Cuisinart INSTRUCTION BOOKLET

SmartPower Duet® Deluxe 600-Watt Blender/Food Processor BFP-603

Recipe Booklet Reverse Side

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

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**

2. To protect against the risk of electrical shock, do not put motor base of blender/food processor in water or other liquids.

3. Close supervision is necessary when any appliance is used by or near children.

4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar or work bowl. **Never put hands into the blender jar or work bowl, or handle the blades with appliance plugged in.**

5. Avoid contact with moving parts.

6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.

7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.

8. Do not use outdoors.

9. Do not let cord hang over edge of counter or table or touch hot surfaces.

10. **Keep hands and utensils out of jar or work bowl and away from moving blades or discs while blending or processing, to reduce the risk of severe injury to persons or damage to unit itself.** A rubber or plastic spatula may be used, but must be used only when the unit is turned off.

11. When unit is on, and LED lights are illuminated or flashing, do not touch cutting assembly, interfere with blade movement, or remove blender jar or work bowl cover. Accidentally touching a speed button may activate the unit.

12. **BLADES ARE SHARP. HANDLE CAREFULLY.**

13. To reduce the risk of injury, never place chopping blade/cutting assembly on base unless the blender jar or food processor work bowl is properly attached.

14. Always operate blender or food processor with the cover in place.

15. When blending HOT liquids in blender jar, remove measured pour lid (center piece of cover) to allow steam to escape.

16. Never leave your appliance unattended while it is running.

17. Twist locking ring firmly on blender. Injury can result if moving blades accidentally become exposed.

18. **Regarding your cord set:** A longer cord has been provided so that you will have flexibility in positioning your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the unit’s base to avoid injury caused by the longer cord.

19. Wash the blender jar, work bowl, feed tube, cutting and blade assemblies, locking ring, covers and disc before first use.

20. **WARNING:** TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.

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

22. Never feed food by hand. Always use food pusher.

23. Do not attempt to defeat the cover interlock mechanism.

24. Be certain the food processor cover is securely locked in place before operating appliance. Never operate without the cover locked securely in place.

25. Never place fingers or other utensils into feed or discharge areas for ice crushing.
SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE
This appliance is of the grounded type. If you use an extension cord, it should be a grounded type 3-wire cord. If the plug does not fit, contact a qualified electrician. Do not modify the plug in any way.
This appliance comes with a resettable thermal fuse to prevent damage to the motor in case of extreme overload. Should the unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing (see “To reset the unit” #5 on page 6).
Maximum of 600 watts rated power is based on Cuisinart AFP-7 food processor attachment. Other attachments may draw significantly less power.

SPECIAL CORD SET INSTRUCTIONS

NOTE: Do not remove the grounding prong.
CAUTION: Before using an adapter, it must be determined that the outlet cover plate screw is properly grounded. If in doubt, consult a licensed electrician. Never use an adapter unless you are sure it is properly grounded.
Note: Use of an adapter is not permitted in Canada.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of corrugated insert.
3. Next, remove the top corrugated insert. It contains the adapter stem, the slicing/shredding disc and the pour lid. Carefully remove slicing/shredding disc, as it is very sharp, then remove pour lid and adapter stem.
4. Carefully lift blender base from box and set aside.
5. Remove the middle corrugated insert.
6. Remove the lower corrugated insert containing the blender jar assembly. Be careful not to tip the jar when removing.”
7. Remove food processor accessory and any additional literature from the box.

To assemble the blender, follow the Assembly instructions on page 5 of this instruction booklet. To assemble the food processor, follow the Assembly instructions on page 9. Replace all corrugated inserts in the box and save the box for repackaging. See the Features and Benefits section on page 4 for a listing of all blender parts. See the Features section on page 8 for a listing of all food processor parts.

Before using for the first time: Wash all parts according to the Cleaning and Maintenance sections on pages 7 and 11 of this booklet to remove any dust or residue.
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BLENDER FEATURES AND BENEFITS

1. Cover
   Just press on. Tightfitting seal resists leakage.

2. Measured Pour Lid
   Allows you to measure and add ingredients without removing the cover.

3. 48-oz. Glass Jar
   Has a unique, sturdy, wide-mouth design.

4. Leak-proof Rubber Gasket (not shown)
   Holds the glass jar snugly in position for safe operation.

5. High-quality Cutting Assembly with Patented Stainless Steel Blades
   Is strong enough for all blending tasks, including tough jobs like ice crushing.

6. Locking Ring
   Is self-aligning so that the glass blender jar slides easily into position.

7. Electronic Touchpad Controls
   a. On/Off Button
      Turns blender on or off.
   b. High Button
      Choose High speed to blend the ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.
   c. Low Button
      Choose Low speed to blend the ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.

Note: Blades are sharp. Handle carefully.
d. **Ice Crush Button**  
Press Ice Crush and begin crushing. This button is the best speed for crushing ice.

e. **Pulse Button**  
Allows you to pulse at High, Low or Ice Crush speeds, so you can blend ingredients only as much as needed.

8. **Heavy-duty Motor Base**  
Is so sturdy and stable, it will not “walk” on your counter – even during ice crushing! Used for both the blender jar and the food processor bowl.

9. **Slip-proof Feet**  
Prevent movement during use and prevent damaging marks on countertops or tables.

10. **Cord Storage (not shown)**  
Keeps countertop safe and neat by conveniently storing excess cord.

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**BLENDER ASSEMBLY**

To use your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor, begin by assembling the blender jar.

1. Turn the blender jar (a) upside down, and place it flat on a sturdy surface.

2. Position the rubber gasket (b) on the round opening on the bottom of the blender jar.

3. Turn the cutting assembly (c) upside down, and place the blade end in the blender jar opening.

**Note: Blades are sharp. Handle carefully.**

4. Secure the rubber gasket and cutting assembly in position by placing the smaller opening of the locking ring (d) on top of the cutting assembly. Engage threads by twisting the locking ring clockwise until tightened. Make sure locking ring is tightly fastened to blender jar. Once assembled, turn the blender jar right-side up.

5. Push the cover onto the top of the blender jar. Push the measured pour lid into the cover.

6. Place the blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.

7. Plug in power cord. Your blender is now ready to be used.

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**HELPFUL REMINDERS**

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients, and replacing the measured pour lid.
- Cover should always be in place while the unit is on.
- Warning: Do not place blender jar on base while motor is running.
- Do not twist locking ring from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Boiling liquids or solid frozen foods (with the exception of ice cubes or pieces of frozen fruit) should never be put into the blender jar.
- Do not put ice, frozen foods or very cold liquids into a blender jar that has come directly from a hot dishwasher.
- Do not put very hot liquids or foods into a blender jar that has come directly from the freezer. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Follow Cleaning and Maintenance instructions on page 7 prior to your first use.
OPERATION

1. Place the motor base of your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor on a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the Assembly instructions. Once the jar is assembled and is in position on the motor base, plug the unit into an electrical outlet.

2. Put all necessary ingredients into the blender jar and replace the cover. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. **Do not put hands into blender jar with blender plugged in.**

   **Note:** For best blending results, add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.

   **Note:** To remove blender jar cover, lift edge of cover upward. Lifting measured pour lid will not remove cover.

3. **Start blending:** Press the On/Off button. The red LED indicator light will illuminate and flash, indicating that the blender is turned on but no speed has been selected.

4. **Choose blending speed:** Press High or Low button to determine the speed at which you would like to blend the ingredients. Both the On indicator light and the activated speed indicator lights will glow. The blender will now be functioning at the desired speed. It is possible to switch speeds without pressing the On/Off button simply by selecting another speed.

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

5. **To reset the unit:** This appliance features an advanced resettable thermal fuse. In the event of an overload condition, the unit will shut down to protect the motor from overheating. To reset the appliance when this happens, unplug the unit and let it cool for a minimum of 15 minutes. Then, reduce the contents of the blender jar or work bowl and/or clear any jams. Restart the unit as noted in the operating directions.

6. **To pause or stop blending process:**
   
   **a. To pause blending process:** Push the button corresponding to the speed at which you are currently blending. For example: If you are blending on High speed, push the High speed button and the blender will stop blending but the unit will remain on.

   **b. To stop blending process:** Push the On/Off button when you are finished with your recipe and would like to turn the blender off.

   **c. To prevent excessive stress to the motor:** Your blender incorporates an auto-stop feature. After running continuously for two minutes, the blender will automatically revert to Standby mode. To continue blending, press the desired function.

7. **Pulse mode:** The Pulse mode allows you to create a burst of power for quick, efficient blending. To use the Pulse function, push the On/Off button and the red LED indicator light will illuminate and flash. Push the Pulse button and the Pulse LED indicator light will flash. Push and release the desired speed button. Repeat as needed. You determine the duration of each pulse. While pulsing, the LED indicator light will illuminate. The Pulse function can be used to break apart larger pieces of food or to control the texture of food when chopping. The Pulse function is also effective in starting the blending process when you do not want continuous power, or when processing items that do not require an extended amount of blending.

8. **To crush ice:** The SmartPower Duet® Deluxe 600-Watt Blender/Food Processor motor is strong enough to crush ice without liquid at any speed; however, for your convenience, we have preset the best speed for ice crushing. To crush ice, place ice cubes in the blender jar. Press the On/Off button. The On indicator light will illuminate and flash. Press the Ice Crush button until ice is crushed to desired consistency. Ice Crush can also be used in Pulse mode. See Quick Reference Guide on page 2 of the recipe booklet for more details.

9. **To dislodge food:** Use a rubber or plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED THE BLENDER OFF.** Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.
10. **When finished blending:** Press the On/Off button and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist locking ring from blender jar when removing jar from motor base. Simply lift blender jar from motor base. Do not put hands into blender jar with blender plugged in.

**CLEANING AND MAINTENANCE**

Always unplug your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, DO NOT USE BLENDER.

Remove the blender jar from the motor base by lifting straight up and away. Twist off the locking ring by turning counterclockwise.

Remove the cutting assembly and rubber gasket. Wash in warm soapy water, rinse, and dry thoroughly.

Place the locking ring in the upper rack of the dishwasher or wash in warm water.

**CAUTION:** Handle the cutting assembly carefully. It is SHARP and may cause injury. Do not attempt to remove blades from cutting assembly.

Remove the blender jar cover and the measured pour lid. Wash in warm, soapy water; rinse and dry thoroughly or place in upper rack of dishwasher. The blender jar must be washed in warm, soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in dishwasher.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquids, or place in a dishwasher.

**Tip:** You may wish to clean your blender cutting assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill halfway with warm water. Run on Low for 15 seconds. Repeat, using clean tap water. Empty blender jar and carefully disassemble parts. Wash cutting assembly, gasket and locking ring in warm, soapy water. Rinse and dry all parts thoroughly.

Any other servicing should be performed by an authorized service representative.

**DOs and DON’Ts WHEN USING THE BLENDER**

**DO:**
- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.
- Cut most foods into pieces approximately ½ inch (1.3 cm) to 1 inch (2.5 cm) to achieve a more uniform result. Cut all cheeses into pieces no larger than ½ inch (1.3 cm).
- Use the measured pour lid to measure liquid ingredients such as juice or alcohol. Replace measured pour lid after ingredients have been added.
- Use a rubber or plastic spatula as needed, only when the blender is turned off. Never use metal utensils, as damage may occur to the blender jar or cutting assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place food in the center of the blender jar, over the cutting assembly.
- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, spices, etc., make sure the blender jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.
**DON’T:**
- Don’t store food or liquids in your blender jar.
- Don’t place cutting assembly and locking ring onto motor base without the blender jar attached.
- Don’t attempt to mash potatoes, knead heavy dough, or beat egg whites.
- Don’t remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don’t twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don’t overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don’t overload blender. If the motor stalls, turn the blender off immediately, unplug the unit and remove a portion of the food, then continue.
- Don’t use any utensil inside the blender jar while the motor is on.
- Don’t use any container or accessories not recommended by Cuisinart®. Doing so may result in injury.
- Don’t put hands inside the blender jar when blender is plugged in.
- Don’t add boiling liquids or frozen foods (except ice cubes or ½-inch pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Don’t run blender when jar is empty.

**FOOD PROCESSOR FEATURES**

1. **Food pusher with drizzle hole**
2. **Work bowl cover with feed tube**
3. **Stainless steel chopping blade**
4. **Stainless steel reversible slicing/shredding disc**
5. **Adapter stem**
6. **Clear work bowl**
7. **Work bowl collar**
8. **Motor base**
   Used for both the blender jar and the food processor bowl
FOOD PROCESSOR ASSEMBLY

Please note that the bowl with collar will fit on the base in eight different positions. The handle can be in front or on either side, and the feed tube in front, back, or on either side. Directions for use reference a certain position for instructional purposes only.

CHOPPING BLADE ASSEMBLY

1. Hold work bowl collar in one hand and work bowl handle in the other. Twist bowl clockwise onto collar.
2. Place collar with bowl onto motor base with handle facing front.
3. Place chopping blade over shaft in work bowl. Chopping blade should slide easily to the bottom of the bowl. Lower blade will almost touch bottom of bowl.

BE SURE TO HANDLE THE METAL BLADE WITH CARE, AS IT IS RAZOR SHARP!

4. Put cover on work bowl, with feed tube at about 11 o’clock. Turn the cover clockwise until it fits into position. Cover lock must click into locked position prior to use. If you have trouble fitting the cover on the work bowl, turn chopping blade hub slightly and replace cover.
5. The food pusher fits in feed tube with the more rounded side toward the outside of the bowl.
6. Plug your unit into a wall outlet.
7. To remove cover, unlock it by turning it counterclockwise, then lift it straight up.

SLICING AND SHREDDING DISC ASSEMBLY

1. Hold collar in one hand and work bowl handle in the other. Twist bowl clockwise onto collar.
2. Place collar with bowl onto motor base with handle facing front.
3. Place adapter stem onto the center shaft. Place the slicing/shredding disc onto shaft with the desired cutting blade facing up. To slice: Attach disc to stem with the raised edge of slicer on top. To shred: Attach disc to stem with the raised shredding slots on top. BE SURE TO HANDLE THE METAL DISC WITH CARE, AS IT IS RAZOR SHARP.
4. The food pusher fits in feed tube with the more rounded side toward the outside of the bowl.
5. Put cover on work bowl, with feed tube at about 11 o’clock. Turn the cover clockwise until it fits into position. Cover lock must click into locked position prior to use. If you have trouble fitting the cover on the work bowl, turn chopping blade hub slightly and replace cover.
6. Plug your unit into a household electrical outlet.
7. To remove cover, unlock it by turning it counterclockwise, then lift it straight up.

OPERATION

Your SmartPower Duet® Deluxe appliance uses the Low and High speeds with the food processor attachment. When using the food processor, always use High when slicing or shredding, and either High or Low when chopping. You may also use the Pulse button set on Low or High for pulse chopping.

CHOPPING BLADE FUNCTION

1. To use your food processor, make sure that the bowl is assembled properly and the chopping blade and cover are locked into place.
2. Add ingredients to the work bowl, either through the feed tube or directly into the bowl.
3. Press the On/Off button. The red LED light will illuminate and flash. For continuous operation, press the Low or High button. Motor will start if you have followed Assembly instructions. To turn motor off, press the selected speed button again or the On/Off button.
4. When done chopping, press the On/Off button and wait for blade to stop. Then remove cover by turning it counterclockwise. Never turn cover back and forth to start and stop the processor. Never try to remove cover and work bowl together; this can damage the work bowl.
5. It is important not to let the metal blade fall out of the work bowl as you empty it. Before tilting bowl, use a spatula to remove food from around the blade. Carefully remove the blade by the plastic hub.
6. Hold top of blade in place with finger or spatula while pouring out processed food. At this point you may either lift the work bowl off
the motor base or hold the collar at its base and turn the handle of the bowl counterclockwise and lift blade straight up.

**NOTE:** Occasionally, a piece of food may become wedged between the blade and the work bowl. If this happens, remove the cover, lift the blade out carefully and remove the wedged piece. Empty the bowl, reinsert the blade and lock the cover into place. Process smaller amounts of the food at one time.

**ADDING FOOD WHILE PROCESSING**

To add liquid while the machine is running, pour it through the open feed tube. This is especially useful when making sauces.

A small hole in the pusher allows you to add liquids in a very slow, steady stream – useful when making dressings.

When you want to add small pieces of food like cheese, meat or garlic cloves while machine is running, drop them through the open feed tube.

**ALWAYS USE THE PUSHER TO GUIDE FOOD THROUGH FEED TUBE. NEVER USE YOUR FINGERS OR A SPATULA.**

**CHOPPING, PURÉEING AND MIXING TIPS**

Refer to Chopping Blade Assembly instructions on page 9.

These are some conditions that affect your results:

- Size of pieces you put in bowl – all should be about the same size to achieve even results.
- Amount of food you process – don’t overfill work bowl.
- Type of processing you choose – continuous or pulsing.

**Chopping (using the Chopping Blade)**

- For raw ingredients: peel, core and/or remove seeds and pits. Food should be cut into even, ½ to 1-inch pieces. Foods cut into same-size pieces produce the most even results.
- Pulse food in 1-second increments to chop. For the finest chop, run the machine continuously on High or Low. Watch ingredients closely to achieve desired consistency and scrape the work bowl as necessary.

**Puréeing (using the Chopping Blade)**

- To purée fresh fruits or cooked fruits/vegetables: ingredients should be cut into ½ to 1-inch pieces; a smooth purée is achieved best when all the pieces are equal in size. Pulse on High or Low to initially chop and then process on desired speed until food is puréed; scrape the work bowl as necessary.

**SLICING AND SHREDдинG FUNCTION**

The reversible slicing/shredding disc can slice and shred a variety of fruits, vegetables and cheeses. See Quick Reference Guide for Preparing Foods for Slicing and Shredding on page 3 of the recipe booklet.

Refer to Slicing and Shredding Disc Assembly on page 9.

1. Insert food in feed tube. Insert pusher. Use moderate pressure to push down on pusher with one hand while using your other hand to push the On/Off button and then the Low button.

2. Slicing and shredding take only a few seconds. Wait until disc stops spinning before removing cover. Never try to remove cover and work bowl together; this could damage work bowl.

**ALWAYS USE THE PUSHER TO GUIDE FOOD THROUGH FEED TUBE. NEVER USE YOUR FINGERS OR A SPATULA.**

3. Remove slicing/shredding disc before removing work bowl. To remove it, grasp flat top section of adapter stem and lift it straight up. Holding work bowl collar, turn work bowl counterclockwise and lift it straight up to remove it from base.

**SLICING AND SHREDдинG TIPS**

**Slicing (using the Reversible Slicing/Shredding Disc)**

- Always use High speed when slicing.
- Always pack food in the feed tube evenly to slice. Some foods, like hard vegetables, need firm pressure on the feed tube, while softer foods need light pressure.
- For julienne or matchstick cuts: Place food horizontally in the feed tube and process with even pressure to create long, plank-like slices. Replace stack of slices in feed tube vertically and process again using even pressure.
- For round fruits or vegetables: Remove a thick slice on the bottom of the food so that it sits upright in the feed tube. If food does not fit in the feed tube, halve or quarter to fit. Process with even pressure.
- For small ingredients, like mushrooms, radishes or strawberries: Trim the ends so the food sits upright in the feed tube.
- When slicing cheese, be sure that the cheese is well chilled before slicing.
**Shredding (using the Reversible Slicing/Shredding Disc)**

- Always use High speed when shredding.
- Always pack food in the feed tube evenly to shred. Some foods, like hard vegetables, need firm pressure on the feed tube, while softer foods need light pressure.
- To shred leafy vegetables like lettuce or spinach: Roll leaves together and stand up in feed tube. Process with even pressure.
- When shredding cheese, be sure that the cheese is well chilled before shredding.

**CLEANING AND STORING YOUR FOOD PROCESSOR ATTACHMENTS**

The work bowl, cover, pusher, chopping blade, and slicing/shredding disc are top-shelf dishwasher safe. When placing parts in your dishwasher, insert the work bowl upside down. Remember where you place the sharp blade and disc, and be certain to unload the dishwasher carefully.

The work bowl collar is not immersible. To clean, just wipe with a damp cloth.

If you wash the blades and discs by hand, do it carefully. Avoid leaving them in soapy water where they may disappear from sight. To clean the metal blade, fill the work bowl with soapy water, hold the blade by its plastic center and move rapidly up and down on the center shaft of the bowl. Use of a spray hose is also effective. If necessary, use a brush.

The work bowl should not be placed in a microwave oven.

Store the chopping blade and slicing/shredding disc as you would sharp knives – out of the reach of children.

**WARRANTY**

**LIMITED THREE-YEAR WARRANTY**

This warranty supersedes all previous warranties on the Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

We recommend that you visit our website, [www.cuisinart.com](http://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 unit should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 7811 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 also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product’s return. 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.

Your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor has been manufactured to strict specifications and has
been designed for use with the Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

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, according to its preferences, 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, at 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 nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

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 to ensure that the product is still under warranty.
Coconut Custards

A delicious treat with the essence of the islands.

Makes 4 servings

12 ounces (1½ cups) semi-sweet chocolate (roughly chopped)
1 cup soy milk
1 cup granulated sugar
1 package silken tofu (14 to 16 ounces), drained and cut into 1-inch cubes
1 teaspoon pure vanilla extract
2 tablespoons unsweetened shredded coconut
1 teaspoon vanilla extract
1 ½ cups heavy cream
1 cup unsweetened coconut milk

Nutritional Information per Serving (based on 4 servings):
Calories 222 (42% from fat) • carb. 31g • pro. 4g • fat 11g • sat. fat 6g
• chol. 0mg • sod. 151mg • calc. 27mg • fiber 2g

1. Put the chocolate, sugar and vanilla extract into the blender jar.
2. Put the soy milk into a saucepan and set over medium heat. Bring milk just to a boil. Pour the hot milk over the chocolate in the blender and run on Low until homogenous, scraping down sides as needed, about 45 seconds.
3. Blend until homogenous, scraping down sides as needed, about 45 seconds.
4. Pour the custard mixture through a fine strainer and squeeze out any excess liquid from the shredded coconut. Discard coconut. Pour the custard into the prepared pan with water. Wrap pan tightly with aluminum foil. Place individual custards into the prepared pan with water. Wrap pan tightly with aluminum foil. Place individual custards into the prepared pan with water. Wrap pan tightly with aluminum foil. Place individual custards into the prepared pan with water. Wrap pan tightly with aluminum foil. Place individual custards into the prepared pan with water. Wrap pan tightly with aluminum foil. Place individual custards into the prepared pan with water. Wrap pan tightly with aluminum foil. Place individual custards into the prepared pan with water. Wrap pan tightly with aluminum foil. Place individual custards into the prepared pan with water. Wrap pan tightly with aluminum foil. Place individual custards into the prepared pan with water. Wrap pan tightly with aluminum foil. 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Crab Cakes

A gentle mixing hand is key to these delicate and delicious crab cakes. Pair with our Mango Salsa (see previous recipe).

Makes about 16 crab cakes

16 ounces lump crab meat

1 medium red bell pepper, cut into ½-inch pieces

1 jalapeño pepper, seeded and cut into ½-inch pieces

3 green onions, cut into ½-inch pieces

1 garlic clove

1 teaspoon extra virgin olive oil

¼ teaspoon kosher salt

1 egg, lightly beaten

1½ cups panko breadcrumbs, plus extra for dredging

½ cup mayonnaise

1 teaspoon Worcestershire sauce

1 teaspoon Dijon-style mustard

1½ teaspoons crab seasoning (e.g., Old Bay®)

hot sauce (optional)

1 tablespoon vegetable oil

1. Look through crabmeat to make sure there are no shells or cartilage. Reserve in refrigerator.

2. Add the red pepper into the work bowl. Pulse 3 times on High to finely chop. Add to the same bowl with the red onion.

3. Add the jalapeño, green onions and garlic. Pulse 3 times on High to finely chop. Add to the same bowl with the egg.

4. Pour the egg mixture into a large mixing bowl. Reserve in a separate mixing bowl.

5. Pour the vegetables into another baking dish equivalent to 2 quarts.

6. Place the bread cubes into a large mixing bowl.

7. From the mixture form ¼-cup oval cakes with your hands and place them on a cookie sheet, separating the layers of puddings with wax paper. Cover with plastic and refrigerate for 1 hour before sautéing.

8. From the mixture form ¼-cup oval cakes with your hands and place them on a cookie sheet, separating the layers of puddings with wax paper. Cover with plastic and refrigerate for 1 hour before sautéing.

Roasted Garlic Hummus

The sweetness of the roasted garlic and the brightness of the lemon juice make Roasted Garlic Hummus a delicious version of the Mediterranean classic dip.

Makes about 2 cups

1 garlic head (or 10 to 12 peeled cloves of garlic)
4 tablespoons extra virgin olive oil, divided
2 tablespoons fresh parsley
1 can (19 ounce) chickpeas, drained and rinsed
¼ cup fresh lemon juice
3 tablespoons tahini
1 teaspoon kosher salt
½ teaspoon ground cumin
¹∕₃ cup water (could be less or more, depending on preferred thickness)

1. Preheat oven to 400°F. Cut the top part of the head of garlic off (if using a whole head), being sure that each clove is exposed. Place cut garlic head in a piece of foil (large enough to generously wrap the garlic). Pour 2 tablespoons of the oil over the cut garlic. (If using already peeled garlic, just place the cloves in foil and pour olive oil over them.) Wrap well with the foil. Place on a baking sheet in the preheated oven. Roast for about 40 minutes, or until garlic is fully softened. Cool to room temperature.

2. While the roasted garlic is cooling, insert the chopping blade into the food processor; fit onto motor base. Put the parsley into the work bowl and pulse 2 to 3 times on High to chop. Add the cooled garlic, chickpeas, lemon juice, tahini, salt and cumin. Pulse 2 to 3 times on High to chop. Then run on High until smooth. Once the mixture is combined, continue processing and slowly add water through the feed tube until homogenous. About 2 to 3 times on High to chop. Add the cooled garlic, parsley, lemon juice, and water until homogenous. Pulse into the work bowl and pulse on High until smooth.

3. Before serving, drizzle hummus with olive oil and top with paprika and additional chopped parsley, if desired. Serve at room temperature with wedges or pita bread, toasted pita chips or vegetable dippers.

Nutritional information per serving (1 tablespoon):
Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g • chol. 0mg • sod. 76mg • calc. 3mg • fiber 0g

Mango Salsa

Mango Salsa is excellent served over grilled fish, chicken or even pork. It can also be served like traditional tomato salsa with tortilla chips.

Makes about 2 cups

¼ large red bell pepper, cut into ½-inch pieces
1 garlic clove
1 small jalapeño pepper, stemmed and seeded, cut into ½-inch pieces
½ small red onion, cut into ½-inch pieces
1 mango, peeled and pitted, cut into ½-inch pieces
1½ tablespoons fresh cilantro
2 teaspoons fresh lime juice
1½ teaspoons rice vinegar (may use raspberry or white balsamic in place of the rice)
½ teaspoon honey
pinch kosher salt

1. Insert the chopping blade into the food processor; fit onto motor base. Put the red pepper into the work bowl and pulse on High to roughly chop, about 2 pulses. Reserve in a separate mixing bowl.

2. Put the garlic, jalapeño and onion into the work bowl. Pulse 2 to 3 times on High to chop. Transfer mango and chilantro into the bowl with the other chopped vegetables. Pulse 2 to 3 times on High to roughly chop.

3. Transfer mango and chilantro into the bowl with the other chopped vegetables. Pulse 2 to 3 times on High to roughly chop.

4. Put the mango and chilantro into the work bowl and pulse on Low until mango is roughly chopped, about 5 to 6 pulses.

5. Tranfer mango and chilantro into the bowl with the other chopped vegetables. Add lime juice, vinegar, honey, salt and pepper. Mix to combine. Cover and let salsa rest to allow flavors to develop (at least 30 minutes).

Nutritional information per serving (2 tablespoons):
Calories 11 (3% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 7mg • calc. 2mg • fiber 0g

Additional ingredients for serving (to taste):
Fresh cilantro
Juice of 1 lime
Ground cumin
1 tablespoon chopped garlic
1 tablespoon chopped onion
1 tablespoon chopped red pepper
2 tablespoons chopped jalapeño pepper
1 tablespoon chopped fresh habanero pepper
1 tablespoon water

Makes about 2 cups

Roasted Garlic Hummus

The sweetness of the roasted garlic and the brightness of the lemon juice make Roasted Garlic Hummus a delicious version of the Mediterranean classic dip.

Makes about 2 cups

1 garlic head (or 10 to 12 peeled cloves of garlic)
4 tablespoons extra virgin olive oil, divided
2 tablespoons fresh parsley
1 can (19 ounce) chickpeas, drained and rinsed
¼ cup fresh lemon juice
3 tablespoons tahini
1 teaspoon kosher salt
½ teaspoon ground cumin
¹∕₃ cup water (could be less or more, depending on preferred thickness)

1. Preheat oven to 400°F. Cut the top part of the head of garlic off (if using a whole head), being sure that each clove is exposed. Place cut garlic head in a piece of foil (large enough to generously wrap the garlic). Pour 2 tablespoons of the oil over the cut garlic. (If using already peeled garlic, just place the cloves in foil and pour olive oil over them.) Wrap well with the foil. Place on a baking sheet in the preheated oven. Roast for about 40 minutes, or until garlic is fully softened. Cool to room temperature.

2. While the roasted garlic is cooling, insert the chopping blade into the food processor; fit onto motor base. Put the parsley into the work bowl and pulse 2 to 3 times on High to chop. Add the cooled garlic, chickpeas, lemon juice, tahini, salt and cumin. Pulse 2 to 3 times on High to chop. Then run on High until smooth. Once the mixture is combined, continue processing and slowly add water through the feed tube until homogenous. About 2 to 3 times on High to chop. Add the cooled garlic, parsley, lemon juice, and water until homogenous. Pulse into the work bowl and pulse on High until smooth.

3. Before serving, drizzle hummus with olive oil and top with paprika and additional chopped parsley, if desired. Serve at room temperature with wedges or pita bread, toasted pita chips or vegetable dippers.

Nutritional information per serving (1 tablespoon):
Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g • chol. 0mg • sod. 76mg • calc. 3mg • fiber 0g

Mango Salsa

Mango Salsa is excellent served over grilled fish, chicken or even pork. It can also be served like traditional tomato salsa with tortilla chips.

Makes about 2 cups

¼ large red bell pepper, cut into ½-inch pieces
1 garlic clove
1 small jalapeño pepper, stemmed and seeded, cut into ½-inch pieces
½ small red onion, cut into ½-inch pieces
1 mango, peeled and pitted, cut into ½-inch pieces
1½ tablespoons fresh cilantro
2 teaspoons fresh lime juice
1½ teaspoons rice vinegar (may use raspberry or white balsamic vinegar in place of the rice)
½ teaspoon honey
pinch kosher salt

1. Insert the chopping blade into the food processor; fit onto motor base. Put the red pepper into the work bowl and pulse on High to roughly chop, about 2 pulses. Reserve in a separate mixing bowl.

2. Put the garlic, jalapeño and onion into the work bowl. Pulse 2 to 3 times on High to chop. Transfer mango and cilantro into the bowl with the other chopped vegetables. Pulse 2 to 3 times on High to roughly chop.

3. Transfer mango and cilantro into the bowl with the other chopped vegetables. Add lime juice, vinegar, honey, salt and pepper. Mix to combine. Cover and let salsa rest to allow flavors to develop (at least 30 minutes).

Nutritional information per serving (2 tablespoons):
Calories 11 (3% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 7mg • calc. 2mg • fiber 0g

Additional ingredients for serving (to taste):
Fresh cilantro
Juice of 1 lime
Ground cumin
1 tablespoon chopped garlic
1 tablespoon chopped onion
1 tablespoon chopped red pepper
2 tablespoons chopped jalapeño pepper
1 tablespoon chopped fresh habanero pepper
1 tablespoon water

Makes about 2 cups

Roasted Garlic Hummus

The sweetness of the roasted garlic and the brightness of the lemon juice make Roasted Garlic Hummus a delicious version of the Mediterranean classic dip.

Makes about 2 cups

1 garlic head (or 10 to 12 peeled cloves of garlic)
4 tablespoons extra virgin olive oil, divided
2 tablespoons fresh parsley
1 can (19 ounce) chickpeas, drained and rinsed
¼ cup fresh lemon juice
3 tablespoons tahini
1 teaspoon kosher salt
½ teaspoon ground cumin
¹∕₃ cup water (could be less or more, depending on preferred thickness)

1. Preheat oven to 400°F. Cut the top part of the head of garlic off (if using a whole head), being sure that each clove is exposed. Place cut garlic head in a piece of foil (large enough to generously wrap the garlic). Pour 2 tablespoons of the oil over the cut garlic. (If using already peeled garlic, just place the cloves in foil and pour olive oil over them.) Wrap well with the foil. Place on a baking sheet in the preheated oven. Roast for about 40 minutes, or until garlic is fully softened. Cool to room temperature.

2. While the roasted garlic is cooling, insert the chopping blade into the food processor; fit onto motor base. Put the parsley into the work bowl and pulse 2 to 3 times on High to chop. Add the cooled garlic, chickpeas, lemon juice, tahini, salt and cumin. Pulse 2 to 3 times on High to chop. Then run on High until smooth. Once the mixture is combined, continue processing and slowly add water through the feed tube until homogenous. About 2 to 3 times on High to chop. Add the cooled garlic, parsley, lemon juice, and water until homogenous. Pulse into the work bowl and pulse on High until smooth.

3. Before serving, drizzle hummus with olive oil and top with paprika and additional chopped parsley, if desired. Serve at room temperature with wedges or pita bread, toasted pita chips or vegetable dippers.

Nutritional information per serving (1 tablespoon):
Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g • chol. 0mg • sod. 76mg • calc. 3mg • fiber 0g

Mango Salsa

Mango Salsa is excellent served over grilled fish, chicken or even pork. It can also be served like traditional tomato salsa with tortilla chips.

Makes about 2 cups

¼ large red bell pepper, cut into ½-inch pieces
1 garlic clove
1 small jalapeño pepper, stemmed and seeded, cut into ½-inch pieces
½ small red onion, cut into ½-inch pieces
1 mango, peeled and pitted, cut into ½-inch pieces
1½ tablespoons fresh cilantro
2 teaspoons fresh lime juice
1½ teaspoons rice vinegar (may use raspberry or white balsamic vinegar in place of the rice)
½ teaspoon honey
pinch kosher salt

1. Insert the chopping blade into the food processor; fit onto motor base. Put the red pepper into the work bowl and pulse on High to roughly chop, about 2 pulses. Reserve in a separate mixing bowl.

2. Put the garlic, jalapeño and onion into the work bowl. Pulse 2 to 3 times on High to chop. Transfer mango and cilantro into the bowl with the other chopped vegetables. Pulse 2 to 3 times on High to roughly chop.

3. Transfer mango and cilantro into the bowl with the other chopped vegetables. Add lime juice, vinegar, honey, salt and pepper. Mix to combine. Cover and let salsa rest to allow flavors to develop (at least 30 minutes).

Nutritional information per serving (2 tablespoons):
Calories 11 (3% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 7mg • calc. 2mg • fiber 0g
**Hollandaise Sauce**

Makes 1 cup

- ½ cup extra virgin olive oil
- 2 teaspoons roasted garlic
- 1 teaspoon fresh basil leaves
- 1 cup Parmesan, cut into ½-inch pieces
- Salt
- ½ teaspoon freshly ground black pepper

1. Insert the chopping blade into the food processor. Pulse the extra virgin olive oil until the sauce is emulsified. Add the roasted garlic and fresh basil leaves and process just until chopped. Add the Parmesan and black pepper to the food processor and process until combined.

**Nutritional Information per serving (1 tablespoon):**

- Calories 17 (72% from fat) • carb. 1g • pro. 2g • fat 2g • sat. fat 0g • chol. 2mg • sod. 190mg • calc. 52mg • fiber 0g

**Pesto**

Makes about ½ cup

- 1 ounce Parmesan, cut into ½-inch pieces
- ¼ cup pine nuts, lightly toasted
- 2 cloves garlic
- ½ teaspoon kosher or sea salt
- 1 cup tightly packed fresh basil leaves, unblemished
- ⅓ cup extra virgin olive oil, divided

1. Insert the chopping blade into the food processor. Fit onto motor base. Process the cheese until it is ground (it does not have to be extra fine, for it will be blended more with the rest of the ingredients). Remove the cheese into a bowl. Pulse a few times, and then process on high until smooth. Scrape down.

2. Place the pesto into a glass jar or bowl. Tap to remove all air bubbles. Float a layer of olive oil on top; cover with plastic wrap and refrigerate. The pesto will keep for 3 to 5 days in the refrigerator. Or may be frozen.

**Note:** To minimize splatter, use a dish towel to shield the opening when pouring in the butter.

**Basic Vinaigrette**

Makes about 1 cup

- ⅓ cup red wine vinegar
- 1 teaspoon Dijon-style mustard
- ¼ cup fresh parsley
- ½ teaspoon dried basil
- ½ teaspoon dried thyme
- ½ teaspoon dried marjoram
- ¼ teaspoon ground white pepper
- ¼ teaspoon kosher salt
- ¾ cup extra virgin olive oil

1. Insert the chopping blade into the food processor; fit onto motor base. Process the red wine vinegar and Dijon-style mustard until smooth. Add the fresh parsley, basil, thyme, marjoram, white pepper and salt to the food processor and process until smooth. Add the olive oil and process until desired consistency is achieved.

**Nutritional Information per serving (1 tablespoon):**

- Calories 65 (93% from fat) • carb. 1g • pro. 3g • fat 7g • sat. fat 0g • chol. 0mg • sod. 77mg • calc. 9mg • fiber 0g
Pulse on High 3 to 4 times to break up, and then run on High until smooth, about 1 minute.

Adjust seasonings to taste and serve either hot or chilled.

Nutritional information per serving (1 cup):
- Calories 92 (15% from fat)
- Carbs 16g
- Protein 4g
- Fat 2g
- Saturated fat 1g
- Cholesterol 3mg
- Sodium 524mg
- Calcium 24mg
- Fiber 4g

Ancho Chile Sauce

A traditional smoky-spicy sauce is delicious over most Mexican dishes.

Makes about 5 cups

9 dried ancho chiles
2 large shallots, cut into ½-inch pieces
2 garlic cloves
1 jalapeño, seeded and cut into ½-inch pieces
1 medium to large carrot, cut into ½-inch pieces
1 tablespoon extra virgin olive oil
½ cup white wine
3 ½ cups chicken broth, low sodium, hot
2 teaspoons kosher salt, divided
4 ½ tablespoons honey
2 tablespoons fresh lemon juice

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

2. While chiles are soaking, insert the chopping blade in the food processor; fit onto motor base. Put the shallots, garlic, jalapeño and carrot into the work bowl; pulse on High 3 to 4 times to chop. Reserve.

3. While chiles are soaking, insert the chopping blade in the food processor; fit onto motor base. Put the olive oil into a large sauté pan and set over medium heat. Once oil is hot, add the chopped vegetables and a pinch or two of salt. Stir and sauté until softened and fragrant until no liquid remains, about 5 minutes.

4. Add the softened and fragrant vegetables to the bowl of the food processor. Add the remaining salt. Pulse the chopped vegetables with the reversible slicing/shredding disc, with the slicing side facing up, until they are the texture of coarse sand. Reserve.

5. Carefully transfer mixture from the sauté pan into the jar of the blender. Pulse 3 times on High, then run on High for 1 minute, or until the mixture is completely smooth.

6. Transfer sauce to the double boiler, set over medium heat. Stir until warm.

Marinara Sauce

This versatile sauce can be used on top of pastas or as a pizza sauce.

Makes about 3 to 3½ cups

5 garlic cloves
½ small onion, cut into ½-inch pieces
¼ bulb fennel
1 tablespoon extra virgin olive oil
¼ teaspoon kosher salt, divided
1 28-ounce can whole plum tomatoes in purée
½ teaspoon freshly ground black pepper
½ teaspoon dried oregano
2 ½ tablespoons granulated sugar
6 large leaves fresh basil, torn into small pieces

1. Insert the chopping blade into the food processor; fit onto motor base. Put the garlic and onion into the work bowl. Pulse 2 to 3 times on High to chop. Reserve.

2. Replace the chopping blade with the reversible slicing/shredding disc, with the slicing side facing up. Slice the fennel bulb into the bowl.

3. Heat oil in a large sauté pan over low heat. Add garlic and onion to pan; sauté until softened and fragrant, about 5 minutes.

4. Add the fennel and a pinch of salt. Sauté until very soft and lightly browned, about 6 to 8 minutes.

5. Add the tomatoes with their juices; crush slightly with the back of a wooden spoon. Bring to a strong simmer. Add the spices and simmer until thickened, about 30 minutes.

6. Carefully transfer mixture from the sauté pan into the jar of the blender. Add the remaining salt and sugar. Pulse on Low 8 to 12 times, or until desired consistency. If a smoother sauce is desired, let run on Low after pulsing 4 times.

Nutritional information per serving (2 tablespoons):
- Calories 26 (13% from fat)
- Carbs 4g
- Protein 1g
- Fat 0g
- Saturated fat 0g
- Cholesterol 0mg
- Sodium 162mg
- Calcium 6mg
- Fiber 0g

Ancho Chile Sauce

A traditional smoky-spicy sauce is delicious over most Mexican dishes.

Makes about 5 cups

9 dried ancho chiles
2 large shallots, cut into ½-inch pieces
2 garlic cloves
1 jalapeño, seeded and cut into ½-inch pieces
1 medium to large carrot, cut into ½-inch pieces
1 tablespoon extra virgin olive oil
½ cup white wine
3 ½ cups chicken broth, low sodium, hot
2 teaspoons kosher salt, divided
4 ½ tablespoons honey
2 tablespoons fresh lemon juice

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

2. While chiles are soaking, insert the chopping blade in the food processor; fit onto motor base. Put the shallots, garlic, jalapeño and carrot into the work bowl; pulse on High 3 to 4 times to chop. Reserve.

3. While chiles are soaking, insert the chopping blade in the food processor; fit onto motor base. Put the olive oil into a large sauté pan and set over medium heat. Once oil is hot, add the chopped vegetables and a pinch or two of salt. Stir and sauté until softened and fragrant until no liquid remains, about 5 minutes.

4. Add the softened and fragrant vegetables to the bowl of the food processor. Add the remaining salt. Pulse the chopped vegetables with the reversible slicing/shredding disc, with the slicing side facing up, until they are the texture of coarse sand. Reserve.

5. Carefully transfer mixture from the sauté pan into the jar of the blender. Pulse 3 times on High, then run on High for 1 minute, or until the mixture is completely smooth.

6. Transfer sauce to the double boiler, set over medium heat. Stir until warm.

Marinara Sauce

This versatile sauce can be used on top of pastas or as a pizza sauce.

Makes about 3 to 3½ cups

5 garlic cloves
½ small onion, cut into ½-inch pieces
¼ bulb fennel
1 tablespoon extra virgin olive oil
¼ teaspoon kosher salt, divided
1 28-ounce can whole plum tomatoes in purée
½ teaspoon freshly ground black pepper
½ teaspoon dried oregano
2 ½ tablespoons granulated sugar
6 large leaves fresh basil, torn into small pieces

1. Insert the chopping blade into the food processor; fit onto motor base. Put the garlic and onion into the work bowl. Pulse 2 to 3 times on High to chop. Reserve.

2. Replace the chopping blade with the reversible slicing/shredding disc, with the slicing side facing up. Slice the fennel bulb into the bowl.

3. Heat oil in a large sauté pan over low heat. Add garlic and onion to pan; sauté until softened and fragrant, about 5 minutes.

4. Add the fennel and a pinch of salt. Sauté until very soft and lightly browned, about 6 to 8 minutes.

5. Add the tomatoes with their juices; crush slightly with the back of a wooden spoon. Bring to a strong simmer. Add the spices and simmer until thickened, about 30 minutes.

6. Carefully transfer mixture from the sauté pan into the jar of the blender. Add the remaining salt and sugar. Pulse on Low 8 to 12 times, or until desired consistency. If a smoother sauce is desired, let run on Low after pulsing 4 times.

Nutritional information per serving (2 tablespoons):
- Calories 26 (13% from fat)
- Carbs 4g
- Protein 1g
- Fat 0g
- Saturated fat 0g
- Cholesterol 0mg
- Sodium 162mg
- Calcium 6mg
- Fiber 0g

Ancho Chile Sauce

A traditional smoky-spicy sauce is delicious over most Mexican dishes.

Makes about 5 cups

9 dried ancho chiles
2 large shallots, cut into ½-inch pieces
2 garlic cloves
1 jalapeño, seeded and cut into ½-inch pieces
1 medium to large carrot, cut into ½-inch pieces
1 tablespoon extra virgin olive oil
½ cup white wine
3 ½ cups chicken broth, low sodium, hot
2 teaspoons kosher salt, divided
4 ½ tablespoons honey
2 tablespoons fresh lemon juice

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

2. While chiles are soaking, insert the chopping blade in the food processor; fit onto motor base. Put the shallots, garlic, jalapeño and carrot into the work bowl; pulse on High 3 to 4 times to chop. Reserve.

3. While chiles are soaking, insert the chopping blade in the food processor; fit onto motor base. Put the olive oil into a large sauté pan and set over medium heat. Once oil is hot, add the chopped vegetables and a pinch or two of salt. Stir and sauté until softened and fragrant until no liquid remains, about 5 minutes.

4. Add the softened and fragrant vegetables to the bowl of the food processor. Add the remaining salt. Pulse the chopped vegetables with the reversible slicing/shredding disc, with the slicing side facing up, until they are the texture of coarse sand. Reserve.

5. Carefully transfer mixture from the sauté pan into the jar of the blender. Pulse 3 times on High, then run on High for 1 minute, or until the mixture is completely smooth.

6. Transfer sauce to the double boiler, set over medium heat. Stir until warm.

Marinara Sauce

This versatile sauce can be used on top of pastas or as a pizza sauce.

Makes about 3 to 3½ cups

5 garlic cloves
½ small onion, cut into ½-inch pieces
¼ bulb fennel
1 tablespoon extra virgin olive oil
¼ teaspoon kosher salt, divided
1 28-ounce can whole plum tomatoes in purée
½ teaspoon freshly ground black pepper
½ teaspoon dried oregano
2 ½ tablespoons granulated sugar
6 large leaves fresh basil, torn into small pieces

1. Insert the chopping blade into the food processor; fit onto motor base. Put the garlic and onion into the work bowl. Pulse 2 to 3 times on High to chop. Reserve.

2. Replace the chopping blade with the reversible slicing/shredding disc, with the slicing side facing up. Slice the fennel bulb into the bowl.

3. Heat oil in a large sauté pan over low heat. Add garlic and onion to pan; sauté until softened and fragrant, about 5 minutes.

4. Add the fennel and a pinch of salt. Sauté until very soft and lightly browned, about 6 to 8 minutes.

5. Add the tomatoes with their juices; crush slightly with the back of a wooden spoon. Bring to a strong simmer. Add the spices and simmer until thickened, about 30 minutes.

6. Carefully transfer mixture from the sauté pan into the jar of the blender. Add the remaining salt and sugar. Pulse on Low 8 to 12 times, or until desired consistency. If a smoother sauce is desired, let run on Low after pulsing 4 times.
3. Continue cooking and replace the chopping blade with the reversible shredding/slicing disc. Slice the carrots and then stir directly into the pan with the cinnamon, allspice, nutmeg, thyme and salt. Stir to coat ingredients well and allow to heat through.

4. Add the chicken broth. Increase heat and bring to a boil. Once soup comes to a boil, reduce the heat so that it is barely simmering. Cover and simmer until the carrots become tender, about 50 to 60 minutes. Stir occasionally.

5. Once tender, separate the solids from liquids. Put about half of the broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

- Calories 79 (44% from fat)
- Carb. 10g
- Pro. 2g
- Fat 4g
- Sat. Fat 2g
- Chol. 10mg
- Sod. 611mg
- Calc. 57mg
- Fiber 2g

Parsnip and Apple Soup

A bowl of soup, a salad and crusty bread make a perfect weeknight meal.

Makes 8 cups

1 medium onion (about 6 ounces) cut into 1-inch pieces
2 tablespoons unsalted butter
2 pounds parsnips, peeled and cut to fit vertically in the feed tube
1 medium apple (about 6 ounces) peeled, cored and quartered
1 medium potato (about 7 ounces) peeled and halved lengthwise
1 to 2 thyme sprigs
¾ teaspoon kosher salt
6 cups chicken broth, low sodium, plus extra for thinning

1. Insert the chopping blade into the food processor; fit onto motor base. Put the onion into the work bowl and pulse 8 to 10 times on High to chop. Reserve.

2. Put the butter into a 6-quart saucepan set over medium heat. Once butter is melted, add the chopped onion. Turn the heat to medium-low to sweat the onion so that it does not pick up any color. While the onion is cooking, replace the chopping blade with the reversible shredding/slicing disc. With the slicing side facing up, slice the parsnips and add to the pot. Slice the apple and then potato and add to the pot. Add the thyme and salt and stir ingredients together well. Reserve. Repeat with remaining ingredients.

3. Pour the blended vegetables into a medium saucepan set over medium heat. Once the blender is cleaned and put into a mixing bowl with paddle, reserve.

4. Carefully take the skins of the roasted peppers out. Cut into quarters. Add to the broth mixture in the blender jar, along with the vinegar.

Nutritional information per serving (1 cup):

- Calories 150 (18% from fat)
- Carb. 29g
- Pro. 3g
- Fat 3g
- Sat. Fat 2g
- Chol. 8mg
- Sod. 641mg
- Calc. 77mg
- Fiber 7g

Roasted Red Pepper Soup

This soup is delicious either hot or chilled – your choice!

Makes about 5 cups

6 red bell peppers, seeded
6 garlic cloves
¼ small onion, cut into ½-inch pieces
½ tablespoon unsalted butter
1 small shallot (about 1 ounce) cut into ½-inch pieces
2 tablespoons sherry
2½ cups chicken broth, low sodium
1½ teaspoons granulated sugar
½ teaspoon sea or kosher salt
1 to 2 pinches freshly ground black pepper
½ teaspoon orange zest
½ tablespoon white vinegar

1. Flatten the seeded bell peppers and lay them on a foil-lined baking sheet. Broil until the peppers are blackened. Remove and put into a mixing bowl and cover with plastic. Reserve.

2. While the peppers are roasting, prepare the other ingredients: Insert the chopping blade into the food processor; fit onto motor base. Put the garlic and onion into the work bowl; pulse 2 to 3 times on High to chop. Reserve.

3. Put the butter into a medium saucepan set over medium heat. Once the butter has melted, add the garlic, shallot and onion. Cook until softened and just golden. Deglaze the pan by adding the sherry to the saucepan and cook until the alcohol has evaporated. Reserve.

4. Add broth to the pot and bring to a boil. Once boiling, reduce the heat and simmer uncovered until tender, about 20 to 30 minutes. Stirring occasionally.

5. Once tender, separate the solids from liquids. Put about 1½ cups of broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients. Taste and adjust seasoning accordingly.

6. This soup has a very thick consistency. If a thinner soup is preferred, thick in broth with remaining ingredients. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

- Calories 120 (14% from fat)
- Carb. 10g
- Pro. 1g
- Fat 2g
- Sat. Fat 0g
- Chol. 0mg
- Sod. 55mg
- Calc. 2mg
- Fiber 0g

Parsnip and Apple Soup

A bowl of soup, a salad and crusty bread make a perfect weeknight meal.

Nutritional information per serving (1 cup):

- Calories 79 (44% from fat)
- Carb. 10g
- Pro. 2g
- Fat 4g
- Sat. Fat 2g
- Chol. 10mg
- Sod. 611mg
- Calc. 57mg
- Fiber 2g

Nutritional information per serving (1 cup):

- Calories 150 (18% from fat)
- Carb. 29g
- Pro. 3g
- Fat 3g
- Sat. Fat 2g
- Chol. 8mg
- Sod. 641mg
- Calc. 77mg
- Fiber 7g

Nutritional information per serving (1 cup):

- Calories 120 (14% from fat)
- Carb. 10g
- Pro. 1g
- Fat 2g
- Sat. Fat 0g
- Chol. 0mg
- Sod. 55mg
- Calc. 2mg
- Fiber 0g
9

1 tablespoon unsalted butter

1 butternut squash (about 2½ pounds) peeled and seeded, cut into 2-inch cubes

1 garlic clove, smashed

1 thyme sprig

2 teaspoons kosher salt, divided

¼ teaspoon freshly ground black pepper

2 tablespoons sherry

5 cups chicken broth, low sodium

Bacon Sage Butter:

2 slices bacon diced and cooked through, about 2 tablespoons bacon crumbles

3 to 4 fresh sage leaves

4 ounces GOOD quality unsalted butter, like Plugra or Kerrygold, room temperature, cut into tablespoons

pinch kosher salt

pinch freshly ground black pepper

Soup:

1. Insert the chopping blade into the food processor; fit onto motor base. Put the shallot and leeks into the work bowl and pulse on High to roughly chop, about 8 to 10 pulses.

2. Put the butter into a stockpot/large saucepan and place over medium/medium-low heat. Once butter has melted, add the chopped shallot/leek mixture and cook until soft and fragrant, about 5 minutes. Stir in the butternut squash, garlic, thyme, ½ teaspoon salt and pepper. Stir ingredients together and cook for an additional 5 minutes. Stir in the thyme sprig. Once squash is tender, turn off heat and allow the soup to cool slightly. Once cooled, place into the blender jar. Run on Low for about 10 seconds and then switch to High to blend completely. Pour soup into a clean pot. Repeat with remaining ingredients, holding back liquid to reach desired consistency. The soup will need to be seasoned at this point. Add % teaspoon salt at a time, tasting with each addition until desired consistency is achieved. The soup of caroming will absorb the salt, leaving a very subtle taste.

3. Strain the soup, reserving the liquid and discarding the thyme sprig. Pour half of the liquid and half of the soup solids into the blender jar. Run on Low for about 10 seconds. While soup is simmering, make the butter.

4. To serve: Ladle soup into individual serving bowls and place a pat of butter in each bowl.

Nutritional information per serving (1 cup with 1 teaspoon butter):

Calories 157 (31% from fat) • carb. 23g • pro. 3g • fat 6g • sat. fat 4g • chol. 15mg • sod. 1319mg • calc. 142mg • fiber 3g

Bacon Sage Butter

Nutritional information per serving (1 teaspoon):

Calories 37 (98% from fat) • carb. 0g • pro. 0g • fat 4g • sat. fat 3g • chol. 12mg • sod. 12mg • calc. 1mg • fiber 0g

Carrot and Ginger Soup

A great soup for any time of the year.

Makes about 4½ cups

1 small onion (about 3 ounces)

2 tablespoons unsalted butter or olive oil

½ ounce ginger, peeled

1 garlic clove

1 pound carrots, peeled and cut to fit vertically into the feed tube

¼ teaspoon ground cinnamon

¹∕₈ teaspoon allspice

pinch freshly ground nutmeg

1 thyme sprig

½ teaspoon kosher salt

4 cups chicken broth, low sodium

Soup:

1. Insert the chopping blade into the food processor; fit onto motor base. Put the onion into the work bowl and pulse on High to roughly chop, about 8 to 10 pulses.

2. Put the butter or oil into a 6-quart saucepan set over medium heat. Once heated, stir in the chopped onion and allow to heat through. While onion is cooking, chop ginger and garlic together in the food processor by running on High until mixture is smooth. Add ingredients to the saucepan with the onion.

3. Once the onion is soft and translucent, stir in the beverage of choice. Add % teaspoon salt at a time, tasting with each addition until desired consistency is achieved. The soup of caroming will absorb the salt, leaving a very subtle taste.

4. To serve: Ladle soup into individual serving bowls and place a pat of butter in each bowl.
**Crêpes with Yogurt and Walnuts**

Tangy and sweet blend well together in this delicious breakfast treat.

Makes about 1 cup (enough to fill 20 eight-inch crêpes)

16 ounces Greek yogurt (reduced-fat works fine)

pinch kosher salt

½ teaspoon pure vanilla extract

3 tablespoons honey

1¼ cups toasted walnuts, finely chopped

2 tablespoons packed light brown sugar

2 tablespoons unsalted butter, softened

1 recipe prepared crêpes (see previous recipe)

1. In a small mixing bowl, whisk the first four ingredients together until fully combined. Reserve.

2. Insert the chopping blade into the food processor; fit onto motor base.

3. Put the walnuts into the work bowl. Pulse 4 to 5 times on High until finely chopped. Add the brown sugar, butter and salt. Pulse until well combined.

4. To assemble, spread about 2 tablespoons of the yogurt mixture on each crêpe. Top with about 1 tablespoon of the nut mixture. Fold in half, and then half again. Serve with fresh berries and a drizzle of honey on top.

**Nutritional information per filled crêpe:**

- Calories 186 (45% from fat)
- Carbohydrates 21g
- Protein 4g
- Fat 10g
- Saturated Fat 6g
- Cholesterol 79mg
- Sodium 138mg
- Calcium 62mg
- Fiber 1g

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**Frittata Primavera**

Frittatas are a great alternative to traditional omelets.

Try this one — you will not be disappointed.

Makes ten to twelve servings

3 ounces Parmesan, cut into ½-inch pieces

1 small zucchini (about 4 ounces)

1 medium to large carrot

1 medium red bell pepper

6 medium mushrooms (firm white mushrooms work well)

1 small onion

1 tablespoon extra virgin olive oil

½ teaspoon kosher salt, divided

10 large eggs

¼ cup whole or reduced-fat milk

¼ teaspoon freshly ground black pepper

nonstick cooking spray

6 large basil leaves, torn into pieces

1. Preheat oven to 375°F.

2. Insert the chopping blade into the food processor; fit onto motor base.

3. Put the Parmesan into the work bowl. Pulse 2 to 3 times on High, then process 20 to 30 seconds until finely ground. Remove and reserve.

4. Carefully remove the chopping blade and fit the reversible shredding/slicing disc, with the shredding side facing up. Slice the zucchini, and then the carrot. Remove and reserve in a medium mixing bowl.

5. Flip the reversible disc over to use the slicing side. Slice the pepper, mushrooms and onion. Add to the bowl with the other vegetables.

6. Fill the processor's smal bowl with 1 to 2 pulses of the medium heel. Once all is out, add the vegetables with 1 to 2 pulses of the medium heel. Pulse 1 to 2 pulses of the whole cloves. Set over Cuisinart® GreenGourmet® Processor Base to process the mixture until finely ground. Transfer the prepared vegetables to the same bowl as the Parmesan. Remove and reserve.

7. While the vegetables are cooking, put the eggs, milk, remaining salt and pepper into the blender jar. Run on High until well combined and frothy.

8. After the vegetables are cooked, remove and reserve in the same bowl as before. Lightly coat the same pan with the nonstick cooking spray. Return the sautéed vegetables to the pan, pour the egg mixture over the vegetables, and then top with the cheese.

9. Let cook over medium-low heat until the bottom is just set. Transfer to the preheated oven and cook until the top is puffed and browned, about 20 to 25 minutes.

**Nutritional information per serving (based on 12 servings):**

- Calories 117 (58% from fat)
- Carbohydrates 3g
- Protein 9g
- Fat 8g
- Saturated Fat 3g
- Cholesterol 183mg
- Sodium 264mg
- Calcium 114mg
- Fiber 1g

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**Butternut Squash Bisque with Bacon Sage Butter**

This soothing winter soup is given a delicious finish with the bacon sage butter.

Makes 8 cups

Soup:

3 large shallots, halved

3 small leeks, cleaned well, white and light green parts only

3 medium sweet potatoes, halved

3 cups chicken broth

1 teaspoon dried thyme

1 teaspoon dried rosemary

1 tablespoon fresh sage leaves, chopped

1 tablespoon bacon sage butter

1. In a medium mixing bowl, whisk the first seven ingredients together until well combined. Reserve.

2. Insert the chopping blade into the food processor; fit onto motor base.

3. Put the chicken broth into the work bowl. Pulse 2 to 3 times on High until finely ground. Remove and reserve.

4. Fill the processor's small bowl with the chopped sage. Add the bacon pieces, process 2 to 3 times on High until finely chopped. Remove and reserve.

5. In a medium mixing bowl, whisk the first four ingredients together until fully incorporated. Reserve.

6. In the processor's small bowl, add the bacon sage mixture to the chicken broth and process 2 to 3 seconds until finely ground. Reserve.

7. In each of the processor's small bowls, add 2 tablespoons of the bacon sage mixture to the chicken broth and process 2 to 3 seconds until finely ground. Reserve.

8. In each of the processor's small bowls, add 2 tablespoons of the bacon sage mixture to the chicken broth and process 2 to 3 seconds until finely ground. Reserve.

9. In each of the processor's small bowls, add 2 tablespoons of the bacon sage mixture to the chicken broth and process 2 to 3 seconds until finely ground. Reserve.

10. In each of the processor's small bowls, add 2 tablespoons of the bacon sage mixture to the chicken broth and process 2 to 3 seconds until finely ground. Reserve.

11. In each of the processor's small bowls, add 2 tablespoons of the bacon sage mixture to the chicken broth and process 2 to 3 seconds until finely ground. Reserve.

**Bacon Sage Butter**

2 tablespoons unsalted butter, softened

3 tablespoons thinly sliced fresh sage

1 clove garlic, minced

1 teaspoon apple cider vinegar

Pinch of cayenne pepper

1. In a small mixing bowl, whisk the first five ingredients together until well combined. Reserve.
Nutritional information per waffle:

Nutritional information per crepe:

Apple Walnut Waffles

Served with warm maple syrup, these waffles are a comforting fall treat.

Crêpe Batter

Crêpe batter (egg-free and dairy-free) and can be whipped cream and chocolate.

These crêpes can be anyone's collection.

Apple Walnut Waffles

Prepared to serve, whisk the reserved apple and walnuts; fold to just combine.

Ingredients

Nutritional information per serving:

Serve with your favorite toppings (choose below):
Ripe bananas should be peeled, cut into pieces, wrapped in plastic and placed overnight in the freezer.

Nutritional information per serving (½ cup):
- Calories 72 (17% from fat)
- Carbs 14g
- Protein 2g
- Fat 1g
- Saturated Fat 1g
- Cholesterol 6mg
- Sodium 21mg
- Calcium 52mg
- Fiber 1g

**Piña Colada**

This is a more natural take on the traditional piña colada, using coconut milk rather than cream of coconut.

Makes about 5 cups

1 cup good quality rum
½ cup unsweetened coconut milk
3 cups RIPE, fresh pineapple, cut into 2-inch pieces
1 cup coconut sorbet
1 cup frozen pineapple, cut into ½-inch pieces
6 ice cubes

1. Put rum, coconut milk, pineapple, sorbet and frozen pineapple into the blender jar.
2. Run on High until well blended, about 45 seconds. With blender running, remove the pour lid from the blender cover and add ice cubes 1 at a time.
3. Drink may be slightly thin, so it is also great over ice.

**Nutritional information per serving (½ cup):**
- Calories 273 (15% from fat)
- Carbs 34g
- Protein 1g
- Fat 5g
- Saturated Fat 4g
- Cholesterol 0mg
- Sodium 18mg
- Calcium 13mg
- Fiber 2g

**Frozen Rum Punch**

A sweet and fruity summer party favorite.

Makes about 6 cups

½ cup orange juice
1½ ounces fresh lime juice (the juice of approximately 2 limes)
¾ cup rum
1 tablespoon grenadine
3 cups fresh pineapple, cut into 2-inch pieces
1 pint mango sorbet
6 ice cubes

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 45 seconds.
3. Serve immediately.

**Nutritional information per serving (½ cup):**
- Calories 91 (1% from fat)
- Carbs 14g
- Protein 0g
- Fat 0g
- Saturated Fat 0g
- Cholesterol 0mg
- Sodium 4mg
- Calcium 7mg
- Fiber 1g

**Frozen Mudslide**

This is a more natural take on the traditional piña colada, using coconut milk rather than cream of coconut.

Makes about 6 cups

1 cup milk
¼ cup Kahlúa
¼ cup vodka
2 tablespoons Irish cream liqueur
3 cups vanilla ice cream

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 40 to 45 seconds.

**Nutritional information per serving (½ cup):**
- Calories 232 (49% from fat)
- Carbs 22g
- Protein 3g
- Fat 13g
- Saturated Fat 8g
- Cholesterol 46mg
- Sodium 48mg
- Calcium 89mg
- Fiber 0g

**Ricotta Pancakes**

For an extra treat, mix a cup of blueberries gently into the batter before cooking.

Makes about 18 pancakes

1 cup milk
1 cup reduced-fat ricotta
2 large eggs, beaten
¼ cup unsalted butter, melted and cooled to room temperature
½ teaspoon pure vanilla extract
⅓ cup granulated sugar
2 cups unbleached, all-purpose flour
½ teaspoon ground cinnamon
½ teaspoon table salt
1½ teaspoons baking powder

1. Put the milk, ricotta, eggs, butter and vanilla into the blender jar. Run on High for about 15 seconds. Add zest and sugar and run an additional 10 seconds. Scrape the blender jar down with a flexible rubber spatula.
2. Run on High until smooth, about 40 to 45 seconds.

**Nutritional information per serving (½ cup):**
- Calories 53 (3% from fat)
- Carbs 14g
- Protein 2g
- Fat 1g
- Saturated Fat 1g
- Cholesterol 3mg
- Sodium 12mg
- Calcium 87mg
- Fiber 1g
Nutritional information per serving (1 cup):

- Calories 160 (9% from fat)
- Carbs 37g
- Protein 3g
- Fat 2g
- Saturated fat 1g
- Cholesterol 4mg
- Sodium 20mg
- Calcium 70mg
- Fiber 4g

Super Protein Smoothie

Refresh with this smoothie after your workout.

Makes about 4½ cups

1½ cups soy, almond or hemp milk (cow’s milk may also be used)
1 banana, quartered
1 frozen banana, cut into ½-inch pieces
½ cup plain or vanilla yogurt
1½ cups mixed frozen berries
2 tablespoons protein powder
2 tablespoons honey (optional)

1. Pour milk and bananas into the blender jar. Run on High until blended.
2. Continue blending on High until smooth, about 45 seconds.
3. Serve immediately while cold or keep chilled in the refrigerator.

Nutritional information per serving (1 cup):

- Calories 72 (14% from fat)
- Carbs 13g
- Protein 4g
- Fat 1g
- Saturated fat 0g
- Cholesterol 2mg
- Sodium 46mg
- Calcium 37mg
- Fiber 1g

Green Smoothie

A delicious way to get more healthy greens into your diet – you will be so surprised at how good they taste!

Makes about 5 cups

1½ cups filtered water
1 banana, quartered
1 frozen banana, cut into ½-inch pieces
1 apple, cored, cut into 1-inch pieces
1 tablespoon flax seed oil
8 loosely packed cups of mixed fresh greens
(e.g., chard, parsley, spinach and kale), roughly chopped

1. Put water, banana, frozen banana, apple and flax seed oil into the blender jar.
2. Run on High for about 15 seconds.
3. With the blender running on High, remove the pour lid from the blender jar.
4. Slowly feed the greens into the blender in handfuls, until well blended and smooth, about 1½ minutes.

Nutritional information per serving (1 cup):

- Calories 95 (27% from fat)
- Carbs 17g
- Protein 2g
- Fat 3g
- Saturated fat 0g
- Cholesterol 0mg
- Sodium 56mg
- Calcium 58mg
- Fiber 3g

Café au Lait “Shake”

It is easy to make delicious and thick coffee beverages at home. Plan ahead, as you need to make special ice cubes.

Makes about 4 cups

6 ounces heavy cream or half-and-half
2½ cups strongly brewed coffee, divided
2 tablespoons granulated sugar

1. Mix the cream and ¾ cup of the coffee and pour into an ice cube tray. Put in the freezer overnight to freeze solid.
2. Once the cream and coffee are frozen, put the remaining coffee into the blender jar with the sugar. Add the frozen cubes and run on High until fully blended, about 1½ minutes.
3. Serve immediately. You will need to make special ice cubes.

Nutritional information per serving (½ cup):

- Calories 40 (54% from fat)
- Carbs 4g
- Protein 1g
- Fat 2g
- Saturated fat 2g
- Cholesterol 8mg
- Sodium 10mg
- Calcium 24mg
- Fiber 0g

Banana “Shake”

A delicious, creamy and thick milk shake with no ice cream!

Makes about 4½ cups

1½ cups milk
3 frozen bananas*, cut into ½-inch pieces, divided
1 tablespoon honey

1. Put milk, one banana and honey into the blender jar. Run on High until blended, about 15 seconds.
2. With the blender running on Low, remove the pour lid from the blender jar.
3. Slowly feed the remaining banana and honey into the blender jar, one piece at a time.

Nutritional information per serving (1 cup):

- Calories 49, % daily value%
- Carbs 9g
- Protein 1g
- Fat 2g
- Saturated fat 1g
- Cholesterol 0mg
- Sodium 0mg
- Calcium 17mg
- Fiber 0g

Serve all 5 cups?
**Fresh Fruit Smoothie**

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

Makes about 5 cups

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

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 45 seconds.
3. Serve immediately.

**Note:** For the sweetest smoothie, be sure the fruit is really ripe.

Nutritional information per serving (1 cup):
- Calories 101 (4% from fat)
- Carbs 25g
- Protein 2g
- Fat 0g
- Saturated Fat 0g
- Cholesterol 0mg
- Sodium 10mg
- Calcium 35mg
- Fiber 4g

**Immune Support Smoothie**

When you are feeling rundown, this smoothie is a great pick-me-up!

Makes about 4 cups

- ¾ cup pomegranate juice
- 1 mango, cut into 1-inch pieces
- 1 cup seedless grapes (red or green)
- 1 ripe persimmon, cut into 1-inch pieces*
- 1 kiwi, cut into 4 pieces
- 1 cup frozen strawberries
- 1 cup frozen blackberries
- 1 tablespoon wheat germ
- 1 tablespoon flax seed oil

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 40 seconds.
3. Serve immediately.

* If persimmon is not available, any other ripe fruit can be substituted (mango, papaya, pineapple, etc).

Nutritional information per serving (1 cup):
- Calories 163 (20% from fat)
- Carbs 33g
- Protein 2g
- Fat 4g
- Saturated Fat 0g
- Cholesterol 0mg
- Sodium 7mg
- Calcium 32mg
- Fiber 5g

**Vitamin C Smoothie**

This delicious smoothie is packed with vitamin C.

Makes about 5 cups

- 1 cup orange juice
- 2 cups fresh strawberries, hulled and halved
- 1 small to medium orange, in segments, about ¾ cup
- 1 cup papaya, cut into 1-inch pieces (about ¼ large papaya)
- 1 cup mango, cut into 1-inch pieces (about 1 small mango)
- 2 cups frozen strawberries

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):
- Calories 287 (59% from fat)
- Carbs 26g
- Protein 4g
- Fat 20g
- Saturated Fat 12g
- Cholesterol 46mg
- Sodium 167mg
- Calcium 33mg
- Fiber 2g

**Berry Cherry Smoothie**

This kid-friendly smoothie is a vitamin-packed way to start the day.

Makes about 4 cups

- ½ cup orange juice
- ½ cup plain yogurt
- 2 bananas, quartered
- 1 cup fresh strawberries, hulled and halved
- 1 cup frozen blueberries
- 1 cup frozen cherries
- 1 to 2 tablespoons honey (optional)

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 45 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):
- Calories 33 (69% from fat)
- Carbs 6g
- Protein 0g
- Fat 1g
- Saturated Fat 0g
- Cholesterol 0mg
- Sodium 2mg
- Calcium 1mg
- Fiber 1g

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.
# Quick Reference Guide – Processing with the Slicing/Shredding Disk

## To Prepare for Slicing

<table>
<thead>
<tr>
<th>Long narrow foods like carrots, celery, cucumbers, and zucchini</th>
<th>Long narrow foods like carrots, celery, cucumbers, and zucchini</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut into pieces to fill feed tube. Stand pieces in feed tube,</td>
<td>Cut into pieces to fill feed tube. Stand pieces in feed tube,</td>
</tr>
<tr>
<td>flat side down, adding enough pieces so they cannot tilt.</td>
<td>flat side down, adding enough pieces so they cannot tilt.</td>
</tr>
</tbody>
</table>

## To Prepare for Shredding

<table>
<thead>
<tr>
<th>Long narrow foods like carrots, celery, cucumbers, and zucchini</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Prepare same as for slicing.</td>
<td>Prepare same as for slicing.</td>
</tr>
</tbody>
</table>

## To Prepare for Slicing

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</tr>
<tr>
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</tr>
</tbody>
</table>

## To Prepare for Shredding

<table>
<thead>
<tr>
<th>Long narrow foods like carrots, celery, cucumbers, and zucchini</th>
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</tr>
</thead>
<tbody>
<tr>
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<td>Prepare same as for slicing.</td>
</tr>
</tbody>
</table>

## Foods

<table>
<thead>
<tr>
<th>Hard cheeses like Parmesan</th>
<th>Hard cheeses like Parmesan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do not shred.</td>
<td>Do not shred.</td>
</tr>
<tr>
<td>Prepare same as for slicing.</td>
<td>Prepare same as for slicing.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medium-hard cheeses like Cheddar and Swiss</th>
<th>Medium-hard cheeses like Cheddar and Swiss</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do not slice.</td>
<td>Do not slice.</td>
</tr>
<tr>
<td>Prepare same as for slicing.</td>
<td>Prepare same as for slicing.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Soft cheeses like mozzarella</th>
<th>Soft cheeses like mozzarella</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do not slice.</td>
<td>Do not slice.</td>
</tr>
<tr>
<td>Prepare same as for slicing.</td>
<td>Prepare same as for slicing.</td>
</tr>
</tbody>
</table>

## Cabbage, Iceberg Lettuce

<table>
<thead>
<tr>
<th>Radishes, strawberries, radishes, and other small, round fruits and vegetables</th>
<th>Radishes, strawberries, radishes, and other small, round fruits and vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use light to moderate pressure.</td>
<td>Use light to moderate pressure.</td>
</tr>
<tr>
<td>Prepare foods as required. Place in feed tube.</td>
<td>Prepare foods as required. Place in feed tube.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Strawberries, mushrooms, radishes, and other small, round fruits and vegetables</th>
<th>Strawberries, mushrooms, radishes, and other small, round fruits and vegetables</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
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<td>Prepare foods as required. Place in feed tube.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other large round fruits and vegetables</th>
<th>Other large round fruits and vegetables</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Use light to moderate pressure.</td>
</tr>
<tr>
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<td>Prepare foods as required. Place in feed tube.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Apples, onions, potatoes, tomatoes, and other vegetables</th>
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</tr>
</thead>
<tbody>
<tr>
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<td>Use light to moderate pressure.</td>
</tr>
<tr>
<td>Prepare foods as required. Place in feed tube.</td>
<td>Prepare foods as required. Place in feed tube.</td>
</tr>
</tbody>
</table>
You’ll find many easy ways to prepare savory, healthful meals with your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor. The simple recipes that follow include some old Cuisinart favorites as well as some creative combinations that are sure to please your friends and family.

### QUICK REFERENCE GUIDE – BLENDER

- **To activate blender**
  - Press On/Off - The blender is in Standby mode

- **To begin blending**
  - Press desired speed button

- **To change speeds**
  - Press desired speed button

- **To pulse**
  - In Standby mode press Pulse, then press and release desired speed button as needed

- **To crush ice**
  - In Standby mode, press Ice Crush button

- **To stop blending**
  - Press On/Off button

### SPEED SELECTION GUIDE

**Ingredient/Recipe**

<table>
<thead>
<tr>
<th>Speed</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>Smooth and creamy</td>
</tr>
<tr>
<td>High</td>
<td>Coarse to fine</td>
</tr>
</tbody>
</table>

**Process**

### PROCESSING WITH CHOPPING BLADE

<table>
<thead>
<tr>
<th>How to Prepare It</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chop or mince</td>
<td>Fine</td>
</tr>
<tr>
<td>2. Mince</td>
<td>Coarse</td>
</tr>
<tr>
<td>3. Pulse</td>
<td>Coarse to fine</td>
</tr>
<tr>
<td>4. Continuous</td>
<td>Fine or coarse</td>
</tr>
</tbody>
</table>

### PROCESSING WITH CHOPPING BLADE ATTACHMENT

**How to Prepare It**

<table>
<thead>
<tr>
<th>Process</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous</td>
<td>Fine or coarse</td>
</tr>
<tr>
<td>Pulse</td>
<td>Coarse to fine</td>
</tr>
<tr>
<td>Continuous</td>
<td>Fine or coarse</td>
</tr>
<tr>
<td>Pulse</td>
<td>Coarse to fine</td>
</tr>
<tr>
<td>Continuous</td>
<td>Fine or coarse</td>
</tr>
<tr>
<td>Pulse</td>
<td>Coarse to fine</td>
</tr>
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</tr>
<tr>
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<td>Coarse to fine</td>
</tr>
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</tr>
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<td>Pulse</td>
<td>Coarse to fine</td>
</tr>
<tr>
<td>Continuous</td>
<td>Fine or coarse</td>
</tr>
<tr>
<td>Pulse</td>
<td>Coarse to fine</td>
</tr>
</tbody>
</table>

### QUICK REFERENCE GUIDE – FOOD PROCESSOR ATTACHMENT

**How to Prepare It**

<table>
<thead>
<tr>
<th>Food</th>
<th>Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh herbs</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Whipping cream</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Salad dressings</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Nuts (shelled, 1/2 cup or less at a time)</td>
<td>High – Pulse to chop coarse to fine</td>
</tr>
<tr>
<td>Heavy or whipping cream</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Bread, cookies or crackers</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Grating/chopping citrus zest (add 1 to 2 teaspoons sugar or salt from recipe)</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Smoothies, shakes, and drinks</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Hard cheeses</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Spices</td>
<td>Chop or mince</td>
</tr>
<tr>
<td>Ice</td>
<td>Ice Crush, pulse, or continuous</td>
</tr>
</tbody>
</table>

- **To prepare ingredients**
  - Press speed button

- **To stop blending**
  - Press speed button

### QUICK REFERENCE GUIDES
<table>
<thead>
<tr>
<th>Version no</th>
<th>IB-9596C</th>
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</tr>
<tr>
<td>Material (Cover)</td>
<td>157gsm matt artpaper</td>
</tr>
<tr>
<td>(Inside)</td>
<td>120gsm gloss artpaper</td>
</tr>
<tr>
<td>Coating</td>
<td>Gloss Varnishing in cover</td>
</tr>
<tr>
<td>Color (Cover)</td>
<td>4C(CMYK)+1C(K)</td>
</tr>
<tr>
<td>(Inside)</td>
<td>1C(K)+1C(K)</td>
</tr>
<tr>
<td>Date</td>
<td>Jun-29-2011</td>
</tr>
<tr>
<td>Co-ordinator</td>
<td>AS Tor You / Andy WS Chan</td>
</tr>
</tbody>
</table>

**BOND FUND Description**

<table>
<thead>
<tr>
<th>PDF version</th>
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</thead>
<tbody>
<tr>
<td>BOND FUND Code</td>
<td>Operator : Wu</td>
</tr>
<tr>
<td>Color Series</td>
<td>Non</td>
</tr>
<tr>
<td>Remark</td>
<td>Gloss Varnishing in cover</td>
</tr>
</tbody>
</table>