

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Smart Stick® Variable Speed Hand Blender

HB-155PC

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.**
2. **Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**
3. To protect against electrical shock, do not put the motor body, cord or electrical plug of this hand blender in water or other liquids. Only the detachable blending shaft of this appliance and the whisk have been designed for immersion into water or other liquids. Never submerge any other portion of this unit. If motor housing falls into liquid, remove immediately. **Do not reach into the liquid without unplugging the unit first.**
4. This appliance should not be used by children. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Avoid contact with moving parts.
6. During operation keep hands, hair, clothing, as well as spatulas and other utensils away from attachments and any mixing container to reduce risk of injury to persons and/or damage to the appliance. A spatula may be used, but must be used only when the unit is not operating.
7. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair, or mechanical or electrical adjustment.
8. Remove detachable blending shaft from the blender before washing the blades or shaft.
9. **Blades are SHARP. Handle carefully when removing, inserting or cleaning.**
10. When mixing liquids, especially hot liquids, use a tall container or mix small quantities in separate batches to reduce spillage, splattering and possibility of injury from burning.
11. Check prep bowl for presence of foreign objects before using.
12. The use of attachments or accessories not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
13. Do not use outdoors or for other than intended use.
14. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stovetop.
15. Make sure the appliance is off, the motor has stopped completely, and the appliance is unplugged from outlet before putting on or taking off attachments, and before cleaning.

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16. To reduce the risk of fire or electrical shock, do not operate any heating appliance beneath the mounting unit.
 17. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

NOTE: Maximum rating of 200W is based on the chopper/grinder attachment that draws the greatest power.

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UNPACKING INSTRUCTIONS

Place the package containing the Cuisinart® Smart Stick® Variable Speed Hand Blender on a sturdy surface. Unpack the hand blender from its box by removing the upper protective insert. Gently slide the unit from the box. Remove all support materials from the box and replace the upper insert. Save packaging for possible repacking of the unit.

Note: The blending blade is extremely sharp.

Before using the Cuisinart® Smart Stick® Variable Speed Hand Blender for the first time, we recommend that you wipe the motor body housing with a clean, damp cloth to remove any dirt or dust. Dry it thoroughly with a soft absorbent cloth. Handling it carefully, wash the detachable blending shaft with fixed mount blade and the whisk by hand or in the dishwasher. Dry thoroughly before use. Read all instructions completely for detailed operating procedures.

PARTS AND FEATURES

1. **Variable Speed Control Knob:** Lets you adjust speed from low to high for the ingredients you are blending.
2. **On/Off Button:** Simply press and hold down the button to blend. Once the button is released, blending will stop.
3. **Comfort Handle:** The ergonomic handle allows you to maneuver the hand blender with ease.
4. **Motor Body Housing:** Powers the blender. Release button makes it easy to attach and detach blending shaft and whisk assembly.
5. **Detachable Blending Shaft with Stainless Steel Blade and Blade Guard:** Snaps into the motor body housing. The fixed-mount stainless blade is partially covered by a stainless guard to keep splashing to a minimum.
6. **Whisk Attachment:** Whisk attachment snaps into the gearbox which connects to the motor body housing. The whisk is great for whipping cream, egg whites and other delectable treats.
7. **Blending Cup:** 3-cup (24 oz.) blending cup is microwave and dishwasher safe. Use this container to blend drinks, shakes, salad dressings and more. Designed for easy gripping and drip-free pouring.

Variable Speed Knob



Whisk Attachment



Blending Cup

Detachable Gearbox



Power Cord

Ergonomic Handle

On/Off Button

Motor Body Housing

Detachable Blending Shaft

Blade Guard

Stainless Steel Blending Blade

BLENDING TIPS AND HINTS

1. Liquid should not come closer than 1 inch from where the shaft attaches to the motor housing.
2. When using with a nonstick cooking surface, be careful not to scratch the coating with the edge of blender blade guard.
3. Do not immerse motor body housing or whisk gearbox in water or any other liquid.
4. Cut solid foods into ½-inch cubes for easier blending.
5. Pour liquid ingredients into the blending cup first, unless recipe instructs otherwise.
6. Never operate the hand blender continuously for longer than 1 minute. For best results, allow 20–30 seconds rest time in between 1-minute cycles.
7. To avoid splashing, don't turn the hand blender on until the blade is beneath the surface of the mixture, and do not pull the hand blender out of the mixture until the blade has completely stopped.
8. Do not let hand blender stand in a hot pot on stove while not in use.
9. Do not put fruit pits, bones, or other hard material into the blending mixture, as these are liable to damage the blades.
10. Do not fill mixing containers too full. The level of mixture will rise when blending, and can overflow.
11. Adding liquids that are warm, not cold, facilitates blending solids with liquids.
12. Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
13. To whip air into a mixture, always hold the blade just under the surface.
14. To purée a soup, use the hand blender to blend the soup solids to the desired consistency using a gentle up-and-down motion right in the saucepan or pot. You can quickly change chunky ingredients and stock into thick and creamy soup.
15. The hand blender is the ideal tool for frothing milk for cappuccino or lattes.
16. Use the hand blender to make smooth gravies and pan sauces.

WHISKING TIPS AND HINTS

Use the whisk attachment for beating heavy cream or egg whites. It may also be used for anything that you would normally whisk by hand, like crêpe batters or eggs for omelets.

BEATING EGG WHITES

When beating egg whites use a very clean metal or glass bowl, never plastic. Plastic can contain hidden oils and fats that can ruin the delicate egg white foam. To help stabilize the egg whites, add $\frac{1}{8}$ teaspoon of cream of tartar per egg white prior to beating them. (If using a copper bowl omit the cream of tartar.) Beat the egg whites, starting on low and gradually raising to high, just until soft peaks form firmly enough not to droop over. Beating the egg whites longer will cause them to dry out and become even less stable. When adding sugar to beaten egg whites, start adding it slowly just as soft peaks begin to form. Continue beating until peaks are firm enough not to droop.

BEATING HEAVY CREAM

When beating heavy cream, if possible and time allows, use a chilled bowl and chill the whisk attachment. The best shaped bowl for whipping cream is one that is deep with a rounded bottom. The cream should come out of the refrigerator just before whipping. Whipped cream may be used at either soft or firm peaks depending on preference. It may be flavored as desired. For best results, start whipping on low and gradually raise to high. Whip cream just before using.

ASSEMBLY

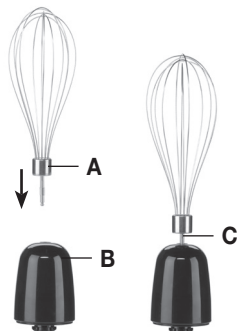
BLENDING ATTACHMENT

1. Align the motor body housing with the blending shaft and push the pieces together until you hear and feel them click and connect. It may be helpful to press and hold the release button when assembling. Once assembled, release the button to lock in place.



WHISK ATTACHMENT

1. Align the end of the whisk (A) with the small opening of the whisk gearbox (B).
2. Push end into opening until it locks into position (C).
3. Align the motor body with the whisk assembly and push the gearbox and motor body together until you hear and feel them click and connect. It may be helpful to press and hold the release button when assembling. Once assembled, release the button to lock into place.



OPERATION

BLENDING

The specially designed blade blends, mixes and purées all kinds of foods, including salad dressings, powdered drink products, soups and sauces. It can also be used to emulsify mayonnaise.

This blade is designed to add only minimal air to your mixture. A gentle up-and-down motion lets you achieve in the most flavorful, full-bodied results. Be careful never to remove the blending shaft from the liquid while in operation.

1. Connect the blending shaft to the motor body housing. (See Assembly for Blending Attachment, above.)
2. Plug electrical cord into a wall socket.
3. Immerse the blade end of blending shaft into mixture to be blended. You can blend in the blending cup, bowl, pot, saucepan or pitcher.
4. Turn the variable speed knob to the speed recommended in your recipe. **Note:** You can change the blending speed while blending.

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5. Press and hold the On/Off button. The hand blender will continue to run as long as the button is pressed. To turn the hand blender off, simply release the On/Off button.

Note: Do not continuously blend for longer than 60 seconds. Release On/Off button for 20–30 seconds between 60-second blending cycles.

6. Unplug immediately after use.

WHISKING

1. Insert the whisk assembly into the motor body.
(See Assembly for Whisk Attachment, previous page.)
2. Plug electrical cord into a wall socket.
3. Put the whisk into mixture that will be blended.
4. Turn the variable speed knob to the desired speed, then press and hold the On/Off button. The hand blender will continue to run as long as the button is pressed. Release the On/Off button and the blade will stop running.
5. Unplug immediately after use.



CLEANING AND MAINTENANCE

SMART STICK® VARIABLE SPEED HAND BLENDER

Always clean the motor body and blending shaft thoroughly after each use.

Press the release button to remove the blending shaft from the motor body. Clean the motor body only with a sponge or damp cloth. Do not use abrasive cleaners that could scratch the surface. To clean the blending shaft, wash by hand in hot water using mild detergent. The blending shaft is not dishwasher safe. Be mindful of the fixed-mount razor-sharp blade edges.

Never immerse the motor body in water.

When the appliance has malfunctioned or has been dropped or damaged in any way or it is not operating properly, return the appliance to the nearest Cuisinart Repair Center for examination, repair or mechanical or electrical adjustment. Any other servicing should be performed by an authorized service representative.

WHISK ATTACHMENT

To clean your whisk assembly, press the release button to release it from the motor body housing. Detach the metal whisk from the gearbox by pulling the pieces apart. To clean the gearbox, simply wipe with a damp cloth. To clean the metal whisk, wash with warm soapy water or put in the dishwasher. **Do not submerge the gearbox in water or any other liquid.** Any service, other than cleaning and normal user maintenance, should be performed by an authorized Cuisinart Service Representative.

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SMOOTHIES AND DRINKS

Breakfast Shake for the Road

Nutrition in a cup! Make this smoothie in the morning for breakfast on the road.

Makes about 16 ounces

- ½ cup juice**
- ½ cup low-fat yogurt**
- 3 strawberries, hulled and halved**
- ½ cup mango (fresh or frozen, cut into ½-inch pieces)**
- 1 tablespoon ground flax seeds (optional)**
- 1 frozen banana, cut into ½-inch pieces**

1. Put all ingredients in order listed into the blending cup.
2. Using the blending shaft, start blending on medium, gradually increasing to high until smooth, about 30 to 45 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 181 (11% from fat) • carb. 38g • pro. 4g • fat 2g • sat. fat 0g
• chol. 4mg • sod. 43mg • calc. 111mg • fiber 4g*

Power Blast Protein Smoothie

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

Makes about 16 ounces

- ½ cup coconut milk or low-fat milk**
- ⅓ cup vanilla or plain yogurt**
- 2 tablespoons protein powder**
- 1 banana, cut into ½-inch pieces**
- 1 cup mango (fresh or frozen, cut into ½-inch pieces)**
- ½ cup pineapple (cut into ½-inch pieces)**

1. Put all ingredients in order listed into the blending cup.
2. Using the blending shaft, start blending on medium, gradually increasing to high until smooth, about 25 to 30 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 270 (40% from fat) • carb. 38g • pro. 6g • fat 13g • sat. fat 11g
• chol. 5mg • sod. 68mg • calc. 89mg • fiber 4g*

Simple Fruit Smoothie

This recipe works great with any type of fruit or juice.

Makes about 16 ounces

- ½ cup pomegranate or orange juice**
- ½ banana (cut into 1-inch pieces)**
- 1½ cups mixed fruit (fresh or frozen, cut into ½-inch pieces)**

1. Put all ingredients in order listed into the blending cup.
2. Using the blending shaft, start blending on medium, gradually increasing to high until smooth, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 112 (4% from fat) • carb. 28g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 6mg • calc. 16mg • fiber 3g*

Tropical Smoothie

Packed full of Vitamin C, this smoothie is perfect when you are feeling under the weather.

Makes 2 cups

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

1. Place all ingredients in order listed into the blending cup.
2. Using the blending shaft, start blending on medium, gradually increasing to high until smooth, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):

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

Sunshine Colada

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

Makes eight 8-ounce servings

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

1. Put all ingredients in order listed into a large pitcher.
2. Using the blending shaft, start blending on medium, gradually increasing to high. Use a gentle up-and-down motion until ingredients are smooth, about 50 seconds.
3. Serve as is or over ice.

Nutritional information per serving (1 cup):

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

Triple Chocolate Shake

The ultimate chocolate dessert.

Makes about 2 cups

- 2 cups premium chocolate ice cream**
- ½ tablespoon cocoa powder**
- 1½ tablespoons chocolate syrup**
- ¾ cup milk (any type of milk will do, whole, reduced fat or skim)**
- garnishes: whipped cream, chocolate shavings or cocoa powder**

1. Put all ingredients in order listed into the blending cup.
2. Using the blending shaft, blend on low, using an up-and-down motion, until fully combined, about 30 to 40 seconds.
2. Top with whipped cream and chocolate shavings or cocoa powder.

Nutritional information per serving (1 cup; based on 2% milk):

*Calories 597 (55% from fat) • carb. 55g • pro. 11g • fat 37g • sat. fat 22g
• chol. 233mg • sod. 142mg • calc. 339mg • fiber 3g*

BREAKFAST/BRUNCH

Blueberry Muffins

A popular muffin for good reason – the hint of orange and coarse sugar on top makes them an extra special treat.

Makes 12 large muffins

nonstick cooking spray

- 2½ cups unbleached, all-purpose flour, plus 1 pinch (to toss with the blueberries), divided**
- 2½ teaspoons baking powder**
- ¾ teaspoon kosher salt**
- ¼ teaspoon ground cinnamon**
- ½ teaspoon grated orange zest**
- 1 cup low fat buttermilk, room temperature**
- 1 teaspoon pure vanilla extract**
- 1 cup fresh blueberries**
- 2 large eggs, room temperature**
- 1 cup granulated sugar**
- 6 tablespoons unsalted butter, melted and cooled**
- 1 teaspoon coarse sugar (such as turbinado or Demerara), for sprinkling**

1. Preheat oven to 425°F. Lightly coat a 12-cup regular muffin pan with nonstick cooking spray; reserve.
2. Put the 2½ cups of flour, baking powder, salt, cinnamon and zest into a small mixing bowl. Using the whisk, mix on low to combine; reserve.
3. Put the buttermilk and vanilla into a measuring cup; reserve.
4. Put the blueberries with the pinch of flour into a small mixing bowl – toss so the blueberries are evenly coated; reserve.
5. In a large mixing bowl, combine the eggs and granulated sugar. Using the whisk, start mixing on low and gradually increasing to high until pale and thick. Reduce speed to low, and gradually add the melted/cooled butter, not adding more until the previous has been thoroughly mixed in.
6. Once the butter has been added, add ⅓ of the flour mixture alternately with the buttermilk mixture while whisking on low – do not over-mix, some dry patches are okay. Finally, add the blueberries and gently fold into the batter with a large spatula.
7. Divide evenly into the prepared muffin pan. Sprinkle top of each with the coarse sugar. Bake in the preheated oven for about 20 to 22 minutes, or until a cake tester inserted comes out clean.

Nutritional information per muffin:

*Calories 229 (26% from fat) • carb. 38g • pro. 4g • fat 7g • sat. fat 4g
• chol. 47mg • sod. 270mg • calc. 48mg • fiber 1g*

Fluffy Egg Scramble

Whisked until frothy and then cooked over a low heat, these eggs are buttery and delicious.

Makes 2 to 3 servings

- ¼ cup fresh parsley, or other fresh herb(s)**
- 6 large eggs**
- 2 tablespoons heavy cream**
- ¼ teaspoon kosher salt**
- pinch freshly ground black pepper**
- ¼ cup shredded cheese (use your favorite, or whatever you have on hand)**
- ½ tablespoon unsalted butter, for pan**

1. Put the parsley into the blending cup. Using the blending shaft, run on medium to high until roughly chopped; reserve.
2. Put the eggs, cream, salt and pepper into a medium mixing bowl. Using the whisk, mix on low to medium-high until very frothy. Stir in the parsley and cheese.
3. Put the butter into a nonstick skillet set over low/medium-low heat. Once melted, add the egg mixture. Using a heatproof spatula, move the eggs from the edges and the bottom of the pan to ensure even cooking. You want the eggs to be soft and fluffy, so moving them around the pan constantly will ensure an even consistency.
4. Once the eggs are cooked through, serve immediately.

Nutritional information per serving (based on 3 servings):

*Calories 229 (70% from fat) • carb. 2g • pro. 15g • fat 17g • sat. fat 8g
• chol. 399mg • sod. 352mg • calc. 134mg • fiber 0g*

Buttermilk Pancakes

The perfect go-to pancake for you and your family.

Makes about 16 four-inch pancakes

- 1½ cups unbleached, all-purpose flour**
- 1½ teaspoons baking powder**
- ½ teaspoon baking soda**
- ¼ teaspoon kosher salt**
- ¼ teaspoon ground cinnamon**
- pinch ground nutmeg**
- 2 large eggs**
- 1¾ cups low fat buttermilk**
- 1½ tablespoons maple syrup**
- ½ teaspoon pure vanilla extract**
- 2 tablespoons grapeseed or vegetable oil**
- unsalted butter, for griddle**

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1. Put the flour, baking powder, baking soda, salt, cinnamon and nutmeg into a medium to large bowl. Whisk on low to blend; reserve.
 2. Put the remaining ingredients into the blending cup. Whisk on low to combine completely.
 3. Preheat a nonstick griddle set over a medium heat (or use a Cuisinart® electric griddle set to 350° to 375°F).
 4. While pan is heating, gradually add the liquid mixture to the dry ingredients while whisking on low. Whisk until just combined – batter should be slightly lumpy, not smooth.
 5. Once griddle is hot, add about a teaspoon of butter. Once melted, drop batter evenly onto the griddle plate using a 1/3-cup measure. Cook pancakes until bubbles form, about 3 to 4 minutes; flip and cook until done, about 2 to 3 minutes longer.
 6. Transfer to warm plates to serve. As you finish each batch of pancakes, you can keep them warm on a wire rack placed on a baking sheet in a low oven (200°F). Repeat until all the batter is used.

Nutritional information per pancake:

*Calories 80 (31% from fat) • carb. 11g • pro. 3g • fat 3g • sat. fat 1g
• chol. 25mg • sod. 221mg • calc. 46mg • fiber 0g*

DIPS/DRESSINGS/SAUCES

Hummus

This is your basic hummus. To change it up a bit, add a cooked red pepper, or roasted beets or fresh herbs.

Makes about 2 cups

- 1 garlic clove**
- 1 can (15.5 ounces) chickpeas, drained and rinsed**
- 1/4 cup tahini**
- 2 tablespoons fresh lemon juice**
- 1/2 to 3/4 teaspoon kosher salt, or to taste**
- 1/8 teaspoon cumin**
- pinch freshly ground black pepper**
- 1/2 teaspoon za'atar (optional)**
- 1/2 cup water (plus more if needed)**

1. Put all of the ingredients into the blending cup. Using the blending shaft, run on low, gradually increasing to high until smooth. Add more water, if a thinner hummus is desired. Adjust seasoning to taste.

Nutritional information per serving (2 tablespoons):

*Calories 71 (35% from fat) • carb. 9g • pro. 3g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 149mg • calc. 30mg • fiber 7g*

Mayonnaise

You will be amazed at how easily you can make homemade mayonnaise. It is best with raw egg yolks, so seek out fresh local eggs.

Makes about 1 cup

- ¼ cup pasteurized liquid egg product (such as EggBeaters®);
you can use 2 raw egg yolks instead – be sure you use the
freshest eggs possible and from a trusted source**
- 1½ teaspoons fresh lemon juice**
- 1 teaspoon water**
- ½ teaspoon Dijon-style mustard**
- ¼ teaspoon kosher salt**
- pinch ground white pepper**
- ⅔ cup vegetable oil**

1. Put all ingredients, except for the oil, into the blending cup in order listed. Using the blending shaft, process on low until mixture begins to thicken. Be sure to keep the metal blade completely submerged while blending.
2. Gradually add the oil, two tablespoons at a time. Continue processing with a gentle up-and-down motion until thick, about 30 seconds longer.
3. Taste and adjust seasoning accordingly.

*Nutritional information per serving (1 tablespoon
based on recipe with pasteurized liquid egg product):
Calories 83 (96% from fat) • carb. 0g • pro. 0g • fat 9g • sat. fat 1g
• chol. 0mg • sod. 27mg • calc. 1mg • fiber 0g*

Ketchup

Spoil your guests at the next BBQ with this homemade ketchup.

Makes about 2 cups

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

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1. Heat the oil in a medium skillet set over medium-low heat. Add the garlic and onion. Sauté until softened, about 5 minutes.
 2. Put sautéed vegetables into the blending cup. Add the remaining ingredients. Using the blending shaft, run on medium until mixture begins to thicken and is completely smooth. Be sure to keep the metal blade completely submerged while blending.
 3. Adjust seasoning to taste.

Nutritional information per serving (1 tablespoon):

*Calories 20 (10% from fat) • carb. 5g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 85mg • calc. 5mg • fiber 0g*

Creamy Champagne Vinaigrette

This delicious vinaigrette will become a favorite after the first taste.

Makes about 1 cup

- 1 garlic clove**
- 1 small shallot, cut into ½-inch pieces**
- 1 tablespoon Dijon-style mustard**
- ¼ teaspoon kosher salt**
- pinch freshly ground black pepper**
- 2½ tablespoons champagne vinegar**
- ¾ cup extra virgin olive oil**

1. Put all ingredients into the blending cup except the olive oil. Process on low to break up the garlic and shallot. Add oil, ¼ cup at a time, and blend until emulsified.
2. Let mixture blend an additional 30 seconds after all ingredients have been added.

Nutritional information per serving (1 tablespoon):

*Calories 93 (90% from fat) • carb. 1g • pro. 0g • fat 11g • sat. fat 2g
• chol. 0mg • sod. 57mg • calc. 1mg • fiber 0*

Classic Caesar Dressing

An old favorite made fresh at home.

Makes about ⅔ cup

- 1 small garlic clove**
- 3 to 4 anchovy fillets**
- 2 tablespoons egg substitute (you can use 1 fresh, raw egg yolk – be sure you use the freshest egg possible and from a trusted source – or use 2 tablespoons mayonnaise)**
- 1 teaspoon Dijon-style mustard**

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- 2 teaspoons fresh lemon juice**
 - 2 teaspoons red wine vinegar**
 - 1 teaspoon Worcestershire sauce**
 - ¼ teaspoon freshly ground black pepper**
 - ⅓ cup extra virgin olive oil**

1. Put all ingredients except the oil into the blending cup. Run on medium until well blended. While still running on medium, slowly add the olive oil in a steady stream so that dressing becomes emulsified.
2. Let mixture blend an additional 30 seconds after all ingredients have been added.

Nutritional information per serving (based on 1 tablespoon):
Calories 73 (95% from fat) • carb. 19g • pro. 0g • fat 8g • sat. fat 1g
• chol. 19mg • sod. 58mg • calc. 4mg • fiber 0g

Citrus-Dill Dressing

We love serving this over sliced cucumbers.

Makes about 1 cup

- ½ tablespoon champagne vinegar (you may substitute sherry vinegar)**
- 1 small shallot, cut into ½-inch pieces**
- 1 small garlic clove**
- 1 tablespoon Dijon-style mustard**
- 3 tablespoons fresh orange juice**
- 1 tablespoon fresh lemon juice**
- 1 tablespoon fresh lime juice**
- 3 tablespoons fresh dill**
- ¼ teaspoon kosher salt**
- pinch freshly ground black pepper**
- ½ cup extra virgin olive oil**

1. Put all ingredients into the blending cup except the olive oil. Using the blending shaft, blend on medium to break up the garlic and shallot. Add oil, ¼ cup at a time, and blend, gradually increasing to high, until emulsified.
2. Let mixture blend an additional 30 seconds after all ingredients have been added.

Nutritional information per serving (based on 2 tablespoons):
Calories 128 (94% from fat) • carb. 2g • pro. 0g • fat 14g • sat. fat 2g
• chol. 0mg • sod. 113mg • calc. 3mg • fiber 0g

Roasted Red Pepper and Tomato Sauce

This is a very versatile sauce. It is equally great over grilled chicken or a bowl of pasta.

Makes about 4 cups

- 2 teaspoons olive oil**
- 1 medium onion, cut into ½-inch pieces**
- 1 carrot, cut into ½-inch pieces**
- 1 stalk celery, cut into ½-inch pieces**
- 2 garlic cloves**
- 1 teaspoon dried basil**
- ⅓ cup dry white wine, or vermouth**
- 3 roasted red peppers, cut into ½-inch pieces**
- 2 tablespoons tomato paste**
- 2 cans (15 ounces each) diced tomatoes, with juices**
- ¾ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- ⅛ teaspoon crushed red pepper flakes, or to taste**

1. Put the olive oil into a medium saucepan and set over medium heat. Once hot, add the onion, carrot, celery, garlic and basil. Partially cover and let cook until vegetables are softened but not browned, about 6 to 8 minutes. Add the wine/vermouth, stirring to deglaze the pan (picking up the brown bits from the bottom of the pan and working into the mixture); cook until fully evaporated. Add roasted peppers, tomato paste, tomatoes with juices, salt, pepper and red pepper flakes. Bring to a boil, then reduce heat to allow to simmer, partially covered, for about 35 to 40 minutes. Uncover and then simmer for an additional 15 to 20 minutes longer to thicken.
2. Using the blending shaft, blend sauce on low/medium until puréed. If using a larger saucepan, tilt the pan to the side away from you to ensure that the protective guard of the blending shaft is fully submerged to prevent splatter.
3. Taste and adjust seasonings as desired.

Nutritional information per serving (¼ cup):

*Calories 29 (18% from fat) • carb. 5g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 216mg • calc. 15mg • fiber 1g*

Mole Sauce

There are many varieties of mole sauce. Ours is full-flavored yet mild – perfect over chicken and rice.

Makes about 4 cups

- 2 tablespoons olive oil**
- 1 medium onion, chopped**
- 3 garlic cloves, chopped**
- 2 tablespoons chili powder**
- 1/4 teaspoon ground cinnamon**
- 1/4 teaspoon ground cumin**
- 1/4 teaspoon ground coriander**
- 1 teaspoon kosher salt**
- 1 corn tortilla, cut into small pieces**
- 1/4 cup toasted almonds**
- 2 tablespoons natural peanut butter**
- 2 cans (4 to 5 ounces each) chopped green chilies**
- 1 large can (28 ounces) diced tomatoes, liquid drained**
- 1 1/2 cups chicken broth, reduced sodium**
- 1/4 cup raisins**
- 2 tablespoons cocoa powder**
- 1 teaspoon granulated sugar**

1. Put the olive oil into a medium saucepan and set over medium heat. Add the onion and sauté until soft and translucent, about 5 to 8 minutes. Reduce heat to low and add the garlic. Stir until coated with oil and fragrant. Add the spices and salt. Cook until spices are well distributed and the onion and garlic are coated, about 1 minute. Stir in the tortilla, almonds and peanut butter, and then add the remaining ingredients and stir to combine. Cover and bring to a boil over medium heat. Reduce heat and let simmer for about 45 minutes, loosely covered and stirring occasionally.
2. Once sauce has simmered, use the blending shaft to blend, starting on low and gradually raising to medium, until puréed. If using a larger saucepan, tilt the pan to one side away from you to ensure that the protective guard of the blending shaft is fully submerged to prevent splatter. If sauce is too thick, thin out with a bit more broth.
3. Taste and adjust seasonings as desired.

Nutritional information per serving (2 tablespoons):

*Calories 36 (48% from fat) • carb. 4g • pro. 1g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 180mg • calc. 17mg • fiber 1g*

SOUPS

Winter White Bean Soup

A rich and creamy soup, it will be sure to warm you up on a cold winter day. If you do not have prosciutto, bacon would work well in its place.

Makes about 6 cups

- 1 tablespoon olive oil, divided**
- 1 ounce prosciutto (2 thin slices), chopped**
- 1 garlic clove, chopped**
- 1 medium onion, chopped**
- 1 celery stalk, chopped**
- 1 tablespoon dry white wine, or vermouth**
- 2 cans (15 ounces each) cannellini beans drained (or 1 pound dried, soaked overnight)***
- 1 rosemary sprig**
- 1 bay leaf**
- ¼ to ½ teaspoon kosher salt**
- pinch freshly ground black pepper**
- 5 cups chicken or vegetable broth, reduced sodium**
- grated Parmesan for garnish**

1. Heat ½ tablespoon of the oil over medium-high heat. Add prosciutto to quickly fry. Once crispy, remove and reserve.
2. Add remaining oil and reduce heat to medium. Once hot, add garlic, onion and celery. Sauté until softened, about 8 to 10 minutes. Add the wine/vermouth, stirring to deglaze the pan (picking up the brown bits from the bottom of the pan and working into the mixture); cook until fully evaporated. Add the beans, rosemary, bay leaf, salt and pepper and stir to mix. Heat until beans are warmed through. Add the broth and raise the heat to bring to a boil. Once boiling, reduce heat to allow to simmer, partially covered, for about 60 to 75 minutes. Remove the rosemary and bay leaf.
3. Using the blending shaft, blend on low, gradually increasing to medium, until sauce is puréed. If using a larger saucepan, tilt the pan to one side away from you to ensure that the protective guard of the blending shaft is fully submerged to prevent splatter.
4. Taste and adjust seasonings as desired. Garnish with a sprinkling of prosciutto and/or grated Parmesan.

* When using soaked, dried beans, you may have to add more broth and a bit more salt as well.

Nutritional information per serving (based on 6 servings):
Calories 321 (14% from fat) • carb. 44g • pro. 24g • fat 5g • sat. fat 1g
• chol. 3mg • sod. 873mg • calc. 142mg • fiber 16g

Spring Asparagus Leek Soup

Bright and fresh, this soup is perfect for welcoming spring to the table.

Makes about 8 cups

- 2 tablespoons unsalted butter**
- 2 garlic cloves, chopped**
- 2 medium leeks, white and light green parts only, washed well and sliced**
- 2 large bunches asparagus (about 2 to 2½ pounds), rough ends trimmed and cut into 2-inch pieces (tips removed and reserved) – optional (see note in step 3)**
- 1 large red potato (about 8 ounces), peeled and sliced, held in water to prevent oxidation**
- 4 tablespoons dry white wine or cognac**
- 1 to 1½ teaspoons kosher salt, to taste**
- ¼ teaspoon freshly ground black pepper**
- 5 cups vegetable broth (the clearer the broth, the greener the soup will be)**
- 1 teaspoon fresh lemon juice**
- crême fraîche for garnish**
- chopped chives for garnish**

1. Put the butter into a medium saucepan and set over medium heat. Add the garlic and leeks; stir until you hear a slight sizzle and then cover pan to sweat the leeks for about 5 to 10 minutes, until they are very soft.
2. Add the asparagus and potato to the pan. Stir to coat all vegetables and sauté until soft. Pour in white wine or cognac and stir until completely reduced. Add salt and pepper and stir in the vegetable broth. Bring mixture to a boil and then reduce to a simmer. Simmer until all vegetables are very tender, about 20 to 25 minutes.
3. While soup is simmering, steam the asparagus tips separately, about 5 to 8 minutes until crisp-tender. Shock tips in ice water to maintain a bright green color. Once cool, slice tips thinly lengthwise to be used for garnish. (Note: This step is optional, but makes a great presentation.)
4. Once vegetables are tender, use the blending shaft to blend on low, gradually increasing to medium, until sauce is puréed. If using a larger saucepan, tilt the pan to the side away from you to ensure that the protective guard of the blending shaft is fully submerged to prevent splatter.
5. Stir in lemon juice. Taste and adjust seasonings as desired.
6. Serve immediately, garnishing with a dollop of crême fraîche, asparagus tips and some chopped chives.

Nutritional information per serving (based on 6 servings):

*Calories 97 (26% from fat) • carb. 13g • pro. 5g • fat 35g • sat. fat 2g
• chol. 8mg • sod. 650mg • calc. 45mg • fiber 3g*

Summer Zucchini Soup

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

Makes about 6 cups (without cream)

- 1 tablespoon unsalted butter or olive oil**
- 2 medium leeks, white and light green parts, sliced**
- 1 medium celery stalk, cut into small dice**
- 2 garlic cloves, crushed**
- 4 medium zucchini (about 2 pounds), sliced**
- 8 ounces white (waxy) potato, peeled and cut into 2-inch pieces**
- 1½ teaspoons kosher salt, divided**
- ¼ teaspoon freshly ground black pepper**
- ½ cup dry white wine**
- 3½ cups chicken broth, reduced sodium**
- 2 tablespoons fresh mint leaves (about 6 medium leaves)**
- 2 tablespoons fresh basil leaves (about 3 to 4 large leaves)**
- ¼ cup heavy cream (optional)**

1. Put the butter into a large saucepan over medium heat. Once the butter melts add the leeks, celery and garlic. Stir over medium heat until vegetables soften, about 8 to 10 minutes.
2. Once soft, add the zucchini and potato with 1 teaspoon of the salt, and the pepper; stir ingredients together until well coated. Once coated, add the white wine. Simmer until wine is just about evaporated. Add the broth and turn the heat up to bring mixture to a boil. Once the soup comes to a boil, reduce the heat in order to maintain a simmer. Simmer until all vegetables are tender, about 20 to 25 minutes.
3. Once all vegetables are tender, add the fresh herbs and blend with the blending shaft, starting on low and gradually increasing to medium. To help facilitate blending, tilt pot to the side away from you to ensure that the protective guard of the blending shaft is submerged. Blend until mixture is completely puréed.
4. Taste and adjust seasoning, adding remaining salt to taste if necessary.
5. If using cream, add at the very end of blending. Stir in cream and simmer soup for an additional 5 to 10 minutes before seasoning.

Nutritional information per serving (based on 6 servings without cream):

*Calories 109 (17% from fat) • carb. 16g • pro. 4g • fat 2g • sat. fat 1g
• chol. 5mg • sod. 911mg • calc. 50mg • fiber 3g*

Autumn Carrot-Ginger Soup

The ginger gives this soothing soup a nice kick.

Makes about 5 cups

- 2** **tablespoons extra virgin olive oil**
- 2** **small shallots, chopped**
- 1** **tablespoon finely chopped fresh ginger**
- 1** **teaspoon kosher salt, divided**
- 1/2** **teaspoon freshly ground black pepper, divided**
- 2** **pounds carrots, sliced**
- 1/2** **teaspoon ground cumin**
- pinch ground cloves**
- 1/4** **teaspoon ground cinnamon**
- 5** **cups vegetable or chicken broth, reduced sodium**
- 1/2** **teaspoon fresh lemon juice**

1. Heat oil in a large saucepan over medium-low heat. Once hot, add the shallots, ginger and a pinch each of the salt and pepper. Sauté until vegetables are softened, about 5 minutes. Add the carrots and raise the heat to medium/medium-high. Sauté for 2 to 3 minutes, or until carrots are heated through and just starting to get tender. Add the remaining salt and pepper and the spices and stir to mix with the carrots to fully coat. Add the broth and bring to a boil. Reduce heat to let soup simmer, uncovered, for about 25 to 30 minutes (carrots should be completely tender).
2. Stir in the lemon juice and blend with the blending shaft, starting on low and gradually increasing to medium. Use an up-and-down motion until ingredients are smooth and completely combined. To help facilitate blending, tilt pot to one side away from you so the protective cover of the blending shaft is fully submerged.
3. Taste and adjust seasonings as desired.

Nutritional information per serving (based on 6 servings):

*Calories 161 (32% from fat) • carb. 25g • pro. 3g • fat 6g • sat. fat 1g
• chol. 0mg • sod. 1133mg • calc. 88mg • fiber 5g*

DESSERTS

Berry Fool

A traditional British dessert, fool is great any time of the year, but is a real treat when summer berries are at their peak.

Makes about 4 to 5 cups

- 2 cups mixed berries (strawberries, raspberries, blueberries)**
- 1 tablespoon granulated sugar**
- 2 cups heavy cream, chilled**
- 2 tablespoons confectioners' sugar**
- ½ teaspoon pure vanilla extract**

1. Put the berries and granulated sugar into the mixing cup. Using the blending shaft on low, purée, using an up-and-down motion, until almost fully puréed; reserve.
2. Put the remaining ingredients into a medium to large mixing bowl. Using the whisk attachment, whisk on low, gradually increasing to medium, until medium peaks form, about 1 minute. Fold in berry mixture.
3. Serve immediately for the best texture (fool will stay in good form for only about 1 hour maximum).

Nutritional information per serving (½ cup):

*Calories 231 (85% from fat) • carb. 8g • pro. 0g • fat 20g • sat. fat 14g
• chol. 80mg • sod. 0mg • calc. 4mg • fiber 1g*

Strawberry Shortcake

Makes about 10 to 11 individual shortcakes

Sponge cake:

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

Topping:

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

-
1. Preheat oven to 350°F. Butter a half-sheet pan (17 x 11 x 1 inches) well and line the bottom with a piece of parchment paper to fit the pan.
 2. Put the milk into a small saucepan over medium low heat. Whisk together flour, salt and baking powder, using the whisk attachment on low, in a small bowl.
 3. Separate eggs into separate large mixing bowls.
 4. While using the whisk, beat whites on low, gradually increasing to medium-high, until soft peaks form, about 2 minutes; add ¼ cup of sugar and continue beating for about 3½ to 4 minutes, until whites are stiff and glossy.
 5. Still using the whisk, beat yolks on low to medium with remaining sugar and the vanilla. Beat until the mixture is pale and thick, about 2 minutes. While on low, carefully add the dry ingredients and warm milk alternately, beginning and ending with the dry ingredients. Add mixture to yolk mixture, using low with the whisk attachment until incorporated, scraping bowl with large rubber spatula between additions. Pulse in the lemon zest. Carefully fold in egg whites in three additions: use the whisk to incorporate the first addition and then a large spatula for the subsequent additions. Incorporate gently but thoroughly so as not to deflate the egg whites.
 6. Pour batter into prepared pan. Bake until lightly golden and cake springs back when touched, about 20 minutes. Allow cake to cool for about 10 minutes and then invert pan onto a large sheet of parchment paper. Cool completely.
 7. While cake is baking, prepare the topping. Toss the strawberries and sugar together in a small bowl. Reserve.
 8. Put the cream, sugar and vanilla into a large mixing bowl. Using the whisk, whisk the cream on low, gradually increasing to medium, until firm peaks are achieved, about 2 to 3 minutes.
 9. Once cake is completely cool, cut individual circles out of the sheet cake with a round 4-inch cutter. To prepare individual cakes: top each cake with a heaping ¼ cup of whipped cream and then top each with ¼ cup of the macerated strawberries.

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

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Smart Stick® Variable Speed Hand Blender that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchaser or owners.

We warrant that your Cuisinart® Smart Stick® Variable Speed Hand Blender will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, 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 Cuisinart® Smart Stick® Variable Speed Hand Blender should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Customer Service Representatives or send the defective product to Customer Service at

Cuisinart
7475 North Glen Harbor Blvd.
Glendale, Arizona 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product.

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.

Please be sure to include your return address, daytime phone number, description of the product defect, product model # (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

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, at its discretion, 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, according to 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 products under warranty.

BEFORE RETURNING YOUR CUISINART® PRODUCT

If you are experiencing problems with your Cuisinart® product, we suggest that you call our Cuisinart® Service Center at 1-800-726-0190 before returning the product for service. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Cuisinart® Smart Stick® Variable Speed Hand Blender has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as by use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

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 the product is still under warranty.

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