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Cover Page: 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.



Title Page: Deluxe Cooking Blender

Edition Notice:

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First Edition

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!



Settings

Heated Wash Setting

Smoothie Setting

Blackberry Cashew Smoothie Bowl
Green Mango Coconut Smoothie Bowl

Alt. Milk Setting

Horchata

Grind Setting

Freshly-Ground Whole
Wheat Pancakes
Roasted Red Pepper & Walnut Dip
Homemade Hummus

Soup Setting

Butternut Squash Soup
With Pumpkin Seed Granola
Broccoli Cheddar Soup With Cheddar Biscuits

Heated Puree Setting

Hidden Veggie Marinara Pasta

Sauce Setting

Nacho Cheese Sauce

Jam Setting

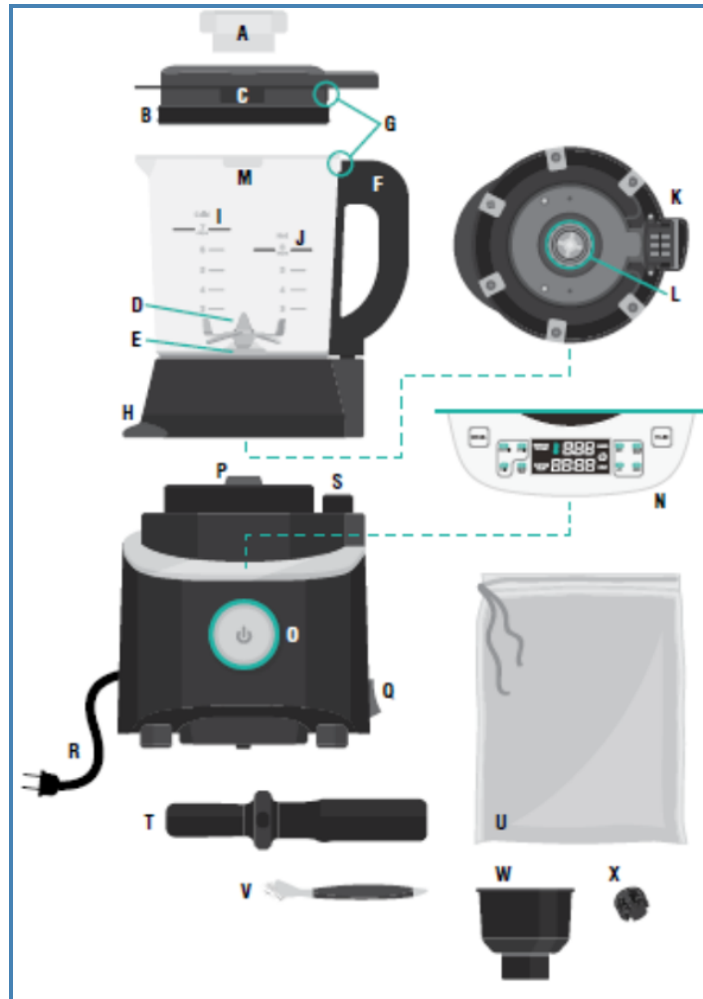
Chocolate Cherry Skillet Cake

Custom Blend Setting

Milkshake Recipe Chart
Nice Cream Recipe Chart
Frozen Drink Recipe Chart

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		

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.

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 soap or 1 tsp (5 mL) of dishwashing powder. Replace the lid.
2. Turn the wheel to select the setting; press the wheel to start .

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

3. When the timer is up, the unit will beep and the screen will display “End”. Pour out the liquid, rinse, and dry completely.
4. The cycle will run for about 5–10 minutes.

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.

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

Chapter 3: Recipes

Butternut squash soup



INGREDIENTS

Soup

2½ cups (625 mL) water

2 tbsp (30 mL) brown sugar

1 tsp (5 mL) salt

¼ tsp (1 mL) ground cinnamon

¼ tsp (1 mL) ground ginger

3 cups (750 mL) butternut squash, peeled and cut into chunks

2 medium carrots, peeled and cut into chunks (about 1 cup/250 mL)

½ medium onion, peeled and cut into chunks (about ½ cup/125 mL)

2 garlic cloves, peeled

¼ cup (60 mL) dried apple, diced

Add-In

½ cup (125 mL) heavy cream

Granola

1 tbsp (15 mL) canola oil

½ cup (125 mL) rolled oats

½ tsp (2 mL) ground ginger

¼ tsp (1 mL) ground cinnamon
1 tbsp (15 mL) honey
1 tbsp (15 mL) brown sugar
¼ cup (60 mL) pumpkin seeds (pepitas)
¼ cup (60 mL) dried apple, diced

DIRECTIONS

Add the soup ingredients, in the order listed, to the Deluxe Cooking Blender. Replace and lock the lid. Turn the wheel to select the SOUP setting; press the wheel to start. When the timer is up, press CANCEL. Remove the vented lid cap and carefully add the cream. Replace the cap and hold the PULSE button for 5 seconds, or until the cream is combined.*

Meanwhile, for the granola, heat the oil the 10" (25-cm) Nonstick Fry Pan for 3–5 minutes over medium heat. Add the oats, ginger, and cinnamon and cook, stirring occasionally, for 4–6 minutes, or until the oats are golden brown and the spices are fragrant. Remove the oats from the pan.

Add the honey and brown sugar to the pan and cook for 1 minute, or until the mixture is bubbly. Add the oats and remaining granola ingredients to the pan and stir to coat. Remove the granola from the pan to cool slightly.

To serve, pour the soup into bowls and top with the granola.**

Yield:

6 servings

Nutrients per serving:

U.S. nutrients per serving (1 cup/250 mL of soup plus 2 tbsp/30 mL of granola): Calories 250, Total Fat 13 g, Saturated Fat 5 g, Cholesterol 25 mg, Sodium 410 mg, Carbohydrate 32 g, Fiber 4 g, Sugars 16 g, Protein 4 g

Cook's Tips:

Watch the soup come together in the Deluxe Cooking Blender

How do you make butternut squash soup better?

Add a squeeze of lemon or lime or a splash of sherry vinegar at the end of heating the soup. Try drizzling a few drops of roasted nut oil on top each bowl of soup. Roasted pumpkin seed oil on butternut squash soup, for instance, or roasted hazelnut oil on mushroom soup [¹]

Garnishes for butternut squash soup

- Sour Cream: A little **dollop**¹ of sour cream makes a rich dish like Butternut Squash Soup even creamier.
- Bacon: Everything is better with bacon.
- Chives: finely chop up some chives and serve them on the soup or leave them long as a stylish garnish.

1
Hoffman, S.; Wise, V. (2013). *Bold: A Cookbook of Big Flavors*. Workman Publishing Company. p. 63. ISBN 978-0-7611-3961-4. Retrieved July 21, 2019.

Strawberry Banana Smoothie



Strawberry-Banana Smoothie

Prep time: 2 minutes
Total time: 3 minutes

Ingredients

¹A considerable lump, scoop, or quantity of something, especially soft food.

- ¼ cup (60 mL) Greek yogurt
- ¼ cup (60 mL) orange juice
- 1 tbsp (15 mL) honey
- 1 cup (250 mL) fresh strawberries,
stems removed and halved
- 1 banana, peeled and quartered
- ½ cup (125 mL) ice

Directions

1. Add all the ingredients, in the order listed, to the pitcher.
2. Replace and lock the lid.
3. Turn the wheel to select the setting
4. Press the wheel to start

Appendix 1

Appendix 2

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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