

Cuisinart®

INSTRUCTION/ RECIPE BOOKLET



Smart Stick® Hand Blender

CSB-76C SERIES

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

IMPORTANT SAFEGUARDS

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

1. READ ALL INSTRUCTIONS.

2. 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, unplug the unit first, then remove blender 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 the blending shaft.**
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. The use of attachments or accessories not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
12. Do not use outdoors, or use for other than intended use.
13. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stovetop.

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14. 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.
 15. To reduce the risk of fire or electrical shock, do not operate any heating appliance beneath the mounting unit.
 16. Maximum rating of 200w is based on the chopper/grinder attachment that draws the greatest power.
 17. To reduce the risk of injury, never place cutting blade on base without first putting bowl properly in place.
 18. Be certain cover is securely locked in place before operating appliance.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

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INTRODUCTION

You'll find blending easier than ever with this Smart Stick® hand blender. Pick it up to blend cold drinks, hot soups, and crêpe batter – right in the pitcher, pot or bowl. It's comfortable to hold, easy to use, and the blending shaft and beaker are dishwasher safe. Enjoy!

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.

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. Never submerge motor body housing in water or any other liquid; wash 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 steel blade is partially covered by a stainless steel housing that keeps splashing to a minimum.
- 6. Mixing Beaker:** 2-cup (500 ml) 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

1. Liquid should come within an inch (2.5 cm) of where the shaft attaches to the motor housing.
2. When using with a nonstick cooking surface, be careful not to scratch the coating with the hand blender.
3. Do not immerse motor body housing, in water or any other liquid.
4. Cut most solid foods into ½" (1.25 cm) cubes for easy blending.

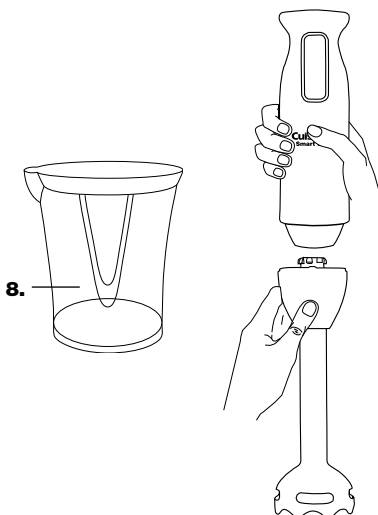
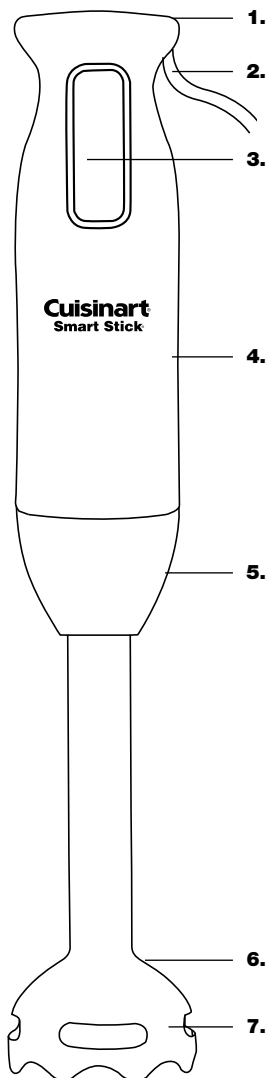
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5. Pour liquid ingredients into the mixing container first, unless recipe instructs otherwise.
 6. To avoid splashing, don't turn the hand blender on until the blade is beneath the surface of the mixture, and do not pull the hand blender out of the mixture while blender is running.
 7. Do not let hand blender stand in a hot pot on stove while not in use.
 8. Do not put fruit pits, bones, or other hard material into the blending mixture, as these are liable to damage the blades.
 9. Do not fill mixing containers too full. The level of mixture will rise when blending, and can overflow.
 10. Adding liquids that are warm, not cold, facilitates blending solids with liquids.
 11. For recipes calling for ice, use crushed ice (not whole cubes) for best results.
 12. Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
 13. 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.
 14. To whip air into a mixture, always hold the blade just under the surface.
 15. 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 motion right in the saucepan. You can quickly change your soup into a thick and creamy blend.
 16. When making compound butters, remove the butter from the refrigerator and let it come to room temperature before blending in the ingredients.
 17. The hand blender is perfect for frothing milk for cappuccino or lattes.
 18. Use the hand blender to make smooth gravies and pan sauces.
 19. For best results when using celery in a recipe, use a vegetable peeler to remove tough outer strings from the celery before slicing.

PARTS

1. Comfort Handle
2. Cord
3. On/Off Button
4. Motor Body Housing
5. Detachable Blending Shaft
6. Blade Guard
7. Stainless Steel Blending Blade (not shown)
8. Mixing Beaker

ASSEMBLY

Align the motor body with the blending shaft 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.



OPERATION

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, page 6.)
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.

CLEANING

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, or in dishwasher.

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.

RECIPES

SMOOTHIES AND DRINKS

Blueberry Banana Antioxidant Smoothie

A great smoothie to start the day.

Makes 2 cups (500 ml)

- 1 cup (250 ml) frozen blueberries**
- 1 small (4½ ounces [125 g]) banana, sliced**
- ¾ cup (175 ml) soy milk or fat free milk**
- 14 grams soy protein powder (or soy protein isolate)**
- 1 teaspoon (5 ml) flax seed oil**
- 1-2 teaspoons (5 - 10 ml) honey (optional)**

Place blueberries, banana, soy milk, protein powder, flax seed oil and honey, if using, in mixing beaker. Insert the Cuisinart® Smart Stick®, making sure the protective guard is submerged. Blend, using a gentle up-and-down motion until ingredients are combined, about 30 seconds.

Nutritional information per cup (250 ml) (made without honey):
Calories 159 (17% from fat) • carb. 26g • pro. 9g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 12mg • calc. 89mg • fiber 4g

Strawberry Kiwi Smoothie

This refreshing smoothie is high in fiber and full of Vitamin C.

Makes one 14-ounce (400 ml) smoothie

- 1 cup (250 ml) frozen strawberries, partly thawed**
- 1 kiwi, peeled, cut into eighths**
- ½ cup (125 ml) fat free vanilla yogurt**
- ½ cup (125 ml) fat free milk**
- 1 tablespoon (15 ml) honey**

Place ingredients in the mixing beaker. Insert the Cuisinart® Smart Stick®, making sure the protective guard is submerged. Blend, using a gentle up-and-down motion until ingredients are well combined, about 30 seconds.

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

Frozen Coffee Frappé

Make your own chilled coffeehouse drink at home.

Makes one 12-ounce (340 ml) beverage

- ¾ cup (175 ml) coffee ice cream or ice milk**
- ⅓ cup (75 ml) strongly brewed coffee (may use espresso), chilled**
- 2 tablespoons (30 ml) fat free milk**

Place ingredients in mixing beaker. Insert Cuisinart® Smart Stick®, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 20 to 30 seconds.

For a thicker milkshake:

Fill mixing beaker with coffee ice cream up to the 1½-cup (375 ml) mark. Add ½ cup (125 ml) brewed coffee and 2 tablespoons (30 ml) of fat free milk. Blend using the same technique as above.

For a Mudslide variation:

Add 1 tablespoon (15 ml) each of Irish cream liqueur and Kahlúa®.

Nutritional information per shake:

*Calories 428 (44% from fat) • carb. 51g • pro. 9g • fat 22g • sat. fat 13g
• chol. 90mg • sod. 209mg • calc. 343mg • fiber 0g*

Peach Margarita

Garnish with a sprig of mint and fresh raspberries.

Makes 2 cups (500 ml)

- 1 cup (250 ml) frozen peaches**
- 1 cup (250 ml) citrus juice (orange, lime, lemon in any combination)**
- ⅓ cup (75 ml) good quality tequila**
- ½ tablespoon (7 ml) Triple Sec or Grand Marnier®**
- 1-2 teaspoons (5 - 10 ml) granulated sugar**

Place all ingredients in mixing beaker. Insert the Cuisinart® Smart Stick®, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are combined, about 30 seconds.

Nutritional information per serving (one cup):

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

Red Raspberry Lemonade

This tangy, refreshing lemonade makes a perfect punch for any occasion.

Makes 10 cups (2.5 L) lemonade

- 1** **12-ounce (340 g) package frozen raspberries (no sugar added), thawed**
- 1½** **cups (375 ml) superfine sugar**
- 1½** **cups (375 ml) fresh lemon juice (or lime juice for Red Raspberry Limeade)**
- 7** **cups (1.75 L) cold water or sparkling water, seltzer or club soda**

Place the raspberries in the mixing beaker. Place the Cuisinart® Smart Stick® in the mixing beaker, making certain the protective guard is submerged in the raspberries. Blend, using a gentle up-and-down motion, moving the blender from the bottom to just under the top of the raspberries, until the raspberries are blended and completely puréed. Press raspberry purée through a fine mesh strainer (chinois) using a wooden spoon or spatula. There will be about 1 cup (250 ml) purée.

Place raspberry purée in a large pitcher with the sugar. Insert the hand blender in the mixture, making certain the protective guard is submerged in the mixture. Blend, using a gentle up-and-down motion, until the sugar is completely dissolved, about 1 minute. Add the lemon juice and blend again until completely mixed, about 15 seconds.

To serve, add chilled water to raspberry-lemon mixture. Serve over ice and garnish with a sprig of fresh mint, a thin slice of lemon, and some fresh raspberries.

Nutritional information per serving (one cup [250 ml]):
Calories 160 (0% from fat) • carb. 42g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 3mg • calc. 9mg • fiber 2g

SOUPS

Asparagus Soup

Serve as a first course for a special spring dinner.

Makes 5 cups (1.25 L)

- 1** **tablespoon (15 ml) unsalted butter**
- 4** **ounces (115 g) shallots, peeled and quartered**
- 1-2** **cloves garlic, peeled and crushed**
- 2½** **pounds (1.13 kg) fresh asparagus, tough ends removed**
- 6** **ounces (170 g) red potato, peeled, cut into ½-inch cubes**
- ½** **cup (125 ml) dry white wine or vermouth**
- 3** **cups (750 ml) fat free low-sodium chicken stock**
- 1¼** **teaspoons (6 ml) kosher salt**
- ½** **teaspoon (2 ml) freshly ground pepper**
- ½** **teaspoon (2 ml) dried basil**

½ cup (125 ml) heavy cream or half-and-half (optional)

Melt butter in a 4-quart (4 L) saucepan over medium low heat. Add shallots and crushed garlic and sauté 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 ¾-inch (1.9 cm) pieces. When shallots are soft, add asparagus, reserving the tips for garnish, and potato to saucepan and cook for about 6 minutes longer, until asparagus is bright in colour. Add wine. Raise the heat to bring the wine to a boil. Reduce the wine until a scant tablespoon remains. Add chicken stock. Bring to a boil and then reduce heat to low. Simmer for about 20 minutes until the vegetables are soft. Insert the Cuisinart® Smart Stick® into the saucepan, making sure the protective guard is submerged. Blend, using a gentle up-and-down motion until ingredients are well combined, about 30 to 45 seconds. Add salt, pepper and basil. Stir in cream if using.

While soup is cooking, bring 2 cups (500 ml) of water to a boil. Add the asparagus tips and until just tender and bright green. Drain and immediately plunge into an ice water bath to stop cooking. Drain and dry completely.

Serve soup hot, garnished with reserved asparagus tips.

*Nutritional information per ½-cup (125 ml) serving:
Calories 81 (28% from fat) • carb. 10g • pro. 4g • fat 3g • sat. fat 1g
• chol. 6mg • sod. 525mg • calc. 36mg • fiber 2g*

Yukon Gold Potato and Roasted Garlic Soup

A hearty soup that can also be served chilled like vichyssoise.

Makes eight cups (8 servings [2 L])

- 1 ounce (30 g) garlic cloves (8-12 cloves), peeled**
- 2 teaspoons (30 ml) extra virgin olive oil**
- ½ tablespoon (7 ml) unsalted butter**
- 1 medium onion (5 ounces), peeled,
cut into ½-inch (1.25 cm) pieces**
- 1 carrot (2 ounces), peeled, cut into ½-inch (1.25 cm) pieces**
- 1 rib celery (2 ounces), peeled, cut into ½-inch (1.25 cm) pieces**
- 3½ 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 into ½-inch (1.25 cm) slices**
- 1 teaspoon (5 ml) herbes de Provence**
- ½ cup (125 ml) evaporated fat free milk or half-and-half**
- 1 teaspoon (5 ml) kosher salt**
- ½ teaspoon (2 ml) ground white pepper**

Preheat oven to 375°F (190°C). Place cloves of garlic in the centre of a 12-inch (30.5 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 roasted 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 3¾-quart (4.1 L) 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, herbes 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 stand for 2 to 3 minutes.

Insert the Cuisinart® Smart Stick® into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion, moving the blender slowly throughout the saucepan, until well combined, smooth, and no visible pieces of vegetables remain, about 1 to 1½ minutes. Add half-and-half, salt and pepper. Insert the hand blender and blend for an additional 15 to 20 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

SAUCES

Sweet Red Pepper Coulis

This multi-purpose sauce is great for chicken, fish, crab cakes, and pastas.

Makes 2½ cups (625 ml)

- 1** **tablespoon (15 ml) olive oil**
- 1** **medium yellow onion, peeled, roughly chopped**
- 6** **cloves garlic, peeled and smashed**
- 3** **medium red bell peppers (about 6 ounces each),
roughly chopped**
- ½** **teaspoon (2 ml) kosher salt**
- ¼** **teaspoon (1 ml) freshly ground pepper**
- 1** **sprig of fresh thyme**
- ¼** **cup (50 ml) dry white wine**
- ¼** **cup (50 ml) chicken stock**

Heat the olive oil in a 2½-quart (2.3 L) saucepan over medium-low heat. Add the onion, garlic, red pepper, salt, pepper and thyme, and stir to coat. Reduce heat to low, cover loosely and cook until vegetables are softened, but not browned, about 15 to 20 minutes.

When vegetables are soft, add wine. Raise the temperature so that the wine comes to a boil. Reduce the wine until about 1 tablespoon (15 ml) remains. Add stock and bring to a boil. Reduce heat to medium-low

and simmer for about 10 minutes. Insert the Cuisinart® Smart Stick® 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 30 to 45 seconds.

Nutritional information per ½-cup (125 ml) serving:
Calories 41 (33% from fat) • carb. 5g • pro. 1g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 148mg • calc. 13mg • fiber 1g

Green Chile Sauce

This sauce is excellent served with your favourite Mexican dish, or use it as a base for a delicious southwestern stew.

Makes 2¼ cups (550 ml)

- 1½ pounds (750 g) Anaheim or green New Mexican chiles**
- 1 tablespoon (15 ml) unsalted butter**
- 1 small onion (approximately ¾ ounces [92 g]), cut into 1-inch (2.5 cm) pieces**
- 1 large clove garlic, peeled and smashed**
- 1 jalapeño pepper (approximately ½ ounce [15 g]), cut in half, seeds and stem removed, cut into 1-inch (2.5 cm) pieces**
- 1 tablespoon (15 ml) unbleached all-purpose flour**
- 1½ cups (375 ml) chicken stock**
- ¾ teaspoon (4 ml) kosher salt**

Preheat oven to 450°F (232°C). Place peppers on a baking sheet and roast until very dark and skin is coming away from the peppers, about 30 minutes. Place roasted peppers in a mixing bowl and cover with plastic wrap in order for the skins to loosen, about 15 minutes. Remove skin and seeds from chiles.

Place a 3½-quart (3.3 L) sauté pan over medium heat and add the butter. When butter is hot and bubbling, add the onion, garlic and jalapeño mixture and sauté for about 4 to 5 minutes, until softened but not browned. Stir in roasted chiles and cook for another minute. Add flour and stir and cook for 2 minutes. Add stock and bring to a boil. Add salt and reduce to a simmer for about 25 minutes. Insert the Cuisinart® Smart Stick® into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 30 to 60 seconds, until the sauce reaches desired consistency.

Nutritional information per ¼-cup (50 ml) serving:
Calories 39 (35% from fat) • carb. 5g • pro. 1g • fat 2g • sat. fat 1g
• chol. 3mg • sod. 476mg • calc. 59mg • fiber 1g

Rustic Tomato & Roasted Red Pepper Sauce

A great sauce for pasta.

Makes about 5 cups (1.25 L)

- 2** **teaspoons (10 ml) extra virgin olive oil**
- 1** **onion (5 to 6 ounces [145 - 170 g]), peeled and cut into ½-inch (1.25 cm) pieces**
- 1** **carrot (2 ounces [60 g]), peeled and cut into ½-inch (1.25 cm) pieces**
- 1** **rib celery, trimmed and cut into ½-inch (1.25 cm) pieces**
- 2** **cloves garlic, peeled**
- 1** **teaspoon (5 ml) dried basil**
- 1** **roasted red bell pepper, cut into 1-inch (2.5 cm) pieces**
- ⅓** **cup (75 ml) dry white wine (such as vermouth)**
- 2** **tablespoons (30 ml) tomato paste**
- 2** **cans (15-ounce) recipe-ready diced tomatoes with juices**
- ½** **teaspoon (2 ml) kosher salt**
- ¼** **teaspoon (1 ml) freshly ground black pepper**

In a 3-quart (3 L) 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 but not browned, 6 to 8 minutes. Stir in the roasted red pepper, wine, tomato paste, tomatoes, salt and pepper. 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 stand 5 minutes.

Insert the Cuisinart® Smart Stick® into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 30 to 60 seconds, until the sauce reaches desired consistency.

Nutritional analysis per ½-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

SIDE DISHES

Parsnip & Sweet Potato Purée

This creamy side dish goes well with rack of lamb or roast turkey.

Makes 3 cups (750 ml) / 6 half-cup (125 ml) servings

- 1½ pounds (750 g) parsnips, peeled and cut into ¾- to 1-inch (1.9 - 2.5 cm) pieces**
- ½ pound (227 g) sweet potato, peeled and cut into ¾- to 1-inch (1.9 - 2.5 cm) pieces**
- 1 small onion (3 ounces [90 g]), peeled and cut into ¾- to 1-inch (1.9 - 2.5 cm) pieces**
- ½ teaspoon (2 ml) kosher salt**
- ½ cup (125 ml) half-and-half or light cream**
- 2 tablespoons (30 ml) unsalted butter, cut into ½-inch pieces, room temperature**
- ⅛ teaspoon (0.5 ml) freshly ground white pepper**

Place parsnips, sweet potato, and onion pieces in a 3-quart (3 L) nonreactive saucepan and cover with water by 1 inch (2.5 cm). Add ¼ teaspoon (1 ml) of the salt to the water. Bring to the boil over high heat, then reduce heat to medium-high and simmer until vegetables are tender, about 10 to 15 minutes.

When vegetables are tender, remove from heat. Drain and return to cooking pan. Add half-and-half and butter. Insert the Cuisinart® Smart Stick® into the cooked vegetables, making certain the protective guard is submerged in the vegetables. Blend, using a gentle up-and-down motion, moving the hand blender through the pan, until ingredients are well blended, smooth and creamy, about 50 to 60 seconds. Season with the remaining ¼ teaspoon (1 ml) salt and the white pepper. Serve hot. If not serving immediately, transfer purée to a double boiler and keep warm over simmering water.

Tips:

Change the flavor by adding a few cloves of peeled fresh garlic or slices of fresh peeled ginger to the water when cooking.

Make a heart-healthy version by substituting chicken or vegetable stock for the half-and-half, and extra virgin olive oil for the butter (do not add fresh ginger to this version).

Nutritional information per ½-cup (125 ml) serving:

*Calories 170 (21% from fat) • carb. 33g • pro. 2g • fat 4g • sat. fat 2g
• chol. 10mg • sod. 81mg • calc. 52mg • fiber 6g*

Mushroom Gravy

A flavourful gravy when you have no roast to start with.

Makes about 5 cups (1.25 L)

- ¼ cup (50 ml) dried porcini mushrooms**
- 3 tablespoons (45 ml) unsalted butter**
- 1 medium onion, about 4-5 ounces (115 - 145 g), sliced**
- 1 clove garlic, peeled and smashed**
- 8 ounces (227 g) white mushrooms, cleaned and sliced**
- 2½ tablespoons (37.5 ml) unbleached flour**
- ¼ cup (50 ml) plus 2 tablespoons (30 ml) sherry**
- 8 ounces (227 g) cremini (baby portobello) mushrooms, cleaned, stems removed, and sliced**
- 4 cups (1 L) chicken or vegetable stock**
- ⅛ teaspoon (0.5 ml) kosher salt**
- ⅛ teaspoon (0.5 ml) dried thyme**

Place dried porcini mushrooms in a heatproof bowl. Cover with boiling water and let stand for 30 minutes. After 30 minutes, drain mushrooms, strain (through a sieve lined with a coffee filter) and reserve cooking liquid. Chop the mushrooms and reserve.

Place 2 tablespoons (30 ml) of the butter in a 3-quart (3 L) sauté pan over medium heat. When butter has melted, add onions and garlic. Sauté lightly until onions have softened, about 8 minutes. Add fresh white mushrooms in 2 batches. Stir mushrooms over medium-high heat until lightly browned, about 6 to 7 minutes. Reduce heat to medium-low and stir in 2 tablespoons (30 ml) of the flour. Continuously stir mixture for about a minute. Add ¼ cup (50 ml) sherry and scrape the bottom of the pan of all that has stuck to it. If needed, add ½ cup (125 ml) of the stock to scrape anything that remains. Pour mixture out into a bowl to reserve. Wipe out pan and add the remaining tablespoon of butter. Sauté the cremini mushrooms until lightly browned. Stir in chopped porcini. Add remaining half tablespoon (7 ml) of flour and stir for about a minute. Stir in 2 tablespoons (30 ml) of sherry, dislodging any flavourful brown bits that remain on bottom of pan. Add one-half cup (125 ml) of the stock if necessary. Add the reserved cooked mushrooms, salt, thyme, ½ cup (125 ml) mushroom soaking liquid, and remaining stock to the sauté pan. Bring mixture to a boil and then reduce to a simmer. Simmer for about 20 to 30 minutes.

Insert the Cuisinart® Smart Stick® into the mixture making certain the protective guard is submerged. Carefully blend using a circular motion, moving the blender over the surface of the pan and through the gravy. Serve immediately or store sealed in refrigerator for up to 5 days.

Nutritional information per ⅓-cup (75 ml) serving:

*Calories 49 (44% from fat) • carb. 4g • pro. 2g • fat 2g • sat. fat 1g
• chol. 6mg • sod. 147mg • calc. 5mg • fiber 1g*

Popovers

Change the flavour by adding grated cheese, spices or herbs.

Makes 6 popovers

- 3/4 cup (175 ml) all-purpose flour**
- 3/4 cup (175 ml) reduced-fat milk or evaporated fat free milk**
- 2 large eggs**
- 1 tablespoon (15 ml) unsalted butter, melted and cooled**
- 1/2 teaspoon (2 ml) salt**
- cooking spray or melted unsalted butter**

Place the ingredients in mixing beaker. Place the Cuisinart® Smart Stick® in the mixing beaker, making certain the protective guard is submerged in the liquid. Blend, using a gentle up-and-down motion, moving the blender from the bottom to just under the top of the batter, until the batter is blended and completely homogenous, smooth and creamy. Cover and let rest for 30 to 40 minutes.

Preheat the oven to 450°F (232°C). Spray 6 muffin cups (1/2-cup [125 ml] size) with nonstick cooking spray, or brush with melted unsalted butter.

Divide the batter evenly among the prepared cups. Bake in the preheated oven (450°F [232°C]) for 20 minutes. Do not peek or disturb, or the popovers might fall. Lower the heat to 375°F (190°C), and bake for 20 minutes longer. Remove from the pans, prick with a fork to allow steam to escape and prevent from becoming soggy. Serve immediately. For drier popovers, return to hot (but turned-off) oven for 10 minutes after pricking.

Nutritional analysis per popover:

*124 calories (28% from fat) • carb. 16g • pro. 6g • fat 4g • sat. fat 2g
• chol. 76mg • sod. 114mg • calc. 104mg • fiber 0g*

Easy Creamy Guacamole

Use as a dip, sauce, topping or side dish.

Makes about 1 cup (250 ml)

- 1 avocado, ripe, peeled, seeded, cut into ¾-inch (1.9 cm) pieces**
- 2 tablespoons (30 ml) fresh lemon or lime juice**
- ½ clove garlic, peeled and smashed**
- ½ teaspoon (7 ml) kosher salt or to taste**

Place all ingredients in mixing beaker. Insert Cuisinart® Smart Stick®, pressing blade into the avocado pieces, and process until mixture begins to soften, about 15 to 20 seconds. Continue processing with a gentle up-and-down motion until desired texture is reached, about 20 to 30 seconds longer. Transfer to a decorative bowl to serve with tortilla chips. If not serving immediately, cover with a sheet of plastic wrap placed directly on the guacamole to prevent browning, and refrigerate until ready to serve.

Nutritional information per serving (2 tablespoons [30 ml]):

*Calories 77 (80% from fat) • carb. 3g • pro. 1g • fat 7g • sat. fat 1g
• chol. 0mg • sod. 89mg • calc. 5mg • fiber 3g*

DRESSINGS

Basic Vinaigrette

Use this basic vinaigrette as a guide and change your vinegar/oil flavours to come up with varying combinations to create exciting salads. You can 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 (250 ml)

- ¼ cup (50 ml) wine vinegar**
- 1 tablespoon (15 ml) Dijon mustard**
- ¾ cup (175 ml) salad or olive oil**
- kosher salt and freshly ground pepper to taste**

Place all ingredients in the mixing beaker. 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.

Makes about 1 $\frac{1}{3}$ cups (325 ml)

- $\frac{1}{3}$ cup (75 ml) grated Parmesan cheese
- 4 cloves roasted garlic*
- 2 tablespoons (30 ml) fresh lemon juice
- 2 tablespoons (30 ml) red wine vinegar
- 2 tablespoons (30 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
- $\frac{1}{4}$ teaspoon (4 ml) freshly ground pepper
- $\frac{1}{2}$ cup (125 ml) extra virgin olive oil
- dash Tabasco® or other hot sauce (to taste)

Place all the ingredients in the mixing beaker in the order listed. Insert the Cuisinart® Smart Stick® and process 40 seconds, until creamy and totally emulsified.

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*

***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 a 375°F (190°C) oven for 30 to 40 minutes, until tender and browned. If you do not wish to roast the garlic, you may blanch it until tender in water to cover (this may be done in the microwave if desired).

Mayonnaise

Make quick mayonnaise in just minutes.

Makes about 1 $\frac{1}{4}$ cups (300 ml)

- $\frac{1}{4}$ cup (50 ml) pasteurized liquid egg product
(such as EggBeaters®)
- 1 tablespoon (15 ml) fresh lemon juice
- $\frac{1}{2}$ tablespoon (7 ml) Dijon mustard
- 1 cup (250 ml) vegetable oil
- $\frac{1}{4}$ teaspoon (1 ml) kosher salt
- $\frac{1}{4}$ teaspoon (1 ml) ground white pepper

Place all ingredients in mixing beaker in order listed. Insert Cuisinart® Smart Stick® holding blade against bottom of beaker and process until mixture begins to thicken, about 15 to 20 seconds. Continue processing with a gentle up-an-down motion until thick, about 20 to 30 seconds longer.

Nutritional information per tablespoon (15 ml):

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

DESSERTS

Berry Coulis

This versatile dessert sauce could not be easier.

Makes 1¼ cups (300 ml)

- 1 12-ounce (375 g) bag of frozen mixed berries, thawed**
- ¼ cup (50 ml) granulated sugar**
- ½ teaspoon (2 ml) fresh lemon juice**

Place all ingredients in a 2½-quart (2.3 L) saucepan. Over medium heat bring mixture to a simmer and cook for about 5 minutes to melt the sugar. Insert the Cuisinart® Smart Stick® into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 30 seconds. Strain the sauce through a fine mesh strainer and serve.

Nutritional information per ¼-cup (50 ml) serving:

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

Peaches & Cream

Serve this simple dessert well chilled in stemmed goblets for an elegant presentation.

Makes 8 servings

- 2 tablespoons (30 ml) unsalted butter**
- 4 tablespoons (60 ml) sugar, divided**
- 1 pound (500 g) fresh peaches, peeled, pitted and sliced**
- 1 strip lemon zest (2 x ½ inch [5 x 1.25 cm])**
- 8 ounces (227 g) mascarpone**
- 1 tablespoon (15 ml) vanilla extract**

In a Cuisinart® 2-quart (1.9 L) saucier, melt butter and 2 tablespoons (30 ml) of the sugar over medium-low heat, stirring until golden and caramel in colour, about 5 to 8 minutes. Add peaches and zest, cover loosely and cook over low heat until peaches are tender, about 15 minutes. Remove and discard zest strip. Insert Cuisinart® Smart Stick® making certain protective guard is submerged and process, using a gentle up-and-down motion, moving the blender through the pan until smooth, about 1 minute. Transfer to a bowl, let cool, then cover and chill.

Place the mascarpone, remaining sugar and vanilla in a medium bowl. Insert hand blender making sure the protective guard is submerged and process, about 20 seconds. Scrape bowl and process about 1 minute longer. Chill until ready to use.

Spoon peach mixture and whipped mascarpone mixture into goblets in alternate layers. Keep chilled until ready to serve. May be garnished with fresh raspberries, toasted sliced almonds or a mint leaf.

Nutritional analysis per serving:

*Calories 204 (70% from fat) carb. 13g • pro. 2g • fat 16g • sat. fat 9g
• chol. 43mg • sod. 15mg • calc. 44mg • fiber 1g*

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on this Cuisinart® product. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® product that was purchased at retail for personal, family or household use. This warranty is not available to retailers or other commercial purchasers or owners.

We warrant that this Cuisinart® product will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

For warranty purposes, we would like to suggest that you register your product on-line at www.cuisinart.ca to facilitate verification of the date of original purchase. However, should you not wish to register on-line we recommend the consumer to maintain original receipt indicating proof of purchase. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

When calling our Authorized Service Centre for in warranty service please make reference to your model number and the manufacturing date code. This information can be found in the rating area on the body or underneath the base of your unit. The model number will follow the word Model: CSB-76C. The manufacturing date code is a 4 or 5 digit number. Example, 60630 would designate year, month & day (2006, June 30th).

If your Cuisinart® product should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. 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, Ont. L6T 5M1

To facilitate the speed and accuracy of your return, please also enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by cheque or money order.

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service.

Cuisinart cannot be held responsible for in transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

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BEFORE RETURNING YOUR CUISINART PRODUCT

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Centre, please remind the servicer to call our Consumer Service Centre to ensure that the problem is properly diagnosed, the product serviced with the correct parts, and to ensure that the product is still under warranty.

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