

QUICK REFERENCE GUIDE – BLENDER

To activate blender	Press On/Off - The blender is in Standby mode
To begin blending	Turn dial to Speed 1.
To change speeds	Turn dial to desired speed
To pulse	In Standby mode turn dial to Pulse, then immediately release. Repeat as needed
To crush ice	In Standby mode pulse then blend on Speed 2 or until desired consistency is reached
To stop blending (and deactivate blender)	Turn dial to Stop position and then press On/Off button
To stop blending	Turn dial to Stop position

SPEED SELECTION GUIDE

Refer to this guide to choose the best blender speed for your desired result.

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrate	1 to 2	Smooth and full-bodied
Mayonnaise	1	Thick and creamy
Salad dressings	1	Completely blended and emulsified
Nuts (shelled, ½ cup or less at a time)	2	Coarse to fine (20 to 30 sec.)
Heavy or whipping cream	1	Thick, creamy topping (1 min.)
Bread, cookies or crackers (add ½-inch pieces, 1 cup or less at a time)	2	Coarse to fine as desired (10 to 20 sec)
Grating/chopping citrus zest (add 1 to 2 teaspoons sugar or salt from recipe)	1 to 2	Uniformly fine
Smoothies, shakes, health drinks	1 to 4	Smooth, creamy and thick
Baby food/fruit and vegetable purée	1 to 2	Smooth and creamy
Frozen cocktails	1 to 4	Thick and slushy
Hard cheeses	Pulse first, then blend on 3 to 4	Coarse to fine
Spices	Pulse first, then blend on 2 to 3	Coarse to fine
Ice	Pulse then blend on 2	Coarse crush to snowy

TEMPERATURE GUIDE

High	High temperature
	Sauté
	Bringing liquids to boil
Medium	Main Sauté temperature
	Perfect Simmer temperature
Low	Keep Warm Temperature
	Steeping

QUICK REFERENCE GUIDE

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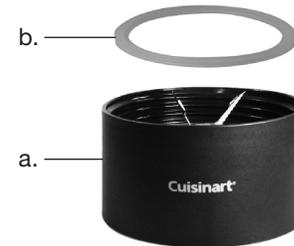
Blend and Cook Soupmaker

SBC-1000



SETUP

- 1.** Place the collar with blade assembly (a) on a flat, sturdy surface. Carefully place the rubber gasket (b) inside the collar.



- 2.** Place the blender jar (c) on the collar and turn clockwise until tight.

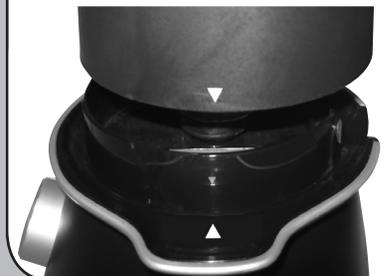
NOTE: Blades are sharp! Handle with care.



- 3.** Place lid (d) on jar and push until secure. Place measuring cup (e) in the lid opening and press into lid.



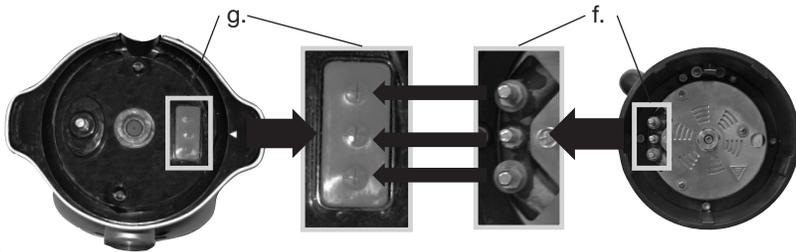
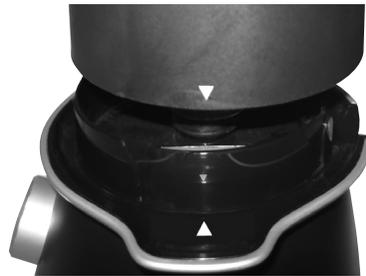
- 4.** When placing jar onto base, be sure arrow on jar collar, located just below the handle, is aligned with arrow on base.



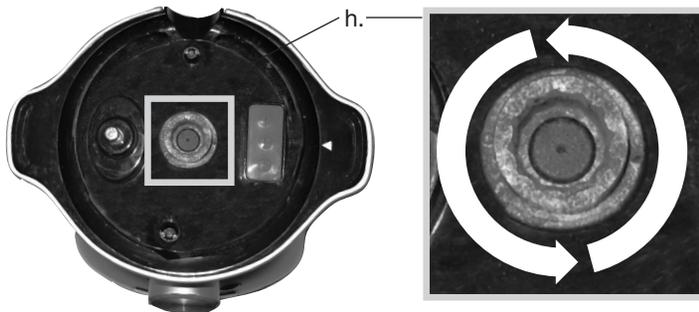
Setup instructions continued on reverse side

SETUP continued

- 5.** Place jar onto base, making sure the three interlocking pins on the underside of the collar (f) fit into the rectangular rubber connector on the base (g).



- 6.** **NOTE:** If jar does not sit flush on base, do not force it! Remove jar and slightly turn the clutch (h) located in the center of the top of the base.

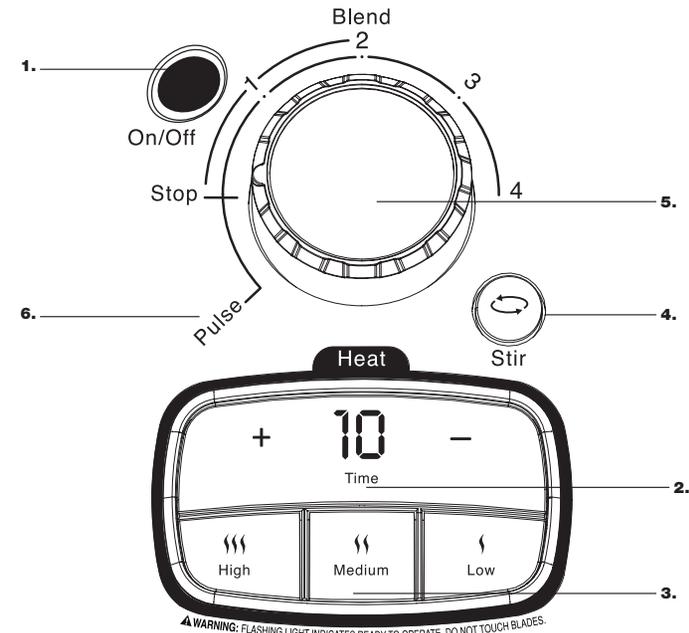


IMPORTANT

Do not throw away. Read before operating your new Blend and Cook Soupmaker. Keep for future reference.

These helpful hints are intended to be a supplement to the Instruction Booklet. In order to ensure safe operation and optimum performance, please read the entire Instruction Booklet.

GETTING TO KNOW YOUR CONTROL PANEL



▲ WARNING: FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.

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- 1. Power On/Off Button** – Press the button and the red LED light will flash; the unit is now in Standby mode. If the On/Off button is pressed while in Standby mode, the unit will turn off.
- 2. Cooking Timer Control** – **NOTE:** Timer must be set before temperature can be set. When the unit is in Standby mode, the cooking time can be set by pressing the + or – buttons. Time counts up or down in one-minute increments, up to 30 minutes. (Note: If – button is pressed first, 30-minutes will be displayed.) Hold button down to scroll through minutes, or press and release to advance one minute at a time.
- 3. Temperature Controls** – **NOTE:** Cooking time must be selected before setting temperature. The unit will start its heating or cooking cycle when High, Medium or Low temperature is selected. The temperature can be changed at any time during the heating or cooking cycle. The heater can be manually turned off by pressing the Temperature control currently in use (this will be illuminated) or pressing the power On/Off button. If the power On/Off button is used to turn off the heater, the unit will power off and must be restarted for blending. **NOTE:** Blending and cooking cannot operate simultaneously.
- 4. Stir Button** – The Stir function does just what it says, allowing you to stir ingredients at a low speed. It can be operated at any time during the cooking or blending cycle. It can also be operated in Standby mode when ingredients are being added to the glass jar. It is a manually operated function; it will stir only when pressed. Giving you complete control.
- 5. Blending Control** – The Blending control has 4 speeds – 1 is the lowest setting, 4 is the highest. When in Standby mode, the Blending function is active and operable. **NOTE:** Blending and cooking cannot operate simultaneously. When blending hot items such as soups or sauces, only use speeds 1 through 3; cooking will be non-operational.
- 6. Pulse** – The Pulse setting can only be used in Standby mode. This function creates a burst of power for quick blending. Rotate counterclockwise, release Blending control and repeat as desired. You determine the duration of each pulse. The Pulse function is best for breaking apart larger pieces of food. **NOTE:** Pulsing and cooking cannot operate simultaneously.