

Cuisinart®

INSTRUCTION/ RECIPE BOOKLET



Smart Stick® Two-Speed Hand Blender

CSB-175C 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, especially when children are present, basic safety precautions should always be taken, including the following:

- 1. READ ALL INSTRUCTIONS.**
- 2. 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.**
- To protect against electric shock, do not put the motor body, cord or electric plug of this hand blender in water or other liquids. 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.
- 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 or individuals with certain disabilities.
- Avoid contact with moving parts.
- During operation, keep hands, hair, clothing, as well as spatulas and other utensils away from the blending shaft 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.
- 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 Center for examination, repair, or mechanical or electrical adjustment.
- Remove detachable shaft from the motor body before washing the blades or shaft.
- 9. Blades are SHARP. Handle carefully when removing, inserting or cleaning the blending shaft.**
- When mixing liquids, especially hot liquids, use a tall container or mix in small quantities at a time to reduce spillage, splattering and possibility of injury from burning.
- The use of attachments or accessories not recommended by Cuisinart may cause fire, electric shock, or risk of injury.
- Do not use outdoors, or use for other than its intended use.
- Do not let cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stovetop.
- Make sure the appliance is off, the motor has stopped completely, and the appliance is unplugged from outlet before putting on or taking off the blending shaft, and before cleaning.

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15. Maximum rating is based on the 300W chopper/grinder attachment that draws the greatest power.
 16. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

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.

CONTENTS

Important Safeguards	2
Unpacking Instructions	4
Parts and Features	4
Assembly	5
Operation	6
Cleaning and Maintenance	7
Tips and Hints	7
Recipes	9
Warranty	18

UNPACKING INSTRUCTIONS

Place the package containing the Cuisinart® Smart Stick® Two-Speed Hand Blender on a sturdy surface. Unpack the Smart Stick® Two-Speed 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® Two-Speed 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 liquids; wash detachable blending shaft by hand, and the mixing cup by hand or on the top rack of the dishwasher. Dry thoroughly before use. Read all instructions completely for detailed operating procedures.

PARTS AND FEATURES

1. Two-Speed Slide Control:

Fingertip control lets you easily select high or low speed.

2. Comfort Handle:

The ergonomic handle allows you to maneuver the hand blender with ease.

3. LOCK/UNLOCK Button:

Must be pressed to unlock before power handle will operate.

4. ON/OFF Button:

Simply press and hold down the button to blend. Once the button is released, blending will stop.

4a. Pulse Feature:

Repeatedly press and release ON/OFF button to PULSE while holding down the LOCK/UNLOCK button.

5. Motor Body Housing:

Powers the blender.

6. Release Button (not shown)

7. Detachable Blending Shaft:

By pressing the release button on the back of the unit, the shaft will detach for easy cleaning.

7a+7b. Blade and Blade Guard:

The stainless blade is partially covered by a stainless blade guard that keeps splatter to a minimum.

8. Mixing/Measuring Cup:

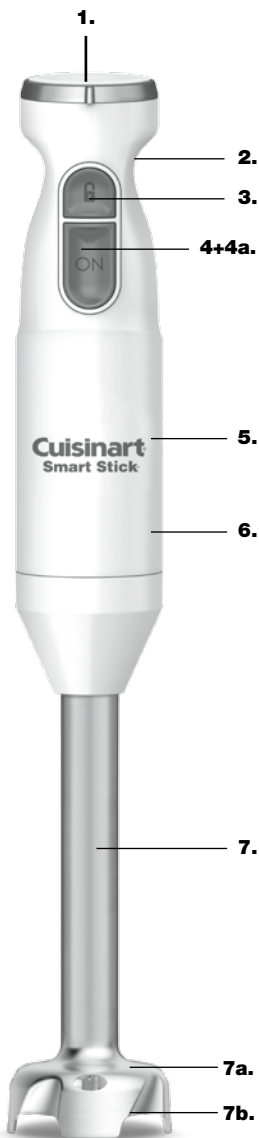
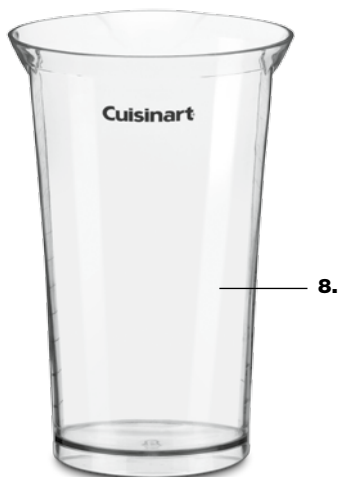
3-cup (24 oz.) mixing cup is use to blend drinks, shakes, salad dressings and more. Designed for easy gripping and drip-free pouring.

PARTS

1. Two-Speed Slide Control
2. Comfort Handle
3. LOCK/UNLOCK Button
4. ON/OFF Button
 - 4a. PULSE Feature
5. Motor Body Housing
6. Release button (not shown)
7. Detachable Blending Shaft
 - 7a. Blade Guard
 - 7b. Blade (not shown)
8. Mixing/Measuring Cup

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 unlock button when assembling.



OPERATION



1. Press and hold the LOCK/UNLOCK button.



2. Then press and hold the ON/OFF button.



3. Release the LOCK/UNLOCK button while continuing to hold down the ON/OFF button.

No need to keep holding down the LOCK/UNLOCK button once the blender is operating.

BLENDING

The specially designed blade blends, mixes and purées all kinds of foods, including salad dressings, thick smoothies, powdered drink products, soups and sauces. It can also be used to emulsify mayonnaise.

This blade is designed to add minimal air to your mixture.

A gentle up-and-down motion lets you achieve the most flavorful, full-bodied results. Be careful never to remove the blending shaft from the liquid while in operation.

1. Connect the blending shaft to the motor body housing.
2. Plug electrical cord into a wall socket.
3. Immerse the blade end of blending shaft into mixture to be blended. You can blend in the mixing cup, bowl, pot, saucepan or pitcher.
4. Simply slide the two-speed switch to LOW or HIGH, depending on what you are blending.
5. To turn the blender on:
See Operation, illustrations 1, 2, 3 above.
 - a. Press and hold the LOCK/UNLOCK button.
 - b. Then press and hold the ON/OFF button.
 - c. Release the LOCK/UNLOCK button while continuing to hold down the ON/OFF button.

NOTE: Do not continuously blend for longer than 60 seconds. Release ON/OFF button for 20–30 seconds between 60-second blending cycles.

6. Unplug immediately after use.

PULSE

1. Press and hold the LOCK/UNLOCK button.
2. Then press and hold the ON/OFF button.
3. Repeatedly press and release the ON/OFF button while continuing to hold down the LOCK/UNLOCK button to PULSE until ingredients reach desired consistency.

CLEANING AND MAINTENANCE

Always unplug the Smart Stick® Two-Speed Hand Blender before cleaning. Clean 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. **DO NOT USE DISHWASHER.**

Never immerse the motor body in water.

If 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 Center for examination, repair or mechanical or electrical adjustment.

TIPS AND HINTS

1. Liquid should not come closer than 1 inch from 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 edge of blender blade guard.
3. Do not immerse motor body housing in water or any other liquids.
4. Cut solid foods into ½-inch pieces for easier blending.
5. Pour liquid ingredients into the mixing cup first, unless recipe instructs otherwise.
6. Never operate the hand blender continuously for longer than 1 minute. For best results, allow 20–30 seconds rest time in between 1-minute cycles.
7. To avoid splatter, be sure the protective blade guard on the blending shaft remains submerged in the liquid while blending. Never remove it from the liquid while the motor is running.
8. Do not let hand blender stand in a hot pot on stove while not in use.
9. Do not put fruit pits, bones, or other hard material into the blending mixture, as these are liable to damage the blades.
10. Do not fill mixing containers too full. The level of mixture will rise when blending, and can overflow.

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11. Adding liquids that are warm, not cold, facilitates blending solids with liquids.
 12. Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
 13. To whip air into a mixture, always hold the blade just under the surface.
 14. To purée a soup, use the hand blender to first blend the soup solids to the desired consistency using a gentle up-and-down motion right in the saucepan or pot. You can quickly change chunky ingredients and stock into thick and creamy soup.
 15. Use the hand blender to make smooth gravies and pan sauces.

RECIPES

SMOOTHIES AND DRINKS

Simple Fruit Smoothie

This recipe works great with any type of fruit or juice.

Makes 16 ounces (453.59 g)

- ½ cup (125 ml) juice (use your favorite)**
- ½ banana (cut into 1-inch pieces) (125 ml)**
- 1½ cups mixed fruit, fresh or frozen (375 ml)**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Blend on High, using a gentle up-and-down motion, until smooth, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):
Calories 112 (4% from fat) • carb. 28g • pro. 1g • fat 1g • sat. fat 0g
chol. 0mg • sod. 6mg • calc. 16mg • fiber 3g

Breakfast Shake for the Road

Nutrition in a cup! Make this smoothie in the morning for breakfast on the road.

Makes about 16 ounces (453.50 g)

- ½ cup juice (125 ml) (use your favorite)**
- ½ cup (125 ml) low-fat yogurt**
- ½ cup (125 ml) peach pieces (fresh or frozen, cut into ½-inch pieces) (1.25 cm)**
- ¼ cup (60 ml) blueberries**
- 1 tablespoon (15 ml) ground flax seeds (optional)**
- 1 frozen banana, cut into ½-inch pieces (1.25 cm)**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Blend on High, using a gentle up-and-down motion, until smooth, about 25 to 30 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):
Calories 181 (11% from fat) • carb. 38g • pro. 4g • fat 2g • sat. fat 0g
chol. 4mg • sod. 43mg • calc. 111mg • fiber 4g

Power Blast Protein Smoothie

Blend this for a post-workout pick-me-up.

Makes about 16 ounces (453.59 g)

- ½ cup (125 ml) coconut milk**
- ⅓ cup (75 ml) low-fat yogurt**
- 2 tablespoons (30 ml) protein powder**
- 1 banana, cut into ½-inch pieces (1.25 cm)**
- 1 cup (125 ml) mango pieces (½-inch pieces) (1.25 cm)**
- ½ cup (125 ml) pineapple pieces (½-inch pieces) (1.25 ml)**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Blend on High, using a gentle up-and-down motion, until smooth, about 25 to 30 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 270 (40% from fat) • carb. 38g • pro. 6g • fat 13g • sat. fat 11g
chol. 5mg • sod. 68mg • calc. 89mg • fiber 4g*

Cherry Ginger Smoothie

Coconut milk beverage is made for drinking, and has fewer calories and grams of fat than canned coconut milk. For a thicker, creamier shake, substitute $\frac{2}{3}$ cup canned coconut milk for the coconut milk beverage.

Makes about 1 cup (250 ml)

- 1 cup (250 ml) dark, sweet, frozen cherries**
- $\frac{3}{4}$ cup (175 ml) coconut milk beverage**
- 1 ½-inch (1.25 cm) piece fresh ginger, peeled**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Blend on High, using a gentle up-and-down motion, until smooth, about 40 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):

*Calories 128 (23% from fat) • carb. 24g • pro. 1g • fat 3g • sat. fat 3g
chol. 0mg • sod. 1mg • calc. 1mg • fiber 4g*

Chocolate Peanut Butter Ice Cream Shake

This will satisfy your sweet tooth.

Makes 2 cups (500 ml)

- 1½ cups (375 ml) chocolate ice cream**
- 2 teaspoons (10 ml) creamy peanut butter**
- 1 teaspoon (5 ml) chocolate syrup**
- ¾ cup (175 ml) whole milk**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Blend on Low, using a gentle up-and-down motion, until smooth and homogenous, about 30 to 40 seconds.
3. Serve immediately.

Nutritional information per serving (½ cup):
Calories 156 (46% from fat) • carb. 18g • pro. 4g • fat 8g • sat. fat 5g
chol. 23mg • sod. 69mg • calc. 112mg • fiber 1g

Mango Lassi

Adjust the amount of sugar in this recipe based on your personal preference and the ripeness of your mango—riper mangoes are sweeter.

Makes 2 cups (500 ml)

- 4 ice cubes**
- 1 ripe mango, peeled, pitted and cut into ½-inch pieces (1.25 cm)**
- 1½ cups (375 ml) plain, whole-milk yogurt**
- ½ teaspoon (2.5 ml) ground cardamom**
- ½ teaspoon (2.5 ml) ground cinnamon**
- Pinch kosher salt**
- 3 teaspoons (15 ml) granulated sugar, divided**

1. Put the ice cubes, mango, yogurt, spices and salt into the mixing cup.
2. Blend on High, using a gentle up-and-down motion, until smooth, about 1 minute. Taste and add sugar, 1 teaspoon at a time, blending after each addition until desired sweetness is reached.
3. Serve immediately.

NOTE: If a thinner drink is desired, add cold water, a tablespoon or two at a time, blending after each addition, until desired consistency is achieved.

Nutritional information per serving (1 cup):
Calories 223 (25% from fat) • carb. 34g • pro. 9g • fat 6g • sat. fat 4g
chol. 23mg • sod. 181mg • calc. 319mg • fiber 2g

Watermelon-Mint Refresher

This summery drink doesn't require any extra liquid to blend—the watermelon is watery enough.

Makes 2 cups (500 ml)

- 1 cup (125 ml) frozen strawberries**
- 1 tablespoon (15 ml) fresh mint leaves**
- 2 cups (500 ml) watermelon, cut into ½-inch pieces (1.25 cm)**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Blend on High, using a gentle up-and-down motion, until smooth, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):
Calories 75 (10% from fat) • carb. 18g • pro. 1g • fat 1g • sat. fat 0g
chol. 0mg • sod. 5mg • calc. 24mg • fiber 2g

Mayonnaise/Aioli

A hefty amount of garlic transforms this mayonnaise recipe into aioli, a dip traditionally used for crudités. Like mayonnaise, it can also be used to top burgers, fish and crab cakes.

Makes 1 cup (250 ml)

- 2 garlic cloves, peeled (if making aioli)**
- 2 large egg yolks**
- 2 tablespoons (30 ml) fresh lemon juice**
- 1 to 2 pinches kosher salt**
- 1 tablespoon (15 ml) Dijon mustard**
- 1¹/₃ cups (325 ml) vegetable oil**

1. Put all ingredients (omitting the garlic if making mayonnaise), in the order listed, into the mixing cup. Allow to sit for about 30 seconds to 1 minute.
2. Insert the blending shaft into the mixing cup so that the blade guard touches the bottom of the cup. Blend on Low, keeping the blade on the bottom. Once the ingredients thicken and start to emulsify, continue processing, using a gentle up-and-down motion, until thick and all of the oil is completely incorporated.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon, Mayonnaise):
Calories 169 (98% from fat) • carb. 0g • pro. 0g • fat 19g • sat. fat 2g
chol. 23mg • sod. 32mg • calc. 3mg • fiber 0g

Nutritional information per serving (1 tablespoon, Aioli):
Calories 169 (98% from fat) • carb. 1g • pro. 0g • fat 19g • sat. fat 3g
chol. 23mg • sod. 33mg • calc. 4mg • fiber 0g

Hollandaise

Using a hand blender makes this tricky-to-make sauce a no-fuss recipe that you will want to put on top of more than just poached eggs.

Makes about 1 cup (250 ml)

- 4 large egg yolks**
- 1 tablespoon (15 ml) fresh lemon juice**
- ¾ teaspoon kosher salt**
- ½ pound (227 g) (2 sticks) unsalted butter, melted and kept slightly warm (not hot)**
- Warm water, as needed**

1. Put the egg yolks, lemon juice and salt into the mixing cup. Slowly pour the warm butter into the cup, carefully leaving any white milk solids on the bottom of the pot behind. Allow to rest for about 1 minute.
2. Insert the blending shaft into the cup so that the blade guard touches the bottom of the cup. Blend on Low, keeping the blade on the bottom. Once the ingredients thicken and start to emulsify, continue processing, using a gentle up-and-down motion, until thick and all the ingredients are incorporated.
3. If sauce is too thick, blend in warm water, 1 teaspoon (5 ml) at a time, until desired consistency is achieved (approximately 2 tablespoons (30 ml) total).
4. Taste and adjust seasoning as desired. Serve immediately or transfer to a double boiler to keep warm.

Nutritional information per serving (2 tablespoons):

*Calories 230 (97% from fat) • carb. 0g • pro. 1g • fat 25g • sat. fat 15g
chol. 153mg • sod. 218mg • calc. 11mg • fiber 0g*

Basic Vinaigrette

Use this recipe as a guide for making various combinations. Simple additions, like fresh or dried herbs, citrus or honey, can make a new dressing every time.

Makes about 1 cup (250 ml)

- ¼ cup (60 ml) wine vinegar (any variety will work)**
- 1 teaspoon (5 ml) Dijon mustard**
- ¼ teaspoon (1 ml) kosher salt**
- ⅛ teaspoon (.5 ml) freshly ground black pepper**
- ¾ cup (175 ml) extra virgin olive oil**

1. Put all ingredients, in the order listed, into the mixing cup.
2. Blend on Low, keeping the blade guard completely submerged, until the mixture starts to emulsify. Continue processing, using a gentle up-and-down motion, until homogenous, about 30 seconds.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

*Calories 181 (100% from fat) • carb. 0g • pro. 0g • fat 21g • sat. fat 3g
chol. 0mg • sod. 91mg • calc. 0mg • fiber 0g*

Roasted Red Pepper and Tomato Sauce

This is a very versatile sauce. It is equally great over grilled chicken or a bowl of pasta.

Makes about 4 cups (4 l)

- 2** **teaspoons (10 ml) olive oil**
- 1** **medium onion, cut into ½-inch pieces (1.25 cm)**
- 1** **medium carrot, cut into ½-inch pieces (1.25 cm)**
- 1** **medium celery stalk, cut into ½-inch pieces (1.25 cm)**
- 2** **garlic cloves**
- 1** **teaspoon (5 ml) dried basil**
- 1/3** **cup (75 ml) dry white wine or vermouth**
- 3** **roasted red peppers (jarred and packed in vinegar),
cut into ½-inch pieces (1.25 cm)**
- 2** **tablespoons (30 ml) tomato paste**
- 2** **cans (15 ounces each) (425.24 g) diced tomatoes, with juices**
- 3/4** **teaspoon (3.75 ml) kosher salt**
- 1/4** **teaspoon (1 ml) freshly ground black pepper**
- 1/8** **teaspoon (.5 ml) crushed red pepper flakes, or to taste**

1. Put the olive oil in a medium saucepan set over medium heat. Once hot, add the onion, carrot, celery, garlic and basil. Partially cover and cook until vegetables are softened but not browned, about 6 to 8 minutes. Add the wine/vermouth, stirring to deglaze the pan (picking up the brown bits from the bottom of the pan and working into the mixture); let cook until fully evaporated. Add remaining ingredients. Increase heat to bring to a boil, then reduce heat to allow to simmer, partially covered, for about 35 to 40 minutes. Uncover and then simmer for an additional 15 to 20 minutes to thicken.
2. Remove from heat and blend on Low until sauce is puréed. If using a larger saucepan, tilt the pan to the side away from you to ensure that the blade guard is fully submerged to prevent splatter.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (¼ cup):
Calories 29 (18% from fat) • carb. 5g • pro. 1g • fat 1g • sat. fat 0g
chol. 0mg • sod. 216mg • calc. 15mg • fiber 1g

Black Bean Soup

This soup gets its rich texture from not rinsing the beans; the starchy liquid from the can is used to thicken the soup.

Makes about 6 cups (1.5 l)

- 1** **tablespoon (15 ml) olive oil**
- 2** **garlic cloves, finely chopped**
- ½** **medium onion, finely chopped**
- 1** **jalapeño, seeded and finely chopped**
- 1** **red bell pepper, finely chopped**
- 1¼** **teaspoons kosher salt, divided**
- 1** **bay leaf**
- 1** **teaspoon ground cumin**
- 3** **cans (15 ounces each) (425.24 g) black beans, not drained**
- 1** **cup (250 ml) chicken broth, low sodium**
- 1** **teaspoon (5 ml) red wine vinegar**
- Crème fraîche or plain, whole-milk yogurt for serving**
- Cilantro, chopped, for serving**
- Tortilla chips for serving**

1. Put the oil in a stockpot set over medium heat. Once the oil is hot, add the vegetables and sauté until soft, about 5 to 7 minutes.
2. Add ¾ teaspoon of the salt, bay leaf and cumin. Cook, while stirring, until nicely fragrant, about 1 minute.
3. Add the beans (with liquid from cans) and the broth. Simmer, partially covered, until all the ingredients are tender and the flavors have melded, about 20 to 25 minutes. Discard the bay leaf.
4. Remove soup from the heat. Blend on Low for about 20 seconds and then switch to High and blend until very smooth, about 1 minute in total. Add remaining salt and vinegar; blend an additional 10 to 15 seconds to incorporate.
5. Taste and adjust seasoning as desired.
6. Serve, topping with a dollop of crème fraîche, a pinch of the chopped cilantro and tortilla chips.

Nutritional information per serving (1 cup):
Calories 288 (13% from fat) • carb. 47g • pro. 18g • fat 4g • sat. fat 1g
chol. 0mg • sod. 589mg • calc. 63mg • fiber 17g

Carrot-Ginger Soup

A small amount of ginger goes a long way in this naturally sweet soup.
Increase the amount for an even bigger kick.

Makes about 6½ cups (1.5 l)

- 2** **tablespoons (30 ml) unsalted butter or olive oil**
- ½** **medium onion, finely chopped**
- 1** **garlic clove, finely chopped**
- 1** **1-inch (1.25 cm) piece fresh ginger, finely chopped**
- 1** **teaspoon (15 ml) kosher salt, divided**
- 1** **pound (454 g) carrots, peeled**
and cut into ½-inch slices (1.25 cm)
- ¼** **teaspoon (1 ml) ground cinnamon**
- ⅛** **teaspoon (.5 ml) ground allspice**
Pinch freshly ground nutmeg
- 1** **thyme sprig**
- 5** **cups (1.25 l) chicken broth, low sodium**

1. Put the butter or olive oil in a stockpot set over medium-low heat. Once the butter or olive oil is hot, add the onion, garlic, ginger and ¼ teaspoon of the salt. Cook until soft and fragrant, about 5 minutes.
2. Add the carrots, remaining salt, spices and thyme sprig to the pot; stir to coat ingredients and cook until carrots are slightly tender, about 8 minutes. Add broth and increase heat to bring to a simmer. Simmer until all the vegetables are very tender and the flavors have melded, about 20 to 25 minutes. Discard thyme sprig.
3. Remove soup from heat. Blend on Low for about 20 seconds and then switch to High and blend until very smooth, about 1 minute in total.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (about 1 cup):
Calories 133 (44% from fat) • carb. 10g • pro. 4g • fat 5g • sat. fat 1g
chol. 0mg • sod. 871mg • calc. 47mg • fiber 2g

Mashed Sweet Potatoes

A staple on most holiday tables, this dish can be made a day ahead
and then reheated before serving.

Makes 5 cups (1.25 l)

- 3** **pounds (1.36 kg) sweet potatoes (or yams),**
peeled and cut into 1- to 2-inch pieces (1.25 cm)
- 1** **tablespoon (15 ml) pure maple syrup**
(optional – use if you like extra-sweet potatoes!)
- 1** **teaspoon (5 ml) kosher salt**
Pinch freshly ground black pepper
- ½** **teaspoon (2.5 ml) ground cinnamon**

Pinch freshly ground nutmeg

1. Put the sweet potatoes into a stockpot with enough water to cover. Bring to a boil over medium-high heat and cook until very tender. Drain and return the sweet potatoes to the pot.
2. Blend the potatoes on Low, using a gentle up-and-down motion. Add the remaining ingredients and blend on High until ingredients are incorporated and mixture is smooth.
3. Taste and adjust seasoning as desired; serve warm.

Nutritional information per serving (about ½ cup):
Calories 117 (1% from fat) • carb. 27g • pro. 2g • fat 0g • sat. fat 0g
chol. 0mg • sod. 303mg • calc. 80mg • fiber 4g

Berry Fool

A traditional British dessert, fool is great any time of the year, but is a real treat when summer berries are at their peak.

Makes about 4 cups (1 l)

- 2 cups (500 ml) mixed berries (strawberries, raspberries, blueberries)**
- 1 tablespoon (15 ml) granulated sugar**
- 2 cups (500 ml) heavy cream, chilled**
- 2 tablespoons (30 ml) confectioners' sugar**
- ½ teaspoon (2.5 ml) pure vanilla extract**

1. Put the berries and granulated sugar into the mixing cup.
2. Blend on High until *almost* fully puréed; reserve.
3. Put the remaining ingredients into a medium to large mixing bowl. Blend on Low until cream is just starting to thicken and then switch to High to finish (cream should be a medium-stiff consistency).
4. With a large spatula, gently fold in the berry mixture – streaky is OK.
5. Serve immediately for the best texture (fool will only stay in good form for about 1 hour maximum).

Nutritional information per serving (½ cup):
Calories 185 (85% from fat) • carb. 6g • pro. 0g • fat 16g • sat. fat 11g
chol. 64mg • sod. 0mg • calc. 4mg • fiber 1g

LIMITED THREE-YEAR WARRANTY

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: CSB175C. The manufacturing date code is a 4 or 5 digit number. Example, 80630 would designate year and Weeks (2008, Week 4).

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
100 Conair Parkway
Woodbridge, ON
L4H 0L2

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.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts.

This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages.

**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.