2}$ -inch pieces
- 1** cup fresh parsley leaves
- $\frac{1}{2}$ teaspoon red wine vinegar
- $\frac{1}{4}$ teaspoon kosher salt
- Pinch** freshly ground black pepper
- $\frac{3}{4}$ cup extra virgin olive oil

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

Nutritional information per serving (2 tablespoons):

*Calories 246 (12% from fat) • carb. 1g • sugars 0g • pro. 0g • fat 28g • sat. fat 4g
• chol. 0mg • sod. 105mg • calc. 18mg • fiber 0g*

Yogurt Tahini Sauce

From falafel to our Middle Eastern Leg of Lamb (page 41), this tangy sauce is a fitting accompaniment.

Makes about 1 cup

- 1** cup plain yogurt, whole or reduced fat
- 1** tablespoon tahini
- $\frac{1}{2}$ teaspoon fresh lemon juice
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground cumin

1. Select Speed 1 and blend, using the blending shafts, until homogenous.
2. Taste and adjust seasoning as desired.
3. Serve immediately or reserve in the refrigerator. This can be made in advance and stored in an airtight container in the refrigerator for up to 1 week.

Nutritional information per serving (2 tablespoons):

*Calories 53 (50% from fat) • carb. 4g • sugars 25g • pro. 2g • fat 3g • sat. fat 1g
• chol. 4mg • sod. 180mg • calc. 83mg • fiber 1g*

Basic Vinaigrette

Use this basic vinaigrette as a guide and change your vinegar/oil flavors to come up with varying combinations to create exciting salad dressings.

You can add other flavors such as crushed or roasted garlic, chopped shallots, fresh or dried herbs, sun-dried tomatoes, honey or lemon juice.

Makes about 1 cup

- ¼ cup red wine vinegar**
- 1 teaspoon Dijon-style mustard**
- ¼ teaspoon kosher salt**
- ⅓ teaspoon freshly ground black pepper**
- ¾ cup extra virgin olive oil**

1. Put all ingredients, in the order listed, into the mixing beaker.
2. Insert the blending shaft so that it is sitting level on the bottom of the beaker and select Speed 3 and blend, being sure to keep the metal blade completely submerged. Process until the mixture begins to thicken. Continue processing with a gentle up-and-down motion until dressing is homogenous, about 30 seconds.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

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

Caesar Dressing

An old favorite made fresh at home.

Makes about 1 cup

- 2 small garlic cloves, peeled**
- 6 anchovy fillets**
- ¼ cup egg substitute (may substitute 2 fresh, raw egg yolks; be sure you use the freshest eggs possible and from a trusted source – or use ¼ cup mayonnaise)**
- 4 teaspoons fresh lemon juice**
- 4 teaspoons red wine vinegar**
- 2 teaspoons Dijon-style mustard**
- 2 teaspoons Worcestershire sauce**
- ½ teaspoon freshly ground black pepper**
- ⅔ cup extra virgin olive oil, divided**

1. Put all ingredients except for the olive oil into the mixing beaker. Using the blending shaft, select Speed 5 and blend, until fully combined.
2. Add half of the olive oil and blend on Speed 5 until well combined. Add the remaining olive oil and blend until homogenous, about 1 minute.
3. Taste and adjust seasoning as desired.

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4. Serve immediately. Transfer to an airtight container and store in the refrigerator for up to 5 days.

Nutritional information per serving (1 tablespoon):

*Calories 90 (96% from fat) • carb. 0g • sugars 0g • pro. 1g • fat 10g • sat. fat 2g
• chol. 24mg • sod. 68mg • calc. 3mg • fiber 0g*

Citrus Vinaigrette

Use any variety of citrus in this recipe to dress up your typical green salad. This dressing also makes a great marinade for chicken.

Makes about 1 cup

- ¼ small shallot, cut into ½-inch pieces**
- 1 teaspoon Dijon-style mustard**
- 2 – 3 teaspoons grated orange zest (zest of 1 orange)**
- ⅓ cup freshly squeezed orange juice**
- ½ teaspoon kosher salt**
- Pinch freshly ground black pepper**
- ⅔ cup extra virgin olive oil**

1. Put shallot into the chopping cup. Select Speed 5 and process to chop, about 10 seconds. Add the remaining ingredients and blend about 30 seconds until homogenous.
2. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

*Calories 167 (96% from fat) • carb. 2g • sugars 1g • pro. 0g • fat 19g • sat. fat 3g
• chol. 0mg • sod. 163mg • calc. 3mg • fiber 0g*

Sesame Ginger Dressing

This Asian-style dressing goes great over cold, crisp vegetables.

Makes about 1 cup

- 1 scallion, trimmed and cut into 1-inch pieces**
- 1 small garlic clove, peeled**
- 1 piece (¾ inch) fresh ginger, peeled and halved**
- 1 tablespoon toasted sesame seeds**
- 3 tablespoons rice wine vinegar**
- 1 tablespoon soy sauce**
- 2 tablespoons toasted sesame oil**
- ¾ cup vegetable oil**

1. Put all ingredients, except for the oil, into the blending beaker. Using the blending shafts, select Speed 5 and to chop, about 15 seconds.

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2. Add oil. Select Speed 3 and blend until homogeneous about 30 seconds.

Nutritional information per serving (2 tablespoons):

*Calories 217 (98% from fat) • carb. 1g • sugars 0g • pro. 0g • fat 25g • sat. fat 4g
• chol. 0mg • sod. 85mg • calc. 3mg • fiber 0g*

Spring Asparagus Leek Soup

Spring ingredients shine in this simple yet tasty soup.

Makes about 8 cups

- 2 garlic cloves, peeled**
- 2 medium leeks, white and light green parts only, cut into 1-inch pieces**
- 2 tablespoons unsalted butter**
- 1 – 1½ teaspoons kosher salt, to taste, divided**
- 2 large bunches asparagus (about 2 to 2½ pounds), rough ends trimmed and cut into 2-inch pieces, tips removed and reserved for garnish, optional (see note in step 3)**
- 1 large red potato (about 8 ounces), peeled and cut into ½-inch pieces, held in water to prevent oxidation**
- ¼ cup dry white wine or cognac**
- ¼ teaspoon freshly ground black pepper**
- 5 cups vegetable or chicken broth (the clearer the broth, the greener the soup will be)**
- 1 teaspoon fresh lemon juice**
- Crème fraîche for garnish**
- Chopped chives for garnish**

1. Put the garlic and leeks into the chopping cup. Select Speed 5 and process to chop, about 8 seconds. Remove and reserve.
2. Put the butter in a medium stockpot set over medium heat. Once melted, add the garlic and leeks with a half teaspoon of salt; stir until you hear a slight sizzle and then cover pan to sweat the leeks for about 5 to 10 minutes, until they are very soft.
3. Add the asparagus stalks and potato to the pan. Stir to coat all vegetables and sauté until soft, about 10 minutes. Pour in white wine or cognac and stir until completely reduced. Add remaining salt and pepper and stir in the broth. Bring mixture to a boil and then reduce to a simmer. Simmer until all vegetables are very tender, about 20 to 25 minutes.
4. While soup is simmering, steam the asparagus tips separately, about 5 to 8 minutes, until crisp tender. Shock tips in ice water to maintain a bright green color. Once cool, thinly slice tips lengthwise to be used for garnish. (Note: This step is optional, but makes for a great presentation.)
5. Once soup vegetables are tender, select Speed 3 and start blending, using the blending shafts. Gradually increase to Speed 5, until puréed, about 1½ minutes. If using a larger pot, tilt the pan away from you to ensure that the protective guard of the blending blade is fully submerged to prevent splatter.

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

Nutritional information per serving (based on 6 servings):

*Calories 97 (26% from fat) • carb. 13g • sugars 4g • pro. 5g • fat 35g • sat. fat 2g
• chol. 8mg • sod. 650mg • calc. 45mg • fiber 3g*

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, about ¼ cup bacon crumbles**
- 3 to 4 sage leaves**
- 4 ounces unsalted, good quality butter, room temperature, cut into tablespoons**
- 1 teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**

Soup:

- 1 tablespoon unsalted butter**
- 1 medium leek, cleaned well, white and light green parts only (about 6 ounces trimmed), sliced, about 1 cup**
- 1 medium butternut squash, peeled, seeded and cut into 2-inch 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. Select Speed 5 and pulse until evenly and finely chopped. Add the butter, salt and pepper and process 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 really cold and hard for serving.

Make the soup:

1. Put the butter into a medium stockpot and place 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.

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2. Stir ingredients together well and cook for an additional 5 minutes. 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, until squash is very soft and tender, about 20 minutes.
 3. Once tender, select Speed 5 and blend, using the blending shafts and an up-and-down motion until 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 • sugars 4g • pro. 5g • fat 18g • sat. fat 11g
• chol. 70mg • sod. 741mg • calc. 92mg • fiber 4g*

Cauliflower Soup

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

Makes 6 cups

- 1 medium leek, cleaned well, white and light green parts only, cut into 1-inch pieces**
- 1 tablespoon olive oil**
- 1 medium head cauliflower, about 2½ pounds, cut into florets**
- 2 teaspoons kosher salt, divided**
- ¼ teaspoon freshly ground black pepper**
- ¼ teaspoon caraway seeds**
- 4 cups vegetable broth**
- Dill, for garnish (optional)**

1. Put the leek into the chopping cup. Select Speed 5 and process for about 8 seconds to chop.
2. Put the olive oil in a medium stockpot over medium heat. Once warm, add the leeks and gently sauté until soft and fragrant, about 5 minutes. Be careful not to let the leeks 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. Once tender, select Speed 5 and blend, using the blending attachment, in an up-and-down motion until smooth, about 1 to 2 minutes. If the soup seems too thick, add additional broth or water until desired consistency is achieved.
5. 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 • sugars 4g • pro. 4g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 991mg • calc. 53mg • fiber 4g

Zucchini Herb Soup

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

Makes about 7 cups

- 2 medium leeks, white and light green parts, cut into 1-inch pieces**
- 1 medium celery stalk, cut into 1-inch pieces**
- 1 tablespoon unsalted butter or olive oil**
- 4 medium zucchini (about 2 pounds), sliced**
- 8 ounces white (waxy) potato, peeled and cut into 2-inch pieces**
- 1½ teaspoons kosher salt, divided**
- ½ teaspoon freshly ground black pepper**
- ½ cup dry white wine**
- 2¾ cups chicken broth low sodium**
- 2 tablespoons fresh mint leaves (about 10 to 12 medium leaves)**
- 2 tablespoons fresh basil leaves (about 14 to 15 large leaves)**
- ¼ cup heavy cream (optional)**

1. Put the leeks and celery into the chopping cup. Select Speed 5 and process to chop, about 8 seconds.
2. Put the butter in a medium stockpot over medium heat. Once the butter melts, add the leeks and celery. Stir over medium heat until vegetables soften, about 8 to 10 minutes.
3. When vegetables are soft, add the zucchini and potato and 1 teaspoon of the salt and the pepper, and stir ingredients together until well coated. Once coated, add the white wine. Simmer until wine is just about evaporated. Add the broth and increase the heat to bring mixture to a boil. Once the soup comes to a boil, reduce the heat in order to maintain a simmer. Simmer until all vegetables are tender, about 15 minutes.
4. When all vegetables are tender, add the fresh herbs. Blend soup on Speed 5 with the blending shaft, using an up-and-down motion until smooth, about 1 to 2 minutes. To help facilitate blending, tilt pot to one side, away from you, so the protective guard of the blade is completely submerged. Blend until mixture is completely puréed.
5. If using cream, add at the very end of blending: Stir in cream and simmer soup for an additional 5 to 10 minutes before seasoning. If not adding cream, taste and adjust seasoning with remaining salt as desired.

Nutritional information per serving (about 1 cup):
Calories 93 (19% from fat) • carb. 14g • sugars 5g • pro. 3g • fat 2g • sat. fat 1g
• chol. 4mg • sod. 718mg • calc. 44mg • fiber 3g

Roasted Tomato and Red Pepper Soup

Simple to prepare – this soup can be enjoyed hot or cold.

Makes about 5 cups

- 4 large red peppers, about 2½ pounds**
- 5 large plum tomatoes, about 1½ pounds**
- 1 large shallot, peeled**
- 4 large garlic cloves, crushed**
- 1 cup chicken broth low sodium**
- ¾ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**

1. Preheat oven to 425°F.
2. Put the peppers, tomatoes, shallot and garlic on a lined baking sheet and place in the oven. Roast for about 45 minutes, until all vegetables are slightly charred.
3. Transfer peppers to a stainless bowl and cover with plastic wrap, allow to sit for about 30 minutes to steam and loosen the skins. Remove and discard the pepper skins and seeds. Remove the skins and core of the tomatoes.
4. Put the roasted vegetables in a saucepan. Using the blending shafts, select Speed 5 and blend to purée. Stir in the chicken broth, salt and pepper and turn heat onto medium. Heat soup until hot.
5. Remove from heat and blend again on Speed 5 for about 1 minute until completely smooth.
6. Taste and adjust seasoning and texture as desired.

Nutritional information per serving (about 1 cup):

*Calories 68 (11% from fat) • carb. 13g s• sugars 8g • pro. 3g • fat 1g • sat. fat 0g
• chol. 5mg • sod. 389mg • calc. 20mg • fiber 4g*

Winter White Bean Soup

A rich and creamy soup, serve with a nice crusty loaf of breads.

Makes about 6 cups

- 4 slices bacon, finely chopped**
- 1 garlic clove, peeled**
- 1 medium onion, cut into 1-inch pieces**
- 1 celery stalk, cut into 1-inch pieces**
- 1½ teaspoons olive oil, divided**
- ½ teaspoon kosher salt, divided**
- 1 tablespoon dry white wine, or vermouth**
- 2 cans (15.5 oz cannellini beans drained
(or 1 pound dried, soaked overnight)***
- 1 rosemary sprig**
- 1 bay leaf**

-
- Pinch freshly ground black pepper**
4 cups chicken or vegetable broth, low sodium
Grated Parmesan for garnish

1. Put the bacon in a medium stockpot or large saucepan set over medium heat. Cook until crispy. Remove and reserve.
 2. While the bacon is cooking, prep the vegetables. Put the garlic, onion and celery into the chopping cup. Select Speed 5 and process until chopped, about 5 seconds.
 3. Once bacon is done cooking and has been reserved, reduce the heat to medium low. Add the oil. Once hot, transfer the chopped vegetables with a pinch of the salt to the pot. Sauté until softened, about 4 to 6 minutes. Add the wine/vermouth, stirring to deglaze the pan (picking up the brown bits from the bottom of the pan and working into the mixture); let cook until fully evaporated. Add the beans, rosemary, bay leaf, remaining salt and pepper and stir to mix. Heat until beans are warmed through, about 4 to 5 minutes. Add the broth and increase the heat to bring to a boil. Once boiling, reduce heat and simmer, partially covered, for about 60 to 75 minutes. Remove the rosemary sprig and bay leaf.
 4. Using the blending shaft, select Speed 3 and blend, until smooth. If using a larger saucepan, tilt the pan to one side, away from you, to ensure that the protective guard of the blade is fully submerged to prevent splatter.
 5. Taste and adjust seasoning as desired. Garnish with a sprinkling of the cooked bacon/prosciutto and grated Parmesan.
- * When using soaked dried beans, you may have to add more broth and a bit more salt as well.

Nutritional information per serving (based on 6 servings):

*Calories 245 (9% from fat) • carb. 36g • sugars 4g • pro. 18g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 500mg • calc. 119mg • fiber 13g*

Chocolate Mousse

While chocolate mousse is light and airy, do not be fooled – this is incredibly rich! If you want smaller portions, use smaller cups, like espresso cups. This can also be piped with a pastry bag to make the perfect presentation.

Makes about 2½ cups (five individual servings)

- 6 ounces (about 1 cup) semisweet chocolate, chopped or chips**
4 large egg yolks
4 tablespoons granulated sugar, divided
Pinch kosher salt
½ teaspoon espresso powder
2 tablespoons unsalted butter, cubed and room temperature
1 cup heavy cream
1 teaspoon pure vanilla extract

-
1. Melt the chocolate in a double boiler.
 2. While chocolate is heating, put the yolks, 2 tablespoons of the sugar and the salt into a medium mixing bowl. Using the whisk attachment, select Speed 2 and whisk, gradually increasing to Speed 4, until lightened, about 1½ minutes. Add the espresso powder and whisk on Speed 4 until combined. Reserve.
 3. Once the chocolate has just melted, add the butter and, still using the whisk attachment, whisk on Speed 2 until butter is completely incorporated. Add the egg yolk/sugar mixture and whisk on Speeds 3 and 4 until completely combined. Once combined, continue to whisk over the double boiler for 1 minute to ensure the eggs have reached a safe, cooked temperature (if you have a thermometer, you want to have the mixture be 160°F). Remove bowl from the heat and reserve until cool to the touch.
 4. While the chocolate is cooling, put the heavy cream, vanilla and remaining sugar into a medium to large mixing bowl. Using the whisk attachment (no need to clean it from the previous task – a quick rinse is fine if desired), whisk, starting on Speed 1 and gradually increasing to Speed 5 to reach medium-stiff peaks. This will take about 2½ minutes. Take about one-third of the whipped cream and stir into the chocolate mixture to lighten, and then with a large spatula, fold the remaining whipped cream into the mixture until there are no streaks visible.
 5. Divide among five custard cups (about 4 ounces each). Cover and chill until fully set, minimum 2 hours. These will keep for up to 3 days in the refrigerator.

Nutritional information per serving (4 ounces):

*Calories 447 (58% from fat) • carb. 32g • sugars 28g • pro. 4g • fat 34g • sat. fat 21g
• chol. 224mg • sod. 39mg • calc. 29mg • fiber 2g*

Whipped Cream

The whisk attachment on the Cuisinart® hand blender makes whipping cream much easier than whipping it by hand.

Makes 2 cups

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

1. Put all ingredients into a large mixing bowl. Using the whisk attachment, select Speed 1 and whisk, being sure the whisk just skims the surface of the whipped cream.
2. Continue blending with the whisking until cream begins to thicken. Then gradually increase speed to Speed 5 and move whisk in an up-and-down motion until desired stiffness is achieved. You will reach soft peaks in about 1½ minutes.

Nutritional information per serving (2 tablespoons):

*Calories 67 (92% from fat) • carb. 1g • sugar 1g • pro. 0g • fat 6g • sat. fat 4g
• chol. 25mg • sod. 0mg • calc. 0mg • fiber 0g*

Belgian Waffles

Whipped egg whites make these waffles light, fluffy and irresistible.

Makes 4 cups batter, about 4 large Belgian waffles

- 2 cups unbleached, all-purpose flour**
- 2 tablespoons yellow cornmeal**
- ¾ teaspoon kosher salt**
- ½ teaspoon baking soda**
- 2 large eggs, separated**
- Pinch cream of tartar**
- 4 tablespoons vegetable oil**
- 1¾ cups buttermilk**
- ½ teaspoon pure vanilla extract**

1. Put dry ingredients into a large mixing bowl. Using the whisk attachment, select Speed 1 and whisk to combine ingredients, about 10 seconds. Reserve.
2. Put the egg whites and cream of tartar into a separate clean, large bowl. Again, using the whisk attachment, select Speed 1 and whisk. As the egg whites start to thicken, slowly increase the speed to Speed 5 to achieve medium peaks, which takes about 2 minutes total. Reserve.
3. Put the yolks, oil, buttermilk and vanilla in a small bowl. select Speed 1 and whisk until combined, about 10 seconds. Reserve.
4. Make a well in the dry ingredients and, using Speed 1, whisk in the yolk mixture until just combined. Then, with a spatula, carefully fold in the egg whites.
5. Use the recommended amount of batter in your waffle maker's recipe booklet to cook waffles.

Nutritional information per serving (1 cup batter):

*Calories 411 (38% from fat) • carb. 52g • sugars 6g • pro. 1g • fat 17g • sat. fat 3g
• chol. 97mg • sod. 705mg • calc. 138mg • fiber 1g*

Fresh Herb-Crusted Pork Roast

You will love how easy it is to chop fresh herbs in the hand blender's chopping cup.

- 3 garlic cloves, peeled**
- 2 tablespoons fresh oregano leaves**
- 2 tablespoons fresh rosemary leaves**
- 2 tablespoons fresh thyme leaves**
- 1 tablespoon Dijon-style mustard**
- 1 teaspoon fresh lemon juice**
- 1¼ teaspoons kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 1 3-pound pork loin, (previously brined if desired)**

-
1. Put the garlic, oregano, rosemary and thyme into the chopping cup. Select Speed 5 and pulse to roughly chop, about 8 to 10 times. Add mustard, lemon juice, salt and pepper. Process to fully combine ingredients, about 20 seconds.
 2. Rub pork loin with herb paste. Preheat oven to 425° F. (Allow pork to sit at room temperature while the oven heats up.)
 3. Roast pork until the internal temperature reaches 145°F, about 40 minutes. If you prefer well done, roast until the internal temperature reaches 155°F.
 4. Allow pork to rest for at least 10 minutes before slicing.
 5. Using the knife attachment on speed, slice the pork into even slices by keeping your hand steady and applying medium pressure to the meat in a downward motion.

Nutritional information per serving (4 oz):

*Calories 229 (58% from fat) • carb. 1g • sugars 5g • pro. 22g • fat 14g • sat. fat 5g
• chol. 71mg • sod. 309mg • calc. 31mg • fiber 0g*

Thanksgiving Turkey

Makes about 16 servings

- 4 medium carrots, cut into 2-inch pieces**
- 4 medium celery stalks, cut into 2-inch pieces**
- 2 large onions, cut into 8 pieces**
- 2 fresh thyme sprigs**
- 2 fresh sage sprigs**
- 1 teaspoon black peppercorns**
- 1 teaspoon juniper berries**
- 2 cups water**
- 1 16-pound turkey**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- 2 teaspoons olive oil**

1. Preheat oven to 450°F.
2. Put the carrots, celery, onions, thyme, sage, peppercorns and juniper berries with the water in the bottom of a large roasting pan.
3. Fit the rack in the pan on top of the vegetables. Pat the turkey with paper towels to completely dry the entire bird, both outside and inside the cavity. Sprinkle the salt and pepper all over the turkey, including the cavity. Rub the outside of the turkey with the olive oil and then place on the rack fitted in the roasting pan.
4. Put turkey into the preheated oven and immediately reduce the temperature to 350°F. Rotate roasting pan every hour while cooking.
5. Roast until the thickest part of the thigh registers 170°F with an instant-read thermometer. Begin checking the temperature at 4 hours.
6. Allow turkey to rest at least 30 minutes before carving. while it's resting, pour off any drippings and place in freezer to separate out the fat, leaving the rest to add to the gravy.

To carve:

Transfer turkey on a stable cutting board. Using the knife attachment on speed 5, carve turkey by starting with the legs. Cut each drumstick off and then each thigh. Slice the meat off each as you go. Remove each breast, using the breastbone as a guide. Slice each breast thinly against the grain.

Nutritional information per serving (meat only):

*Calories 141 (17% from fat) • carb. 0g • sugars. 0g • pro. 28g • fat 3g • sat. fat 1g
• chol. 90mg • sod. 223mg • calc. 15mg • fiber 0g*

Middle Eastern Leg of Lamb

It seems as though Middle Eastern spices were created to go with lamb; this recipe will definitely show you why! The potatoes and onions roast right alongside the meat, making this an impressive and easy main dish for your next dinner party night. Leftover lamb is great sliced for sandwiches, spread with our Yogurt Tahini Sauce (page 29).

Makes 8 to 10 servings

- 1** **teaspoon cumin seeds**
- 1** **teaspoon coriander seeds**
- 1½** **teaspoons kosher salt, plus more for sprinkling**
- ½** **teaspoon freshly ground black pepper, plus more for sprinkling**
- 4** **garlic cloves**
- 4** **fresh oregano sprigs, leaves only**
- ½** **teaspoon cayenne**
- ⅓** **cup olive oil, divided**
- ½** **teaspoon ground cinnamon**
- 1** **boneless leg of lamb, 2½ to 3 pounds**
- 1** **pound red potatoes, scrubbed, halved and cut into ¼-inch half moons**
- 12** **pearl onions, peeled and halved (alternatively, 2 shallots, sliced, can be used in place of the pearl onions)**
- Pita bread, toasted and kept warm for serving**

1. Prepare the marinade for the lamb: Put the cumin and coriander seeds in a small, dry skillet set over medium heat. Cook until seeds are just toasted and fragrant. Remove. Put the toasted seeds into the chopping cup with the grinding blade along with the salt, pepper, garlic, oregano and cayenne. Pulse a few times to break up, scraping down as needed. Then add ¼ cup of the olive oil and process until a paste has formed.
2. Rub the paste all over the lamb (if it was tied or netted, be sure to remove string or netting so the lamb can be evenly coated). Transfer to a large mixing bowl, cover with plastic wrap, or place lamb in a 2-gallon re-sealable bag. Marinate in the refrigerator overnight.
3. Preheat oven to 400°F, with rack in the middle of the oven. Remove lamb from bowl/bag and tie well with butcher's twine. Cover a baking sheet with foil. Add the potatoes and onions, and toss with the remaining olive oil and a couple pinches of salt and a pinch of pepper.

Place the tied, marinated lamb on top of potatoes and onions, centered in the pan.

- Put the lamb in the oven. Roast for about 50 minutes, until the internal temperature reaches 130°F, for medium rare. Allow it to rest for 10 minutes.
- Transfer lamb to a stable cutting board. Using the knife attachment on Speed 5, slice the lamb thinly and serve with the roasted potatoes, onions, Yogurt Tahini Sauce and toasted pita bread.

Nutritional information per serving (lamb; based on 10 servings):

*Calories 270 (46% from fat) • carb. 11g • sugars. 1g • pro. 25g • fat 14g • sat. fat 3g
• chol. 37mg • sod. 441mg • calc. 30mg • fiber 1g*

Easy Weeknight Tenderloin

For a last-minute special occasion, this delicious cut of meat can easily be prepared in only 30 minutes. Perfect with the Horseradish Sauce (page 28).

Makes about 6 servings

- 1½ pounds beef tenderloin**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- 2 teaspoons olive oil, divided**

- Sprinkle the tenderloin with the salt and the pepper, rub all over with 1 teaspoon of the olive oil and let sit at room temperature for about 20 minutes.
- Preheat oven or toaster oven to 400°F.
- While oven is preheating, put the remaining teaspoon of oil into a large skillet and place over medium heat. Once the oil is hot, place the tenderloin in the pan and sear until brown on all four sides, about 3 to 4 minutes per side. When browned, put tenderloin into the preheated toaster oven and roast for about 20 to 25 minutes, until an instant-read thermometer reads 125°F, for medium rare.
- Allow tenderloin to rest for at least 10 minutes. Using the knife attachment, slice on Speed 5.

Nutritional information per serving:

*Calories 193 (46% from fat) • carb. 0g • sugars. 0g • pro. 25g • fat 10g • sat. fat 3g
• chol. 75mg • sod. 445mg • calc. 32mg • fiber 0g*

WARRANTY

LIMITED THREE-YEAR WARRANTY (U.S. ONLY)

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

We warrant that your Cuisinart® Cordless Rechargeable Hand Blender will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

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

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

Cuisinart
7475 North Glen Harbor Blvd.
Glendale, AZ 85307.

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

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

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

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

CALIFORNIA RESIDENTS ONLY

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

(A) to the store where it was purchased or

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

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options does not result in the appropriate relief to the consumer, the consumer

may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

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

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

BEFORE RETURNING YOUR CUISINART PRODUCT

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

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

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

DISPOSAL/RECYCLING OF BATTERIES

This product uses two Li-ion rechargeable and recyclable batteries. At the end of the batteries' useful life, they should be recycled. These batteries must not be incinerated or composted. Li-ion batteries should not be put in municipal waste systems. Contact your local waste collection agency for proper recycling and disposal information for your area. Please do not attempt to dismantle the knife handle to replace these batteries on your own. Damage could result to the unit.

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