

Cuisinart®

INSTRUCTION
AND RECIPE
BOOKLET



Automatic Frozen Yogurt-Ice Cream & Sorbet Maker

ICE-21C

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 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. Close supervision is necessary when any appliance is used by or near children.
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 and 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.
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock or risk of injury.
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 bowl 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 BOWL!** Sharp objects will scratch and damage the inside of the freezer bowl. 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 bowl 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.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, 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.

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords may be used if care is exercised in their use.

If a long, polarized extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be pulled on by children or animals, or tripped over.

CAUTION

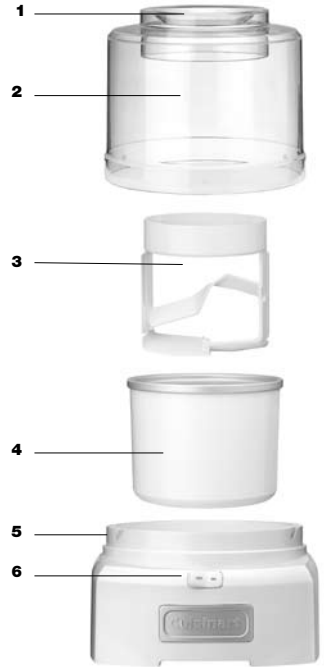
- Do not immerse base in water.
- To reduce the risk of fire or electric shock, do not disassemble the base. Note: The base does not contain any user-serviceable parts.
- Repairs should be made only by authorized personnel.
- Check voltage to be sure that the voltage indicated on the name plate agrees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

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FEATURES AND BENEFITS

- 1. Ingredient Spout**
Pour recipe ingredients through the spout. Also use to add ingredients like chips or nuts, without interrupting the freezing cycle.
- 2. Easy-Lock Lid**
Transparent to let you watch the freezing process as it progresses. Lid is designed to easily lock to the base.
- 3. Mixing Paddle**
Mixes and aerates ingredients in freezer bowl to create frozen desserts or drinks.
- 4. Freezer Bowl**
Contains cooling liquid between a double-insulated wall to create fast and even freezing. Double wall keeps the bowl cool and at an even temperature.
- 5. Base**
Contains heavy-duty motor strong enough to handle ice cream, frozen yogurt, sherbet, sorbet and frozen drinks.
- 6. On/Off Switch**
- 7. Rubber Feet** (not shown)
Non-slip feet keep base stationary during use.
- 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 lid, freezer bowl and mixing arm 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 bowl must be completely frozen before you begin your recipe. Before freezing, wash and dry the bowl. The length of time needed to reach the frozen state depends on how cold your freezer is. It is recommended that you place the freezer bowl in the back of your freezer where it is coldest. Be sure to place the freezer bowl on a flat surface in its upright position for even freezing.

Generally, freezing time is between 16 and 24 hours. Shake the bowl to determine whether it is completely frozen. If you do not hear the liquid within the bowl moving, the cooling liquid is therefore frozen. For the most convenient frozen desserts and drinks, leave your freezer bowl in the freezer at all times. Use the bowl immediately after removing from the freezer. It will begin to quickly defrost once it has been removed from the freezer.

Reminder: Your freezer should be set to 0°F to ensure proper freezing of all foods.

MAKING FROZEN DESSERTS

1. Prepare recipe ingredients from pages that follow or from your own recipe. Flip booklet over for Cuisinart recipes. If you use your own recipe, be sure it yields 1½ quarts or less.
2. Remove the freezer bowl from the freezer. Place freezer bowl on the center 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 paddle in freezer bowl. It just rests in the center of the bowl, with the circle side facing up.
4. Place lid on base and rotate clockwise until tabs on lid lock in place on base.
5. Press On/Off switch to ON position. Freezer bowl will begin to turn.
6. Immediately pour ingredients through ingredient spout.
NOTE: Ingredients must be added to the freezer bowl after unit is turned on.
7. Frozen desserts will be done in less than 20 minutes. The time will depend on the recipe and volume of the dessert you are making. When the mixture has thickened to your liking, it is done. If you desire a firmer consistency, transfer the dessert to an airtight container and store in the freezer for two or more hours.
NOTE: Do not store frozen desserts in the freezer bowl. Desserts will stick to the sides of the freezer bowl and may damage the bowl. Store only in a freezer-safe airtight container.

ADDING INGREDIENTS

Ingredients such as chips and nuts should be added about 5 minutes before the recipe is complete. Once the dessert 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® Automatic Frozen Yogurt-Ice Cream & Sorbet Maker is equipped with a safety feature that automatically stops the unit if the motor overheats. This may occur if the dessert 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 and unplug the unit. Let the unit cool off. After a few minutes, you may turn the unit on again and continue making the dessert.

CLEANING AND STORAGE

Cleaning

Clean the freezer bowl, mixing paddle and lid in warm soapy water. **DO NOT PUT FREEZER BOWL 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 bowl in freezer if bowl is wet. **DO NOT** store lid, mixing paddle, or base in freezer. You may store the freezer bowl in the freezer for convenient, immediate use. Do not store frozen desserts in the freezer bowl in the freezer for more than 30 minutes at a time. Transfer frozen desserts to a freezer-safe, airtight container for longer storage in the freezer.

Cuisinart®

Recipe Booklet



RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen desserts. You may create or use recipes of your own, as long as they yield no more than 1½ quarts (1.4 L).

- Frozen desserts from the Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker 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 to freezer-safe 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 cold 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 (e.g., half and half), milk (reduced-fat or lowfat) as well as non-dairy milks (soy, hemp or rice) 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 (500 ml) of cream, use a total of two cups (500 ml) of the substitute (such as 1 cup [250 ml] cream, 1 cup [250 ml] 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 the freezing process. 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 on the following pages will yield up to 1½ quarts (48 oz) of dessert. When pouring ingredients in through the ingredient spout, DO NOT fill the freezer bowl higher than ¼-inch (0.6 cm) from the top of the freezer bowl. The ingredients will increase in volume during the freezing process.
- Make sure mixing paddle and lid are in place before turning on machine.
- When making more than one recipe at a time, be sure the freezer bowl is completely frozen before each use. Additional freezer bowls may be purchased on the Cuisinart website (www.cuisinart.ca).

Simple Ice Creams

Simple Vanilla Ice Cream

This ice cream can easily be dressed up by adding your favourite chopped candies or sprinkles at the end of churning.

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- 1 cup (250 ml) whole milk**
- ¾ cup (175 ml) granulated sugar**
- pinch salt**
- 2 cups (500 ml) heavy cream**
- 1 tablespoon (15 ml) pure vanilla extract**

1. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
2. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 222 (73% from fat) • carb. 13g • pro. 2g • fat 18g • sat. fat 11g • chol. 69mg • sod. 45mg • calc. 61mg • fiber 0g

Simple Chocolate Ice Cream

*For a real treat, serve this with our
Chocolate Sauce on page 12.*

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- ¾ cup (175 ml) cocoa powder, sifted**
- ½ cup (125 ml) granulated sugar**
- ⅓ cup (75 ml) packed dark brown sugar**
- pinch salt**
- 1 cup (250 ml) whole milk**
- 2 cups (500 ml) heavy cream**
- ½ tablespoon (7 ml) pure vanilla extract**

1. In a medium bowl, whisk together the cocoa, sugars and salt. Add the milk and, using a hand mixer on low speed or a whisk, beat to combine until the cocoa, sugars and salt are dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
2. Turn the Cuisinart® ice cream maker on; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving. *Nutritional information per serving (based on ½ cup [125 ml]):*
Calories 268 (62% from fat) • carb. 23g • pro. 3g • fat 19g • sat. fat 11g • chol. 69mg • sod. 44mg • calc. 61mg • fiber 1g

Butter Pecan Ice Cream

*The butter used to toast the pecans can be saved
and used over pancakes or waffles.*

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- 4 tablespoons (60 ml) unsalted butter**
 - 1 cup (250 ml) pecans**
 - 1 teaspoon (5 ml) salt**
 - 1 cup (250 ml) whole milk**
 - ¾ cup (175 ml) granulated sugar**
 - pinch salt**
 - 2 cups (500 ml) heavy cream**
 - 1 tablespoon (60 ml) pure vanilla extract**
1. Melt the butter in a medium skillet. Add the pecans and 1 teaspoon (5 ml) of salt. Cook over medium-low heat until pecans are toasted and golden, stirring frequently, about 6 to 8 minutes. Remove from the heat, strain and reserve the pecans, allowing them to chill. The butter can be used for another use – delicious over pancakes or waffles.

2. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
3. Turn the Cuisinart® ice cream maker on; pour the milk/cream mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. Five minutes before mixing is completed, add the reserved pecans and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 330 (79% from fat) • carb. 14g • pro. 3g • fat 30g • sat. fat 15g • chol. 81mg • sod. 58mg • calc. 68mg • fiber 1g

S'mores Ice Cream

All of the flavours of a s'more in one bite of ice cream.

Makes about 6 cups ([1.5 L] twelve ½-cup [125ml] servings)

- ½ cup (125 ml) cocoa powder, sifted**
 - ⅓ cup (75 ml) granulated sugar**
 - ¼ cup (50 ml) packed dark brown sugar**
 - pinch salt**
 - ⅔ cup (150 ml) whole milk**
 - 1½ cups (375 ml) heavy cream**
 - 1 teaspoon (5 ml) pure vanilla extract**
 - ¾ cup (175 ml) marshmallow cream (e.g. Fluff®)**
 - 2 full graham cracker sheets, crushed**
 - 2 ounces (60 g) milk chocolate (½ cup [75 ml] chips), melted and reserved at room temperature**
1. In a medium bowl, whisk together the cocoa, sugars and salt. Add the milk and, using a hand mixer on low speed or a whisk, beat to combine until the cocoa and sugars are dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
 2. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. Five minutes before mixing is completed, gradually add the marshmallow cream, one spoonful at a time. Once mixed, add the crushed graham crackers and melted chocolate, one at a time, through the top and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.
Tip: If marshmallow cream is too stiff, warm slightly in microwave before adding to freezer bowl.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 292 (52% from fat) • carb. 33g • pro. 2g • fat 17g • sat. fat 10g • chol. 57mg • sod. 48mg • calc. 43mg • fiber 1g

Fresh Strawberry Ice Cream

Best made when strawberries are at their peak of freshness, this ice cream is light, sweet and fruity.

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- 1½ cups (375 ml) fresh strawberries, hulled***
- ¾ cup (175 ml) whole milk**
- ⅔ cup (150 ml) granulated sugar**
- pinch salt**
- 1½ cups (375 ml) heavy cream**
- 1½ teaspoons (7 ml) pure vanilla extract**

1. Put the strawberries into the bowl of a food processor fitted with the chopping blade. Pulse strawberries until rough/finely chopped (depending on preference). Reserve in bowl.
2. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Stir in reserved strawberries with all juices. Cover and refrigerate 1 to 2 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Frozen strawberries may be substituted if fresh strawberries are not available.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 192 (62% from fat) • carb. 16g • pro. 1g • fat 13g • sat. fat 9g • chol. 51mg • sod. 23mg • calc. 26mg • fiber 0g

Peanut Butter Cup Ice Cream

One of the easiest ice creams to make, the rich peanut butter flavours in this ice cream will have your friends and family in awe.

Makes about 6 cups ([1.5 L] twelve ½-cup [125 ml] servings)

- 1 cup (250 ml) good quality peanut butter (not natural)**
- ⅔ cup (150 ml) granulated sugar**
- 1 cup (250 ml) whole milk**
- 2 cups (500 ml) heavy cream**
- 1 teaspoon (5 ml) pure vanilla extract**
- 1 cup (250 ml) chopped chocolate peanut butter cup candies (about 15 miniature peanut butter cups)**

1. In a medium mixing bowl, use a hand mixer on low speed to combine the peanut butter and sugar until smooth. Add the milk and mix on low speed until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
2. Turn on the Cuisinart® ice cream maker; pour the mixture into freezer bowl and let mix until thickened, about 15 to 20 minutes. Five minutes before mixing is completed, add the chopped candy through the top and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 365 (68% from fat) • carb. 23g • pro. 8g • fat 29g • sat. fat 12g • chol. 58mg • sod. 153mg • calc. 58mg • fiber 2g

Custard-Style Ice Creams

Vanilla Bean Ice Cream

For the true vanilla lover. Be sure to use fresh vanilla beans to capture the intense flavour.

Makes about 6 cups ([1.5 L] twelve ½-cup [125 ml] servings)

- 2 cups (500ml) whole milk**
- 2 cups (500 ml) heavy cream**
- 1 cup (250 ml) granulated sugar, divided**
- pinch salt**
- 1 whole vanilla bean, halved and seeds scraped**
- 5 large egg yolks**
- 1½ teaspoons (7 ml) pure vanilla extract**

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, half of the sugar, salt and the scraped vanilla bean (including the pod). Bring the mixture just to a boil.
2. While the milk/cream mixture is heating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or whisk, beat until mixture is pale and thick.
3. Once the milk/cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
4. Pour the mixture through a fine mesh strainer (discard the vanilla pod) and bring to room temperature. Stir in the vanilla extract. Cover and refrigerate 1 to 2 hours, or overnight.
5. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 254 (62% from fat) • carb. 20g • pro. 3g • fat 18g • sat. fat 11g • chol. 148mg • sod. 51mg • calc. 85mg • fiber 0g

Fresh Mint with Chocolate Cookies

Always a winning combination, fresh mint and chocolate take the forefront in this rich and creamy ice cream.

Makes about 6 cups ([1.5 L] twelve ½-cup [125 ml] servings)

- 2 cups (500 ml) whole milk**
- 2 cups (500 ml) heavy cream**
- 1 cup (250 ml) granulated sugar, divided**
- pinch salt**
- 1½ teaspoons (7 ml) pure vanilla extract**
- 2 cups (500 ml) packed fresh mint leaves**
- 5 large egg yolks**
- 1 cup (250 ml) crushed chocolate sandwich cookies (about 8 cookies)**

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, half of the granulated sugar, salt and vanilla. Bring the mixture just to a boil. Remove from heat and add the mint leaves; let steep for 20 to 30 minutes. If you desire a milder mint flavor, remove and discard the mint leaves after steeping, but for a more intense ice cream we recommend blending the milk/mint mixture using an immersion blender. After steeping, return the mixture just to a boil over medium-low heat.
2. While the milk/cream mixture is reheating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or a whisk, beat until mixture is pale and thick.
3. Once the milk/cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
4. Pour the mixture through a fine mesh strainer. Bring the ice cream base to room temperature. Cover and refrigerate 1 to 2 hours, or overnight.
5. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 20 minutes. When the ice cream is almost fully churned, gradually add the crushed cookies through the top of the ice cream maker; let mix until fully combined.
6. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 293 (58% from fat) • carb. 27g • pro. 4g • fat 20g • sat. fat 11g • chol. 148mg • sod. 98mg • calc. 115mg • fiber 1g

Frozen Yogurts

Rich Vanilla Frozen Yogurt

While part-skim or fat-free yogurt can be substituted, to get the real flavour and richness of this frozen yogurt it is best to use the whole milk variety.

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- 1½ tablespoons (25 ml) light corn syrup**
- 1½ tablespoons (25 ml) honey**
- 3 tablespoons (45 ml) water**
- 2 vanilla beans, split and seeds scraped**
- 5 cups (1.25 L) whole milk plain yogurt, strained through a cheesecloth* for 2 to 4 hours**
- 1 teaspoon (5 ml) pure vanilla extract**
- ¾ cup (175 ml) granulated sugar**
- pinch salt**

1. Put the corn syrup, honey, water and vanilla beans into a medium saucepan. Over medium-low heat, bring mixture to a boil, then simmer until reduced by about half. Strain (discarding vanilla pods); reserve.
2. In a large mixing bowl, whisk the strained yogurt, reserved honey/water/vanilla reduction, vanilla extract, sugar and salt together. Whisk until the sugar has dissolved. Cover and refrigerate 2 to 3 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*If you do not have a cheesecloth, you can use a couple of layered paper towels.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 161 (22% from fat) • carb. 25g • pro. 7g • fat 4g • sat. fat 3g • chol. 15mg • sod. 67mg • calc. 176mg • fiber 0g

Mango Frozen Yogurt

*Be sure to use fresh, ripe mangoes.
The better the mango, the better the frozen yogurt.*

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- 5 cups (1.25 L) low-fat plain yogurt, strained through a cheesecloth* for 2 to 4 hours**
- ½ cup (125 ml) granulated sugar**
- 2 mangoes, peeled, pitted and roughly chopped (about ½ to 1-inch [1.25 cm to 2.5 cm] pieces)**
- 1 teaspoon (5 ml) fresh lime juice, about ½ lime**

1. In a large mixing bowl, whisk the strained yogurt and sugar together; reserve.
2. Using a blender, purée the mangoes with the lime juice and 1 cup (125 ml) of the yogurt mixture. Combine with the remaining yogurt/sugar mixture. Cover and refrigerate 1 to 2 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*If you do not have a cheesecloth, you can use a couple of layered paper towels.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 126 (8% from fat) • carb. 26g • pro. 5g • fat 1g • sat. fat 1g • chol. 3mg • sod. 74mg • calc. 204mg • fiber 2g

Lowfat Strawberry Frozen Yogurt

Sorbets

The tanginess of the yogurt comes through in this frozen treat.

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- 4 cups (1 L) lowfat plain yogurt, strained through a cheesecloth* for 2 to 4 hours**
- ½ cup (125 ml) granulated sugar**
- pinch salt**
- 1 teaspoon (5 ml) pure vanilla extract**
- 2 tablespoons (30 ml) light corn syrup**
- 1 pound (500 g) frozen strawberries**
- 1½ tablespoons (25 ml) honey**
- 1½ tablespoons (25 ml) fresh lemon juice**

1. In a large bowl, whisk the strained yogurt with the sugar, salt, vanilla and corn syrup; reserve.
2. In a medium saucepan, heat the berries, honey and lemon juice on low for about 10 minutes, or until just softened. Strain, discarding liquid, and cool. Once the berries are cooled, stir into the yogurt/sugar mixture. Cover and refrigerate 2 to 3 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*If you do not have a cheesecloth, you can use a couple of layered paper towels.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 123 (8% from fat) • carb. 27g • pro. 4g • fat 1g • sat. fat 1g • chol. 3mg • sod. 73mg • calc. 167mg • fiber 2g

Dark Chocolate Sorbet

A step away from the ordinary sorbets, our Dark Chocolate Sorbet is a real treat.

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- 3 cups (750 ml) water**
- 1⅔ cups (400 ml) granulated sugar**
- pinch salt**
- 1⅔ cups (400 ml) cocoa powder, sifted**
- 1 teaspoon (5 ml) pure vanilla extract**

1. Prepare a simple syrup with the water, sugar and salt by combining all three in a medium saucepan set over medium-low heat. Cook mixture until the sugar is fully dissolved.
2. Gradually add the cocoa powder to the simple syrup by whisking constantly until smooth. Add the vanilla and stir to combine. Cover and refrigerate 2 to 3 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 183 (6% from fat) • carb. 41g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg • calc. 2mg • fiber 3g

Lemon Basil Sorbet

The basil adds a nice undertone to the sorbet, but any one of your favourite herbs could be substituted.

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- 3 cups (750 ml) water**
- 2 cups (500ml) granulated sugar**
- 2 tablespoons (30 ml) lemon zest, divided**
- 1½ cups (375 ml) packed fresh basil (if a stronger basil flavour is wanted, use 2 cups [500 ml])**
- pinch salt**
- 3 cups (750 ml) fresh lemon juice**

1. Prepare a lemon simple syrup with the water, sugar and 1½ tablespoons (25 ml) of the lemon zest by combining all three in a medium saucepan set over medium-low heat. Cook mixture until the sugar is fully dissolved. Remove from heat.
2. Once the simple syrup is ready, add the basil and salt. Let the mixture steep for 30 minutes. Stir in the lemon juice. Cover and refrigerate 2 to 3 hours, or overnight.
3. Strain the chilled mixture through a fine mesh strainer. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. When the sorbet is almost done, add the reserved zest through the opening on top of the ice cream maker and let churn until combined. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 175 (0% from fat) • carb. 47g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 16mg • calc. 15mg • fiber 1g

Raspberry Sorbet

Not only is this sorbet sweet and refreshing, but the colour makes a beautiful presentation on any menu.

Makes about 5 cups ([1.25 L] ten ½-cup [125 ml] servings)

- 2 cups (500 ml) water**
- 1½ cups (375 ml) granulated sugar**
- pinch table salt**
- 4 cups (1 L) frozen raspberries, thawed**

1. Prepare a simple syrup with the water and sugar by combining both in a medium saucepan set over medium-low heat. Cook mixture until the sugar is fully dissolved.
2. Once the simple syrup is ready, add the salt and the raspberries. Using an immersion blender, blend the mixture until smooth. Strain half of the mixture through a fine mesh strainer to remove the seeds. Use a spatula to aid in passing the purée through the strainer. Remove seeds and repeat with the second half. Cover and refrigerate 2 to 3 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup [125 ml]):

Calories 140 (0% from fat) • carb. 37g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 14mg • calc. 9mg • fiber 2g

Frozen Desserts

Ice Cream Sandwich Cookies

*A step above the traditional ice cream sandwich cookies.
A perfect match for your favourite flavour.*

Makes 24 cookies (for 12 ice cream sandwiches)

- 1/3 cup (75 ml) cocoa powder, sifted**
- 1 1/3 cups (325 ml) bread flour**
- 3/4 teaspoon (175 ml) baking powder**
- 1/4 teaspoon (50 ml) salt**
- 1 tablespoon (15 ml) instant espresso powder**
- 1/2 cup (125 ml) unsalted butter, room temperature and cubed**
- 1 cup (250 ml) granulated sugar**
- 1 large egg**
- 1 teaspoon (5 ml) pure vanilla extract**
- 3 tablespoons (45 ml) cocoa nibs (These can be found in most gourmet or cooking stores. If you cannot find them, substitute with coarsely chopped, toasted pecans or miniature chocolate chips.)**
- 1/4 cup (50 ml) chopped pecans, toasted**

1. Preheat oven to 350°F (180°C).
2. Combine the cocoa powder, flour, baking powder, salt and espresso powder in a small bowl. Whisk to blend; reserve.
3. Put the butter into the bowl of a stand mixer, fitted with the mixing paddle (or use a hand mixer fitted with the mixing beaters). Using medium speed, cream until smooth. Gradually add the sugar and mix until creamy. Add the egg and vanilla and mix until combined. Add the dry ingredients and, using a low speed, mix until fully incorporated. Add the cocoa nibs and pecans and mix on low until just combined.
4. Using a small ice cream scoop (about 1 1/2 inches [3.8 cm] in diameter) scoop the dough onto a parchment-lined cookie sheet (each round should be about 2 tablespoons [30 ml]). Use a cup to flatten each cookie mound down (dip the cup in flour to prevent the dough from sticking).
5. Bake in the preheated oven for about 15 to 20 minutes, or until the cookie looks dry, but not firm. Let cookies fully cool before assembling.

To assemble: Using a small ice cream scoop, scoop about 3 tablespoons (45 ml) of your favourite ice cream onto the flat part of one cookie. Place another cookie on top of the ice cream and press down until the ice cream just reaches the edge of the cookies. Continue with each set of cookies. Wrap each ice cream sandwich in plastic wrap and chill in a freezer until firm (about 20 minutes).

*Nutritional information per serving
(2 cookies, not including ice cream):*

Calories 225 (42% from fat) • carb. 31g • pro. 3g • fat 11g • sat. fat 6g • chol. 39mg • sod. 89mg • calc. 18mg • fiber 1g

Chocolate Brownies

These brownies are for our bonbons, but they can also be made in a 9-inch (22.9 cm) square pan as regular brownies.

Makes 35 brownies

- nonstick cooking spray**
- 1 cup (250 ml) unsalted butter, cubed**
- 6 ounces (170 g) unsweetened chocolate, finely choppe (about 1 cup [250 ml] chips)**
- 2 ounces (60 g) bittersweet chocolate, finely chopped (about 1/3 cup [75 ml] chips)**
- 4 large eggs**
- 1 large egg yolk**
- 2 cups (500 ml) granulated sugar**
- 1 cup (250 ml) packed light brown sugar**
- 2 teaspoons (10 ml) instant espresso powder**
- 2 teaspoons (10 ml) pure vanilla extract**
- 1 cup (250 ml) unbleached, all-purpose flour**
- 1 teaspoon (5 ml) table salt**

1. Preheat oven to 375°F (190°C). Coat a jelly roll pan (approximately 12" x 18" [30 cm x 47.5 cm]) with cooking spray and then line with parchment; reserve.
2. Put the butter and chocolates into a heatproof bowl and place over a pot of simmering water. Once both are completely melted, set aside to cool to room temperature. Reserve.
3. In the bowl of a stand mixer fitted with the mixing paddle, or using a hand mixer fitted with the mixing beaters, mix the eggs and egg yolk on speed 3 until lightened, about 30 seconds. Add the granulated and brown sugars and beat on speed 4 until light and thickened, another 30 seconds to 1 minute. Add instant espresso and vanilla; beat until well combined. Stir the flour and salt into the chocolate mixture. Add the chocolate/flour mixture to the egg/sugars mixture and mix on speed 1 until just incorporated.
4. Pour into prepared pan. Bake for about 25 to 30 minutes, or until edges are dry.
5. When fully cooled, cut into rounds using a 2 1/4-inch (5.6 cm) round pastry cutter.

Nutritional information per brownie:

Calories 166 (46% from fat) • carb. 22g • pro. 2g • fat 9g • sat. fat 5g • chol. 44mg • sod. 70mg • calc. 10mg • fiber 1g

Sauces

Caramel Sauce

While we love this sauce on our ice creams, it can also be used as a dipping sauce for fruit and cake.

Makes about $\frac{3}{4}$ cup (175 ml)

- $\frac{3}{4}$ **cup (175 ml) granulated sugar**
- $\frac{1}{2}$ **teaspoon (2 ml) sea salt**
- $\frac{1}{4}$ **cup (50 ml) water (enough so that the consistency when mixed with the sugar and salt is similar to wet sand)**
- 1 tablespoon (15 ml) light corn syrup**
- $\frac{1}{3}$ **cup (75 ml) heavy cream**
- 3 tablespoons (45 ml) unsalted butter, cut into $\frac{1}{2}$ -inch (1.25 cm) cubes**

1. In a medium, heavy-bottomed saucepan, stir together the sugar, salt, water and corn syrup. Be sure to clean the inside walls of the pan if there is any sugar on the sides (a clean, wet pastry brush works best). Set over medium-low heat and cook until the sugar mixture turns a very light amber color (about 10 to 15 minutes). Keep a close eye on the caramel sauce as it can burn easily.
2. Once the sugar mixture has a light amber color, take it off the stove and slowly and carefully stir in the cream. After the cream has been incorporated, slowly whisk in the butter, one piece at a time, continually whisking to emulsify until all the butter has been added. Use immediately, or keep warm over a pot of warm water.

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

Calories 198 (46% from fat) • carb. 27g • pro. 0g • fat 10g • sat. fat 7g • chol. 33mg • sod. 184mg • calc. 9mg • fiber 0g

Chocolate Sauce

So much better homemade – you will be amazed by how easy it is to make.

Makes about 1 cup (250 ml)

- 6 ounces (170 g) semisweet chocolate, chopped (about 1 cup [250 ml] chips)**
- $\frac{3}{4}$ **cup (175 ml) heavy cream**
- 1½ tablespoons (25 ml) light corn syrup**
- $\frac{1}{2}$ **teaspoon (2 ml) pure vanilla extract**
- pinch sea salt**
- pinch ground cinnamon**

1. Put the chocolate into a mixing bowl; reserve.
2. In a small, heavy-bottomed saucepan, combine the cream, corn syrup, vanilla, salt and cinnamon. Set over low heat and bring to a strong simmer. Immediately pour over the reserved chocolate and let sit for five minutes before whisking to combine. Use immediately, or keep warm over a pot of warm water.

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

Calories 229 (61% from fat) • carb. 21g • pro. 2g • fat 16g • sat. fat 10g • chol. 31mg • sod. 27mg • calc. 25mg • fiber 2g

Raspberry Sauce

This works well with more than just frozen desserts. Serve over pancakes or crêpes for your loved ones.

Makes about 1 cup (250 ml)

- 1 12-ounce (340 g) bag frozen raspberries, thawed (about 2½ cups [625 ml])**
- 2 to 3 tablespoons (30 ml to 45 ml) granulated sugar (depending on sweetness preference)**
- pinch sea salt**
- pinch orange zest**

1. Put the raspberries into the bowl of a food processor fitted with the metal chopping blade; process for 15 seconds. Add remaining ingredients and process for an additional 45 seconds.
2. Strain through a fine mesh strainer and discard the seeds. Taste and adjust sugar amount to personal preference.

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

Calories 36 (0% from fat) • carb. 9g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 17mg • calc. 7mg • fiber 2g

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