

Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side



CORDLESS RECHARGEABLE HAND BLENDER

Cuisinart have designed this hand blender with convenience and portability in mind. No longer bound to wall plug locations, use your hand blender in any location - from the kitchen table, to picnics, or wherever blending is required. This versatile hand blender maintains the perfect power for blending soups and smoothies to whipping cream.

QUICK TIPS

- Liquid should not come closer than 2cm from where the shaft attaches to the motor housing.
- When using with a nonstick cooking surface, be careful not to scratch the coating with the edge of blender blade guard.
- Cut solid foods into 1 cm pieces for easier blending.
- Pour liquid ingredients into the mixing cup first, unless recipe instructs otherwise.
- For best results, allow 20–30 of seconds rest time in between 1-minute cycles.
- To avoid splatter, be sure the protective blade guard on the blending shaft remains submerged in the liquid while blending. Never remove it from the liquid while the motor is running.
- Do not put fruit pits, bones, or other hard material into the blending mixture, as these damage the blades.
- Do not fill mixing containers too full. The level of mixture will rise when blending, and may overflow.

RECIPES

SMOOTHIES

Classic Fruit Smoothie.....	4
Power Blast Protein Shake.....	4
Oatmeal Breakfast Smoothie	4
Detox Smoothie	4

SMOOTHIE BOWLS

Açaí Bowl.....	5
Strawberry Yoghurt Smoothie Bowl	5

TEA & COFFEE

Cold Tea/Cold Brew Latte.....	6
Matcha Latte.....	6
Blended Ice Coffee	6

DESSERT DRINKS

Chocolate Peanut Butter Ice Cream Shake.....	7
Cherry Ginger Slushy.....	7

DRESSINGS & SOUPS

Hollandaise.....	8
Basic Vinaigrette.....	8
Courgette Herb Soup.....	9
Black Bean Soup	9
Curried Coconut & Butternut Soup	10
Tomato Sauce.....	10

PURÉES & DIPS

Pea Purée	11
Peach Purée.....	11
Hummus	11
Beetroot Dip.....	11

WEIGHTS, MEASURES & CONVERSIONS

Weights, Measures & Conversions Chart.....	12
--	----

SMOOTHIES

Classic Fruit Smoothie

This recipe works great with any type of fruit or juice - just don't forget to add your favourite smoothie supplements.

Makes 2 cups

- 1½ cups** **mixed fruit, fresh or frozen, cut into 3-5cm**
- ½** **banana, cut into 3cm**
- ½ cup** **juice (use your favourite)**

1. Put all ingredients, in the order listed, into the mixing beaker.
2. Blend until smooth, about 30 to 45 seconds.
3. Serve immediately.

Power Blast Protein Shake

Blend this for a post workout pick-me-up.

Makes about 1½ cups

- 1** **frozen banana, cut into 3cm**
- 2** **ice cubes**
- 2tbsp** **almond butter**
- ½tsp** **ground cinnamon**
- 1** **serving protein powder**
- 1 cup** **oat milk**

1. Put all ingredients, in the order listed, into the mixing beaker.
2. Blend until smooth, about 45 seconds.
3. Serve immediately.

Oatmeal Breakfast Smoothie

Kids will love this alternative to a bowl of oatmeal.

Makes about 2 cups

- ½ cup** **frozen blueberries**
- 1** **banana, cut into 5-6cm**
- 1tsp** **flax oil**
- 1tsp** **pure maple syrup**
- ½tsp** **ground cinnamon**
- 1 cup** **oat milk**

1. Put all of the ingredients, in the order listed, into the mixing beaker.
2. Blend until smooth, about 30 to 45 seconds.
3. Serve immediately.

Detox Smoothie

Choc-full of goodness to keep you full & satisfied.

Makes about 2 servings

- ½ cup** **frozen cubed mango**
- ½ cup** **frozen blueberries**
- 1** **ripe banana, broken into 2-3 pieces**
- 1 cup** **baby spinach**
- ½tsp** **spirulina**
- ¾ cup** **nondairy milk or juice**

1. Put all of the ingredients, in the order listed, into the mixing beaker.
2. Blend until smooth, about 45 seconds.
3. Serve immediately.

SMOOTHIE BOWLS

Açaí Bowl

This antioxidant-rich smoothie bowl is perfect for breakfast or an afternoon snack.

Makes 1 serving

½ cup	frozen cubed mango
½ cup	frozen blueberries
1	ripe banana, broken into 2-3 pieces
1tsp	açaí powder
½ cup	rice milk (or any nondairy milk)
½ cup	fresh berries
¼ cup	granola and/or mixed nuts & seeds

1. Put the frozen mango, berries, banana, açai powder with the rice milk into the mixing beaker.
2. Blend well by using a gentle up-and-down motion until smooth, about 1 minute.
3. Pour into a bowl and top with fresh berries and granola and/or mixed nuts and seeds.
4. Serve immediately.

Strawberry Yoghurt Smoothie Bowl

The combination of strawberries & vanilla yoghurt make a tangy & sweet base for this bowl. Add any other of your favourite toppings!

Makes 1 serving

1 cup	frozen strawberries
1 cup	fresh strawberries
½ cup	vanilla yoghurt
½tsp	pure vanilla extract
¼ cup	rice milk
2tbl	chopped walnuts
1tsp	flaked coconut
¼ cup	sliced fresh fruit or berries
	Pinch sea salt

1. Put the frozen strawberries, fresh strawberries, yoghurt, vanilla extract and sea salt with the rice milk into the mixing beaker.
2. Blend well by using a gentle up-and-down motion until smooth, about 45 seconds.
3. Pour into a bowl and top with walnuts, coconut and fresh fruit.
4. Serve immediately.

TEA & COFFEE

Cold Tea/Cold Brew Lattes

Skip the coffee shop & make your favourite iced tea latte at home.

Makes 1 cup

- ½ cup** **milk (any variety, dairy or nondairy)**
- ½ cup** **tea concentrate (e.g. chai, turmeric-ginger, yerba mate, etc.) or cold brew coffee**

1. Put the milk and concentrate into the mixing beaker.
2. Blend until frothy, about 30 to 45 seconds.
3. Serve over ice.

Iced Matcha Latte

Matcha is a great alternative to coffee to get your energy going in the mornings. Try first without additional sweetener, as some matcha powders have sweeteners in them.

Makes 1 cup

- 3** **ice cubes**
- 1 cup** **milk (any variety, dairy or nondairy)**
- 1tsp** **matcha powder**
- ½-1tsp** **honey or agave nectar, optional**

1. Put all ingredients into the mixing beaker.
2. Blend until frothy, about 45 seconds.
3. Serve over ice.

Blended Ice Coffee

A creamy, cool coffee drink with a hint of sweetness.

Makes 1 tall glass

- 1 cup** **small ice cubes**
- ½ cup** **brewed strong espresso, cooled**
- ¼ cup** **milk (any variety, dairy or nondairy)**
- 1½tbsp** **white sugar**
- ¼tsp** **pure vanilla extract**
- Whipped cream & caramel sauce, for topping (optional)**

1. Put all ingredients into the mixing beaker.
2. Blend until thick & smooth, about 45 seconds.
3. Pour into tall glass and top with whipped cream and a drizzle of caramel sauce.

DESSERT DRINKS

Chocolate Peanut Butter Ice Cream Shake

This will sure to satisfy your sweet tooth.

Makes 2 cups

1½ cups chocolate ice cream
1tsp creamy peanut butter
1tsp chocolate syrup
¾ cup whole milk

1. Put all ingredients, in the order listed, into the mixing beaker.
2. Blend, using a gentle up-and-down motion, until smooth and homogenous, about 30 to 40 seconds.
3. Serve immediately.

Cherry Ginger Slushy

This refreshing beverage is perfect for the summer. Plus, it makes a great base for an adult treat.

Makes about 1 cup

1 cup frozen, dark, sweet cherries
2-3cm piece fresh ginger, peeled
¼tsp lime zest
½ cup coconut or rice milk

1. Put all ingredients, in the order listed, into the mixing beaker.
2. Blend until smooth, about 30 to 45 seconds.
3. Serve immediately.

DRESSINGS & SOUPS

Hollandaise

Using a hand blender makes this tricky-to-make sauce a no-fuss recipe that you will want to put on top of more than just poached eggs.

Makes about 1 cup

4	large egg yolks
1tsp	fresh lemon juice
¾tsp	sea salt flakes
200gms	unsalted butter, melted and kept slightly warm (not hot)
	Warm water, as needed

1. Put the egg yolks, lemon juice and salt into the mixing beaker. Slowly pour the warm butter into the mixing beaker, carefully leaving behind any white milk solids on the bottom of the pot. Allow to rest for about 1 minute.
2. Insert the blending shaft into the mixing beaker so that the blade guard touches the bottom of the mixing beaker. Blend, keeping the blade on the bottom. Once the ingredients thicken and start to emulsify, continue processing, using a gentle up-and-down motion, until thick and all the ingredients are incorporated.
3. If sauce is too thick, blend in warm water, 1 tsp at a time, until desired consistency is achieved (approximately 2 tbl total).
4. Taste and adjust seasoning as desired. Serve immediately or transfer to a double boiler to keep warm.

Basic Vinaigrette

Use this recipe as a guide for making various combinations. Simple additions, like fresh or dried herbs, citrus or honey, can make a new dressing every time.

Makes about 1 cup

¼ cup	wine vinegar (any variety will work)
1tsp	Dijon mustard
¼tsp	sea salt flakes
1/8tsp	freshly ground black pepper
¾ cup	extra virgin olive oil

1. Put all ingredients, in the order listed, into the mixing beaker.
2. Blend, keeping the blade guard completely submerged, until the mixture starts to emulsify. Continue, using a gentle up-and-down motion, until homogenous, about 30 seconds.
3. Taste and adjust seasoning as desired.

Courgette Herb Soup

A great way to use up that surplus of summer garden courgette – serve cold or warm!

Makes about 6 cups

1tsp	extra virgin olive oil
2	medium leeks, white and light green parts, sliced
4	medium courgette, cut into large dice
1tsp	sea salt flakes, divided
2 cups	vegetable broth
1cup	fresh basil leaves
½ cup	fresh mint leaves
¼ cup	heavy cream (optional)

1. Put the olive oil into a large saucepan over medium heat. Once the oil is hot, add the leeks. Stir over medium heat until vegetables soften, about 8 to 10 minutes.
2. Once soft, add the courgette with the salt, stir ingredients together until well coated. Add the stock and ½ of the herbs. Turn the heat up to bring mixture to a boil. When the soup comes to a boil, reduce the heat in order to maintain a simmer. Simmer until the courgette is tender.
3. Once tender, add the remaining fresh herbs. Blend until smooth. To help facilitate blending, tilt pot to one side, so the blender blade guard is completely submerged.
4. Taste and adjust seasoning, add remaining salt to taste if necessary.

Black Bean Soup

This soup gets its rich texture from not rinsing the beans; the starchy liquid from the can is used to thicken the soup.

Makes about 6 cups

1tsp	olive oil
2	garlic cloves, finely chopped
½	medium onion, finely chopped
1	jalapeño, seeded and finely chopped
1	red bell pepper, finely chopped
1¼tsp	sea salt flakes, divided
1	bay leaf
1tsp	ground cumin
3	cans 400g each black beans, not drained
1 cup	chicken broth, low sodium
1tsp	red wine vinegar
	Crème fraîche or plain, whole-milk yoghurt for serving
	Coriander, chopped, for serving
	Tortilla chips for serving

1. Put the oil in a stockpot set over medium heat. Once the oil is hot, add the chopped vegetables and sauté until soft, about 5 to 7 minutes.
2. Add ¾ tsp of the salt, bay leaf, and cumin. Cook, while stirring, until nicely fragrant, about 1 minute.
3. Add the beans (with liquid from cans) and the broth. Simmer, partially covered, until all the ingredients are tender and the flavours have melded, about 20 to 25 minutes. Discard the bay leaf.
4. Remove soup from the heat. Use hand blender to blend until very smooth, about 1 minute in total. Add remaining salt and vinegar; blend an additional 10 to 15 seconds to incorporate.
5. Taste and adjust seasoning as desired.
6. Serve, topping with a dollop of crème fraîche, a pinch of the chopped coriander and tortilla chips

Curried Coconut & Butternut Soup

The rich and bright flavours of this soup provide some sunshine on a cold winter's day.

Makes about 6 cups

1tsp	ghee or butter
1	small onion, finely chopped
1	small jalapeño, seeded and finely chopped
1.5cm	piece ginger, peeled and finely chopped
1	garlic clove, finely chopped
1tsp	curry powder
¼tsp	sea salt flakes
4 cups	butternut squash, cut into 3cm cubes
1	can 400g coconut milk
2 cups	chicken broth

1. Put the ghee or butter into a large saucepan over medium/medium-low heat. Once the ghee/butter is hot, add the onion, jalapeño, ginger and garlic with the curry powder and salt. Heat until soft and fragrant, about 5 minutes.
2. Stir in the butternut squash to coat evenly with the spices.
3. Add the coconut milk and broth. Increase the heat so the liquid comes to a boil. Once boiling, reduce heat to maintain a steady simmer. When squash is soft, approximately 20 minutes, use hand blender to blend soup until completely smooth.
4. Taste and adjust seasoning accordingly.

Tomato Sauce

Enough sauce for 225g of fresh pasta.

Makes about 3 cups

¼ cup	olive oil
2	medium garlic cloves, smashed
1	can 800g peeled tomatoes
½tsp	sea salt flakes
10	fresh basil leaves
¼ cup	grated Parmesan cheese (optional)

1. Put oil in a large saucepan over medium-low/low heat.
2. When the oil is hot, add the garlic, reduce the heat, and stir until soft and fragrant, about 5 minutes. Be careful to keep the heat low enough so that garlic does not burn.
3. Add the canned tomatoes with the salt.
4. Increase the heat so that the mixture comes just to a boil. Reduce the heat immediately to maintain a low simmer. Allow to simmer to reduce by about one-third, about 20 minutes.
5. Use the hand blender to blend until smooth. Add in the basil and Parmesan, if using.
6. Taste and adjust seasoning accordingly.

PUREES & DIPS

Pea Purée

For an extra-silky smooth pea purée, place into a fine sieve & use the back of a spoon to push it through.

Makes about 1 cup

250g frozen Peas
5 mint Leaves
1tsp lemon Juice (plus extra if needed)

1. Bring a medium saucepan of water to the boil, add the peas and simmer for 3 to 5 minutes.
2. Drain and use the hand blender to blend until smooth.
3. Add the lemon juice and stir. Taste and season as required (do not season if serving a baby)

Peach Purée

The perfect purée for babies, yoghurt mix, toppings on porridge or ice cream & even in cocktail Bellinis!

Makes about 1 cup

6 fresh or frozen peaches

1. Bring a medium saucepan of water to boil. Place the peaches into the boiling water for 45 seconds. Remove the peaches with a slotted spoon and place peaches in a large bowl of ice water.
2. When the peaches are cool enough to handle, use a paring knife to puncture the skin. Use your fingers to pull off the skin in sheets.
3. Slice each peach in half and pull out the pits.
4. Add peaches to the mixing beaker and blend until smooth.
5. Add a little sugar, honey or maple syrup if wanting to sweeten it up as a dessert topping or to add to cocktails.

Hummus

Serve this brightly flavoured dip with warm pita for a delicious snack.

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

½ garlic clove
1tsp flaked salt
1 can (440g) chickpeas, rinsed & drained
⅓ cup tahini
2tbsp fresh lemon juice
¼ cup water plus 2 tbsp
¼tsp ground cumin
2tbsp extra virgin olive oil,
⅓tsp paprika (optional)

1. Drop the garlic into the mixing beaker and process with hand blender. approx. 10 seconds.
2. Add remaining ingredients (leave 1tbsp of oil aside), and blend, keeping the blade guard completely submerged, until the mixture starts to emulsify. Continue, using a gentle up-and-down motion, until homogeneous, about 30 seconds.
3. For serving, transfer hummus to a shallow bowl. Make a slight indentation in the center of the dip and fill with the remaining tablespoon of oil. Sprinkle the paprika, over the oil.

Beetroot Dip

A delicious dairy-free, dip has a slightly sweet yet earthy taste with a luxurious velvety texture.

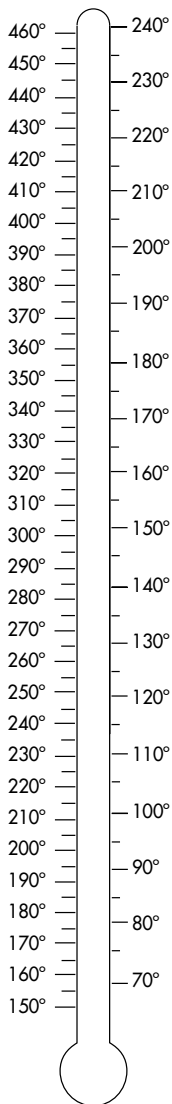
125g Beetroot, cooked (approx. 2 small-sized beetroots)
400g Cannellini Beans, drained
1 garlic clove, crushed
½ lemon (zest)

1. Add beetroot to mixing beaker and blend until broken down.
2. Add the remaining ingredients to beaker and blend until smooth.
3. Keep in an airtight container and refrigerate for up to 3 days.

WEIGHTS, MEASURES & 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	
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