

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



The Fruit Scoop™ Frozen Dessert Maker

ICE-31A SERIES

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

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be taken to reduce the risk of fire, electric shock, and/or injury, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against risk of electric shock, do not place cord, plug, or base of appliance in water or any other liquids.
3. Close supervision is necessary when any appliance is used by or near children or individuals with certain disabilities.
4. **Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.**
5. Avoid contact with moving parts. Keep hands, hair and clothing, as well as spatulas and other utensils, away during operation to reduce the risk of injury and/or damage to the appliance.
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. Call Cuisinart consumer service center (see Warranty) to return for examination, repair or adjustment
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock or risk of injury, and may void the warranty.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Keep hands and utensils out of freezer bowl while in use to reduce the risk of injury to persons or to the appliance itself. **DO NOT USE SHARP OBJECTS OR UTENSILS INSIDE THE FREEZER BOWL!** Sharp objects will scratch and damage the inside of the freezer bowl. A rubber spatula or wooden spoon may be used when the appliance is in the OFF position.
11. This appliance is for household use. Any servicing other than cleaning and user maintenance should be done only by authorized Cuisinart Repair Personnel.
12. Do not use the freezer bowl on flames, hot plates or stoves. Do not expose to heat source. Do not wash in dishwasher; doing so may cause risk of fire, electric shock or injury.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords may be used if care is exercised in their use.

If a long, cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be pulled on by children or animals, or tripped over.

CAUTION

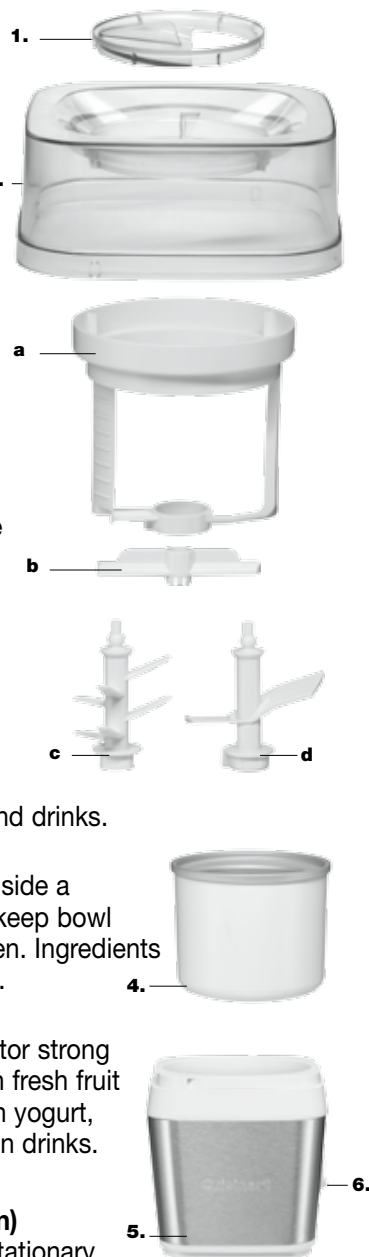
- Do not immerse base in water.
- To reduce the risk of fire or electric shock, do not disassemble the base. **Note:** The base does not contain any user-serviceable parts.
- Repairs should be made only by authorized personnel.
- Check voltage to be sure that the voltage indicated on the nameplate agrees with your voltage.
- Never clean with abrasive scouring powders or hard implements.

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FEATURES AND BENEFITS

- Ingredient Guide**
Add ingredients to be churned through the guide. Also use to add extras like chips or nuts without interrupting the freezing cycle.
- Transparent Lid**
Lets you watch the freezing process as it progresses. Easily lifts on and off base.
- Paddle Assembly**
Fits into freezer bowl to churn ingredients during freezing process.
 - Paddle Holder** – holds paddle in place as it rotates.
 - Locking Bar** – locks paddle into position in paddle holder.
 - NEW Fresh Fruit Paddle** – specially designed to mash and mix fresh fruit to create frozen desserts and drinks with a variety of textures and flavors.
 - Ice Cream Paddle** – mixes and aerates ingredients to create ice cream, frozen desserts and drinks.
- Freezer Bowl**
Contains cooling liquid inside a double-insulated wall to keep bowl cool and temperature even. Ingredients freeze quickly and evenly.
- Base**
Houses a heavy-duty motor strong enough to process frozen fresh fruit recipes, ice cream, frozen yogurt, sherbet, sorbet and frozen drinks.
- On/Off Switch**
- Rubber Feet (not shown)**
Nonslip feet keep base stationary during use.
- Cord Storage (not shown)**
Unused cord can be easily pressed into an opening in the base of the unit to keep counters neat.
- BPA-Free (not shown)**
All materials that come in contact with food are BPA free.



BEFORE USING FOR THE FIRST TIME

DO NOT immerse the motor base in water. Wipe it with a moist cloth. Wash the lid, freezer bowl and mixing arm in warm, soapy water to remove any dust or residue from the manufacturing and shipping process. DO NOT clean any of the parts with abrasive cleaners or hard implements.

FREEZING TIME AND BOWL PREPARATION

The freezer bowl must be completely frozen before you begin your recipe. Before freezing, wash and dry the bowl completely. The length of time needed to reach the frozen state depends on how cold your freezer is. It is recommended that you place the freezer bowl in the back of your freezer where it is coldest. Be sure to place the freezer bowl on a flat surface in its upright position for even freezing. Generally, freezing time is between 16 and 24 hours. Shake the bowl to determine whether it is completely frozen. If you do not hear the liquid within the bowl moving, the cooling liquid is therefore frozen. For the most convenient frozen desserts and drinks, leave your freezer bowl in the freezer at all times. Use the bowl immediately after removing from the freezer. It will begin to quickly defrost once it has been removed from the freezer.

Reminder: Your freezer should be set to -18°C to ensure proper freezing of all foods.

ASSEMBLING PADDLE ASSEMBLY

1. Set paddle holder on counter with open end down.



2. Insert the desired paddle into the paddle holder, setting the wide tab on the bottom of the paddle into the opening on the bottom of the paddle holder.



3. Push the locking bar firmly onto the ball on top of the paddle. Press down until you hear and feel it click into place.



4. Turn the locking bar clockwise, until it clicks into position under the tabs on the top of the paddle holder.



MAKING FROZEN DESSERT

1. Prepare recipe ingredients from pages that follow or from your own recipe. If you use your own recipe, be sure it yields less than 1.5 litres.
2. Remove the freezer bowl from the freezer. Place freezer bowl on the center of the base.

NOTE: Bowl will begin to defrost quickly once it has been removed from freezer. Use it immediately after removing from freezer.

3. Place assembled paddle holder with selected paddle onto the raised hub in the bottom of the freezing bowl.
4. Place lid on base and rotate clockwise until tabs on lid lock in place on base.
5. Press On/Off switch to ON position. Freezer bowl will begin to turn.
6. Immediately pour ingredients through ingredient spout.

NOTE: Ingredients must be added to the freezer bowl after unit is turned on.

7. Ice cream and frozen desserts will be done in 15 to 25 minutes. The average blending and freezing time for fresh fruit desserts is about 15 minutes. The time will depend on the recipe and volume of the dessert you are making. When the mixture has thickened to your liking, it is done. If you desire a firmer consistency, transfer the dessert to an airtight container and store in the freezer for two or more hours.

NOTE: Do not store frozen desserts in the freezer bowl. Desserts will stick to the sides of the freezer bowl and may damage the bowl. Store only in a freezer-safe, airtight container.

FROZEN FRESH FRUIT DESSERT TIPS

For frozen fresh fruit desserts, the fruits that work best and require only minimal preparation include softer items like bananas, mangos, strawberries, kiwis, apricots and peaches.

Firm items like apples, pears or unripe peaches should first be cooked until soft, to achieve the smoothest, frozen results.

Cooking fruit is an opportunity to infuse it with flavors and spices like cinnamon and nutmeg or fresh herbs like mint or basil. If cooking fruit, chill before adding to the freezer bowl.

Harder items like coconut, hard-seeded items like pomegranate, pulpy items like citrus, or fibrous items like pineapple should be blended first or cut up into small pieces and mixed in with other creamier fruits like bananas,

mangoes or strawberries for best results.

For best results, cut fruit into 3 - 5cm pieces.

Four cups of fruit is the recommended average for processing at one time.

Fruit such as nectarines, apricots, grapes, cherries, berries do not need to be peeled and extra flavour, colour & nutrients will result. It may be that all the skin is broken down however this adds to the fresh fruit appearance.

Processing 4 cups of fruit usually takes about 15 to 20 minutes. Time will vary based on type of ingredients used, as well as amount.

Frozen fruit dessert consistency can be adjusted by adjusting the freeze time. The longer the fruit is processed, the smoother the consistency. For slushy-style drinks, run it for the least amount of time and add juice as a mix-in during the last couple of minutes (see the Mango Slushy recipe on page 12 as an example).

Most fruits can be ready to serve in as little as 15 minutes. The higher the water content, the faster the freeze. For instance, watermelon is ready in 10 minutes.

Higher water content fruits, like melon, should be prepared in advance so some of the water can be drained and not frozen for the best consistency.

For melon, like cantaloupe and honeydew, where the fruit is rather firm, add fruit slowly to the freezer bowl and only add up to 3 cups.

Mix-ins, like chopped nuts or chocolate, should be added during the last few minutes of processing.

Use very ripe fruits for the sweetest flavor. Simple syrup (equal parts sugar and water, see recipe on page 11) may be used as a sweetener.

Peel fruit and remove seeds before cutting and preparing in the "fruit scoop" bowl.

When removing the frozen sorbet or ice cream try to avoid using metal spoons as it may scrap and damage the bowl. Ideally use of plastic spoon or spatula.

Store remaining sorbet or ice cream in an airtight container in the freezer. Before covering with lid, press a piece of plastic wrap directly on the sorbet or ice cream to prevent freezer burn. Remove sorbet from freezer about 15 to 20 minutes before serving. Ice cream may be removed 10 to 15 minutes before serving.

ADDING INGREDIENTS

Ingredients such as chips and nuts should be added about 2 minutes before the recipe is complete. Once the dessert has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

SAFETY FEATURE

The Cuisinart® Fruit Scoop™ Frozen Dessert Maker is equipped with a safety feature that automatically stops the unit if the motor overheats. This may occur if the dessert is extremely thick, if the unit has been running for an excessively long period of time, or if added ingredients (nuts, etc.) are in extremely large pieces. To reset the unit, put the On/Off switch in the OFF position and unplug the unit. Let the unit cool off. After a few minutes, you may turn the unit on again and continue making the dessert.

CLEANING, STORAGE AND MAINTENANCE

Cleaning

Clean the freezer bowl, mixing paddle and lid in warm, soapy water. DO NOT PUT FREEZER BOWL IN THE DISHWASHER. DO NOT CLEAN WITH ABRASIVE CLEANERS OR IMPLEMENTS. Wipe motor base clean with damp cloth. Dry all parts thoroughly.

Storage

DO NOT put freezer bowl in freezer if bowl is wet. DO NOT store lid, mixing paddle, or base in freezer. You may store the freezer bowl in the freezer for convenient, immediate use. Do not store frozen desserts in the freezer bowl in the freezer for more than 30 minutes at a time. Transfer frozen desserts to a freezer-safe, airtight container for longer storage in the freezer.

Maintenance

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

WARRANTY

THREE-YEAR LIMITED WARRANTY

This warranty supersedes all previous warranties on Cuisinart® The Fruit Scoop Frozen Desert Maker. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® The Fruit Scoop Frozen Desert Maker that was purchased at retail for personal, family, or household use. This warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® The Fruit Scoop Frozen Desert Maker will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

Please visit our website, www.cuisinart.com.au for the fastest most efficient way to complete your product registration.

or

Call toll-free 1800 808 971 (AUST), 0800 435 000 (NZ),

or

Write to
Cuisinart® Australia
24 Salisbury Road
Asquith NSW 2077

or

Cuisinart® New Zealand
44 Apollo Drive Mairangi Bay
Auckland New Zealand

However, the above registration methods do 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 Ice Cream maker should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you.

This warranty expressly excludes any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorised by Cuisinart®.

This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use.

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.

Your Cuisinart® The Fruit Scoop Frozen Desert Maker has been manufactured to strict specifications and has been designed for use with the Cuisinart® The Fruit Scoop Frozen Desert Maker 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 authorised 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.

RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen desserts. You may create or use recipes of your own, as long as they yield no more than 1.5 litres.

- Frozen desserts from the Cuisinart® Fruit Scoop™ Frozen Dessert Maker use pure, fresh ingredients. Because of this, the desserts and drinks do not have the same characteristics as commercially prepared frozen desserts and drinks. Most store-bought versions use gums and preservatives to make them firmer. **If you desire a firmer consistency, transfer the dessert to an airtight container and store in the freezer until desired consistency is reached, usually two or more hours.**
- Some recipes use precooked ingredients. For best results, the mixture should be chilled overnight before using. Or, chill the recipe over an ice bath until it is completely cooled, before using.
- To make an ice bath, fill a large container with ice and water. Place saucepan or other container into the ice bath. Cool precooked ingredients completely.
- Prior to freezing, most recipes may be stored in the refrigerator for up to 3 days.
- You may substitute lower-fat creams (e.g., half and half), milk (reduced fat or low-fat) as well as non-dairy milks (soy, rice) for thickened cream and whole milk used in many recipes. However, keep in mind that the higher the fat content, the richer and creamier the result. Using lower-fat substitutes may change the taste, consistency and texture of the dessert. When substituting, be sure to use the same volume of the substitute as you would have used of the original item. For example, if the recipe calls for 2 cups of cream, use a total of 2 cups of the substitute (such as 1 cup cream, 1 cup whole milk).
- You may substitute artificial sweeteners for sugar. If the recipe is to be precooked, add the sweetener after the heating process is complete and ingredients have cooked. Stir the mixture thoroughly to dissolve the sweetener.
- In recipes that use alcohol, add the alcohol during the last 2 minutes of the freezing process. Otherwise, the alcohol may impede the freezing process.
- When making sorbet, be sure to test the ripeness and sweetness of the fruit before you use it. The freezing process reduces the sweetness of the fruit so that it will taste less sweet than the recipe mixture. If the fruit tastes tart, add sugar to the recipe. If the fruit is very ripe or sweet, reduce the amount of sweetener such as honey or sugar in the recipe.
- The following Cuisinart recipes will yield up to 1.5 litres of dessert. When pouring ingredients in through the ingredient spout, DO NOT fill the freezer bowl higher than 7cm from the top of the freezer bowl. The ingredients will increase in volume during the freezing process.
- When making more than one recipe at a time, be sure the freezer bowl is completely frozen before each use. Additional freezer bowls may be purchased on the Cuisinart website (www.cuisinart.com.au).
- Make sure mixing paddle and lid are in place before turning on machine.
- For fresh fruit frozen dessert tips see page 4.

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Nectarine “Sorbet”

While we suggest nectarines, this is best made with very ripe, seasonal fruit. If nectarines are not available, any other ripe stone fruit will work — peaches and apricots being the best alternatives.

Makes about 3 cups

- 800g** nectarines, pitted and cut into 3cm pieces (or you may use other stone fruit, such as peaches and/or apricots – both should be peeled and pitted)
- 1½** tablespoons Honey or Simple Syrup (see recipe, page 11) - (optional, based on sweetness of the fruit)
- ¼** cup toasted, sliced or chopped almonds (optional)
1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the nectarines, honey or syrup (if using) into the frozen freezer bowl.
 2. Once the nectarine mixture is frozen, but still soft, about 18 minutes, slowly add the almonds (if using) to the churning mixture. Once all have been added, allow to churn to fully mix for an additional 1 minute.

Banana Chip “Ice Cream”

So creamy and delicious — hard to believe it is not ice cream!

Makes about 3 cups

- 1** tablespoon honey
- 1** teaspoon vanilla extract
- ¼** teaspoon ground cinnamon Pinch salt
- 750g** medium, ripe bananas, cut into 2.5cm pieces
- 60g** dark chocolate, chopped (if using choc chips, about 1/3 cup)
1. Mix the honey, vanilla, cinnamon and salt together in a small measuring cup or bowl. Set aside.
 2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the bananas into the frozen freezer bowl and then follow with the combined honey mixture.
 3. While the bananas are churning, melt the chocolate and keep warm; reserve.

4. Once the banana mixture is frozen, but still soft, about 15 minutes, slowly drizzle or spoon in the melted chocolate to the churning mixture. Once all has been added, allow to churn to fully mix for an additional 1 minute.

Summer Fruit “Sorbet”

Keep the bananas, but use any other favourite fruit to come up with your own blend. Bananas are a good base and lend a creaminess to almost any combination.

Makes about 3 cups

- 200g** medium, ripe bananas, cut into 2.5cm pieces
- 350g** whole mango - flesh cut into 2.5cm pieces
- 250g** strawberries, hulled and halved
1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put all of the fruit into the frozen freezer bowl.
 2. Allow to churn until desired consistency, about 15-20 minutes.

Kiwi-Lime “Sorbet”

Sweet and sour, this kiwi sorbet is a refreshing, low-calorie dessert.

Makes about 3 cups

- 800g** medium, ripe kiwis, peeled and cut into 2.5cm pieces
- 1** lime, rind finely grated and juiced
- 2** tablespoons agave syrup or Simple Syrup (see recipe, page 11) – optional
1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the kiwi fruit, lime rind & juice into the frozen freezer bowl.
 2. If you choose to use the agave syrup add it now. If you are not using syrup reduce the lime juice so that the result is not too tart.
 3. Allow to churn until desired consistency, about 15-20 minutes.

Tropical Mango “Sorbet” with Ginger

Blending the ingredients first allows the ginger flavour to really shine in this creamy, frozen dessert.

Makes about 3 cups

- ½** **cup coconut milk**
- 800g** **ripe mangos, peeled, seeded and cut into 2cm pieces**
- 1cm** **piece peeled and chopped fresh ginger**
- Pinch salt**

1. Put all ingredients, in the order listed, into a blender jug. Run on High until fully blended.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mango mixture into the frozen freezer bowl.
3. Allow to churn until desired consistency, about 20 minutes.

Strawberry Basil “Sorbet”

Strawberries and basil are two ingredients that scream summer. They come together nicely in this bright sorbet.

Makes about 3 cups

- ½** **cup Simple Syrup (see recipe, page 11) 3 to 4 large sprigs fresh basil**
- 750g** **fresh strawberries, hulled and halved**

1. Prepare the basil simple syrup. Put the simple syrup into a small saucepan set over medium heat. Once syrup comes to a simmer, add the basil and remove the pan from the heat. Rest for about 30 minutes before removing the basil and then chilling completely for use.
2. Once the simple syrup has cooled, prepare your frozen dessert. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, add the strawberries into the frozen freezer bowl and then follow with the basil simple syrup*.
3. Allow to churn until desired consistency, about 20 minutes.

*There will be some simple syrup remaining. It can be stored in an airtight container in the refrigerator for up to one week and used like the simple syrup recipe on page 11.

Raspberry and Mint Sorbet

Makes about 3 cups

- 800g** **fresh or frozen raspberries**
- 2** **teaspoons finely chopped fresh mint leaves**
- 2** **tablespoons honey (optional)**

1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the berries, orange rind & 1 tablespoon of orange juice into the frozen freezer bowl.
2. Allow to churn until desired consistency, about 15 minutes.

Note - If using frozen mixed berries allow to thaw first. Then drain excess liquid before weighing – too much liquid may result in a softer sorbet. If the berries are a little tart it may be best to add the honey.

Mixed Berry & orange “Sorbet”

Since this recipe can be made with either fresh or frozen berries, it can be enjoyed any time of year.

Makes about 4 cups

- 800g** **mixed berries (fresh or frozen)**
- 1** **orange, rind finely grated and juiced**

1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the berries, orange rind & 1 tablespoon of orange juice into the frozen freezer bowl.
2. Allow to churn until desired consistency, about 15 minutes.

Note - If using frozen mixed berries allow to thaw first. Then drain excess liquid before weighing – too much liquid may result in a softer sorbet.

Papaya with lime Sorbet

Makes about 3 cups

- 800g** **ripe papaya, peeled seed and cut into 2cm pieces**
- 1** **lime, rind finely grated and juiced**
- 2** **tablespoons coconut syrup**

1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While

the unit is running, add the papaya, lime rind, 1 teaspoon lime juice and coconut syrup into the frozen freezer bowl.

2. Allow to churn until desired consistency, about 15 minutes.

Pear & Sweet Riesling “Sorbet”

Pears and Riesling, a quintessential flavour combination for autumn, are delicious together in this guilt-free, creamy sorbet

Makes about 3 cups

- 700g** **ripe pears, peeled, cored and cut into 4cm pieces**
- 250ml** **sweet Riesling wine**
- 1** **tablespoon honey**
- 1** **teaspoon vanilla extract**

1. Put all ingredients into a medium saucepan set over medium heat. Bring mixture to a boil and then reduce heat to a simmer. Allow to simmer until pears are very soft and Riesling has slightly thickened, about 30 - 35 minutes. Cool completely.
2. Once fully cooled, assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl.
3. Allow to churn until desired consistency, about 20 minutes.

Apple & maple syrup “Sorbet”

Try this frozen apple dessert topped with toasted coconut

Makes about 3 cups

- 700g** **Granny Smith apples, peeled, cored and cut into 4cm pieces**
- 2** **tablespoons maple syrup**
- 1** **cinnamon stick**
- ¼** **teaspoon ground nutmeg Pinch ground allspice**

1. Put all ingredients into a medium saucepan set over medium heat. Bring mixture to a boil and then reduce heat to a simmer. Allow to simmer until apples are very soft, about 30 - 35 minutes. Cool completely.
2. Once fully cooled, remove the cinnamon stick & discard. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit

on. While the unit is running, pour the mixture into the frozen freezer bowl.

3. Allow to churn until desired consistency, about 20 minutes.

Simple Syrup

Simple syrup is a great ingredient to have on hand. It can be stored in an airtight container in the refrigerator for up to one week.

Makes 1½ cups

- 1** **cup water**
- 1** **cup white sugar**

1. Put water and sugar into a small saucepan and place over medium-high heat. Once mixture comes to a boil, stir to make sure all sugar is dissolved and then remove from heat.
2. Cool completely before using.

Piña Colada

Using real coconut milk provides the creaminess and maintains the flavour without any artificial ingredients.

Makes about 4 cups

- 1** **can (270ml) pure coconut milk**
- ¾** **cup white rum**
- ½** **cup agave syrup or Simple Syrup (see recipe, above)**
- 900g** **ripe fresh pineapple, peeled cut into 4cm pieces**

1. Put all ingredients, in the order listed, into a blender jug. Run on High until fully blended.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the pineapple mixture into the frozen freezer bowl.
3. Allow to churn until a slushy consistency, about 10 - 15 minutes. Serve in chilled glasses.

Mango Slushy

A fun drink or mocktail for kids of all ages.

Makes about 4 cups

- 800g** **ripe mangoes, peeled, seeded & cut into 2cm pieces**

- 1 cup fresh orange juice**
1 tablespoon agave nectar (optional)

Fresh mint leaves to serve

1. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit paddle. Place in freezer bowl and turn the unit on. While the unit is running, put the mango into the frozen freezer bowl.
2. Churn the mango for about 5 minutes, to allow the mango to break down and become smooth, and then add the remaining ingredients.
3. Allow to churn until a slushy consistency, an additional 1 to 2 minutes. Serve immediately in chilled glasses with mint sprig and a straw.

Frozen Fruit & Yoghurt Smoothie

If you have any leftover frozen fruit from the recipes above? Blend it up to make a cool smoothie.

Makes about 3 cups

- 1 cup natural Greek style yoghurt**
2 cups frozen fruit mixture (choose your favourite recipe or blend)

1. Put all ingredients, in the order listed, into a blender jug. Run on High until fully blended.
2. Serve immediately in chilled glasses.

Simple Vanilla Ice Cream

This ice cream can easily be dressed up by adding your favourite berries, passionfruit or chopped honeycomb.

Makes about 3 cups

- 180ml full cream milk**
½ cup caster sugar Pinch salt
375ml thickened cream
1½ teaspoons vanilla extract

1. In a medium bowl, combine the milk, sugar and salt mix using a hand mixer or whisk on low speed until the sugar is dissolved. Stir in the cream and vanilla. Cover and refrigerate a minimum of 2 hours, preferably overnight. Whisk mixture together again before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thickened,

about 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Double Chocolate Ice Cream

For the chocolate lover.

Makes about 5 cups

- ¾ cup cocoa powder, sifted**
¼ cup caster sugar
⅓ cup packed light or dark brown sugar Pinch salt
250ml full cream milk
250ml thickened cream
½ tablespoon vanilla extract
½ cup Hot Fudge Sauce, warm
(see recipe, page 16)

1. In a medium bowl, combine the cocoa, sugars and salt. Add the milk and mix using a hand mixer or whisk on low speed, beat to combine until the cocoa and sugars are dissolved. Stir in the cream and vanilla. Cover and refrigerate at least 2 hours, preferably overnight. Whisk mixture together again before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thick, about 18 to 20 minutes. Just before finishing, add the Hot Fudge Sauce and allow to mix into the churning ice cream for about 1 minute. Turn unit off. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Variation – use ½ cup warmed store brought thick caramel sauce instead of fudge sauce.

Espresso Choc Chip Ice Cream

Serve with whipped cream to really indulge.

Makes about 3 cups

- 1 recipe Simple Vanilla Ice Cream (see recipe, page 12)**
1 tablespoon cornflour
1 tablespoon instant espresso coffee
⅓ cup dark or milk chocolate chips

1. Whisk together the vanilla ice cream base and then add the cornstarch and the espresso. Whisk well until fully incorporated and smooth. Cover and refrigerate a minimum of 2 hours, preferably overnight. Whisk mixture together again before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream paddle. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thick, about 18 to 20 minutes. Just before finishing, add the chocolate chips and allow to mix into the churning ice cream for about 1 minute. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Fresh Strawberry Ice Cream

Best made when strawberries are at their peak of freshness, this ice cream is light, sweet and fruity.

Makes about 5 cups

125ml full cream milk
½ cup caster sugar Pinch salt
300ml thickened cream
1 teaspoon vanilla extract
250g ripe strawberries, hulled and halved (or quartered if they are particularly large in size)

1. In a medium bowl, combine the milk, sugar and salt. Mix using a hand mixer or whisk on low speed, beat to combine until the sugar is dissolved. Stir in the cream and vanilla. Cover and refrigerate a minimum of 2 hours, preferably overnight.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the fresh fruit attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the strawberries into the frozen freezer bowl and let mix for 5 minutes to break up. Once the 5 minutes have elapsed, whisk the ice cream base together and then pour into frozen freezer bowl with the churning strawberries. Allow to mix until thickened, about 20 - 30 additional minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Variation use raspberries instead of strawberries.

Salted Caramel Ice Cream

This decadent combination will satisfy your sweet and salty cravings.

Makes about 3 cups

Ice Cream Base:

300ml full cream milk
300ml thickened cream
⅓ cup caster sugar, divided
Pinch salt
1½ teaspoons vanilla extract
4 large egg yolks

Caramel Sauce:

½ cup white sugar
¼ teaspoon salt
2 to 3 tablespoons water (enough to cover sugar to make it seem like wet sand)
¼ cup thickened cream
40g unsalted butter
Flaked sea salt, for garnish

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, half of the sugar, salt and vanilla extract. Bring the mixture to a gentle boil.
2. While the milk/cream mixture is heating, combine the yolks and remaining sugar in a medium bowl. Mix using a hand mixer or whisk on low speed, beat until mixture is pale and thick.
3. Once the milk/cream mixture has come to a slight boil, whisk about 1/3 of the hot mixture into the yolk/ sugar mixture. Add another 1/3 of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should take about 10 - 15 minutes.
4. Pour the mixture through a fine mesh strainer and bring to room temperature. Cover and refrigerate a minimum of 2 hours, preferably overnight.
5. Once the ice cream base has sufficiently cooled, prepare the caramel sauce. Put the sugar, salt and water into a heavy based, small saucepan set over medium heat. Keep an eye on the caramel and allow to cook until amber in colour (the colour of maple syrup). Remove from heat and stir in the cream and butter (it will froth a bit, so add it slowly). Whisk together and then set aside until ready to use. Allow to cool to room temperature.
6. Reserve 2 tablespoons of the caramel sauce and add the rest to the ice cream base; whisk well to combine.
7. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream

attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Mix until thickened, about 20 minutes. Add the reserved 2 tablespoons of the caramel sauce and allow to churn until just swirled in, no more than 30 seconds. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving. Garnish with a pinch of the flaked sea salt.

Dairy-Free Vanilla Ice Cream

You will not miss anything in this alternative sweet treat.

Makes about 4 cups

750ml **unsweetened dairy-free milk (soy, almond, rice)**
2 **tablespoons tapioca starch**
 $\frac{2}{3}$ **cup caster sugar** **Pinch salt**
 $1\frac{1}{2}$ **teaspoons vanilla extract**

1. In a medium bowl, combine all ingredients. Use a hand mixer or whisk on low speed, beat to combine until the sugar is dissolved. Cover and refrigerate a minimum 2 hours, preferably overnight. Whisk mixture again before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thickened, about 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Note – tapioca starch freezers better than cornflour. Ideally do use tapioca.

Coconut Ice Cream with Chocolate Chunks (dairy free)

Rich and creamy with the perfect amount of chocolate in every bite.

Makes about 5 cups

2 **cans (400g each) coconut milk**
 (do not use “lite”)
 $\frac{1}{2}$ **cup caster sugar** **Pinch salt**
1 **teaspoon vanilla extract**
120g **dark chocolate (melted and kept warm (can**
 use dairy-free or carob chips)

1. Using a blender jug mix the coconut milk, sugar, salt and vanilla until very smooth with no clumps. Chill for a minimum of 2 hours. Whisk mixture before continuing.
2. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thick, about 18 minutes. Slowly drizzle in the melted chocolate; allow to churn to fully mix for an additional 1 - 2 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Triple Citrus Sorbet

Cool and refreshing, this sorbet uses citrus juice plus the zest to maximize flavor.

Makes $4\frac{1}{2}$ cups

2 **large grapefruits (about 1kg)**
2 **oranges (about 500g)**
1 **lime**
1 **cup caster sugar**
250ml **water**

1. Peel a 8cm piece of rind from one of the grapefruit and one orange. Grate, $\frac{1}{2}$ teaspoon of rind from the lime; reserve.
2. Put the grapefruit and orange peel into a medium saucepan with 1 cup of sugar and 1 cup of water. Set over medium-low heat and cook until the sugar has fully dissolved. Remove from heat and cool completely. Once cool, remove the citrus peels and discard.
3. Juice the grapefruits, oranges and lime. There should be about 3 cups of juice in total. Whisk together with the lime rind and the cooled citrus simple syrup.
4. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thickened, about 22 - 24 minutes. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Rich Vanilla Frozen Yogurt

While part-skim or fat-free yogurt can be substituted, to get the real flavor and richness of this frozen yogurt, it is best to use the whole-milk variety.

Makes about 4 cups

- ¼ cup honey**
- ¼ cup water**
- 1 vanilla bean, split seeds scraped and set aside**
- 4 cups whole milk, plain Greek yogurt 1½ teaspoons vanilla extract**
- 1 cup caster sugar Pinch salt**

1. Place the honey, water and scraped vanilla pod (not the seeds; they will be used in the next step) into a medium saucepan. Bring mixture to a boil and then simmer until reduced by half (but be sure that it does not pick up too much colour); remove and discard the pod then cool and reserve.
2. In a large mixing bowl, whisk the yoghurt, reserved honey-vanilla reduction, vanilla seeds and vanilla extract, sugar and salt together. Whisk until the sugar has dissolved. Cover and refrigerate for a minimum 2 - 3 hours preferably overnight.
3. Assemble the paddle holder of the Cuisinart® Fruit Scoop™ Frozen Dessert Maker with the ice cream attachment. Place in freezer bowl and turn the unit on. While the unit is running, pour the mixture into the frozen freezer bowl. Allow to churn until thickened, about 20 minutes. The frozen yoghurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Hot Fudge Sauce

Homemade hot fudge the best topping to indulge.

Makes about 2 cups

- $\frac{2}{3}$ cup thickened cream**
- $\frac{1}{3}$ cup light corn syrup**
- $\frac{1}{3}$ cup packed light brown sugar**
- $\frac{1}{4}$ cup cocoa powder, sifted**
- $\frac{1}{4}$ teaspoon salt**
- 2 tablespoons unsalted butter**
- 1 teaspoon vanilla extract**
- 180g dark cooking chocolate, chopped**

1. In a heavy-based saucepan, combine all ingredients except for the chocolate. Set over low-medium heat

and bring to a gentle boil. Add chocolate and whisk to combine. Best when served hot or warm. If using at another time, cool to room temperature and then store in the refrigerator; reheat before serving. Hot Fudge Sauce will keep in the refrigerator for up to 1 week.

Quick Ice Cream Sandwiches

These biscuit sandwiches are a fun and different way to serve any of the ice creams you have made.

Makes about 6 ice cream sandwiches

- 12 biscuits such as butternut or round chocolate biscuits**
- 3 cups ice cream, slightly softened**

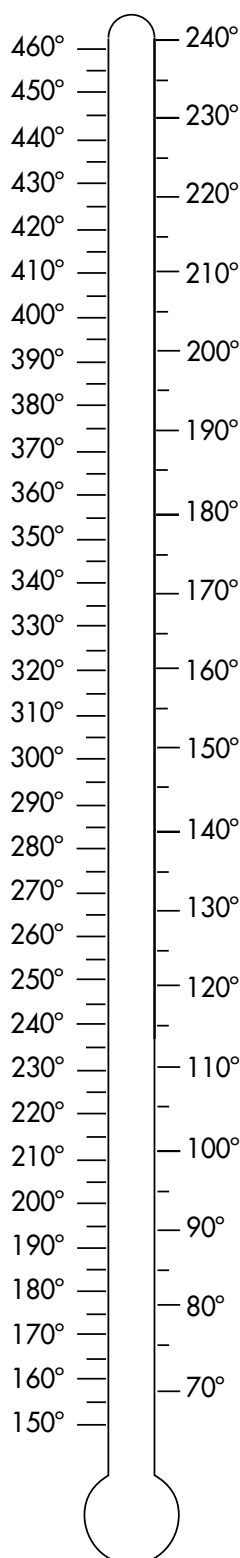
1. Place 6 biscuits onto a baking tray, scoop $\frac{1}{2}$ cup of the softened ice cream on top of one biscuit and spread out with a small spatula. Then carefully press another biscuit on top of the ice cream.
2. Make the biscuit sandwiches one at a time and wrap in plastic wrap. Repeat process with remaining biscuits and ice cream. Freeze until firm, 3 - 4 hours, but preferably overnight.

WEIGHTS, MEASURES AND CONVERSIONS

Temperature °F / °C

Fahrenheit

Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

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