



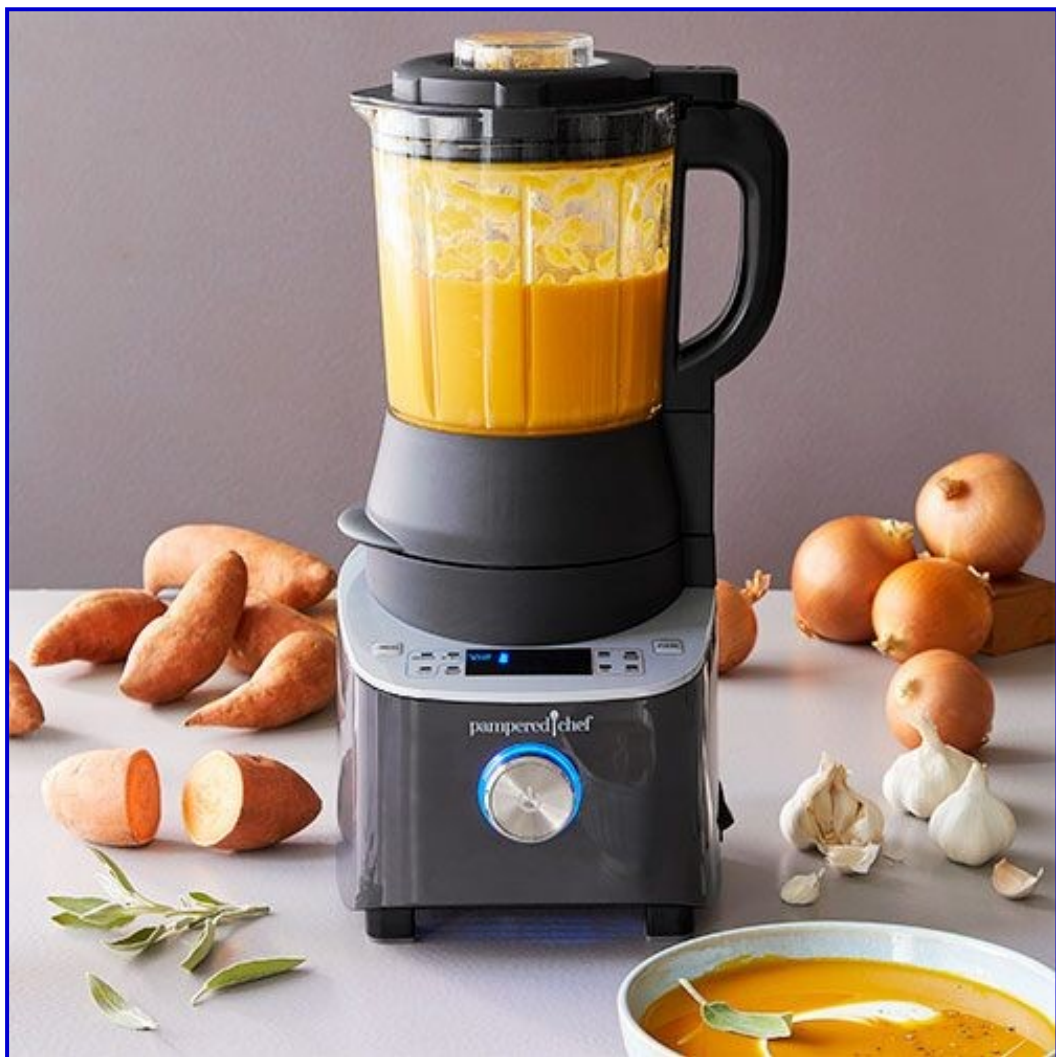
pampered|chef

Deluxe Cooking Blender
Cooking Guide

The Pampered Chef Deluxe Cooking Blender

THE BEST BLENDER FOR SMOOTHIES—AND SOUPS!

You're about to experience a whole new way of cooking
and you're going to love it!



From hot soups in about 30 minutes to your favorite smoothies in a minute,
the Deluxe Cooking Blender does it all!

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Chapter 1: Getting Started

- The Pampered Chef's Deluxe Cooking Blender makes it easy to blend and cook delicious foods from scratch using fresh ingredients.
- Enjoy homemade smoothies, milkshakes, soup in about 30 minutes, jams, alternative milks, and creamy nut butters.

Say hello to a new way of cooking!



Blender Settings:

Smoothie Setting

This is a great go-to, everyday setting.

You can make the perfect smoothie for breakfast, a snack, or pick-me-up treat in no time. Making smoothies is a fun way to flex your creative muscles. You can mix and match different fruits, veggies, and your favorite alternative milk. Boost your smoothies with protein, cinnamon, flaxseed meal, chia seeds, lemon or lime juice, or apple cider vinegar.

The flavor combinations are all up to you!

Smoothies are easy to make because there's one simple ratio:

- If you're using fresh fruit, you'll only need about ½ cup (125 mL) of liquid to create a very smooth smoothie.
- If you're using frozen fruit, add at least double the amount of liquid and don't add any ice.
- If you want to take your smoothies and creativity one step further, try one of our smoothie bowl recipes. The cycle will run for about 1 minute.

Cook's Tip:

Using frozen fruit will yield a thicker, colder smoothie. When you use frozen fruit, add at least double the amount of liquid and omit the ice.



Alt. Milk Setting

- Homemade milk alternatives are fresh and free of preservatives and additives. Plus, you can customize them to fit your dietary and allergy needs.
- Making your own milk alternatives allows you to control and customize the ingredients.
- You might think it would be expensive to make your own milk, but it's actually the opposite. The main ingredient in alternative milk is water, which helps keep the cost down. With 1 cup (250 mL) of nuts, seeds, or grains, you can make an entire quart (litre) of your favorite milk alternative. With this setting, the nuts or grains are soaked in water to soften, then pulverized into a fine powder, extracting as much of the flavor and nutrients as possible. When the setting is complete, you can easily strain out the fine particles left in the milk using the Strainer Bag. To strain, fill the bag with the milk and twist it to ring out the liquid into a bowl. Use a pair of tongs to squeeze out as much of the milk as you can.
- Start experimenting with different combinations. Adjust the sweetness based on your taste or dietary needs. We included our favorite combination called Combo Milk. It has macadamia nuts, oats, and flaxseeds for great texture and taste. After you alternative milk, keep it covered and in the refrigerator for up to 2 weeks. The cycle will run for about 5 minutes.

Cooks Tip:

Unlike store-bought milk, our recipes don't call for any stabilizers, homogenizers, or preservatives, so you'll need to stir before serving.



Grind Setting

- Grind is the most powerful setting on the blender.
- You can turn almonds and other nuts into creamy butters, whole wheat berries into flour for pancakes, and whole cinnamon sticks or granulated sugar into fine powders. Plus, you can break down nuts for dips and chickpeas for hummus. This setting helps you control the ingredients and customize the flavors of the foods you're making to match your lifestyle and dietary needs.
- You will need to use the tamper for this setting, specifically when you're making nutbutter. If the nuts are climbing up the sides of the pitcher, use the tamper to push the food down the walls and back into the blades. If you hear the motor start to really slow down, remove the tamper and let it get back up to speed.
- After you make nut butter, keep it covered and in the refrigerator for 4–6 weeks. The cycle will run for about 3 minutes.

T

Cook's Tips:

- *Due to friction caused by the blades, foods that are ground will generally come out warm.*
- *This is because the tremendous speed of the blender creates enough friction to generate heat.*
- *After making your nut butter or dip, you may want to chill it before serving.*
- *If the blender stops without finishing the cycle, it's preventing itself from getting too hot.*
- *Don't worry, nothing is wrong! You just have to give the motor about an hour to cool down.*
- *Since the motor really heats up when making nut butter, don't run back-to-back nut butter cycles.*



Soup Setting

- With this setting, you can turn raw vegetables into a smooth, rich soup in just 30 minutes.
- These soups are quick, easy to make, and the perfect comfort food. They make great lunches or companions to your dinners.
- Create some classic soup flavors, but feel free to mix and match any number of vegetables and seasonings. You can use the suggested liquids in the chart, but any non-dairy liquid will work. Get creative with the different combinations to create something truly unique.
- The add-ins listed in the chart are ingredients that you add at the end of the recipe since they don't need to cook as long as the vegetables. These can be fresh herbs you want to retain the flavor of or cheeses and dairy that are easily incorporated when the cycle is complete. When the soup is done, add your own topping like our Pumpkin The cycle will run for about 25–30 minutes.

Cook's Tips

**Peel and cut your vegetables into chunks before you measure them.*

***Follow the recipe quantities for best results and to minimize scorching.*



Heated Puree Setting

- Vegetable purees can be a home cook's secret weapon.
- Use them to sneak extra veggies into soups, sauces, or even batters. Our Hidden Veggie Marinara Pasta has a whole zucchini and a half pound (250 g) of carrot in the sauce, and you would never know! Purees work as great flavor-enhancers or accompaniments to meals. To add extra flavor and texture to your purees, toss in a few tablespoons of butter—you won't regret it!
- An easy way to use purees is to add them to your favorite soups. For example, if you make the Cauliflower Soup (p. 21) on the Soup setting, all you have to do is add a couple of tablespoons per serving of a puree to the soup for a whole new flavor. This is something you can do with any of the soup (p. 21) and puree recipes.
- As a rule of thumb, you just need to add a ½ cup (125 mL) of water or broth for every pound (450 g) of vegetables. Some veggies contain more water than others, so refer to the recipe chart on the next page to use as your cooking guide. The cycle will run for about 15–20 minutes.

Cook's Tip

If the blades are still moving but not blending food, press the wheel to pause the blender. This will remove the air pocket at the bottom of the pitcher. Press the wheel to continue the cycle.



Sauce Setting

- With this setting, there's no need to open up a packet or jar of gravy for your weeknight dinner.
- You can make easy and delicious sauces from scratch using fresh ingredients.
- Since this is the gentlest heated setting, you can add dairy from the start to make recipes like an ice cream base, hot chocolate, and cheese sauce.
- This setting has two stages.
 - The first stage is for egg-based sauces like our ice cream base. This stage reaches 176°F (80°C), which is the sweet spot where eggs are cooked, but not scrambled. Once the blender reaches that temperature, after about 20–25 minutes, it will prompt you to "Add". Based on the recipe, you may have to add a thickener during the second stage.
 - During the second stage, the blender will heat to 205°F (100°C). In the chart to the right, you will see two kinds of sauces: sauces thickened with a roux and sauces without a thickener. If you don't have to add a thickener, your sauce is complete after the first stage is done.
- Some sauces call for add-ins you'll want to add at the end of the cycle. This cycle runs for about 30–40 minutes.



Jam Setting

- Have you ever wanted to make your own jam, but didn't have the time to devote a whole week-end to the labor intensive
- process? With the Deluxe Cooking Blender, you can make homemade jam without the hassle and
- time commitment.
- You can make your jam with fresh or leftover fruits you wouldn't put in your smoothies. It will add a couple of months to the fruit's life span. Like the Sauce setting, this setting has two stages. In the first stage, the blender will heat up the fruit and pectin to 212°F (100°C), which takes about 20–25 minutes. Then, the screen will display "Add". This is when you will add your sugar and press the wheel to resume the cycle. During the second stage, the blender will heat to 220°F (105°C).
- At this temperature, the pectin used to make jam will activate and create the thick "jammy" consistency we all love.
- Check out the chart on the right for delicious jam recipes. If you think the amount of sugar in traditional jams and jellies seems high that's because sugar does more than just make things sweet. Sugar is a natural preservative. It's hard for bacteria to grow in something with a high-sugar content. It also aids in activating the pectin, which strengthens the gel or jam and helps to retain color and flavor.

Cook's Tip

Strawberry Jam uses a special pectin that's designed for low-sugar jams. This cycle runs for about 45–50 minutes.



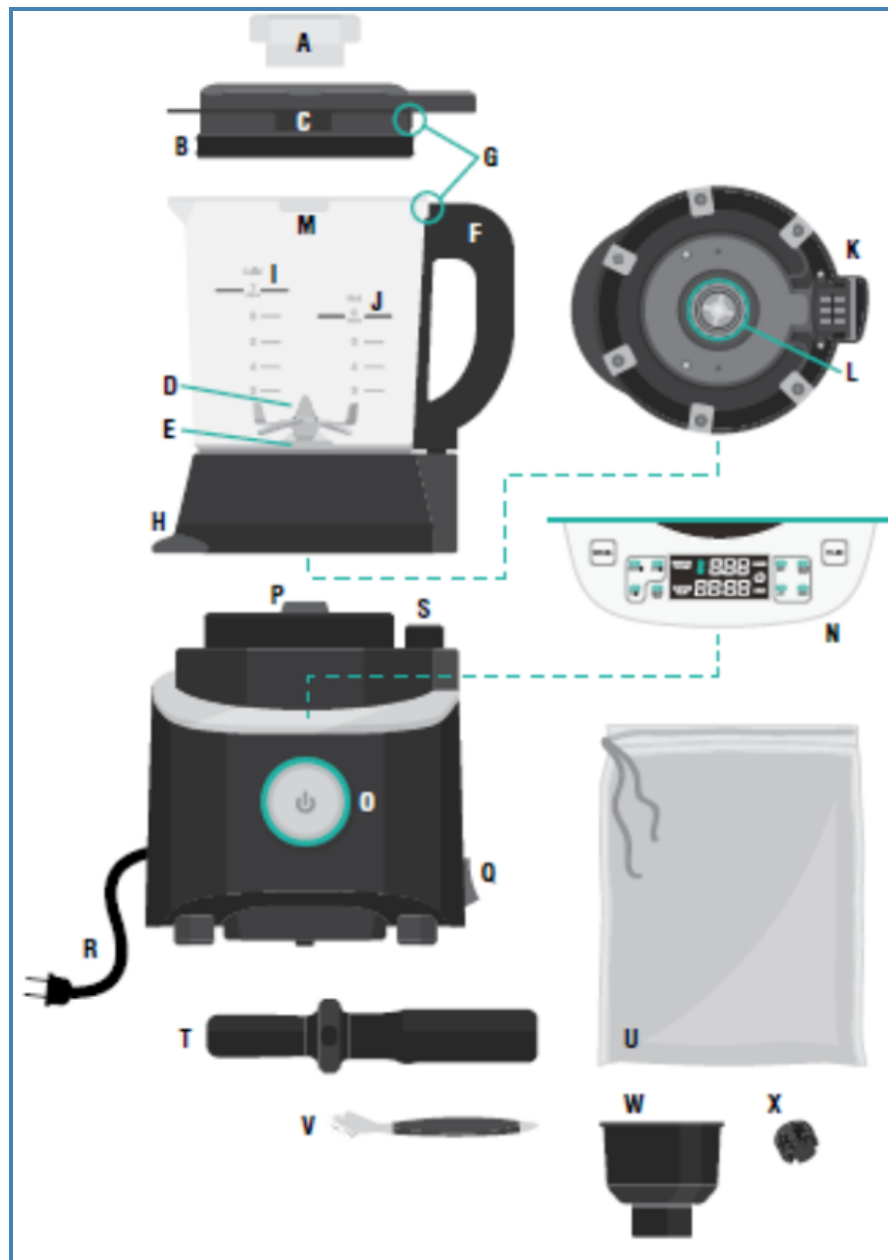
Custom Blend Setting

- Make fun, frozen treats that blend in seconds.
- On Custom Blend, you can control the speed and the amount of time of your blending.
- If you're unsure what speed to blend on, start on the lowest speed and gradually increase by turning the wheel until you create a vortex and the food is moving into the blades.
- On this setting you can create nice cream, which is frozen fruit, usually bananas, blended into a dairy-free soft serve. For vanilla nice cream, all you need is some frozen bananas, a little bit of alternative milk, and a dash of vanilla. To create more flavors, add in additional ingredients like cocoa powder, peanut butter, or other fruits. The charts offer you more nice cream inspiration and other frozen treat recipes.



Chapter 2: Blender Parts

Get to Know Your Blender



Blender parts

Lid	Pitcher	Base	Accessories
A. Vented lid cap	D. Blade	N. LED display	T. Tamper
B. Lid gasket	E. Heating element	O. Wheel	U. Strainer bag
C. Lid notches	F. Pitcher handle	P. Noise reducing motor plug	V. Dual-sided cleaning brush
	G. Lid safety switch	Q. On/off switch	W. Boil-over guard
	H. Helper handle	R. Electrical cord/plug	X. Noise reducing motor plug
	I. Max-fill line (Cold)	S. Base electrical interface	
	J. Max-fill line (Hot)		
	K. Pitcher electrical interface		
	L. Metal nut		
	M. Pitcher tabs		


Chapter 3: Recipes



Favorite fruit combinations for smoothies

Makes about 1½–2 cups (375–500 mL)

Directions


1. Add all the ingredients to the pitcher in order from left to right.
2. Replace and lock the lid. Turn the wheel to select the **SMOOTHIE** setting; press the wheel to start .

Smoothie	Liquid	Mix-Ins	(optional) Vegetable	Fruit	Ice
Strawberry Banana Smoothie	¼ cup (60 mL) Greek yogurt	1 tbsp (15 mL) honey		1 cup (250 mL) halved strawberries	½ cup (125 mL)
	¼ cup (60 mL) orange juice			1 banana, quartered	
Tropical Mango Smoothie	½ cup (125 mL) coconut milk	1 tbsp (15 mL) honey	1 small carrot, sliced	1 cup (250 mL) diced mango	½ cup (125 mL)
				1 cup (250 mL) diced pineapple	
Blueberry Peach Smoothie	½ cup (125 mL) almond milk	1 tbsp (15 mL) honey		½ cup (125 mL) blueberries	½ cup (125 mL)
		¼ tsp (1 mL) cinnamon		1 peach, sliced	
Super Green Smoothie	½ cup (125 mL) apple juice		1 cup (250 mL) torn kale leaves	1 banana, quartered ½ avocado	½ cup (125 mL)
Cucumber Melon Smoothie	½ cup (125 mL) orange juice		½ cucumber, sliced (about 1 cup/250 mL)	1 cup (250 mL) diced melon ½ green apple, quartered	½ cup (125 mL)

Make your own milk alternatives

Makes about 1–1½ cups (250–375 mL) **Refrigerate** for 4–6 weeks

Directions

1. Add all the ingredients to the pitcher in order from left to right. Replace and lock the lid. Turn the wheel to select the **GRIND** setting; press the wheel to start .
2. When the nuts begin climbing up the walls of the pitcher, use the tamper to push the nuts back into the blades. Continue to tamper when the nuts are climbing up the pitcher or if the blades are not blending the nuts.


Note: Do not tamper for more than 30 seconds at a time.

Name	Oil	Seasonings	Nuts
Almond Butter	3 tbsp (45 mL)	½ tsp (2 mL) salt	3 cups (750 mL) roasted unsalted almonds
Cashew Butter	2 tbsp (30 mL)	½ tsp (2 mL) salt	3 cups (750 mL) roasted unsalted cashews
Peanut Butter	N/A	½ tsp (2 mL) salt	3 cups (750 mL) roasted unsalted peanuts
Sunflower Seed Butter	1 tbsp (15 mL)	½ tsp (2 mL) salt	3 cups (750 mL) roasted unsalted sunflower seeds
Super Seed Butter	1 tbsp (15 mL)	¼ tsp (1 mL) salt ¼ tsp (1 mL) cinnamon	1 cup (250 mL) roasted unsalted almonds 2 cups (500 mL) roasted unsalted cashews ½ cup (125 mL) roasted pumpkin seeds (pepitas) 2 tbsp (30 mL) chia seeds 2 tbsp (30 mL) flaxseeds

Nut butter recipes to get you started

Makes about 1–1½ cups (250–375 mL) **Refrigerate** for 4–6 weeks

Directions

1. Add all the ingredients to the pitcher in order from left to right. Replace and lock the lid. Turn the wheel to select the **GRIND** setting; press the wheel to start .
2. When the nuts begin climbing up the walls of the pitcher, use the tamper to push the nuts back into the blades. Continue to tamper when the nuts are climbing up the pitcher or if the blades are not blending the nuts.

Note: Do not tamper for more than 30 seconds at a time.

Name	Oil	Seasonings	Nuts
Almond Butter	3 tbsp (45 mL)	½ tsp (2 mL) salt	3 cups (750 mL) roasted unsalted almonds
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Super Seed Butter	1 tbsp (15 mL)	¼ tsp (1 mL) salt ¼ tsp (1 mL) cinnamon	1 cup (250 mL) roasted unsalted almonds 2 cups (500 mL) roasted unsalted cashews ½ cup (125 mL) roasted pumpkin seeds (pepitas) 2 tbsp (30 mL) chia seeds 2 tbsp (30 mL) flaxseeds

Create some classic soup flavors

Directions


1. Add the ingredients to the pitcher in order from left to right (don't add the add-ins). Replace and lock the lid. Turn the wheel to select the **(SOUP)** setting; press the wheel to start **(⏻)**.
2. When the timer is up, press **(CANCEL)**. Remove the vented lid cap and carefully add the add-ins. Replace the cap and hold the **(PULSE)** button until they are fully combined.

Name	Liquid	Seasonings	Vegetables*	Add-Ins
Beet Soup	2½ cups (625 mL) low-sodium vegetable broth	1 tbsp (15 mL) honey 1 tsp (5 mL) salt	4 cups (1 L) beets ½ medium onion 2 garlic cloves	¼ cup (60 mL) orange juice 1 tsp (5 mL) orange zest
Cauliflower Soup	2½ cups (625 mL) water	1 tsp (5 mL) salt	6 cups (1.5 L) cauliflower florets (about 1 head) ½ medium onion 2 garlic cloves	N/A
Mushroom Bisque Soup	¾ cup (175 mL) low-sodium vegetable broth	1 tsp (5 mL) salt ½ tsp (2 mL) fresh thyme leaves	6 cups (1.5 L) button or cremini mushrooms ½ medium onion 2 garlic cloves	½ cup (125 mL) half & half
Cheesy Potato Soup**	2½ cups (625 mL) low-sodium vegetable broth	4 tbsp (60 mL) unsalted butter 1 tsp (5 mL) salt ¼ tsp (1 mL) fresh thyme leaves	1½ cups (375 mL) russet potatoes ½ medium onion 1 small carrot 1 celery stalk 2 garlic cloves	4 oz. (125 g) cheddar cheese, cubed ⅛ tsp (0.5 mL) black pepper
Sweet Potato Soup	2½ cups (625 mL) low-sodium vegetable broth	1 tsp (5 mL) salt 2–4 fresh sage leaves	4 cups (1 L) sweet potatoes ½ medium onion 2 garlic cloves	N/A
Tomato Basil Soup	¼ cup (60 mL) water or low-sodium vegetable broth	1 tsp (5 mL) salt	2 Roma tomatoes 1 can (28 oz./796 mL) whole tomatoes ½ medium onion 2 garlic cloves	¼ cup (60 mL) fresh basil leaves

Make delicious heated purees

Makes about 2–3 cups (500–750 mL)

Directions

1. Add the ingredients to the pitcher in order from left to right.
2. Replace and lock the lid. Turn the wheel to select the **HEATED PUREE** setting; press the wheel to start .

Name	Liquid	Seasonings	Vegetable
Broccoli Puree	$\frac{3}{4}$ cup (175 mL) water	$\frac{1}{2}$ tsp (2 mL) salt	4 cups (1 L) broccoli florets
Carrot Puree	$\frac{2}{3}$ cup (150 mL) water	$\frac{1}{2}$ tsp (2 mL) salt	2½ cups (625 mL) carrots, peeled and cut into chunks
Cauliflower Puree	$\frac{1}{2}$ cup (125 mL) water	$\frac{1}{2}$ tsp (2 mL) salt	4 cups (1 L) cauliflower florets
Parsnip Puree	2 cups (500 mL) water	$\frac{1}{2}$ tsp (2 mL) salt	2½ cups (625 mL) parsnips, peeled and cut into chunks
Sweet Potato Puree	$\frac{1}{2}$ cup (125 mL) water	$\frac{1}{2}$ tsp (2 mL) salt	2½ cups (625 mL) sweet potatoes, peeled and cut into chunks

Make easy and delicious sauces from scratch

Directions

1. Add the first stage ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the **SAUCE** setting; press the wheel to start **⏻**.
2. Combine the flour and butter in a small microwave-safe bowl for 1½ minutes, stirring every 30 seconds, to make a roux. When prompted to “Add”, remove the vented lid cap and add the cooked roux. Replace the cap; press the wheel to start **⏻**.
3. When the timer is up, press **CANCEL**. Add the add-in and press **PULSE** until combined.

Serves 4–6	First Stage		Second Stage	CUSTOM BLEND
Name	Liquid	Seasonings	Thickener	Add-Ins
Chicken or Beef Gravy	2 cups (500 mL) low-sodium chicken or beef stock	1 garlic clove, peeled 2–3 fresh sage leaves ½ tsp (2 mL) salt ¼ tsp (1 mL) black pepper	¼ cup (60 mL) flour 3 tbsp (45 mL) butter	N/A
Sausage Gravy	2 cups (500 mL) milk	½ tsp (2 mL) salt ¼ tsp (1 mL) black pepper	¼ cup (60 mL) flour 3 tbsp (45 mL) butter	½ cup (125 mL) cooked crumbled pork sausage
Alfredo Sauce	2 cups (500 mL) milk	½ tsp (2 mL) salt	¼ cup (60 mL) flour 3 tbsp (45 mL) butter	4 oz. (125 g) Parmesan cheese, grated (2 cups/500 mL)



1. Add the first stage ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the **SAUCE** setting; press the wheel to start **⏻**.
2. When prompted to “Add”, press **CANCEL**. Add the add-in and press **PULSE** until combined.

Ice Cream Base (Crème Anglaise/ vanilla cream sauce)	2 cups (500 mL) heavy whipping cream 1 cup (250 mL) whole milk	3 egg yolks ¾ cup (175 mL) sugar 1 tsp (5 mL) vanilla extract	N/A	N/A
Hollandaise Sauce	2 tbsp (30 mL) lemon juice 1 tbsp (15 mL) water	3 egg yolks 1 stick (½ cup/125 mL) butter, cold, cubed ¼ tsp (1 mL) salt	N/A	1 stick (½ cup/125 mL) butter, cold, cubed
Hot Chocolate	4 cups (1 L) milk	¼ cup (60 mL) brown sugar ¼ tsp (1 mL) salt	N/A	1 cup (250 mL) semi-sweet chocolate chips

Make your own jam

Makes about 2–3 cups (500–750 mL)

Directions

1. Add the ingredients for the first stage to the pitcher in order from left to right. Replace and lock the lid. Turn the wheel to select the **JAM** setting; press the wheel to start .
2. When prompted to “Add”, remove the vented lid cap and carefully add the sugar to the pitcher. Replace the cap and press the wheel to start .
3. Pour the jam into small containers and allow to cool, uncovered, before refrigerating. Cover and refrigerate for up to 1 month or freeze up to 6 months.

Name	First Stage			Second Stage
	Water	Fruit/Juice	Pectin	Sugar
Blueberry Jam	¼ cup (60 mL)	1 lb. (450 g) fresh blueberries	1 pkg (1.75 oz./50 g) original (about 5 tbsp/75 mL)	2½ cups (625 mL)
Raspberry Jam	¼ cup (60 mL)	1 lb. (450 g) fresh raspberries	1 pkg (1.75 oz./50 g) original (about 5 tbsp/75 mL)	2½ cups (625 mL)
Strawberry Jam	N/A	1 lb. (450 g) fresh strawberries, hulled and halved	2½ tbsp (37 mL) original	3 cups (750 mL)
Low-Sugar Strawberry Jam	N/A	1 lb. (450 g) fresh strawberries, hulled and halved	2½ tbsp (37 mL) low-sugar/no-sugar	½ cup (125 mL)
Concord Grape Jelly	N/A	1 cup (250 mL) Concord grape juice	2½ tbsp (37 mL) original	1½ cups (375 mL)
Apple Sauce	¼ cup (60 mL)	3 lbs. (1.4 kg) apples, cored and chopped	N/A	2 tbsp (30 mL) maple syrup (or more) 1 tsp (5 mL) cinnamon
Orange Marmalade (see cook’s tip for orange zest)	¼ cup (60 mL)	¾ cup (175 mL) fresh squeezed orange juice (about 2 large oranges)	2 tbsp (30 mL) original	1½ cups (375 mL)

Create even more flavors

Directions

Serves 1 or 4

For 1 serving: Add all the ingredients to the pitcher in order from left to right. Replace and lock the lid. Press the wheel to start the **(CUSTOM BLEND)** setting and blend on speed 2 for 1 minute.

For 4 servings: Add 1.5 qt. (1.5 L) of ice cream, ½ cup (125 mL) liquid, and any mix-ins to the pitcher in this order. Replace and lock the lid. Press the wheel to start the **(CUSTOM BLEND)** setting and blend on speed 6 for 2 minutes.

Milkshake	Ice Cream	Liquid	Mix-Ins
Basic Milkshake	1½ cups (375 mL) vanilla, chocolate, or strawberry ice cream	2 tbsp (30 mL) whole milk	1 tbsp (15 mL) malted milk powder or 2 tbsp (30 mL) chocolate chips or 3 strawberries, stems removed
Salted Caramel Pretzel Milkshake	1½ cups (375 mL) vanilla ice cream	2 tbsp (30 mL) whole milk	2 tbsp (30 mL) caramel sauce 10 mini pretzel twists, crushed ⅛ tsp (0.5 mL) salt
Mocha Chip Milkshake	1½ cups (375 mL) vanilla ice cream	2 tbsp (30 mL) iced coffee	1 tbsp (15 mL) semi-sweet chocolate morsels ½ tsp (2 mL) cocoa powder

Average U.S. nutrients per serving (12 oz./350 mL): Calories 478, Total Fat 26 g, Saturated Fat 16 g, Cholesterol 94 mg, Sodium 192 mg, Carbohydrate 55 g, Fiber 0.5 g, Sugars 49 g, Protein 7.5 g

Directions

Serves 4–6

1. Add all the ingredients to the pitcher in order from left to right.
2. Replace and lock the lid. Press the wheel to start the **(CUSTOM BLEND)** setting and blend on speed 3 for 1 minute. Use the tamper to push the fruit down the sides of the pitcher and back into the blades.

Nice Cream	Fruit	Liquid	Mix-Ins
Mango Peach Nice Cream	1 cup (250 mL) frozen mango chunks 1 cup (250 mL) frozen peach slices	⅓ cup (75 mL) alternative milk	N/A
Strawberry Nice Cream	8 whole frozen strawberries 2 ripened, frozen bananas, cut into 1" (2.5-cm) chunks	⅓ cup (75 mL) alternative milk	N/A
Chocolate Nice Cream	2 ripened, frozen bananas, cut into 1" (2.5-cm) chunks	⅓ cup (75 mL) alternative milk	¼ cup (60 mL) chocolate chips 2 tsp (10 mL) cocoa powder

Average U.S. nutrients per serving (½ cup/125 mL): Calories 64, Total Fat 1 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Sodium 13 mg, Carbohydrate 20 g, Fiber 2.5 g, Sugars 13 g, Protein 1 g

Directions

Serves 6

1. Add all the ingredients to the pitcher in order from left to right.
2. Replace and lock the lid. Press the wheel to start blending on the **(CUSTOM BLEND)** setting increasing to speed 9 for 20 seconds, or until the ice is broken down.

Frozen Drink	Alcohol	Sweetener	Juice/Fruit	Ice
Frozen Margarita	1 cup (250 mL) tequila ½ cup (125 mL) triple sec (orange liqueur)	¼ cup (60 mL) agave	¾ cup (175 mL) fresh squeezed lime juice	6 cups (1.5 L)
Frozen Strawberry Daiquiri	1 cup (250 mL) white rum	½ cup (125 mL) sugar	½ cup (125 mL) fresh squeezed lime juice 2 cups (500 mL) strawberries, hulled (approx. 6–8)	5 cups (1.25 L)
Frozen Piña Colada	1 cup (250 mL) white rum	½ cup (125 mL) cream of coconut	¾ cup (175 mL) 100% pineapple juice (6 oz./175 g) ¼ cup (60 mL) heavy cream	6 cups (1.5 L)

Appendix 1

How to use the Accessories?

Tamper

- Use the tamper to push foods down from the sides of the pitcher and back into the blades.
- Do not use the tamper on heated settings.

Strainer Bag

- Use the bag to strain small particles out of your alternative milk.

Dual-Sided Cleaning Brush

- The brush is great for cleaning any remaining residue in the pitcher after a heated wash cycle.

Boil-Over Guard

- This is only needed if you're cooking in high-altitude areas. Use it in place of the vented lid cap with heated settings.

Noise Reducing Motor Plug Replacement

- You don't need to use this right away.
- It's a replacement part for when your original plug starts to show wear, after approximately 500 cycles.

Safety Tip

When preparing and using your Deluxe Cooking Blender, always follow the important safeguards and safety instructions sections of the use and care manual

Appendix 2

How to wash the pitcher?



CAUTION: Do not submerge the base of the pitcher in water.

The Heated Wash setting will be your new best friend! Use this setting to clean the pitcher before the first use and after each use.

1. Remove the lid and fill the pitcher with water up to the 3-cup (750-mL) line and add 1–2 drops of liquid dish.
2. Turn the wheel to select the setting; press the wheel to start.
3. When the timer is up, the unit will beep and the screen will display “End”.
4. The cycle will run for about 5–10 minutes.

NOTE: The blender will start preheating and show dash marks moving in a circle. Once it reaches the correct temperature, it will start cleaning.

Tip:

During the cycle, some bubbles may appear on the top of the lid. This is normal and expected. If the bubbles begin to pour over the sides of the pitcher, press the wheel to pause the cycle, remove the lid, and add about 1 tsp (5 mL) of vegetable oil to reduce bubbling.

Glossary:

D

dollop

A considerable lump, scoop, or quantity of something, especially soft food.

F

Finely chop

This means chopping the ingredients into pieces $\frac{1}{2}$ cm or less. For garlic or herbs the size is approximately 2mm. The term finely cube may also be used here and this is because the recipe texture and flavour calls for a consistent sized finely chopped ingredient.

G

GARNISH

A garnish is an item or substance used as a decoration or embellishment accompanying a prepared food dish or drink. In many cases, it may give added or contrasting flavor. Some garnishes are selected mainly to augment the visual impact of the plate, while others are selected specifically for the flavor they may impart.

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A New Way of Cooking



Delicious Sauces

Veggie Purees

Milk Alternatives

Custom Milkshakes

Soup in 30 Minutes

Smoothest Smoothies

Grind Flour

Creamy Nut Butters

Fresh Jam

