

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



Flavour Duo Frozen Yoghurt-Ice Cream & Sorbet Maker

ICE-40A

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 to reduce the risk of fire, electric shock, and/or injury, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against risk of electric shock, do not place cord, plug, or base of appliance in water or any other liquid.
3. This appliance should not be used by or near children or individuals with certain disabilities.
4. Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. Keep-hands, hair, clothing, as well as spatulas and other utensils away during operation to reduce the risk of injury and/or damage to the appliance.
6. 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 store or retailer where it was purchased for examination or repair.
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock or risk of injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Keep hands and utensils out of freezer bowls while in use to reduce the risk of injury to persons or to the appliance itself. **DO NOT USE SHARP OBJECTS OR UTENSILS INSIDE THE FREEZER BOWLS!** Sharp objects will scratch and damage the inside of them. A rubber spatula or wooden spoon may be used when the appliance is in the OFF position.
11. This appliance is for household use. Any servicing other than cleaning and user maintenance should be done only by authorized Cuisinart Repair Personnel.
12. Do not use the freezer bowls on flames, hot plates or stoves. Do not expose to heat source. Do not wash in dishwasher; doing so may cause risk of fire, electric shock or injury.
13. 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.
14. Children should be supervised to ensure that they do not play with the appliance.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

CAUTION

This appliance is for household use. Any servicing other than cleaning and user maintenance should be performed by an authorized service representative.

- Do not immerse base in water.
- To reduce the risk of fire or electric shock, do not disassemble the base. Note: the base does not contain any user-serviceable parts.
- Repairs should be made only by authorized personnel.
- Check voltage to be sure that the voltage indicated on the name plate agrees with your voltage.
- Never clean with scouring powders or hard implements.

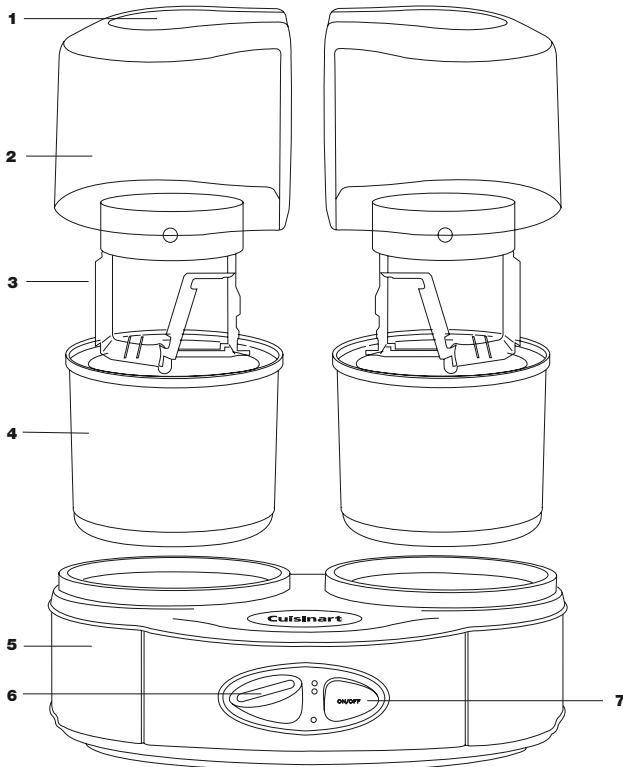
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INTRODUCTION

Congratulations on your purchase of the Cuisinart® Flavour Duo Frozen Yoghurt-Ice Cream & Sorbet Maker. Now you can delight big groups of family and friends with decadently rich homemade ice creams, light fruit sorbets, creamy sherbets and deliciously healthy frozen yoghurt. The dual-bowl design of this premium dessert maker lets you prepare up to 2 litres of 1 or 2 of your favourite frozen desserts in as little as 20 minutes!

With the touch of a button, this stunning brushed metal dessert maker automatically starts the process. Ingredients are added to double-insulated freezer bowls through easy-pour spouts to create the smoothest, creamiest frozen desserts.



FEATURES AND BENEFITS

- 1. Ingredient Spouts**
Pour recipe ingredients through the spout. Also use to add ingredients, like chips or nuts, without interrupting the freezing cycle.
- 2. Easy-lock Lids**
Transparent, so you can watch the freezing process as it progresses. Lid is designed to easily lock to the base.
- 3. Mixing Arms**
Mixes and aerates ingredients in freezer bowl to create frozen dessert or drink.
- 4. Freezer Bowls**
Contain cooling liquid between a double insulated wall to create fast and even freezing. Double wall keeps the bowls cool and at an even temperature.
- 5. Base**
Contains heavy-duty motor strong enough to handle ice cream, frozen yoghurt, sherbet, sorbet, and frozen drinks.
- 6. One- or Two- Bowl Button**
Gives you the option of making a double or single batch.
- 7. On/Off Switch**
- 8. Cord Storage (not shown)**
Unused cord is easily pushed into the base to keep counters neat and safe.

BEFORE USING FOR THE FIRST TIME

DO NOT immerse the motor base in water. Wipe it with a moist cloth. Wash the lids, freezer bowls and mixing arms in warm soapy water to remove any dust or residue from the manufacturing and shipping process. DO NOT clean any of the parts with abrasive cleaners or hard implements.

FREEZING TIME AND BOWL PREPARATION

The freezer bowls must be completely frozen before you begin your recipe. The length of time needed to reach the frozen state depends on how cold your freezer is. For the most convenient frozen desserts and drinks, leave your freezer bowls in the freezer at all times. You can take them out any time for immediate use. In general, freezing time is between 6 hours and 22 hours. To determine whether the bowl is completely frozen, shake it. If you do not hear liquid moving, the cooling liquid is frozen. Before

freezing, wash and dry the bowl. Wrap it in a plastic bag to prevent freezer burn. We recommend that you place the freezer bowls in the back of your freezer where it is coldest.

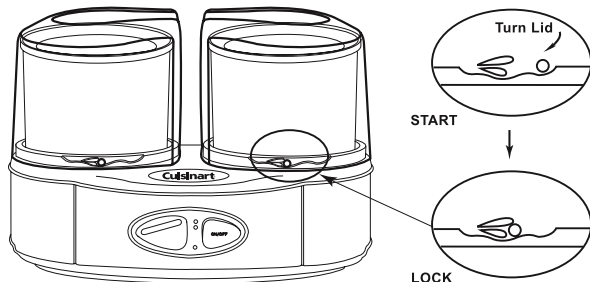
Reminder: Your freezer should be set to -18°C to ensure proper freezing of all foods and the freezer bowls for this product

MAKING FROZEN DESSERTS OR DRINKS

1. Prepare recipe ingredients from pages that follow or from your own recipe. Cuisinart recipes begin on page 4. If you use your own recipe, be sure it yields 1 litre or less. For best results, prepare ingredients in a container that is easy to pour from.
2. Remove the freezer bowl(s) from the freezer. (Remove plastic bag if you have wrapped freezer bowls.) Place freezer bowls on the centre of the base.

NOTE: Bowl will begin to defrost quickly once it has been removed from freezer. Use it immediately after removing from freezer.

3. Place mixing arm(s) in freezer bowl(s). Arm does not fit tightly. It just rests in the centre of the bowl, with the circle side facing up.
4. Place lid(s) on base. Easy-lock lid mechanism allows lid to rest on base in one position. Set lid(s) slightly off centre and turn clockwise to lock in place.



5. Choose the one- or two- bowl switch position. If you choose one bowl only, use the right side of the unit. Always select this prior to turning on the unit.
6. Press On/Off switch. Freezer bowls will begin to turn. If you chose to make only one batch, only the right bowl will begin to turn.
7. Immediately pour ingredients through ingredient spout(s).
8. Frozen desserts or drinks will be done in 20 to 30 minutes. The time

will depend on the recipe, and the volume of the dessert or drink you are making. When the mixture has thickened to your liking, it is done. If you desire a firmer consistency, transfer the dessert or drink to an airtight container and store in the freezer for two or more hours.

NOTE: Do not store frozen desserts or drinks in the freezer bowl. Desserts and drinks will stick to the side of the freezer bowl and may damage the bowl. Store only in a plastic airtight container.

ADDING INGREDIENTS

Ingredients such as chips and nuts should be added about 5 minutes before the recipe is complete. Once the dessert or drink has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

SAFETY FEATURE

The Cuisinart® Flavour Duo is equipped with a safety feature that automatically stops the unit if the motor overheats. This may occur if the dessert or drink is extremely thick, if the unit has been running for an excessively long period of time, or if added ingredients (nuts, etc.) are in extremely large pieces. To reset the unit, put the ON/OFF switch in the OFF position. Let the unit cool off. After a few minutes, you may turn the unit on again and continue making the dessert or drink.

CLEANING AND STORAGE

Cleaning

Clean the freezer bowls, mixing arms and lids in warm soapy water. **DO NOT PUT FREEZER BOWLS IN THE DISHWASHER. DO NOT CLEAN WITH ABRASIVE CLEANSERS OR IMPLEMENTS.** Wipe motor base clean with damp cloth. Dry all parts thoroughly.

Storage

DO NOT put freezer bowls in freezer if bowls are wet. DO NOT store lids, mixing arms, or base in freezer. You may store the freezer bowls in the freezer for convenient, immediate use. Before freezing, wrap the bowls in a plastic bag to prevent freezer burn. Do not store frozen desserts or drinks in the freezer bowls in the freezer for more than 30 minutes at a time. Transfer frozen desserts or drinks to an airtight container for longer storage in the freezer.

RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen drinks and desserts. You may create or use recipes of your own, as long as they yield no more than 1 litre.

Recipe Tips

- Frozen desserts from the Cuisinart® Flavour Duo use pure, fresh ingredients. Because of this, the desserts and drinks do not have the same characteristics as commercially prepared frozen desserts and drinks. Most store-bought versions use gums and preservatives to make them firmer. **If you desire a firmer consistency, transfer the dessert or drink to an airtight container and store in the freezer until desired consistency is reached, usually two or more hours.**
- Some recipes use precooked ingredients. For best results, the mixture should be chilled overnight before using. Or, chill the recipe over an ice bath, until it is completely cooled, before using.
- To make an ice bath, fill a large container with ice and water. Place saucepan or other container into the ice bath. Cool precooked ingredients completely.
- Prior to freezing, most recipes may be stored in the refrigerator for up to 3 days.
- You may substitute lower-fat creams and milk (reduced fat or lowfat) for heavy cream and whole milk used in many recipes. However, keep in mind that the higher the fat content, the richer and creamier the result. Using lower-fat substitutes may change the taste, consistency and texture of the dessert. When substituting, be sure to use the same volume of the substitute as you would have used of the original item. For example, if the recipe calls for two cups of cream, use a total of two cups of the substitute (such as 1 cup cream, 1 cup whole milk).
- You may substitute artificial sweeteners for sugar. If the recipe is to be precooked, add the sweetener after the heating process is complete and ingredients have cooked. Stir the mixture thoroughly to dissolve the sweetener.
- In recipes that use alcohol, add the alcohol during the last two minutes of mixing. Otherwise, the alcohol may impede the freezing process.
- When making sorbet, be sure to test the ripeness and sweetness of the fruit before you use it. The freezing process reduces the sweetness of the fruit so that it will taste less sweet than the recipe mixture. If the fruit tastes tart, add sugar to the recipe. If the fruit is very ripe or sweet, reduce the amount of sugar in the recipe.
- The Cuisinart recipes listed below will yield up to 1 litre of dessert or drink. When pouring ingredients in through the ingredient spout, **DO NOT** fill the freezer bowl higher than 1cm from the top of the freezer bowl. The ingredients will increase in volume during the

freezing process.

- When making more than one recipe at a time, be sure the freezer bowl is completely frozen before each use.
- Make sure mixing arm and lid are in place and that you have chosen the one- or two- bowl button position before turning on machine.
- Well-chilled mixtures may require shorter mixing times.

BASIC ICE CREAMS

VANILLA ICE CREAM

Vanilla is still the number one ice cream flavour – this one is particularly easy and doesn't require cooking. Try one of our variations, or let your imagination go.

Preparation: 5 minutes, plus 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings

$\frac{3}{4}$	cup whole milk, well chilled
$\frac{2}{3}$	cup granulated sugar
$1\frac{1}{2}$	cups heavy cream, well chilled
1	teaspoon pure vanilla extract, to taste

In a medium bowl, use a hand mixer or a whisk to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes on low speed. Stir in the heavy cream and vanilla to taste. Turn the machine ON, pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The ice cream will have a soft creamy texture. If desired, transfer the ice cream to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 233 (66% from fat) • carb. 19g • pro. 2g • fat 17g
sat. fat 13g • chol. 64mg • sod. 28mg • calc. 56mg • fibre 0g*

VARIATIONS

Mint Chip: Omit the vanilla and replace with $\frac{3}{4}$ to 1 teaspoon pure peppermint extract (to taste). Chop 90 grams of your favourite bitersweet or semisweet chocolate bar into tiny uneven pieces. Add the chopped chocolate during the last 5 minutes of mixing.

Butter Pecan: Melt $\frac{1}{2}$ stick unsalted butter in a 26cm skillet. Add $\frac{1}{2}$ cup roughly chopped pecans and $\frac{3}{4}$ teaspoon kosher salt. Cook over medium-low heat, stirring frequently until the pecans are lightly browned. Remove

from the heat; strain (the butter will have a pecan flavour and may be reserved for another use). Allow the pecans to cool completely. Add the toasted buttered pecans during the last 5 minutes of mixing.

Cookies & Cream: Add ¼ to ⅓ cup coarsely chopped cookies (chocolate chips, Oreos®, Mint Oreos®, etc.) during the last 5 minutes of mixing.

Candy & Cream: Roughly chop enough of your favourite candy bar to make ¼ to ⅓ cup of chopped candy or measure ⅓ cup of your favourite M&M® candies; refrigerate until ready to use. Add the chopped candy during the last 5 minutes of mixing.

CHOCOLATE ICE CREAM

Choose your favourite brand of dark chocolate to make this yummy.

Preparation: about 1 hour (active time about 5 to 10 minutes), plus 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight ½-cup servings

¾ cup whole milk
⅓ cup granulated sugar
120-180 grams bittersweet or semisweet chocolate, broken into 1 cm pieces
1½ cups heavy cream, well chilled
1 teaspoon pure vanilla extract

Heat the whole milk until it is just bubbling around the edges (this may be done on the stovetop or in a microwave). In a blender, or food processor fitted with the metal blade, pulse to process the sugar with the chocolate until the chocolate is very finely chopped. Add the hot milk; process until well blended and smooth. Transfer to a medium bowl and let the chocolate mixture cool completely. Stir in the heavy cream and vanilla to taste. Chill for 30 minutes or longer.

Turn the machine ON, pour mixture into freezer bowl and let mix until thickened, about 20 to 25 minutes. The ice cream will have a soft creamy texture. If desired, transfer the ice cream to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 309 (69% from fat) • carb. 23g • pro. 3g • fat 25g
sat. fat 15g • chol. 64mg • sod. 29mg • calc. 63mg • fibre 1g*

VARIATIONS

Chocolate Almond: Add ¾ teaspoon pure almond extract along with the vanilla. Add ¼ to ⅓ cup chopped toasted almonds or chopped chocolate-coated almonds during the last 5 to 10 minutes of freezing.

Chocolate Cookie: Add ¼ to ⅓ cup chopped cookies (chocolate chip or chocolate sandwich, chocolate mint, etc.) during the last 5 minutes of freezing. Transfer to a container and freeze for 2 hours before serving.

Chocolate Fudge Brownie: Add ¼ to ⅓ cup chopped day-old brownies during the last 5 minutes of freezing. Transfer to a container and freeze for 2 hours before serving.

Chocolate Marshmallow Swirl: When removing the ice cream to a container for freezing, layer it with dollops of your favourite chocolate sauce and scoops of marshmallow creme. Freeze at least 2 hours before serving.

FRESH STRAWBERRY ICE CREAM

Fresh strawberry ice cream is particularly good when made with farm fresh summer berries.

Preparation: 5 to 10 minutes, plus 2 hours for the strawberries to macerate, 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings

120 grams fresh ripe strawberries, stemmed and sliced
1 tablespoon freshly squeezed lemon juice
⅔ cup sugar, divided
¾ cup whole milk
1½ cups heavy cream
¾ teaspoon pure vanilla extract

In a small bowl, combine the strawberries with the lemon juice and 3 tablespoons of the sugar, stir gently, and allow the strawberries to macerate in the juices for 2 hours.

In a medium bowl, use a hand mixer or a whisk to combine the milk and remaining granulated sugar until the sugar is dissolved, about 1 to 2 minutes on low speed. Stir in the heavy cream, any accumulated juices from the strawberries and vanilla. Turn the machine on, pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Add the sliced strawberries during the last 5 minutes of freezing. The ice cream will have a soft creamy texture. If desired, transfer the ice cream to an airtight container and place in freezer until it has reached desired firmness.

Note: This ice cream will have a “natural” appearance of very pale pink. If a deeper pink is desired, sparingly add red food colouring by drops until desired colour is achieved.

Nutritional information per serving:

*Calories 238 (64% from fat) • carb. 20 g • pro. 2g • fat 17g
sat. fat 11g • chol. 64mg • sod. 28mg • calc. 58mg • fibre 0g*

SORBETS & SHERBETS

FRESH LEMON SORBET

Bits of fresh citrus zest add a burst of flavour to this refreshing sorbet.

Preparation: 10 minutes + cooling time; 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings

1¾ cups sugar
1¾ cups water
1¼ cups freshly squeezed lemon juice
2 teaspoons finely chopped lemon zest*

Combine the sugar and water in a medium saucepan and bring to a boil over medium-high heat. Reduce heat to low and simmer without stirring until the sugar dissolves, about 3 to 5 minutes. Cool completely. This is called a simple syrup and may be made ahead in larger quantities to have on hand for making fresh lemon sorbet. Keep refrigerated until ready to use.

When cool, add the lemon juice and zest; stir to combine. Turn the machine ON. Pour the lemon mixture into the freezer bowl, and mix until the mixture thickens, about 20 to 25 minutes. The sorbet will have a “soft serve” texture. If desired, transfer the sorbet to an airtight container and place in freezer until it has reached desired firmness.

*When zesting a lemon or lime, use a vegetable peeler to remove the coloured part of the citrus rind; avoid the bitter white pith.

Nutritional information per serving:

*Calories 178 (0% from fat) • carb. 47g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 2mg • calc. 4mg • fibre 0g*

VARIATIONS

Fresh Lime Sorbet: Substitute 1¼ cups freshly squeezed lime juice for the lemon juice and 2 teaspoons finely chopped lime zest for the lemon zest.

Fresh Lemon-Lime Sorbet: Use half lemon juice and half lime juice and

1 teaspoon each of finely chopped lemon and lime zest.

Fresh Pink Grapefruit Sorbet: Substitute 1¼ cups freshly squeezed pink grapefruit juice for the lemon juice, and 1 tablespoon finely chopped grapefruit zest for the lemon zest. Add 3 tablespoons orgeat syrup to the mixture (orgeat syrup is used for cocktails such as a mai tai or scorpion, and can be found with the drink mixers in most grocery stores).

FRESH MANGO SORBET

A nice light ending to any meal.

Preparation: 10 to 15 minutes; 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings

850 grams mango cubes
⅓ cup sugar
2 tablespoons corn syrup
3 tablespoons fresh lemon or lime juice

Combine the mango cubes, sugar, corn syrup and lemon juice in a blender or food processor that has been fitted with the metal blade. Pulse to chop, then process until thick and smooth, scraping jar or work bowl as necessary with a spatula. The mango purée may be made up to one day ahead; cover and refrigerate until ready to use.

Turn the machine on. Pour the mango purée into the freezer bowl and mix until the mixture thickens, about 20 to 25 minutes. The sorbet will have a “soft serve” texture. If desired, transfer the mango sorbet to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 112 (2% from fat) • carb. 30g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 8mg • calc. 10mg • fibre 2g*

FRESH STRAWBERRY SORBET

Serve fresh strawberry sorbet in a chocolate candy cup.

Preparation: 1½ hours (active, about 15 to 20 minutes); 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes about eight servings.

⅔	cup sugar
⅔	cup water
3	tablespoons corn syrup
360	grams fresh strawberries, stems removed, litereed
3	tablespoons fresh lemon or lime juice

Bring the sugar and water to a boil in a medium saucepan. Reduce the heat and simmer without stirring until the sugar is completely dissolved. Transfer to a bowl and let cool completely.

Combine the strawberries and lemon juice in a food processor fitted with the metal blade. Pulse to chop the strawberries, about 15 to 20 times, then process until the strawberries are completely puréed, 1 to 2 minutes. Combine strawberry purée with the cooled sugar syrup and corn syrup. Chill for 1 hour or longer.

Turn the machine on. Pour the strawberry purée mixture into the freezer bowl and mix until the mixture thickens, about 20 to 25 minutes. The sorbet will have a “soft serve” texture. If desired, transfer the strawberry sorbet to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:
Calories 104 (2% from fat) • carb. 30g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 12mg • calc. 8mg • fibre 1g

LIME SHERBET

Cool and refreshing, sherbets have long been favourite dessert treats.

Preparation: 5 minutes, plus 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings.

2¼	cups whole milk
1	cup frozen limeade concentrate, thawed
2	tablespoons sugar
1	teaspoon grated lime zest

1 – 2 drops green food colouring, optional

Combine the milk, limeade concentrate, sugar, and lime zest in a blender or food processor fitted with the metal blade. Add green food colouring if desired.

Turn the machine ON. Pour the mixture into freezer bowl and let mix until mixture thickens, about 25 to 30 minutes. If desired, transfer sherbet to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:
Calories 101 (22% from fat) • carb. 18g • pro. 3g • fat 2g
sat. fat 2g • chol. 12mg • sod. 40mg • calc. 98mg • fibre 0g

VARIATIONS

Orange Sherbet: Combine 2¼ cups whole milk with 1 cup orange juice concentrate (thawed), and 1½ tablespoons sugar in a blender or food processor until smooth. Freeze as directed.

Pineapple Sherbet: Combine ⅔ cup fat-free vanilla yoghurt, 1⅓ cups whole milk, 1½ cups pineapple juice concentrate (thawed), and 2 tablespoons sugar in a blender or food processor until smooth. Freeze as directed.

Nutritional information per serving (Pineapple Sherbet):
Calories 126 (14% from fat) • carb. 24g • pro. 3g • fat 2g
sat. fat 1g • chol. 8mg • sod. 41mg • calc. 116mg • fibre 0g

FROZEN YOGHURTS

CHOCOLATE FROZEN YOGHURT

A lower-fat treat with rich, satisfying chocolate flavour.

Preparation: about 5 to 10 minutes; 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings

1	cup whole milk
180	grams bittersweet or semisweet chocolate, chopped
¼	cup sugar
2	cups lowfat vanilla yoghurt

Combine the milk, chocolate and sugar in a saucepan and place over low heat; stir until the chocolate is completely melted and sugar is dissolved. Transfer to a bowl and refrigerate until completely cool. Add the yoghurt, stir until smooth. Pour into the freezer bowl, turn the machine on and let mix until thickened, about 20 to 25 minutes. If desired, transfer the frozen yoghurt to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 194 (43% from fat) • carb. 25g • pro. 5g • fat 10g
sat. fat 6g • chol. 7mg • sod. 53mg • calc. 146mg • fibre 1g*

VERY BERRY FROZEN YOGHURT

Use fresh berries in season, but frozen berries make this a year 'round treat.

Preparation: about 15 to 20 minutes; 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes about eight servings

2 cups lowfat vanilla yoghurt
½ cup whole milk
¼ cup sugar
360 grams frozen mixed berries, puréed and strained to remove seeds

Combine the yoghurt, milk, and sugar in a medium mixing bowl; using a hand mixer on medium speed, mix until sugar is dissolved, about 1½ to 2 minutes. With the mixer on low speed, add the berry purée and mix until combined, about 30 to 40 seconds. Turn the machine on. Pour the mixture into the freezer bowl and let mix until thickened, about 25 to 30 minutes. If desired, transfer the frozen yoghurt to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 102 (11% from fat) • carb. 20g • pro. 3g • fat 1g
sat. fat 1g • chol. 5mg • sod. 45mg • calc. 124mg • fibre 1g*

PEACH FROZEN YOGHURT

The creamy consistency of our peach frozen yoghurt makes it hard to believe that it is so low in fat.

Preparation: 5 to 10 minutes; 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings.

1 can (450 grams) peaches packed in juice
2 cups lowfat vanilla yoghurt
⅓ cup sugar

Drain peaches, reserving ¼ cup of the juice. In a blender or food processor fitted with the metal blade, pulse to chop the peaches. Add the vanilla yoghurt, sugar, and reserved peach juice. Process until smooth and the sugar is dissolved, about 1 minute. Pour the peach/yoghurt mixture into the freezer bowl, turn the machine on, and let mix until thickened, about 20 to 25 minutes. If desired, transfer the frozen yoghurt to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 101 (7% from fat) • carb. 21g • pro. 3g • fat 1g
sat. fat 0g • chol. 3mg • sod. 39mg • calc. 100mg • fibre 0g*

PREMIUM ICE CREAMS & GOURMET FLAVOURS

VANILLA BEAN

Rich and creamy, vanilla bean ice cream is a traditional French custard style ice cream.

Preparation: about 40 to 45 minutes active time (must allow time to cool completely); 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings

1¼ cups whole milk
1¼ cups heavy cream
1 vanilla bean (about 15cm in length)
2 large eggs
2 large egg yolks
½ cup sugar
2 teaspoons vanilla extract

Combine the milk and cream in a medium saucepan. Use a sharp knife to split the vanilla bean in half lengthwise. Use the blunt edge to scrape out the seeds. Stir the seeds and bean pod into the milk/cream mixture. Bring the mixture to a slow boil over medium heat, reduce the heat to low, and simmer for 30 minutes, stirring occasionally.

Combine the eggs, egg yolks, and sugar in a medium bowl. Use a hand

mixer on medium speed to beat until the mixture is thick, smooth, and pale yellow in colour, about 1½ to 2 minutes.

Remove the vanilla bean pod from the milk/cream mixture. Pour out 1 cup of the hot liquid. With the mixer on low speed, add the cup of hot milk/cream to the egg mixture in a slow steady stream. When thoroughly combined, pour the egg mixture back into the saucepan and stir to combine. Cook, stirring constantly, over medium low heat until mixture is thick enough to coat the back of a spoon. Stir in vanilla extract. Transfer to a bowl, cover with a sheet of plastic wrap placed directly on the custard, and chill completely.

Turn the machine on, pour the chilled custard into the freezer bowl, and let mix until thickened, about 25 to 30 minutes. If desired, transfer the frozen yoghurt to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 234 (67% from fat) • carb. 15g • pro. 4g • fat 18g
sat. fat 10g • chol. 163mg • sod. 50mg • calc. 81mg • fibre 0g*

VARIATIONS

Use any of the variations listed for basic vanilla ice cream or basic chocolate ice cream, pages 4 and 5.

Fresh Peaches & Cream: Combine ⅔ cup chopped ripe peaches with 3 tablespoons sugar and 1 tablespoon freshly squeezed lemon juice and let macerate for 2 hours. Drain and stir the accumulated juices into the chilled cream base. Chill the custard as directed, adding the reserved chopped peaches during the last 5 minutes of chilling.

Fresh Strawberries & Cream: Combine ⅔ cup thinly sliced, hulled fresh strawberries with 2 tablespoons sugar and 1 tablespoon freshly squeezed lemon juice and let macerate for 2 hours. Drain and stir the accumulated juices into the chilled cream base. Chill the custard as directed, adding the reserved sliced strawberries during the last 5 minutes of chilling.

DECADENT CHOCOLATE ICE CREAM

A chocoholic's delight, decadent chocolate ice cream is like eating a frozen truffle.

Preparation: about 30 minutes + cooling time, 25 to 30 minutes, plus additional time, for firmer consistency.

Makes eight servings

1¼ cups whole milk
1¼ cups heavy cream
1 vanilla bean

⅔ cup sugar
⅔ cup Dutch process cocoa
2 large eggs
1 large egg yolk
1 teaspoon vanilla
180 grams bittersweet chocolate, chopped

In a medium saucepan, combine the whole milk and heavy cream over medium low heat. With a sharp knife, split the vanilla bean lengthwise; use the blunt edge of the knife to scrape out the seeds of the vanilla bean. Stir the seeds and bean pod into the milk/cream mixture. Simmer the milk/cream mixture over low heat for 30 minutes. After 30 minutes, remove the vanilla bean pod and discard or rinse and reserve for another use.

Combine the sugar, cocoa, eggs, and egg yolk in a medium bowl; use a hand mixer on medium speed to beat until the mixture has thickened like mayonnaise. Measure out 1 cup of the hot milk/cream mixture. With the mixer on low speed, add the hot milk/cream in a slow, steady stream and mix until completely incorporated. Stir the chopped chocolate into the saucepan with the hot milk/cream, then stir the egg mixture into the hot milk/cream. Cook over low heat, stirring constantly, until the mixture thickens and begins to resemble a chocolate pudding. Transfer the chocolate mixture to a bowl. Cover with plastic wrap placed directly on the surface of the chocolate mixture, and refrigerate until completely cooled.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 25 to 30 minutes. If desired, transfer the frozen yoghurt to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 359 (60% from fat) • carb. 33g • pro. 7g • fat 26g
sat. fat 15g • chol. 136mg • sod. 51mg • calc. 99mg • fibre 3g*

WHITE CHOCOLATE ICE CREAM

Delicious with raspberry sauce.

Preparation: about 5 to 10 minutes; 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings

1 cup whole milk
1 cup heavy cream
½ cup sugar
1 large egg

- 1** large egg yolk
- 180** grams white chocolate, chopped
- 1** tablespoon white cr me de cacao
- 1** teaspoon vanilla extract

Combine milk and cream in a heavy bottomed saucepan and bring to a simmer over medium low heat. In a medium bowl, beat the sugar, egg, and egg yolk until thick and light. Measure out one cup of the hot milk mixture. With the mixer on low speed, add the hot milk to the egg mixture in a steady stream. Stir the egg mixture into the saucepan. Cook over low heat, stirring constantly, until the mixture reaches 70 C when checked with an instant read or candy thermometer. Add the chopped white chocolate, and stir until it is completely melted. Transfer to a bowl. Cover with plastic wrap placed directly on the surface of the custard and refrigerate until completely cooled.

Turn the machine on, pour the chilled custard into the freezer bowl and let mix until thickened, about 25 to 30 minutes. If desired, transfer the frozen yoghurt to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 315 (59% from fat) • carb. 28g • pro. 4g • fat 21g
sat. fat 12g • chol. 106mg • sod. 57mg • calc. 121mg • fibre 0g*

COFFEE ICE CREAM

For a richer coffee flavour, use instant espresso.

Preparation: 5 minutes, plus 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings.

- 3/4** cup whole milk, well chilled
- 2/3** cup granulated sugar
- 4 – 6** teaspoons instant espresso or coffee, to taste
- 1 1/2** cups heavy cream, well chilled
- 1** teaspoon pure vanilla extract

In a medium bowl, use a hand mixer or a whisk to combine the milk, granulated sugar, and espresso powder until the sugar and espresso are dissolved, about 1 to 2 minutes on low speed. Stir in the heavy cream and vanilla. Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 25 to 30 minutes. The ice cream will have a soft, creamy texture. If desired, transfer the ice cream to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 235 (65% from fat) • carb. 19g • pro. 2g • fat 17g
sat. fat 11g • chol. 64mg • sod. 27mg • calc. 58mg • fibre 0g*

VARIATION

Mocha Chip Ice Cream: Use 1 tablespoon each instant espresso powder and Dutch process cocoa instead of just espresso powder. Chop 90 grams of your favourite bittersweet or semisweet chocolate bar into tiny uneven pieces. Add the chopped chocolate during the last 5 minutes of mixing.

PISTACHIO ICE CREAM

Chopped pistachios and a touch of almond extract add rich flavour to this delicious ice cream.

Preparation: 5 minutes, plus 20 to 25 minutes chilling time, plus additional time, for firmer consistency.

Makes eight servings

- 3/4** cup whole milk, well chilled
- 2/3** cup granulated sugar
- 1 1/2** cups heavy cream, well chilled
- 1/2** teaspoon pure vanilla extract
- 1/4** teaspoon pure almond extract
- 2/3** cup shelled pistachios, roughly chopped (may use plain or lightly salted)

In a medium bowl, use a hand mixer or a whisk to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes on low speed. Stir in the heavy cream, vanilla, and almond extract. Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 25 to 30 minutes. During the last 5 minutes of freezing, add the pistachios. The ice cream will have a soft, creamy texture. If desired, transfer the ice cream to an airtight container and place in freezer until it has reached desired firmness.

Nutritional information per serving:

*Calories 297 (67% from fat) • carb. 21g • pro. 3g • fat 23g
sat. fat 12g • chol. 64mg • sod. 111mg • calc. 62mg • fibre 1g*

FROZEN DRINKS

SLUSHIES

Prepare slushies in just minutes with juices or your favourite flavour of soda.

Preparation: 5 minutes or less; 15 to 20 minutes plus 15 to 20 minutes chilling time.

Makes 4 servings

3¼ cups cola or other soda, lemonade, cranberry juice, white grape juice, chilled*

Pour into freezer bowl, turn the machine on and let mix until thick and slushy, about 15 to 20 minutes. Serve immediately, or if desired, transfer to an airtight container and store in the freezer. Remove from freezer at least 20 minutes before serving.

*Do not use sugar-free products to make slushies.

Nutritional information per serving:
Calories 103 (0% from fat) • carbo. 27g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 5mg

For best results, add alcohol during the last few minutes of mixing. Drinks may be made ahead, transferred to a resealable container and frozen until ready to serve.

All frozen drinks may be made without alcohol to turn them into family treats.

CHERRY BOUNCE

Cherry bounce has been a favourite since colonial times. Try serving as a frosty ending to a summer meal.

Preparation: 10 minutes or less, plus about 20 minutes chilling time.

Makes six servings

½ cup sugar
½ cup water
1 inch piece cinnamon stick
540 grams fresh or frozen, thawed pitted sweet cherries
18 grams chilled brandy

Combine the sugar and water in a 1½-litre saucepan and bring to a boil over medium heat. Cook without stirring until the sugar is completely dis-

solved, about 2 to 3 minutes. Remove from heat and add cinnamon stick; allow cinnamon stick to remain in hot syrup for 5 minutes (longer if you prefer a more pronounced cinnamon flavour); remove cinnamon stick and discard. Cool syrup completely.

Place cherries in a food processor fitted with the metal blade. Pulse to chop, then process until completely puréed, 2 to 3 minutes. Add cooled syrup. Refrigerate mixture if not chilling immediately.

Nutritional information per serving:
Calories 202 (1% from fat) • carb. 30g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 13mg • fibre 2g

FROZEN TOLSTOY

Based on a martini-type cocktail, this refreshing drink combines citrus and mint. Omit the vodka for a refreshing sorbet.

Preparation: 10 minutes or less, plus about 20 minutes chilling time.

Makes six servings

½ cup sugar
½ cup water
zest of 1 lemon
zest of 1 lime
1¾ cups chilled white or golden grapefruit juice
¼ cup fresh lemon juice
¼ cup fresh lime juice
mint leaves, finely chopped
¾ cup chilled vodka
thin lime or lime slices and fresh mint leaves for garnish

Combine the sugar and water in a 1½-litre saucepan and bring to a boil over medium heat. Cook without stirring until the sugar is completely dissolved, about 2 to 3 minutes. Remove from heat and add the lemon and lime zests; allow zest to remain in hot syrup for 5 minutes (longer if you prefer a more pronounced citrus flavour); strain and discard zest. Cool syrup completely.

Combine the cooled syrup with the juices and mint leaves. Turn machine on. Pour the juice mixture into the freezer bowl and mix until thickened, about 20 minutes. Add chilled vodka during the last 2 to 3 minutes of mixing. Serve immediately in stemmed glasses with straws, or freeze until ready to serve. Garnish with a thin slice of lemon or lime and a fresh mint leaf.

Nutritional information per serving:
Calories 154 (0% from fat) • carb. 25g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 2mg • calc. 10mg • fibre 0g

RASPBERR-RITAS

Raspberries and lime are paired in a new spin on a tried and true favourite.

Preparation: 10 minutes or less, plus about 20 minutes chilling time.

Makes six servings

360 grams chilled fresh or frozen, partially thawed raspberries
1 cup liquid margarita mix
45 millilitres chilled Triple Sec
120 millilitres chilled tequila
thin lime slices for garnish

Combine raspberries and liquid margarita mix in a blender or food processor fitted with the metal blade. Process until smooth. Turn machine on. Pour the juice mixture into the freezer bowl and mix until thickened, about 20 minutes. Add chilled Triple Sec and tequila during the last 2 to 3 minutes of mixing. Serve immediately in stemmed glasses with straws, or freeze until ready to serve. Garnish with a thin slice of lime.

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