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# RECIPES

## Fresh Lemonade/ Fresh Limeade

*A tangy thirst quencher.*

Makes about 2 quarts

- 3/4 cup cold water**
- 3/4 cup granulated sugar**
- 1 cup fresh lemon or lime juice**
- 1 liter/quart cold water or seltzer (for sparkling lemonade)**
- ice cubes**
- thin lemon or lime slices**
- fresh mint leaves (optional garnish)**

Combine the cold water and sugar in a 2-quart saucepan. Bring to a boil over high heat, then reduce the heat to low and simmer until the sugar is dissolved. Remove from the heat and let cool. (This is called a “simple syrup,” and can be prepared ahead and kept refrigerated.)

Combine juice with cold simple syrup in a large pitcher. (For one pound of lemons – 1 cup juice – use 1 cup simple syrup.) Add cold water or seltzer.

Serve in tall glasses over ice. Garnish with lemon slices and fresh mint if desired.

*Nutritional information per serving:*

- Calories 80 (0% from fat) • carb. 21g
- pro. 0g fat 0g • sat. fat 0g • chol. 0mg .
- sod. 5mg • calc. 5mg
- vit. C 14mg (23% DV) • fiber 0g

## Citrus Mint Iced Tea

*Perfect for a hot summer day.*

Makes 2 quarts

- 3 cups boiling water**
- 4 English Breakfast tea bags**
- 12 fresh mint leaves**
- 1/2 to 1 cup sugar, to taste**
- 1 cup fresh orange juice**
- 1 cup fresh lemon juice**
- 4 cups water**

Pour boiling water over tea bags and mint; let steep 5 minutes. Remove and discard tea bags and mint leaves. Add sugar and stir until dissolved. Stir in juices and water. If not serving immediately, refrigerate until ready to serve. Serve over ice.

*Nutritional information per serving:*

- Calories 65 (1% from fat) • carb. 17g
- pro. 0g fat 0g • sat. fat 0g • chol. 0mg
- sod. 4mg • calc. 6mg
- vit. C 19mg (32% DV) • fiber 0g

## Fizzy Orange

*Deliciously refreshing, this fizzy beverage is a great alternative to sugar-laden sodas for both children and adults.*

Makes four 10-ounce servings

- 3 cups fresh orange juice**
- 2 cups seltzer or club soda, chilled**

Pour orange juice into a 1½ quart pitcher. Add seltzer/club soda and stir gently. Serve immediately over ice. May be garnished with a slice of orange and a mint leaf.

*Nutritional information per serving:*

- Calories 84 (4% from fat) • carb. 19g
- pro. 1g fat 0g • sat. fat 0g • chol. 0mg
- sod. 27mg • calc. 26mg
- vit. C 93mg (155% DV) • fiber 0g

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## Classic Margarita

*Fresh lime juice makes an incomparable margarita.*

Makes 6 cups

Enough for eight 6-ounce margaritas

- 1½ cups cold water**
- 1½ cups granulated sugar**
- 2 cups fresh lime juice**
- 12 ounces tequila**
  
- 2½ ounces orange liqueur (Triple Sec, Cointreau)**
- lime wedges**
- coarse salt**
- crushed ice**
- thin lime slices**

Pour water and sugar into a 2-quart saucepan. Place over medium-high heat and cook undisturbed to dissolve sugar, 10 to 12 minutes.

Remove from heat and allow to cool. When completely cool, transfer to a large pitcher; stir in fresh lime juice. Add tequila and orange liqueur; stir to blend.

Rub the rims of margarita glasses with lime wedges and dip in coarse salt if desired. Fill the glasses halfway with crushed ice. Add margarita mixture to top of glass. Garnish with a thin slice of lime and enjoy.

### *Nutritional information per serving:*

- Calories 293 (0% from fat) • carb 46g  
• pro. 0g fat 0g • sat. fat 0g • chol. 0mg  
• sod. 4mg • calc. 7mg  
• vit. C 18mg (30% DV) • fiber 0g*

## Fresh Citrus “Vinaigrette”

*Fresh orange and lemon juices replace the vinegar in this refreshing dressing. Try it on greens, or use it to create a salad with cooked rice (try a mixture of brown and wild rice), diced vegetables and chopped toasted nuts.*

Makes about 1 cup.

- 1 teaspoon orange zest, finely chopped**
- 1 teaspoon fresh thyme**
- 6 tablespoons fresh orange juice**
- 2 tablespoons fresh lemon juice**
- 2 teaspoons Dijon-style mustard**
- pinch kosher salt**
- 6 tablespoons light olive oil**

In a food processor: Put the zest, thyme, orange juice, lemon juice, mustard and salt into the work bowl of a food processor. Process on chop until blended, 10 seconds. With the machine running, add the oil through the small hole in the top. Process until completely emulsified.

By hand: Put the zest, thyme, orange juice, lemon juice, mustard, and salt into a small bowl. Whisk to blend. After mixture is blended, continue whisking and add the oil in a slow steady stream – continue whisking until the mixture is emulsified.

### *Nutritional information per serving (1 tbsp):*

- Calories 56 (91% from fat) • carb. 1g  
• pro. 0g fat 6g • sat. fat 1g • chol. 0mg  
• sod. 29mg • calc. 3mg  
• vit. C 5mg (8% DV) • fiber 0g*

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## Pan-Seared Scallops with Tangerine Shallot Sauce

*Serve with freshly steamed snow peas and brown rice to complete the plate.*

Makes 2 servings

- 1 pound sea scallops (diver scallops are best), tough muscle on side removed flour, to lightly dust scallops**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 2 teaspoons extra virgin olive oil**
- ¾ cup dry white vermouth**
- ¾ cup fresh tangerine juice**
- 1 tablespoon finely chopped shallot**
- 2 tablespoons heavy cream**

Make sure scallops are completely dry. Lightly dust tops and bottoms of scallops with flour. Sprinkle with salt and pepper. Heat oil in a 10-inch nonstick skillet over medium-high heat. When hot, place scallops in a single layer in the skillet and cook over medium-high heat for 2 to 3 minutes, until golden brown – do not turn or move. Turn scallops and cook for 2 to 3 minutes on the other side, until golden brown and just barely firm. Transfer scallops to a warm plate and cover loosely. Do not overcook; scallops will continue to cook as they rest while sauce is prepared.

Wipe the pan clean. Add wine, juice and chopped shallot to the pan. Cook over medium-high heat to reduce liquid by half. When liquid is reduced, stir in heavy cream. Stir and cook until thickened and smooth. Pour half the sauce on each of two warm plates and arrange reserved scallops on the sauce to serve.

*Nutritional information per serving:*  
Calories 408 (27% from fat) • carb. 20g  
• pro 39g • fat 12g • sat. fat 4g  
• chol. 95mg • sod. 710mg  
calc. 91mg • vit. C 36mg (60%DV)  
• fiber 0g

## Pink Grapefruit Cake

*Similar to a pound cake. After baking, fresh grapefruit syrup is poured over the warm cake, and when cool, cake is finished with a grapefruit glaze.*

Makes 16–20 servings

- butter and flour, to prep pan**
- 3 cups all-purpose flour**
- ½ teaspoon baking soda**
- ½ teaspoon salt**
- zest of 1 medium grapefruit, finely chopped**
- 3 cups granulated sugar, divided**
- 1 cup unsalted butter, cut into 1-inch pieces, at room temperature**
- 6 large eggs**
- 1 cup plain nonfat or lowfat yogurt**
- 1 teaspoon pure almond extract**
- ½ teaspoon pure vanilla extract**
- ¾ cup fresh pink grapefruit juice, divided**
- 2 cups powdered sugar**

Preheat the oven to 350°F. Butter and flour a 10-inch tube or Bundt pan. Put the flour, baking soda and salt in a medium bowl and stir to blend; reserve.

Put the zest, 2½ cups of the granulated sugar and the butter in a large bowl. Using a hand mixer, mix the sugar, butter and zest on low speed for 30 seconds to combine. Mix on medium speed until creamed and light – about 3½ to 4 minutes. Scrape the bowl. Add the eggs, yogurt and extracts; mix on low speed until well blended, about 1

minute. Scrape the bowl. Add the dry ingredients and mix on low speed for 30 seconds. Scrape the bowl and mix until completely blended, about 30 to 40 seconds. Transfer the batter to the prepared pan and spread evenly. Bake in the preheated 350°F oven until a tester inserted in the center comes out clean, 65 to 75 minutes. While the cake is in the oven, prepare the syrup by combining ½ cup of the grapefruit juice with the remaining ½ cup of granulated sugar in a small saucepan. Cook over medium heat until the sugar is dissolved, 3 to 5 minutes; keep warm and reserve.

Cool cake in pan on a rack for 5 minutes, then turn out onto the rack, wash and dry the pan. Prick the top and sides of the cake with a cake tester and return it to the pan. Prick the bottom of the cake with the cake tester. Pour the warm grapefruit syrup slowly over the cake, allowing the cake to absorb the syrup. When the syrup has been absorbed, turn the cake out onto the rack to cool completely.

Combine the powdered sugar with the remaining grapefruit juice and stir until blended and smooth. Drizzle the pink grapefruit glaze over the cooled cake. Let rest 30 minutes before cutting.

*Nutritional information per serving:*

Calories 344 (28% from fat) • carb. 58g  
• pro 5g fat 11g • sat. fat 6g • chol. 89mg  
• sod. 116mg • calc. 37mg  
• vit. C 4mg (6%DV) • fiber 1g

## Lemon Pudding Cakes

*This dessert magically becomes two layers when baked, pudding topped with a sponge cake.*

Makes 8 servings

**cooking spray**  
**zest of 1 lemon, finely chopped**  
**1 cup granulated sugar, divided**

**2 tablespoons unsalted butter, room temperature**  
**⅓ cup fresh lemon juice**  
**3 large egg yolks**  
**1½ cups whole milk**  
**4 large egg whites**  
**⅛ teaspoon salt**  
**⅓ teaspoon cream of tartar**  
**4 tablespoons all-purpose flour**  
**powdered sugar for dusting**

Preheat the oven to 350°F. Lightly coat eight 6-ounce ramekins with cooking spray.

Put the zest, ¼ cup of the sugar and the butter in a medium bowl. Using a hand mixer, mix on low speed until blended. Add remaining sugar, lemon juice, egg

yolks and milk. Mix on low speed until combined, about 30 to 40 seconds. The mixture may look curdled – that is okay. In a clean bowl, beat the egg whites, salt and cream of tartar with clean whisk attachment until stiff but not dry. Gently fold the egg whites into the lemon mixture followed by the flavor. Divide the mixture among the prepared ramekins. Place the ramekins in a shallow pan and add boiling water until it reaches halfway up the sides of the ramekins. Place the pan in the preheated oven and bake for 45 minutes. Remove carefully from the hot water bath and place on a rack to cool.

These cakes may be served warm or cold, either in the ramekins or loosen the edge of each cake with a thin bladed knife, inverting and serving on a dessert plate. Sprinkle with powdered sugar for garnish.

*Nutritional information per serving:*

Calories 207 (33% from fat) • carb. 30g  
• pro. 5g • fat 8g • sat. fat 4g  
• chol. 98mg • sod. 103mg  
calc. 67mg • vit. C 1mg (2% DV) • fiber 0g

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## Tangy Citrus Sorbet

*Tangy Citrus Sorbet makes a refreshing ending to a rich meal.*

Makes about 1 quart

- 1½ cups granulated sugar**
- ½ cup water**
- 2¼ cups fresh tangerine juice**
- ½ cup fresh lemon juice**
- 2 tablespoons tangerine zest, finely chopped**
- 1 tablespoon lemon zest, finely chopped**

Combine sugar and water in a small saucepan over medium-high heat; cook until sugar is dissolved. Allow to cool completely. Stir in zests and juices. Freeze in Cuisinart™ Ice Cream-Frozen Yogurt and Sorbet Maker, 20 to 25 minutes.

***Nutritional information per serving:***

***Calories 239 (1% from fat) • carb. 62g***  
***• pro. 1g fat 0g • sat. fat 0g***  
***• chol. 0mg • sod. 2mg***  
***calc. 23mg • vit. C 42mg (70% DV)***  
***• fiber 0g***

## WARRANTY

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