

# Cuisinart®

Instruction  
Booklet  
Reverse Side

## Recipe Booklet



**Cordless Rechargeable Hand Blender**

**CSB-78**

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

**IB-8270**

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## ABOUT THE RECIPES

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

### Breakfast Shake for the Road

Makes 2 cups

- ¾ cup orange peach mango juice**
- 6 ounces lowfat vanilla yogurt**
- ½ banana, broken into 3 pieces**
- ½ cup frozen blueberries**
- 3 to 4 frozen strawberries**
- 1 tablespoon ground flax seed**

Place all ingredients in order listed in the Cuisinart blending cup. Using the Cuisinart® Cordless Hand Blender, blend by using a gentle up-and-down motion until ingredients are homogenous, about 30 seconds. Be sure to keep the metal blade completely submerged while blending.

*Nutritional information per serving (1 cup):*  
Calories 320 (7% from fat) • carb. 69g • pro. 6g • fat 3g • sat. fat 1g • chol. 0mg • sod. 65mg • calc. 185mg • fiber 4g

### Power Blast Protein Shake

Makes 2 cups

- 1 cup lowfat or skim milk (may use soy or rice milk)**
- 1 banana, broken into 2-inch pieces**
- ½ cup mango, cut into 1-inch pieces**
- ½ cup frozen blueberries**
- 2 tablespoons protein powder**
- 1 to 2 tablespoons honey (optional)**

Place all ingredients in order listed in the Cuisinart blending cup. Using the Cuisinart® Cordless Hand Blender, blend using a gentle up-and-down motion until ingredients are homogenous, about 30 seconds. Be sure to keep the metal blade completely submerged while blending.

*Nutritional information per serving (1 cup):*  
Calories 190 (9% from fat) • carb. 33g • pro. 13g • fat 2g • sat. fat 1g • chol. 0mg • sod. 170mg • calc. 232mg • fiber 3g

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## Super “C” Smoothie

This delicious smoothie is packed with vitamin C.

Makes 2 cups

- ½ **cup orange juice**
- ½ **cup navel orange sections, all pith and membrane removed**
- ½ **cup grapefruit sections, all pith and membrane removed**
- ½ **cup fresh mango, cut into ½-inch cubes**
- ½ **cup frozen strawberries**

Place all ingredients in order listed in the Cuisinart blending cup. Using the Cuisinart® Cordless Hand Blender, blend using a gentle up-and-down motion until ingredients are homogenous, about 30 seconds. Be sure to keep the metal blade completely submerged while blending.

*Nutritional information per serving (1 cup):*  
Calories 116 (4% from fat) • carb. 29g. • pro. 2g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 11mg • calc. 56mg • fiber 3g

## Go Green Smoothie

Makes 2 cups

- ½ **cup orange or apple juice**
- 2 **kiwis, cut into ½-inch cubes (about ¾ cup cubed)**
- 1 **cup honeydew, cut into 1-inch cubes**
- ½ **cup fresh pineapple, cut into-1 inch cubes**

Place all ingredients in order listed in the Cuisinart blending cup. Using the Cuisinart® Cordless Hand Blender, blend using a gentle up-and-down motion until ingredients are homogenous, about 30 seconds. Be sure to keep the metal blade completely submerged while blending.

*Nutritional information per serving (1 cup):*  
Calories 120 (4% from fat) • carb. 30g. • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg  
• sod. 25mg • calc. 46mg • fiber 4g

## Triple Chocolate Shake

The ultimate chocolate lover’s milkshake.

Makes 2 cups

- ¾ **cup chocolate milk**
- 1 **cup premium chocolate ice cream**
- 2 **tablespoons chocolate syrup**

Place all ingredients in order listed in the Cuisinart blending cup. Using the Cuisinart® Cordless Hand Blender, blend using a gentle up-and-down motion until ingredients are homogenous, about 40 seconds. Be sure to keep the metal blade completely submerged while blending.

*Nutritional information per serving (1 cup):*  
Calories 400 (43% from fat) • carb. 47g. • pro. 9g • fat 19g • sat. fat 12g • chol. 120mg • sod. 140mg • calc. 294mg • fiber 2g

## Sunshine Colada

Heat up your next party with a pitcher of these tasty coladas.

Makes eight 8-ounce servings

- 2 **cups orange peach mango juice**
- 8 **ounces light rum**
- 8 **ounces cream of coconut**
- 2 **bananas, each broken into about 4 pieces**
- 3 **cups fresh pineapple, cut into ½-inch cubes**
- 2½ **cups frozen peaches**

Place all ingredients in order listed into a large pitcher. Using the Cuisinart® Cordless Hand Blender, blend using a gentle up-and-down motion until ingredients are homogenous, about 50 seconds. Be sure to keep the metal blade completely submerged while blending.

Serve on its own or over ice.

*Nutritional information per serving (1 cup):*  
Calories 240 (24% from fat) • carb. 29g • pro. 2g • fat 7g  
sat. fat 6g • chol. 0mg • sod. 20mg • calc. 14mg • fiber 3g

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## Green Pea Soup

This soup is bright, light and fresh.  
It is wonderful served hot or cold.

Makes about 8 cups

- 3**    **tablespoons extra virgin olive oil**
- 3**    **garlic cloves, crushed**
- 1**    **medium leek, trimmed, halved and chopped**
- 1**    **teaspoon sea or kosher salt, divided**
- ¾**    **teaspoon freshly ground black pepper, divided**
- ½**    **cup white wine**
- 3 to 4**    **cups vegetable stock, hot**
- 2**    **pounds (about 5 cups) frozen peas, divided**
- ½**    **cup chopped fresh parsley**
- 1**    **cup half-and-half**
- 3**    **tablespoons fresh lemon juice**

Heat olive oil in a large saucepan over low heat. Add the garlic and leek and a pinch each of the salt and pepper; sauté for about 10 minutes, or until vegetables are softened and fragrant. Add the wine and raise the heat to medium. Reduce the wine until it is almost completely evaporated. Add the vegetable stock, half the peas, and the reserved salt and pepper. Bring mixture to a boil. Reduce heat and simmer, covered, until peas are tender, about 5 minutes. Add remaining peas and simmer for an additional 2 to 3 minutes. Stir in parsley, half-and-half and lemon juice.

Using the Cuisinart® Cordless Hand Blender, blend, using an up-and-down motion, until ingredients are smooth and completely combined. Be sure to keep the metal blade completely submerged while blending.

Taste and adjust seasoning accordingly.

*Nutritional information per serving (1 cup):*  
*Calories 180 (43% from fat) • carb. 18g • pro. 7g • fat 9g*  
*sat. fat 3g • chol. 10mg • sod. 660mg • calc. 75mg • fiber 4g*

## Roasted Parsnip and Apple Soup

Makes about 10 cups

- 3½**    **tablespoons extra virgin olive oil, divided**
- 2½**    **pounds parsnips, cut into 1-inch rounds**
- ¼**    **teaspoon sea or kosher salt**
- 2**    **small shallots, minced (about 1 cup)**

- 2**    **medium apples, peeled and cut into 1-inch pieces**
- ¼**    **cup white wine**
- 5**    **cups vegetable stock, hot**
- 1**    **cup reduced-fat milk**

Preheat oven to 400°F.

In a mixing bowl, toss together 1½ tablespoons olive oil, parsnips, and salt. Place on a foil-lined baking tray, roast for 30 to 35 minutes, or until parsnips are tender and golden, being sure not to brown them too much.

While the parsnips are roasting, heat the remaining olive oil in a large saucepan over medium-low heat. Add the shallots and cook for about 3 minutes, or until softened and translucent. Add the apples; cover and cook until apples are softened, about 8 minutes. Stir in roasted parsnips and add wine. Raise heat to medium and reduce wine until it is almost completely evaporated. Add the stock and bring to a boil. Reduce heat and let simmer for about 5 to 8 minutes, or until all vegetables are tender.

Stir in the milk using the Cuisinart® Cordless Hand Blender, blend, using an up-and-down motion, until ingredients are smooth and completely combined. Be sure to keep the metal blade completely submerged while blending.

Taste and adjust seasoning accordingly.

Note: This soup is very thick, so add more stock if a thinner consistency is desired.

*Nutritional information per serving (1 cup):*  
*Calories 120 (40% from fat) • carb. 16g • pro. 2g • fat 6g*  
*sat. fat 1g • chol. 5mg • sod. 360mg • calc. 59mg • fiber 2g*

## Lightened Broccoli and Potato Soup

This soup is a delicious and healthy substitute  
to other cream soups.

Makes about 10 cups

- 2½**    **tablespoons extra virgin olive oil**
- 2**    **garlic cloves, chopped**
- ½**    **medium onion, chopped**
- 1¾**    **teaspoons sea or kosher salt, divided**
- 1**    **teaspoon freshly ground black pepper**
- 2**    **pounds broccoli, stems cut into ½-inch pieces, florets separated**

- 1 pound potatoes, peeled and cut into ½-inch pieces**
- 3 tablespoons sherry**
- 4 cups vegetable stock, hot**
- ¾ teaspoon lemon zest**
- 3 tablespoons grated Parmesan**

Heat the olive oil in a large saucepan over low heat. Add the garlic and onion, with a pinch each of salt and pepper. Sauté until softened, about 8 to 10 minutes. Raise the heat to medium and add the broccoli stems, potatoes and a pinch each of the salt and pepper; sauté 2 to 3 minutes, and then add the sherry. Let the sherry cook down until almost evaporated. Add the stock and bring to a boil. Reduce heat to a medium-low, and stir in the florets, lemon zest, Parmesan and remaining salt and pepper. Simmer until vegetables are tender.

Using the Cuisinart® Cordless Hand Blender, blend, using an up-and-down motion, until ingredients are smooth and completely combined. Be sure to keep the metal blade completely submerged while blending.

Taste and adjust seasoning accordingly.

Note: This soup is very thick, so add more stock if a thinner consistency is desired.

*Nutritional information per serving (1 cup):*

*Calories 140 (39% from fat) • carb. 17g • pro. 5g • fat 7g • sat. fat 2g • chol. 5mg  
• sod. 680mg • calc. 71mg • fiber 4g*

## Carrot Ginger Soup

Makes about 8 cups

- 3 tablespoons extra virgin olive oil**
- 2 shallots, chopped**
- 3 tablespoons finely chopped fresh ginger, divided**
- 1 teaspoon sea or kosher salt, divided**
- ¾ teaspoon freshly ground black pepper**
- 2 pounds carrots, cut into 1-inch pieces**
- 2 tablespoons rice vinegar**
- 5 cups vegetable stock**
- ⅓ cup half-and-half**

Heat the olive oil in a large saucepan over low heat. Add the shallots, 2 tablespoons of the ginger, and a pinch each of the salt and pepper. Sauté until vegetables are softened, about 5 minutes. Add the carrots, and raise the heat to a medium/medium-high. Sauté for 2 to 3 minutes, or until carrots are tender. Add the vinegar and cook until almost entirely

evaporated. Add the stock, the reserved ginger, salt and pepper. Bring mixture to a boil. Reduce heat and let simmer for about 8 to 10 minutes.

Stir in the half-and-half. Using the Cuisinart® Cordless Hand Blender, blend, using an up-and-down motion until ingredients are smooth and completely combined. Be sure to keep the metal blade completely submerged while blending.

Taste and adjust seasoning accordingly.

Note: This soup is very thick, so add more stock if a thinner consistency is desired.

*Nutritional information per serving (1 cup):*

*Calories 150 (39% from fat) • carb. 20g • pro. 3g • fat 7g • sat. fat 2g • chol. 5mg  
• sod. 490mg • calc. 72mg • fiber 3g*

## Mayonnaise

Makes about 1 cup

- ¼ cup pasteurized liquid egg product (such as EggBeaters®)**
- 1 tablespoon fresh lemon juice**
- ½ tablespoon white vinegar**
- ½ tablespoon Dijon-style mustard**
- ½ teaspoon granulated sugar**
- pinch sea or kosher salt**
- pinch ground white pepper**
- ¾ cup vegetable oil**

Place all ingredients, except for the oil, in the Cuisinart blending cup in order listed. Using the Cuisinart® Cordless Hand Blender, process until mixture begins to thicken. Be sure to keep the metal blade completely submerged while blending. Gradually add the oil, two tablespoons at a time. Continue processing with a gentle up-and-down motion until thick, about 30 seconds longer.

*Nutritional information per serving (1 tablespoon):*

*Calories 30 (96% from fat) • carb. 4g • pro. 1g • fat 2g  
sat. fat 0g • chol. 0mg • sod. 100mg • calc. 1mg • fiber 1g*

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## Ketchup

Makes about 2 cups

- ½ **tablespoon extra virgin olive oil**
- 1 garlic clove, chopped**
- ½ **medium onion, chopped**
- 1 can (14.5 ounces) diced tomatoes, juices drained**
- 1 can (6 ounces) tomato paste**
- ½ **cup packed dark brown sugar**
- ⅓ **cup cider vinegar**
- ¾ **teaspoon sea or kosher salt**
- ½ **teaspoon dry mustard**
- ¼ **teaspoon ground cinnamon**
- pinch freshly ground black pepper**
- ¼ **teaspoon ground all-spice**

Heat the oil in a medium skillet set over medium-low heat. Add the garlic and onion. Sauté until softened, about 5 minutes.

Place sautéed vegetables in the Cuisinart blending cup. Add the remaining ingredients. Using the Cuisinart® Cordless Hand Blender, process until mixture begins to thicken and is completely smooth. Be sure to keep the metal blade completely submerged while blending.

Adjust seasoning to taste.

*Nutritional information per serving (1 tablespoon):*  
*Calories 20 (10% from fat) • carb. 5g • pro. 0g • fat 0g*  
*sat. fat 0g • chol. 0mg • sod. 85mg • calc. 5mg • fiber 0g*

## Marinara Sauce

Makes about 6 cups

- 3 tablespoons extra virgin olive oil**
- 10 garlic cloves, finely chopped**
- 2 cans (28 ounces each) whole plum tomatoes in purée**
- 10 leaves fresh basil, thinly sliced (chiffonade) (about ¼ cup packed)**
- ½ **tablespoon freshly ground black pepper**
- 1 teaspoon dried oregano**
- ¼ **teaspoon fennel seed**
- pinch sea or kosher salt**
- ¼ **cup granulated sugar**

Heat oil in a large saucepan over low heat. Add garlic and sauté until softened and fragrant, but not browned, about 5 minutes. Add the tomatoes, with their juices; crush slightly with the back of a wooden spoon. Bring to a strong simmer. Add basil, spices and salt; let simmer 20 to 30 minutes, until thickened. Stir in sugar; taste and adjust seasonings. Let simmer an additional 10 minutes.

Using a Cuisinart® Cordless Hand Blender, blend the sauce until homogenous and smooth. Be sure to keep the metal blade completely submerged while blending.

Adjust seasoning to taste.

*Nutritional information per serving (¼ cup):*  
*Calories 42 (37% from fat) • carb. 6g • pro. 1g • fat 2g*  
*sat. fat 0g • chol. 0mg • sod. 149mg • calc. 14mg • fiber 1g*

## Ancho Chile Sauce

A perfect all-purpose sauce for Mexican dishes.

Makes 1½ cups

- 6 dried ancho chiles**
- 1 large shallot, cut into 1-inch pieces**
- 1 garlic clove**
- 1 jalapeño, seeds removed and cut into ½-inch pieces**
- 1 tablespoon extra virgin olive oil**
- ¼ **cup white wine**
- 1 cup chicken stock, hot**
- 1 teaspoon sea or kosher salt, divided**
- 2 tablespoons honey**
- 1 tablespoon fresh lime or lemon juice**

Reconstitute chiles: place them in a bowl, and pour boiling water over them so that they are completely covered. Cover bowl with foil, or an inverted plate. Allow the chiles to sit until they soften, about 30 to 45 minutes. Once soft, remove all seeds and stems, and reserve.

While chiles are soaking, insert the blade assembly in the prep bowl. Add the shallot, garlic and jalapeño and process until roughly chopped, about 6 to 8 seconds. Reserve.

In a 3½-quart sauté pan, heat the olive oil over medium heat. Add shallot, garlic, jalapeño and a pinch of the salt. Stir and sauté until softened and slightly browned, about 5 minutes. Stir in reserved chiles and heat through for about a minute. Stir in white wine. Scrape any bits that are clinging to the bottom of the pan. Allow wine to reduce until almost completely



evaporated. Add the chicken stock, bring to a boil and then reduce heat to allow mixture to simmer for about 10 to 15 minutes. Add the remaining salt, honey and lime/lemon juice.

Using the Cuisinart® Cordless Stick Blender, blend until mixture begins to thicken and is completely smooth. Be sure to keep the metal blade completely submerged while blending.

Adjust seasoning to taste.

*Nutritional information per serving (¼ cup):*  
Calories 100 (21% from fat) • carb. 17g • pro. 3g • fat 3g  
sat. fat 0g • chol. 0mg • sod. 460mg • calc. 27mg • fiber 2g

## Basic Vinaigrette

This recipe may be easily modified by changing the oils and vinegars used.

Makes 1½ cups

- 1** garlic clove
- 2** teaspoons Dijon-style mustard
- ½** cup red wine vinegar
- 1** teaspoon fresh lemon juice
- ¾** teaspoon sea or kosher salt
- ½** teaspoon freshly ground black pepper
- 1¼** cups extra virgin olive oil

Insert the blade assembly in the prep bowl. Place garlic in the prep bowl and process for 10 to 15 seconds; scrape bowl. Add the mustard, vinegar, lemon juice, salt and pepper; pulse 4 to 5 times, until combined. Add the oil and process until completely combined.

Adjust seasoning to taste.

This dressing is best made at least ½ hour ahead of serving. Vinaigrette will keep well if covered in refrigerator for one week. Remove from refrigerator about 30 minutes before serving; it may need to be reprocessed if separation has occurred.

*Nutritional information per serving (1 tablespoon):*  
Calories 8 (82% from fat) • carb. 0g • pro. 0g • fat 1g  
sat. fat 0g • chol. 0mg • sod. 98mg • calc. 0mg • fiber 0g

## Fresh Herb and Yogurt Dressing

This tangy dressing is a lowfat version to other creamy dressings. It also pairs well with crudité's.

Makes ¾ cup

- 1** garlic clove
- 1** tablespoon fresh dill
- ½** tablespoon fresh tarragon
- ½** tablespoon Dijon-style mustard
- 1** tablespoon white vinegar
- ¼** teaspoon sea or kosher salt
- ¼** teaspoon freshly ground black pepper
- ¾** teaspoon granulated sugar
- 1** tablespoon fresh lemon juice
- ½** cup nonfat Greek yogurt (or another strained yogurt)

Insert the blade assembly in the prep bowl. Place garlic in the prep bowl and process for 10 to 15 seconds; scrape bowl. Add the dill and tarragon; pulse 4 to 5 times, until roughly chopped. Add the remaining ingredients and process until completely combined.

Adjust seasoning to taste.

*Nutritional information per serving (1 tablespoon):*  
Calories 15 (1% from fat) • carb. 3g • pro. 1g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 130mg • calc. 32mg • fiber 0g

## Hummus

Makes 1 cup

- 1** garlic clove
- 1** cup chickpeas
- 3½** tablespoons tahini
- 2** tablespoons fresh lemon juice
- ½** teaspoon sea or kosher salt
- ¼** teaspoon freshly ground black pepper
- 3** tablespoons extra virgin olive oil
- ⅓** cup water (plus more if needed)

Insert the blade assembly in the prep bowl. Add garlic to bowl and process for 10 to 15 seconds; scrape bowl. Add chickpeas, tahini, lemon juice, salt and pepper; pulse 6 to 8 times. Add the oil and process until almost completely combined. Add the water and process until very smooth. If a thinner consistency is desired, add more water.

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Adjust seasoning to taste.

*Nutritional information per serving (2 tablespoons):*  
Calories 120 (63% from fat) • carb. 9g • pro. 3g • fat 9g  
sat. fat 1g • chol. 0mg • sod. 230mg • calc. 39mg • fiber 2g

## Black Bean Spread

Makes 1 cup

- 1** garlic clove
- ½** jalapeño, seeded and cut into ½-inch pieces
- 2** tablespoons fresh cilantro
- 1** cup black beans, plus 1 tablespoon reserved for the end
- 3** tablespoons fresh lime juice
- ½** teaspoon ground cumin
- ¼** teaspoon sea or kosher salt
- ¾** teaspoon freshly ground black pepper
- 1** tablespoon extra virgin olive oil
- 1** tablespoon water

Insert the blade assembly in the prep bowl. Add the garlic, jalapeño and cilantro; process for 5 seconds; scrape the work bowl. Add the remaining ingredients, reserving the extra tablespoon of the black beans. Pulse 2 to 3 times, and then process for about 5 seconds, until combined. Add the reserved tablespoon of beans and pulse 2 to 3 times.

Adjust seasonings to taste.

*Nutritional information per serving (2 tablespoons):*  
Calories 48 (38% from fat) • carb. 6g • pro. 1g • fat 2g  
sat. fat 0g • chol. 0mg • sod. 71mg • calc. 20mg • fiber 2g

## Fresh Tomato and Corn Salsa

Homemade salsa in just a few minutes – and it is fat-free, too.

Makes 1¼ cups

- 1** garlic clove
- ¼** medium onion, cut into 1-inch pieces
- ½** jalapeño, seeded and cut into ½-inch pieces
- 1** green onion, cut into 1-inch pieces
- ¼** cup fresh cilantro
- 1½** teaspoons fresh lime juice
- ¼** teaspoon sea or kosher salt

- pinch** freshly ground black pepper
- pinch** chili powder
- 1** medium tomato, cut into 1-inch pieces
- ⅓** cup frozen corn kernels, not defrosted

Insert the blade assembly in the prep bowl. Add the garlic, onion, jalapeño, green onion and cilantro to the bowl and pulse about 5 times, or until roughly chopped; scrape bowl. Add the lime juice, salt, pepper, chili powder and tomato; pulse an additional 3 to 4 times. Add the corn and pulse 2 to 3 times to combine.

Adjust seasoning to taste. Serve with warm tortilla chips.

*Nutritional information per serving (2 tablespoons):*  
Calories 10 (6% from fat) • carb. 2g • pro. 0g • fat 0g  
sat. fat 0g • chol. 0mg • sod. 100mg • calc. 4mg • fiber 1g

## Citrus and Avocado Salsa

This salsa is great served on top of grilled chicken or fish.

Makes 1½ cups

- 1** garlic clove
- ¼** medium red onion, cut into 1-inch pieces
- ½** jalapeño, seeded and cut into ½-inch pieces
- ¼** cup fresh cilantro
- ½** tablespoon honey
- ¼** teaspoon sea or kosher salt
- ¼** pinch freshly ground black pepper
- ¼** teaspoon ground cumin
- 1** grapefruit, white pith removed and cut into 1-inch pieces
- 1** avocado, cut into ½-inch pieces

Insert the blade assembly in the prep bowl. Add the garlic, red onion, jalapeño, and cilantro to the bowl and pulse about 5 times, or until roughly chopped; scrape bowl. Add the honey, salt, pepper, cumin and grapefruit; pulse an additional 3 to 4 times. Add the avocado and pulse 2 to 3 times to combine.

Adjust seasoning to taste. Pour off excess liquid before serving.

*Nutritional information per serving (2 tablespoons):*  
Calories 30 (54% from fat) • carb. 4g • pro. 1g • fat 2g  
sat. fat 0g • chol. 0mg • sod. 100mg • calc. 6mg • fiber 1g



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## Roasted Garlic and Onion Spread

So simple to make, this sweet spread goes well with crostini.

Makes 1½ cups

- 6** garlic cloves, peeled
- 2** Vidalia (or Spanish) onions, quartered
- 2** tablespoons extra virgin olive oil
- ¾** teaspoon sea or kosher salt, divided
- 1** tablespoon honey
- 3** tablespoons fresh parsley
- ¾** teaspoon freshly ground black pepper
- 3** tablespoons grated Parmesan

Preheat oven to 450°F.

Toss garlic and onions in a large bowl with the oil, ¼ teaspoon of salt and the honey. Spread on a foil-lined baking sheet and roast for about 25 minutes, or until vegetables are medium browned, but not burnt.

Insert the blade assembly in the prep bowl. Add the parsley and pulse about 5 to 6 times until chopped. Add the roasted vegetables and remaining ingredients. Pulse 2 to 3 times and then process until completely homogenous.

Adjust seasoning to taste.

*Nutritional information per serving (2 tablespoons):*  
Calories 45 (54% from fat) • carb. 4g • pro. 1g • fat 3g  
sat. fat 1g • chol. 0mg • sod. 200mg • calc. 22mg • fiber 0g

## Tapenade

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

Makes 1 cup

- 1** garlic clove
- 2½** tablespoons fresh parsley
- 1** cup pitted black olives (Niçoise work very well)
- ⅓** cup pitted green olives
- 1½** tablespoons capers, drained and rinsed
- ½** teaspoon freshly ground black pepper
- 2** tablespoons extra virgin olive oil

Insert the blade assembly in the prep bowl. Add the garlic and parsley process for 5 seconds; scrape the work bowl. Add the olives and capers; pulse 10 times to chop. Add the pepper and oil; process for 10 to 15 seconds, or until a thick paste forms.

*Nutritional information per serving (1 tablespoon):*  
Calories 30 (87% from fat) • carb. 1g • pro. 0g • fat 3g  
sat. fat 0g • chol. 0mg • sod. 120mg • calc. 12mg • fiber 0g

## Roasted Pepper Tapenade

Makes 1 cup

- ½** red bell pepper
- ½** yellow pepper
- ½** orange pepper
- 2** garlic cloves
- ½** shallot, cut into 1-inch pieces
- 2** tablespoons fresh parsley
- 1** green onion, cut into 1-inch pieces
- ⅓** cup pitted black olives
- 1** tablespoon capers, drained and rinsed
- 1** teaspoon fresh lemon juice
- 1** tablespoon toasted pine nuts
- pinch** sea or kosher salt
- ¼** teaspoon freshly ground black pepper

Preheat oven to 450°F.

Line a baking sheet with foil and lay peppers flat, skin side up. Roast on the upper rack until skins are just starting to brown, about 25 minutes – be sure not to roast too much so the colors of the peppers stay vibrant and that they do not get too soft. Once taken out of the oven, cover the peppers with another sheet of foil and let sit about 10 minutes. After the 10 minutes, peel off the skins and discard. Cut peppers into 1-inch pieces; reserve.

While the peppers are roasting, start to prepare the tapenade.

Insert the blade assembly in the prep bowl. Place garlic and shallot in the prep bowl and process for 10 to 15 seconds; scrape bowl. Add parsley and green onions; pulse 4 to 5 times, until roughly chopped. Add the olives and pulse an additional 4 to 5 times, or until chopped. Add the reserved peppers and capers; pulse until chopped, about 4 times. Add the remaining ingredients and pulse 2 to 3 times to combine.

Adjust seasoning to taste. Serve with crackers or crostini.

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*Nutritional information per serving (2 tablespoons):  
Calories 30 (42% from fat) • carb. 4g • pro. 1g • fat 2g  
sat. fat 0g • chol. 0mg • sod. 100mg • calc. 14mg • fiber 1g*

## Chocolate Chip French Macaroons

These delicate meringue cookies are not the macaroons that you're used to. They make a beautiful presentation on any cookie platter.

Makes 40 filled cookies, or 80 plain

### Macaroons

- ⅔** cup almond meal
- 1** cup confectioners' sugar
- 4** large egg whites
- pinch sea or kosher salt
- ¼** cup granulated sugar
- ¼** teaspoon pure vanilla extract
- 1** ounce bittersweet or semisweet chocolate, very finely chopped (about ¼ cup chopped)

### Chocolate Ganache Filling (optional):

- ⅔** cup bittersweet or semisweet chocolate, chopped
- 3** tablespoons unsalted butter, cut into ½-inch cubes
- pinch sea or kosher salt
- ½** cup heavy cream

Preheat oven to 325°F. Line two baking sheets with parchment paper.

Insert the blade assembly into the prep bowl. Add the almond meal and confectioners' sugar. Process until ingredients are combined, about 10 seconds. Reserve.

Place egg whites and salt in a large mixing bowl. Using the Cuisinart® Cordless Hand Blender fitted with the Chef's Whisk, whip whites for about 1 to 2 minutes, or until the whites are beginning to thicken and froth. Gradually add the granulated sugar and vanilla and continue to whip whites until they reach medium-firm peaks, about 3 to 4 minutes.

Very gently fold the almond/sugar mixture and the chopped chocolate into the egg whites, taking care not to deflate the meringue.

Pour the batter into a piping bag fitted with a small-medium plain tip\*. Pipe nickel-size mounds onto the prepared pans.

Allow the piped macaroons to sit for 40 to 60 minutes before baking (this ensures a smooth top to the baked cookies and a better-tasting final product).

Bake the rested macaroons for 12 to 14 minutes, or until the edges just begin to brown. Let the macaroons cool completely before removing from the parchment.

If using, make the ganache filling while macaroons are cooling.

In a small mixing bowl, combine the chocolate, butter and salt. In a heavy bottomed small saucepan, bring the cream to just a boil. Pour the hot cream over the chocolate mixture. Let sit for about 5 minutes, and then, using the Cuisinart® Cordless Hand Blender fitted with the Chef's Whisk, gently whisk together to fully combine. Let ganache come to room temperature, and then refrigerate for about 20 to 30 minutes until just thickened.

Once the ganache has thickened, either pipe or spoon the filling onto the flat side of half of the macaroons (about ½ teaspoon per macaroon). Top with a plain macaroon.

\*If you do not have a piping bag, you can spoon the batter onto the pans instead.

*Nutritional information per serving (1 filled cookie):  
Calories 50 (49% from fat) • carb. 6g • pro. 1g • fat 3g  
sat. fat 2g • chol. 5mg • sod. 15mg • calc. 4mg • fiber 0g*

## Mexican Chocolate Pudding

The hint of spice in this pudding add a wonderful twist on the traditional chocolate pudding.

Makes six ½-cup servings

- ½** cup granulated sugar
- 2** tablespoons cornstarch
- ¾** teaspoon sea or kosher salt, divided
- 1½** teaspoons ground cinnamon
- ¼** teaspoon cayenne
- ⅓** cup unsweetened cocoa powder
- 6** ounces bittersweet chocolate, chopped
- 2** cups whole milk
- 1½** teaspoons pure vanilla extract
- 3** large egg yolks
- 1** tablespoon unsalted butter

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In a heavy-bottomed medium saucepan, whisk the sugar, cornstarch, ¼ teaspoon of salt, cinnamon, cayenne and cocoa powder. Stir in the chopped chocolate.

In a mixing bowl, combine the milk, vanilla and egg yolks. Using the Cuisinart® Cordless Hand Blender fitted with the Chef's Whisk, gently whisk together to fully combine. Add to the chocolate mixture and set over medium heat. Bring the mixture to a boil, whisking often to maintain a smooth mixture. Once the mixture comes to a boil, continue to whisk with the hand blender for an additional 1 to 2 minutes. Whisk in the butter.

Strain the pudding and then divide among six ramekins or custard dishes. Chill for at least 2 hours, or overnight. Note: to prevent a skin from forming on top of the pudding, cover with plastic wrap directly on surface of pudding.

Best served chilled.

*Nutritional information per serving:*  
Calories 330 (48% from fat) • carb. 41g • pro. 7g • fat 20g  
sat. fat 10g • chol. 120mg • sod. 320mg • calc. 124mg • fiber 4g

## Strawberry Shortcake

Makes about 10 to 11 individual shortcakes

### Sponge cake:

½ **cup whole milk**  
1¼ **cups cake flour**  
¼ **teaspoon salt**  
1 **teaspoon baking powder**  
6 **large eggs**  
¾ **cup granulated sugar**  
1 **teaspoon pure vanilla extract**  
1 **teaspoon lemon zest**

### Topping:

1 **pound strawberries, hulled and sliced**  
2 **tablespoons granulated sugar**  
1½ **cups heavy cream**  
¼ **cup plus 2 tablespoons confectioners' sugar**  
1 **teaspoon pure vanilla extract**

Preheat oven to 350°F. Butter a jelly-roll pan (17 x 11 x 1 inches) well and line the bottom with a piece of parchment paper to fit the pan.

Place the milk in a small saucepan over medium low heat. Sift dry ingredients together in a small bowl.

Separate eggs into separate large mixing bowls.

Using the Cuisinart® Cordless Hand Blender with Chef's Whisk attachment, beat whites until soft peaks form, about 2 minutes; add ¼ cup of sugar and continue beating for about 3-½ to 4 minutes, until whites are stiff and glossy.

Beat yolks with remaining sugar and vanilla. Beat until the mixture is pale and thick and lemony in color, about 2 minutes. Carefully add the dry ingredients and warm milk alternately, beginning and ending with the dry ingredients. Add ingredients to yolk mixture, using short pulses with the whisk attachment until incorporated, scraping bowl with large rubber spatula between additions. Pulse in the lemon zest. Carefully fold in egg whites in three additions: use the whisk to incorporate the first addition and then a large spatula for the subsequent additions. Incorporate gently but thoroughly so not to deflate the egg whites.

Pour batter into prepared pan. Bake until lightly golden and cake springs back when touched, about 20 minutes. Allow cake to cool for about 10 minutes and then invert pan onto a large sheet of parchment paper. Cool completely.

While cakes are baking, prepare the topping.

Toss the strawberries and sugar together in a small bowl. Reserve.

Place the cream, sugar, and vanilla in a large mixing bowl. Using the Chef's Whisk, whisk the cream until firm peaks are achieved, about 2 to 3 minutes.

Once cake is completely cool, cut individual circles out of the sheet cake with a round 4-inch cutter.

To prepare individual cakes: top each cake with a heaping ¼ cup of whipped cream and then top each with ¼ cup of the macerated strawberries.

*Nutritional information per serving (based on 11 shortcakes):*  
Calories 300 (39% from fat) • carb. 41g • pro. 5g • fat 13g  
sat. Fat 7g • chol. 135mg • sod. 130mg • calc. 56mg • fiber 1g

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## Notes

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