

# Oster®

User Manual **OSTERIZER®**  
**CLASSIC BLENDER**

# Oster®

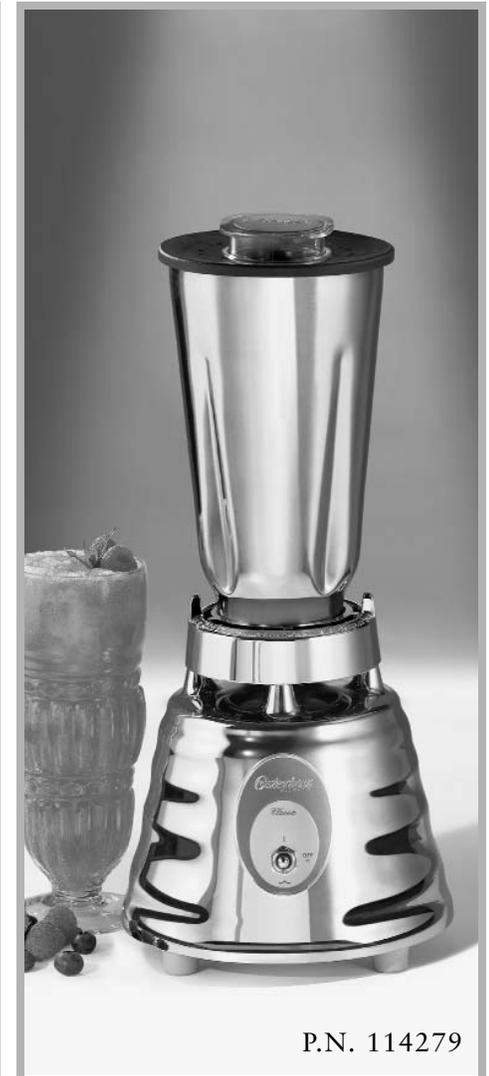
For product questions contact:

Sunbeam Consumer Service  
US: 1-800-334-0759  
Canada: 1-800-667-8623  
[www.oster.com](http://www.oster.com)

©2004 Sunbeam Products, Inc. All rights reserved.  
OSTER® and OSTERIZER® are registered trademarks of Sunbeam Products, Inc.  
ALL-METAL DRIVE™ is a trademark of Sunbeam Products, Inc.  
Distributed by Sunbeam Products, Inc., Boca Raton, FL 33431



Visit us at [www.oster.com](http://www.oster.com)



P.N. 114279

# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should be followed, including the following:

## READ ALL INSTRUCTIONS BEFORE USE

- Unplug cord from outlet when not in use or before cleaning.
- To protect against risk of electrical shock, do not immerse the cord, plug or motor base in water other liquids.
- Do not let cord hang over edge of table or counter or touch hot surfaces.
- Never leave appliance unattended when in use.
- Close supervision is necessary when used near children.
- Avoid contact with moving parts. Keep hands and utensils out of jar while blending to prevent personal injury or damage to the blender. A rubber spatula may be used only when the blender is not running.
- The blade is sharp. Handle with care.
- Always put the lid on the jar before operating the blender.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. Return the appliance to the nearest Authorized Sunbeam Appliance Service center for examination, repair or electrical or mechanical adjustment.
- Do not use outdoors or for commercial purposes; this appliance is for household use only.
- Use this appliance for its intended use as described in this manual.
- When blending hot liquids, remove center piece of two-piece cover.
- To reduce the risk of injury, never place cutter-assembly blades on base without jar properly attached.
- Always operate on a flat surface.
- Unplug the blender when it is not in use, before taking off or putting on parts and before cleaning.
- The use of attachments, not made by manufacturer, including canning or ordinary jar and processing assembly parts, is not recommended by Sunbeam Products, Inc. and may cause risk of injury to persons.

# THIS PRODUCT IS FOR HOUSEHOLD USE ONLY

The maximum rating marked on the product is based on the attachment that draws the greatest load. Other attachments may draw less power.

## POWER CORD INSTRUCTIONS

Please follow the instructions below to ensure the safe use of the power cord.

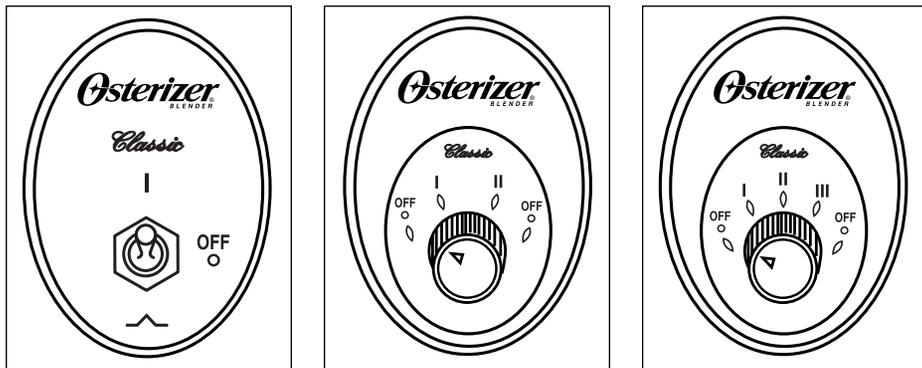
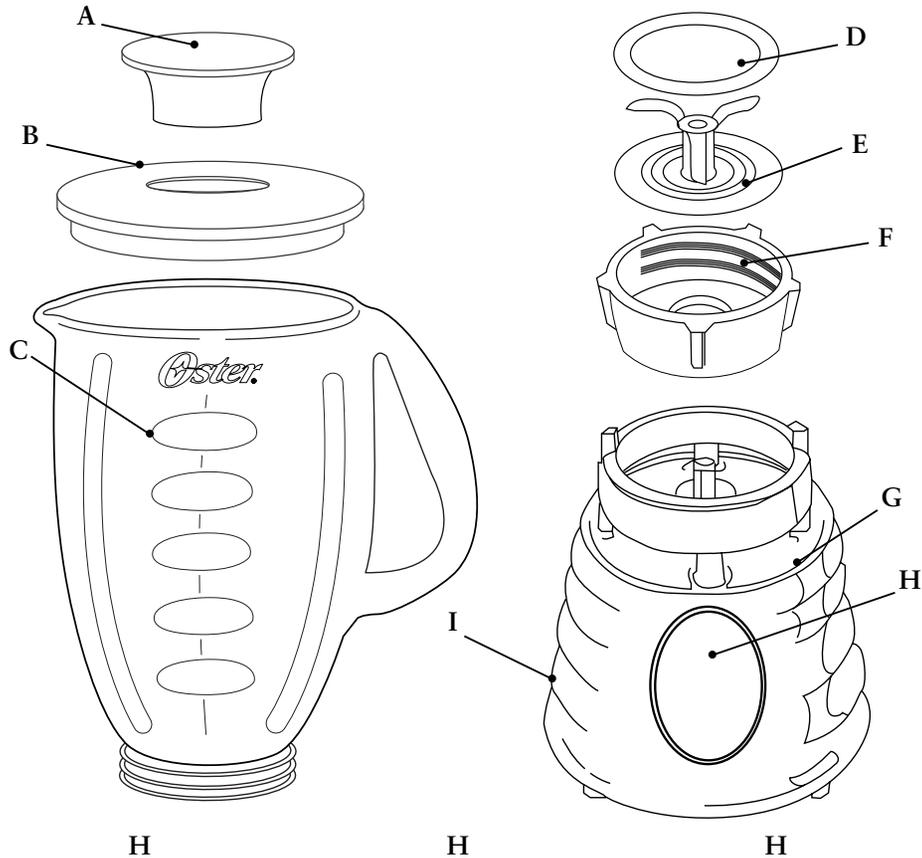
- This appliance is equipped with a polarized plug. This type of plug has one blade that is wider than the other. This plug will fit in a polarized outlet only one way. This is a safety feature intended to help reduce the risk of electrical shock. If you are unable to insert the plug into the outlet, contact a qualified electrician to replace the obsolete outlet. Do not attempt to defeat the safety purpose of the polarized plug by modifying the plug in any way.
- You may use an extension cord, if necessary, but be certain to follow these guidelines:
  - The marked electrical rating of the extension cord must be at least 120/127 Volt, 60 Hz, 10A.
  - The extension must be arranged so that it will not drape over the countertop or tabletop, will not be within the reach of children and will not be tripped over.
- Do not pull, twist, or otherwise abuse the power cord.

# SAVE THESE INSTRUCTIONS

# WELCOME

Congratulations on your purchase of an OSTER® Blender! To learn more about OSTER® products, please visit us at [www.oster.com](http://www.oster.com).

## LEARNING ABOUT YOUR BLENDER



VARYING CONTROL PANELS

## FEATURES OF YOUR OSTERIZER® CLASSIC BLENDER

- A. Feeder cap for adding ingredients while blending
- B. Leak Proof Lid
- C. Jar – Your OSTER® Blender includes one of the following:
  - 5-cup Dishwasher Safe/Scratch Resistant Glass Jar
  - 6-cup Break-Resistant Jar
  - 5-cup Double-Walled, Insulated Thermal Jar – keeps frozen drinks, smoothies and milkshakes cold for hours
- D. Sealing Ring for tight seal
- E. Ice Crush Blade pulverizes ice for smooth frozen drinks
- F. Threaded Bottom Cap
- G. Powerful Motor with exclusive ALL-METAL DRIVE™ system for extra durability
- H. Control Panel
- I. Convenient Cord Storage (*select models only*)

## USING YOUR BLENDER

Clean blender according to the instructions in the “Cleaning and Storing Your Blender” section.

Jar Assembly:

Turn jar upside down so the small opening is at the top. (*Figure 1*)

Place sealing ring over jar opening. (*Figure 2*)

Place blade into jar. (*Figure 3*)

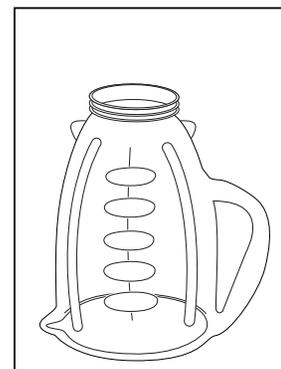


FIGURE 1

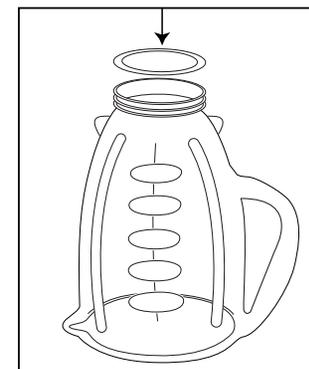


FIGURE 2

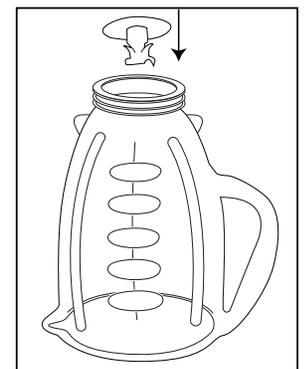


FIGURE 3

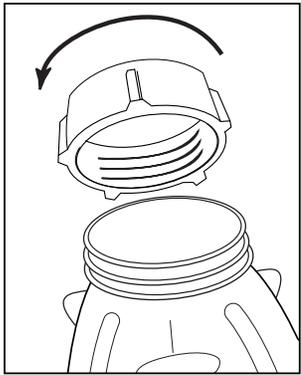


FIGURE 4

Place threaded bottom cap over blade and turn clockwise to tighten. (Figure 4)

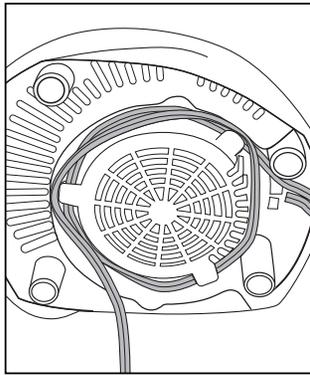


FIGURE 5

Wrap the power cord from the cord storage area on the base of the blender until the cord is the length you desire. (Figure 5)

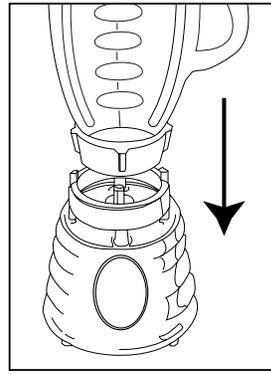


FIGURE 6

Place jar assembly onto base. (Figure 6)

Place ingredients into jar.

Place lid with feeder cap on jar.

Plug the power cord into a 120 Volt AC electrical outlet.

## TOGGLE MODELS

Push switch up and blend ingredients to desired consistency.

Push switch to OFF to stop the blender and turn blender off.

To use PULSE, push switch down for desired length of time. Release PULSE and allow blade to stop. Repeat cycle as desired.

## DIAL MODELS

Turn dial to desired speed and blend ingredients to desired consistency.

Turn dial to OFF to stop the blender and turn blender off.

To use PULSE, turn dial to PULSE or speed **I** for desired length of time. Turn dial back to OFF and allow blade to stop. Repeat cycle as desired.

## BLENDING TIPS

- Put liquids in the jar first, unless a recipe says otherwise.
- Crushing ice: Crush 6 ice cubes or approximately 2 cups of ice at a time.
- Do not remove the lid while in use. Remove feeder cap to add smaller ingredients. (Figure 7)
- **Hot Foods:** Open the feeder cap to vent steam. Tilt feeder cap away from you. Keep hands away from the cover opening to prevent possible burns. When working with hot liquids, remove feeder cap and start blending at a low speed. Then move to a faster speed. Do not add liquid over the 4 cup (1 Liter) level.
- Cut all firm fruits and vegetables, cooked meats, fish and seafood into pieces no larger than 3/4 inch (1.8 cm) to 1 inch (2.5 cm). Cut all kinds of cheeses into pieces no larger than 3/4 inch (1.8 cm).
- This blender will not mash potatoes, whip egg whites or substitute dairy toppings, mix stiff dough or grind raw meat.

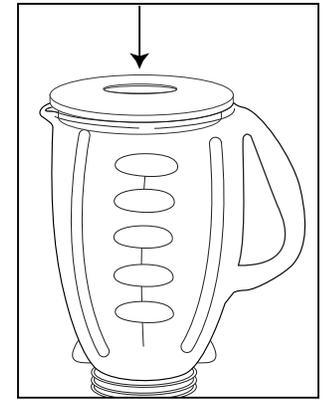


FIGURE 7

## CLEANING AND STORING YOUR BLENDER

**IMPORTANT: UNPLUG BEFORE CLEANING BASE and DO NOT IMMERSE THE BLENDER BASE IN WATER OR ANY OTHER LIQUIDS.** Use a damp, soft sponge with mild detergent to clean the outside of the blender base. All parts except for the blender base are dishwasher safe. Place sealing ring in bottom basket of dishwasher. You can also wash the parts in warm, soapy water. Rinse and dry.

### EASY CLEAN

Pour 3 cups of warm water in the blender jar. Add 1 – 2 drops of liquid dishwashing detergent. Blend detergent for 10 – 15 seconds. Empty jar of soapy water into sink. Rinse jar thoroughly with clean water.

**NOTE:** Easy Clean is not a substitute for regular cleaning described above. It is especially important to disassemble and thoroughly clean your blender when processing milk, dairy products, meats, seafood and eggs.

## STORING YOUR BLENDER

After cleaning, reassemble blade to jar with sealing ring and collar. Store blender with cover ajar to prevent container odor.

## PROCESSING FOODS IN BLENDER

FOOD	PROCESSED QUANTITY	UNPROCESSED QUANTITY	SPECIAL INSTRUCTIONS
Apples	3/4 cup (200 mL)	1 cup (250 mL) of 1 inch (2.5 cm) pieces	Pulse 2 times
Apple Juice	1-1/2 cups (375 mL)	1 medium, peeled, cored, cut into eighths + 1 cup (250 mL) liquid	Liquefy continuously
Breadcrumbs	1/2 cup (125 mL)	1 slice, torn in 8 pieces	Pulse 1 – 4 times
Cabbages, Red & White	1-1/2 cups (375 mL)	3 cups (750 mL) of 1 inch (2.5 cm) pieces	Chop continuously in 2 – 4 cups water. Drain.
Carrots	1 cup (250 mL) 2 cups (500 mL)	1 cup (250 mL) 2 cups (500 mL)	Pulse 2 times Pulse 4 times in 2-4 cups water. Drain.
Celery	3/4 cup (200 mL)	1 cup (250 mL) of 1 inch (2.5 cm) pieces	Pulse 2 – 3 times
Cheese, Cheddar	1 cup (250 mL)	1 cup (250 mL) of 1 inch (2.5 cm) pieces	Pulse 2 times
Cheese, Swiss	1 cup (250 mL)	1 cup (250 mL) of 1 inch (2.5 cm) pieces	Pulse 5 times
Cheese, Hard or Semi-Hard	1 cup (250 mL)	1 cup (250 mL) of 1 inch (2.5 cm) pieces	Grate continuously
Coconut	1 cup (250 mL)	1 cup (250 mL) of 1 inch (2.5 cm) pieces	Grate continuously
Coffee Beans	1 cup (250 mL)	1 cup (250 mL)	Grind 45 seconds for percolators & 60 seconds for drip.
Cookies, Wafer	1/2 cup (125 mL)	10 wafers	Pulse 3 times
Crackers, Graham	1/2 cup (125 mL)	8 crackers	Pulse 3 times
Cranberries, Fresh	3/4 cup (200 mL)	1 cup (250 mL)	Pulse 2 times
Dried Fruit	Scant 1/2 cup (125 mL) + 1/2 cup flour	1/2 cup (125 mL)	Chop continuously for 15 seconds
Eggs, Hard Cooked	3/4 cup (200 mL)	2 eggs of 1 inch (2.5 cm) pieces	Chop continuously for 30 seconds
Meat, Boneless, Cooked	1 cup (250 mL)	1 cup (250 mL) of 1 inch (2.5 cm) pieces	Chop continuously
Nuts, Almonds, Peanuts, Pecans, Walnuts	1 cup (250 mL)	1 cup (250 mL)	Pulse 2 – 4 times
Onions	1-1/2 cups (375 mL)	3 cups (750 mL) of 1 inch (2.5 cm) pieces	Pulse 1 time in 2-4 cups of water. Drain.
Peppers	2/3 cup (150 mL)	1 cup (250 mL)	Pulse 1 time
Peppercorns	1/2 cup (125 mL)	1/2 cup (125 mL)	Grind continuously
Nutmeg	1 Tablespoon (15 mL)	3 nuts, shell removed	Grind continuously
Ginger Root	1/4 cup (50 mL)	2 – 3 pieces 1 inch (2.5 cm) each	Grind continuously

Note: Since foods vary in size, consistency and freshness, you may need to add or subtract a processing time from the number stated in this chart or the recipes that follow to obtain the results you desire.

## RECIPES

### Appetizers

#### SALSA

1 can (16 ounces or 454 g) whole tomatoes, drained  
 4 1-inch (2.5 cm) pieces green pepper  
 2 1-inch (2.5 cm) pieces onion  
 1/2 of marinated or fresh jalapeño pepper, seeded  
 1/4 teaspoon (1 mL) cider vinegar  
 1/4 teaspoon (1 mL) cumin  
 4-8 drops hot pepper sauce

Place all ingredients into blender container. Cover and process 2 times at PULSE until vegetables are chopped. Serve with corn chips.

YIELD: APPROXIMATELY 1 CUP (250 mL)

#### GUACAMOLE

2 large, ripe avocados, peeled and cubed  
 1/2 medium potato, cubed  
 1 tablespoon (15 mL) lemon juice  
 2 1-inch (2.5-cm) pieces onion  
 1/4 teaspoon (1 mL) salt

Place all ingredients except 1/2 of 1 avocado into blender container. Cover and process at ON until smooth. *(If necessary, stop blender, use rubber spatula to keep mixture around the agitator blades. Cover and continue to process.)* Remove cover and add remaining avocado. Cover and process 2-3 times at PULSE until desired consistency. Serve with corn chips, crackers or raw vegetables.

YIELD: 1-1/2 CUPS (375 mL)

#### MOCK SOUR CREAM

1 tablespoon (15 mL) milk  
 1 tablespoon (15 mL) lemon juice  
 1 cup (250 mL) low-fat cottage cheese

Put all ingredients into blender container. Cover and process at ON until smooth.

YIELD: 1 CUP (250 mL)

## FRUIT DIP

1/2 cup (125 mL) lemon yogurt    1/2 teaspoon (2 mL) grated lemon rind  
1 tablespoon (15 mL) honey    1/4 teaspoon (1 mL) lime juice  
8 ounces (227 g) Neufchatel Cheese, cut in 1-inch (2.5 cm) pieces

Put yogurt, honey, lemon rind, and lime juice into blender container. Cover and process at ON until lemon rind is finely grated. With motor running, remove feeder cap and add cheese. Continue to process until smooth. Refrigerate several hours. Serve with fresh fruit.

YIELD: 1-1/2 CUPS (375 mL)

### VARIATIONS:

Substitute equal portions of any variety yogurt; *i.e.*, mixed berry or peach, for lemon yogurt.

## CLASSIC SWISS FONDUE

1 clove garlic    3 tablespoons (45 mL) cornstarch  
1 cup (250 mL) dry white wine    3 tablespoons (45 mL) Kirsch  
1 cup (250 mL) milk    dash white pepper  
1 pound (454 g) natural Swiss cheese, dash nutmeg  
cut in 1-inch (2.5 cm) cubes

Put all ingredients, including garlic, into blender container. Cover and process at ON until smooth. Pour into a fondue pot and cook at HI, stirring constantly until mixture is heated and bubbly. Reduce heat to MED-LO to serve.

SERVES 4-6 AS MAIN COURSE, 10-12 AS APPETIZER

## ☞ Non-Alcoholic Beverages ☞

### TOMATO JUICE COCKTAIL

2 cups (500 mL) tomato juice  
1 thin slice lemon with peel  
2 sprigs parsley  
1/2-inch strip (1 cm) green pepper  
8-inch stalk (20 cm) celery, cut in 1-inch (2.5 cm) pieces  
1/2-inch slice (1 cm) cucumber, unpeeled  
1/4 teaspoon (1 mL) Worcestershire sauce  
Salt to taste  
6 ice cubes

Put all ingredients into blender container. Cover and process at ON until all ingredients are liquefied.

YIELD: APPROXIMATELY 3-1/2 CUPS (875 mL)

## VANILLA MILK SHAKE

2 cups (500 mL) vanilla ice cream, softened  
1/4 cup (50 mL) milk  
1/2 teaspoon (2 mL) vanilla extract

Put all ingredients into blender container. Cover and process at ON until smooth. (*If necessary, stop blender, use rubber spatula to keep mixture around the agitator blades.*)

YIELD: 2 CUPS (500 mL)

## CHOCOLATE MILK SHAKE

Reduce milk to 1/4 cup (50 mL) and add 1/4 cup (50 mL) chocolate syrup. Omit vanilla extract. Process as previous Milk Shake recipe.

## STRAWBERRY COOLER

1/4 cup (50 mL) lemonade concentrate, thawed, undiluted  
3/4 cup (200 mL) water  
2 cups (500 mL) strawberries  
2 tablespoons (30 mL) sugar  
1 cup (250 mL) ice cubes

Put all ingredients into blender container. Cover and process at ON until slushy.

YIELD: 3 CUPS (750 mL)

## FRUIT SMOOTHIE

1/2 cup (125 mL) milk  
1/2 cup (125 mL) apple juice  
2 cups (500 mL) fruit (*strawberries, bananas or peaches*)  
cut in 1-inch (2.5 cm) pieces  
2 tablespoons (30 mL) sugar  
1/2 teaspoon (2 mL) vanilla extract  
1 cup (250 mL) ice cubes

Put all ingredients except ice into blender container. Cover and process at ON until smooth. With motor running, remove feeder cap and add ice cubes. Continue to process until smooth.

YIELD: 3 CUPS (750 mL)

## MEXICAN CHOCOLATE

- 1/2 cup (125 mL) semi-sweet chocolate morsels
- 1 tablespoon (15 mL) instant coffee powder
- 1/2 teaspoon (2 mL) vanilla extract
- 1/4 teaspoon (1 mL) cinnamon
- 2 cups (500 mL) hot milk

Put all ingredients into blender container. Cover blender and vent feeder cap. Process at PULSE until morsels are dissolved. Serve hot.

YIELD: APPROXIMATELY 2-1/2 CUPS (625 mL)

## ↔ Alcoholic Beverages ↔

### DAIQUIRI

- 1/2 cup (125 mL) water
- 3 ounces (90 mL) light rum
- 1 can (6 ounces or 177 mL) frozen limeade concentrate
- 1-1/2 cups (375 mL) ice cubes

Put all ingredients except ice into blender container. Cover and process at ON. With motor running, remove feeder cap and add ice cubes. Continue to process until smooth.

YIELD: 2 CUPS (500 mL)

### FROZEN DAIQUIRI

Omit water and add an additional 1-1/2 cups (375 mL) ice cubes. Process as previous Daiquiri recipe.

### BLUE MARGARITA

- 1/2 cup (125 mL) water
- 3 ounces (90 mL) gold tequila
- 1-1/2 ounces (45 mL) blue Curaçao
- 1 can (6 ounces or 177 mL) frozen limeade concentrate
- 1-1/2 cups (375 mL) ice cubes

Put all ingredients except ice into blender container. Cover and process at ON. With motor running, remove feeder cap and add ice cubes. Continue to process until smooth. Serve over ice in a salt-rimmed glass.

YIELD: 3 CUPS (750 mL)

## FROZEN MARGARITA

Omit water and add an additional 1-1/2 cups (375 mL) ice cubes. Process until slushy.

## TRADITIONAL MARGARITA

Substitute an equal amount of triple sec for the blue Curaçao. Process as previous Margarita recipe.

## FROSTY SOUR

- 1/2 cup (125 mL) water
- 4 ounces (125 mL) bourbon
- 1 can (6 ounces or 177 mL) frozen lemonade concentrate
- 1 can (6 ounces or 177 mL) frozen orange juice concentrate
- 1 cup (250 mL) ice cubes

Put all ingredients except ice into blender container. Cover and process at ON until smooth. With motor running, remove feeder cap and add ice cubes. Continue to process until smooth. Garnish with an orange slice and a maraschino cherry.

YIELD: 3 CUPS (750 mL)

## PIÑA COLADA

- 1 cup (250 mL) cream of coconut
- 3/4 cup (200 mL) unsweetened pineapple juice
- 4 ounces (125 mL) light rum
- 1 tablespoon (25 mL) milk
- 1 can (8 ounces or 227 g) juice-packed pineapple
- 2 cups (500 mL) ice cubes

Put all ingredients except ice into blender container. Cover and process at ON. With motor running, remove feeder cap and add ice cubes. Continue to process until smooth. Garnish with a pineapple slice.

YIELD: 4 CUPS (1 LITER)

## ORANGE BLOSSOM

- 3 ounces (90 mL) gin
- 1 tablespoon (15 mL) lemon juice
- 1 cup (250 mL) orange sherbet, softened slightly
- 1 cup (250 mL) ice cubes

Put all ingredients into blender container. Cover and process at ON until of sherbet-like consistency. Spoon into cocktail glasses and serve with short straws.

YIELD: 1-2/3 CUPS (400 mL)

## ↔ Baby Food ↔

### CANNED OR FRESH FRUITS

- 3/4 cup (200 mL) cooked fruit
- 2 teaspoons (10 mL) fruit juice or water

Put ingredients into blender container. Cover and process at ON until smooth. Test for smoothness and process again if necessary.

### MEATS OR VEGETABLES

- 1/2 cup (125 mL) cubed, cooked meat or vegetable
- 4 – 6 tablespoons (60 – 90 mL) milk, formula or other liquid

Put ingredients into blender container. Cover and process at ON until smooth. Test for smoothness and process again if necessary. *(Add full amount of liquid for very young babies; decrease amount as baby grows older.)*

### MEAT AND VEGETABLE DINNER

- 1/2 cup (125 mL) cubes, cooked beef or chicken
- 2 tablespoons (30 mL) cooked vegetables  
*(carrots, peas, spinach, celery, squash)*
- 1/2 cup (125 mL) milk
- 1/2 cup (125 mL) cooked rice

Put all ingredients into blender container. Cover and process at ON until thoroughly pureed. Heat before serving.

YIELD: 2 – 3 SERVINGS

## ↔ Quick Breads ↔

### CARROT BREAD

- 1-1/2 cups (375 mL) all-purpose flour
- 1-1/2 teaspoons (7 mL) baking soda
- 1-1/2 teaspoons (7 mL) cinnamon
- 1/2 teaspoon (2 mL) salt
- 1 cup (250 mL) pecans
- 2 eggs
- 1 cup (250 mL) vegetable oil
- 3/4 cup (200 mL) sugar
- 1 teaspoon (5 mL) vanilla extract
- 1-1/2 cups (375 mL) carrot pieces, cut in 1-inch (2.5 cm) pieces

Preheat oven to 350°F (180°C). Grease a 9x5x3-inch (23x13x8 cm) loaf pan. Sift flour, baking soda, cinnamon and salt into large mixer bowl. Set aside. Blender-chop nuts. Add to dry ingredients. Put eggs, oil, sugar and vanilla extract into blender container. Cover and process at ON until carrots are finely chopped. Pour over dry ingredients and mix only until dry ingredients are moistened. Pour into prepared pan and bake 1 hour or until toothpick comes out clean. Cool 5 minutes in pan, then turn out on cake rack and cool completely.

YIELD: 1 LOAF

### CRANBERRY NUT BREAD

- 1-1/4 cups (300 mL) all-purpose flour
- 3/4 cup (200 mL) whole wheat flour
- 1-1/2 teaspoons (7 mL) baking powder
- 1/2 teaspoon (2 mL) baking soda
- 2 egg whites
- 3/4 cup (200 mL) orange juice
- 1/4 cup (50 mL) vegetable oil
- thin outer rind of orange
- 3/4 cup (200 mL) sugar
- 1 cup (250 mL) cranberries
- 1/2 cup (125 mL) nuts

Preheat oven to 350°F (180°C). Grease a 9x5x3-inch (23x13x8 cm) loaf pan. In a large mixer bowl combine flours, baking powder, baking soda and set aside. Put egg whites, orange juice, oil, rind, and sugar into blender container. Cover and process at ON until rind is finely grated. Stop blender, add cranberries and nuts. Cover and process 2 times at PULSE. Pour over dry ingredients and mix only until dry ingredients are moistened. Pour into prepared pan and bake 50-55 minutes or until toothpick comes out clean.

YIELD: 1 LOAF

## ZUCCHINI BREAD

1 cup (250 mL) all-purpose flour  
1 cup (250 mL) whole wheat flour  
1 teaspoon (5 mL) baking soda  
1 teaspoon (5 mL) ground cinnamon  
3/4 teaspoon (3 mL) ground cloves  
1/4 teaspoon (1 mL) baking powder  
1/4 teaspoon (1 mL) salt  
2 cups (500 mL) zucchini, cut in 1-inch (2.5 cm) pieces  
2 egg whites  
1/2 cups (125 mL) water  
1/3 cup (75 mL) vegetable oil  
3/4 cup (200 mL) sugar  
1 teaspoon (5 mL) vanilla extract  
1/2 cup (125 mL) walnuts

Preheat oven to 350°F (180°C). Grease a 9x5x3-inch (23x13x8 cm) loaf pan. In a large mixer bowl combine first seven ingredients and set aside. Put zucchini pieces into blender container. Cover with cold water. Cover container and process 2 times at PULSE. Drain immediately through colander. Put egg whites, water, oil, sugar, vanilla, and nuts into blender container. Cover and process 2 times at PULSE. Pour over dry ingredients and zucchini and mix only until dry ingredients are moistened. Pour into prepared pan and bake 50-60 minutes or until toothpick comes out clean.

YIELD: 1 LOAF

## ☞ Pancakes ☜

### PREPARED MIXES

Follow recipe on box for ingredients. Assemble Osterizer blender. Put all ingredients into blender container, cover and process at PULSE until pancake mix is moistened. Pour out of container onto hot greased griddle about 1/4 cup (50 mL) at a time, and cook until brown. Turn only once.

## SOUR MILK PANCAKES

1 cup (250 mL) sour milk or buttermilk  
1 egg  
1 tablespoon (15 mL) sugar  
1 cup (250 mL) all-purpose flour  
1 teaspoon (5 mL) baking soda  
1/2 teaspoon (2 mL) salt  
1 tablespoon (15 mL) melted shortening or vegetable oil

Put all ingredients into blender container. Cover and process at PULSE until well blended. Cook on a hot greased griddle until nicely browned. Turn only once.

YIELD 8 – 10 PANCAKES

## LOW-CHOLESTEROL OATMEAL PANCAKES

1-1/2 cups (375 mL) oatmeal  
3/4 cup (200 mL) skin milk  
2 egg whites  
2 tablespoons (30 mL) vegetable oil  
2 tablespoons (30 mL) brown sugar  
1 tablespoon (15 mL) baking powder  
1/4 teaspoon (1 mL) salt, (optional)  
Oat flour (from above)

To make oat flour, put oatmeal into blender container. Cover and process at ON until the consistency of all-purpose flour. Remove from container. Put all ingredients into blender container in order listed. Cover and process at PULSE until smooth. Allow to stand for 5 minutes before using. Pour onto preheated, lightly greased griddle. Cook over medium-high heat until browned, turning once.

YIELD: 8 4-INCH (10 CM) PANCAKES

## POTATO PANCAKES

2 eggs  
1 small onion  
1/2 teaspoon (2 mL) salt  
2 tablespoons (30 mL) all-purpose flour  
1/4 teaspoon (1 mL) baking powder  
3 cups (750 mL) cubes raw potatoes

Put eggs, onion, salt, flour, baking powder and 1/2 cup (125 mL) potato cubes into blender container. Cover and process at ON until smooth. Add remaining potatoes, cover and process 3 times at PULSE. Pour onto a hot, well greased griddle. Turn once. Drain on absorbent paper.

YIELD: 12 PANCAKES

## ☞ Soups ☞

### VEGETABLE SOUP

- 1/2 cup (125 mL) cooked vegetables
- 1 tablespoon (15 mL) soft butter
- 1 tablespoon (15 mL) flour
- 1/4 teaspoon (1 mL) salt
- 1 cup (250 mL) milk

Put all ingredients into blender container. Cover and process at ON until smooth. Pour into small saucepan and heat over medium heat until hot.

YIELD: 1 SERVING

### CREAM OF BROCCOLI SOUP

- 1 cup (250 mL) water
- 1 package (10 ounces or 280 g) frozen chopped broccoli
- 2 cups (500 mL) milk
- 2 cups (500 mL) processed cheese, cubed
- 2 chicken bouillon cubes
- 1/2 cup (125 mL) all-purpose flour
- 1 cup (250 mL) half and half
- croutons for garnish

In large saucepan, cook broccoli in 1 cup (250 mL) water. (Do not drain.) Put milk, cheese cubes, bouillon and flour into blender container. Cover and process at ON. Add cheese mixture to broccoli. Add the half and half. Cook, stirring frequently, over medium heat until hot and until mixture thickens. Serve garnished with croutons.

YIELD: 4-6 SERVINGS

### CREAM OF TOMATO SOUP

- 1 cup (250 mL) milk
- 2-1/2 cups (625 mL) tomatoes
- 2 tablespoons (30 mL) all-purpose flour
- 2 tablespoons (30 mL) butter, softened
- 1 tablespoon (15 mL) sugar
- 1 thin slice onion
- 1 teaspoon (5 mL) salt
- dash pepper
- dash garlic salt

Heat milk in a small saucepan. Put remaining ingredients into blender container. Cover and process at PULSE until smooth. Increase speed to ON, remove feeder cap and slowly pour the hot milk into the mixture while processing. Reheat over low heat and serve immediately.

YIELD: 4 SERVINGS

## GAZPACHO

- 1 can (10-3/4 ounces or 305 g) tomato juice
- 1/4 cup (50 mL) beef broth
- 2 medium tomatoes, cut in 1-inch (2.5 cm) cubes
- 1 small onion, quartered
- 1/2 medium green pepper, seeded, cut in 1-inch (2.5 cm) cubes
- 1/2 small cucumber, cut in 1-inch (2.5 cm) cubes
- 1/2 teaspoon (2 mL) salt
- 1/2 teaspoon (2 mL) garlic powder
- chopped parsley
- herb croutons

Put first eight ingredients into blender container. Cover and process 2 times at PULSE or until vegetables are coarsely chopped. Chill well. Serve with freshly chopped parsley and crisp herb croutons.

YIELD: 3-1/2 CUPS (875 mL)

*Note: A 16-ounce (454 g) can of whole tomatoes may be used instead of fresh tomatoes and tomato juice.*

## ☞ Salad Dressings ☞

### CELERY SEED DRESSING

- 1/2 cup (125 mL) vegetable oil
- 1/3 cup (75 mL) honey
- 1/4 cup (50 mL) white vinegar
- 1 teaspoon (5 mL) salt
- 1/2 teaspoon (2 mL) celery seed

Put all ingredients into blender container. Cover and process at ON until well blended.

YIELD: APPROXIMATELY 1-1/4 CUPS (300 mL)

## MAYONNAISE

1 egg  
1/2 teaspoon (2 mL) salt  
1/2 teaspoon (2 mL) dry mustard  
1/2 teaspoon (2 mL) sugar  
dash cayenne pepper  
2 tablespoons (30 mL) white tarragon vinegar  
1 cup (250 mL) vegetable oil

Put egg, seasonings, vinegar and 1/4 cup (50 mL) of oil into blender container. Cover and process at ON. Immediately remove feeder cap and pour in the remaining oil in a steady stream. *(If necessary, stop blender, use rubber spatula to keep mixture around agitator blades. Cover and continue to process.)*  
Store covered in the refrigerator up to 1 week.

YIELD: APPROXIMATELY 1-1/4 CUPS (300 mL)

## VARIATION:

### LOW-CHOLESTEROL MAYONNAISE

Use 2 egg whites instead of 1 whole egg. Proceed as above.

## FRENCH DRESSING

1 cup (250 mL) vegetable oil  
2/3 cup (150 mL) ketchup  
1/2 cup (125 mL) cider vinegar  
1/2 cup (125 mL) sugar  
1/2 small onion, halved  
1 tablespoon (15 mL) lemon juice  
1 teaspoon (5 mL) salt  
1 teaspoon (5 mL) dry mustard  
1 teaspoon (5 mL) paprika  
1/4 teaspoon (1 mL) garlic powder  
dash pepper

Put all ingredients into blender container. Cover and process at ON until blended.

YIELD: 2-1/2 CUPS (625 mL)

## LOW-CALORIE RANCH DRESSING

1 cup (250 mL) buttermilk  
1 cup (250 mL) lowfat cottage cheese  
1 1-inch (2.5 cm) piece onion  
1/2 clove garlic  
2 sprigs fresh parsley  
2 peppercorns  
1/2 teaspoon (2 mL) dill weed  
1 packet artificial sweetener

Put all ingredients into blender container. Cover and process at ON until smooth. Chill for 1 hour before serving.

YIELD: 2 CUPS (500 mL)

## RASPBERRY VINAIGRETTE

1/4 cup (50 mL) water  
1/4 cup (50 mL) raspberry vinegar  
1 clove garlic  
1/2-inch (1.25 cm) sliced shallot  
2 tablespoons (30 mL) walnuts  
1 teaspoon (5 mL) Dijon mustard  
1/2 teaspoon (2 mL) sugar  
1/4 teaspoon (1 mL) basil  
dash pepper  
dash salt  
1/2 cup (125 mL) safflower oil

Put first four ingredients into blender container. Cover and process at ON until garlic and shallot are finely chopped. Stop blender and add all remaining ingredients except oil. Cover and process at ON. With motor running, remove feeder cap and pour in oil in a steady stream and process until well blended.

YIELD: 1 CUP (250 mL)

## ITALIAN DRESSING

1/4 cup (50 mL) white vinegar  
1 clove garlic  
1 cup (250 mL) vegetable oil  
1 tablespoon (15 mL) grated Parmesan cheese  
1 teaspoon (5 mL) salt  
1 teaspoon (5 mL) sugar  
1 teaspoon (5 mL) celery salt  
1/4 teaspoon (2 mL) dry mustard  
1/2 teaspoon (1 mL) pepper  
1-2 sprigs fresh parsley

Put vinegar and garlic clove into blender container. Cover and process at ON until garlic is finely chopped. Remove feeder cap and pour in all remaining ingredients except parsley and process until well blended. Stop blender. Add parsley.

Cover and process 2 times at PULSE.

YIELD: 1-1/3 CUPS (325 mL)

## GINGER DRESSING

3 tablespoons (45 mL) white vinegar  
1 clove garlic  
1/2-inch (1.25 cm) piece fresh gingerroot  
1/4 cup (50 mL) vegetable oil  
1 teaspoon (5 mL) soy sauce  
1/4 teaspoon (1 mL) pepper  
dash salt  
2 drops sesame oil

Put vinegar, garlic and gingerroot into blender container. Cover and process at ON until garlic and gingerroot are finely chopped. Stop blender, add remaining ingredients, cover and process at PULSE until well blended. Serve over Chinese vegetables or with rice salad.

YIELD: 1/2 CUP (125 mL)

## LOW-CALORIE HERB DRESSING

1/2 cup (125 mL) water  
1 cup (250 mL) cottage cheese  
2 sprigs fresh parsley  
1 teaspoon (5 mL) chives, dried or fresh  
1 teaspoon (5 mL) tarragon  
1/2 teaspoon (2 mL) salt  
1/2 teaspoon (2 mL) sugar  
1 clove garlic  
cracked pepper

Put all ingredients into blender container. Cover and process at ON until smooth. Refrigerate for 15-30 minutes before serving to allow flavors to blend.

YIELD: 1-1/4 CUPS (300 mL)

## Entrées

### MEXICAN STYLE RICE

3 cups (750 mL) canned tomatoes  
1 medium onion, quartered  
1 green pepper, cut in 1-inch (2.5 cm) pieces  
1 cup (250 mL) Cheddar cheese cubes (1-inch or 2.5 cm)  
1 jar (4 ounces or 113 g) pimientos, drained  
1 teaspoon (5 mL) salt  
1/4 teaspoon (1 mL) garlic salt  
1/4 teaspoon (1 mL) oregano  
dash pepper  
2 cups (500 mL) uncooked instant rice

Put all ingredients except rice into blender container. Cover and process 4 times at PULSE. Mix with rice and pour into a greased 2-quart (2 liter) casserole. Bake, covered, at 350°F (180°C) for 35-40 minutes.

YIELD: 6-8 SERVINGS

### SOLE ELEGANTE

2 cups (500 mL) dry white wine	2 eggs
1 small onion, quartered	3 ounces (85 g) cream cheese, softened and cut into 1-inch (2.5 cm) pieces
1 bay leaf	1 tablespoon (15 mL) savory
1/4 teaspoon (1 mL) black peppercorns	1/2 teaspoon (2 mL) salt
1/4 teaspoon (1 mL) salt	
2 pounds (1 Kg) sole fillets	

Put wine and onion into blender container. Cover and process 2 times at PULSE. Place in a large skillet. Add bay leaf, peppercorns and 1/4 teaspoon (1 mL) salt. Cover and simmer 10 minutes. Wash and dry fillets. Select 6 fillets of approximately the same size. Cube remaining fillets. Squeeze out water with hands. Put all remaining ingredients and one half of the fillet cubes into blender container. Cover and process at ON until smooth. (If necessary, stop blender, use rubber spatula to keep mixture around agitator blades.) Add remaining fillet cubes, cover and process at ON until smooth. With fillets skin side down, place 1/4 cup (50 mL) of mixture in center of fillet. Fold ends over mixture and secure with toothpick. Place into skillet; cover and cook over medium heat about 20 minutes or until fish flakes. Remove to platter. Serve with Béarnaise Sauce.

YIELD: 6 SERVINGS

## CHICKEN WITH PARMESAN CREAM SAUCE

1 ounce (28 g) Parmesan cheese, cut in 1-inch (2.5 cm) cubes  
2/3 cup (150 mL) heavy cream  
1 egg yolk  
2 sprigs parsley  
1/4 teaspoon (1 mL) crushed tarragon  
1/4 teaspoon (1 mL) cracked pepper  
dash onion salt  
2 chicken breasts, split and boned  
1/2 cup (125 mL) all-purpose flour  
1/2 teaspoon (2 mL) salt  
1 tablespoon (15 mL) vegetable oil  
1 tablespoon (15 mL) butter

Blender-chop cheese. Add cream, yolk, parsley, tarragon, pepper and onion salt. Cover and process 3 times at PULSE. Pour into small saucepan and cook over medium heat until thickened, stirring occasionally. Meanwhile, remove skin from chicken pieces. Using a mallet or a rolling pin, pound chicken to 1/8-inch (.3 cm) thickness. Mix together flour and salt. Press both sides of each piece of chicken into flour to coat. Heat oil and butter over medium high heat in large frypan until lightly browned. Cook chicken in fat about 3 minutes on each side until no longer pink on inside. Add more butter and oil if needed. Remove to plate and pour sauce over chicken.

YIELD: 4 SERVINGS

## CHICKEN IN RICE

1 cup (250 mL) uncooked long grain rice  
1 2-1/2 – 3 pound (1.1-1.4 Kg) broiler-fryer chicken, cut into pieces  
1/2 cup (125 mL) whole almonds  
1 cup (250 mL) milk  
1 can (10-3/4 ounces or 305 g) condensed cream of mushroom soup  
1/4 teaspoon (1 mL) salt  
1/4 teaspoon (1 mL) ground pepper  
1 medium onion, quartered  
1 stalk celery, cut into 1-inch (2.5 cm) pieces  
4 sprigs parsley

Put rice into a 13x9x2-inch (33x23x5 cm) baking pan. Arrange chicken pieces over the rice. Blender-chop nuts. Set aside. Put remaining ingredients into blender container. Cover and process 2-3 times at PULSE or until vegetables are finely chopped. Pour over chicken. Sprinkle with chopped nuts. Cover tightly with foil. Bake in preheated 350°F (160°C) oven for 45 minutes. Remove foil, bake additional 15 minutes.

YIELD: 4 SERVINGS

## MEAT LOAF

2 slices bread  
1-1/2 pounds (681 g) ground beef  
1/2 pound (227 g) ground pork  
2 eggs  
1 medium onion, quartered  
6 sprigs parsley  
1 teaspoon (5 mL) Worcestershire sauce  
1 cup (250 mL) canned, drained tomatoes  
1 teaspoon (5 mL) salt  
1/2 teaspoon (2 mL) pepper

Heat oven to 350°F (180°C). Break 1 slice of bread in 8 pieces into blender container. Cover and process 2 times at PULSE. Empty into mixing bowl. Repeat with remaining bread. Add meat. Put remaining ingredients into blender container. Cover and process 2 times at PULSE. Pour over meat and crumbs, mix thoroughly. Pack into a loaf pan and bake about 1 hour.

YIELD: 8 SERVINGS

## QUICHE LORRAINE

4 eggs  
1-1/2 cups (375 mL) light cream or undiluted evaporated milk  
1 tablespoon (15 mL) all-purpose flour  
1/2 teaspoon (2 mL) salt  
1/4 teaspoon (1 mL) pepper  
1/4 teaspoon (1 mL) ground nutmeg  
1 medium onion, quartered  
1-1/2 cups (375 mL) Swiss cheese, cubed  
1 pound (454 g) pork sausage, fried and crumbled – *OR*  
3/4 pound (339 g) sliced bacon, crisply fried and crumbled  
1 9-inch (23 cm) unbaked pie shell

Preheat oven to 375°F (190°C). Put eggs, light cream or evaporated milk, flour, salt, pepper and nutmeg into blender container. Cover and process at PULSE until well blended. Stop blender and add onion pieces and Swiss cheese cubes. Cover and process 2-3 times at ON. Sprinkle crumbled sausage or bacon into bottom of unbaked pie shell and pour egg mixture into pie shell. Bake for 35-45 minutes or until a knife inserted into center comes out clean.

YIELD: ONE 9-INCH (23 CM) QUICHE

## ↔ Saucés ↔

### WHITE SAUCE

#### Thin:

1 tablespoon (15 mL) butter and 1 tablespoon (15 mL) all-purpose flour for each cup of milk or cream.

#### Medium:

2 tablespoons (30 mL) butter and 2 tablespoons (30 mL) all-purpose flour for each cup of milk or cream.

#### Thick:

3-4 tablespoons (45-60 mL) butter and 3-4 tablespoons (45-60 mL) all-purpose flour for each cup of milk or cream.

Put ingredients into blender container. Cover and process at PULSE until well blended. Pour into saucepan and cook over low heat, stirring constantly until thick. Season to taste with salt and pepper.

YIELD: APPROXIMATELY 1 CUP (250 mL)

### CHEESE SAUCE

Add 1 cup (250 mL) cubed processed American cheese and 1/4 teaspoon (1 mL) Worcestershire sauce to ingredients for White Sauce. Cover and process at ON until smooth.

### HOLLANDAISE SAUCE

4 egg yolks  
1/4 teaspoon (1 mL) dry mustard  
1 tablespoon (15 mL) lemon juice  
dash of hot pepper sauce  
1/2 cup (125 mL) butter, melted

Put egg yolks, mustard, lemon juice and hot pepper sauce into blender container. Cover and process at ON. With motor running, remove feeder cap and pour butter in a slow, steady stream until mixture is completely emulsified. Keep warm over hot (not boiling) water.

YIELD: 3/4 CUP (200 mL)

### BÉARNAISE SAUCE

2 tablespoons (30 mL) dry white wine 2 peppercorns  
2 tablespoons (30 mL) tarragon vinegar 4 egg yolks  
4 sprigs parsley 1/2 teaspoon (2 mL) dry mustard  
1 small onion, quartered 2 teaspoons (10 mL) lemon juice  
1/2 teaspoon (2 mL) tarragon dash hot pepper sauce  
1/2 teaspoon (2 mL) chervil 1/2 cup (125 mL) butter, melted

Put wine, vinegar, parsley and onion into blender container. Cover and process 2 times at PULSE. Put into small saucepan with tarragon, chervil and peppercorns. Bring to a boil; cook until liquid has completely evaporated. Put into blender container. Add egg yolks, dry mustard, lemon juice and hot pepper saucer. Cover and process at ON. With motor running, remove feeder cap; pour butter in a steady stream until mixture is emulsified. This may be kept warm in top of double boiler. Serve over meat or fish.

YIELD: 1 CUP (250 mL)

### FRESH APPLESAUCE

1/4 cup (50 mL) liquid (fruit juice or water)  
4 apples, cut in eights, peel if desired  
1/4 cup (50 mL) sugar  
dash cinnamon

Put liquid and 4 or 5 pieces of apple into blender container. Cover and process at ON until smooth. With motor running, remove feeder cap and add remaining apples a few at a time. Add sugar and cinnamon. Blend until smooth.

YIELD: APPROXIMATELY 2 CUPS (500 mL)

### BARBECUE SAUCE

1/2 cup (125 mL) ketchup  
1 slice medium onion  
1 clove garlic  
2 tablespoons (30 mL) brown sugar  
1 tablespoon (15 mL) Worcestershire sauce  
1 tablespoon (15 mL) lemon juice  
1/2 teaspoon (2 mL) salt  
1/2 teaspoon (2 mL) dry mustard  
1/2 teaspoon (2 mL) prepared horseradish

Put all ingredients into blender container. Cover and process at ON until thoroughly blended. Use to baste chicken, beef or pork.

YIELD: 2/3 CUP (150 mL)

## TARTAR SAUCE

- 1/2 cup (125 mL) mayonnaise
- 2 3-inch (8 cm) baby dill pickles, cut in 1-inch (2.5 cm) pieces
- 1 teaspoon (5 mL) lemon juice
- 1 1/4-inch (0.6 cm) slice onion
- 3 sprigs parsley

Combine all ingredients in blender container. Cover and process at ON until onion and pickles are chopped

YIELD: 3/4 CUP (200 mL)

## SWEET-SOUR BASTING SAUCE

- 2 tablespoons (30 mL) vegetable oil
- 1 teaspoon (5 mL) salt
- 3 1-inch (2.5 cm) pieces green pepper
- 1 can (6 ounces or 168 g) pineapple juice concentrate
- 1/2 clove garlic
- 1/3 cup (75 mL) brown sugar
- 1/2 cup (125 mL) wine vinegar
- 1 teaspoon (5 mL) soy sauce
- 1/2 jar (2 ounces or 56 g) pimiento
- pineapple chunks and green pepper strips

Put all ingredients except pineapple chunks and green pepper strips into blender container. Cover and process at ON until thoroughly blended. Brush on pork or chicken while it broils, roasts, or barbecues. Add a few pineapple chunks and green pepper strips for garnish.

YIELD: 2 CUPS (500 mL)

## FRESH HORSERADISH

- 1 cup (250 mL) horseradish root, cut in 1/2-inch (1.25 cm) cubes
- 3/4 cup (200 mL) white vinegar
- 2 tablespoons (30 mL) sugar
- 1/4 teaspoon (1 mL) salt

Put all ingredients into blender container. Cover and process at ON until finely grated.

YIELD: APPROXIMATELY 1-1/2 CUPS (375 mL)

## SPAGHETTI SAUCE

- 1 can (2 pounds or 908 g) tomatoes with juice
- 1 small onion, cut in eights
- 1/2 green pepper, cut in 1-inch (2.5 cm) pieces
- 2 tablespoons (30 mL) vinegar
- 1 tablespoon (15 mL) brown sugar
- 1 teaspoon (5 mL) salt
- 1 teaspoon (5 mL) oregano
- 1/4 teaspoon (1 mL) ground pepper
- 1 clove garlic
- 1 can (16 ounces or 454 g) tomato sauce
- 2 bay leaves

Put first nine ingredients into blender container. Cover and process 2 times at PULSE. Pour into Dutch oven. Add tomato sauce and bay leaves. Heat to boiling and simmer for 1 hour. Serve with 1 pound (454 g) cooked spaghetti and grated Parmesan cheese.

YIELD: 5 CUPS (1.25 LITERS) OR 5-6 SERVINGS

## ⇌ Desserts ⇌

### VANILLA CREAM PIE

- |                            |                                     |
|----------------------------|-------------------------------------|
| 3 cups (750 mL) milk       | 4 egg yolks, beaten                 |
| 2/3 cup (150 mL) sugar     | 2 tablespoons (30 mL) margarine     |
| 1/2 cup (50 mL) cornstarch | 2 teaspoons (10 mL) vanilla extract |
| 1/4 teaspoon (1 mL) salt   | 1 9-inch (23 cm) baked pastry shell |

Put milk, sugar, cornstarch and salt into blender container. Cover and process at PULSE until smooth. Pour into 2-quart (2 liter) saucepan. Cook over medium-high heat, stirring constantly, until mixture thickens and boils. Boil 1 minute. Add half of mixture to egg yolks. Stir well. Add to remaining mixture. Cook and stir for 2 minutes. Remove from heat. Add margarine and vanilla. Pour into pastry shell. Chill. Top with whipped cream, if desired.

### VARIATIONS:

#### BANANA CREAM PIE

Slice 2 medium bananas. Place on bottom of pastry shell. Cool filling before pouring into shell.

#### COCONUT CREAM PIE

Stir 1 cup (250 mL) coconut into filling before pouring into shell.

Garnish with toasted coconut, if desired.

YIELD: ONE 9-INCH (23 CM) PIE

## TROPICAL CREAM PIE

- 1 can (20 ounces or 580 g) pineapple chunks in natural juice, drained; reserve juice
- 1/3 cup (75 mL) pineapple juice
- 1 package (3 ounces or 84 g) cream cheese, softened
- 2 tablespoons (30 mL) sugar
- 1 cup (250 mL) coconut
- 1/2 teaspoon (2 mL) almond extract
- 1 container (8 ounces or 227 g) frozen nondairy whipped topping, thawed
- 1 9-inch Graham-Nut Crust, baked and cooled (See Page 36)  
toasted coconut

Put pineapple juice, cream cheese, sugar, coconut and extract into blender container. Cover and process at PULSE until well mixed. Add pineapple chunks. Cover and process 2 times at PULSE or until pineapple is crushed. Fold into whipped topping. Spoon into prepared crust. Freeze until firm, about 3-4 hours. Remove from freezer 15 minutes before serving. Garnish with toasted coconut if desired. Return leftovers to freezer.

YIELD: ONE 9-INCH (23 CM) PIE

## CHERRY CREAM CHEESE PIE

- 2 eggs
- 1 package (8 ounces or 227 g) cream cheese, cut in cubes and softened
- 1/4 cup (50 mL) sugar
- 1 9-inch (23 cm) Graham Cracker Crust
- 1 can (21 ounces or 595 g) cherry pie filling

Preheat oven to 325°F (160°C). Put eggs, cream cheese and sugar into blender container. Cover and process at ON until smooth. Pour into prepared crust. Bake for 20 minutes. Remove from oven and spread cherry pie filling over top of pie. Garnish with whipped cream.

YIELD: ONE 9-INCH (23 CM) PIE

## PUMPKIN PIE

- 1/2 cup (125 mL) milk
- 1/2 cup (125 mL) light cream
- 2 eggs
- 1-1/2 cups (375 mL) canned pumpkin
- 2/3 cup (175 mL) brown sugar
- 1 teaspoon (5 mL) cinnamon
- 1/2 teaspoon (2 mL) salt
- 1/2 teaspoon (2 mL) ground ginger
- 1/4 teaspoon (1 mL) ground cloves
- 1/4 teaspoon (1 mL) allspice
- 1 teaspoon (5 mL) vanilla extract
- 1 9-inch (23 cm) unbaked pastry shell

Preheat oven to 425°F (220°C). Put all ingredients into blender container. Cover and process at ON until thoroughly blended. Pour into pastry shell and bake at 425°F (220°C) for 20 minutes, then reduce heat to 350°F (180°C) and bake 35-45 minutes longer, or until a knife inserted near center of pie comes out clean. Cool at room temperature before serving.

YIELD: ONE 9-INCH (23 CM) PIE

## ESPRESSO MOUSSE

- 1/4 cup (50 mL) cold water
- 2 envelopes unflavored gelatin
- 1/2 cup (125 mL) brewed espresso
- 1/2 cup (125 mL) boiling water
- 1 cup (250 mL) semi-sweet chocolate morsels
- 1 tablespoon (15 mL) sugar
- 1/2 teaspoon (2 mL) vanilla extract
- 1 cup (250 mL) heavy cream
- 2 egg yolks
- 1-1/2 cups (375 mL) ice cubes

Put cold water and gelatin into blender container and let set 2 minutes; then add hot espresso and boiling water. Cover, vent feeder cap and process at PULSE until gelatin is dissolved. Turn unit to ON. With motor running, remove feeder cap, add chocolate morsels, sugar and vanilla. Continue processing until mixture is smooth. Add cream, egg yolks and ice, replace cap and continue processing until mixture begins to thicken. Pour at once into serving dishes. Let set 5-10 minutes before serving. Garnish with sweetened whipped cream and chocolate shavings.

YIELD: 6-8 SERVINGS

## QUICK LAYER COOKIES

- 16 graham cracker squares
- 1/2 cup (125 mL) melted butter or margarine
- 1 cup (250 mL) walnuts
- 1 package (6-ounce or 170 g) semi-sweet chocolate bits
- 1 package (6-ounce or 170 g) butterscotch bits
- 1-1/3 cups (325 mL) flaked coconut
- 1 can (14-ounce or 397 g) sweetened condensed milk

Heat oven to 375°F (190°C). Break 8 graham cracker squares into blender container. Cover and process 3 times at PULSE. Empty and repeat. Pour butter into a 13x9x2-inch (33x23x5 cm) pan; top with graham cracker crumbs, pressing evenly in bottom of pan. Place walnuts in blender container. Cover and process 2 times at PULSE. Sprinkle over crumbs. Layer in order listed, all remaining ingredients, pouring milk over entire mixture. Bake 25 minutes. Let cool and cut into squares.

YIELD: 4 DOZEN

## BITTERSWEET BROWNIES

- 1 cup (250 mL) pecans
- 1/2 cup (125 mL) flour
- 1 teaspoon (5 mL) baking powder
- 1/2 teaspoon (2 mL) salt
- 2 eggs
- 1/2 cup (125 mL) soft butter
- 1 cup (250 mL) sugar
- 1 teaspoon (5 mL) vanilla extract
- 2 squares unsweetened chocolate, melted

Preheat oven to 350°F (180°C). Grease a 9-inch (23 cm) square pan. Put nuts into blender container, process 2 times at PULSE and empty into mixing bowl. Sift flour, baking powder and salt into bowl with nuts and set aside. Put eggs, butter, sugar, vanilla and chocolate into blender container. Cover and process at ON until smooth. Pour over flour mixture and mix until well blended. Spread in prepared pan and bake 20-30 minutes. Cool. Cut into bars or squares.

YIELD: APPROXIMATELY 24 SQUARES

## BLENDER CHEESE CAKE

- 1-2/3 cups (400 mL) graham cracker crumbs
- 1/2 cup (125 mL) butter or margarine, melted
- 1/2 cup (125 mL) boiling water
- 1 package (3 ounces or 84 g) lemon-flavored gelatin
- 2 tablespoons (30 mL) lemon juice
- 2 cups (500 mL) cottage cheese
- 1 container (8 ounces or 227 g) frozen whipped topping

Combine cracker crumbs and butter; mix well. Press into bottom of 7 x 11-inch (18 x 28 cm) pan. Set aside. Pour boiling water into blender container, add gelatin, cover, vent feeder cap and process at PULSE until gelatin is dissolved. Add lemon juice and 1 cup (250 mL) cottage cheese. Cover and process at ON until smooth. Add remaining cottage cheese and process until smooth. Pour cheese mixture into large mixer bowl. Add frozen whipped topping. With rotary beater, mix until smooth. Pour over graham cracker crust. Chill until set. (*This is ready for serving in minutes.*)

Note: Flavor of gelatin may be varied. For an added treat, spread pie filling over cheese cake after it has set. Refrigerate 1 hour. Serve. If desired, 1 cup (250 mL) fresh fruit can be folded into the mixture before pouring into crust.

YIELD: 10-12 SERVINGS

## ❧ Frostings and Glazes ❧

### CHOCOLATE GLAZE

- 1/3 cup (75 mL) boiling water
- 1/4 cup (50 mL) butter, softened
- 2 squares unsweetened chocolate, cut in small pieces
- 2 cups (500 mL) sifted powdered sugar

Put water, butter and chocolate into blender container. Cover, vent feeder cap and process at PULSE until smooth. Stop blender, add half the sugar, cover and process at ON until sugar is moistened. Stop and add remaining sugar, cover and process until smooth and creamy.

YIELD: APPROXIMATELY 1 CUP (250 mL)

## BUTTER CREAM GLAZE

1/4 cup (50 mL) butter or margarine, softened  
3 tablespoons (45 mL) milk  
1/2 teaspoon (2 mL) vanilla extract  
1-1/2 cups (375 mL) powdered sugar

Put all ingredients into blender container. Cover and process at ON until smooth and well blended.

YIELD: 3/4 CUP (200 mL)  
GLAZES ONE BUNDT CAKE

## CREAMY FROSTING

1 tablespoon (15 mL) light cream  
1 teaspoon (5 mL) vanilla extract  
3 ounces (85 g) cream cheese, softened  
1 tablespoon (15 mL) butter or margarine, softened  
1/4 teaspoon (1 mL) salt  
1-1/2 cups (375 mL) powdered sugar

Put all ingredients except powdered sugar into blender container. Cover and process at ON until smooth. Add 1 cup (250 mL) powdered sugar, cover and continue to process at ON until smooth. Add remaining sugar, continue to blend until smooth.

YIELD: 3/4 CUP (200 mL)  
FROSTS ONE 9X9X2-INCH (23X23X5 CM) CAKE

## BITTERSWEET CHOCOLATE FROSTING

2 squares (1 ounce or 28 g each) unsweetened chocolate, cut into small pieces  
2 tablespoons (30 mL) butter  
1/4 cup (50 mL) hot milk  
2 cups (500 mL) powdered sugar  
1 teaspoon (5 mL) vanilla extract

Put all ingredients into blender container. Cover, vent feeder cap and process at ON until completely smooth. If frosting is too thick, add a small amount of milk.

YIELD: APPROXIMATELY 1 CUP (250 mL)  
FROSTS ONE 13X9-INCH (33X23 CM) CAKE

## ← Pie Crust →

### CHOCOLATE COOKIE CRUST

30 chocolate water cookies or 1-1/2 cups (375 mL) crumbs  
1/4 cup (50 mL) butter, melted  
1/2 teaspoon (2 mL) cinnamon

Break 10 chocolate cookies into blender container. Cover and process 3 times at PULSE. Empty container and repeat with remaining cookies. Combine cookies, butter, and cinnamon. Pat into a 9-inch (23 cm) pie pan. Chill before filling or bake 10 minutes at 350°F (180°C). Let cool before filling.

YIELD: ONE 9-INCH (23 CM) CRUST

### BUTTERY NUT CRUST

1/3 cup (75 mL) nuts  
3/4 cup (200 mL) all-purpose flour  
1/4 cup (50 mL) brown sugar  
1/2 teaspoon (2 mL) cinnamon  
1/4 cup (50 mL) butter, melted

Preheat oven to 325°F (160°C). Put nuts into blender container. Cover and process 2 times at PULSE. Put all ingredients into a 9-inch (23-cm) pie pan. Mix thoroughly. Pat into bottom and sides of pie pan. Bake 20 minutes. Cool before filling.

YIELD: ONE 9-INCH (23 CM) CRUST

### CRUMB CRUST

1 package graham crackers, 22 squares, or 1-1/2 cups (375 mL) crumbs  
1/3 cup (75 mL) butter, melted  
2 tablespoons (30 mL) granulated sugar  
1/2 teaspoon (2 mL) cinnamon

Break 8 graham cracker squares into blender container. Cover and process 3 times at PULSE. Empty container and repeat with remaining crackers. Combine crackers, butter, sugar, and cinnamon. Pat into bottom and sides of pie pan. Chill before filling or bake 20 minutes at 350°F (180°C). Let cool before filling.

YIELD: ONE 9-INCH (23-CM) CRUST

## GRAHAM-NUT CRUST

- 14 graham cracker squares
- 1/2 cup (125 mL) pecans
- 2 tablespoons (30 mL) sugar
- 1/4 cup (50 mL) butter, melted

Prepare oven to 350°F (180°C). Break 8 graham cracker squares into blender container. Cover and process 3 times at PULSE or until finely crumbed. Empty container and repeat with remaining crackers and nuts. Combine crackers, nuts, sugar, and butter. Pat into a 9-inch (23 cm) pie pan. Bake 15 minutes. Cool.

YIELD: ONE 9-INCH (23 CM) CRUST

## ≡ Sandwich Spreads ≡

### PEANUT BUTTER

- 1-1/2 cups (375 mL) salted cocktail peanuts

Put peanuts into blender container. Cover and process at ON to the desired consistency. (If necessary, stop blender, use rubber scraper to keep mixture around the agitator blades.)

YIELD: 3/4 CUP (200 mL)

### CHICKEN SALAD

- 1 small sweet pickle
- 1 1-inch (2.5 cm) piece onion
- 1 chicken breast, de-boned, cooked, and cubed (measure 1 cup or 250 mL)
- 1/3 cup (75 mL) mayonnaise
- 1/2 teaspoon (2 mL) sugar
- dash salt
- dash pepper

Place pickle and onion into blender container. Cover and process at PULSE until finely chopped. Stop blender, add chicken. Cover and process 3-4 times at PULSE. (If necessary, stop blender, use rubber scraper to keep mixture around agitator blades.) Empty into bowl, add remaining ingredients and mix thoroughly.

YIELD: 1 CUP (250 mL)

## EGG SALAD

- 6 hard-cooked eggs, quartered
- 1/3 cup (75 mL) mayonnaise
- 1 1-inch (2.5 cm) pieces onion
- 3 1-inch (2.5 cm) pieces celery
- 1 teaspoon (5 mL) prepared mustard
- 1/4 teaspoon (1 mL) salt
- 1/4 teaspoon (1 mL) Worcestershire sauce
- 2 dashes hot pepper sauce
- dash pepper

Put 2 eggs into blender container. Cover and process 1 time at PULSE. Empty into bowl and repeat with remaining eggs. Put remaining ingredients into blender container. Cover and process at PULSE until mixed. Add to eggs and mix thoroughly.

YIELD: 1-1/2 CUPS (375 mL)

### HAM SALAD

- 2 sweet pickles, cut in 1-inch (2.5 cm) pieces
- 1 1-inch (2.5 cm) piece onion
- 1 cup (250 mL) cubed cooked ham
- 1/3 cup (75 mL) mayonnaise

Place pickles and onion into blender container. Cover and process at PULSE until finely chopped. Empty into small mixer bowl. Replace cover. Turn unit ON, remove feeder cap and add ham. Process until finely chopped. Add ham and mayonnaise to mixer bowl. Mix thoroughly.

YIELD: 1 CUP (250 mL)

## ≡ Jams & Relishes ≡

### PEACH JAM

- 3 pounds (1.5 kg) firm, ripe peaches
- 7 cups (1.175 liters) sugar
- 1/4 cup (50 mL) lemon juice
- 1 bottle (6 ounces or 170 g) pectin

Wash, peel, pit and quarter peaches. Put 3 or 4 peach pieces into blender container. Cover and process at PULSE. Empty into kettle. Repeat process with remaining peaches. Add sugar and lemon juice. Bring to rolling boil and boil hard for 10 minutes. Add pectin and boil for 1 minute. Remove from heat. Stir and skim for 5 minutes. Pour into sterilized canning jars and seal. Process 10 minutes in boiling water bath canner.

YIELD: 8-1/2 PINTS (2 LITERS)

## STRAWBERRY FREEZER JAM

1 quart (1 liter) strawberries  
4-1/2 cups (1.12 liters) sugar  
3 ounces (85 g) liquid pectin

Put 1 cup (250 mL) strawberries into blender container. Cover and process 1 time at PULSE. Remove to a large glass measuring cup. Repeat with remaining berries. Measure 2-1/2 cups (625 mL) strawberries; add water if needed. Pour into large mixer bowl. Add sugar. Mix well and allow to stand 20 minutes. Add pectin and stir constantly for 3 minutes. Pour into clean freezer containers or canning jars, leaving 1-inch (2.5 cm) headspace. Cover and let stand at room temperature 24 hours. Freeze or store in refrigerator. If separation occurs, stir fruit and gelatin together until well mixed.

YIELD: 3 PINTS (1.5 LITERS)

## CRANBERRY RELISH

2 cups (500 mL) cranberries  
1 orange, cut in eighths  
3/4 cup (200 mL) sugar

Put 1 cup (250 mL) cranberries into blender container. Cover and process 2 times at PULSE. If necessary, stop blender, push berries from side of container and process 2 additional times at PULSE. Empty into bowl. Repeat with remaining berries. Put orange and sugar into blender container. Cover and process at ON until smooth. Add to berries and mix well. Let stand at least 30 minutes before serving.

YIELD: 2 CUPS (500 mL)

## 1 Year Limited Warranty

Sunbeam Products, Inc, or if in Canada, Sunbeam Corporation (Canada) Limited (collectively "Sunbeam") warrants that for a period of one year from the date of purchase, this product will be free from defects in material and workmanship. Sunbeam, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty.

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. Sunbeam® dealers, service centers, or retail stores selling Sunbeam® products do not have the right to alter, modify or any way change the terms and conditions of this warranty.

This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than Sunbeam or an authorized Sunbeam® service center. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes.

### What are the limits on Sunbeam's Liability?

Sunbeam shall not be liable for any incidental or consequential damages caused by the breach of any express, implied or statutory warranty or condition.

Except to the extent prohibited by applicable law, any implied warranty or condition of merchantability or fitness for a particular purpose is limited in duration to the duration of the above warranty.

Sunbeam disclaims all other warranties, conditions or representations, express, implied, statutory or otherwise.

Sunbeam shall not be liable for any damages of any kind resulting from the purchase, use or misuse of, or inability to use the product including incidental, special, consequential or similar damages or loss of profits, or for any breach of contract, fundamental or otherwise, or for any claim brought against purchaser by any other party.

Some provinces, states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

### How To Obtain Warranty Service

In the U.S.A.

If you have any question regarding this warranty or would like to obtain warranty service, please call 1 800-334-0759 and a convenient service center address will be provided to you.

In Canada

If you have any question regarding this warranty or would like to obtain warranty service, please call 1 800-667-8623 and a convenient service center address will be provided to you.

In the U.S.A., this warranty is offered by Sunbeam Products, Inc located in Boca Raton, Florida 33431. In Canada, this warranty is offered by Sunbeam Corporation (Canada) Limited, located at 5975 Falbourn Street, Mississauga, Ontario L5R 3V8.

**PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE.**