

# Cuisinart®

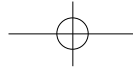
## INSTRUCTION AND RECIPE BOOKLET



**PowerSelect™ 7-Speed Electronic Hand Mixer**

**CHM-7**

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.



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## IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put the hand mixer motor housing or cord in water or other liquid. If hand mixer motor housing or cord falls into liquid, unplug the cord from outlet immediately. Do not reach into the liquid.
3. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas

and other utensils away from beaters during operation to reduce risk of injury to persons, and/or damage to the mixer.

6. Remove beaters from the mixer before washing.
7. 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 appliance to the nearest authorized Cuisinart service facility for examination, repair, mechanical or electrical adjustment.
8. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
9. Do not use outdoors or anywhere the cord or mixer might come into contact with water while in use.
10. To avoid possibility of mixer being accidentally pulled off work area, which could result in damage to the mixer or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including the stove.
12. The chef's whisk should be used without any other attachment.

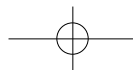
## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

### NOTICE:

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

### INTRODUCTION

Get ready to enjoy more mixing opportunities with the extremely versatile Cuisinart® PowerSelect™ 7-Speed Hand Mixer. A 220-watt motor breezes through big mixing jobs, and Automatic Feedback kicks in more power whenever it's needed. Don't worry about messy splatters...our SmoothStart™ feature, with its 3 extra-low speeds, keeps all the ingredients right in the bowl where they belong!



## FEATURES AND BENEFITS

### 220 Watts of Power

Powerful enough to easily cut through a double batch of cookie dough or butter right out of the refrigerator.

### Maximum Comfort

Balanced to do more work for you. The shape of the unit allows maximum possible power and balance. Stress-free grip provides unparalleled comfort and control, even during extended mixing.

### Automatic Feedback

No need for a power boost. An electronic feedback mechanism automatically feeds in extra power when needed. It assures that the mixer will not bog down, even when mixing heavy loads.

### SmoothStart™

When the mixer is turned on, the beaters start spinning very slowly to prevent ingredients from splattering.

### 3 Low Mix Speeds

Lower mixing speeds provide greater control when folding or mixing dry ingredients.

### Easy To Clean

The PowerSelect™ Mixer has a smooth, sealed base; wipes clean instantly.

#### 1. One-Step ON/OFF Switch

One-step power switch allows you to turn mixer on and off in a single

operation. Touch speed control allows you to change speeds quickly while you are mixing.

#### 2. LED Speed Display

Digital speed settings are easy to read.

#### 3. Touch Speed Control

Allows you to change speeds quickly while you are mixing.

#### 4. Exclusive Rotating Swivel Cord

Unique swivel cord can be positioned for comfortable right- or left-handed use. (Patent pending)

#### 5. Spatula Included

#### 6. Beater Release Button

Conveniently located button for easy ejection of beaters or whisk.

#### 7. Super-Sized Beaters

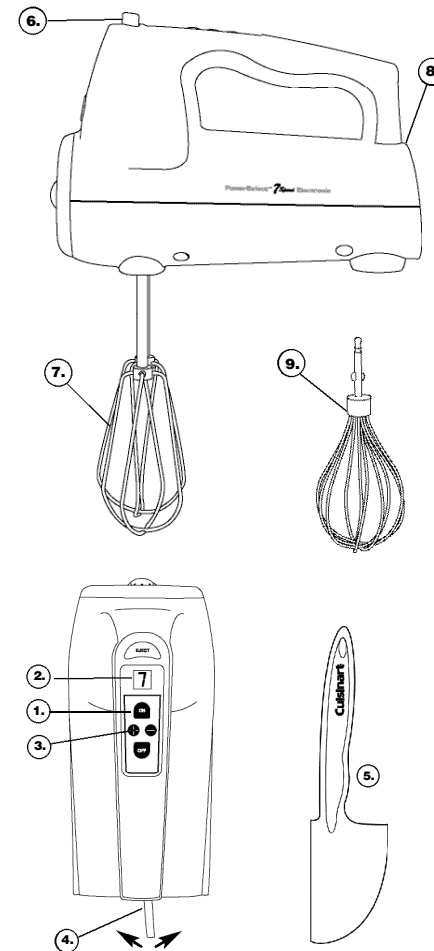
Extra-long, extra-wide beaters for superior, faster aerating, mixing, and whipping. Designed without center post to prevent ingredients from clogging up beaters. Beaters are easy to clean and dishwasher-safe.

#### 8. Heel Rest

Allows mixer to rest squarely on countertop.

#### 9. Chef's Whisk

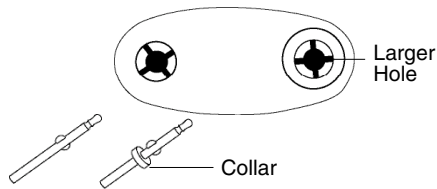
Professional 3"-diameter whisk adds volume to whipped cream and creates stiff, fine-textured egg whites. Provides superior whipping and aerating.



## USE AND CARE

### Turning Mixer On/Off

Plug mixer into outlet. Press ON/OFF switch to turn mixer ON. Mixer will immediately begin to mix on Speed 1. To turn mixer off, press ON/OFF switch again.



### Inserting Beaters

1. Unplug mixer and set the power switch to the OFF position.
2. Insert beater with collar into larger hole. Push beater in until it clicks into place. Insert the beater without collar into smaller hole. Push beater in until it clicks into place.

### Inserting Chef's Whisk

1. Unplug mixer and set the speed control to the OFF position.
2. Hold chef's whisk at stem end, and insert into either hole. Push whisk in until it clicks. **DO NOT PUSH WHISK IN FROM WIRE END, AS YOU MAY DAMAGE WIRES.**

### Cleaning and Removing PowerSelect™ Beaters

1. Before cleaning the PowerSelect™ Mixer, press the OFF switch and unplug from wall outlet. Press the eject button and remove the beaters from the mixer. Wash the beaters after each use in hot, soapy water or in a dishwasher.
2. **NEVER PUT THE MOTOR HOUSING IN WATER OR OTHER LIQUID TO CLEAN.** Wipe it with a damp cloth or sponge. Do not use abrasive cleansers, which could scratch the surface.

## QUICK REFERENCE

### Mixing Techniques

The PowerSelect™ Mixer should always be set on the lowest speed when you start mixing.

**NOTE:** The chef's whisk attachment is used only for light whipping. See Speeds 4, 6, and 7 below. For all other mixing tasks, use the beaters.

### With the Beaters

#### Speed 1

- Ultra-slow mixing to combine and aerate dry ingredients without splatter

- Add nuts, chips, dried fruit to cookie doughs/cake batters
- Fold delicate creams and egg whites into batters
- Start mixing frostings
- Stir sauces/gravies
- Mix muffins/pancakes

#### Speed 2

- Cream cold (not frozen) butter and sugar
- Mash potatoes/squash
- Add dry ingredients to batters/doughs

#### Speed 3

- Start mixing cake mixes
- Add eggs to batters/doughs
- Add dry ingredients alternately with liquid ingredients
- Cream softened butter and sugar
- Whip potatoes/squash

#### Speed 4

- Whip cream (**with chef's whisk**)
- Complete beating butter cream frostings
- Complete beating cake mixes

#### Speed 5

- Beat whole eggs/yolks
- Mix thin batters

### With Chef's Whisk Attachment

#### Speed 6

- Add sugar to whipped egg whites for meringues
- Beat egg yolks until thick and light

#### Speed 7

- Whip egg whites

## RECIPES

### Mixing Tips

- Always read entire recipe and measure all ingredients before beginning the mixing process.
- For best results, do not measure flour directly from the bag. Pour into a container or bowl, scoop out the flour and level with the back of a knife or spatula. For flour stored in a container, stir before measuring.
- Eggs, butter and cream cheese combine more thoroughly at room temperature.
- Remove butter for recipe first and cut into ½-inch pieces, then measure out remaining ingredients for recipe. This will hasten the warming process. Do not warm butter for baking in a microwave unless instructed to do so. Microwaving can melt butter; melted butter will change the final product.
- The best cheesecakes are made when the eggs and cream cheese are at a similar room temperature. While the Cuisinart® PowerSelect™ Mixer can easily mix cold cream cheese, the trick is not to add too much air, which can cause cracking.
- For best results, use heavy cream, cold from the refrigerator, for whipped cream.
- For best results, whip egg whites in a spotlessly clean stainless steel or glass mixing bowl. If available, use a copper mixing bowl.

- Chocolate chips, nuts, raisins, etc. can be added using speeds 1 or 2 of your hand mixer.
- To separate eggs for any recipe, break them one at a time into a small bowl, gently remove yolk, then transfer egg whites to spotlessly clean mixing bowl. If a yolk breaks into the egg white, reserve that one for another use. Just a drop of egg yolk in the white will prevent the whites from whipping properly.
- To achieve the most volume of egg whites, the mixing bowl and chef's whisk attachment or beaters must be spotlessly clean and free of any fat, oil, etc. (Plastic bowls are not recommended for whipping egg whites.) The presence of any trace of fat or oil will prevent the egg whites from increasing in volume. Wash bowl and attachments thoroughly before beginning again.
- Occasionally ingredients may stick to the sides of the mixing bowl. When this occurs, turn mixer off and scrape the sides of the bowl with a rubber spatula.

### Recipe Notes

Preparation times are estimates and are based on the time it takes to prepare, assemble, and cook the ingredients once they have been gathered from the refrigerator and cupboard and placed on the counter.

Nutritional analysis are based on number of servings indicated. If a recipe produces a range of servings, they are based on the

highest serving yield for that particular recipe.

**Note:** All recipes are mixed with beaters unless recipe specifies using chef's whisk.

## CINNAMON MUFFINS

These tasty muffins are great for breakfast. You may add blueberries or chopped apple for a fruit muffin.

Makes 12 regular or 24 mini-muffins

	<b>cooking spray</b>
<b>3</b>	<b>tablespoons brown sugar, packed</b>
<b>2</b>	<b>cups unbleached all-purpose flour</b>
<b>1</b>	<b>tablespoon baking powder</b>
<b>1</b>	<b>teaspoon cinnamon</b>
<b>¼</b>	<b>teaspoon salt</b>
<b>2</b>	<b>large eggs</b>
<b>1</b>	<b>cup evaporated skimmed milk (not reconstituted), or whole milk</b>
<b>¼</b>	<b>cup unsalted butter, melted and cooled</b>

Preheat the oven to 375°F. Lightly coat 12 regular or 24 mini muffin cups with cooking spray (even if using nonstick bakeware).

Crumble the brown sugar to remove lumps. Place the brown sugar, flour, baking powder, cinnamon, and salt in a medium bowl. Mix on Speed 1 for 30 seconds to combine; reserve.

Place the eggs into a second bowl. Beat on Speed 3 until slightly foamy, about 30 seconds. While mixing on Speed 3, add the milk and melted butter; mix for

15 seconds. Pour over the dry ingredients, and use Speed 1 to fold in until the ingredients are just moistened. Scoop into the prepared muffin cups. Bake in the preheated oven: 18-20 minutes for regular muffins, 14-16 minutes for mini-muffins, until lightly browned and springy to touch in the center. Serve warm with Maple Orange Butter. Muffins may be made ahead and frozen; thaw and warm before serving.

*Nutritional information per serving (1 regular or 2 mini muffins):*  
 Calories 155 (29% from fat) • carb. 22g • pro. 5g  
 • fat 5g • sat. fat 3g • chol. 46mg • sod. 208mg  
 • calc. 141mg • fiber 1g

## MAPLE ORANGE BUTTER

Maple Orange Butter also makes a great spread for pancakes, waffles, biscuits or scones.

Makes  $\frac{3}{4}$  cup

- $\frac{1}{2}$  **cup unsalted butter, room temperature**
- 2 tablespoons maple syrup (not pancake or sugar syrup)**
- zest of 1 orange, finely chopped**

Use Speed 5 to beat butter in a mixing bowl until light and fluffy, about 1 minute. Add maple syrup and orange zest, beat on Speed 5 for 1 minute longer until fluffy and completely combined.

*Nutritional information per serving (1 tablespoon):*  
 Calories 76 (88% from fat) • carb. 2g • pro. 0g  
 • fat 8g • sat. fat 5g • chol. 21mg • sod. 1mg  
 • calc. 6mg • fiber 0g

## DOUBLE CHOCOLATE GRAHAM OAT COOKIES

Makes about 45 three-inch cookies

- 1 cup graham cracker crumbs**
- 1 cup rolled oats (regular, not quick-cooking)**
- $1\frac{1}{2}$  cups all-purpose unbleached flour**
- 1 teaspoon baking soda**
- $\frac{1}{2}$  teaspoon salt**
- 1 cup unsalted butter, cut in 16 pieces, at room temperature**
- cup granulated sugar**
- $\frac{3}{4}$  cup brown sugar, packed**
- 2 large eggs**
- 2 teaspoons vanilla extract**
- $1\frac{1}{2}$  cups (11-ounce package) semi-sweet or milk chocolate morsels**

Preheat oven to 350°F. Line baking sheets with parchment paper or a nonstick baking sheet liner.

In a small bowl, combine graham cracker crumbs, oats, flour, baking soda, and salt. Mix on Speed 1 for 15 seconds; reserve.

Place the butter and both sugars in a large bowl. Mix on Speed 1 until creamy, about 45 to 60 seconds. Mix on Speed 3 until creamed and smooth, about 1 minute. Mix in eggs and vanilla, 30 seconds on Speed 2. Add the flour mixture in 2 additions, mixing on Speed 2. Add chocolate morsels, mix on Speed 2 until combined, about 20 seconds.

Drop by rounded spoonfuls (2 tablespoons; for ease you may use a #40 ice cream

scoop) onto prepared baking sheets. Bake for 9-11 minutes, or until set. Cool for 2 minutes on baking sheets, then remove to wire racks to cool completely.

**Note:** For a cookie with nuts, substitute half or all of the chocolate morsels with chopped nuts.

*Nutritional information per cookie:*  
 Calories 154 (42% from fat) • carb. 21g • pro. 2g  
 • fat 7g • sat. fat 4g • chol. 20mg • sod. 134mg  
 • calc. 37mg • fiber 1g

## LEMON WHITE CHOCOLATE CHIP MACADAMIA NUT COOKIES

Makes 40 cookies (using 2-tablespoon scoop)

- $2\frac{1}{4}$  cups all-purpose flour**
- 1 teaspoon baking soda**
- 1 teaspoon salt**
- 1 tablespoon finely grated lemon zest (yellow only – no white)**
- $\frac{3}{4}$  cup granulated sugar**
- $\frac{1}{2}$  cup packed brown sugar**
- 1 cup unsalted butter, cut in  $\frac{1}{2}$ -inch slices, at room temperature**
- 2 large eggs, lightly beaten**
- 1 teaspoon pure lemon extract**
- $\frac{1}{2}$  teaspoon pure vanilla extract**
- $\frac{3}{4}$  cup white chocolate chips**
- $\frac{3}{8}$  cup chopped toasted macadamia nuts**

Place flour, baking soda, salt and lemon zest in a medium bowl. Mix using Speed

1 for 15 seconds. Reserve. Preheat oven to 350°F. Line baking sheets with parchment or nonstick baking liner.

Place brown and granulated sugars in a medium bowl with butter. Cream using Speed 1 until light and fluffy, about 1½ minutes. Add eggs and extracts, cream for 30 seconds longer. Add flour mixture; mix on Speed 2 until combined, about 45 seconds. Scrape the bowl. Add white chocolate chips and macadamia nuts. Mix on Speed 2 until blended, about 30 seconds.

Drop dough by rounded spoonfuls (about 2 tablespoons each – #40 ice cream scoop) onto prepared baking sheets, about 3 inches apart. Bake for 15 to 16 minutes until golden. Let cool on baking sheets for 2 to 3 minutes, then transfer to a wire rack to cool completely. Store in an airtight container.

*Nutritional information per cookie:*

*Calories 143 (56% from fat) • carb. 15g • pro. 2g  
• fat 9g • sat. fat 4g • chol. 24mg • sod. 95mg  
• calc. 19mg • fiber 1g*

### CHOCOLATE CHIP SHORTBREAD COOKIES

Makes about 4 dozen cookies

- 1** cup unsalted butter, room temperature
- ¾** cup brown sugar, packed
- 1½** teaspoons pure vanilla extract
- 2** cups all-purpose flour
- 1** cup miniature semi-sweet

### chocolate chips granulated sugar for garnish

Preheat oven to 350°F.

Starting on Speed 1, cream butter and brown sugar for about 30 seconds. Increase to Speed 3 and mix for 3 minutes or until light and fluffy. Scrape bowl and beat in vanilla, about 30 seconds. Sprinkle ½ of the flour over the top and beat on 1 until mixed in, about 20 seconds. Sprinkle the remaining flour and beat until a dough begins to form, about 45 seconds. Using Speed 1, stir in chocolate chips.

Roll dough into 1¼-inch balls and place about 3 inches apart on ungreased cookie sheets. Using the bottom of a drinking glass which has been smeared with a little bit of butter, dip it in sugar, and flatten each cookie to about ¾-inch. Bake in preheated 350°F oven for about 12 minutes until cookies are just beginning brown on edges.

Cool on baking sheets for 2 minutes, then transfer to a wire rack to cool completely.

Store in an airtight container.

*Nutritional information per cookie:*

*Calories 79 (57% from fat) • carb. 8g • pro. 1g  
• fat 5g • sat. fat 3g • chol. 10mg • sod. 1mg  
• calc. 4mg • fiber 0g*

### CHOCOLATE ALMOND BISCOTTI

Makes about 4 dozen

- 2½** cups all-purpose flour
- ¾** cup unsweetened cocoa powder (Dutch process preferred)
- 2** teaspoons baking powder
- ½** teaspoon salt
- ½** cup unsalted butter, room temperature
- ½** cup granulated sugar
- ½** cup packed brown sugar
- 3** large eggs, 1 of them separated
- 4** ounces bittersweet chocolate, melted and cooled slightly
- ¼** cup coffee liqueur (Kahlua®, Tia Maria®, Kamora®)
- 1** teaspoon pure vanilla extract
- ¼** teaspoon almond extract
- 1** cup slivered almonds, lightly toasted

Combine the flour, cocoa, baking powder, and salt in a medium bowl. Mix on Speed 1 for 15 seconds. In a large bowl, cream the butter and sugars using Speed 1, just until incorporated, 5-10 seconds. Add the 2 eggs and egg yolk, one at a time, beating for 10 seconds after each addition. Combine the chocolate, liqueur, vanilla and almond extracts; combine with the butter mixture, 15 seconds. Do not overbeat.

Using Speed 1, gradually beat in the flour mixture, 1 cup at a time, for 15 seconds after each addition, to form a soft dough.

Stir in the nuts. Form dough into a rough 9-inch square, cover with plastic and refrigerate the dough for 1 hour or until it is easy to handle.

Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking liner. Divide the dough in 3 pieces, and with floured hands, shape each into a 10-inch log. Place on the prepared baking sheet and flatten to 2 inches across. Place the reserved egg white in a small bowl and beat until frothy using Speed 2. Brush the logs with the beaten egg white. Bake 30-35 minutes until firm.

Remove from oven and cool on a rack for 10 minutes. Lower oven temperature to 250°F. Slice each log into ½-inch pieces using a serrated knife, place the biscotti back on the baking sheet and bake for 15-20 minutes, until dry. Let cool completely on a wire rack. Store in an airtight container.

*Nutritional information per biscotti:*  
*Calories 106 (47% from fat) • carb. 12g • pro. 2g*  
*• fat 6g • sat. fat 2g • chol. 18mg • sod. 40mg*  
*• calc. 19mg • fiber 1g*

*Kahlua® is a registered trademark owned by the Kahlua Corporation.*

*Tia Maria® is a registered trademark owned by the Tia Maria Ltd. Corp.*

*Kamora® is a registered trademark owned by the Jim Bean Brands Co.*

## MOCHA CHOCOLATE CHIP COOKIES

Serve these delicious cookies with ice cream for a special dessert or with a glass of milk for a late night snack.

Makes 3½ dozen cookies

- 1½ **tablespoons instant coffee granules or instant espresso powder**
- 1½ **tablespoons unsweetened cocoa powder**
- 2 **tablespoon hot water**
- 2¼ **cups all-purpose flour**
- 1¼ **teaspoons baking soda**
- ¼ **teaspoon salt**
- 1 **cup unsalted butter, cut in 8 pieces, at room temperature**
- ¾ **cup firmly packed light brown sugar**
- ¾ **cup sugar**
- 2 **large eggs**
- 1½ **teaspoons pure vanilla extract**
- 1½ **cups semi-sweet chocolate morsels (can use half white chocolate morsels)**
- 1 **cup pecan halves (may be toasted)**

Preheat oven to 350°F. Line baking sheets with parchment paper or nonstick baking liners. Combine instant coffee granules, cocoa and water in a small bowl; reserve. Combine flour, soda and salt in a small bowl; reserve.

In a large mixing bowl, cream butter and sugars on a low speed until light and fluffy, about 2 minutes. Add coffee/cocoa/water mixture, eggs and vanilla; gradually increase to Speed 4 and mix until well blended, about 30 seconds. Using Speed 1, add flour mixture and mix until combined, about 30 seconds. Scrape bowl with a spatula and continue mixing until well blended, about 30 seconds. Add chocolate chips and pecans; mix on Speed 2 until just combined, about 20-30 seconds.

Drop by rounded tablespoonfuls, about the size of a walnut, (for ease, you may use a #40 ice cream scoop) 2 inches apart, on prepared baking sheets. Bake until golden, about 16 to 18 minutes. Cool slightly on baking sheet and then transfer to a wire rack to cool completely. Store in an airtight container.

*Nutrition information per cookie:*  
*Calories 141 (57% from fat) • carb. 14g • pro. 1g*  
*• fat 9g • sat. fat 4g • chol. 17mg • sod. 86mg*  
*• calc. 8mg • fiber 2mg*

## CAPPUCCINO CHEESECAKE

Makes 12-16 servings

- 2 **tablespoons instant espresso powder**
- ½ **cup half-and-half cooking spray**
- 3 **tablespoons unsalted butter, cut in ½-inch pieces**
- 2½ **cups granulated sugar, divided**
- ¾ **cup all-purpose flour**
- ¼ **cup unsweetened cocoa**



- ½ **teaspoon cinnamon**
- ¼ **teaspoon baking powder**
- ¼ **teaspoon salt**
- 1 large egg yolk**
- 16 ounces cream cheese (regular), at room temperature**
- 16 ounces lowfat cream cheese, at room temperature**
- 4 large eggs\***
- 2 tablespoons cornstarch**
- 2 teaspoons vanilla extract**
- Chocolate curls for garnish, optional**

In a small bowl dissolve the espresso powder in the half-and-half; reserve. Preheat oven to 350°F. Lightly coat a 9 x 3 inch springform or cheesecake pan with cooking spray.

Place the butter and ¼ cup of the sugar in a medium bowl. Mix on Speed 3 to cream, 1½ minutes. Add flour, cocoa, cinnamon, baking powder, and salt; mix on Speed 1 until combined, 30 seconds. Add egg yolk and mix on Speed 1 until crumbly, 15 seconds. Press into bottom of prepared pan. Bake in preheated 350°F oven for 10 minutes, until slightly puffed (crust may have cracked appearance; that is normal). Place on a rack to cool. When the pan is cool to touch, wrap a sheet of aluminum foil a round the bottom and sides of the pan so that it comes up at least 2 inches.

Place cream cheeses and remaining sugar in a large mixing bowl. Beat on Speed 2 until combined and smooth, 2 minutes. Using Speed 1, add eggs, one at a time,

mixing for 15 seconds after each addition. Scrape the bowl. Add cornstarch, mix on Speed 1, 20 seconds. Scrape the bowl. Add half-and-half mixture and vanilla extract; mix on Speed 2 until smooth and completely combined. Pour the mixture over the cooled crust. Place the pan in a larger aluminum pan and place in the oven; add enough hot water to the outer pan so that it is ½-inch deep. Bake in the preheated 350°F oven for 60-70 minutes, until the cheesecake is pulling away from the sides of the pan; the center will be jiggly. Remove from the oven, remove the foil and let cool completely on a rack. Refrigerate at least 4 hours before serving. Garnish with chocolate curls if desired.

*Nutritional information per serving (16 servings):*  
*Calories 368 (48% from fat) • carb. 41g • pro. 8g*  
*• fat 20g • sat. fat 12g • chol. 116mg • sod. 290mg*  
*• calc. 89mg • fiber 1g*

#### Variation:

After the cheesecake is mixed, add 3 ounces each chopped white and bittersweet chocolate using Speed 1; mix for 15 seconds to combine.

\* Warm cold eggs safely before using by placing in a bowl of hot (not boiling) water for 10 minutes. They will incorporate more easily into your mixture.

## LEMON TEA LOAF

Yield: 1 loaf, sixteen ½-inch slices

- 3 cups all-purpose flour**
- 2 teaspoons baking powder**
- ½ **teaspoon salt**
- ¾ **cup melted butter**
- 2 cups sugar**
- ¾ **cup fresh lemon juice, divided**
- ¼ **cup finely chopped lemon zest (about 4 lemons)**
- 4 large eggs**
- 1 teaspoon pure vanilla extract**
- 1 cup whole milk yogurt**
- ½ **cup confectioners sugar, sifted**

Preheat oven to 350°F. Butter and flour a 9 x 5 x 3 inch (8-cup) loaf pan.

Sift flour, baking powder, and salt together into a medium mixing bowl.

Place the melted butter and sugar in a large mixing bowl and combine using Speed 3 for one minute. The mixture will still seem slightly granular. Continue mixing and add ½ cup of the lemon juice and zest.

Add eggs one at a time and then the vanilla.

Add the dry ingredients and yogurt to the batter alternately in three additions, using Speed 2, ending with the yogurt.

Pour batter into prepared loaf pan. Bake on the middle rack for approximately 1 hour 35 minutes, rotating the pan half way through baking time. Check cake for doneness after 1 hour 20 minutes. Cake

is finished when cake tester comes out clean.

While cake is baking, mix remaining  $\frac{1}{4}$  cup of the lemon juice with sifted confectioners sugar until white and glossy; reserve.

Allow cake to rest about ten minutes, until cool to the touch. Remove from pan and place on a dish with a lip. Prick the cake with a toothpick all over the top, particularly along the cracks. Pour glaze over top of cake, spreading it with a spatula or pastry brush to make sure it covers the top and side surfaces of the loaf. Transfer to a wire rack and allow cake to cool completely before icing.

*Nutritional information per serving:*

*Calories 294 (29% from fat) • carb. 49g • pro. 5g  
• fat 10g • sat. fat 6g • chol. 75mg • sod. 131mg  
• calc. 32mg • fiber 1g*

## SUNSHINE CHIFFON CAKE

Chiffon cakes are made with oil rather than butter or shortening, making them moist and light in texture. With flecks of fresh citrus, this one is good on its own, or served with sliced fresh fruit.

Makes 16 to 20 servings

- 7 large eggs, separated**
- 1 teaspoon fresh lemon juice**
- $1\frac{1}{2}$  cups granulated sugar, divided**
- 2 cups unbleached all-purpose flour**
- 1 tablespoon baking powder**
- $\frac{1}{4}$  teaspoon salt**

- 1 tablespoon finely chopped lemon zest**
- 1 tablespoon finely chopped orange zest**
- $\frac{3}{4}$  cup fresh orange juice**
- $\frac{1}{2}$  cup flavorless vegetable oil (or use a nut oil such as almond or walnut)**
- $1\frac{1}{2}$  teaspoons vanilla extract**
- 1 teaspoon almond extract**
- powdered sugar for dusting and/or Orange Apricot Glaze**

Preheat oven to 325°F. Have ready a 10-inch angel food or tube pan (preferably one that is one piece).

Place the egg whites in a large, clean stainless or glass mixing bowl. Using the chef's whisk on Speed 7, whip egg whites until frothy and foamy, about 30 seconds, then add lemon juice. Continue to whip until thick and opaque, about 3 minutes, adding  $\frac{1}{2}$  cup of the sugar gradually to the egg whites. Continue to whip until stiff and glossy, about 7 minutes total. Reserve.

Place the remaining 1 cup of the sugar, the flour, baking powder, and salt in a large mixing bowl. Insert beaters. Mix on Speed 1 to blend and aerate, 10 seconds. Place the egg yolks, zests, juice, oil, and extracts in a medium bowl. Mix on Speed 3 for 30 seconds; scrape the bowl. Make a well in the center of the dry ingredients. Add the liquid/yolk mixture and mix using Speed 3 until batter is smooth, about 1 minute.

Stir 1 cup of the egg whites into the batter using a spatula, then gently fold the

remaining egg whites into the batter  $\frac{1}{2}$  at a time. Gently spoon into the prepared pan and bake in the preheated oven for 60 minutes, until a cake tester comes out clean when tested. Invert the pan immediately onto a wire rack and let the cake cool completely in the pan upside down on the rack. This will take about  $2\frac{1}{2}$  to 3 hours. Run a long thin knife around the outer and tube edges of the pan and turn the cake out of the pan onto the rack. Use a long wooden skewer to loosen the cake from the center tube. Remove cake from pan. Wrap in plastic wrap and store at room temperature for up to 2 days or refrigerate up to 4 days. (Cake may be also be double wrapped and frozen – thaw before serving.) Dust with powdered sugar before serving – serve with a drizzle of the Orange Apricot Glaze.

*Nutritional information per serving  
(based on 18 servings):*

*Calories 194 (37% from fat) • carb. 27g • pro. 3g  
• fat 10g • sat. fat 1g • chol. 83mg • sod. 282mg  
• calc. 93mg • fiber 0g*

\*Stir flour, then spoon into measuring cup. Level off with the back of a table knife or spatula.

## ORANGE APRICOT GLAZE

Makes  $\frac{1}{2}$  cup glaze

- $\frac{1}{2}$  cup apricot preserves**
- 2 tablespoons Grand Marnier® liqueur**
- 1 teaspoon fresh lemon juice**

Place preserves, liqueur and lemon juice in a small bowl. Insert the mixing beaters. Mix on Speed 7 for 1 minute. May use as is, or for a smoother glaze, press through a strainer.

*Nutritional information per serving  
(about 1½ teaspoon):*

*Calories 28 (1% from fat) • carb. 7g • pro. 0g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg  
• calc. 2mg • fiber 0g*

*Grand Marnier® is a registered trademark owned by the Société des Produits Marnier-La Postolle Joint Stock Co.*

## MOCHA CAKE

These moist layers can be made ahead and frozen. Frost several hours before serving with Deep Mocha Frosting.

Makes two 9-inch layers, 12 servings

**1¾ cups all-purpose flour, plus  
2 tablespoons for pan preparation**  
**2 cups granulated sugar**  
**¾ cup unsweetened cocoa powder**  
**2 teaspoons baking soda**  
**1 teaspoon baking powder**  
**1 teaspoon salt**  
**2 large eggs**  
**1 cup strong brewed coffee**  
**1 cup buttermilk**  
**½ cup unsalted butter, melted and  
cooled, plus 1 tablespoon for pan**  
**1 teaspoon vanilla extract**

Position rack in center of the oven, and preheat oven to 350°F. Butter two 9x2-inch diameter cake pans and line each with round of parchment paper or waxed paper. Butter the parchment and dust the pans with flour, taking care to shake out all excess flour.

Place flour, sugar, cocoa, baking soda, baking powder and salt in a large bowl; mix on Speed 1 for 20 seconds. Make a well in the center and add eggs, coffee, buttermilk, butter and vanilla. Beat for 2 minutes on speed 3; batter will be thin. Pour into prepared pans.

Bake for 30-40 minutes, until a toothpick inserted into the center comes out clean. Cool for 10 minutes, remove from pans; remove and discard parchment. Place on wire racks to cool completely. Frost with Deep Mocha Frosting.

## DEEP MOCHA FROSTING

Makes about 2½ cups, enough for two 9-inch round layers

**¾ cup heavy cream**  
**½ cup unsalted butter**  
**½ cup sugar**  
**12 ounces semi-sweet chocolate**  
**½ tablespoon espresso powder**  
**1 teaspoon vanilla**

Combine all ingredients in saucepan and place over medium heat. Heat mixture until it is almost simmering. Reduce heat to medium low and mix on Speed 2, mix until

all the chocolate is melted and mixture is well combined, smooth, creamy and homogenous with no visible bits of chocolate remaining. This process takes approximately 8 minutes.

Transfer to a bowl and refrigerate mixture for about an hour until it sets up before using. Deep Mocha Frosting can be made in advance and refrigerated. Remove from refrigerator about an hour before using to allow frosting to come to a spreadable consistency.

*Nutritional information per serving (about 3½  
tablespoons – frosting on ½ of a 2-layer cake):  
Calories 151 (76% from fat) • carb. 9g • pro. 0g  
• fat 13g • sat. fat 8g • chol. 41mg • sod. 7g  
• calc. 12mg • fiber 0g*

## CHOCOLATE MOUSSE CAKE ROLL

Makes 12 servings

**For the mousse:**

**12 ounces semi-sweet chocolate**  
**2½ cups heavy cream**  
**1 tablespoon Kahlua®, or other  
coffee liqueur**

**For the cake:**

**8 ounces semi-sweet chocolate**  
**¼ cup brewed coffee**  
**6 large eggs**  
**¾ cup granulated sugar**

**For the whipped cream frosting:**

**1 cup heavy cream**

**3 tablespoons confectioners sugar**  
**1 teaspoon vanilla extract**  
**cooking spray**

Preheat oven to 350°F. Lightly coat a 17x12x1-inch jelly roll pan with cooking spray. Cut a sheet of parchment 3 inches longer than the length of the pan. Fold parchment to fit width. Line the pan with the parchment so that it comes up the short ends of the pan. Lightly coat parchment with cooking spray.

**To prepare the chocolate mousse:**

Place the chocolate in a stainless mixing bowl. Place 1 cup of heavy cream in a small saucepan and bring to almost a boil and pour over chocolate. Stir until chocolate is completely melted and smooth; allow to cool to room temperature. In a separate mixing bowl, place the remaining 1½ cups of heavy cream and the Kahlua®. Using the chef's whisk whip the cream using Speed 4 until it holds firm peaks. Remove the chef's whisk and insert beaters and carefully fold the whipped cream into the chocolate in three additions using the Speed 1 with the beaters. Cover and refrigerate until ready to use.

**To prepare the Cake**

Melt chocolate and coffee in a double boiler over barely simmering water. Let cool. Separate eggs in 2 separate mixing bowls. Using Speed 4, mix yolks with sugar until the mixture becomes very light and smooth, about 2 minutes. While mixing, add the cooled chocolate mixture in a steady stream and mix until totally incorporated. Use the chef's whisk to whip egg whites until soft peaks form, about 1½

minutes. Insert the beaters in and fold the whites into the chocolate mixture in 3 additions, as with the mousse. Scrape the sides and bottom of the bowl with a rubber spatula to make sure the mixture is well incorporated.

Pour batter into prepared jelly roll pan and bake for 15 minutes, turn off oven and let cake remain in hot oven for an additional 5 minutes. Remove from oven and cover with damp paper towels so the cake will not dry out.

**Whipped Cream**

Whip the cream, sugar and vanilla in a mixing bowl using the chef's whisk until soft peaks form, about 1½ minutes.

Spread enough mousse on the cake roll to cover the entire surface area (there may be mousse left over).

Using the parchment on the long side as a guide, roll the cake into a log shape.

Place in the freezer for an hour to firm. Remove and frost with the whipped cream (using an offset spatula makes this easier).

Return cake roll to freezer to become firm. It will be firm enough to serve in about 30 to 60 minutes. This dessert can be served frozen, similar to a frozen mousse or ice cream cake, or refrigerated for a softer mousse feel. Use a serrated knife to slice. May be garnished with fresh berries, whipped cream and chocolate curls.

*Nutritional information per serving:*

*Calories 562 (64% from fat) • carb. 47g • pro. 7g  
 • fat 42g • sat. fat 25g • chol. 201mg • sod. 64mg •  
 calc. 73mg • fiber 3g*

## CHOCOLATE SOUFFLÉ CAKE

Makes one 10-inch round cake;  
 sixteen slices

- 2 tablespoons unsalted butter plus additional for pan preparation**  
**6 ounces bittersweet chocolate**  
**2 ounces semi-sweet chocolate**  
**9 large eggs**  
**2 large egg whites**  
**1¼ cup granulated sugar, divided**  
**½ cup all-purpose flour**

Preheat oven to 365°F. Cut a circle of parchment paper to line a 10" round cake pan. Butter the bottom and sides of cake pan well. Add enough flour to coat the buttered interior, being sure to tap the pan and remove any excess flour. Place the parchment circle at the bottom of the pan and butter and flour it as well.

Melt the chocolate and butter in a stainless bowl over a double boiler, set aside.

Separate eggs into two mixing bowls, adding the extra whites to the bowl of egg whites. Add ¾ cup of the sugar to the bowl of yolks. Mix the yolks and sugar on Speed 4 for 1½ minutes until very pale and thick; reserve. Using the chef's whisk, beat the egg whites on Speed 5 for 1 minute; add the remaining ½ cup of sugar and continue beating whites for an additional 2 minutes until it reaches soft peaks. Remove the chef's whisk and insert the beaters. Using Speed 1, and reserving about one quarter of the whites, fold whites into the yolk mixture in three additions. Scrape the bottom and sides of bowl to make certain

the mixture is evenly blended. Sift in the flour into mixture and fold gently. Finally add the last of the egg whites again using the same folding technique. To ensure complete incorporation, use a rubber spatula to scrape the bottom and sides of the bowl.

Transfer the batter to the prepared pan and bake in the preheated 365°F oven for about 40 minutes, until cake has puffed and cracked but is still soft to the touch on top.

Turn cake out onto serving plate and remove pan. Sprinkle the top with sifted confectioner's sugar. Serve immediately or at room temperature.

*Nutritional information per serving:*  
*Calories 195 (42% from fat) • carb. 25g • pro. 5g*  
*• fat 10g • sat. fat 5g • chol. 123mg • sod. 43mg*  
*• calc. 22mg • fiber 1g*

## TIRAMISU

Makes one 9-inch square pan, 12 servings

### For champagne sabayon:

- 3** egg yolks
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{2}$  cup champagne
- 8** ounces mascarpone
- $\frac{3}{4}$  cup heavy cream
- $\frac{1}{4}$  cup plus  $3\frac{1}{2}$  tablespoons Kahlua® or coffee liqueur
- $\frac{1}{4}$  teaspoon pure vanilla extract
- 3** cup espresso or strongly brewed coffee

- 1** recipe **Génoise (recipe follows)\***
- 3** ounces semi-sweet chocolate, made into chocolate curls (with vegetable peeler)

### To make sabayon:

Place egg yolks and sugar in mixing bowl. Using beater attachment mix yolks and sugar until pale and thick on Speed 4. Place bowl over warm water bath to resemble double boiler. Using the chef's whisk attachment, beat the yolk mixture on Speed 2-3. Add champagne after  $1\frac{1}{2}$  minutes. Continue beating for as long as 8 minutes, until the mixture has tripled in volume and it is too warm to submerge your finger. Remove bowl from heat and continue beating an additional 30 seconds to cool slightly, set aside.

In two separate mixing bowls, place the mascarpone and heavy cream. With the Beater attachment, mix the mascarpone until smooth. Fold the mascarpone into the yolk mixture using the lowest speed. Using the whisk attachment, beat the heavy cream on Speed 5. After 1 minute add  $1\frac{1}{2}$  tablespoons of Kahlua® and vanilla. Continue beating until soft peaks form about 2 minutes total. Fold the whipped cream into the yolk and mascarpone mixture. You should have about  $3\frac{1}{2}$  cups of filling.

Fill a shallow dish with remaining Kahlua® and the coffee.

Slice the Génoise in  $\frac{1}{2}$  inch strips. Soak the cake pieces in coffee until saturated. Use soaked cake to line the bottom of a 9-inch square pan. Cover with half of the filling

and then chocolate curls. Continue with another layer of soaked cake, the remaining filling and then finally cover with the remaining chocolate curls.

Cover with plastic wrap and refrigerate for at least 6 hours before serving.

**Note:** The sabayon is wonderful on its own with berries for a simple dessert.

After removing sabayon from heat, transfer to a bowl and allow to cool. Cover and place in the refrigerator until completely chilled. Fold in  $\frac{1}{2}$ - $\frac{3}{4}$  cups whipped cream and serve.

*Nutritional information per serving:*  
*Calories 382 (53% from fat) • carb. 33g • pro. 5g*  
*• fat 23g • sat. fat 12g • chol. 184mg • sod. 68mg*  
*• calc. 56mg • fiber 1g*

\*May substitute 18-20 savoiardi (crisp lady fingers), purchased or homemade

## GÉNOISE

Makes one 9-inch round cake, 12 servings

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  cup cornstarch
- $\frac{1}{2}$  teaspoon baking soda
- 3** large eggs
- 3** large egg yolks
- $\frac{3}{4}$  cup sugar
- $\frac{1}{4}$  cup unsalted butter, melted and cooled

Preheat oven to 350° F. Butter and flour a 9-inch round cake pan; reserve. Sift

together dry ingredients into a mixing bowl; reserve.

Place eggs, yolks, and sugar in a large mixing bowl. Place over a warm water bath\* and mix on Speed 2 until the egg mixture is tepid and slightly frothy, about 5 minutes. Remove the bowl from heat and use the chef's whisk, beating on Speed 5 until the eggs doubled in volume and are light and fluffy, about 1½ minutes.

Carefully fold in dry ingredients and then the butter by using Speed 1 and the beaters. Be careful to scrape the bottom and sides of the bowl while mixing. Finish by scraping the bottom and sides of bowl one last time with rubber spatula to ensure even incorporation.

Pour into prepared cake pan and bake for about 30-35 minutes until the top puffs and is golden brown and spongy to the touch. Let cool in pan for 2 to 3 minutes, then turn out onto a wire rack to cool completely.

*Nutritional information per serving:*  
Calories 146 (39% from fat) • carb. 19g • pro. 3g  
• fat 6g • sat. fat 3g • chol. 117mg • sod. 64mg  
• calc. 14mg • fiber 0g

\* To create a warm water bath, place rounded large heatproof (stainless or heatproof glass) bowl over a pan of simmering water.

## GRAND MARNIER® WHIPPED CREAM

Makes about 2 cups

- 1 cup heavy cream**
- ¼ cup confectioner's sugar, sifted**
- ½ teaspoon pure vanilla extract**
- 3 tablespoons Grand Marnier® Liqueur**

Place heavy cream in mixing bowl. Using the chef's whisk attachment, whip the cream on Speed 5 for about 1 minute. Add the sifted sugar, vanilla, and Grand Marnier® Liqueur. Whip for an additional minute until soft peaks form.

*Nutritional Analysis per serving (2 tablespoons):*  
Calories 64 (76% from fat) • carb. 3g • pro. 0g  
• fat 6g • sat. fat 3g • chol. 20mg • sod. 6mg  
• calc. 13mg • fiber 0g

## COFFEE WHIPPED CREAM

Makes about 2 cups

- 1 cup heavy cream**
- ¼ cup confectioner's sugar, sifted**
- ¼ teaspoon pure vanilla extract**
- ¼ cup strong brewed coffee, chilled**

Place heavy cream in a cold mixing bowl. Using the chef's whisk, whip the cream for 1 minute on Speed 5. At this point add the sifted confectioner's sugar and vanilla and 1 teaspoon of coffee. Continue beating, adding one teaspoon of coffee at a time to taste until cream reaches soft peak stage, about 2-3 minutes.

*Nutritional information per serving:*  
Calories 59 (83% from fat) • carb. 23g • pro. 0g  
• fat 6g • sat. fat 35g • chol. 20mg • sod. 6mg  
• calc. 10mg • fiber 0g

## HERBED CHEESE

Instead of purchasing expensive herb-flavored cheeses, you can easily prepare your own.

Makes about 2 cups

Preparation: 10 minutes or less

- 8 ounces cream cheese (may use regular or lowfat)**
- 5 ounces chèvre or other goat cheese (soft type, not aged)**
- 1 clove garlic, peeled and minced**
- 1 tablespoon finely minced shallot or green onion**
- 1 tablespoon finely chopped fresh parsley**
- 1 teaspoon herbes de Provence**
- ½ teaspoon kosher salt**
- ¼ teaspoon white pepper**
- dash hot sauce such as Tabasco®, to taste**

Place the cream cheese, chèvre, garlic, shallot, parsley, herbes de Provence, and salt in a medium bowl. Mix for 1 minute, on Speed 3, then increase speed to Speed 5 to whip for an additional 2 minutes until light and fluffy. Add white pepper and hot sauce to taste, whip on Speed 5 for 30 seconds longer. Allow cheese spread to stand at least 30 minutes before serving,

to allow flavors to blend. Transfer to a resealable container and refrigerate. Remove from refrigerator 15 minutes before serving to soften. Serve with crackers, pita or bagel chips. It also makes a good topping for a baked potato.

*Nutritional information per serving (2 tablespoons, made with lowfat cream cheese):*  
 Calories 58 (69% from fat) • carb. 1g • pro. 3g  
 • fat 4g • sat. fat 3g • chol. 9mg • sod. 156mg  
 • calc. 35mg • fiber 0g

*Tobasco® is a registered trademark owned by the McIlhenny Co.*

## SMOKED SALMON SPREAD

The ultimate spread for your bagel

Makes 2 cups

- 8 ounces cream cheese, softened to room temperature**
- ¼ cup sour cream, reduced fat**
- 2 teaspoons fresh lemon juice**
- 4 ounces smoked salmon, chopped**
- 2 tablespoons chopped fresh dill**
- 2 teaspoons finely chopped green onion**
- ½ teaspoon freshly ground pepper**

Mix the cream cheese with sour cream and lemon juice on Speed 3 until creamed and fluffy, about 1 minute. Add smoked salmon, dill, green onion and pepper and continue to mix on Speed 2 until evenly incorporated. Transfer to a decorative bowl to serve. Allow to rest in refrigerator for at

least an hour to allow flavors to blend before serving. May be prepared a day ahead. Keep refrigerated in a covered container until ready to use.

*Nutritional information per serving (1/4 cup):*  
 Calories 133 (81% from fat) • carb. 2g • pro. 5g  
 • fat 12g • sat. fat 6g • chol. 36mg • sod. 215mg  
 • calc. 31mg • fiber 0g

## ROASTED RED PEPPER AND SUN-DRIED TOMATO DIP

Serve this dip with crackers, bagel chips or pita chips. Or, try it as a spread on sandwiches, or as a topping for baked potatoes.

Makes 2 cups

- 8 ounces cream cheese (lowfat or regular), cut into 8 pieces**
- ½ cup sour cream (lowfat or regular)**
- 1 roasted red pepper, cut into 1-inch pieces**
- ½ cup chopped sun-dried tomatoes (not oil-packed)**
- 1 tablespoon chopped fresh parsley**
- 1 clove garlic, chopped**
- ½ teaspoon basil**
- ½ teaspoon freshly ground black pepper**

Combine all ingredients in a medium bowl. Mix on Speed 3 until well blended and smooth, 2 minutes. Mix on Speed 5 to lighten, 1 minute. Transfer to a resealable container and refrigerate for 30 minutes or

longer to allow flavors to blend before serving.

*Nutritional analysis per serving (2 tablespoons), made with lowfat products:*  
 Calories 54 (52% from fat) • carb. 4g • pro. 2g  
 • fat 3g • sat. fat 2g • chol. 7mg • sod. 111mg  
 • calc. 43mg • fiber 0g

## CUCUMBER YOGURT DIP WITH MINT

This dip is ideal for both fresh vegetables or grilled meats and chicken.

Makes 3 cups

- 1 cup cucumber, peeled, seeded, and finely chopped**
- 1 cup plain yogurt**
- 6 tablespoons sour cream**
- ½ teaspoon salt**
- ½ teaspoon granulated sugar**
- ¼ teaspoon fresh ground pepper**
- 1 teaspoon garlic, minced**
- 3 teaspoons mint, fresh chopped**
- 1 teaspoon parsley, fresh chopped**
- 2 tablespoons green onion, fine chopped**
- 1 teaspoon lemon juice**

Place chopped cucumber in strainer and allow water to drain for about 15 minutes. Place in a clean towel and squeeze dry.

In a large mixing bowl, mix together yogurt, sour cream, lemon juice, salt, and sugar on Speed 2 until ingredients are incorporated. Add remaining ingredients,

cucumber being the last. Mix on Speed 2 until well mixed.

Transfer to a small bowl, cover and refrigerate for 30 to 60 minutes before serving to allow flavors to blend. Keep unused portion in a resealable container in the refrigerator for up to 5 days.

*Nutritional information per ¼ cup serving:*  
*Calories 30 (53% from fat) • carb. 2g • pro. 1g*  
*• fat 2g • sat. fat 1g • chol. 4mg • sod. 115mg*  
*• calc. 46mg • fiber 0g*

### GINGER SOY BUTTER

This butter gives an Asian twist to steamed vegetables, rice, or fish.

Makes 1 stick of butter, 16 slices

½ **cup unsalted butter, softened**  
 ½ **tablespoon fresh ginger, peeled and finely chopped**  
**pinch of fresh garlic, finely chopped**

**2 teaspoons soy sauce**  
 ½ **teaspoon lemon juice**

Place butter in mixing bowl, mix on Speed 1 until smooth and slightly fluffy, about 30 seconds. Add ginger, garlic, soy sauce, and lemon juice; mix on Speed 2 until well blended, about 30 to 40 seconds longer.

Using a sheet of plastic wrap or waxed paper as an aid, shape butter into a log, about 1 inch in diameter. Wrap butter in plastic wrap twisting the ends to form a log. Chill until firm enough to slice. Place slices of Ginger Soy Butter on top of

grilled or broiled seafood or chicken, baked sweet potatoes, rice, or steamed vegetables.

**Note:** Ginger Soy Butter can be wrapped in a whole log or wrapped in smaller sizes and kept in freezer. Double wrap using an outer wrap of aluminum foil to prevent absorption of freezer odors.

*Nutritional information per slice:*  
*Calories 52 (98% from fat) • carb. 0g • pro. 0g*  
*• fat 6g • sat. fat 4g • chol. 16mg*  
*• sod. 44mg • calc. 2mg*

### GORGONZOLA BUTTER

Serve a slice of this savory compound butter on top of your favorite steak – it will melt and impart an incredible flavor.

Makes 1 roll compound butter, 16 slices

½ **cup unsalted butter, softened**  
 ¼ **cup Gorgonzola, crumbled**  
**pinch freshly ground pepper**

Place butter in mixing bowl, mix on Speed 1 until smooth and slightly fluffy, about 30 seconds. Add Gorgonzola and mix until well blended, about 30 to 40 seconds longer.

Using a sheet of plastic wrap or waxed paper as an aid, shape butter into a log, about 1 inch in diameter. Wrap butter in plastic wrap twisting the ends to form a log. Chill until firm enough to slice. Place slices of Gorgonzola butter on top of grilled or broiled steak, a fluffed baked potato, or steamed vegetables.

**Note:** Butter can be wrapped in a whole log or wrapped in smaller sizes and kept in freezer. Double wrap using an outer wrap of aluminum foil to prevent absorption of freezer odors.

*Nutritional information per slice:*  
*Calories 52 (96% from fat) • carb. 0g • pro. 0g*  
*• fat 6g • sat. fat 4g • chol. 16 mg • sod. 5mg*  
*• calc. 2mg • fiber 0g*

### BALSAMIC VINAIGRETTE

Makes 1½ cups

**1 shallot, peeled and finely chopped (approximately 1 tablespoon)**  
 ¼ **cup balsamic vinegar**  
 ½ **teaspoon salt**  
 ½ **teaspoon freshly ground pepper**  
 ½ **teaspoon sugar**  
**3 teaspoons Dijon mustard**  
 ¾ **cup extra virgin olive oil**  
 ¼ **cup vegetable oil**

Place shallot, vinegar, salt, pepper, sugar, and Dijon in a mixing bowl. Mix ingredients until well incorporated.

Add olive oil and then vegetable oil in a slow stream to the bowl with the mixer running to ensure emulsification.

Adjust seasoning to taste.

*Nutritional analysis per serving (2 tablespoons):*  
*Calories 166 (96% from fat) • carb. 2g • pro. 0g*  
*• fat 22 g • sat. fat • chol. 0g • sod. 153mg*  
*• calc. 1mg • fiber 0g*



### CREAMY BLEU CHEESE DRESSING

This version is much lower in fat than traditional Bleu Cheese Dressings. Try it as a dip for celery the next time you serve Buffalo-style Wings.

Makes about 2 cups dressing.

- 1** clove garlic, peeled and chopped
- $\frac{1}{2}$  ounce shallot, peeled and chopped
- $\frac{1}{2}$  cup lowfat buttermilk
- 1** cup nonfat yogurt
- $\frac{3}{4}$  cup lowfat mayonnaise
- $\frac{3}{4}$  teaspoon dry mustard
- $\frac{1}{2}$  teaspoon Worcestershire sauce
- $\frac{1}{4}$  teaspoon white pepper
- 3** ounces crumbled blue cheese
- dash Tabasco® or other hot sauce to taste

Place the garlic, shallot, buttermilk, yogurt, mayonnaise, dry mustard, Worcestershire, and pepper in a medium bowl. Mix using Speed 3 until smooth and creamy, 30-40 seconds. Add the crumbled blue cheese and Tabasco®. Mix using Speed 3 for 20-30 seconds longer. Let stand for 30 minutes before using to allow flavors to develop. Cover and refrigerate all unused portions. Keeps 1 week.

*Nutritional information per serving (4 teaspoons):*  
*Calories 27 (54% from fat) • carb. 1g • pro. 1g*  
*• fat 1g • sat. fat 0g • chol. 2mg • sod. 47mg*  
*• calc. 29mg • fiber 0g*

### PARMESAN PEPPERCORN DRESSING

This dressing is not only good on salads, but is a perfect spread for sandwiches, from smoked turkey to roast beef. It can be used as a dip for vegetables or even served alongside roasted meats.

Makes  $1\frac{1}{2}$  cups

- $\frac{1}{2}$  cup mayonnaise, reduced fat
- $\frac{1}{2}$  cup sour cream, reduced fat
- $\frac{1}{2}$  cup Parmigiano Reggiano cheese, finely grated
- 1** teaspoon crushed black peppercorns
- 2** tablespoons fresh basil, chopped
- 1** tablespoon red wine vinegar
- 1** teaspoon Dijon mustard
- 1** tablespoon fresh parsley, finely chopped
- $\frac{1}{2}$  tablespoon finely chopped shallot
- $\frac{1}{2}$  teaspoon lemon juice

Place all ingredients in a medium mixing bowl and mix on Speed 2 until thoroughly combined, about 1 minute.

*Nutritional information per serving (2 tablespoons):*  
*Calories 61 (65% from fat) • carb. 3g • pro. 2g*  
*• fat 4g • sat. fat 1g • chol. 8mg • sod. 169mg*  
*• calc. 66mg • fiber 0g*

### MISO GINGER DRESSING

This dressing is wonderful to use to make an Asian Slaw using shredded cabbage, bok choy, carrots, daikon, cucumbers and green onions, as well as to dress a traditional salad.

Makes about 2 cups

- 1½** tablespoons miso\*
- $\frac{1}{8}$  cup rice vinegar
- $\frac{1}{2}$  teaspoon mirin\*\*
- 1** teaspoon soy sauce
- 3** teaspoons peeled and finely chopped fresh ginger
- $\frac{1}{2}$  teaspoon finely chopped fresh garlic
- 1** teaspoon brown sugar
- 1¼** cup vegetable oil
- 1** teaspoon sesame oil

In a medium mixing bowl, mix miso and vinegar until well blended, smooth and homogenous using Speed 2, about 1-2 minutes. Add mirin and soy sauce and mix to combine, about 20 seconds. Add ginger, garlic, and brown sugar and mix well about 30 seconds.

With mixer on Speed 1, add the vegetable oil and then the sesame oil in a slow, steady stream into the bowl and mix until totally emulsified and homogenous. Let stand 30 minutes or longer to allow flavors to blend before using. Store in an airtight container in the refrigerator. If dressing separates, mix on Speed 2 until emulsified.

*Nutritional information per serving (2 tablespoons):*  
*Calories 158 (97% from fat) • carb. 1g • pro. 0g*  
*• fat 17g • sat. fat 1g • chol. 0mg • sod. 80mg*  
*• calc. 2mg • fiber 0g*

\*Miso (Japanese fermented soybean paste) can be purchased in most Asian/Japanese markets, natural food stores and in many well-stocked grocery stores. It is kept refrigerated in an airtight container.

\*\*Mirin is a low-alcohol sweet wine made from glutinous rice, also known as "rice wine." It is available in Asian/Japanese markets, and in the gourmet section of well-stocked grocery stores.

## CAPONATA

Serve Caponata as an appetizer spread with pita chips or thinly sliced French bread. It is also a good dressing to use on a wrap-type sandwich.

Makes 1¼ cups

- 1 medium size eggplant, about 1½ pounds**
- 2 tablespoons capers, drained**
- 1 tablespoon celery, finely diced**
- ½ teaspoon finely diced sweet red pepper**
- 1 tablespoon finely chopped green onion**
- 1 teaspoon chopped fresh basil**
- 1 teaspoon chopped fresh mint**
- ½ teaspoon finely chopped fresh parsley**
- 2 tablespoons extra virgin olive oil**

- 1 teaspoon lemon juice**
- dash red pepper flakes**
- 1 teaspoon honey (if eggplant seems bitter)**

Preheat oven to 400°F.

Pierce eggplant with fork all around the eggplant (about 8 times) and wrap in aluminum foil. Roast eggplant for approximately 45 minutes to 1 hour, until the eggplant is very soft and has collapsed. Unwrap and let cool.

When eggplant is cool to the touch (about 15 minutes) cut in half and spoon the soft eggplant flesh into a mixing bowl; there will be approximately 1½ cups of eggplant.

With mixer on Speed 3, mix for about 2 minutes until the eggplant turns into an almost smooth consistency.

Add remaining ingredients and mix on Speed 1 until just blended. Let stand 30 minutes before serving to allow flavors to blend. May be made ahead and refrigerated in a resealable container.

*Nutritional information per 1/4 cup serving:*  
*Calories 72 (55% from fat) • carb. 7g • pro. 1g*  
*• fat 5g • sat. fat 1g • chol. 0g • sod. 112mg*  
*• calc. 15mg • fiber 3g*

## SMASHED CAULIFLOWER AND POTATOES

For those who are watching their carbs, Smashed Cauliflower and Potatoes is a nice alternative to traditional mashed potatoes.

Makes 4½ cups/nine ½-cup servings

- 1 head of cauliflower, approximately 2½-3 lbs, broken into florets and sliced**
- ¾ pound peeled potatoes, cut in 1" cubes**
- 2 cups reduced fat milk**
- 2 tablespoons butter**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**

Place cauliflower and potato in a large saucepan with milk, adding water to cover the vegetables. Bring to boil over high heat. Reduce heat to medium low and simmer cauliflower is very soft, approximately 30-40 minutes.

Drain and return to saucepan or place in a large mixing bowl. Mix, starting on Speed 2 for 1 to 1½ minutes, increasing to Speed 4 until completely "smashed". Add butter, salt, and pepper and continue mixing until mixture is fully blended.

Taste for seasoning and serve immediately.

*Nutritional information per serving:*  
*Calories 117(28% from fat) • carb. 17g • pro. 6g*  
*• fat 4g • sat. fat 2g • chol. 11mg • sod. 205mg*  
*• calc. 103mg • fiber 4g*

## BOURSIN® SMASHED POTATOES

Makes 4 cups/eight ½ cup servings

- 2 pounds red potatoes, scrubbed**
- ½ package Boursin® Cheese\* (about 2½ ounces), cut in 8 pieces**
- 2 tablespoons unsalted butter**
- ¼ cup whole milk**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**

Cut unpeeled potatoes into 1-inch pieces as uniform as possible. Place in a large saucepan. Add cold water to cover and a large pinch of salt. Over high heat, bring to a boil. When boiling, reduce heat to medium low and simmer until potatoes are very soft, about 25 minutes.

Drain potatoes and return to saucepan, mix on Speed 3 until completely mashed, about 2 minutes. Add Boursin®, butter, milk, salt, and pepper and mix on Speed 4 until fully incorporated and fluffy, about 1 minute.

Transfer to a warm bowl and serve immediately.

*Nutritional information per serving:*

*Calories 167 (36% from fat) • carb. 24g • pro. 4g  
• fat 7g • sat. fat 5g • chol. 19mg • sod. 258mg  
• calc. 27mg • fiber 2g*

\*Boursin® cheese is a triple-cream cheese that is white and smooth, with a creamy, buttery texture. It is most often flavored with herbs, garlic or pepper. It can be found in the specialty cheese section of

most well-stocked grocery stores or in gourmet food markets.

*Boursin® is a registered trademark owned by the Société de la Fromagerie Boursin Corp.*

## TWICE-BAKED POTATOES WITH PARMESAN

Makes 8 servings

- 8 baking potatoes (8 ounces each), scrubbed**
- 2 teaspoons olive oil**
- 2 tablespoons unsalted butter**
- 1 cup chopped onion (about 3 ounces)**
- ½ teaspoon kosher salt, divided**
- ¼ teaspoon freshly grated black pepper, divided**
- 1 cup part skim ricotta cheese**
- 1 cup shredded provolone cheese (4 ounces)**
- ½ cup freshly grated Parmesan cheese**
- 1 tablespoon Italian herb blend**

Preheat oven to 400°F. Pierce each potato several times with a fork or a knife tip; rub each potato with ¼ teaspoon of the olive oil. Bake the potatoes in preheated oven until fork-tender, about 1 hour. While potatoes are baking, prepare onion mixture, following. Remove potatoes from oven and place on a rack until cool enough to handle. Reduce oven temperature to 375°F.

**Onion Mixture:** Melt butter over medium heat in an 8-inch skillet, add chopped onions and sauté until softened, 10 minutes. Season with ¼ teaspoon salt and ½ teaspoon pepper. Reduce heat to low and cook for 30-40 minutes, or until nicely browned and caramelized. Reserve.

When potatoes are cool enough to handle, cut off the top ⅓ of each potato and scoop all the flesh from tops. Scoop out bottoms leaving a ¼-inch shell, reserving potato skin shells. Place the potato pulp in a large mixing bowl.

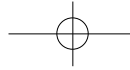
Using Speed 3, add ricotta to potatoes and mix for 1 minute. Add onions, mix on Speed 2 for 1 to 2 minutes or until well mixed. Add provolone, Parmesan, Italian herb blend, remaining salt and pepper, and mix 30 seconds on Speed 1 or until incorporated.

Divide the mixture among the reserved potato shells. Potatoes may be made up to this point, covered and refrigerated until ready to bake.

Arrange the potatoes on a jelly roll pan that has been lined with aluminum foil. Bake uncovered, until potatoes are hot and tops are golden brown and puffed, about 30-35 minutes (add 5-10 minutes for cold potatoes). Serve hot.

*Nutritional information per serving:*

*Calories 301 (47% from fat) • carb. 25g • pro. 16g  
• fat 16g • sat. fat 9g • chol. 41mg • sod. 548mg  
• calc. 401mg • fiber 2g*



## PARMESAN PEPPER BISCOTTI WITH WALNUTS

These biscotti are a perfect companion to a glass of red wine.

Makes about 3 dozen

- 2½ cups all purpose flour**
- 1 teaspoon salt**
- 1 teaspoon baking powder**
- ¼ cup butter, room temperature**
- ¼ cup extra virgin olive oil**
- 1½ tablespoon sugar**
- 1½ cup Parmigiano Reggiano, grated**
- 4 eggs, divided**
- ¼ cup milk**
- 2½ teaspoons, rosemary fresh chopped**
- ½ cup walnuts, toasted**
- kosher salt (optional)**

Preheat oven to 350°F.

Place flour, salt, pepper, and baking powder in a small mixing bowl and set aside.

In a large mixing bowl beat the butter with the olive oil using Speed 2. Add the sugar and Parmesan and mix on Speed 3 until the consistency is smooth. Add 3 of the eggs, one at a time, mixing until each egg is incorporated before adding the next. Slowly add dry ingredients in 3 additions, mixing on low speed. Once all the dry ingredients are incorporated, add milk in a slow stream while the mixer is running. The mixture should resemble a soft dough. Finally mix in the rosemary and walnuts.

Turn dough out onto lightly floured surface and knead with your hands for a few minutes. Cut dough into 2 equal pieces, shaping each into 12x2x1-inch logs. Place on baking sheet with parchment. Beat final egg with 1 tablespoon of water and brush all over logs, and if you wish, sprinkle the tops with kosher salt.

Bake for 35-40 minutes until golden.

Remove from oven and slice the logs with a serrated knife into ¼-¼" slices. Return slices to baking sheet and bake for an additional 35 minutes on bottom rack of oven, flipping the biscotti halfway through baking so both sides are golden. Transfer to a wire rack and cool. When completely cooled, place in an airtight container to store.

*Nutritional information per serving:*  
*Calories 94 (53% from fat) • carb. 8g • pro. 3g*  
*• fat 6g • sat. fat 2g • chol. 30mg • sod. 148mg*  
*• calc. 57mg • fiber 0g*

## GORGONZOLA SOUFFLÉ

Makes one 8-cup soufflé

- ¾ cup walnuts, toasted and ground**
- 5 eggs, whites and yolks separated into two mixing bowls**
- 5 tablespoons unsalted butter**
- ½ cup all-purpose flour**
- 1½ cup milk**
- 1 cup gorgonzola cheese, crumbled**
- ½ teaspoon salt**

- ¼ teaspoon fresh ground pepper**
- ½ cup shredded mozzarella**

Preheat oven to 350°F. Butter an eight-cup soufflé dish well and coat with toasted, ground walnuts, set aside.

Place egg yolks in a small bowl, beat using Speed 1 for 30 seconds; reserve.

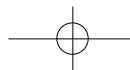
Melt butter in a saucepan. Add flour and stir with a wooden spoon until smooth and cook over medium heat for 2 minutes, stirring occasionally. Mix on Speed 1 while adding the milk, about 1½ minutes, beating until smooth. Cook slowly allowing the mixture to thicken, while mixing on Speed 2 until the mixture becomes smooth and thick, approximately 5 minutes total. Add Gorgonzola and mozzarella and stir until melted and smooth. Remove from heat.

While mixing egg yolks on Speed 1, spoon a small amount of hot cheese mixture into the yolks and mix until smooth. Continue adding the warm cheese mixture slowly to the yolks, while mixing (the mozzarella will be stringy).

Using chef's whisk, beat the egg whites until soft peaks form, about 1½ minutes on Speed 5.

Fold the whites into the yolk/cheese mixture in three increments with the beater attachment set to the lowest speed.

Pour into prepared soufflé dish and bake in the middle of oven until puffed over the rim of soufflé dish and golden, approximately 40-45 minutes. Serve immediately.



*Nutritional information per serving:*  
*Calories 207 (70% from fat) • carb. 7g • pro. 8g*  
*• fat 16g • sat. fat 7g • chol. 118mg • sod. 315mg*  
*• calc. 139mg • fiber 0g*

## SOUFFLÉ ROLL WITH CHICKEN AND SPINACH FILLING

Although this recipe may be slightly time-consuming, the results are well worth it for a perfect luncheon or brunch dish.

Makes 12 servings

**cooking spray**  
**4 tablespoons unsalted butter**  
**½ cup unbleached all-purpose flour**  
**2 cups whole milk**  
**5 large eggs, separated**  
**½ teaspoon salt**  
**white pepper**

Preheat oven to 400°F. Prepare jellyroll pan by spraying the pan and dusting with flour to cover surface, discarding any excess. Line with a sheet of parchment paper.

Melt butter over medium low heat in a 2¼ quart saucepan. Add flour and stir with a wooden spoon, creating a roux – do not brown. Mix on Speed 1 while adding the milk in a stream. Mix until smooth and blended, about 30 seconds. Stir in salt and pepper. Let the mixture warm slowly, allowing it to thicken, about 2 minutes, stirring occasionally. This makes a béchamel sauce.

While the béchamel is thickening, mix the yolks in a mixing bowl until smooth. Return the beaters to the béchamel on the stove and mix for about 2 minutes until the mixture is very thick and smooth. Very carefully, spoon about ½ cup of the béchamel into the yolks while mixing so that they will be tempered (this will keep them from curdling when added to the hot sauce). Continue adding the béchamel in small additions to the yolks until the mixture is fully incorporated.

Using the chef's whisk beat the egg whites until soft peaks form using Speed 5 for 1½ minutes.

Fold the whites carefully into yolk mixture in 3 increments using the beaters on the Speed 1, taking care to scrape the sides and bottom of the bowl. Finally, use a rubber spatula to incorporate the mixture fully (scraping sides and bottom of bowl). Pour batter into prepared jellyroll pan and gently spread evenly in the pan.

Bake for 20–25 minutes until the soufflé roll is evenly browned. Remove from oven and cover with wet paper towels to keep moist until you are ready to fill and roll.

### To finish soufflé roll:

With a rubber spatula spread the filling so that the surface area is evenly covered. Using the parchment as a guide, roll the soufflé lengthwise to resemble a log. Serve immediately or wrap and refrigerate. Before serving, warm slowly wrapped in buttered aluminum at 350°F for 20 minutes.

*Nutritional information for soufflé roll, no filling per serving:*  
*Calories 109 (61% from fat) • carb. 6g • pro. 5g*  
*• fat 7g • sat. fat 4g • chol. 104mg • sod. 144mg*  
*• calc. 60mg • fiber 0g*

## CHICKEN AND SPINACH FILLING FOR SOUFFLÉ ROLL

Makes 6 cups

**8 cups of chicken stock**  
**4 cups of vermouth**  
**5 peeled fresh garlic cloves, smashed**  
**1 sprig fresh basil**  
**1½ pounds of chicken breast**  
**3 tablespoons unsalted butter**  
**½ cup onion, chopped**  
**3 cloves fresh garlic, minced**  
**4 cups fresh mushrooms, sliced**  
**2 10-ounce frozen packages spinach, thawed, excess water squeezed out**  
**½ teaspoon salt**  
**¼ teaspoon freshly ground nutmeg**  
**8 ounces cream cheese**  
**2 ounces mozzarella, shredded**

Bring chicken stock, vermouth, garlic cloves and basil to a boil. Reduce to a simmer; add chicken and poach until just cooked through, about 25–30 minutes. Remove from poaching liquid and cut into ½-inch pieces; reserve.

While chicken is poaching, melt butter in a large sauté pan. Add onion and minced

garlic and sweat for about 5 minutes. Add mushrooms and sauté for another 5-8 minutes until mushrooms are soft. Mix in spinach and continue cooking on low heat. Mix in salt, nutmeg, chicken, cream cheese, and mozzarella.

Adjust seasoning to taste. If not using immediately, place in a resealable container and refrigerate.

*Nutritional information per ½ cup serving:  
Calories 258 • carb. 7g • pro. 20g • fat 12g  
• sat. fat 6g • chol. 64mg • sod. 598mg  
• calc. 110mg • fiber 2g*

## Cuisinart® PowerSelect™ 7 Speed Electronic Hand Mixer

### LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on the Cuisinart® PowerSelect™ 7-Speed Electronic Hand Mixer. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® PowerSelect™ 7-Speed Electronic Hand Mixer that was purchased at retail for personal, family or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® PowerSelect™ 7-Speed Electronic Hand Mixer will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

We suggest that you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration is not a condition of these warranties.

If your Cuisinart® PowerSelect™ 7-Speed Electronic Hand Mixer should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, please call our

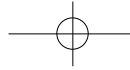
Consumer Service Center toll-free at 1-800-726-0190 or write to:

Cuisinart  
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East Windsor, NJ 08520

To facilitate the speed and accuracy of your return, please also enclose \$10.00 for shipping and handling of the product (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions). Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by check or money order.

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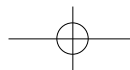
California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart® products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options does not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or,

if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

#### BEFORE RETURNING YOUR CUISINART® PRODUCT

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