

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Smart Stick® Two Speed Hand Blender

CSB-79

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 and other certain parts of this appliance have been designed for immersion into water or other liquids. Never submerge any other portion of this unit. If hand blender 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 and 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 shaft from the blender before washing the blades or shaft.
9. **Blades are SHARP. Handle carefully when removing, inserting or cleaning. Exercise the same care when removing, inserting the cutting blade or reversing disc for the food processor attachment.**
10. When mixing liquids, especially hot liquids, use a tall container or make small quantities at a time to reduce spillage, splattering and possibility of injury from burning.
11. To reduce the risk of injury, never place chopper/grinder attachment cutting blade on base without first putting work bowl properly in place.
12. Be certain the food processor attachment cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.
13. Check work bowl for presence of foreign objects before using.

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14. The use of attachments or accessories not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
 15. Do not use outdoors or for other than intended use.
 16. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stovetop.
 17. 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.
 18. Maximum rating is based on the 200W food processor attachment that draws the greatest power.
 19. 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.

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UNPACKING INSTRUCTIONS

Place the package containing the Cuisinart® Smart Stick® Two Speed Hand Blender on a sturdy surface. Unpack the Smart Stick® 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® Two Speed Hand Blender for the first time, we recommend that you wipe the unit with a clean, damp cloth to remove any dirt or dust. Dry it thoroughly with a soft absorbent cloth. To clean all parts see instructions on page 11. Read all instructions completely for detailed operating procedures.

PARTS AND FEATURES

1. **Lock/Unlock Button:**
Must be pressed to unlock before power handle will operate.
2. **Low/High Two Speed Power Button:** Allows you to activate the hand blender at the touch of a button. Simply press and hold down the Low or High button to blend or pulse. Once the button is released, blending will stop.
3. **Comfort Grip Handle:** The handle allows you to control the hand blender with ease.
4. **Motor Body Housing**
5. **Blending Attachment:** This attachment easily snaps into the motor body housing. The fixed stainless blade is partially covered by a stainless housing that keeps splashing to a minimum. Press the release button on the back of the unit to detach for easy cleaning.
6. **Whisk Attachment:** Whisk attachment snaps into the motor body housing. This attachment is great for whipping cream, egg whites and other delectable treats.
 - a. **Gearbox:** Whisk attaches to it.
7. **Chopper/Grinder Attachment with Reversible Blade:** Chop, mince and grind with the Cuisinart chopper/grinder attachment. Chopper/grinder attaches to the blender motor body in place of the blender shaft or whisk attachment.
8. **Mixing Cup:** 2-cup 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.

PARTS AND FEATURES

6. Whisk Attachment



6a. Detachable Gearbox

7. Chopper/Grinder Attachment with Reversible Blade



1. Lock/Unlock

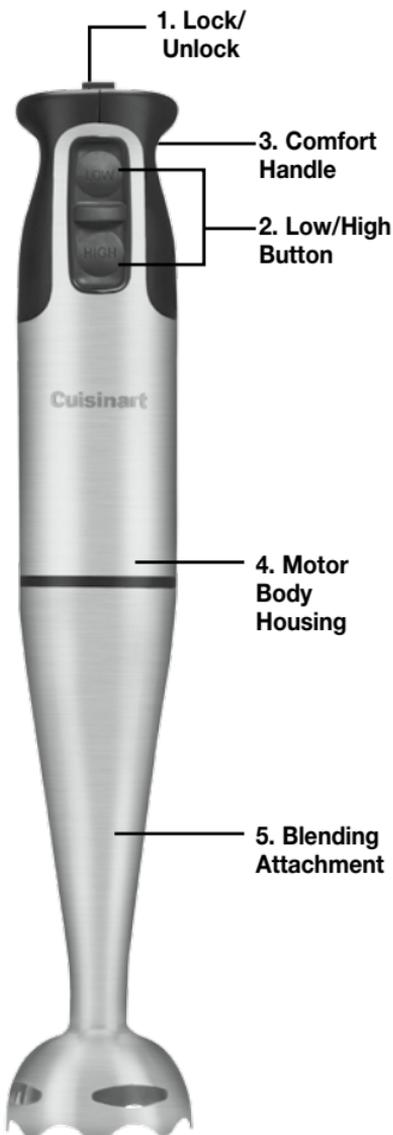
3. Comfort Handle

2. Low/High Button

Cuisinart

4. Motor Body Housing

5. Blending Attachment



8. Measuring Cup



ASSEMBLY

BLENDING ATTACHMENT

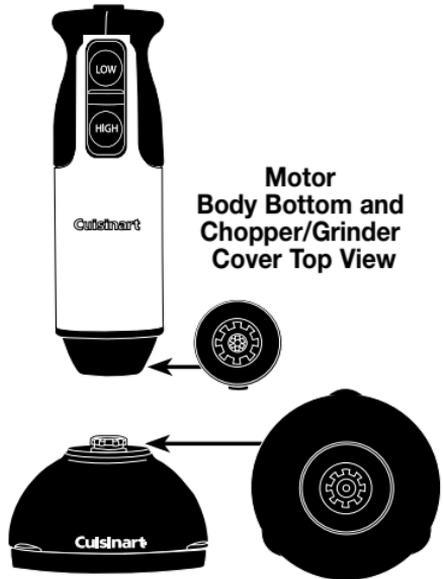
1. Align the motor body housing with the blending shaft and push the pieces together until you hear and feel them click together. It may be helpful to press the release button when assembling.



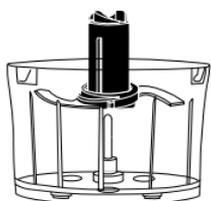
2. Plug the power cord of the hand blender into an electrical outlet.

CHOPPER/GRINDER ATTACHMENT

1. Connect the motor body housing to the top of the work bowl cover.
2. Align the spine in the food processor cover's drive shaft with the ribbed opening on the underside of the motor body housing.
3. When aligned properly, slide the two pieces together until you feel and hear a slight click.



CHOPPER/GRINDER ATTACHMENT



1. Place the chopping/grinding blade into center of the work bowl over metal blade shaft.
2. Place the motor body housing with cover on top of the work bowl and rotate clockwise to lock into place.
3. Plug the power cord of the hand blender into an electrical outlet.

WHISK ATTACHMENT

1. Align the motor body housing with the assembled whisk attachment and push the pieces together until you hear and feel them click together. It may be helpful to press the release button when assembling.

Note: Whisk and whisk gearbox are detachable from one another.

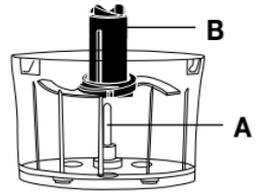


REVERSIBLE BLADE

The Cuisinart® Smart Stick® Two Speed Hand Blender chopper/grinder attachment is equipped with a reversible blade. This blade is sharp on one side and blunt on the other. The blade is attached to a plastic ring that slides over the plastic blade sheath, so it can be easily turned over to select the appropriate blade. To reverse the blade, see detailed instructions below. Also see Frequent Uses for Chopper/Grinder (page 14).

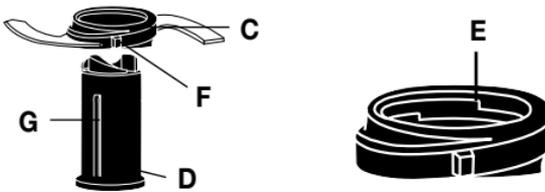
Assemble the parts.

1. Place the work bowl on a flat, dry, stable surface. It should be close to an electrical outlet of the same voltage as stated on the rating plate on the hand blender.
2. The metal blade assembly shaft (A) is attached to the bottom of the work bowl. If not already in place, slide the fully assembled blade assembly (B) over the top of the metal blade assembly shaft.



- 2a. Put together the blade assembly if not assembled:

Very carefully connect the blade ring (C) to the plastic blade sheath (D). Line up the blade ring opening with the plastic sheath. There are notches (E) on opposite sides of the interior of the hub. These fit over ridges on the sides of the plastic blade sheath (G). Let the blade ring slide to the bottom of the plastic sheath. HOLD THE BLADE RING BY THE CENTRAL HUB HOLDING RIBS (grips) (F) ONLY. DO NOT TOUCH THE RAZOR-SHARP BLADES. Pick up the blade ring by its hub holding ribs (grips) and turn it very slightly clockwise. This locks it in place on the plastic blade sheath and prevents it from sliding up during processing.



Note these important features of the blade ring. The blade ring can be placed over the plastic blade sheath in two different ways:

If you hold it this way (A), you will see the word “Sharp” on the blade. Assemble the blade this side up to use the sharp edge.



If you hold it this way (B), you will see no writing on the blade. Assemble the blade this side up to use the blunt edge. (See the section on processing food, page 14, for information about when to use the blunt edge.)



OPERATION

BLENDING

The specially designed blade is for mixing and puréeing all kinds of foods, including salad dressings, powdered drink products, soups and sauces and blended drinks like milkshakes or smoothies.

This blade mixes and stirs while adding only a minimum of air to your mixture. A gentle up-and-down motion is all you need to make the most flavorful, full-bodied recipes. Be careful never to remove the blending shaft from the liquid while in operation, for it will splatter. Tilt the pan or bowl away from you if needed to ensure the protective blade guard on the blending shaft is fully submerged.

1. Put blending shaft into mixture to be blended.
2. Press and hold the desired speed button. Press and hold the Lock/Unlock button on top of the motor housing to turn motor on. Once motor is on, you can release the Lock/Unlock button but continue to hold in the speed button. You can also press the Lock/Unlock button first, holding it down as you press the speed button to turn motor on. Do not hold power button down for more than 60 seconds at a time.
3. Do not press the button for longer than 60 seconds at a time.
4. Unplug immediately after use.

CAUTION: DO NOT PUT FINGERS NEAR BLADE. TO DISLodge FOOD, UNPLUG HAND BLENDER FROM THE OUTLET FIRST.

PULSING

To pulse, press and release desired speed button, while holding down the lock/unlock button.

CHOPPING FOOD

1. Place the work bowl firmly on a flat, sturdy surface like a countertop.
2. Put food in the work bowl. Be sure the food is cut into small pieces ($\frac{1}{2}$ to 1 inch), and the bowl is not overloaded.

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3. Put the work bowl cover on top of the work bowl. Be sure the cover is properly seated.
 4. Press and hold the desired speed button.

Note: Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the work bowl during operation.

5. When you have finished processing the food, stop the machine by taking your finger off the desired speed button.
6. **WHEN THE BLADE STOPS MOVING**, unplug the unit.
7. Remove the motor body with the cover from the work bowl.
8. Carefully remove the chopping blade, holding it by the gripping ridges on the plastic sheath. **NEVER TOUCH THE BLADE ITSELF.**
9. Remove food with a spatula.

Note: Do not operate the chopper/grinder attachment without food contents in the work bowl.

WHISKING

1. Insert the whisk attachment into the motor body. (See Assembly for Whisk Attachment, page 8.)
2. Plug electrical cord into a wall socket.
3. Put the whisk into mixture to be blended.
4. Press and hold the desired speed button. The hand blender will continue to run as long as the switch is pressed in. To turn hand blender off, release the speed button and the motor will stop.

CLEANING AND MAINTENANCE

HAND BLENDER

Always clean the motor body and blending shaft thoroughly after using. 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. Be mindful of the fixed razor-sharp edges.

CHOPPER/GRINDER ATTACHMENT

To simplify cleaning, rinse the work bowl, blade and cover immediately after use so that food won't dry on them. Do not submerge the work bowl cover in water or put in the dishwasher. Wash chopping blade and work bowl in warm, soapy water. Rinse and dry. Wipe the underside of the cover with a sponge or damp cloth to remove any food. Wash the blade carefully. Avoid leaving it in soapy water where it may disappear from sight.

You can wash the work bowl and chopping blade, on the upper shelf of your dishwasher. Unload the dishwasher carefully to avoid contact

with the sharp blade. Wipe the motor body and top of the cover with a damp sponge or cloth. Dry it immediately. **Never submerge the motor body or the cover in water or other liquids.** The food processor attachment is intended for **HOUSEHOLD USE ONLY.**

WHISK ATTACHMENT

To clean your whisk attachment, simply release the attachment from the motor body housing. Once the whisk is removed, 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.

TIPS AND HINTS

FOR HAND BLENDER

- Be sure that blending blade guard is fully submerged before blending ingredients.
- To purée a soup, use the hand blender to blend the soup ingredients to the desired consistency, using a gentle up-and-down motion right in the saucepan or pot.
- When blending ingredients right in a pot or pan tilt the pan away from you to create a deeper area for blending to prevent splatter.
- When using a nonstick cooking surface, be careful not to scratch the coating with the hand blender.
- When blending into the blending cup, for example when making a fruit smoothie, cut most solid foods into ½ inch pieces for easy blending.
- Use the hand blender to make smooth gravies and pan sauces.
- Do not immerse motor body housing in water or any other liquid.
- When blending in the mixing cup, pour liquid ingredients in first, unless recipe instructs otherwise.
- The hand blender is perfect for frothing milk for cappuccino or lattés. Just warm milk in a small saucepan, and then pulse the hand blender gently, being sure to keep the blending blade guard fully submerged.
- Do not let hand blender stand in a hot pot on stove while not in use.
- Do not attempt to blend fruit pits, bones or other hard materials as these are liable to damage the blades.
- Do not fill mixing containers too full. The level of mixture will rise when blending and can overflow.
- To whip air into a mixture, always hold the blade just under the surface.

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- Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
 - Liquid should not come closer than 1-inch of where the shaft attaches to the motor housing.

FOR WHISK ATTACHMENT

- Do not immerse whisk attachment gearbox in water or any other liquid.
- Use the whisk attachment for beating heavy cream or 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 until desired peaks form.
- It may also be used for any task that you would normally whisk by hand, like crêpe batters or eggs for omelets.
- Beating the egg whites too long causes them to dry out and become less stable.
- When adding sugar to beaten egg whites, add it slowly when soft peaks just begin to form and then continue beating to form desired peaks.
- 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 to minimize any splatter.
- 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, whip cream just before using.

FOR FOOD CHOPPER/GRINDER ATTACHMENT

- When making compound butters, remove the butter from the refrigerator and let it come to room temperature before blending the ingredients.
- Some spices may scratch the work bowl.
- Liquids in work bowl should not exceed $1\frac{1}{2}$ cups. Use quantities given in the recipe section as a guide.
- Do not overload work bowl. For best results most foods should not reach more than $\frac{2}{3}$ of the way up the work bowl.
- Do not attempt to chop fruit pits, bones or other hard materials, as these are liable to damage the blades.
- Do not immerse food processor cover in water or any other liquid.
- Do not operate chopper/grinder attachment for more than 30 seconds continuously.
- The size of pieces you put in bowl should be about the same size to achieve even results.

FREQUENT USES FOR CHOPPER/GRINDER

Ingredient	Suggested Blade*	Speed	Comments
Baby foods (always consult a pediatrician or family physician for appropriate food recommendations)	Sharp Blade	Low-High	Place small amounts of cooked foods into chopper/grinder bowl. Add small amount of appropriate liquid. Pulse to chop, then hold to blend.
Bread Crumbs - fresh or dry (day old)	Sharp Blade	High	Pulse to chop, then process until desired consistency is reached.
Hard Cheese (Asiago, Locatelli, Parmesan, Romano, etc.) (Not recommended for softer cheeses unless making a dip or dressing)	Sharp Blade	High	Cut into ¼-inch pieces. Pulse to chop, then process until desired consistency is reached.
Chocolate	Sharp Blade	High	Cut into ½ inch pieces; may chill in freezer for 3 minutes before chopping. Pulse to chop, then process, no more than 1 ounce at a time, until desired texture is reached.
Creamy Dressing and Dips	Sharp Blade	Low	Place ingredients in chopper/grinder bowl; do not cover or spill on stem. Use pulse action to chop, then continuous-hold action to blend to desired consistency.
Garlic	Sharp Blade	High	Peel up to 6 cloves. Pulse to chop.
Gingerroot (fresh)	Sharp Blade	High	Peel, cut into-½ inch pieces. Pulse to chop ½ ounce at a time.
Hard Spices (coriander, dill, poppy, star, anise, etc.)	Sharp Blade	High	Pulse to chop until desired consistency. Pulse with sharp blade to get fine results.
Herbs (fresh)	Sharp Blade	High	½ cup; must be clean/dry. Pulse to chop
Nuts	Dull Blade	High	Shelled; toast first for best flavor. Pulse to chop, process up to a ½ cup at a time, until desired consistency is reached. May be processed to nut-butter stage.
Onion	Sharp Blade	High	Peel, cut into ½-inch pieces. Pulse to chop, up to ½ cup at a time, until desired chop is reached.
Vegetables (cooked)	Sharp Blade	Low-High	Cut into inch pieces; pulse to chop, up to ½ cups at a time. Add cooking liquid, stock or milk to process to a puree. It is not recommended for making mashed potatoes
Vegetables (uncooked)	Sharp Blade	High	Peel as needed; cut into ½-inch pieces. Peel celery with peeler to remove tough strings. Chop/process up to ½ cup at a time.
Meat (Beef, Pork)	Sharp Blade	High	6 oz. or 175g, cut into ½ inch pieces. Pulse until desired consistency.
Simple Blending	Dull Blade	Low-High	For light mixing and incorporating.
Cream (for whipping)	Dull Blade	High	1/4 cup. Whisk until desired consistency.
Egg whites (for whipping)	Dull Blade	High	2 to 3 egg whites. Process until desired consistency.

* See page 9 for instructions on how to safely change the blade from the sharp side to the blunt side.

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- For raw ingredients: peel, core and/or remove seeds and pits. Food should be between ½ and 1-inch, depending on hardness of the food.
 - Pulse food in 1-second increments to chop. For the finest chop, process continuously. Watch ingredients closely to achieve desired consistency and scrape the work bowl as necessary.

SMOOTHIES AND DRINKS

Blueberry Banana Anti-Oxidant Smoothie

Makes 2 cups

- ¾ cup soy milk or fat-free milk**
- 15 grams soy protein powder (or soy protein isolate)**
- 1 cup frozen blueberries**
- 1 small (4½ ounces) banana, sliced**
- 1 teaspoon flaxseed oil**
- 1 to 2 teaspoons honey (optional)**

Put the soy milk, protein powder, blueberries, banana, flaxseed oil and honey (if using) into mixing container. Insert the Cuisinart® Hand Blender, making sure the protective guard is submerged. Blend on High, using a gentle up-and-down motion until ingredients are combined, about 35 seconds.

Nutritional information per cup (made without honey):

*Calories 159 (17% from fat) • carb. 26g • pro. 9g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 12mg • calc. 89mg • fiber 4g*

Strawberry Kiwi Smoothie

Makes one 14-ounce smoothie

- 1 cup frozen strawberries, partly thawed**
- 1 kiwi, peeled, cut into eighths**
- ½ cup fat-free vanilla yogurt**
- ½ cup fat-free milk**
- 1 tablespoon honey**

Put ingredients into the mixing container. Insert the blender, making sure the protective guard is submerged. Blend on High, using a gentle up-and-down motion until ingredients are well combined, about 30 to 35 seconds.

Nutritional information per smoothie:

*Calories 286 (2% from fat) • carb. 63g • pro. 11g • fat 1g • sat. fat 0g
• chol. 4mg • sod. 133mg • calc. 371mg • fiber 6g*

Frozen Coffee Frappé

Makes one 12-ounce beverage

- 1³/₄ cups coffee ice cream or ice milk**
- 1/2 cup strong brewed coffee (may use espresso)**
- 2 tablespoons fat-free milk**

Put ingredients into mixing container. Insert blender, making sure the protective guard is submerged. Blend on High, using an up-and-down motion until ingredients are well combined, about 20 to 30 seconds.

For a thicker milkshake:

Fill mixing container with coffee ice cream up to the 1-cup mark. Add 1/4 cup brewed coffee and 1 tablespoon of fat-free milk. Blend on High, using the same technique as above.

For a Mudslide variation:

Add 1 tablespoon each of Irish Cream Liqueur and Kahlua®.

Nutritional information per shake:

*Calories 215 (44% from fat) • carb. 26g • pro. 5g • fat 11g • sat. fat 7g
• chol. 45mg • sod. 105mg • calc. 172mg • fiber 0g*

Kahlua® is a registered trademark owned by the Kahlua Company.

Peach Margarita

Makes 2 cups

- 1 cup frozen peaches**
- 1 cup citrus juice (orange, lime, lemon in any combination)**
- 1/3 cup good quality tequila**
- 1/2 tablespoon Triple Sec or Grand Marnier®**
- 1 to 2 teaspoons granulated sugar**

Put ingredients into mixing container. Insert the blender, making sure the protective guard is submerged. Blend on High, using an up-and-down motion until ingredients are combined, about 30 seconds.

Nutritional information per cup:

*Calories 177 (0% from fat) • carb. 25g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 2mg • calc. 9mg • fiber 2g*

Grand Marnier® is a registered trademark owned by the Société des Produits Marnier-LaPostolle.

Mexican Hot Chocolate

*We made our Hot Chocolate with fat-free milk and it was a big hit.
For a richer chocolate, make it with whole or reduced-fat milk.
Now and then indulgence is good for the soul.*

Makes 12–16 servings

- 2 quarts fat-free milk**
- 3-inch cinnamon sticks**
- 20 ounces bittersweet chocolate (your favorite),
broken into chunks**
- 1 tablespoon pure vanilla extract**

Combine the milk and cinnamon sticks in a 3¾ Quart saucepan. Over medium heat, stir constantly until steamy and just beginning to bubble around the edges. Reduce heat to low and simmer for 10 minutes to infuse the cinnamon flavor into the milk. Stir in the chocolate chunks. When chocolate is melted, remove cinnamon sticks and stir in vanilla extract. Insert the blender and blend on Low about 1 minute using a gentle up-and-down motion. Continue blending on Low until the mixture is creamy and frothy. Spoon into cups or mugs and top with a dollop of freshly whipped cream if desired.

For Hot Cinnamon Mocha, add 3 to 4 tablespoons instant espresso powder to the milk when steeping with the cinnamon sticks.

Nutritional information per serving:

*Calories 215 (52% from fat) • carb. 23g • pro. 7g • fat 14g • sat. fat 8g
• chol. 2mg • sod. 68mg • calc. 184mg • fiber 1g*

SOUPS, SAUCES, DIPS AND SPREADS

Asparagus Soup

Makes 2½ cups

- 2 ounces shallots, cut into ½-inch pieces**
- 1 tablespoon unsalted butter**
- 1 garlic clove, peeled and crushed**
- 1¼ pounds fresh asparagus, tough ends removed**
- 3 ounces red potato, peeled, cut into ½-inch dice**
- ¼ cup dry white wine**
- 1½ cups fat-free low-sodium chicken stock**
- ¾ teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**
- ¼ teaspoon dried basil**
- ¼ cup heavy cream (optional)**

Insert the blade assembly in the work bowl. Put the shallots into the work bowl, connect hand blender motor body to the top of the chopper/grinder attachment cover, cover work bowl and pulse on High 10 times to finely chop.

Melt butter in a 3-quart saucepan over medium low heat. Add shallots and crushed garlic and “sweat” over medium-low heat for about 5 minutes. Do not allow the shallots and garlic to brown.

While shallots are cooking, cut the asparagus into ½-inch pieces and reserve the tips. When shallots are soft, add asparagus and potato to saucepan and cook for about 6 minutes longer, until asparagus is bright in color. Add wine and raise the heat to bring the wine to a boil. Reduce the wine until a scant tablespoon remains. Add chicken stock. Bring to a boil and then reduce heat to low. Simmer for about 20 minutes until the vegetables are soft. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend on Low, using a gentle up-and-down motion until ingredients are well combined, about 40 to 50 seconds. Season with salt, pepper and basil. Stir in cream if using.

While soup is cooking, bring 2 cups of water to a boil. Add the asparagus tips and cook for 2 minutes until bright green. Drain and immediately plunge into an ice-water bath to stop cooking.

Serve soup hot, garnished with reserved asparagus tips.

Nutritional information per ½-cup serving:

*Calories 81 (28% from fat) • carb. 10g • pro. 4g • fat 3g • sat. fat 1g
• chol. 6mg • sod. 525mg • calc. 36mg • fiber 2g*

Curried Cauliflower Soup

Makes 5 cups

- 1** **tablespoon olive oil**
- 4** **ounces leeks, washed and trimmed, dark green parts removed, sliced**
- 1** **teaspoon curry powder**
- ¼** **teaspoon turmeric**
- ½** **teaspoon kosher salt**
- 1** **head of cauliflower (about 1¾ pounds) cut into small florets**
- 3½** **ounces red potatoes, peeled and cut into ½-inch cubes**
- ½** **cup white wine**
- 3½** **cups chicken stock or vegetable stock**
- 1** **teaspoon fresh lemon or lime juice**

Heat the olive oil in a 4-quart saucepan over medium heat. Add leeks and “sweat” for about 6 to 8 minutes until very soft. Add curry powder, turmeric, and salt to leek mixture and cook for about 1 to 2 minutes. Add cauliflower florets and potatoes. Stir to coat with spices and cook for another 5 minutes to soften slightly. Add white wine and increase heat to bring to a boil. Reduce the wine until there is a scant amount left. Add stock just to cover. Bring to a boil and then reduce heat to medium. Simmer for about 25 minutes or until the vegetables are very soft.

Insert the blender into the saucepan, making sure the protective guard is submerged. Blend on Low, using an up-and-down motion until

ingredients are well combined, about 45 to 50 seconds. Add lemon juice. Taste and adjust seasoning accordingly.

Nutritional information per ½-cup serving:

*Calories 71 (22% from fat) • carb. 10g • pro. 4g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 350mg • calc. 39mg • fiber 3g*

Sweet Red Pepper Coulis

*This multipurpose sauce is great for chicken,
fish, crab cakes, and pastas.*

Makes 2½ cups

- 1** **tablespoon olive oil**
- 1** **medium yellow onion, roughly chopped**
- 6** **garlic cloves, smashed**
- 3** **medium red peppers (about 6 ounces each), roughly chopped**
- ½** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**
- ¼** **cup dry white wine**
- ¼** **cup chicken stock**

Heat the olive oil in a 2½-quart saucepan over medium-low heat. Add the onion, garlic, red peppers, salt, and pepper and stir to coat. Reduce heat to low, cover loosely and “sweat” slowly until softened, about 15 to 20 minutes. Take care that the vegetables do not pick up any color.

When vegetables are soft, add wine and increase the temperature so that the wine comes to a boil. Reduce the wine until about 1 tablespoon remains. Add stock and bring to a boil. Reduce heat to medium-low and simmer for about 10 minutes. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend on Low, using an up-and-down motion until ingredients are smooth and well combined, about 50 to 60 seconds.

Nutritional information per ½-cup serving:

*Calories 41 (33% from fat) • carb. 5g • pro. 1g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 148mg • calc. 13mg • fiber 1g*

Green Chile Sauce

This sauce is excellent served with your favorite Mexican dish – or use it as a base for a delicious Southwestern stew.

Makes 2¼ cups

- 1½ pounds Anaheim or green New Mexican chiles**
- 1 small onion (approximately ¾ ounces), quartered**
- 1 large garlic clove**
- 1 jalapeño pepper (approximately ½ ounces), halved and seeded**
- 1 tablespoon unsalted butter**
- 1 tablespoon unbleached, all-purpose flour**
- 1½ cups chicken stock**
- ¾ teaspoon kosher salt**

Preheat oven to 450°F. Arrange chilies on a baking sheet and roast until very dark and skin is coming away from the chili, about 30 minutes. Place chilies in a mixing bowl and cover with plastic wrap to allow for the skins to loosen, about 15 minutes.

Insert the blade assembly in the work bowl. Put the onion, garlic, and jalapeño into the work bowl and pulse on High approximately 8 times to a rough chop.

Peel the cooled chilies, discarding all skin, seeds, and stems. Cut into ½-inch pieces. Put in work bowl and pulse 6 times to chop.

Melt the butter in a 3½-quart saucepan over medium heat. Add the onion, garlic and jalapeño mixture and sauté for about 4 to 5 minutes until soft. Stir in chopped chiles and cook for another minute. Add flour and stir and cook for 2 minutes. Add stock and bring to a boil. Add salt and reduce to a simmer for about 25 minutes. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend on Low, using an up-and-down motion until ingredients are well combined, about 40 to 60 seconds, until the sauce reaches desired consistency.

Nutritional information per ¼-cup serving:

*Calories 39 (35% from fat) • carb. 5g • pro. 1g • fat 2g • sat. fat 1g
• chol. 3mg • sod. 476mg • calc. 59mg • fiber 1g*

Garden Vegetable Tomato Sauce

A fresh and healthy pasta sauce that is excellent served with whole-wheat pasta and topped with crumbled feta cheese.

Makes 4 cups

- 4 ounces yellow onion, quartered**
- 1 tablespoon olive oil**
- 2 garlic cloves, crushed**
- 3½ ounces red bell pepper, cut into 1-inch pieces**
- 3 ounces eggplant, peeled and cut into 1-inch pieces**
- 3 ounces zucchini, cut into 1-inch pieces**

-
- 3** ounces summer squash, cut into 1-inch pieces
1 small carrot, peeled and cut into ½-inch pieces
¼ cup dry white wine
1 sprig fresh thyme
¾ teaspoon salt
1 can (28 ounces) diced tomatoes

Insert the blade assembly in the work bowl. Put the onion into the work bowl and pulse on High approximately 8 times to a rough chop.

Heat the olive oil in a 3-quart saucepan over medium heat. Add the chopped onion and the crushed garlic cloves to the pan and reduce heat to low. One at a time, place the remaining vegetables in the work bowl and chop with 8 even pulses and then add to the pan, stirring between each addition. After carrot is added, stir and allow vegetables to cook over low heat for about 15 minutes.

Add white wine and reduce wine to 1 tablespoon. Add thyme, salt, and tomatoes. Simmer for 25 minutes longer.

Insert the blender into the saucepan, making sure the protective guard is submerged. Blend on Low, using an up-and-down motion until ingredients are well combined, about 50 to 60 seconds.

Nutritional information per ¼-cup serving:

*Calories 60 (25% from fat) • carb. 9g • pro. 2g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 351mg • calc. 29mg • fiber 3g*

Basic Vinaigrette

Use this basic recipe as a guide and change your vinegar/oil flavors to come up with appropriate combinations to create exciting salads. You may add other flavors such as crushed or roasted garlic, chopped shallots, fresh or dried herbs, sun-dried tomatoes, honey, lemon juice, or flavored vinegars.

Makes 1 cup

- ¼** cup wine vinegar
1 tablespoon Dijon mustard
¾ cup salad or olive oil
kosher salt and freshly ground pepper to taste

Put all ingredients into the beaker. Process on Low until combined, about 10 to 15 seconds. Keep unused portions in an airtight container in the refrigerator up to 2 weeks.

Nutritional information per tablespoon:

*Calories 91(98% from fat) • carb. 0g • pro. 0g • fat 10g • sat. fat 1g
• chol. 0mg • sod. 23mg • calc. 0mg • fiber 0g*

Creamy Parmesan & Roasted Garlic Dressing

Similar to a Caesar dressing, but made with roasted garlic to give the dressing a more mellow flavor.

Makes about 1 $\frac{1}{3}$ cups

- 1 ounce Parmigiano-Reggiano cheese, cut into $\frac{1}{2}$ -inch cubes**
- 4 cloves roasted garlic***
- 2 tablespoons fresh lemon juice**
- 2 tablespoons red or white wine vinegar**
- 2 tablespoons low fat mayonnaise or pasteurized liquid egg product (such as EggBeaters®)**
- 1 tablespoon Dijon mustard**
- 1 tablespoon anchovy paste**
- 1 teaspoon Worcestershire sauce**
- 1 teaspoon freshly ground pepper**
- 1 cup extra virgin olive oil**
- Tabasco® or other hot sauce (to taste)**

Insert the blade assembly in the work bowl. Put the cheese cubes into the work bowl. Pulse on High to chop, 10 times, then process to chop finely, about 15 to 20 seconds. Add remaining ingredients to work bowl. Process on Low for about 30 to 40 seconds, until creamy and totally emulsified.

Nutritional information per tablespoon:

*Calories 53 (89% from fat) • carb. 1g • pro. 1g • fat 5g • sat. fat 1g
• chol. 4mg • sod. 82mg • calc. 18mg • fiber 0g*

*To roast garlic: Place 12 or more peeled cloves in a double thickness of aluminum foil, toss with a tablespoon of olive oil and fold the foil to seal. Roast in 375°F oven for 30 to 40 minutes, until tender and browned. If you do not wish to roast the garlic, you may blanch it until tender.

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Mayonnaise

Make quick mayonnaise in just moments.

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

- 4 large egg yolks (or use $\frac{1}{4}$ cup pasteurized liquid egg product, such as EggBeaters®)**
- 1 tablespoon fresh lemon juice**
- $\frac{1}{2}$ tablespoon Dijon mustard**
- 1 cup vegetable oil**
- $\frac{1}{4}$ teaspoon kosher salt**
- $\frac{1}{4}$ teaspoon ground white pepper**

Put all ingredients into mixing cup in order listed. Insert blender holding blade against bottom of container and process on Low until mixture begins

to thicken, about 5 seconds. Continue processing on Low with a gentle up-and-down motion until thick, about 25 to 30 seconds longer.

Nutritional information per tablespoon:

*Calories 98 (98% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 1g
• chol. 2mg • sod. 29mg • calc. 1mg • fiber 0g*

Mango Salsa

Mango salsa is excellent served over grilled fish such as salmon, tuna, swordfish or scallops, and grilled chicken, duck or pork tenderloin. It can also be served like traditional tomato salsa with tortilla chips.

Makes 1 cup

- ¼ red bell pepper (about 1 ounce), cut into ½-inch pieces (¼ cup)**
- 1 small garlic clove**
- ½ jalapeño pepper, seeded, cut into ½-inch pieces**
- ½ small red onion (about 1½ ounces), cut into ½-inch pieces**
- 1 mango (12 to 14 ounces), cut into ½-inch pieces**
- 1½ tablespoons fresh cilantro leaves**
- 2 teaspoons fresh lime juice**
- 1½ teaspoons rice vinegar (may use raspberry or white balsamic vinegar)**
- ½ teaspoon honey**

Insert the blade assembly in the work bowl. Put the red bell pepper pieces in the work bowl and pulse on Low to coarsely chop, 6 to 8 pulses. Transfer to a 1-quart bowl and reserve. Add the garlic, jalapeño pepper and onion to the work bowl; and pulse on Low 8 to 10 times to chop. Remove and add to chopped red pepper. Add mango and cilantro to work bowl and pulse until mango reaches desired consistency, about 10 to 20 pulses, stopping to scrape sides as necessary. Transfer to the bowl with the chopped red pepper and reserve. Stir in the lime juice, vinegar, and honey. Cover and let sit for 30 minutes to allow the flavors to blend. If not using immediately, cover and refrigerate. Mango salsa is best when served the day it is prepared, but may be prepared up to one day ahead. Remove from the refrigerator 30 minutes before serving for best flavor.

Nutritional information per ¼-cup serving:

*Calories 45 (3% from fat) • carb. 12g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 28mg • calc. 11mg • fiber 1g*

Guacamole

An all-time favorite- serve guacamole with tortilla chips or vegetable crudités.

Makes $\frac{2}{3}$ cup

- 1 garlic clove, smashed**
- 1 green onion, trimmed and cut into $\frac{1}{2}$ -inch pieces**
- $\frac{1}{2}$ jalapeño pepper, seeded and cut into $\frac{1}{2}$ -inch pieces**
- 1 ripe avocado (about 10 ounces), cut into $\frac{3}{4}$ -inch pieces**
- 1 tablespoon fresh lime juice**
- $\frac{1}{4}$ teaspoon cumin powder**
- $\frac{1}{4}$ teaspoon ground coriander**
- $\frac{1}{4}$ teaspoon kosher salt**

Insert the blade assembly in the work bowl. Put the garlic, green onion and jalapeño pepper into the work bowl. Pulse on Low to chop, 10 to 12 times. Add avocado, lime juice, cumin, coriander and salt. Pulse on Low to chop avocado, 10 times, for a chunky guacamole. If smoother guacamole consistency is desired, process on Low continuously until desired consistency is reached, stopping every 20 to 30 seconds to scrape the bowl.

Transfer to a serving bowl, cover with plastic wrap placed directly on the guacamole and refrigerate for 30 minutes before serving to allow the flavors to blend.

Nutritional information per tablespoon:

*Calories 25 (72% from fat) • carb. 2g • pro. 0g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 65mg • calc. 3mg • fiber 1g*

Roasted Pepper Tapenade

Makes 1 cup

- 1 small garlic clove**
- 1 jar (12 ounces) roasted peppers, drained, cut into 1-inch pieces**
- $\frac{1}{2}$ sun-dried tomato (oil-packed)**
- 2 tablespoons green pimento-stuffed olives, drained**
- $\frac{1}{2}$ teaspoon fresh thyme**
- $\frac{1}{2}$ teaspoon extra virgin olive oil**
- pinch salt**
- pinch pepper**

Insert the blade assembly in the work bowl. Put the garlic into the work bowl and process on High for 10 to 15 seconds; scrape bowl.

Add remaining ingredients to work bowl; pulse on Low evenly 10 to 15 times to reach desired consistency. Season to taste. Serve with crackers or crostini.

Nutritional information per ¼-cup serving:
Calories 50 (42% from fat) • carb. 5g • pro. 1g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 481mg • calc. 16mg • fiber 1g

White Bean Spread

Makes 1¼ cups

- 1 small garlic clove**
- 6 fresh sage leaves**
- ½ ounce tomato**
- 1 can (13.5 ounces) cannellini beans (or other white beans), rinsed and drained**
- 2 teaspoons extra virgin olive oil**
- ½ teaspoon kosher salt**
- fresh ground pepper to taste**

Insert the blade assembly in the work bowl. Put the garlic into the work bowl and process on High for 30 seconds. Add sage and pulse on High 4 times. Add tomato and pulse on Low 4 times. Add remaining ingredients to work bowl; pulse on Low evenly 6 to 10 times to reach desired consistency. Season to taste. Serve with crackers or as a topping for bruschetta. For a smoother spread, add 2 to 4 tablespoons water and process on Low until smooth and creamy.

Nutritional information per ¼-cup serving:
Calories 120 (15% from fat) • carb. 20g • pro. 6g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 239mg • calc. 67mg • fiber 4g

Tomato and Basil Topping for Bruschetta

Makes 1 cup

- 1 small garlic clove**
- 1½ tablespoon fresh basil leaves**
- 1 pint grape tomatoes**
- 3 teaspoons extra virgin olive oil**
- ½ teaspoon salt**

Insert the blade assembly in the work bowl. Put garlic into the work bowl and run on High for 30 seconds. Add basil and pulse on High 4 times.

Add remaining ingredients to work bowl; pulse on Low about 10 to 15 times to reach desired consistency. Season to taste. Serve as topping for bruschetta.

Nutritional information per serving:
Calories 50 (61% from fat) • carb. 4g • pro. 1g • fat 4g • sat. fat 1g
• chol. 0mg • sod. 301mg • calc. 8mg • fiber 1g

DESSERTS

Chocolate Pistachio Macaroons

A change from the traditional almond macaroon.

Makes about 30 cookies

- ½ cup shelled pistachios, unsalted**
- ¾ cup granulated sugar, divided**
- ¼ cup Dutch processed cocoa**
- 4 large egg whites**
- 1 cup mini chocolate morsels**

Preheat oven to 325°F. Line two 15 x 11½-inch baking sheets with parchment paper.

Insert the blade assembly in the work bowl. Put the pistachios and ¼ cup of the sugar into the work bowl and process on High for 30 to 40 seconds until finely ground. Add cocoa and pulse on High 6 times to incorporate.

Put the egg whites in a glass or stainless mixing bowl. Insert the blender fitted with the whisk attachment and beat whites on Low. After 1½ minutes add the remaining ½ cup of sugar and continue on High. Whites should reach firm peaks after 3 minutes.

Fold the pistachio and cocoa mixture into the egg whites in three increments with a rubber spatula. Gently fold in the chocolate morsels, taking care not to deflate the mixture.

Drop the batter in spoonfuls (2 tablespoons) onto the prepared baking sheets. Bake in preheated 325°F oven for 35 to 40 minutes, until the cookies lift easily from the baking sheet and cookie bottoms are smooth.

Transfer the parchment with the cookies from the hot pan to a cool surface. Peel off the paper and store macaroons in airtight container once cooled.

Nutritional information per macaroon:

*Calories 76 (38% from fat) • carb. 11g • pro. 1g • fat 3g • sat. fat 1g
• chol. 0mg • sod. 11mg • calc. 4mg • fiber 2g*

Sweet Whipped Cream

Sweetened whipped cream is the perfect finish for just about any dessert, or spoon a dollop over coffee or hot chocolate.

Makes 2 cups

- 1¼ cups heavy cream, chilled**
- 2 tablespoons granulated sugar**
- 1½ teaspoons pure vanilla extract**

Put the cream, sugar and vanilla into a large stainless or glass mixing bowl. Insert the blender fitted with the whisk attachment. Start the blender on Low but be careful to have the whisk just skim the surface of the cream. Blend until the cream gains some body and then move the blender in an up-and-down motion throughout the bowl. Switch to High for the last 20 seconds. Whipped cream will reach soft peaks in 50 to 60 seconds.

Nutritional information per serving (2 tablespoons):

*Calories 70 (86% from fat) • carb. 2g • pro. 0g • fat 7g • sat. fat 4g
• chol. 25mg • sod. 7mg • calc 12mg • fiber 0g*

Cocoa Whipped Cream: Put 1¼ cups heavy cream, 3 tablespoons granulated sugar, 1 tablespoon unsweetened cocoa, and 1 teaspoon pure vanilla extract into mixing bowl. Whip as directed.

Berry Coulis

This versatile dessert sauce could not be easier.

Makes 1¼ cups

- 1 12-ounce bag of frozen mixed berries, thawed**
- ¼ cup granulated sugar**
- ½ teaspoon fresh lemon juice**

Put all ingredients into a 2½-quart saucepan. Bring mixture to a simmer over medium heat and cook for about 5 minutes to melt the sugar. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend on Low, using an up-and-down motion until ingredients are well combined, about 30 to 40 seconds. Strain the sauce through a fine mesh strainer and serve.

Nutritional information per ¼-cup serving:

*Calories 86 (4% from fat) • carb. 22g • pro. 0mg • fat 0g • sat. fat 0g
• chol. 0mg • sod. 25mg • calc. 14mg • fiber 4g*

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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.

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