

# Recipe Booklet

SMOOTHIES, SHAKES, SOUPS & MORE!

Instruction  
Booklet  
Reverse Side



**Cuisinart**<sup>®</sup>

CUISINART<sup>®</sup> SMOOTH OPERATOR<sup>®</sup> BLENDER

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## RECIPE TIPS

The simple recipes that follow include some Cuisinart favorites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the Smooth Operator® Blender, you'll also be able to make delicious frozen drinks.

**Chopping Nuts:** Place ½ cup shelled nuts in the blender jar and cover blender. Set on low and pulse until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, ½ cup or less.

**Bread, Cookie or Cracker Crumbs:** Break or cut bread, cookies or crackers into pieces ½-inch or less in size. For best bread results, use day-old bread (drier bread works best). Place bread, cookie or cracker pieces in blender jar. Set on low or high and pulse to chop, then blend continuously until desired texture of crumbs is achieved. For best results, process 1 cup or less at a time.

**Crushing Ice:** Add up to 10 standard ice cubes to the blender jar. Cover. Press the Pulse button, then press the high button, using short bursts, 10 times, or until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.

**Grating Fresh Citrus Zest:** For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Cut strips in half. Process no more than 8 strips at a time (zest of 1 medium lemon). Add strips and 1 teaspoon sugar or coarse salt (from recipe) to the blender jar. Cover blender jar. Set on low; blend for 15 to 20 seconds. Turn blender off.

**Baby Food:** Combine ½ cup cooked vegetables, fruit or meat with 3 to 4 tablespoons liquid (water, milk, fruit juice, broth, or cooking liquid) in the blender jar. Set on Low or High. Blend for 15 to 20 seconds until a smooth purée is reached.

Add more liquid as necessary and process further until desired texture is reached. For “junior” type foods, set on high and use the pulse function.

Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

**Grinding Hard Cheese:** Cut cheese into ½-inch pieces; remove all outer hard rind. Place cheese in blender jar. Set on low. Pulse to chop cheese, 10 to 12 times, then blend until desired grind is reached. For best results, grind no more than 3 ounces of cheese at a time.

**Grinding Spices:** For best results, blender jar and cutting assembly must be clean and dry. Add ¼ to ½ cup of spices/seeds/peppercorns to blender jar. Set on low or high; pulse to break up, then blend for 20 to 40 seconds. Turn blender off.

**Whipping Cream:** If possible, chill blender jar and cutting assembly in refrigerator for 15 minutes. Add 1 cup heavy or whipping cream to blender jar. Cover jar. Set on low and pulse (1-second pulses) 20 to 30 times until cream is thickened. (Do not overblend – bits of butter will begin to form.) If desired, add 1 tablespoon sugar and 1 to 2 teaspoons of vanilla or other flavoring. Consistency will be that of a thickened but not fluffy whipped cream and is most appropriate for topping desserts or coffee drinks.

**Puréeing Hot Mixtures:** When using the blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Allow hot foods to cool slightly before blending to prevent steam buildup, which may cause the lid to lift up from the blender jar. Place the cooked solids in the blender jar along with ½ to 1 cup of the reserved cooking liquid. Pulse to chop, then blend until desired consistency/purée is reached.

**NOTE:** It is highly recommended NOT to dispense hot ingredients through the dispenser tap. Keep ice cubes made of juices, yogurt, milk or fruit purées on hand, and use instead of plain ice

when making smoothies and frosty beverages to prevent diluting the drink.

For quick cleaning, add 1 cup of warm water and a drop of liquid dish soap to the blender jar. Cover and blend on low or high for 30 seconds or more as needed. Discard the soapy water and rinse blender thoroughly before the next use.

Keep your blender out on the counter within easy reach and you will be surprised how often you will use it.

## RECIPES

### SMOOTHIES, SHAKES, FRAPPÉS, FROZEN BEVERAGES

#### Fresh Fruit Smoothie

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.

Makes six 8-ounce servings

- ½ cup orange juice
- 1 cup cantaloupe, cut into 1-inch pieces
- 1 cup raspberries (fresh or frozen)
- ¾ cup pineapple chunks, cut into 1-inch pieces (fresh or canned, drained)
- 1 cup navel orange segments, cut into 1-inch pieces
- 1 cup strawberries, hulled and halved
- ¾ cup mango chunks, cut into 1-inch pieces
- 1 medium banana, cut into ½-inch slices
- 1 cup ice cubes (about 6 standard)

Attach the dispenser tap to the blender collar.

Layer the ingredients in the blender jar in the order listed. Place cover with blending stick on

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the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense smoothie: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as smoothie is dispensing.

Note: The riper the fruit, the sweeter the smoothie.

*Nutritional information per serving:  
Calories 101 (4% from fat) • carb. 25g • pro. 2g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 10mg • calc. 35mg • fiber 4g*

## Taste of the Tropics Smoothie

Makes 5 cups

- 2 cups pineapple (fresh or frozen), cut into 1-inch pieces**
- 1 mango, cut into cubes (about 1 to ½ cups)**
- 1 cup frozen papaya**
- 1 frozen banana, cut into 1-inch pieces**
- 2 cups orange/peach/mango juice blend**
- 5 ounces dark rum (optional)**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense smoothie: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as smoothie is dispensing.

*Nutritional information per ½-cup serving:  
Calories 70 (4% from fat) • carb. 17g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 2mg  
• calc. 14mg • fiber 1g*

## Cocoa Banana Smoothie

Makes 4 cups

- 2 frozen bananas, cut into 1-inch pieces**
- 6 ounces lowfat coffee yogurt**
- 3 tablespoons chocolate syrup**
- ½ teaspoon espresso powder**
- 1 cup vanilla soymilk**
- 6-8 ice cubes**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense smoothie: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as smoothie is dispensing.

*Nutritional information per ½-cup serving:  
Calories 70 (12% from fat) • carb. 14g • pro. 2g  
• fat 1g • sat. fat 0g • chol. 1mg • sod. 25mg  
• calc. 41mg • fiber 1g*

## Breakfast Banana Berry Smoothie

This meal-in-a-smoothie is a perfect start to the day.

Makes 3½ cups

- 1 frozen banana, cut into 1-inch pieces**
- 1 cup fresh strawberries**
- 1 cup frozen berries (raspberries or strawberries)**
- 1½ cups orange juice or soymilk**
- ½ cup fat-free vanilla yogurt**
- 1 tablespoon protein powder (soy or whey)**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense smoothie: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as smoothie is dispensing.

*Nutritional information per ½-cup serving:  
Calories 70 (5% from fat) • carb. 12g • pro. 5g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 11mg  
• calc. 79mg • fiber 2g*

## Power Berry Antioxidant Smoothie

Makes about 5 cups

- 1 cup frozen blueberries**
- 1¼ cups fresh strawberries, quartered**
- 1 cup frozen raspberries**
- 3½ cups orange juice**
- 2 tablespoons protein powder**
- 1-2 tablespoons wheat germ**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense smoothie: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as smoothie is dispensing.

*Nutritional information per ½-cup serving:  
Calories 92 (7% from fat) • carb. 16g • pro. 6g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 3mg  
• calc. 79mg • fiber 2g*

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## Sunshine Smoothie

This smoothie is the next best thing to being on the beach!

Makes 4½ cups

- 2 cups frozen pineapple, cut into 1-inch chunks**
- 2 frozen bananas, cut into 1-inch pieces**
- 1 cup frozen peaches**
- 2 tablespoons cream of coconut**
- 1½ cups orange/peach/mango juice blend (orange juice may be substituted)**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense smoothie: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as smoothie is dispensing.

*Nutritional information per ½-cup serving:  
Calories 77 (12% from fat) • carb. 17g • pro. 1g  
• fat 1g • sat. fat 1g • chol. 0mg • sod. 3mg  
• calc. 9mg • fiber 1g*

## Cran-Raspberry Lemon Smoothie

Makes 5 cups

- ½ cup frozen cranberries**
- 1½ cups lemon sorbet**
- 1 cup fresh or frozen raspberries**
- 2 cups orange/peach/mango juice blend (orange juice may be substituted)**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense smoothie: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as smoothie is dispensing.

**Note:** This smoothie is on the tart side. If you prefer a sweeter smoothie, just add a tablespoon or two of sugar.

*Nutritional information per ½-cup serving:  
Calories 85 (1% from fat) • carb. 21g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 3mg  
• calc. 12mg • fiber 1g*

## Watermelon Strawberry Cooler

This cooler makes a sweet, refreshing treat

Makes 4 cups

- 1½ cups strawberry sorbet, softened**
- 2 tablespoons fresh lime juice**
- 4 cups fresh watermelon, cut into cubes**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense cooler: With blender on low, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as cooler is dispensing.

*Nutritional information per ½-cup serving:  
Calories 68 (5% from fat) • carb. 17g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 6mg  
• calc. 10mg • fiber 1g*

## Cucumber Melon Agua Fresca

The ultimate refreshing drink on a hot summer day.

Makes 4½ cups

- 2½ cups cucumber, peeled, seeded and chopped**
- 1½ cups honeydew melon, cut into cubes**
- 2 tablespoons lime juice**
- 2 tablespoons fresh mint, roughly chopped**
- 1 ½-inch piece fresh ginger, peeled and chopped**
- ½ cup apple juice**
- ½ cup water**
- 8 ice cubes**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as drink is dispensing.

*Nutritional information per ½-cup serving:  
Calories 25 (4% from fat) • carb. 6g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 7mg  
• calc. 14mg • fiber 1g*

## Frozen Rum Punch

Makes 5 cups

- 1 cup frozen pineapple, pre-cut chunks**
- 1 cup canned pineapple in juice**
- 1 cup mango sorbet**

- $\frac{3}{4}$  cup rum
- $1\frac{1}{2}$  tablespoons grenadine
- $\frac{1}{4}$  cup lime juice  
(approximately 4 limes)
- 8 ice cubes

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense punch: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as punch is dispensing.

*Nutritional information per  $\frac{1}{2}$ -cup serving:  
Calories 91 (1% from fat) • carb. 14g • pro. 0g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg  
• calc. 7mg • fiber 1g*

## Campari Grapefruit Slushy

Once you acquire a taste for this slightly bitter beverage, it will become a favorite flavor.

Makes about 6 cups

- 6 pink grapefruits, cut into sections,  
reserved with juices
- $\frac{1}{2}$  cup Campari®
- $\frac{1}{4}$  cup Grand Marnier®
- 6 ice cubes

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense slushy: With blender on high, place a cup or pitcher under the dispenser tap. Pull

down the dispenser tap and stir contents with the blending stick as slushy is dispensing.

*Nutritional information per  $\frac{1}{2}$ -cup serving:  
Calories 73 (1% from fat) • carb. 11g • pro. 0g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg  
• calc. 9mg • fiber 1g*

## Peach Raspberry Grand Margarita

Makes  $3\frac{1}{2}$  cups

- 2 cups frozen peaches
- $\frac{3}{4}$  cup frozen raspberries
- 1 cup raspberry or peach sorbet
- $\frac{1}{4}$  cup Grand Marnier®
- $\frac{1}{2}$  cup tequila
- 2 tablespoons fresh lime juice
- $\frac{1}{2}$  cup orange juice

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as drink is dispensing.

*Nutritional information per  $\frac{1}{2}$ -cup serving:  
Calories 144 (0% from fat) • carb. 21g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 2mg  
• calc. 8mg • fiber 2g*

## Mocha Mudslide

Makes 5 cups

- 2 cups coffee ice cream
- 2 cups chocolate ice cream
- 1 cup milk

- $\frac{1}{4}$  cup Kahlúa®
- $\frac{1}{4}$  cup vodka
- 2 tablespoons Irish cream liqueur  
(optional)

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth if not dispensing immediately.

To dispense: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as drink is dispensing.

*Nutritional information per  $\frac{1}{2}$ -cup serving:  
Calories 232 (49% from fat) • carb. 22g • pro. 3g  
• fat 13g • sat. fat 8g • chol. 46mg • sod. 48mg  
• calc. 89mg • fiber 0g*

## Super Veggie Juice

Get your veggies for the day on the run in this quick, fresh vegetable juice.

Makes about 4 cups

- $1\frac{1}{2}$  cups V-8 juice
- $\frac{1}{2}$  cup cherry tomatoes, halved
- $\frac{1}{2}$  red bell pepper, roughly chopped  
(about  $\frac{1}{2}$  cup)
- 1 celery stalk, cut into small dice
- 1 cup cucumber, peeled, seeded, and  
roughly chopped
- 3 tablespoons fresh parsley
- 2 teaspoons lime juice (about  $\frac{1}{2}$  lime)
- 3 dashes Tabasco®
- 4-5 ice cubes

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender

jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense juice: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as juice is dispensing.

*Nutritional information per ½-cup serving:*  
Calories 18 (7% from fat) • carb. 4g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 176mg  
• calc. 18mg • fiber 1g

## Chocolate Cookies and Cream Shake

Makes 4 cups

- 3 cups chocolate ice cream**
- 1½ cups lowfat milk**
- 10 chocolate sandwich cookies**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth if not dispensing immediately.

To dispense shake: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as shake is dispensing.

*Nutritional information per ½-cup serving:*  
Calories 189 (41% from fat) • carb. 25g • pro. 4g  
• fat 9g • sat. fat 4g • chol. 20mg • sod. 136mg  
• calc. 113mg • fiber 0mg

## Peppermint Stick Milkshake

Makes 5 cups

- 3½ cups vanilla ice cream**
- 2 cups lowfat milk**
- ½-¾ cup peppermint candies, crushed**
- 1-2 drops peppermint extract (optional)**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 25 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense shake: With blender on high, place a cup or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as shake is dispensing.

*Nutritional information per ½-cup serving:*  
Calories 184 (29% from fat) • carb. 30g • pro. 3g  
• fat 6g • sat. fat 4g • chol. 24mg • sod. 70mg  
• calc. 124mg • fiber 0g

## DIPS, SAUCES, AND DRESSINGS

### Chunky Hummus

For this hummus variation the chickpeas do not get puréed all the way.

Makes about 1 cup

- 1 small scallion, roughly chopped**
- 1 tablespoon parsley**
- ¾ teaspoon kosher salt**
- 2 tablespoons tahini**

- 2 tablespoons lemon juice**
- 1 15-ounce can chickpeas**
- 4 tablespoons extra virgin olive oil**

Attach dispenser tap to the blender collar.

Place the scallion, parsley, and salt in the blender. Place cover with blending stick on the blender jar. Press On and pulse on high 10 to 15 times. Scrape the sides of the blender jar and add the tahini, lemon juice, and chickpeas in the order listed and pulse on high about 10 times. Scrape sides of blender jar and blend on high for about 25 to 30 seconds. Add the olive oil in a steady stream through the opening in the blender jar lid while blending on high for 20 seconds. Once hummus has reached desired consistency, press Off.

Transfer the hummus to a bowl and let stand for 30 minutes before serving, to allow flavors to develop. Hummus will keep covered in the refrigerator for up to a week.

*Nutritional information per ¼-cup serving:*  
Calories 122 (66% from fat) • carb. 8g • pro. 3g  
• fat 10g • sat. fat 1g • chol. 0mg • sod. 248mg  
• calc. 32mg • fiber 2g

## Black Bean Dip

Makes about 1¾ cup

- ½ teaspoon olive oil**
- 1 small garlic clove, smashed**
- ½ sweet red bell pepper, chopped into ½-inch dice (about 2 to 3 ounces)**
- 1 16-ounce can black beans**
- ½ teaspoon chipotle peppers**
- ¼ cup fromage blanc**
- ½ teaspoon salt**

Attach dispenser tap to the blender collar.

In a small sauté pan, heat the olive oil over medium heat. Add the garlic clove and chopped red pepper and sauté for about 5 minutes, until the

peppers are slightly browned. Add contents of pan to the blender jar along with the black beans, chipotle pepper, fromage blanc, and salt. Place cover with blending stick on the blender jar. Press On, pulse on high 10 times. Blend on high for 15 to 20 seconds. Once ingredients are puréed, press Off.

Transfer to a small serving bowl. Dip may be used immediately as a spread for tortillas and quesadillas or covered with plastic and refrigerated for an hour to set up to a more dip-like consistency.

*Nutritional information per ¼-cup serving:*  
Calories 51 (8% from fat) • carb. 10g • pro. 5g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 384mg  
• calc. 17mg • fiber 3g

## Ancho Chile Sauce

A perfect all-purpose sauce for Mexican dishes.

Makes about 2 cups

- 6 dried ancho chiles**
- 1 tablespoon olive oil**
- 1 large shallot (about 3 ounces), roughly chopped**
- 1 garlic clove, chopped**
- 1 jalapeño, seeds removed, roughly chopped**
- ¼ cup white wine**
- 1 cup chicken stock**
- ¾ teaspoon salt**
- 2 tablespoons honey**
- 1 tablespoon lime juice**

Reconstitute chiles: place them in a bowl, and pour boiling water over them so that they are completely covered. Invert a plate to cover bowl, keeping the chiles submerged. Allow the chiles to sit until they soften, about 30 minutes to an hour. Once soft, remove all seeds and stems, and reserve.

In a 3½-quart sauté pan, heat the olive oil over medium heat. Add shallot, garlic, jalapeño, and a small pinch of 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 to almost nothing. Add the chicken stock, bring to a boil and then reduce to a simmer for about 10 to 15 minutes.

Place contents of pan into the blender jar and add remaining salt, honey, and lime juice.

Place cover with blending stick on the blender jar. Secure the cover tightly with a dish towel and your hand. Press On and blend on high for 30 to 40 seconds. Press Off once it is smooth. Serve chile sauce immediately or keep in refrigerator for up to a week.

*Nutritional information per ¼-cup serving:*  
Calories 49 (30% from fat) • carb. 7g • pro. 1g  
• fat 2g • sat. fat 0g • chol. 0mg • sod. 275mg  
• calc. 10mg • fiber 0g

## Romesco Sauce

This sauce of Spanish origin is delicious served with grilled chicken, vegetables, or even grilled seafood.

Makes about 2 cups

- 3 tablespoons plus 1 teaspoon extra virgin olive oil**
- 4 medium tomatoes (about 5 ounces each), sliced in half**
- 1 large sweet red bell pepper (about 7 to 8 ounces), sliced in half**
- 1 shallot (about 2 ounces) unpeeled**
- 3 garlic cloves, unpeeled**
- 1 cup white bread cubed (about 1" cubes, crust removed)**
- ½ cup roasted almonds, roughly chopped**
- ½ teaspoon paprika**
- 2 tablespoons sherry vinegar**
- 2 tablespoons sherry**

- ¼ cup chicken or vegetable stock**
- ½ teaspoon kosher salt**
- freshly ground black pepper**

Preheat oven to 425°F.

Lightly coat a baking sheet with 1 tablespoon of olive oil and place the tomatoes, pepper, shallot, and garlic cloves on it. Roast for about 35 to 40 minutes until all vegetables are blistered and soft. Place the pepper in a small mixing bowl and seal tightly with plastic wrap (leave for about 30 minutes). Remove and discard skins and seeds from tomatoes and skins from both shallot and garlic. Reserve.

When the vegetables are almost cool, heat 1 teaspoon of olive oil in a 3½-quart sauté pan over medium heat. Toast the bread cubes gently until slightly golden, about 3 minutes. Stir in roasted tomatoes, shallot, and garlic and heat gently.

Remove skins and seeds from pepper and roughly chop. Stir pepper in with the almonds and paprika and heat for about 1 minute. Add the sherry vinegar and the sherry, scraping up any bits that are stuck to the bottom of the pan. Reduce liquid by half. Add the stock and bring to a boil. Reduce to simmer for about 4 to 5 minutes.

Place contents of pan into the blender jar plus the remaining 2 tablespoons of olive oil, salt, and pepper. Place cover with blending stick on the blender jar. Secure the cover tightly with a dish towel and your hand. Press On. Blend on high for 20 seconds.

Press Off once it is smooth, and adjust seasonings accordingly.

Serve immediately or place in container to store in refrigerator for up to one week.

*Nutritional information per ¼-cup serving:*  
Calories 173 (47% from fat) • carb. 19g • pro. 4g  
• fat 9g • sat. fat 1g • chol 0mg sod. 108mg  
• calc. 27mg • fiber 2g

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## Rustic Tomato Sauce

Makes about 8 cups

- 1 **tablespoon extra virgin olive oil**
- 1 **onion (8 ounces), peeled and cut into ½-inch pieces**
- 2 **carrots (4 ounces each), peeled and cut into ½-inch pieces**
- 2 **ribs celery, trimmed and cut into ½-inch pieces**
- 4 **cloves garlic, peeled**
- 1 **teaspoon dried oregano**
- 1 **teaspoon dried basil**
- 4 **roasted red bell peppers, cut into 1-inch pieces**
- ½ **cup dry white wine (such as vermouth)**
- 2 **tablespoons tomato paste**
- 3 **15-ounce cans recipe-ready diced tomatoes with juice**
- ½ **teaspoon kosher salt**
- ¼ **teaspoon freshly ground black pepper**

In a 3½-quart saucepan, heat the olive oil over medium heat. Add the onion, carrots, celery, garlic, oregano and basil. Cover loosely and cook until the vegetables are softened, 6 to 8 minutes. Stir in the roasted red peppers, wine, tomato paste, and tomatoes. Bring to a boil, then reduce heat and simmer for 35 to 40 minutes, loosely covered. Uncover and simmer for 15 to 20 minutes longer to thicken. Turn off heat and let sit 5 minutes.

Strain the solids from the liquids, and return the liquid to the saucepan. Place the solids in the blender jar with ½ cup of the cooking liquid. Cover the blender jar. Press On and Pulse. Pulse 10 times to chop. Use a plastic spatula to scrape the sides of the blender jar. Blend on high for 30 to 40 seconds, until smooth, and press Off. Return the puréed tomato mixture to the liquid in the saucepan and reheat gently over medium low heat. Add salt and pepper.

Serve immediately or keep in refrigerator for up to 5 days.

*Nutritional information per ½-cup serving:  
Calories 48 (17% from fat) • carb. 8g • pro. 1g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 194mg  
• calc. 26mg • fiber 2g*

## Springtime Chèvre Dressing

This elegant dressing is wonderful on grilled vegetables and grilled chicken and is fantastic on warm potato salad or baked potatoes.

Makes 2½ cups

- ¼ **cup nonfat yogurt**
- ½ **cup buttermilk**
- 16½ **ounces chèvre**
- 2 **scallions, roughly chopped**
- 2 **tablespoons fresh parsley**
- 2 **teaspoons lemon juice**
- ½ **teaspoon kosher salt**
- freshly ground black pepper**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 30 to 40 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense dressing: With blender on low, place a serving bowl or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as dressing is dispensing.

*Nutritional information per ¼-cup serving:  
Calories 179 (68% from fat) • carb. 2g • pro. 12g  
• fat 14g • sat. fat 9g • chol. 36mg • sod. 277mg  
• calc. 235mg • fiber 0g*

## Creamy Dill Dressing

Makes about 3 cups

- 1 **cup buttermilk**
- ¾ **cup sour cream**
- ½ **cup light mayonnaise**
- ¾ **cup fresh dill, packed**
- 1 **tablespoon + 1 teaspoon fresh lemon juice**
- 1 **tablespoon chopped shallot**
- ¾ **teaspoon kosher salt**
- freshly ground pepper**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 20 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense dressing: With blender on low, place a serving bowl or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as dressing is dispensing.

Serve dressing immediately or keep in refrigerator for up to 5 days.

*Nutritional information per 1-ounce serving:  
Calories 36 (79% from fat) • carb 1g • pro. 1g  
• fat 3g • sat. fat 1g • chol. 5mg • sod. 93mg  
• calc. 21mg • fiber 1g*



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## Basic Vinaigrette

This basic vinaigrette is perfect for a crisp green salad. You may add herbs or use flavored vinegars.

Makes about 1½ cups, and can be doubled or tripled

- 1 garlic clove, peeled**
- 2 tablespoons Dijon-style mustard**
- ½ cup wine vinegar**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground pepper**
- ¾ cup extra virgin olive oil**
- ¾ cup vegetable oil**

Attach the dispenser tap to the blender collar.

Place the garlic in the blender jar and cover jar. Place cover with blending stick on the blender jar. Press On and pulse. Pulse 5 times on high to chop the garlic. Add the mustard, vinegar, salt and pepper. Turn the blender on high and blend for 10 to 15 seconds. With the blender running, add the oils in a slow, steady stream, taking about 20 seconds, then blend for 20 seconds longer until completely emulsified.

Press Off once it is emulsified, if not dispensing immediately.

To dispense dressing: With blender on low, place a serving bowl or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as dressing is dispensing.

You may change the basic vinaigrette by using different flavors of the vinegar, mustard or oil. Try using fresh lemon juice and a little honey for a honey-mustard vinaigrette. Add fresh herbs, sun-dried tomatoes, or pesto for other flavor changes.

*Nutritional information per tablespoon:  
Calories 109 (97% from fat) • carb. 1g • pro. 0g  
• fat 12g • sat. fat 2g • chol. 0mg • sod. 86mg  
• calc. 1mg • fiber 0g*

## SOUPS

### Avocado and Cucumber Soup

The perfect soup for a hot summer day.

If you have extra-large avocados reduce the number of avocados to 2. This soup can also double as a delicious sauce.

Makes 5½ cups

- 3 avocados**
- 1½ cups cucumber, peeled, seeded, and diced**
- 6 tablespoons fresh lemon juice (about 2 lemons)**
- ½ cup lowfat plain yogurt**
- 6 ice cubes**
- 1 cup water**
- 3 tablespoons fresh cilantro (or your favorite fresh herb)**
- dash hot sauce**
- 1½ teaspoons kosher salt**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 20 to 30 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense soup: With blender on low, place a serving bowl or pitcher underneath the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as soup is dispensing.

Serve soup immediately or keep in refrigerator for up to 5 days.

*Nutritional information per ¼-cup serving:  
Calories 45 (73% from fat) • carb. 3g • pro. 1g  
• fat 4g • sat. fat 1g • chol. 0mg • sod. 94mg  
• calc. 14mg • fiber 0g*

### Creamy Spinach and Watercress Soup

Makes 6 cups

- ½ tablespoons unsalted butter**
- 2 cups leeks, white and pale green parts only, washed and chopped (about 7 to 8 ounces of leeks)**
- 1½ tablespoons unbleached flour**
- ¼ cup white wine**
- 1 medium-small potato (about 6 ounces), cut into 1-inch dice**
- 5¼ cups chicken or vegetable stock**
- 1 10-ounce package frozen spinach, defrosted and drained**
- 1 bunch watercress, washed and roughly chopped**
- ¼ teaspoon nutmeg**
- ¾ teaspoon kosher salt**
- ¼ cup heavy cream**
- freshly ground black pepper**

Place the butter in a 3½-quart sauté pan over medium low heat. Stir in chopped leeks and sweat with lid on for about 10 to 15 minutes. Once leeks are very soft, add flour and stir over heat for about 3 minutes. Add white wine and reduce until just a touch remains. Stir in potatoes and add chicken/vegetable stock. Bring to a boil and then reduce to a simmer until the potatoes are soft, approximately 20 minutes. Once potatoes are soft, stir in spinach and cook for about 3 minutes. Stir in watercress, nutmeg, and salt. When watercress is soft, stir in heavy cream. Bring to a low simmer for 3 to 4 minutes.

Place contents of pan in blender jar. Place cover with blending stick on the blender jar. With your hand and a dishtowel FIRMLY securing the blender lid, press On. Blend on low and then high for 30 seconds.

Press Off once it is smooth. Serve soup immediately or keep in refrigerator for up to 5 days. If reheating, check seasoning as flavors

may need to be brightened up with a little lemon, salt, and pepper.

*Nutritional information per ½-cup serving:  
Calories 74 (41% from fat) • carb. 7g • pro. 3g  
• fat 3g • sat. fat 2g • chol. 11mg • sod. 330mg  
• calc. 49mg • fiber 1g*

## Sweet Potato Soup

This simple yet satisfying soup makes a perfect meal on a cold wintry night.

Makes about 5 cups

- ½ **tablespoon olive oil**
- 1 teaspoon unsalted butter**
- 1 shallot, sliced (about 1 ounce)**
- 1 3-inch piece of leek, white part only, cleaned and sliced**
- ¼ **cup white wine**
- 2½ pounds yam or sweet potato, about 6 cups, ½-inch dice**
- 3 cups chicken stock**
- ½ **teaspoon salt**
- ¼ **teaspoon nutmeg**

Place the olive oil and butter in a 3-quart sauté pan over medium-low heat. Add the sliced shallot and leek. Stir to soften, then cover pan and allow the shallot and leek to sweat and become very soft, about 10 to 15 minutes. Uncover and stir, allowing any liquid to evaporate. Add the white wine and stir until completely evaporated, about 3 minutes. Add sweet potatoes and stir. Add chicken stock (add more stock if the potatoes are not completely submerged), salt, and nutmeg and simmer until potatoes are very soft, about 25 minutes.

Place contents of pan in blender jar. Place cover with blending stick on the blender jar. With your hand and a dishtowel FIRMLY securing the blender lid, press On. Blend on low for 10 seconds. Switch to high and blend for an additional 20 to 30 seconds, until soup is completely puréed.

Press Off once it is smooth. Taste and adjust seasoning accordingly. Serve immediately.

*Nutritional information per ½-cup serving:  
Calories 131 (9% from fat) • carb. 27g • pro. 2g  
• fat 1g • sat. fat 0g • chol. 1mg • sod. 228mg  
• calc. 20mg • fiber 4g*

## Roasted Parsnip and Apple Soup

Makes 6 cups

- 2½ tablespoons olive oil**
- 2 pounds parsnips, cut into 1" rounds**
- ¼ **teaspoon salt**
- 1 tablespoon unsalted butter**
- 1 shallot (about 1½ ounces), minced**
- 1 medium apple, cut into 1" dice (about 6 ounces)**
- ¼ **cup white wine**
- 3 cups chicken or vegetable stock**
- 1 cup 1-percent milk**

Preheat oven to 400°F.

In a mixing bowl, toss together 1½ tablespoons olive oil, parsnips, and salt. Place on baking tray and roast for 30 to 35 minutes. The parsnips should be slightly browned and soft – be careful not to get them too dark.

While parsnips are roasting, heat the remaining tablespoon of oil and the butter together in a 3½-quart sauté pan over medium-low heat. Add the shallot and sweat for about 3 minutes. Add the apple and cover. Apple should soften in about 8 to 10 minutes. Once apple is soft, stir in the parsnips. Add the wine and reduce until just a touch remains. Add chicken/vegetable stock and bring to a boil. Reduce to simmer for about 5 to 8 minutes to ensure all vegetables are tender.

Place contents of pan into blender jar. Add milk. Place cover with blending stick on the blender jar. With your hand and a dishtowel FIRMLY

securing the blender lid, press On. Blend on low and then high for 30 seconds. Press Off once it is smooth.

Serve soup immediately or keep in refrigerator for up to 5 days.

*Nutritional information per ½-cup serving:  
Calories 117 (33% from fat) • carb. 18g • pro. 3g  
• fat 4g • sat. fat 1g • chol. 4mg • sod. 174mg  
• calc. 59mg • fiber 4g*

## Two-Berry Summer Soup

Makes about 5 cups

- 1 cup fresh strawberries**
- 1 cup frozen strawberries**
- 1 cup frozen raspberries**
- 2½ cups lowfat vanilla yogurt**
- 8 ounces crème fraîche**
- ½ **cup water**
- 2 tablespoons superfine sugar**

Attach the dispenser tap to the blender collar.

Place ingredients in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 20 to 30 seconds until smooth. Press Off once it is smooth if not dispensing immediately.

To dispense soup: With blender on low, place a serving bowl or pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as soup is dispensing.

Serve soup immediately or keep in refrigerator for up to 4 days.

*Nutritional information per ½-cup serving:  
Calories 164 (53% from fat) • carb. 16g • pro. 3g  
• fat 10g • sat fat 6g • chol. 35mg • sod. 48mg  
• calc. 107mg • fiber 2g*

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## DESSERTS

### Chocolate Cherry Bread Pudding

For a warm dessert, mix and assemble this bread pudding ahead of time and bake while dinner is being served. Top with sweetened whipped cream.

Makes 8 to 12 servings

- 3 tablespoons unsalted butter**
- 6 cups firm bread cubes\***
- ¾ cup semisweet chocolate chips**
- ¾ cup dried tart cherries**
- 6 large eggs**
- 1 12-ounce can lowfat evaporated milk**
- ½ cup sugar**
- ½ tablespoon vanilla extract**
- ¾ cup heavy cream**
- sweetened whipped cream for topping**

Butter a 2-quart shallow baking dish (9 x 9-inches square or equivalent) with 1 tablespoon unsalted butter and place inside a larger shallow baking pan. Melt the remaining 2 tablespoons of butter and toss in a large mixing bowl with bread cubes, chocolate chips, and dried cherries.

Place the eggs, evaporated milk, sugar, vanilla, and heavy cream in the blender jar. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 10 seconds until smooth. Press Off. Place mixing bowl with bread cubes under the dispenser tap. With blender on low, pull down the dispenser tap and stir contents with the blending stick to dispense all of the egg mixture over the bread.

Pour mixture into prepared pan. Let the mixture stand for 45 minutes, or cover and refrigerate up to 12 hours (if refrigerated, let come to room temperature for 30 minutes before proceeding).

Ten minutes before baking, preheat oven to 325°F. Place the baking pans in the oven and carefully pour hot water into the larger, outer pan until the water comes up the sides of the inner dish by 1 inch. Bake for 60 to 70 minutes; bread pudding will be puffed and custard will be set. Remove from oven and allow the bread pudding to rest for 20 to 30 minutes on a rack before serving. Serve with sweetened whipped cream.

\*Bread pudding is best made from day-old or slightly stale bread. Challah bread is an excellent choice.

*Nutritional information based on 12 servings:*  
*Calories 343 (30% from fat) • carb. 25g • pro. 14g*  
*• fat 16g • sat. fat 8g • chol. 139mg • sod. 74mg*  
*• calc. 117mg • fiber 4g*

### Dairy-Free Chocolate Mousse

This rich chocolate mousse is so good no one would know that it is actually has health benefits!

Makes six ½-cup servings

- 12 ounces semisweet chocolate**
- 1 cup chocolate or vanilla soy milk**
- ½ tablespoon pure vanilla extract**
- 1 14-ounce package silken tofu, cut into cubes**

Melt chocolate in a double boiler.

Attach the dispenser tap to the blender collar.

Place soy milk, vanilla, melted chocolate, and tofu in blender jar in order listed. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process, stirring contents with blender stick for 25 to 30 seconds until smooth. Press Off once it is smooth if not dispensing immediately. To dispense mousse: With blender on low, place a custard cup under the dispenser tap. Pull down the dispenser tap

and stir contents with the blending stick and dispense one custard cup full of mousse at a time.

Cover cups with plastic and refrigerate until set, about 8 to 12 hours.

*Nutritional information per ½-cup serving:*  
*Calories 361 (50% from fat) • carb. 38g • pro. 6g*  
*• fat 20g • sat. fat 9g • chol. 0mg • sod. 9mg*  
*• calc. 71mg • fiber 9g*

### Mango Coulis

This sauce makes a delicious dessert topping, especially on ice cream and sorbet.

Makes 3½ cups

- ¾ cup water**
- ¾ cup granulated sugar**
- 4 cups cubed mango (approximately 3 medium mangoes)**

Place the water and sugar in a saucepan and bring to a boil. Remove from heat when sugar is dissolved (about 2 to 3 minutes after the mixture comes to a boil).

Allow to cool.

Attach the dispenser tap to the blender collar.

Once simple syrup is cool, place it in the blender jar with the cubed mango. Place cover with blending stick on the blender jar. Press On. Turn blender on high and process for 15 to 20 seconds until smooth. Press Off once it is smooth, if not dispensing immediately.

To dispense coulis: With blender on low, place pitcher under the dispenser tap. Pull down the dispenser tap and stir contents with the blending stick as coulis is dispensing.

*Nutritional information per ¼-cup serving:*  
*Calories 72 (1% from fat) • carb. 19g • pro. 0g*  
*• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg*  
*• calc. 5mg • fiber 1g*

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## Crêpes

Makes about 16 crêpes

- 1½ cups whole milk**
- 1 cup plus 2 tablespoons all-purpose flour**
- 3 large eggs**
- 2 teaspoons sugar**
- ¼ teaspoon salt**
- 1 tablespoon unsalted butter, melted**  
**additional melted butter**

Combine milk, flour, eggs, sugar and salt in blender. Blend until smooth, occasionally scraping down sides of blender, about 2 minutes. Add 1 tablespoon melted butter and blend 30 seconds. Cover and refrigerate crêpe batter in blender container at least 1 hour and up to 4 hours.

Reblend batter for 15 seconds. Heat *nonstick skillet* with 8-inch-diameter bottom over medium-high heat. Brush with melted butter. Pour ¼ cup of batter into skillet, tilting skillet quickly to coat bottom evenly. Cook until top of crêpe appears dry and bottom is golden, loosening edges of crêpe with spatula, about 45 seconds. Turn crêpe over; cook until brown spots appear on bottom, about 30 seconds. Transfer to plate. Top with plastic wrap. Repeat with remaining batter, brushing skillet with more butter as needed. As crêpes are cooked, layer as directed, between sheets of plastic wrap. (Can be made 1 day ahead. Cover with plastic wrap plastic; chill.) For serving immediately, cover the crêpes with aluminum foil and keep them warm in a preheated 200°F oven. For serving later, wrap them in plastic wrap in quantities intended for each use and slip them into a self-sealing plastic bag. Refrigerate the crêpes for up to 3 days, or freeze them for up to 2 months.

*Nutritional information per ¼-cup serving:*  
Calories 61 (33% from fat) • carb. 7g • pro. 3g  
• fat 2g • sat. fat 1g • chol. 40mg • sod. 53mg  
• calc. 30mg • fiber 0g

## Brown Sugar & Cinnamon Caramelized Apples

- ¼ cup (½ stick) unsalted butter**
- ½ cup (packed) golden brown sugar**
- 4 large apples (about 1½ pounds),  
peeled, halved, cored, each  
half cut lengthwise into 6 slices**
- 1 tablespoon fresh lemon juice**
- 1 teaspoon ground cinnamon**

Melt butter in large nonstick skillet over medium-high heat. Add brown sugar; stir 1 minute. Add apple slices and lemon juice; cook until apples begin to release juice and syrup forms in skillet. Sprinkle with cinnamon and cook, turning apple slices frequently, about 3 to 4 minutes. Apples should be tender but still maintain their shape.

(Can be made 2 hours ahead. Let stand at room temperature. Rewarm before using.)

Use to fill crêpes. Top with vanilla or caramel ice cream, or slightly sweetened whipped cream.

*Nutritional information per crêpe:*  
Calories 67 (34% from fat) • carb. 12g • pro. 0g  
• fat 3g • sat. fat 2g • chol. 7mg • sod. 2mg  
• calc. 9mg • fiber 1g

Version no.: SMO56 IB-5999A	
Size : 216mm(W) X 178mm(H)	
Material: <u>Cover:157gam Matt art paper, inside: 120gsm Gloss art paper</u>	
Coating: <u>Cover:Gloss varnishing</u>	
Color (Front): 4C+1C(CMYK+PMS8501C)	
(Back): 1C+1C(Black)	
Date: 23/04/07	Co-ordinator : Astor You
XieFaXing Des cription : IB-5999A	OPERATOR: Xu
XieFaXing Code : E-IB-5999A	

