

# Cuisinart®

## INSTRUCTION/ RECIPE BOOKLET



**Smart Stick Hand Blender**

**CSB-77A**

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

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# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. To protect against electrical shock, do not put the motor body, cord or electrical plug of this hand blender in water or other liquid. The detachable blending shaft of this appliance has 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.**
3. 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.
4. **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.**
5. Avoid contacting 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 Centre 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.
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 prep bowl properly in place.
12. Be certain the chopper/grinder attachment cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.
13. Check prep 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 use 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. To reduce the risk of fire or electrical shock, do not operate any heating appliance beneath the mounting unit.
  19. Maximum rating of 200W is based on the chopper/grinder attachment that draws the greatest power.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

# SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

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## INTRODUCTION

This Cuisinart® Smart Stick Hand Blender is designed to handle a variety of basic tasks, like blending, mixing, chopping, grinding, whipping, pureeing – even processing bread crumbs – to give you time for more creative culinary undertakings! Elegant brushed stainless steel houses a powerful motor, and the handy “stick” design lets you blend in a pot, bowl, or pitcher. Operation is easy and cleanup is quick. What could be better?

## UNPACKING INSTRUCTIONS

Place the package containing the Cuisinart® Smart Stick 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. Use caution when removing and unpacking the storage stand. The blending blade is stored in the storage stand.**

Before using the Cuisinart® Smart Stick 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. Handle carefully; wash each individual blade attachment, mixing container and detachable shaft by hand or in the dishwasher. Dry thoroughly before use. Read all instructions completely for detailed operating procedures.

## FEATURES AND BENEFITS

1. **One Touch On/Off Button:** Allows you to activate the hand blender at the touch of a button. Simply press and hold down on the toggle switch to blend or pulse. Once the button is released, blending will stop.
2. **Comfort Handle:** The handle allows you to control the hand blender with ease.
3. **Motor Body Housing**
4. **Detachable Shaft:** By pressing the release button on the back of the unit, the shaft will detach for easy cleaning.
5. **Blending Attachment with Stainless Steel Blade and Blade Guard:** This attachment easily snaps into the motor body housing. The stainless blade is partially covered by a stainless housing that keeps splashing to a minimum.
6. **Whisk Attachment:** Whisk attachment snaps into the motor body housing. This attachment is great for whipping cream, egg whites and other delectable treats.

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- 7. Chopper/Grinder Attachment:** 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 Beaker:** 2-cup mixing beaker is microwave- and dishwasher safe. Use this container to blend drinks, shakes, salad dressings and more. Designed for easy gripping and drip-free pouring.

## TIPS AND HINTS

- Liquid should come within an inch of where the shaft attaches to the motor housing.
- Some spices may scratch the chopper/grinder attachment.
- When using with a nonstick cooking surface, be careful not to scratch the coating with the hand blender.
- Do not immerse motor body housing, chopper/grinder cover, or whisk gearbox in water or any other liquid.
- Cut most solid foods into 13mm cubes for easy blending. Suggestion: use chopper/grinder for chopping and grinding solid foods.
- Pour liquid ingredients into the mixing container first, unless recipe instructs otherwise.
- 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 while blender is running.
- Do not let hand blender stand in a hot pot on stove while not in use.
- Do not put fruit pits, bones, or other hard material into the blending mixture, 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.
- 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.
- Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
- To avoid spatter, turn the hand blender off and let the blade stop completely before lifting the unit out of the mixture you are processing.
- To whip air into a mixture, always hold the blade just under the surface.
- To make a soup creamy in texture, use the hand blender to purée the soup solids to the desired consistency using a gentle up-and-down

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motion right in the saucepan. You can quickly change your soup into a thick and creamy blend.

17. If you are making a dip or spread, it is not necessary to process completely into a smooth purée; leave some texture for interest.
18. When making compound butters, remove the butter from the refrigerator and let it come to room temperature before blending the ingredients.
19. The hand blender is perfect for frothing milk for cappuccino or lattes.
20. Use the hand blender to make smooth gravies and pan sauces.
21. For best results when adding celery to a recipe, use a vegetable peeler to remove tough outer strings from the celery before slicing.

## WHISK TIPS

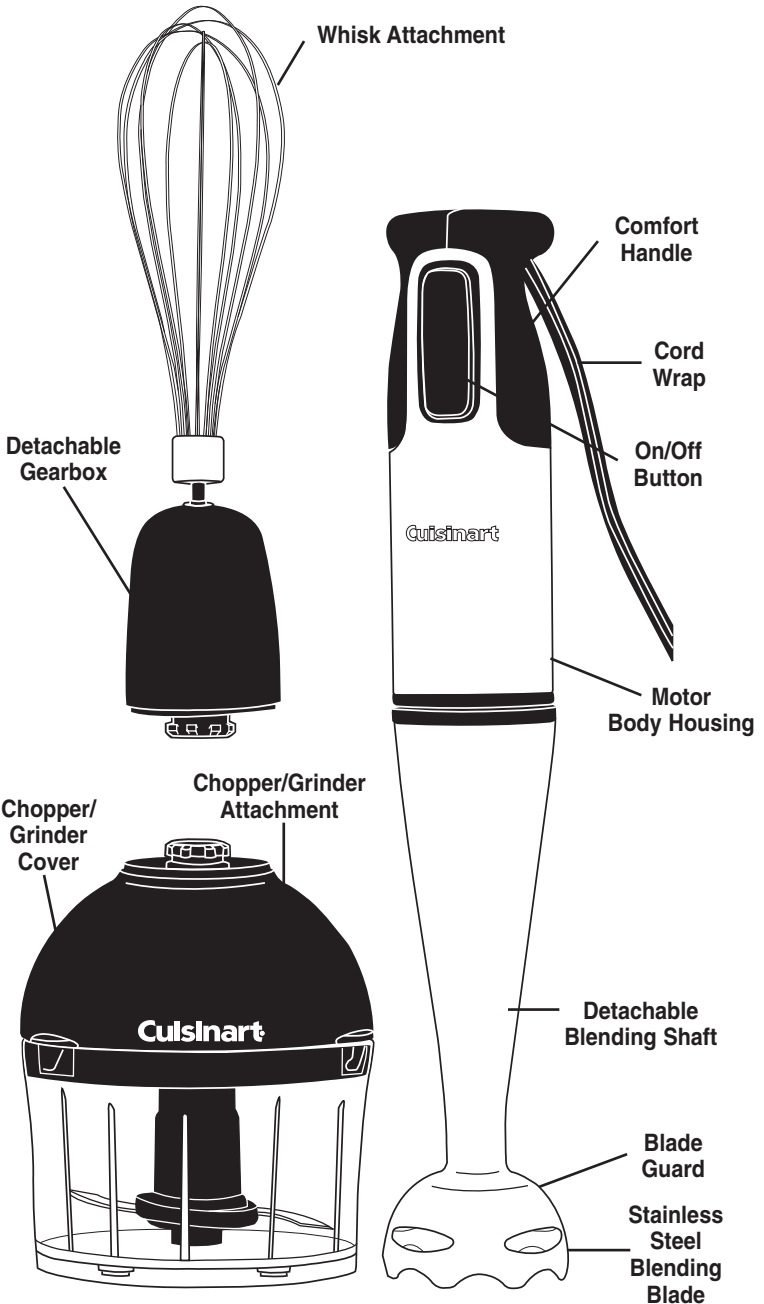
Use the whisk attachment for beating heavy cream or egg whites. It may also be used for whisking eggs for scrambled eggs or fluffy omelettes.

## 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 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 soft peaks form that do not droop over. Beating the egg whites longer causes them to dry out and become even 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 soft peaks that don't droop over.

## 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. Hold the Whip attachment so that it is just skimming the surface, and whip until the cream begins to thicken and develop some body; then immerse the whisk totally into the cream. Whipped cream may be used at either soft or firm peaks depending on preference. It may be flavoured as desired. For best results, whip cream just before using.



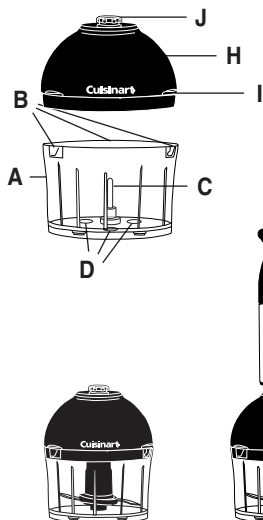
# ASSEMBLY

## BLENDING ATTACHMENT

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



## CHOPPER/GRINDER ATTACHMENT



- A. Chopper/Grinder Prep Bowl
- B. Cover Slots (3) for Attaching Cover
- C. Metal Blade Assembly Shaft
- D. Rubber Feet
- E. Blade Assembly
- F. Blade Ring
- G. Plastic Blade Sheath
- H. Chopper/Grinder Cover
- I. Lift Tabs
- J. Chopper/Grinder Spline



## REVERSIBLE BLADE

The Cuisinart® Smart Stick 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 which slides over the blade assembly shaft, so it can be easily turned over to select the appropriate blade. A guide for proper blade selection follows in the section, Frequent Uses for Chopper/Grinder (page 15.)

Before you process any food, assemble the parts.

1. Place the prep 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 Smart Stick Hand Blender.
  2. The metal blade assembly shaft is attached to the bottom of the prep bowl. If not already in place, slide the fully assembled blade assembly over the top of the blade assembly shaft.
- 2a. Putting together the blade assembly:

Connect the blade ring (F) to the plastic blade sheath (G). Line up the blade ring opening with the plastic sheath. Let the blade ring slide to the bottom of the plastic sheath. **HOLD THE BLADE RING BY THE CENTRAL HUB HOLDING RIBS (grips)(K) ONLY. DO NOT TOUCH THE RAZOR-SHARP BLADES.**



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. (see the section on processing food for information about when 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, for information about when to use the blunt edge.)



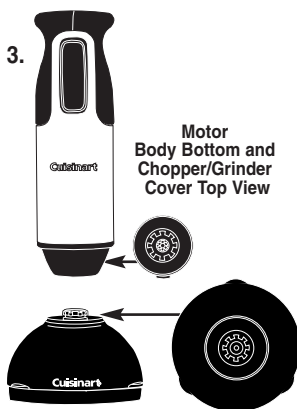
There are notches (C) on opposite sides of the interior of the hub. These fit over ridges on the sides of the plastic blade sheath.



Pick up the blade ring by its hub holding ribs (grips) and line up the notches in the interior of the blade ring hub with the ridges on the sides of the plastic blade sheath. Let the blade ring slide down to the bottom of the plastic blade sheath. The lower blade should almost touch the bottom of the prep bowl.

Lift the prep bowl, holding it firmly from the bottom. 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.

3. Connect the Smart Stick Hand Blender motor body to the top of the chopper/grinder attachment cover. Align the spine in the chopper/grinder cover's drive shaft with the ribbed opening on the underside of the motor body. When aligned properly, slide the two pieces together until they meet. You will feel and hear a slight click. It may be helpful to press the rubber release button when sliding these pieces together.



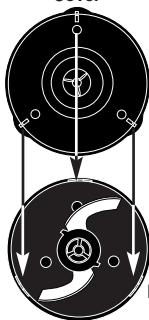
4. With the hand blender in place, locate the chopper/grinder cover and place it on top of the prep bowl.

- 4a. Be sure that the 3 ridges at the top of the blade assembly line up with the 3-arm propeller gear in the underside of the chopper/grinder cover, and that the cover is seated all around the top of the prep bowl.
- 4b. To properly seat the cover, you must line up the three molded pins from the cover with the 3 slots at the top of the prep bowl. Rotate cover counterclockwise to secure it to the prep bowl. Rotate the cover until the pins are in the far left position in the slots.

4.

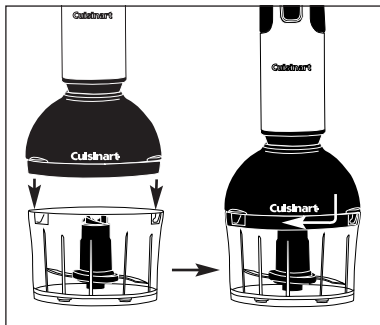


4a.  
Inside View of  
Chopper/Grinder  
Cover



Inside View of  
Prep Bowl

4b.



5. Plug the power cord of the Smart Stick Hand Blender into an electrical outlet.
6. Place one hand on the cover of the chopper/grinder attachment, while gripping the Smart Stick Hand Blender motor body handle with the other. Press the ON/OFF button with your fingers to start the motor and run the chopper/grinder.  
To turn the unit off, remove your fingers from the ON/OFF button.
7. WHEN THE BLADE STOPS MOVING, unplug the Smart Stick Hand Blender, remove the motor body from the chopper/grinder cover, and remove the cover from the prep bowl.

## WHISK ATTACHMENT

1. Align the end of the whisk with the small opening of the whisk gearbox.
2. Push end into opening until it locks into position.
3. Align the motor body with the assembled whisk attachment and slide the pieces together until you hear and feel the pieces click together.  
It may be helpful to press the release button when assembling.



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# OPERATION

## BLENDING

### Blending & Mixing

The specially designed blade is for mixing and stirring all kinds of foods, including salad dressings, powdered drink products, and sauces. It is ideal for combining dry ingredients, and can be used to emulsify mayonnaise, too.

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 flavourful, full-bodied liquid recipes. Be careful never to remove the Cuisinart® Smart Stick Hand Blender from the liquid while in operation.

1. Insert the blending attachment into the motor body. (See Assembly for Blending Attachment, page 8.)
2. Plug electrical cord into an electrical wall socket.
3. Place blending shaft into mixture that will be blended.
4. Press and hold the ON/OFF button. The hand blender will continue to run as long as the switch is pressed in. To turn hand blender OFF, release the ON/OFF button and the motor will stop.
5. Do not hold the button ON for longer than 50 seconds at a time.
6. Unplug immediately after use.

## WHISKING

1. Insert the whisk attachment into the motor body. (See Assembly for Whisk Attachment, page 11.)
2. Plug electrical cord into an electrical wall socket.
3. Place the whisk into mixture that will be blended.
4. Press and hold the ON/OFF button. The hand blender will continue to run as long as the switch is pressed in. To turn hand blender OFF, release the ON/OFF button and the motor will stop.
5. Do not hold the button ON for longer than 20 seconds at a time. See Recipes.
6. Unplug immediately after use.

## CHOPPING AND GRINDING

### Processing Food

1. Place the prep bowl firmly on a flat sturdy surface like a countertop. Be sure the blade is assembled to use the blade edge that is appropriate for the food to be processed.

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2. Place food in the prep bowl. Be sure the food is cut in small pieces, and the bowl is not overloaded.
  3. Place the chopper/grinder cover on top of the prep bowl. Be sure the cover is properly seated.
  4. Press the ON/OFF button on the Smart Stick Hand Blender.
  5. Do not operate the chopper/grinder attachment for longer than 15 seconds at a time.

**Note: Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the chopper/grinder during operation.**

6. When you have finished processing the food, stop the machine by taking your fingers off the ON/OFF button.
7. WHEN THE BLADE STOPS MOVING, remove the Smart Stick Hand Blender motor body from the chopper/grinder cover, and remove the cover from the chopper/grinder.
8. Unplug the unit.
9. Carefully remove the blade assembly, holding it by the gripping ridges on the plastic sheath. NEVER TOUCH THE BLADE ITSELF.
10. Remove food with the spatula.

**Note: Do not operate the Smart Stick Chopper/Grinder attachment without food contents in the prep bowl.**

## CLEANING

### SMART STICK HAND BLENDER

Always clean the Smart Stick 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 which could scratch the surface. To clean the blending shaft, wash by hand in hot water using mild detergent.

**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 Centre for examination, repair or mechanical or electrical adjustment.

### CHOPPER/GRINDER ATTACHMENT

To simplify cleaning, rinse the prep bowl, cover and blade immediately after use, so that food won't dry onto them. Wash blade ring, plastic sheath, and prep bowl in warm soapy water. Rinse and dry.

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Wipe the underside of the chopper/grinder cover with a sponge or damp cloth to remove any food. **Do not submerge the cover in water or place in the dishwasher.** Wash the blade carefully. Avoid leaving it in soapy water where it may disappear from sight.

If you have a dishwasher, you can wash the prep bowl blade assembly on the upper shelf. Insert the Prep Bowl upside down. Put the blade in the cutlery basket. 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 liquid.**

The Smart Stick chopper/grinder attachment is intended for HOUSEHOLD USE ONLY. Any service, other than cleaning and normal user maintenance, should be performed by an authorised Cuisinart Service Representative.

## 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 pieces apart. To clean the gearbox, simply wipe with a damp cloth. To clean the metal whisk, wash with warm, soapy water or place in the dishwasher.

**Do not submerge the gearbox in water or any other liquid.**

## FREQUENT USES FOR CHOPPER GRINDER

| Ingredient  | Comments   |
|---|--|
| Baby foods (always consult paediatrician or family physician for appropriate food recommendations)                          | Place small amounts of cooked foods into chopper/grinder bowl. Add small amount of appropriate liquid. Use pulse action to chop, then continuous-hold action to blend.                                     |
| Bread crumbs – fresh or dry (day old)   | Pulse to chop, then process until desired consistency is reached.  |
| Hard Cheese (Asiago, Locatelli, Parmesan, Romano, etc.) (Not recommended for softer cheeses unless making dip or dressing.) | Cut into 5mm pieces. Pulse to chop, then process until desired consistency is reached, no more than 30g at a time.   |
| Chocolate   | Cut into 10mm pieces; may chill in freezer for 3 minutes before chopping. Pulse to chop, then process, no more than 30g at a time, until desired texture is reached.                                       |
| Creamy Dressings/Dips   | Place ingredients in chopper grinder bowl; do not cover or spill on stem. Use pulse action to chop, then continuous-hold action to blend as needed to desired consistency.                                 |
| Garlic  | Peel cloves, up to 6 cloves. Pulse to chop.  |
| Ginger root (fresh)   | Peel, cut into 10mm pieces. Pulse to chop, 15g at a time.  |
| Herbs, fresh  | ½ cup; must be clean and dry. Pulse to chop.   |
| Nuts  | Shelled, toast first for best flavour. Pulse to chop, then process up to ½ cup at a time, until desired chop is reached from coarse to fine. May be processed to nut-butter stage.                         |
| Onion   | Peel, cut into 10mm pieces. Pulse to chop, up to ½ cup at a time, until desired chop is reached.   |
| Vegetables (cooked)   | Cut into 10mm pieces and cook until fork tender. Pulse to chop, up to ½ cup at a time. May need to add cooking liquid, stock or milk to process to a vegetable purée. Not recommended for mashed potatoes. |
| Vegetables (uncooked)   | Peel as needed, cut into 10mm pieces. Peel celery with vegetable peeler to remove tough strings. Chop/process up to ½ cup at a time.   |
| Meat (Beef, Pork)   | 250g, cut into 10mm pieces.  |

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# SMOOTHIES AND DRINKS

## BLUEBERRY BANANA ANTI-OXIDANT SMOOTHIE

Makes 2 cups

- 1 cup frozen blueberries
- 1 small (125g) banana, sliced
- $\frac{3}{4}$  cup soy milk or fat-free milk
- 14 grams soy protein powder (or soy protein isolate)
- 1 teaspoon flaxseed oil
- 1–2 teaspoons honey (optional)

Place soy milk, protein powder, blueberries, banana, flaxseed oil and honey if using in mixing container. Insert the Cuisinart® Hand Blender, making sure the protective guard is submerged. Blend, 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 • fibre 4g

## STRAWBERRY KIWI SMOOTHIE

Makes one 400ml smoothie

- 1 cup frozen strawberries, partly thawed
- 1 kiwi, peeled, cut into eighths
- $\frac{1}{2}$  cup fat-free vanilla yogurt
- $\frac{1}{2}$  cup fat-free milk
- 1 tablespoon honey

Place ingredients in the mixing container. Insert the blender, making sure the protective guard is submerged. Blend, using a gentle up-and-down motion until ingredients are well combined, about 30–35 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 • fibre 6g



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## FROZEN COFFEE FRAPPÉ

Makes one 350ml beverage

- 1¾ cups coffee ice cream or ice milk
- ½ cup strong brewed coffee (may use espresso)
- 2 tablespoons fat-free milk

Place ingredients in mixing container. Insert blender, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 20–30 seconds.

For a thicker style milkshake:

Fill mixing container with coffee ice cream up to the 1-cup mark. Add ¼ cup brewed coffee and 1 tablespoon of fat-free milk. Blend 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 • fibre 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)
- ⅓ cup good quality tequila
- ½ tablespoon Triple Sec or Grand Marnier®
- 1–2 teaspoons granulated sugar

Place ingredients into mixing container. Insert the blender, making sure the protective guard is submerged. Blend, 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 0mg • chol. 0mg • sod. 2mg • calc. 9mg • fibre 2g*

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

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# SOUPS, SAUCES, DIPS AND SPREADS

## ASPARAGUS SOUP

Makes 2½ cups

- 1 50g shallot, peeled
- 1 tablespoon unsalted butter
- 1 clove garlic, peeled and crushed
- 1 600g fresh asparagus, tough ends removed
- 1 90g red potato, peeled, cut in 1.5cm dice
- ¼ cup dry white wine
- 1½ cups fat-free low-sodium chicken broth
- ¾ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon dried basil
- ¼ cup heavy cream (optional)

Insert the blade assembly in the prep bowl. Place the shallot in the prep bowl, connect hand blender motor body to the top of the chopper/grinder attachment cover, cover prep bowl and pulse 10 times to finely chop.

Melt butter in a 3-litre 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 15mm 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 boil. Reduce the wine until a scant tablespoon remains. Add chicken stock. Bring to 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, using a gentle up-and-down motion until ingredients are well combined, about 40-50 seconds. Season with salt, pepper and basil. Stir in cream if using.

While soup is cooking bring 2 cups of water to 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 1/2 cup serving:*

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

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## **CURRIED CAULIFLOWER SOUP**

Makes 5 cups

- 1        tablespoon olive oil
- 1        120g 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 750g) cut into small florets
- 1        100g red potato peeled and cut into 15mm cubes
- ½        cup white wine
- 3½      cups chicken stock or vegetable stock
- 1        teaspoon lemon or lime juice

Place a 4-litre saucepan over medium heat and add olive oil. Add leeks and “sweat” for about 6–8 minutes until very soft. Add curry powder, turmeric, and salt to leek mixture and cook for about 1–2 minutes. Add cauliflower florets and potato. Stir to coat with spices and cook for another 5 minutes to soften slightly. Add white wine and increase heat to bring to boil. Reduce the wine until there is a scant amount left. Add stock just to cover. Bring to boil and then reduce heat to medium low. 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, using an up-and-down motion until ingredients are well combined, about 45–50 seconds. Add lemon juice. Taste and adjust seasoning accordingly.

*Nutritional information per 1/2 cup serving:*

*Calories 71 (22% from fat) • carb. 10g • pro. 4g • fat 2g  
• sat. fat 0g • chol. 0mg • sod. 350mg • calc. 39mg • fibre 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, peeled, roughly chopped
- 6        cloves of garlic, peeled and smashed
- 3        medium red peppers (about 175g each), roughly chopped
- ½        teaspoon kosher salt
- ¼        teaspoon freshly ground pepper
- ¼        cup dry white wine

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¼ cup chicken stock

Heat the olive oil in a 2½-litre saucepan over medium-low heat. Add the onion, garlic, red pepper, salt, and pepper and stir to coat. Reduce heat to low, cover loosely and “sweat” slowly until softened for about 15–20 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 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, using an up-and-down motion until ingredients are smooth and well combined, about 50-60 seconds.

*Nutritional information per 1/2 cup serving:*

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

1 tablespoon olive oil  
1 120g yellow onion cut into quarters  
2 garlic cloves, peeled and crushed  
1 100g red pepper, cut into 25mm pieces  
1 85g eggplant, peeled and cut into 25mm pieces  
1 85g zucchini, cut into 25mm pieces  
1 85g summer squash, cut into 25mm pieces  
1 small carrot, peeled and cut into 15mm pieces  
¼ cup dry white wine  
1 sprig fresh thyme  
¾ teaspoon salt  
1 750g can diced tomatoes

Insert the blade assembly in the prep bowl. Place the onion in the prep bowl and pulse approximately 8 times to a rough chop.

Heat the olive oil in a 3-litre 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 prep 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.

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

*Nutritional information per 1/4 cup serving:*

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

## **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, lemon juice, or flavoured 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

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

*Nutritional analysis per tablespoon:*

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

## **CREAMY PARMESAN & ROASTED GARLIC DRESSING**

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

Makes about 1½ cups

- 1 30g Parmigiano-Reggiano cheese, cut in 10mm cubes
- 4 cloves roasted garlic\*
- 2 tablespoons fresh lemon juice
- 2 tablespoons red or white wine vinegar
- 2 tablespoons lowfat mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon anchovy paste
- 1 teaspoon Worcestershire sauce
- 1 teaspoon freshly ground pepper
- 1 cup extra virgin olive oil

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Tabasco® or other hot sauce (to taste)

Insert the blade assembly in the prep bowl. Place the cheese cubes in the prep bowl. Pulse to chop, 10 times, then process to chop finely, about 15–20 seconds. Add remaining ingredients to prep bowl. Process for about 30–40 seconds, until creamy and totally emulsified.

*Nutritional analysis per tablespoon:*

*Calories 53 (89% from fat) • carb. 1g • pro. 1g • fat 5g*

*• sat. fat 1g • chol. 4mg • sod. 82mg • calc. 18mg • fibre 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. Place in 170°C oven for 30–40 minutes, until tender and browned. If you do not wish to roast the garlic, you may blanch it until tender.

## 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 30g), cut in 10mm pieces (¼ cup)
- 1 small clove garlic, peeled
- ½ jalapeño pepper, stemmed and seeded, cut in 10mm pieces
- ½ small red onion (about 45g), peeled, cut in 10mm pieces
- 1 mango (350g - 400g), peeled and pitted, cut in 10mm 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 prep bowl. Place the red bell pepper pieces in the prep bowl and use the pulse to coarsely chop, 6–8 pulses. Transfer to a 1-litre bowl and reserve. Add the garlic, jalapeño pepper and onion to the prep bowl, pulse 5 to 10 times to chop. Remove and add to chopped red pepper. Add mango and cilantro to prep bowl and pulse until mango reaches desired chopped consistency, about 10 to 20 pulses. 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 flavours 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 flavour.

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*Nutritional information per 1/4 cup serving:*  
Calories 45 (3% from fat) • carb. 12g • pro. 1g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 28mg • calc. 11mg • fibre 1g

## **GUACAMOLE**

*An all-time favourite, serve guacamole with tortilla chips and salsa.*

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

- 1 clove garlic, peeled and smashed
- 1 green onion, trimmed and cut in 10mm pieces
- $\frac{1}{2}$  jalapeño pepper, cored, seeded and cut in 10mm pieces
- 1 ripe avocado (about 300g), peeled and pitted,  
cut into 15 - 20mm chunks
- 1 tablespoon fresh lime juice
- $\frac{1}{4}$  teaspoon cumin powder
- $\frac{1}{4}$  teaspoon powdered coriander
- $\frac{1}{4}$  teaspoon kosher salt

Insert the blade assembly in the prep bowl. Place the garlic, green onion and jalapeño pepper in the prep bowl. Pulse to chop, 10–12 times. Add avocado, lime juice, cumin, coriander and salt. Pulse to chop avocado, 10 times, then process 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 flavours to blend.

*Nutritional analysis per tablespoon:*  
Calories 25 (72% from fat) • carb. 2g • pro. 0g • fat 2g  
• sat. fat 0g • chol. 0mg • sod. 65mg • calc 3mg • fibre 1g

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## **TOMATO AND BASIL TOPPING FOR BRUSCHETTA**

Makes 1 cup

- 1 small garlic clove, peeled
- 1½ tablespoon fresh basil leaves
- 1 475g grape tomatoes
- 3 teaspoons extra virgin olive oil
- ½ teaspoon salt

Insert the blade assembly in the prep bowl. Place garlic in the prep bowl and run for 30 seconds. Add basil and pulse 4 times.

Add remaining ingredients to prep bowl pulse about 10–15 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 • fibre 1g*



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## DESSERTS

### CHOCOLATE PISTACHIO MACAROONS

*A change from the traditional almond macaroon.*

Makes about 30 cookies

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

Preheat oven to 145°C. Line two 38cm x 28cm baking sheets with baking paper.

Insert the blade assembly in the prep bowl. Place ¼ cup of the sugar and the pistachios in the prep bowl and process for 30–40 seconds until finely ground. Add cocoa and pulse 6 times to incorporate.

Place egg whites in a glass or stainless mixing bowl. Insert the blender fitted with the whisk attachment and beat whites. After 1½ minutes add the remaining ½ cup of sugar. 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.

Drop the batter in spoonfuls (2 tablespoons) onto the prepared baking sheets. Bake in preheated 145°C oven for 35–40 minutes, until the cookies lift easily from the baking sheet and cookie bottoms are smooth.

Transfer the baking paper with the cookies from the hot pan to a cool surface. Peel off the paper and store 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 • fibre 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 vanilla extract

Place the cream, sugar, and vanilla in a large stainless or glass mixing bowl. Insert the blender fitted with the whisk attachment. Start the blender

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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. Whipped cream will reach soft peaks between 50-60 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 • fibre 0g

Variation:

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

## **BERRY COULIS**

*This versatile dessert sauce could not be easier.*

Makes 1¼ cup

1            350g bag of frozen mixed berries thawed  
¼            cup granulated sugar  
½            teaspoon fresh lemon juice

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

*Nutritional information per 1/4 cup serving:*  
Calories 86 (4% from fat) • carb. 22g • pro. 0mg • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 25mg • calc. 14mg • fibre 4g

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