

Cuisinart®

INSTRUCTION/ RECIPE BOOKLET



Quick Prep® Hand Blender **CSB-33 Series**

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

Download from [Www.Somanuals.com](http://www.somanuals.com). All Manuals Search And Download.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS

1. To protect against risk of electrical shock, do not put motor base, cord or plug in water or other liquid. The drive shaft of this appliance has been designed for submersion into water or other liquids. Never submerge any other portion of this unit.
2. This appliance should not be used by children. Care should be taken when used near children.
3. Unplug from outlet when not in use and before cleaning.
4. Keep hands, hair, clothing, and utensils away from blade and mixing container while operating the Quick Prep® to prevent the possibility of severe injury to persons and/or damage to the Quick Prep®. A spatula may be used but must be used only when the unit is not operating. Avoid contacting moving parts.
5. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return the appliance to the nearest Cuisinart® authorized service facility for examination, repair, electrical or mechanical adjustment.
6. The use of accessory attachments not recommended or sold by Cuisinart for this specific model may result in fire, electric shock or personal injury.
7. Do not use outdoors.
8. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stove top.
9. Do not use on stove. Do not place on or near a hot gas or electric burner, or in a heated oven.
10. Blade is SHARP. Handle carefully.
11. When mixing liquids, especially hot liquids, use a tall container or make small quantities at a time to reduce spillage and possibility of injury.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

TABLE OF CONTENTS

Important Safeguards	Page 2
Introduction	Page 3
The Parts	Page 4
Before You Begin	Page 5
Using Your Cuisinart® Quick Prep® Hand Blender	Page 5
Everyday Uses	Page 6
Techniques for Use	Page 7
Cleaning Instructions	Page 7
Recipe Suggestions	Page 8
Recipe Table of Contents	Page 9
Warranty	Page 19

INTRODUCTION

The stick blender has become a kitchen basic, and the Cuisinart® Quick Prep® Hand Blender is one of the best. An extremely versatile food preparation appliance, this Cuisinart® Hand Blender is compact and efficient. It's designed to handle a variety of basic, time-consuming tasks like blending, mixing, emulsifying, whipping, pureeing – even processing bread crumbs – to give you time for more creative culinary undertakings!

You'll love what the Quick Prep® Hand Blender can do for your good health, too. Starting with fresh, nutritious ingredients, you can puree baby foods, fruits and vegetables. Mash potatoes, make your own homemade mayonnaise without additives or preservatives, and prepare healthy after-school snacks and dips in minutes.

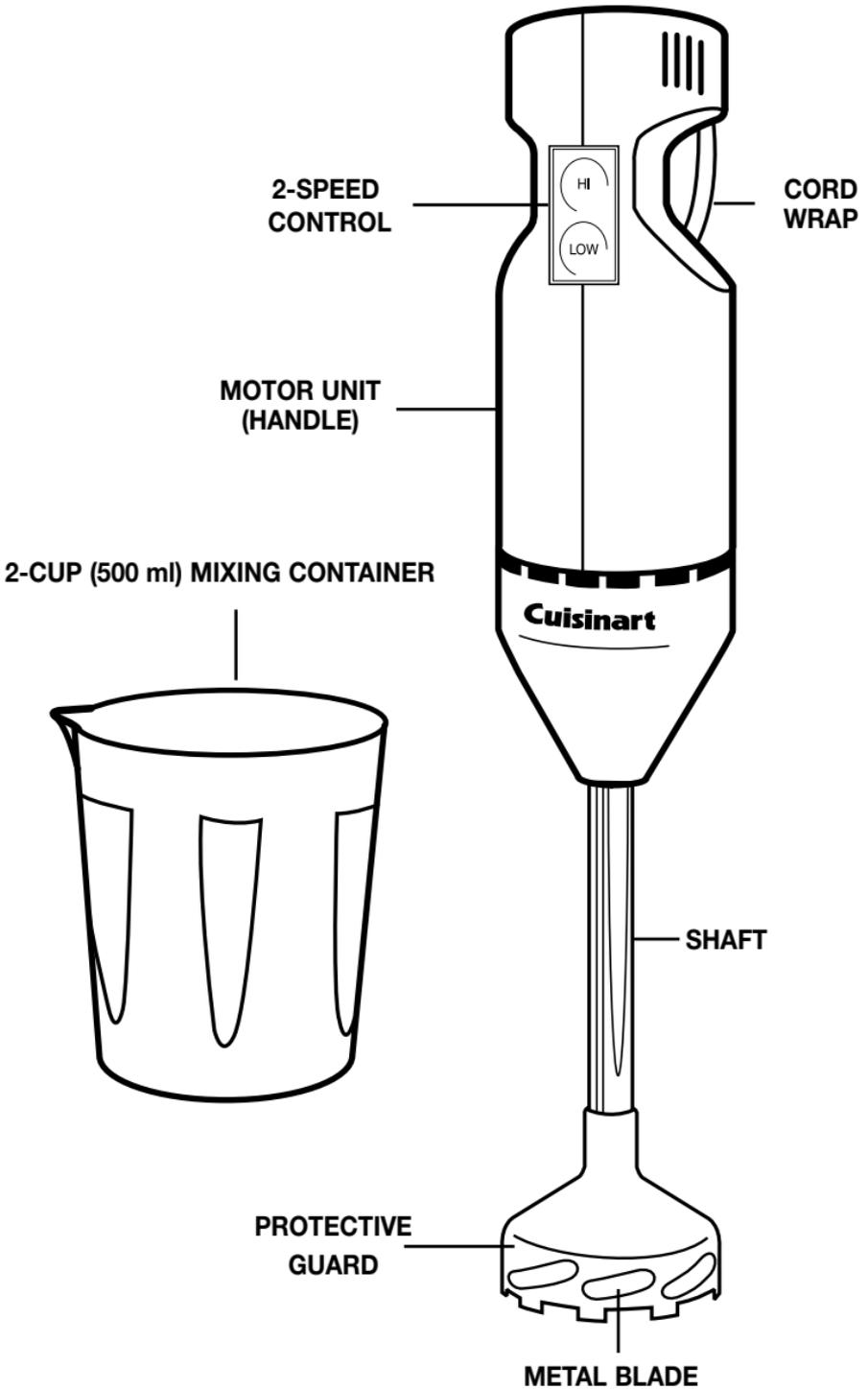
Comfortable, one-handed operation makes all this blending easy, and Cuisinart's expertise in engineering food prep tools makes the results perfect.

Powerful, versatile, and efficient, the Cuisinart Quick Prep® Hand Blender is the ideal tool for all of your everyday food prep tasks.

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.

THE PARTS



BEFORE YOU BEGIN

NOTE: Always unplug the Quick Prep® Hand Blender before cleaning the metal blade.

Before using the Quick Prep® Hand Blender, Cuisinart suggests that you wipe the unit with a clean, damp cloth to remove any dirt or dust. Place the metal blade end of the hand blender under running water to rinse it. Dry thoroughly with a soft absorbent cloth. Read all instructions completely for detailed operating procedures.

USING YOUR QUICK PREP® HAND BLENDER

NOTE: Always unplug the Quick Prep® Hand Blender after each use. Keep out of reach of children.

To prevent splattering, be careful never to remove the Cuisinart® Quick Prep® Hand Blender from the liquid while in operation.

NOTE: If a piece of food becomes lodged in the guard surrounding the metal blade, follow the safety instructions noted below:

1. Release the power button and **unplug** the unit from the electrical outlet.
2. Once the power source has been disconnected, use a spatula to carefully remove the food lodged in the blade guard. Avoid injury. The blade is sharp. Do not use your fingers to remove lodged objects.
3. After the lodged food has been removed, plug the unit back into its power supply and continue processing.

EVERYDAY USES:

Food	Speed	Technique
Baby Foods/Purées (Vegetables; Fruits; Cooked Diced Meats with broth/juices)	Hi	Strong up and down motion, adding water/milk/ cooking liquid as needed for texture. Pieces of even sizes (1/2"/ 1.25 cm or less) will produce the smoothest results.
Batters	Lo/Hi	Gentle up and down motion. Begin on Lo, process on Hi if necessary. Do not over blend.
Bread Crumbs/Cracker Crumbs	Lo	Cut/break bread/crackers into 1/2"/1.25 cm pieces, process no more than 15 at a time. Place the hand blender just on top of the bread cubes/cracker pieces; pulse on Lo. Stop and shake container as necessary. Best bread crumb results with firm bread, crust removed.
Compound Butters/ Flavoured Cream Cheese	Lo	Cut butter/cream cheese into 1/2"/1.25 cm pieces. Let stand at room temperature 20-30 minutes. Add minced garlic, herbs, citrus zest to taste for savoury spreads; add preserves, sugar, honey, extracts for sweet spreads. Pulse on Lo, then process on Hi to blend completely.
Mayonnaise/Creamy Emulsion Dressings	Lo	Insert hand blender into ingredients. Run on Lo for 15 seconds, until thickening begins, then process using gentle up and down motion until desired thickness is reached.
Salad dressings/ Vinaigrettes	Lo	Gentle up and down motion
Soups/Sauces/Gravies	Lo/Hi	Gentle up and down motion. Begin on Lo, then process on Hi. Place hand blender in bottom of mixing beaker, mix on HI -20 seconds, then using gentle up-and-down motion, mix on low for 20-30 seconds.
Whipped Cream	Lo/Hi	

TECHNIQUES FOR USE

For smooth, even, consistent results, foods should be cut into uniform pieces, 1/2 inch (1.25 cm) or less. Insert the Cuisinart® Quick Prep® Hand Blender into the food to be processed and use a gentle up-and-down action for blending, mixing and puréeing. For some thicker mixtures, a stronger motion may be necessary. Always keep the blade below the surface of liquid/ingredients to prevent spatter. Turn the hand blender **off** before lifting it out of the foods you are processing.

As you use your Cuisinart® Quick Prep® Hand Blender more, you will find the best method for your favourite recipes.

TO BLEND, MIX OR PUREE

Insert the Cuisinart® Quick Prep® Hand Blender in the mixture to be processed. Process on the speed needed to produce optimum results (use EveryDay Uses and Recipes as a guide). For Shakes/Smoothies, use the 2-cup (500 ml) mixing container that comes with the hand blender, or a tall pitcher. To mix instant desserts, use a deep, narrow bowl for best results. For puréeing, use either the mixing container, an appropriate mixing bowl, or for soups and hot sauces, use the Quick Prep® Hand Blender right in the pan. Use this technique to prepare fresh, homemade baby foods from your family favourites (consult your family physician or pediatrician for appropriate food recommendations).

TO EMULSIFY

(mayonnaise / vinaigrettes)

Place the ingredients in the 2-cup (500 ml) mixing container or an appropriate mixing bowl. Insert the Quick Prep® Hand Blender into the mixture and run on Lo speed for 15 seconds, until the mixture begins to thicken. Continue to blend, using a slow, gentle up-and-down motion, taking care not to lift the mixing blades above the top surface of the ingredients to avoid spatter. Blend until mixture has reached the desired thickness.

CLEANING INSTRUCTIONS

Always clean the Cuisinart® Quick Prep® Hand Blender thoroughly after each use. **Unplug the unit** and hold the blade portion of the Quick Prep® under hot running water to rinse clean. If food particles are not easily rinsed off the blade area, use a small spatula or brush to remove particles. Do not use your fingers as the blade is sharp. NEVER submerge or allow water to run onto the motor base of the appliance. Wipe the motor base clean with a damp cloth and dry before storing. Wash the mixing container in hot, soapy water and dry before storing, or conveniently place in the dishwasher after each use.

Cleaning Tip: After preparing oily foods (salad dressing, mayonnaise, etc.), fill the container with hot soapy water. Unplug the Quick Prep® Hand Blender and place it in the container *in the sink* to soak. Rinse the blade with hot water.

RECIPE SUGGESTIONS

TIPS FOR USING THE CUISINART® QUICK PREP® HAND BLENDER

- Using a gentle up and down motion is the best way to blend and incorporate ingredients uniformly.
- Turn the CSB-33 series Hand Blender off and let the blade stop completely before lifting the unit out of the mixture you are processing to avoid spatter.
- Use Lo speed when adding solid ingredients to liquid.
- Adding liquids that are warm, not cold, facilitates blending solids with liquids.
- For recipes calling for ice, use crushed ice (not whole cubes) for best results.
- To whip air into a mixture, always hold the blade just under the surface.
- To make a soup creamy in texture, use the CSB-33 series Hand Blender to purée the soup solids to the desired consistency using a gentle up and down motion right in the saucepan. You can quickly change your soup into a thick and creamy blend.
- If you are making a dip or spread, it is not necessary to process completely into a smooth purée, leave some texture for interest.
- When making compound butters, remove the butter from the refrigerator and let it come to room temperature before blending the ingredients.
- The CSB-33 series Hand Blender is perfect for frothing milk for cappuccino or lattes.
- Use the CSB-33 series Hand Blender to make smooth gravies and pan sauces.
- The CSB-33 series can be safely used in a saucepan with a nonstick surface as the blade itself never touches the pan.
- For best results when adding celery to a recipe, use a vegetable peeler to remove tough outer strings from celery before slicing.

RECIPE TABLE OF CONTENTS

BEVERAGES/DRINKS

Peanut Butter Cup Milkshake	Page 10
Strawberry Banana Smoothie	Page 10
Orange Creamsicle Smoothie	Page 11
Mexican Hot Chocolate (with Whipped Cream)	Page 11

DIPS/DRESSINGS/SAUCES (Savoury)

Basic Vinaigrette	Page 12
Creamy Parmesan & Roasted Garlic Dressing	Page 13
Rustic Tomato Sauce	Page 14

SOUPS/SIDE DISHES/ENTRÉE

Yukon Gold Potato Soup with Roasted Garlic	Page 15
Quick and Easy Black Bean Soup	Page 16

DESSERTS/SWEET SAUCES

Fast & Fresh Applesauce	Page 17
Mango Coulis	Page 18
Sweetened Whipped Cream	Page 18

ABOUT THE RECIPES

Preparation times are estimates and are based on the time it takes to prepare, assemble, and cook the ingredients once they have been gathered from the refrigerator and cupboard and placed on the counter.

Nutritional analyses are based on number of servings indicated. If a recipe produces a range of servings or has low/high fat ingredient choices, the nutritional analysis is based on the highest serving yield using the lowest fat alternative ingredient for that particular recipe.

For best results when measuring dry ingredients such as flour that may settle, stir flour first, spoon into measuring cup, then level off with the straight edge of a knife.

RECIPES

PEANUT BUTTER CUP MILKSHAKE

You can make any flavour milkshake using these proportions and your favourite flavours. Here chocolate ice cream blends with peanut butter to make this creamy shake that tastes like that candy bar favourite.

Makes 2 servings

Preparation: 5 minutes or less.

- 2/3 cup (150 ml) reduced fat milk
- 1 cup (250 ml) chocolate ice cream
- 1 tablespoon (15 ml) chocolate syrup
- 2 teaspoons (10 ml) peanut butter (creamy or chunky)

Place all the ingredients in the mixing container. Blend on Low speed with a gentle up-and-down motion for 15 to 20 seconds, then blend on High for an additional 15 to 20 seconds until creamy and thick. Serve immediately.

*Calories 241 (42% from fat) • carb. 29g • pro. 7g •
fat 11g • sat. fat 6g • chol. 28mg • sod. 121mg •
calc. 172mg • fiber 0g*

STRAWBERRY BANANA SMOOTHIE

This smoothie makes a great "breakfast on the run".

Preparation: 5 minutes or less

Makes 1 serving

- 1 cup (250 ml) fresh or frozen strawberries (partly thawed), hulled and cut in half
- 1/2 medium – large banana, peeled, cut into 1/2" (1.25 cm) slices
- 1/2 cup (125 ml) orange juice or apricot nectar
- 1 cup (250 ml) fat free vanilla yogurt

Place all the ingredients in the mixing container. Blend on Low speed with a gentle up-and-down motion for 15 to 20 seconds, then blend on High for an additional 15 to 20 seconds until creamy and thick. Serve immediately.

*May substitute blueberries, raspberries, sliced peaches or mangos.

*Calories 345 (4% from fat) • carb. 74g • pro. 13g •
fat 1g • sat. fat 0g • chol. 4mg • sod. 129mg •
calc. 403mg • fiber 7g*

ORANGE CREAMSICLE SMOOTHIE

This refreshing dessert smoothie is reminiscent of that childhood ice cream favourite.

Makes 2 servings

Preparation: 5 minutes or less

- 1 cup (250 ml) fat free vanilla frozen yogurt
- 2/3 cup (150 ml) reduced fat milk
- 1/4 cup (50 ml) frozen orange juice concentrate, thawed (not reconstituted)
- 1/2 teaspoon (2 ml) vanilla extract

Place all the ingredients in the mixing container. Blend on Low speed with a gentle up-and-down motion for 15 to 20 seconds, then blend on High for an additional 15 to 20 seconds until creamy and thick. Serve immediately.

Nutritional information per serving:

*Calories 193 (7% from fat) • carb. 40g • pro. 5g • fat 2g •
sat. fat • chol. 6mg • sod. 86mg •
calc. 169mg • fiber 0g*

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.*

Preparation: 15 – 20 minutes

Makes 12 – 16 servings

- 2 quarts (1.9 L) fat free milk
- 3 3" (7.5 cm) cinnamon sticks
- 20 ounces (567 g) bittersweet chocolate (your favourite), broken into chunks
- 1 tablespoon (15 ml) vanilla extract

Combine the milk and cinnamon sticks in a 3-3/4 quart (3.5 L) Cuisinart® Saucepan. Place over medium heat and stir constantly to heat until steamy and just beginning to bubble around the edges. Reduce heat to low and simmer for 10 minutes to infuse the cinnamon flavour into the milk. Stir in the chocolate chunks. When chocolate is melted, remove cinnamon sticks and stir in vanilla extract. Insert the Cuisinart® Quick Prep® Hand Blender and process on Low for 30 seconds using a gentle up-and-down motion. Switch to High and process for 1-1/2 to 2 minutes longer 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 (45- 50 ml) 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*

BASIC VINAIGRETTE

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

Preparation: 5 minutes or less

Makes 1 cup (250 ml)

1/4 cup (50 ml) wine vinegar
1 tablespoon (15 ml) Dijon mustard
3/4 cup (175 ml) salad or olive oil
kosher salt and freshly ground pepper to taste

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

Nutritional analysis per tablespoon (15 ml):

*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

*Like a Caesar dressing, but made with roasted garlic,
taking away the pungent bite of fresh garlic.*

Preparation: 10 minutes or less

Makes about 1-1/3 cups (325 ml)

- 1/3 cup (75 ml) grated Parmesan cheese
- 4 cloves roasted garlic*
- 2 tablespoons (25 ml) fresh lemon juice
- 2 tablespoons (25 ml) red wine vinegar
- 2 tablespoons (25 ml) pasteurized liquid egg product
(such as EggBeaters®)
- 1 tablespoon (15 ml) Dijon mustard
- 1 tablespoon (15 ml) anchovy paste
- 1 teaspoon (5 ml) Worcestershire sauce
- 1/4 teaspoon (1 ml) freshly ground pepper
- 1/2 cup (125 ml) extra virgin olive oil
- Dash Tabasco® or other hot sauce (to taste)

Place all the ingredients in the mixing container in the order listed. Insert the Quick Prep® Hand Blender and process on Low speed for 20 seconds. Change to High speed and process for 30 to 40 seconds longer, until creamy and totally emulsified.

*See Yukon Gold Potato & Roasted Garlic Soup for instructions to roast garlic.

Nutritional analysis per tablespoon (15 ml):

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

RUSTIC TOMATO SAUCE

When tomatoes are in season, substitute an equal amount of peeled diced fresh tomatoes.

Preparation: 10 - 15 minutes, plus cooking time

Makes about 5 cups (1.2 L)

- 2 teaspoons (10 ml) extra virgin olive oil
- 1 onion (5-6 oz/142-170g), peeled and cut in 1/2" (1.25 cm) pieces
- 1 carrot (2 ounce/57 g), peeled and cut in 1/2" (1.25 cm) pieces
- 1 rib celery, trimmed and cut in 1/2" (1.25 cm) pieces
- 2 cloves garlic, peeled
- 1 teaspoon (5 ml) dried basil
- 1 roasted red bell pepper, cut in 1" (2.5 cm) pieces
- 1/3 cup (75 ml) dry white wine (such as vermouth)
- 2 tablespoons (25 ml) tomato paste
- 2 15-ounce (425 ml) cans recipe ready diced tomatoes with juices
- 1/2 teaspoon (2 ml) kosher salt
- 1/4 teaspoon (1 ml) freshly ground black pepper

In a 2-3/4 quart (2.6 L) Cuisinart® Saucepan, heat the olive oil over medium heat. Add the onion, carrot, celery, garlic, and basil. Cover loosely and cook until the vegetables are softened, 6 to 8 minutes. Stir in the roasted red pepper, wine, tomato paste and tomatoes. Bring to a boil, then reduce heat and simmer for 35 to 40 minutes, loosely covered. Uncover and simmer for 15 to 20 minutes longer to thicken. Turn off heat and let sit 5 minutes. Insert the Quick Prep® Hand Blender and using a gentle up and down motion, process the sauce on Low speed for 30 to 40 seconds. Increase the speed to High and process for an additional 30 to 40 seconds, until well blended, but still with some texture.

Nutritional analysis per half cup (125 ml) serving:

*Calories 47 (17% from fat) • carb. 8g • pro. 1g • fat 1g •
sat. fat 0g • chol. 0mg • sod. 194mg •
calc. 26mg • fiber 2g*

YUKON GOLD POTATO AND ROASTED GARLIC SOUP

Creamy and satisfying, yet surprisingly low in fat.

Preparation: 15 minutes, plus cooking time

Makes eight cups (1.9 L) (8 servings)

- 1 ounce (28 g) peeled garlic cloves (8 - 12 cloves)
- 2 teaspoons (10 ml) extra virgin olive oil
- 1/2 tablespoon (7 ml) unsalted butter
- 1 medium onion (5 oz/142 g), peeled, cut in 1/2" (1.25 cm) pieces
- 1 carrot (2 ounces/57 g), peeled, cut in 1/2" (1.25 cm) pieces
- 1 rib celery (2 ounces/57 g), peeled, cut in 1/2" (1.25 cm) pieces
- 3-1/2 cups (875 ml) fat free, low-sodium chicken or vegetable stock
- 2 cups (500 ml) water
- 2 pounds (1 kg) Yukon gold potatoes*, peeled, cut in 1/2" (1.25 cm) slices
- 1 teaspoon (5 ml) herbs de Provence
- 1/2 cup (125 ml) evaporated fat free milk or half-and-half
- 1 teaspoon (5 ml) kosher salt
- 1/2 teaspoon (2 ml) ground white pepper

Preheat oven to 375°F (191°C). Place cloves of garlic in the centre of a 12" (30 cm) square of foil, drizzle with 1 teaspoon (5 ml) of the olive oil and toss to coat. Wrap the foil around the garlic and fold or crimp to seal. Roast until garlic is tender, about 1 hour. Cool slightly before using. (Garlic may be done ahead, and will keep in a resealable container for 5 days in the refrigerator.)

While the garlic is roasting, heat remaining olive oil with butter in a 3-3/4 quart (3.5 L) Cuisinart® Saucepan over medium heat. Add the onion, carrot, and celery. Reduce heat to low, cover loosely and cook until vegetables are tender but not browned, 8 to 10 minutes. Stir in the stock, water, potatoes, herbs de Provence, and roasted garlic. Raise heat and bring to a boil. Reduce heat to medium low and simmer, loosely covered, until potatoes are tender, about 20 minutes. Turn off heat and let sit for 2 to 3 minutes.

Insert the Cuisinart® Quick Prep® Hand Blender and process on Lo speed for 20 to 30 seconds, then process on Hi speed using a gentle up an down motion moving the blender slowly throughout the saucepan, until well combined, smooth, and no visible pieces of vegetables remain, about 1 to 1-1/2 minutes. Add half-and half, salt and pepper. Insert the Quick Prep® Hand Blender and process on Hi for an additional 30 to 40 seconds. Serve hot. Garnish with chopped fresh parsley if desired.

Nutritional information per serving (made with evaporated fat free milk):

*Calories 54 (29% from fat) • carb. 6g • pro. 3g • fat 2g •
sat. fat 0g • chol. 1mg • sod. 420mg •
calc. 67mg • fiber 1g*

*For a "rustic" soup, it is not necessary to peel potatoes if skins are tender. Take care to scrub the skins well if you decide not to peel the potatoes.

QUICK & EASY BLACK BEAN SOUP

For a spicier soup with a slightly smoky flavour, add one canned chipotle chili pepper with some of the sauce to the soup with the stock.

Preparation: 45 minutes (10 minutes active) from start to finish.

Makes 10 cups (2.4 L)

- 2 teaspoons (10 ml) extra virgin olive oil
- 1 onion (6 ounces/170 g), peeled, cut in 1/2" (1.25 cm) pieces
- 1 carrot (2 ounces/57 g), peeled, cut in 1/2" (1.25 cm) pieces
- 1 rib celery (2 ounces/57 g), peeled, cut in 1/2" (1.25 cm) pieces
- 1/2 red bell pepper, cored, seeded, cut in 1/2" (1.25 cm) pieces
- 3 cloves garlic, peeled
- 1-1/2 teaspoons (7 ml) cumin
- 1 teaspoon (5 ml) oregano
- 1 teaspoon (5 ml) thyme
- 3 cans (15 ounce/ 425 g) black beans, rinsed and drained (yield – 5 cups/1.2 L beans)
- 1 can recipe ready diced tomatoes (15 ounce/425 g) with juices
- 2-1/2 cups (625 ml) fat free, low sodium chicken or vegetable stock
- 1/2 cup (125 ml) water
- 1 bay leaf
- 1/2 - 1 teaspoon (2-5 ml) Tabasco® or other hot sauce, to taste
- 3/4 teaspoon (3 ml) kosher salt
- 1 tablespoon (15 ml) sherry vinegar (or medium dry sherry)
- lowfat sour cream as garnish

Heat the olive oil in a 3-3/4 quart (3.5 L) Cuisinart® Saucepan over medium heat. Add the onions, carrots, celery, red bell pepper, garlic, cumin, oregano, and thyme; stir to combine. Reduce heat to low, cover and cook over low heat until the vegetables are tender, about 8 to 10 minutes. Add the drained beans, tomatoes with juices, stock, water and bay leaf. Bring to a boil over high heat, then reduce heat to medium low, and simmer for 25 minutes uncovered, stirring now and then. Turn off heat; remove and discard bay leaf.

Insert the Quick Prep® Hand Blender in the soup. Process on Low for 30 to 40 seconds using a gentle up-and-down motion, moving the blender in a circular motion around the saucepan. Then process on High speed for an additional 20 to 30 seconds using the same gentle up-and-down motion. Stir in hot sauce, salt and sherry vinegar. Serve hot. Each serving may be garnished with a small dollop of sour cream.

Nutritional analysis per cup (250 ml):

*Calories 154 (9% from fat) • carb. 27g • pro. 9g • fat 2g •
sat. fat 0g • chol. 0mg • sod. 306g •
calc. 48mg • fiber 0g*

FAST & FRESH APPLESAUCE

One pan, no fuss applesauce, make it as you like it, chunky or smooth.

Preparation: 5 minutes or less, plus cooking time

Makes 3 cups (750 ml)

- 2 pounds (1 kg) apples (your favourite, Red Delicious not recommended), peeled, cored and cut into eighths
- 1/4 cup (50 ml) water
- 1 tablespoon (15 ml) fresh lemon juice

Combine all ingredients in a 2-quart (1.9 L) Cuisinart® Saucepan. Bring to a boil over high heat, then reduce heat to low, cover and simmer until apples are fork tender, 12 to 15 minutes. Remove from heat and let sit 5 minutes, still covered. Uncover and insert Quick Prep® Hand Blender. Process on Low speed using a gentle up-and down motion until desired consistency is reached, 15 to 60 seconds.

Nutritional analysis per serving (1/2 cup/125 ml):

*Calories 81(5% from fat) • carb. 21g • pro. 0g • fat 1g •
sat. fat 0g • chol. 0mg • sod 2mg •
calc. 8mg • fiber 4g*

Variations:

Cinnamon Applesauce: add a cinnamon stick when cooking the apples. Remove before processing.

Cranberry Applesauce: Substitute cranberry or cranapple juice for the water and add 1/3 to 1/2 cup (75-125 ml) dried cranberries to the apples before cooking.

MANGO COULIS

A fresh fruit dessert sauce in just minutes. Or pour a tablespoonful (15 ml) into a champagne flute and add your favourite sparkling wine or ginger ale for a "Mango Royale."

Preparation: 5 minutes or less

Makes about 1 cup (250 ml)

- 1 ripe mango (about 12 ounces/340 g), peeled, pitted, cut in 1/2" (1.25 cm) pieces
- 2 tablespoons (25 ml) ginger syrup (purchased)
- 2 teaspoons (10 ml) fresh lemon juice

Place all ingredients in the mixing container. Process on Low using a firm up-and-down motion for 10 to 15 seconds. Scrape the container. Process on High for 20 to 30 seconds longer until completely smooth. Cover and refrigerate until ready to use.

Nutritional analysis per serving (2 tablespoons/25 ml):

Calories 33(2% from fat) • carb. 9g • pro. 0g • fat 0g •

sat. fat 0g • chol. 0mg • sod. 4mg •

calc. 4mg • fiber 0g

SWEETENED WHIPPED CREAM

Thick and creamy whipped cream to top your favourite dessert, hot chocolate or coffee.

Preparation: 5 minutes or less

Makes 1-1/2 cups (375 ml)

- 1 cup (250 ml) heavy cream or whipping cream
- 1 - 2 tablespoons (15-25 ml) sugar, to taste
- 1 - 2 teaspoons (5-10 ml) vanilla extract

Place all ingredients in mixing container. Place Quick Prep® Hand Blender in the bottom of the container. Hold in place and process on High speed for 20 seconds. Reduce speed to Low and whip using a gentle up and down motion until thick and fluffy, 30 to 40 seconds.

Nutritional information per tablespoon (15 ml):

Calories 43(89% from fat) • carb. 1g • pro. 0g • fat 4g •

sat. fat 3g • chol. 16mg •

sod. 4mg • calc. 8mg

WARRANTY

Cuisinart® Quick Prep® Hand Blender

LIMITED 18-MONTH WARRANTY

This warranty supercedes all previous warranties on Cuisinart® Quick Prep® Hand Blenders. This warranty is available to consumers only. You are a consumer if you are the owner of a Cuisinart® Quick Prep® Hand Blender which was purchased at retail for personal or household use. This warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Quick Prep® Hand Blender will be free of defects in material and workmanship under normal home use for 18 months from the date of original purchase.

We suggest that you complete and return the enclosed warranty registration card promptly to facilitate verification of the date of original purchase. However, return of the warranty registration card is not a condition of this warranty.

If your Cuisinart® Quick Prep® Hand Blender should prove to be defective within the warranty period, we will repair it, (or if we think it necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Centre toll-free at 1-800-472-7606 or write to:

Cuisinart Canada
156 Parkshore Drive
Brampton, Ontario L6T 5M1

To facilitate the speed and accuracy of your return, please also enclose \$5.00 for shipping and handling of the product. Please also be sure to include a return address, description of the product problem, product serial number, and any other information pertinent to the product's return. Please pay by cheque or money order.

Your Cuisinart® Quick Prep® Hand Blender has been manufactured to strict specifications and has been designed for use with Cuisinart® Quick Prep® authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by accessories, replacement parts or repair service other than those which have been 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.

Cuisinart®

SAVOR THE GOOD LIFE®



Coffeemakers



Food Processors



Toaster Ovens



Blenders



Cookware



Ice Cream Makers

Cuisinart offers an extensive assortment of top quality products to make life in the kitchen easier than ever. Try some of our other countertop appliances and cookware, and Savor the Good Life®.

www.cuisinart.ca

©2003 Cuisinart
Cuisinart® is a registered
trademark of Cuisinart
Cuisinart Canada
156 Parkshore Drive
Brampton, Ontario L6T 5M1
Consumer Call Centre E-mail:
consumer_canada@conair.com

Printed in China
03CC18002

IB-4131-CAN

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>