

TORRENTTM BLENDER RECIPES



KitchenAid®

TORRENT™ BLENDER RECIPES

KitchenAid®

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Pictured on the front cover: Pineapple Crush (page 110).

Pictured on the back cover (left to right, top to bottom): Mini Meatballs with Red Pepper Dipping Sauce (page 28), Carrot and Coriander Soup (page 46), Warm Steak Salad with Mustard Dressing (page 60), Maple Sweet Potato Cheesecake Pies (page 84), Pineapple Crush (page 110), Pumpkin Pie Milkshake (page 142), Spinach Cucumber Juice (page 155), Espresso Shake (page 167) and Eggnog (page 188).

Manufactured in China.

8 7 6 5 4 3 2 1

WARNING: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery and may cause health problems. If you drink, do not drive.

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TORRENT™ BLENDER RECIPES

Take your culinary creativity to new heights with the KitchenAid® Torrent™ Blender and almost 100 new recipes that will inspire and delight; each recipe has been thoroughly tested and earned the KitchenAid® Official Recipe Seal of Approval. From smoothies and juices, to soups and sauces, each recipe has been developed with the freshest ingredients guaranteed to please each and every palette.

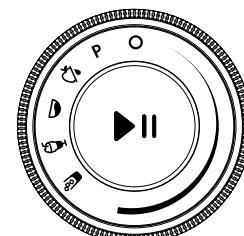
Blend an energizing soy walnut shake, followed by a refreshing bowl of chilled cucumber soup. Wow your family for dinner with grilled strip steaks and a fresh chimichurri sauce. Or take it to the next level and entertain an entire dinner party with

a spread of tempting appetizers like Spanish tapas potatoes and southern crab cakes with homemade rémoulade sauce.

Power. Beauty. Simplicity. The KitchenAid® Torrent™ Blender was designed to make, to create, and to look good doing it. Hot soups? Sure. Nut butters? Why not. Extra-thick milkshakes? Of course. Whether you're looking for healthy, decadent, basic or experimental, just add your ingredients and push the button. We'll take it from there.

On the pages to follow within this introduction you will find a set of delightful Starter Recipes.

PRE-SET RECIPE PROGRAMS



OFF



SOUPS/
SAUCES

PULSE



MILKSHAKES

JUICE



ICY DRINKS/
SMOOTHIES



LEMONY HOMEMADE RANCH DRESSING

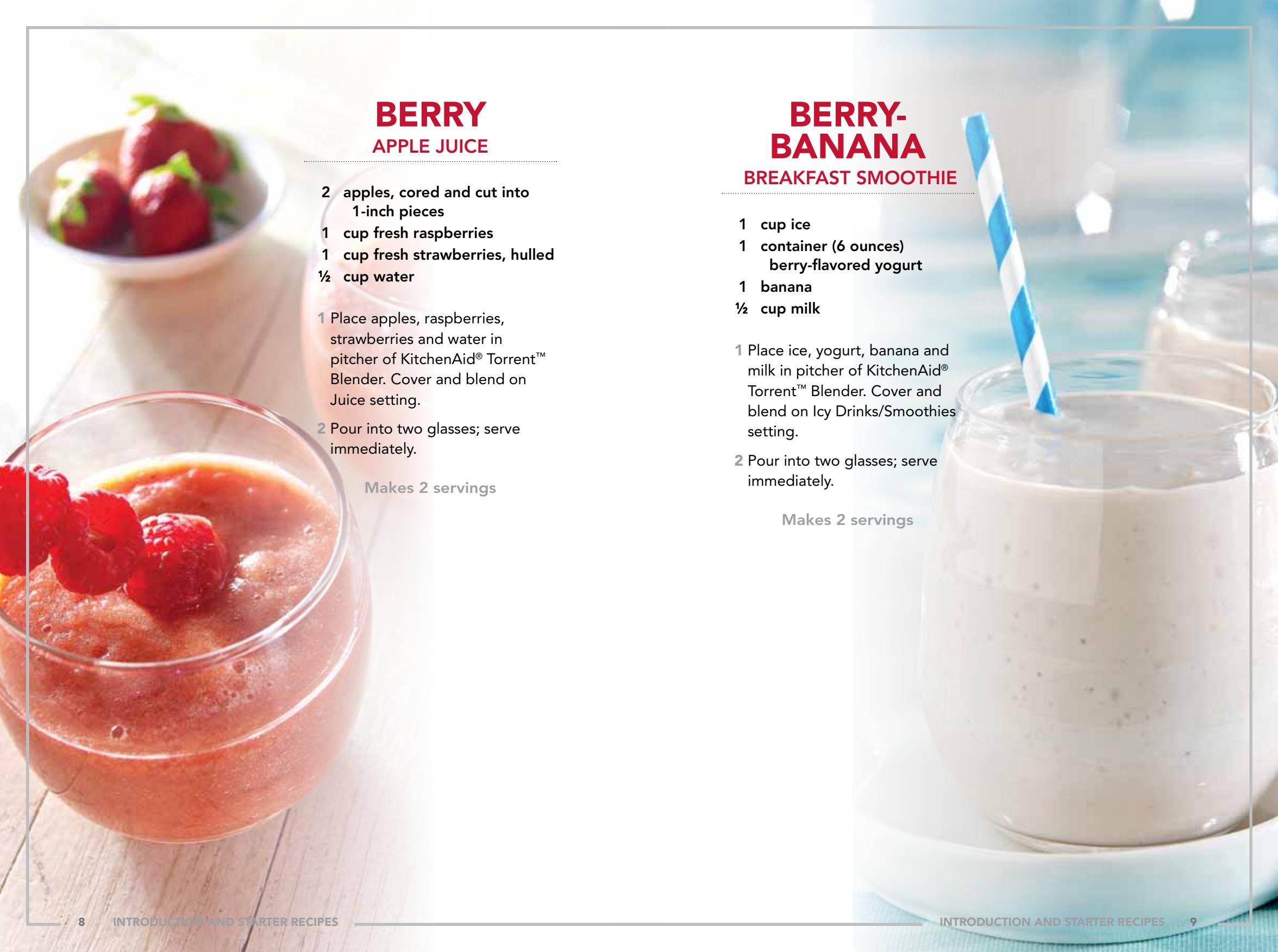
$\frac{3}{4}$ cup buttermilk
 $\frac{1}{2}$ cup homemade mayonnaise (page 30) or prepared mayonnaise
 $\frac{1}{4}$ cup sour cream
1 tablespoon fresh lemon juice
1 teaspoon grated lemon peel
1 clove garlic
1 tablespoon chopped fresh chives
1 tablespoon chopped fresh basil
1 tablespoon fresh dill leaves
 $\frac{1}{2}$ teaspoon salt

- 1 Combine buttermilk, mayonnaise, sour cream, lemon juice, lemon peel, garlic, chives, basil, dill and salt in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting.
- 2 Store dressing in airtight jar or container in the refrigerator.

Makes about 2 cups dressing

Lemony Ranch Dip: For a thicker dressing perfect for dipping, increase sour cream to $\frac{1}{2}$ cup and decrease buttermilk to $\frac{1}{4}$ cup.





BERRY-APPLE JUICE

- 2 apples, cored and cut into 1-inch pieces
1 cup fresh raspberries
1 cup fresh strawberries, hulled
½ cup water
- 1 Place apples, raspberries, strawberries and water in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
2 Pour into two glasses; serve immediately.

Makes 2 servings

BERRY-BANANA BREAKFAST SMOOTHIE

- 1 cup ice
1 container (6 ounces) berry-flavored yogurt
1 banana
½ cup milk
- 1 Place ice, yogurt, banana and milk in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
2 Pour into two glasses; serve immediately.

Makes 2 servings



SAVORY PUMPKIN HUMMUS

- 1 can (15 ounces) solid-pack pumpkin
6 tablespoons water
 $\frac{1}{4}$ cup fresh lemon juice
3 tablespoons chopped fresh parsley, plus additional for garnish
3 tablespoons tahini
2 cloves garlic
1 teaspoon ground cumin
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon freshly ground black pepper
Dash of ground red pepper, plus additional for garnish
Assorted vegetable sticks

- 1 Place pumpkin, water, lemon juice, 3 tablespoons parsley, tahini, garlic, cumin, salt, black pepper and dash of red pepper in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting.
- 2 Transfer to serving bowl; serve immediately or cover and refrigerate 2 hours to allow flavors to blend.
- 3 Sprinkle with additional red pepper and parsley, if desired. Serve with vegetable sticks.

Makes 1½ cups hummus

CHILLED CUCUMBER SOUP

- 1 large cucumber, peeled, seeded and coarsely chopped
 $1\frac{1}{4}$ cups reduced-sodium vegetable or chicken broth
 $\frac{3}{4}$ cup plain Greek yogurt
 $\frac{1}{4}$ cup packed fresh dill
 $\frac{1}{2}$ teaspoon salt (optional)
 $\frac{1}{8}$ teaspoon freshly ground white pepper (optional)
4 fresh dill sprigs

- 1 Place cucumber, broth, yogurt and $\frac{1}{4}$ cup dill in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting.
- 2 Taste and add salt and pepper, if desired; blend on low speed 5 seconds.
- 3 Transfer mixture to pitcher or large bowl. Cover and refrigerate at least 2 hours or up to 24 hours. Ladle into bowls; garnish with dill sprigs.

Makes 4 servings

VANILLA MILKSHAKE

2 cups French vanilla ice cream

1 cup milk

½ teaspoon vanilla

Whipped cream (recipe follows, optional)

1 Place ice cream, milk and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.

2 Pour into two glasses; garnish with whipped cream. Serve immediately.

Makes 2 servings

Whipped Cream: Place 1 cup cold heavy cream and 2 tablespoons powdered sugar in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed 15 to 20 seconds or until thickened and whipped cream holds soft peaks.





APPETIZERS AND SMALL PLATES

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FALAFEL NUGGETS

2½ cups tomato sauce
¼ cup tomato paste
⅓ cup plus 2 tablespoons fresh lemon juice, divided
2 teaspoons sugar
1 teaspoon onion powder
1 teaspoon salt, divided
2 cans (about 15 ounces each) chickpeas
1 cup whole wheat flour
½ cup chopped fresh parsley
1 egg
¼ cup minced onion
3 cloves garlic
2 teaspoons ground cumin
½ teaspoon ground red pepper or red pepper flakes
½ cup canola oil

- 1 Combine tomato sauce, tomato paste, 2 tablespoons lemon juice, sugar, onion powder and ½ teaspoon salt in medium saucepan. Simmer over medium-low heat 20 minutes; keep warm.
- 2 Drain chickpeas, reserving ¼ cup liquid. Place chickpeas, reserved ¼ cup liquid, flour, parsley, remaining ⅓ cup lemon juice, egg, minced onion, garlic, cumin, remaining ½ teaspoon salt and red pepper in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed 1 minute or until well blended, stopping once to scrape sides.
- 3 Spray baking sheet with nonstick cooking spray. Shape chickpea mixture into 36 (1-inch) balls; place 1 inch apart on prepared baking sheet. Refrigerate 15 minutes. Preheat oven to 400°F.
- 4 Heat oil in large nonstick skillet over medium-high heat to 350°F. Fry falafel in batches until browned. Place on baking sheet; bake 15 to 20 minutes or until heated through. Serve with warm sauce.

Makes 12 servings



SPICED APPLE BUTTER

2 pounds Granny Smith or any tart apples, peeled, cored and chopped (about 6½ cups)

1 cup apple juice or cider

¼ cup packed dark brown sugar

1 tablespoon fresh lemon juice

½ teaspoon ground cinnamon

⅛ teaspoon ground ginger

⅛ teaspoon ground cloves

1 Combine apples and apple juice in large saucepan; bring to a boil over medium heat. Reduce heat; simmer 30 minutes or until apples are very tender.

2 Transfer apple mixture to pitcher of KitchenAid® Torrent™ Blender. Blend on medium-high speed 30 seconds or until smooth. Return to saucepan; stir in brown sugar, lemon juice, cinnamon, ginger and cloves.

3 Bring to a boil over medium heat. Reduce heat to low; simmer 25 minutes or until thickened, stirring and scraping bottom and sides of saucepan frequently. Cool completely.

4 Store in airtight container in refrigerator up to 1 month.

Makes 2 cups apple butter

Serving Suggestion: Serve with crackers, scones, muffins or toast.



CREAMY CASHEW SPREAD

- 1 cup raw cashews
- 2 tablespoons fresh lemon juice
- 1 tablespoon tahini
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 teaspoons minced fresh herbs, such as basil, parsley or oregano (optional)
- Melba toast, crackers, pita chips or pretzel crisps

- 1 Rinse cashews and place in medium bowl. Cover with water by at least 2 inches. Soak at least 4 hours or overnight. Drain cashews, reserving soaking water.
- 2 Place cashews, 2 tablespoons reserved water, lemon juice, tahini, salt and pepper in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed 2 minutes or until smooth, stopping once to scrape sides. Add additional water, 1 tablespoon at a time, until desired consistency is reached.
- 3 Cover and refrigerate until ready to serve. Stir in herbs, if desired, just before serving. Serve with Melba toast.

Makes about ½ cup spread



PARMESAN FRENCH FRIES

WITH ROSEMARY DIPPING SAUCE

3 medium baking potatoes (8 ounces each)
1 tablespoon olive oil
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{8}$ teaspoon freshly ground black pepper
 $\frac{1}{4}$ cup shredded Parmesan cheese
 $\frac{1}{2}$ cup homemade mayonnaise (page 30) or prepared mayonnaise
1 teaspoon chopped fresh rosemary or $\frac{1}{2}$ teaspoon dried rosemary
 $\frac{1}{2}$ teaspoon grated lemon peel
1 clove garlic, crushed

- 1 Preheat oven to 425°F. Cut each potato lengthwise into 12 wedges; place in medium bowl. Add olive oil, salt and pepper; toss to coat. Spread on baking sheet in single layer.
- 2 Bake 20 minutes; turn potatoes. Bake 10 minutes. Push potatoes together on baking sheet. Sprinkle cheese over potatoes; bake 5 minutes or until cheese is melted and potatoes are tender.
- 3 Meanwhile, place mayonnaise, rosemary, lemon peel and garlic in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed 10 to 20 seconds or until smooth. Serve with potatoes.

Makes 4 servings



SPANISH TAPAS POTATOES (PATATAS BRAVAS)

2½ pounds small red potatoes, quartered
⅓ cup plus 2 tablespoons olive oil, divided
1¼ teaspoons coarse salt, divided
½ teaspoon dried rosemary
1 can (about 14 ounces) diced tomatoes
2 tablespoons red wine vinegar
3 cloves garlic
1 tablespoon chili powder
1 tablespoon paprika
¼ teaspoon chipotle chili powder
⅛ to ¼ teaspoon ground red pepper

- 1 Preheat oven to 425°F. Combine potatoes, 2 tablespoons olive oil, 1 teaspoon salt and rosemary in large bowl; toss to coat. Spread in large shallow baking pan.
- 2 Roast 35 to 40 minutes or until crisp and brown, turning every 10 minutes.
- 3 Meanwhile, place tomatoes, remaining ⅓ cup olive oil, vinegar, garlic, chili powder, paprika, remaining ¼ teaspoon salt, chili powder and red pepper in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed 20 to 30 seconds or until smooth. Transfer to small saucepan. Cover and cook over medium-high heat 5 minutes or until slightly thickened. Cool slightly.
- 4 Drizzle sauce over potatoes or serve sauce in separate bowl for dipping.

Makes 10 to 12 servings

Note: Sauce can be made a day in advance. Cover and refrigerate. Bring to room temperature or reheat before serving.



ROASTED VEGETABLE PISTO

- 1 medium zucchini, cut into 1-inch pieces
- 2 plum tomatoes, halved and seeded
- 1 red bell pepper, cut into 1-inch pieces
- 1 onion, quartered
- 4 cloves garlic
- 2 tablespoons olive oil
- Salt and freshly ground black pepper
- 1 tablespoon sherry vinegar or red wine vinegar
- ½ teaspoon ground red pepper
- Toasted French bread slices
- Cut-up vegetables

- 1 Preheat oven to 350°F. Combine zucchini, tomatoes, bell pepper, onion, garlic, olive oil, salt and black pepper in large bowl; toss to coat. Spread on baking sheet in single layer.
- 2 Roast 45 to 55 minutes or until vegetables are softened and beginning to brown.
- 3 Place roasted vegetables, vinegar and red pepper in pitcher of KitchenAid® Torrent™ Blender. Cover and pulse until desired texture is reached. Transfer to serving bowl; let stand 30 minutes to allow flavors to blend. Serve cold or at room temperature with toasted bread and vegetables.

Makes 2½ cups spread



MINI MEATBALLS WITH RED PEPPER DIPPING SAUCE

- 1 jarred roasted red pepper
- $\frac{1}{4}$ cup homemade mayonnaise (page 30) or prepared mayonnaise
- 2 cloves garlic, divided
- $\frac{1}{8}$ teaspoon red pepper flakes
- $\frac{1}{4}$ pound ground beef
- $\frac{1}{4}$ pound ground pork
- 1 cup plain dry bread crumbs, divided
- 1 shallot, minced
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- 1 egg, beaten
- $\frac{1}{4}$ cup vegetable oil

- 1 Place roasted red pepper, mayonnaise, 1 clove garlic and red pepper flakes in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed 20 seconds or until smooth. Transfer to small bowl; set aside.
- 2 Mince remaining clove garlic. Combine ground beef, ground pork, $\frac{1}{4}$ cup bread crumbs, shallot, minced garlic, salt and black pepper in medium bowl. Add egg; gently mix just until blended.
- 3 Place remaining $\frac{3}{4}$ cup bread crumbs in shallow bowl. Shape meat mixture into 32 (1-inch) meatballs; roll in bread crumbs.
- 4 Heat oil in large skillet over medium-high heat. Cook meatballs in batches 8 minutes or until browned on all sides and cooked through (160°F), turning frequently. Drain on paper towel-lined plate. Serve with sauce.

Makes about 32 meatballs



TARRAGON HORSERADISH AIOLI

3 tablespoons homemade mayonnaise (recipe follows) or prepared mayonnaise
3 tablespoons sour cream
1 tablespoon extra virgin olive oil
2 teaspoons prepared horseradish
2 teaspoons milk
1 clove garlic
1 teaspoon Dijon mustard
 $\frac{1}{4}$ teaspoon dried tarragon
 $\frac{1}{8}$ teaspoon salt

- 1 Place all ingredients in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed 20 to 30 seconds or until smooth.
- 2 Refrigerate until ready to serve.

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

Tip: Serve with steamed asparagus, cut-up vegetables or roasted potatoes.

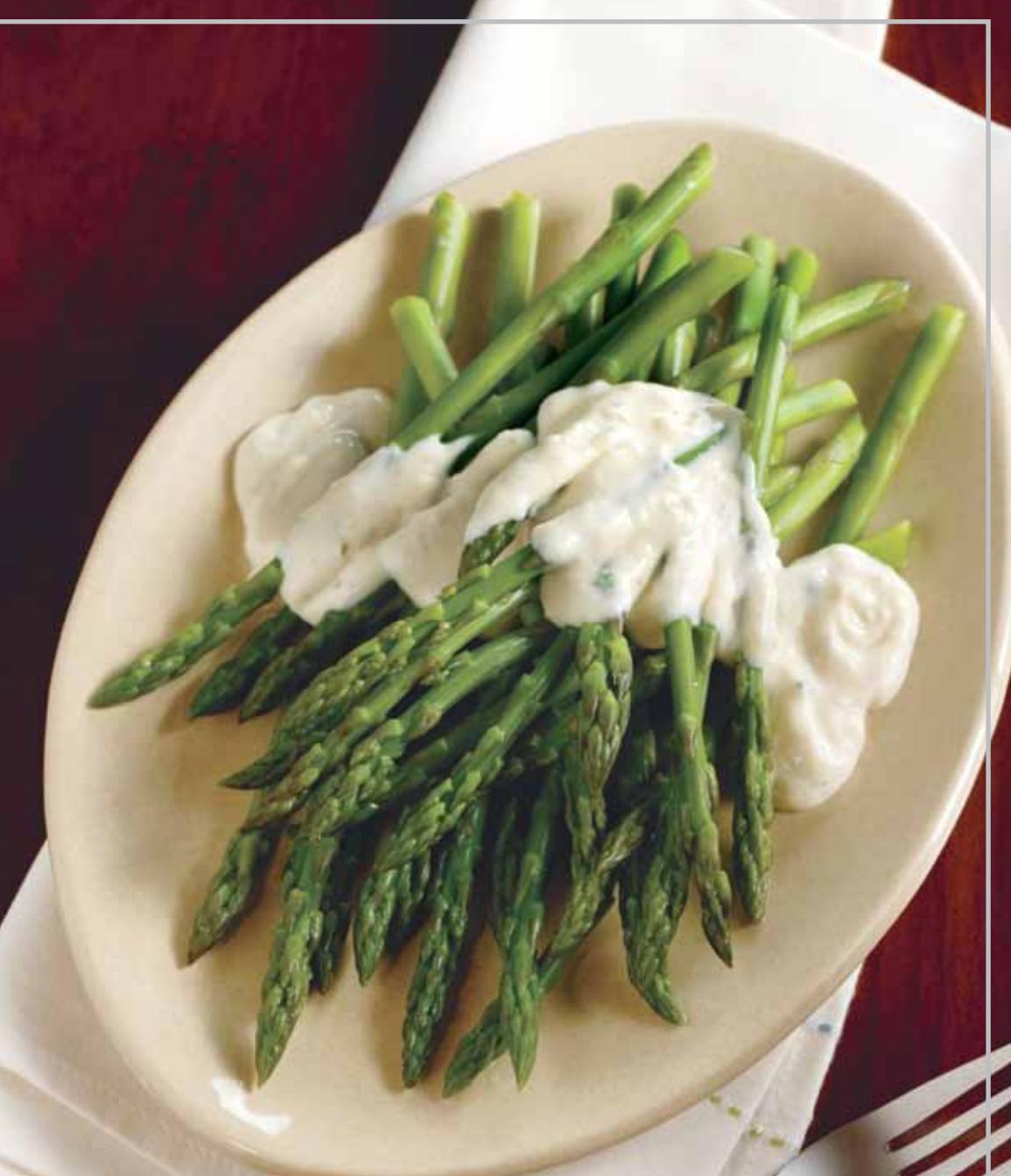
HOMEMADE MAYONNAISE

3 egg yolks
 $\frac{1}{4}$ cup fresh lemon juice
1 tablespoon cider vinegar
1 teaspoon salt
 $\frac{1}{4}$ teaspoon ground mustard
2 cups vegetable or olive oil

- 1 Place egg yolks, lemon juice, vinegar, salt and mustard in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on low speed 5 to 10 seconds or until combined.

- 2 While blending on medium speed, add oil by droplets through top until emulsion forms. Add remaining oil in thin steady stream, blending until mixture is thick and pale and oil is completely absorbed (about 2 minutes total).

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



ROASTED EGGPLANT SPREAD

1 eggplant (about 1 pound)
1 medium tomato, stem end trimmed
1 tablespoon fresh lemon juice
1 tablespoon chopped fresh basil or 1 teaspoon dried basil
2 teaspoons chopped fresh thyme or $\frac{3}{4}$ teaspoon dried thyme
1 clove garlic
 $\frac{1}{4}$ teaspoon salt
1 tablespoon extra virgin olive oil
Pita bread or focaccia, cut into wedges

- 1 Preheat oven to 400°F.
- 2 Pierce eggplant with fork in several places; place in baking pan. Roast 10 minutes. Add tomato to baking pan. Roast vegetables 40 minutes. Let stand until cool enough to handle. Peel eggplant and tomato.
- 3 Place eggplant, tomato, lemon juice, basil, thyme, garlic and salt in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed until well blended. While blending on medium speed, add olive oil in thin steady stream through top and blend 5 to 10 seconds or until well blended. Refrigerate at least 3 hours or overnight.
- 4 Serve spread with pita bread.

Makes 10 servings



HOT AND SPICY MUSTARD

1/4 cup water
1/4 cup whole yellow mustard seeds
1/4 cup honey
3 tablespoons cider vinegar
2 tablespoons ground mustard
1 teaspoon salt
1/8 teaspoon ground cloves

- 1 Bring water to a boil in small saucepan over high heat. Add mustard seeds. Remove from heat. Cover and let stand 1 hour or until liquid is absorbed.
- 2 Place mustard seeds, honey, vinegar, ground mustard, salt and cloves in pitcher of KitchenAid® Torrent™ Blender. Cover and pulse 1 minute or until mixture is thickened and mustard reaches desired consistency, stopping once to scrape sides. Transfer mustard to jar; cover and refrigerate at least 1 day before serving. Store in refrigerator up to 3 weeks.

Makes about 1 cup



SOUPS

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DOUBLE PEA SOUP

- 1 tablespoon canola or vegetable oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 6 cups water or vegetable broth*
- 2 cups dried split peas
- 1 bay leaf
- 1 teaspoon ground mustard
- 1½ cups frozen green peas
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- Sour cream (optional)

*If using broth, reduce the amount of salt to ¼ teaspoon. Taste and add more, if desired.

- 1 Heat oil in large saucepan over medium-high heat. Add onion; cook 5 minutes or until tender, stirring occasionally. Add garlic; sauté 1 minute.
- 2 Add water, split peas, bay leaf and mustard; bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 45 minutes or until split peas are tender, stirring occasionally and adding additional water if necessary.
- 3 Stir in green peas, salt and pepper; cover and simmer 10 minutes or until green peas are tender. Remove and discard bay leaf.
- 4 Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Swirl a dollop of sour cream into each serving, if desired.

Makes 4 to 6 servings

Variation: For a smoky flavor, add a dried chipotle pepper during the last 5 minutes of cooking. Remove the pepper before blending.



BUTTERNUT SQUASH AND MILLET SOUP

1 red bell pepper
1 tablespoon canola or vegetable oil
 $2\frac{1}{4}$ cups diced peeled butternut squash or 1 (10-ounce) package thawed frozen diced butternut squash
1 red onion, chopped
1 teaspoon curry powder
 $\frac{1}{2}$ teaspoon smoked paprika
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon freshly ground black pepper
2 cups reduced-sodium chicken broth
1 $\frac{1}{2}$ cups chopped cooked chicken
1 cup cooked millet

- 1 Preheat broiler. Broil bell pepper 3 to 5 inches from heat source, turning often with tongs until blistered and charred on all sides. Transfer to paper or plastic bag; close bag and let stand 15 to 20 minutes to loosen skin. Remove loosened skin with paring knife. Cut off top and scrape out seeds. Coarsely chop pepper.
- 2 Heat oil in large saucepan over high heat. Add butternut squash, bell pepper and onion; sauté 5 minutes. Add curry powder, paprika, salt and black pepper. Stir in broth; bring to a boil. Cover and cook 7 to 10 minutes or until vegetables are tender.
- 3 Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Return soup to saucepan. Stir in chicken and millet; cook over medium-low heat until heated through.

Makes 6 servings



CURRIED PARSNIP SOUP

1½ pounds parsnips, peeled and cut into 2-inch pieces
1 tablespoon olive oil
1 tablespoon butter
½ medium yellow onion, chopped
1 stalk celery, diced
2 cloves garlic, minced
1½ teaspoons salt
1 teaspoon curry powder
¼ teaspoon grated fresh ginger
¼ teaspoon freshly ground black pepper
4 cups reduced-sodium chicken or vegetable broth
Chopped fresh chives (optional)

- 1 Preheat oven to 400°F. Line large baking sheet with foil. Combine parsnips and olive oil in large bowl; toss to coat. Spread in single layer on prepared baking sheet.
- 2 Bake 35 to 45 minutes or until parsnips are tender and lightly browned around edges, stirring once halfway through baking.
- 3 Melt butter in large saucepan over medium heat. Add onion and celery; sauté about 8 minutes or until onion is translucent and vegetables are tender. Add garlic, salt, curry powder, ginger and pepper; sauté 1 minute. Add parsnips and broth; bring to a boil over medium-high heat. Reduce heat to medium-low; cover and simmer 10 minutes.
- 4 Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Garnish with chives.

Makes 4 to 6 servings



SWEET POTATO BISQUE

1 pound sweet potatoes, peeled and cut into 2-inch pieces
¼ cup water, plus additional for cooking potatoes, divided
1 tablespoon butter
½ cup finely chopped onion
1 teaspoon curry powder
½ teaspoon ground coriander
¼ teaspoon salt
⅓ cup unsweetened apple juice
1 cup buttermilk
Chopped fresh chives (optional)

- 1 Place sweet potatoes in large saucepan; add enough water to cover. Bring to a boil over high heat. Cook 15 minutes or until potatoes are fork-tender. Drain; cool under cold running water.
- 2 Meanwhile, melt butter in small saucepan over medium heat. Add onion; sauté 2 minutes. Stir in curry powder, coriander and salt; sauté 1 minute or until onion is tender. Remove from heat; stir in apple juice.
- 3 Place sweet potatoes, buttermilk and onion mixture in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Return to saucepan; stir in remaining $\frac{1}{4}$ cup water. Cook over medium-low heat until heated through. Garnish with chives.

Makes 4 servings



CARROT AND CORIANDER SOUP

1/4 cup (1/2 stick) butter
4 cups grated carrots (about 1 pound)
1 cup finely chopped onion
3 cups vegetable or chicken broth
2 tablespoons fresh lemon juice
1½ teaspoons ground coriander
1½ teaspoons ground cumin
1 clove garlic, crushed
2 tablespoons finely chopped fresh cilantro
Salt and freshly ground black pepper

- 1 Melt butter in medium saucepan over medium-high heat. Add carrots and onion; sauté 5 minutes or until softened. Add broth, lemon juice, ground coriander, cumin and garlic. Bring to a boil over high heat. Reduce heat to low; cover and simmer 25 to 30 minutes.
- 2 Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Stir in cilantro and season with salt and pepper.

Makes 4 to 6 servings



CHILLED CANTALOUPE SOUP

½ medium to large cantaloupe, rind removed, seeded and cubed
¾ cup half-and-half
¼ cup plain Greek yogurt
Salt and freshly ground white pepper
Slivered cantaloupe (optional)

- 1** Place cubed cantaloupe, half-and-half and yogurt in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting.
- 2** Taste and season with salt and pepper; blend on low speed 5 seconds. Refrigerate until ready to serve. Garnish with slivered cantaloupe.

Makes 4 servings

Summer Honeydew Soup: Substitute ½ medium honeydew melon for cantaloupe.

Tip: This refreshing soup makes a great first course, light lunch or breakfast.



SHRIMP BISQUE

1/4 cup (1/2 stick) butter
1 pound medium raw shrimp, peeled, deveined and cut into 1/2-inch pieces
2 green onions, sliced, plus additional for garnish
1 clove garlic, minced
1/4 cup all-purpose flour
1 cup chicken broth
3 cups half-and-half, divided
2 tablespoons white wine
1/2 teaspoon salt
1/2 teaspoon grated lemon peel
Dash of ground red pepper
Whole shrimp (optional)

- 1** Melt butter in large saucepan over medium heat. Add chopped shrimp, 2 green onions and garlic; sauté until shrimp turn pink and opaque.
- 2** Stir in flour until well blended; cook just until bubbly. Stir in broth; cook until bubbly. Cook 2 minutes, stirring constantly.
- 3** Transfer shrimp mixture to pitcher of KitchenAid® Torrent™ Blender; add 1/2 cup half-and-half. Cover and blend on Soups/Sauces setting. Return to saucepan; stir in remaining 2 1/2 cups half-and-half, wine, salt, lemon peel and red pepper. Cook over medium-low heat until heated through. Garnish with whole shrimp and additional green onions.

Makes 4 servings



ITALIAN MUSHROOM SOUP

½ cup dried porcini mushrooms (about ½ ounce)
1 cup boiling water
1 tablespoon olive oil
2 cups chopped onions
8 ounces sliced cremini mushrooms, plus additional for garnish
2 cloves garlic, minced
¼ teaspoon dried thyme
¼ cup all-purpose flour
4 cups vegetable broth
½ cup heavy cream
½ cup Marsala wine (optional)
Salt and freshly ground black pepper

- 1** Place dried mushrooms in small bowl; pour boiling water over mushrooms. Let stand 15 minutes or until soft.
- 2** Meanwhile, heat olive oil in large saucepan over medium heat. Add onions; cook 5 minutes or until translucent, stirring occasionally. Add 8 ounces cremini mushrooms, garlic and thyme; cook 8 minutes, stirring occasionally. Stir in flour until blended; cook 1 minute, stirring constantly. Stir in broth and porcini mushrooms with soaking water. Bring to a boil. Reduce heat to medium-low; simmer 10 minutes.
- 3** Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Return to saucepan; stir in cream and wine, if desired. Cook over medium-low heat until heated through. Season with salt and pepper. Garnish with additional cremini mushrooms.

Makes 6 to 8 servings



CREAMY ROASTED POBLANO SOUP

6 large poblano peppers
1 tablespoon olive oil
¾ cup chopped onion
½ cup thinly sliced celery
½ cup thinly sliced carrots
1 clove garlic, minced
3½ cups vegetable or chicken broth
1 package (8 ounces) cream cheese, cubed
Salt and freshly ground black pepper

- 1 Preheat broiler. Line broiler pan or baking sheet with foil; place poblano peppers on baking sheet. Broil 5 to 6 inches from heat source 15 minutes or until blistered and beginning to char, turning occasionally with tongs. Place peppers in medium bowl; cover bowl with plastic wrap. Let stand 20 minutes to loosen skin. Remove loosened skin from peppers with paring knife. Cut off tops and scrape out seeds.
- 2 Meanwhile, heat olive oil in large saucepan over medium-high heat. Add onion, celery, carrots and garlic; sauté 4 minutes or until onion is translucent. Add broth; bring to a boil. Reduce heat to medium-low; cover and simmer 12 minutes or until celery is tender.
- 3 Transfer soup to pitcher of KitchenAid® Torrent™ Blender; add poblano peppers and cream cheese. Cover and blend on Soups/Sauces setting. Return to saucepan; cook over medium heat 2 minutes or until heated through. Season with salt and black pepper.

Makes 4 servings





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GRILLED STRIP STEAKS WITH CHIMICHURRI

Chimichurri (recipe follows)

4 bone-in strip steaks, about 1 inch thick (8 ounces each)

1 teaspoon ground cumin

$\frac{3}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

1 Prepare Chimichurri. Prepare grill for direct cooking; oil grid to prevent sticking. Sprinkle both sides of steaks with cumin, salt and pepper.

2 Grill steaks, covered, over medium-high heat 8 to 10 minutes for medium-rare or until desired doneness, turning once. Top with Chimichurri.

Makes 4 servings

CHIMICHURRI

$\frac{1}{2}$ cup packed fresh basil leaves

$\frac{1}{3}$ cup extra virgin olive oil

$\frac{1}{4}$ cup packed fresh parsley leaves

2 tablespoons packed fresh cilantro leaves

2 tablespoons fresh lemon juice

2 cloves garlic

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon grated orange peel

$\frac{1}{4}$ teaspoon ground coriander

$\frac{1}{8}$ teaspoon freshly ground black pepper

1 Place all ingredients in pitcher of KitchenAid® Torrent™ Blender.

2 Cover and blend on medium-high speed until pureed.

Makes about 1 cup



WARM STEAK SALAD WITH MUSTARD DRESSING

Mustard Dressing (recipe follows)

- 1 beef flank steak (about 1½ pounds)
- ¼ pound sugar snap peas or snow peas
- Salt and freshly ground black pepper
- Lettuce leaves
- 1 medium red onion, sliced and separated into rings
- 1 pint cherry tomatoes, halved

1 Prepare Mustard Dressing. Place steak in large resealable food storage bag; add ½ cup dressing. Seal bag; turn to coat. Marinate in refrigerator 15 to 30 minutes. Drain steak; discard marinade.

2 Meanwhile, bring lightly salted water to a boil in medium saucepan over medium heat. Add peas; cook 2 minutes. Drain.

3 Preheat broiler. Place steak on rack of broiler pan. Broil 4 inches from heat source 13 to 18 minutes for medium-rare to medium or until desired doneness, turning once. Season with salt and pepper.

4 Transfer steak to cutting board; let stand 5 minutes. Cut against the grain into thin slices.

5 Place lettuce on serving plates; top with onion, snow peas, tomatoes and steak. Drizzle with remaining dressing.

Makes 4 servings



MUSTARD DRESSING

- ¾ cup olive oil
- 3 tablespoons seasoned rice vinegar
- 1 tablespoon balsamic vinegar
- 1 tablespoon Dijon or coarse grain mustard
- ¼ teaspoon dried thyme
- Salt and freshly ground black pepper

1 Place olive oil, rice vinegar, balsamic vinegar, mustard and thyme in pitcher of KitchenAid® Torrent™ Blender.

2 Cover and blend on medium speed 30 seconds or until blended. Season with salt and pepper.

Makes about 1 cup dressing

CILANTRO-STUFFED CHICKEN BREASTS

1 cup packed fresh cilantro leaves
2 tablespoons olive oil
1 tablespoon plus 2 teaspoons soy sauce, divided
2 cloves garlic
4 skin-on boneless chicken breasts (about 5 ounces each)
1 tablespoon dark sesame oil

- 1 Preheat oven to 350°F. Place cilantro, olive oil, 2 teaspoons soy sauce and garlic in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed until paste forms.
- 2 Loosen skin from chicken breasts. Rub cilantro mixture all over chicken under skin, taking care not to puncture skin.
- 3 Place chicken on rack in shallow, foil-lined baking pan. Combine remaining 1 tablespoon soy sauce and sesame oil in small bowl. Brush half of mixture evenly over chicken.
- 4 Bake 25 minutes; brush remaining soy sauce mixture evenly over chicken. Bake 10 minutes or until no longer pink in center.

Makes 4 servings



FAGRANT BEEF WITH GARLIC SAUCE

1 boneless beef top sirloin steak (about 1¼ pounds)

½ cup teriyaki sauce

10 cloves garlic

½ cup beef broth

4 cups hot cooked white rice

1 Place beef in large resealable food storage bag; add teriyaki sauce. Seal bag; turn to coat. Marinate in refrigerator at least 30 minutes or up to 4 hours.

2 Meanwhile, combine garlic and broth in small saucepan. Bring to a boil over high heat. Reduce heat to medium. Simmer, uncovered, 5 minutes. Cover and simmer 8 to 9 minutes until garlic is softened. Transfer to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed 5 to 10 seconds or until smooth.

3 Preheat broiler. Drain beef; reserve marinade. Place beef on rack of broiler pan. Brush with half of reserved marinade. Broil 5 to 6 inches from heat 6 minutes. Turn beef; brush with remaining marinade. Broil 6 minutes or until desired doneness.

4 Transfer beef to cutting board; let stand 5 minutes. Cut against the grain into thin slices. Serve with garlic sauce and rice.

Makes 4 servings



FILLETS WITH MOLE VERDE

4 tablespoons vegetable oil, divided
¼ cup chopped white onion
1 to 2 jalapeño peppers, seeded and finely chopped
1 cup chopped husked fresh tomatillos or 1 can (8 ounces) tomatillos, drained and chopped
2 cloves garlic, minced
¼ teaspoon ground cumin
⅓ cup coarsely chopped fresh cilantro
½ cup plus 1 tablespoon water, divided
½ teaspoon salt, divided
⅓ cup all-purpose flour
⅛ teaspoon freshly ground black pepper
2 eggs
1½ to 2 pounds small red snapper fillets or skinless sole fillets
2 tablespoons butter

1 Heat 2 tablespoons oil in medium skillet over medium heat. Add onion and jalapeños; cook and stir 4 minutes or until softened. Add tomatillos, garlic and cumin; sauté 1 minute. Add cilantro, ⅓ cup water and ¼ teaspoon salt; bring to a boil over high heat. Reduce heat to low; cover and simmer 20 minutes. Transfer to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed until smooth. Return sauce to skillet; heat over low heat until hot. Keep warm.

2 Combine flour, remaining ¼ teaspoon salt and black pepper in shallow bowl. Beat eggs and remaining 1 tablespoon water in another bowl. Coat fish with flour mixture, then with egg mixture.

3 Heat butter and remaining 2 tablespoons oil in large skillet over medium-high heat until foamy. Cook fish in batches 4 to 8 minutes or until golden brown on outside and opaque in center, turning once. Serve fish with warm sauce.

Makes 4 to 6 servings



MEXICAN OMELET ROLL-UPS WITH AVOCADO SAUCE

8 eggs
2 tablespoons milk
 $\frac{3}{4}$ teaspoon salt, divided
1 tablespoon butter
1½ cups (6 ounces) shredded Monterey Jack cheese
1 large tomato, seeded and chopped
 $\frac{1}{4}$ cup chopped fresh cilantro
8 corn tortillas
1½ cups salsa (optional)
2 medium avocados, chopped
 $\frac{1}{4}$ cup sour cream
2 tablespoons finely chopped onion
1 jalapeño or serrano pepper, seeded and chopped (optional)
2 tablespoons lime juice, plus additional if necessary
 $\frac{1}{4}$ teaspoon minced garlic

- 1 Preheat oven to 350°F. Spray 13×9-inch baking dish with nonstick cooking spray.
- 2 Place eggs, milk and $\frac{1}{2}$ teaspoon salt in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed 30 seconds or until blended. Melt butter in large skillet over medium heat. Add egg mixture; cook 5 minutes or until eggs are set but still soft, turning to form large curds. Remove from heat. Stir in cheese, tomato and cilantro.
- 3 Spoon about $\frac{1}{3}$ cup egg mixture evenly down center of each tortilla. Roll up tortillas and place seam side down in prepared dish. Pour salsa evenly over tortillas, if desired.
- 4 Cover baking dish tightly with foil. Bake 10 to 15 minutes or until heated through.
- 5 Meanwhile, place avocados, sour cream, onion, jalapeño, if desired, 2 tablespoons lime juice, remaining $\frac{1}{4}$ teaspoon salt



and garlic in clean blender pitcher. Cover and blend on medium speed 30 seconds or until smooth, adding additional lime juice to reach desired consistency, if necessary. Serve with roll-ups.

Makes 8 servings

EGGS BENEDICT

WITH SMOKED SALMON AND HOLLANDAISE

4 English muffins, split and toasted
4 ounces sliced smoked salmon
8 tomato slices
½ cup (1 stick) butter
3 egg yolks
2 tablespoons lemon juice
¼ teaspoon salt
1 teaspoon white vinegar
8 eggs
2 tablespoons chopped fresh dill

- 1** Preheat oven to 200°F. Place two muffin halves, split side up, on each of four serving plates. Top with smoked salmon and tomato slices. Place plates in oven; turn off oven.
- 2** Melt butter in small saucepan over low heat; keep warm. Place egg yolks, lemon juice and salt in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed until smooth and thickened. While blending on medium speed, add butter in very thin steady stream through ingredient adder on top. Blend until thickened.
- 3** Fill large skillet with 2 inches of water; add vinegar and bring to a simmer over medium heat. Break 4 eggs into separate small bowls or ramekins. Hold close to surface of water; slip eggs into water. Cook about 3 minutes or until whites are completely set and yolks begin to thicken but are not hard. Remove eggs with slotted spoon; drain over paper towel. Place eggs on prepared muffins. Repeat with remaining eggs.
- 4** Top each serving with hollandaise and sprinkle with fresh dill; serve immediately.

Makes 4 servings



BAKED FISH WITH THAI PESTO

1½ cups lightly packed fresh basil leaves
1 cup lightly packed fresh cilantro leaves
4 green onions, coarsely chopped
¼ cup lightly packed fresh mint leaves
¼ cup roasted peanuts
1 to 2 jalapeño peppers, seeded and coarsely chopped
2 tablespoons chopped fresh ginger
2 tablespoons flaked coconut
2 tablespoons fresh lemon juice
3 cloves garlic
½ teaspoon grated lemon peel
½ teaspoon sugar
½ cup peanut oil
2 pounds boneless salmon or other fish fillets
Lemon and cucumber slices

- 1 Preheat oven to 375°F. Lightly oil baking sheet.
- 2 Place basil, cilantro, green onions, mint, peanuts, jalapeños, ginger, coconut, lemon juice, garlic, lemon peel and sugar in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-low speed until finely chopped, stopping once to scrape sides. While blending on medium speed, add oil in thin steady stream through ingredient adder on top. Blend 30 seconds or until well blended.
- 3 Rinse fish and pat dry with paper towels; place on prepared baking sheet. Spread pesto over each fillet.
- 4 Bake 10 minutes or just until fish begins to flake when tested with fork and center is opaque. Garnish with lemon and cucumber slices.

Makes 4 to 6 servings



SOUTHERN CRAB CAKES

WITH RÉMOULADE SAUCE

- ¾ cup** homemade mayonnaise (page 30) or prepared mayonnaise, divided
2 tablespoons coarse grain or spicy brown mustard, divided
¼ cup plus 1 tablespoon chopped green onions, divided
1 tablespoon fresh lemon juice
1 clove garlic
1 teaspoon hot pepper sauce, divided
¼ teaspoon salt
10 ounces fresh lump crabmeat
1½ cups fresh white or sourdough bread crumbs, divided
2 egg whites, lightly beaten
¼ cup olive oil, divided
Lemon wedges (optional)
- 1** Place $\frac{1}{2}$ cup mayonnaise, 1 tablespoon mustard, 1 tablespoon green onions, lemon juice, garlic, $\frac{1}{2}$ teaspoon hot pepper sauce and salt in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed 10 seconds or until well blended. Transfer to small bowl; set aside.
- 2** Preheat oven to 200°F. Pick out and discard any shell or cartilage from crabmeat. Combine crabmeat, $\frac{3}{4}$ cup bread crumbs and remaining $\frac{1}{4}$ cup green onions in medium bowl. Add egg whites and remaining $\frac{1}{4}$ cup mayonnaise, 1 tablespoon mustard and $\frac{1}{2}$ teaspoon hot pepper sauce; mix well. Shape mixture by $\frac{1}{4}$ cupfuls into eight $\frac{1}{2}$ -inch-thick cakes. Lightly coat with remaining $\frac{3}{4}$ cup bread crumbs.
- 3** Heat 2 tablespoons olive oil in large nonstick skillet over medium heat. Add four crab cakes; cook 4 to 5 minutes per side or until golden brown. Transfer to plate; keep warm in oven. Repeat with remaining 2 tablespoons oil and four crab cakes.
- 4** Serve crab cakes warm with rémoulade sauce and lemon wedges.

Makes 8 servings



CHILES RELLENOS

CASSEROLE

¾ cup all-purpose flour
¾ cup milk
3 eggs, separated
½ teaspoon salt
1 tablespoon butter
½ cup chopped onion
2 cans (7 ounces each) whole green chiles, drained
8 slices (1 ounce each) Monterey Jack cheese, halved
Salsa, sour cream and/or guacamole (optional)

- 1 Preheat oven to 350°F. Grease 13×9-inch baking dish.
- 2 Place flour, milk, egg yolks and salt in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed 10 to 20 seconds or until smooth. Place in large bowl; set aside.
- 3 Melt butter in small skillet over medium heat. Add onion; sauté 5 minutes or until tender.
- 4 Pat chiles dry with paper towels. Slit each chile lengthwise and carefully remove seeds. Place 2 halves of cheese and 1 tablespoon onion in each chile; reshape chiles to cover cheese. Place in single layer in prepared baking dish.
- 5 Beat egg whites in medium bowl until soft peaks form. Fold into batter. Pour over chiles in baking dish.
- 6 Bake 20 to 25 minutes or until casserole is puffed and knife inserted into center comes out clean. Turn oven to broil; broil 4 inches from heat source 30 seconds or until top is golden brown. Serve with salsa, if desired.

Makes 4 servings



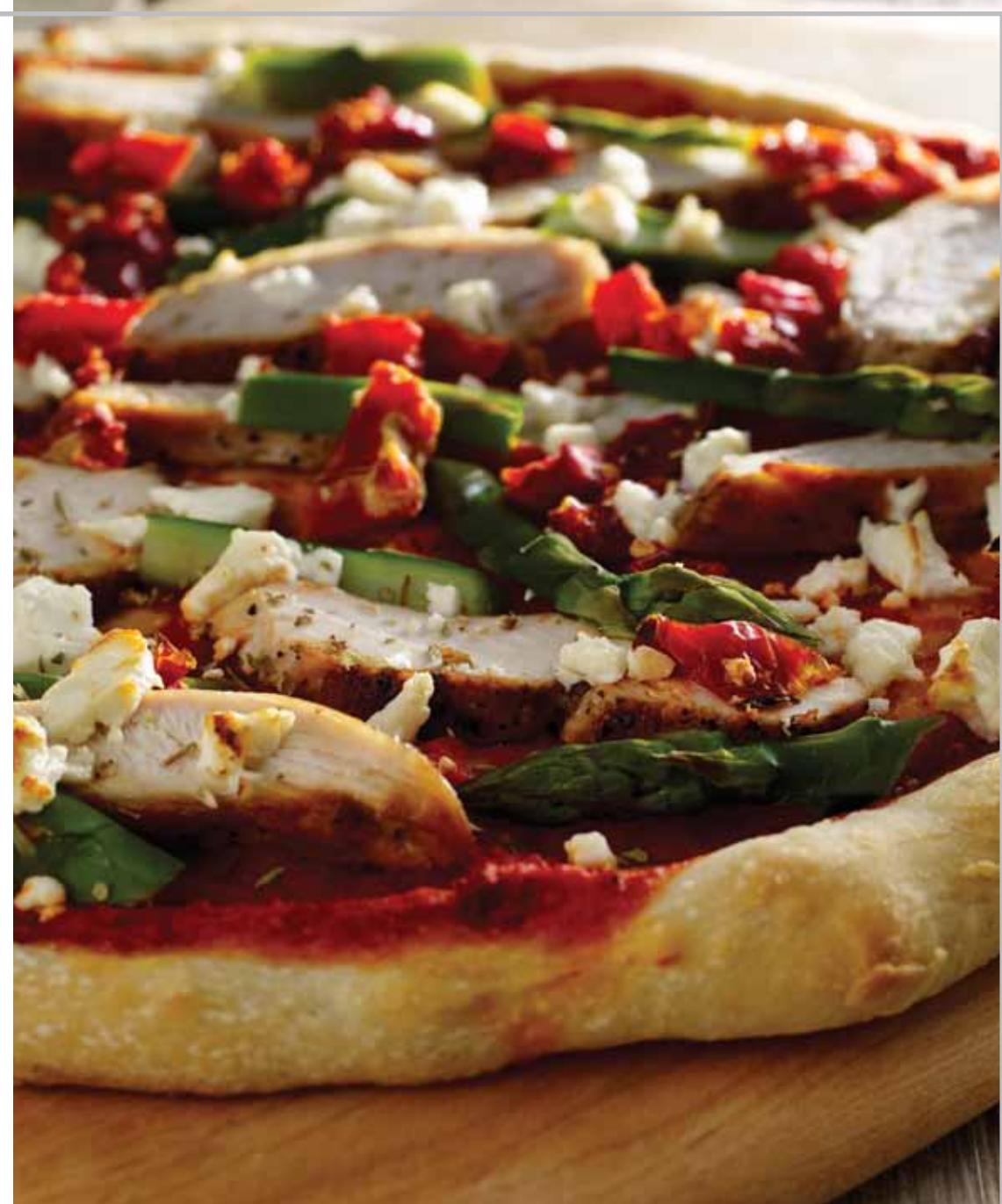
ASPARAGUS, CHICKEN AND GOAT CHEESE PIZZA

2 cups all-purpose or bread flour, divided
½ (¼-ounce) package rapid-rise active dry yeast
1½ teaspoons salt, divided
1 teaspoon sugar
⅔ cup warm water (110° to 115°F)
1 jar (12 ounces) roasted red bell peppers, drained
½ teaspoon whole fennel seeds, crushed
¼ cup chopped sun-dried tomatoes (not packed in oil)
6 ounces sliced cooked chicken

1 Attach flat beater to KitchenAid® Stand Mixer. Combine 1¾ cups flour, yeast, 1 teaspoon salt and sugar in large bowl; stir in water on low speed until soft dough forms. Replace flat beater with dough hook. Knead on low 5 minutes or until dough is smooth and elastic, adding additional flour 1 tablespoon at a time, if necessary to prevent sticking. Shape dough into a ball. Place dough in large, lightly greased bowl; turn to grease surface. Let rise in warm place (85°F) 30 minutes or until doubled.

2 For sauce, place roasted peppers, fennel seeds and remaining ½ teaspoon salt in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium speed 30 seconds or until smooth. Place sun-dried tomatoes in small bowl; cover with hot water. Let stand 10 to 15 minutes or until soft; drain.

3 Preheat oven to 500°F. Spray 12-inch pizza pan with nonstick cooking spray or line baking sheet with parchment paper. Punch dough down; knead on lightly floured surface 2 minutes or until smooth. Let rest 2 to 3 minutes. Pat, roll or gently stretch dough into 12-inch circle; press into prepared pizza pan. Bake crust 3 to 4 minutes or until top is crisp and beginning to brown.



4 Spread sauce over crust to within ½ inch of edge. Top with chicken, asparagus, sun-dried tomatoes and goat cheese. Bake 12 to 15 minutes or until crust is golden.

Makes 4 servings



DESSERTS

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CANTALOUP SORBET

1 medium cantaloupe, rind removed, seeded and cubed (6 cups)

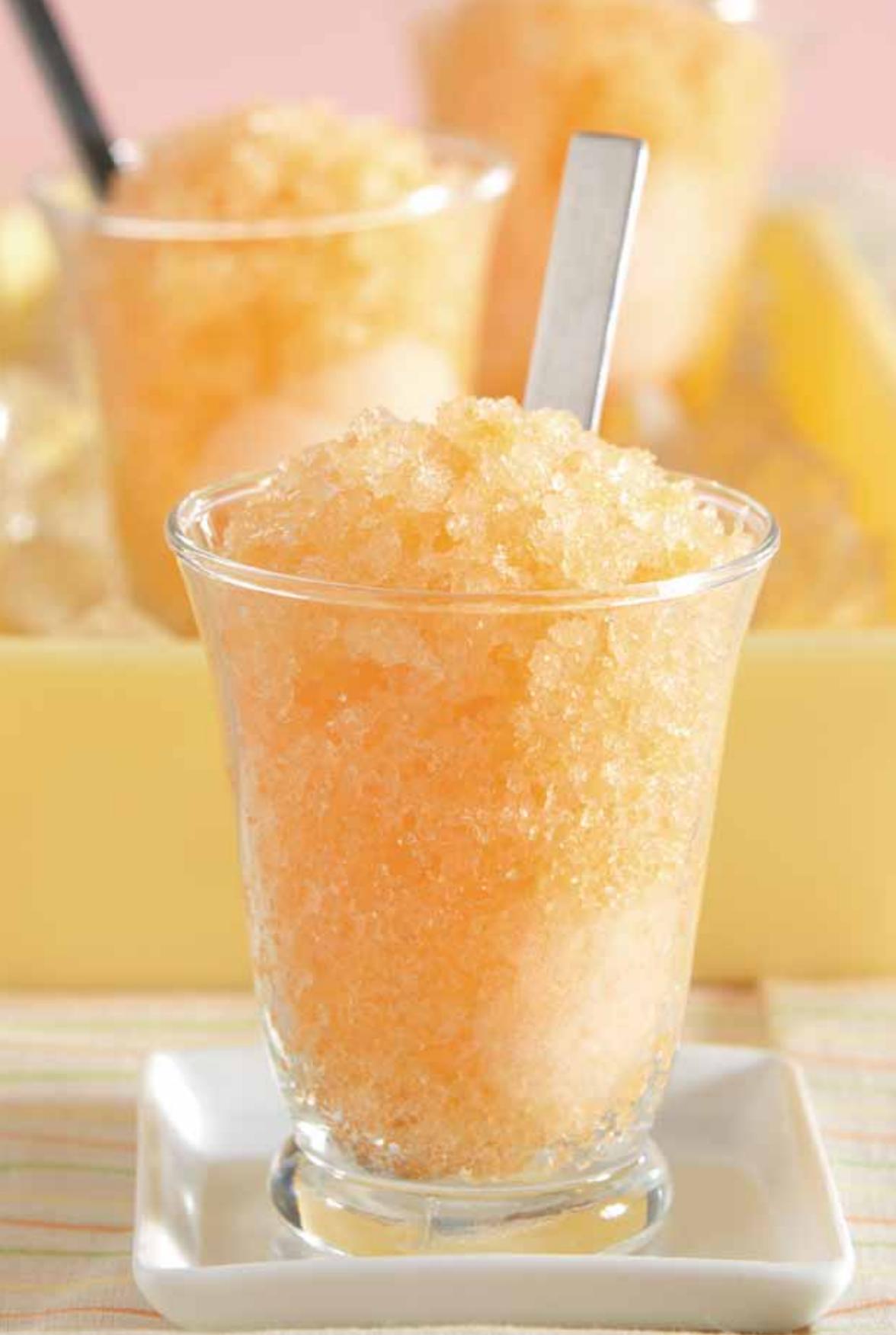
½ cup light corn syrup

3 tablespoons lime juice

1 Place cantaloupe, corn syrup and lime juice in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting. Transfer to medium bowl and refrigerate until cold.

2 Freeze cantaloupe mixture in KitchenAid® Ice Cream Maker according to manufacturer's directions. Serve immediately or transfer to freezer food storage container and freeze until ready to serve.

Makes 4 cups (8 servings)



MAPLE SWEET POTATO CHEESECAKE PIES

- 12 mini graham cracker crusts
- 1 can (16 ounces) sweet potatoes, drained and mashed
- 1 package (8 ounces) Neufchâtel or cream cheese, softened
- 1 container (6 ounces) vanilla yogurt
- ½ cup pure maple syrup
- 1 egg
- 1 egg white
- 1 teaspoon vanilla
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 12 pecan halves

- 1 Preheat oven to 350°F. Place crusts on baking sheet.
- 2 Place sweet potatoes, Neufchâtel cheese, yogurt, maple syrup, egg, egg white, vanilla, cinnamon and cloves in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed 30 seconds or until smooth. Spoon about ⅓ cup filling into each crust. Top with pecan half.
- 3 Bake 25 to 30 minutes or until set and knife inserted into centers comes out clean. Cool on wire rack 1 hour. Chill before serving.

Makes 12 servings

Variation: Substitute one 9-inch graham cracker crust for the mini crusts. Bake 40 to 45 minutes.



CARROT CAKE FROZEN POPS

1 pound carrots, ends trimmed and cut into 1-inch pieces
½ cup milk
2 tablespoons granulated sugar
2 tablespoons packed brown sugar
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground nutmeg
¼ teaspoon salt
2 cups vanilla frozen yogurt
½ cup chopped glazed walnuts

- 1** Steam carrots in microwave or steamer basket over simmering water until very tender. Transfer to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed until smooth.
- 2** Add milk, granulated sugar, brown sugar, cinnamon, ginger, nutmeg and salt to blender pitcher. Cover and blend on medium speed 10 seconds. Add frozen yogurt; blend on medium-high speed 15 to 20 seconds or until smooth.
- 3** Pour mixture into eight pop molds. Freeze 1 hour.
- 4** Stir mixture in molds until smooth and slushy. Stir 1 tablespoon walnuts into each mold. Smooth top of mixture with back of spoon. Cover tops of molds with piece of foil. Freeze 1 hour.
- 5** Insert sticks through center of foil. Freeze 4 hours or until firm.
- 6** To remove pops from molds, remove foil and place bottoms of pops under warm running water until loosened. Press firmly on bottoms to release. (Do not twist or pull sticks.)

Makes 8 pops



FIG BARS

1/2 cup dried figs
6 tablespoons hot water
3 tablespoons granulated sugar, divided
2/3 cup all-purpose flour
1/2 cup quick oats
3/4 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons vegetable oil
4 tablespoons milk, divided
1 ounce cream cheese, softened
1/3 cup powdered sugar
1/2 teaspoon vanilla

- 1 Preheat oven to 400°F. Line cookie sheet with parchment paper.
- 2 Place figs, water and 1 tablespoon granulated sugar in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-low speed 30 seconds or until smooth. Set aside.
- 3 Combine flour, oats, baking powder, salt and remaining 2 tablespoons granulated sugar in medium bowl. Stir in oil and 3 tablespoons milk, 1 tablespoon at a time, until mixture forms a ball.
- 4 Roll dough into 12×9-inch rectangle on lightly floured surface. Place dough on prepared cookie sheet. Spread fig mixture in 2½-inch-wide strip lengthwise down center of rectangle. Make cuts almost to filling at ½-inch intervals on both long sides. Fold strips over filling, overlapping and crossing in center. Bake 15 to 18 minutes or until lightly browned. Cool completely on wire rack. Cut into bars.
- 5 Place cream cheese, powdered sugar, vanilla and remaining 1 tablespoon milk in clean blender pitcher. Cover and blend on medium speed until smooth. Drizzle over bars.

Makes 12 bars



BUTTERMILK PIE

1 graham cracker pie crust (6 ounces)

1½ cups sugar

3 eggs

½ cup buttermilk

¼ cup (½ stick) butter, melted

1 tablespoon cornstarch

1 tablespoon lemon juice

1 teaspoon vanilla

Whipped cream (page 12, optional)

1 Preheat oven to 350°F. Place crust on baking sheet.

2 Place sugar, eggs, buttermilk, butter, cornstarch, lemon juice and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed 15 to 20 seconds or until smooth. Pour into crust.

3 Bake 30 to 35 minutes or until set. Cool completely on wire rack. Refrigerate 2 hours or until ready to serve. Serve with whipped cream, if desired.

Makes 8 servings



CHERRY-PEACH POPS

1 teaspoon unflavored gelatin
½ cup peach or apricot nectar
1 can (15 ounces) sliced peaches, drained
1 container (6 ounces) peach yogurt
1 container (6 ounces) cherry yogurt

- 1** Sprinkle gelatin over nectar in small saucepan; let stand 5 minutes. Cook over low heat just until gelatin dissolves, stirring constantly.
- 2** Place peaches, peach yogurt, cherry yogurt and nectar mixture in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 3** Pour into ten 3-ounce paper cups, filling each about two-thirds full. Freeze 1 hour. Insert stick into center of each cup. Freeze at least 3 hours or until firm.
- 4** Let stand at room temperature 10 minutes before serving. Tear away paper cups to serve.

Makes 10 servings



PUMPKIN PIE POPS

1½ cups vanilla ice cream
½ cup canned pumpkin pie mix
½ cup milk
¼ teaspoon vanilla
3 teaspoons packed brown sugar, divided
2 containers (4 ounces each) prepared refrigerated vanilla pudding, divided
6 cinnamon sticks or pop sticks

- 1 Place ice cream, pumpkin pie mix, milk and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting. Pour 2 tablespoons mixture into each of six 5-ounce paper or plastic cups; cover and refrigerate remaining pumpkin mixture. Freeze pops 30 to 45 minutes or just until set.
- 2 Stir 1½ teaspoons brown sugar into one container of pudding; mix well. Spoon 1 tablespoon mixture over pumpkin mixture in each cup. Freeze 30 to 45 minutes or just until set.
- 3 Repeat with additional pumpkin mixture and remaining brown sugar and pudding to form two more layers.
- 4 Pour 1 tablespoon pumpkin mixture over pudding mixture in each cup. Cover top of each cup with small piece of foil. Freeze 30 to 45 minutes or just until set.
- 5 Gently insert cinnamon sticks through center of foil. Freeze 6 hours or until firm.
- 6 To serve, remove foil and peel away paper cups or gently twist frozen pops out of plastic cups.

Makes 6 pops



Tip: To save time, these pops can be made in three layers instead of five. Pour half of pumpkin mixture into cups; freeze until set. Mix all of pudding and brown sugar in small bowl and pour over pumpkin mixture. Freeze until set. Top with remaining pumpkin mixture and proceed as directed in step 4.

CINNAMON-HONEY POPS

1½ cups plain Greek yogurt
½ cup honey
¼ cup milk
½ teaspoon ground cinnamon
½ teaspoon vanilla

- 1 Place yogurt, honey, milk, cinnamon and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed 10 to 15 seconds or until smooth.
- 2 Pour mixture into six pop molds. Cover top of each mold with small piece of foil. Freeze 2 hours.
- 3 Insert sticks through center of foil. Freeze 4 hours or until firm.
- 4 To remove pops from molds, remove foil and place bottoms of pops under warm running water until loosened. Press firmly on bottoms to release. (Do not twist or pull sticks.)

Makes 6 pops



LEMON-LIME ICEE

4 cups ice
2 cans (12 ounces each) frozen limeade concentrate
1 cup sparkling water
Juice of 1 lemon
Lemon and lime slices

- 1 Place ice, frozen limeade concentrate, sparkling water and lemon juice in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses; garnish with lemon and lime slices. Serve immediately.

Makes 2 servings



SMOOTHIES



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- Peaches and Green **104**
- Triple Berry Smoothie **105**
- Creamy Fruit Blend **106**
- Soy Walnut Shake **108**
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- Peanut Butter Banana Blend **122**
- Cardamom Apricot Smoothie **124**
- Beet and Berry Blast **125**



SPICED MAPLE BANANA OATMEAL SMOOTHIE

1 frozen banana
 $\frac{1}{2}$ cup ice
 $\frac{1}{2}$ cup plain or vanilla yogurt
 $\frac{1}{4}$ cup quick oats
 $\frac{1}{4}$ cup milk
1 tablespoon maple syrup, plus additional for garnish
Dash of ground cinnamon
Dash of ground nutmeg
Whipped cream (page 12) and cinnamon sticks (optional)

- 1 Place banana, ice, yogurt, oats, milk, 1 tablespoon maple syrup, ground cinnamon and nutmeg in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses. Garnish with whipped cream and cinnamon sticks. Drizzle with additional maple syrup. Serve immediately.

Makes 2 servings





PEACHES AND GREEN

1 cup ice
1 cup packed torn fresh spinach
1 cup frozen peach slices
1 cup vanilla almond milk
2 teaspoons honey

- 1** Place ice, spinach, peaches, almond milk and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into two glasses; serve immediately.

Makes 2 servings



TRIPLE BERRY SMOOTHIE

1½ cups ice
½ banana
½ cup fresh raspberries
½ cup sliced fresh strawberries
½ cup fresh blueberries
½ cup packed torn fresh spinach
1 teaspoon honey

- 1** Place ice, banana, raspberries, strawberries, blueberries, spinach and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into glass; serve immediately.

Makes 1 serving

Note: Frozen berries can be substituted for the fresh berries. When using frozen fruit, omit the ice or reduce to 2 to 3 cubes.

CREAMY FRUIT BLEND

1 banana
1 cup milk
1 small ripe peach, peeled, pitted and quartered
 $\frac{1}{2}$ cup fresh or frozen unsweetened sliced strawberries
 $\frac{1}{2}$ cup white grape juice
2 tablespoons packed brown sugar
1 tablespoon fresh lemon juice
 $\frac{1}{2}$ teaspoon almond extract

- 1 Place banana, milk, peach, strawberries, grape juice, brown sugar, lemon juice and almond extract in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses; serve immediately.

Makes 2 servings

Variations: Try substituting other fruit for the peaches and strawberries in this versatile recipe. Raspberries, blueberries, nectarines, pineapple and mango all work well. If fresh peaches are not available, substitute $\frac{2}{3}$ cup partially thawed frozen peach slices.



SOY WALNUT SHAKE

1½ cups vanilla soy yogurt
1 cup plain soymilk
¼ cup raw walnut halves
2½ tablespoons honey
¼ teaspoon ground cinnamon
4 ice cubes

- 1** Place soy yogurt, soymilk, walnuts, honey, cinnamon and ice in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into four glasses; serve immediately.

Makes 4 servings



PINEAPPLE CRUSH

1½ cups frozen pineapple chunks

½ cup plain yogurt

½ cup milk

½ cup coconut milk

2 ice cubes

2 teaspoons sugar

1 teaspoon vanilla

1 Place pineapple, yogurt, milk, coconut milk, ice, sugar and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into two glasses; serve immediately.

Makes 2 servings



PEAR AVOCADO SMOOTHIE

1½ cups ice
1 pear, peeled and cubed
1 cup apple juice
½ avocado, peeled and pitted
¼ cup fresh mint leaves
2 tablespoons fresh lime juice

- 1 Place ice, pear, apple juice, avocado, mint and lime juice in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses; serve immediately.

Makes 2 servings



BERRY SOY-CREAM BLEND

- 2 cups frozen mixed berries
- 1 can (14 ounces) blackberries with juice or 1 cup fresh blackberries
- 1 cup soymilk or almond milk
- 1 cup apple juice
- ½ cup (4 ounces) soft tofu

1 Place frozen berries, blackberries, soymilk, apple juice and tofu in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into two glasses; serve immediately.

Makes 2 servings



TROPICAL SUNRISE

1½ cups plain yogurt
1 frozen banana
1 cup frozen mango chunks
1 cup fresh pineapple chunks
½ cup coconut milk
½ cup orange juice
1 tablespoon honey

- 1** Place yogurt, banana, mango, pineapple, coconut milk, orange juice and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into four glasses; serve immediately.

Makes 4 servings



MANGO LASSI

1 cup frozen mango chunks
1 container (6 ounces) vanilla or plain yogurt
½ cup orange juice
1 tablespoon honey

1 Place mango, yogurt, orange juice and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into two glasses; serve immediately.

Makes 2 servings



BANANA-PINEAPPLE BREAKFAST SHAKE

2 cups plain yogurt
1 can (8 ounces) crushed pineapple in juice, undrained
1 banana
1 cup ice
2 tablespoons sugar
1 teaspoon vanilla
1/8 teaspoon ground nutmeg

1 Place yogurt, pineapple, banana, ice, sugar, vanilla and nutmeg in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into four glasses; serve immediately.

Makes 4 servings



PEANUT BUTTER BANANA BLEND

1 frozen banana
½ cup plain yogurt
½ cup milk
1 tablespoon natural unsweetened peanut butter
2 teaspoons honey

- 1 Place banana, yogurt, milk, peanut butter and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses; serve immediately.

Makes 2 servings





CARDAMOM APRICOT SMOOTHIE

1½ cups ice
1½ cups vanilla frozen yogurt
2 cans (about 15 ounces each) apricot halves, undrained
1 banana
1 tablespoon honey
½ teaspoon ground cardamom

- 1** Place ice, yogurt, apricots, banana, honey and cardamom in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into four glasses; serve immediately.

Makes 4 servings

BEET AND BERRY BLAST

½ cup ice
½ cup canned sliced beets
½ cup frozen mixed berries
½ cup orange juice
1 tablespoon fresh lemon juice
1 tablespoon honey

- 1** Place ice, beets, berries, orange juice, lemon juice and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into two glasses; serve immediately.

Makes 2 servings



SHAKES

- Chocolate Chocolate Cookie Shake **128**
- Choco-Orange Spice **130**
- Chocolate Chip Cookie Milkshake **132**
- Cheesecake Brownie Blast **134**
- Banana Split Shake **136**
- Double Chocolate Milkshake **138**
- Turtle Tornado **140**
- Pumpkin Pie Milkshake **142**



CHOCOLATE CHOCOLATE COOKIE SHAKE

1 cup crushed mini crème-filled cookies (about 3 cups cookies), divided

½ cup milk, divided

1¼ cups vanilla ice cream

¼ cup mini semisweet chocolate chips

⅓ teaspoon ground cinnamon

Whipped cream (page 12)

Whole mini crème-filled cookies for garnish

1 Combine ½ cup cookie crumbs and 1 tablespoon milk in small bowl; mix with fork until blended. Press 2 tablespoons crumb mixture into bottom of three 4-ounce glasses; reserve remaining crumb mixture. Place glasses in freezer.

2 Place ice cream, remaining ½ cup cookie crumbs, chocolate chips, cinnamon and remaining milk in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.

3 Pour into prepared glasses. Garnish with whipped cream, reserved crumb mixture and whole mini crème-filled cookies. Serve immediately.

Makes 3 servings



CHOCO- ORANGE SPICE

1 cup chocolate ice cream
1 cup orange sherbet
½ cup milk
2 tablespoons unsweetened cocoa powder
½ teaspoon ground cinnamon
¼ teaspoon ground red pepper, plus additional for garnish
Whipped cream (page 12)

- 1 Place ice cream, sherbet, milk, cocoa, cinnamon and ¼ teaspoon red pepper in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2 Pour mixture into two glasses. Garnish with whipped cream and additional red pepper. Serve immediately.

Makes 2 servings



CHOCOLATE CHIP COOKIE MILKSHAKE

3 cups French vanilla ice cream
2 cups milk
½ cup packed brown sugar
2 ounces semisweet chocolate, coarsely chopped
1 teaspoon vanilla
Chocolate curls (recipe follows, optional)

- 1 Combine ice cream, milk, brown sugar, chocolate and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2 Pour into four glasses. Garnish with chocolate curls; serve immediately.

Makes 4 servings

Chocolate Curls: For large chocolate curls, melt six ounces chopped semisweet chocolate in a double boiler over simmering water, stirring often. Pour the melted chocolate onto a cold baking sheet and spread out into a 6×4-inch rectangle. Refrigerate about 15 minutes or just until set. Pull the long edge of a long metal spatula across the surface of the soft chocolate, letting it curl up in front of the spatula. Place the curls on waxed paper. For small chocolate curls, place a 1-ounce square of chocolate on a small microwavable plate and heat on HIGH 5 to 10 seconds. (Chocolate should still be firm.) Pull a vegetable peeler across the chocolate to create curls. Place the curls on waxed paper and refrigerate 15 minutes or until firm.



CHEESECAKE BROWNIE BLAST

2 cups vanilla ice cream or frozen yogurt
½ cup whipped cream cheese
½ cup half-and-half
2 ice cubes
1 brownie (about 3 ounces), divided
Whipped cream (page 12)

- 1 Place ice cream, cream cheese, half-and-half and ice in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2 Break half of brownie into pieces; add to blender. Pulse 2 to 3 times or just until combined.
- 3 Pour into two glasses. Top with whipped cream. Crumble remaining half of brownie; sprinkle over shakes. Serve immediately.

Makes 2 servings



BANANA SPLIT SHAKE

4 cups chocolate frozen yogurt
1 banana
1/4 cup milk
5 maraschino cherries, drained, plus additional for garnish
1 tablespoon chocolate syrup
1/8 teaspoon coconut extract

- 1 Place frozen yogurt, banana, milk, 5 cherries, chocolate syrup and coconut extract in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2 Pour into four glasses. Garnish with additional maraschino cherries. Serve immediately.

Makes 4 servings



DOUBLE CHOCOLATE MILKSHAKE

3 cups chocolate ice cream
2 cups milk
2 ounces semisweet chocolate, coarsely chopped
1 teaspoon vanilla
Chocolate curls (page 132)

- 1** Place ice cream, milk, chocolate and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2** Pour into four glasses. Garnish with chocolate curls; serve immediately.

Makes 4 servings



TURTLE TORNADO

1½ cups chocolate ice cream or frozen yogurt
¾ cup vanilla ice cream or frozen yogurt
¾ cup milk
¼ cup caramel ice cream topping, plus additional for garnish
¼ cup chocolate chips, plus additional for garnish

- 1 Place chocolate and vanilla ice cream, milk, ¼ cup caramel topping and ¼ cup chocolate chips in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2 Pour into four glasses. Sprinkle each serving with additional chocolate chips and drizzle with additional caramel topping. Serve immediately.

Makes 4 servings



PUMPKIN PIE MILKSHAKE

4 cups vanilla ice cream
1 cup canned pumpkin pie mix
1 cup milk
½ teaspoon vanilla
2 graham crackers, separated into 4 pieces each,
divided
Whipped cream (page 12)

- 1 Place ice cream, pumpkin pie mix, milk and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2 Add 4 graham cracker pieces; pulse until blended.
- 3 Pour into four glasses. Garnish with whipped cream and remaining graham cracker pieces; serve immediately.

Makes 4 servings





WHOLE JUICES

- Papaya Berry Blend **146**
- Pineapple Kale Juice **148**
- Zesty Carrot Blend **150**
- Lemony Cucumber Blend **152**
- Orange Sprout Blend **153**
- Sweet Beet Juice **154**
- Spinach Cucumber Juice **155**
- Ginger Beet Kicker **156**
- Apple Ginger Juice **158**
- Sweet Pomegranate Blend **160**
- Spicy Citrus Carrot Juice **161**



PAPAYA BERRY BLEND

1½ cups fresh raspberries
¼ papaya, peeled and seeded
½ grapefruit, peeled, seeded and separated into sections

- 1 Place raspberries, papaya and grapefruit in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
- 2 If desired, strain through fine mesh strainer for juice with no pulp. Pour into four glasses; serve immediately.

Makes 4 servings



PINEAPPLE KALE JUICE

1/4 pineapple, peeled and coarsely chopped
4 leaves Swiss chard, coarsely chopped
4 leaves kale, coarsely chopped
1/4 cup water (optional)

- 1 Place pineapple, chard and kale in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
- 2 Stir in water for thinner juice, if desired. Pour into glass; serve immediately.

Makes 1 serving



ZESTY CARROT BLEND

12 small to medium carrots, ends trimmed, cut into 1-inch pieces
½ inch fresh ginger, peeled
1 cup water

- 1 Place carrots, ginger and water in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
- 2 Pour into two glasses; serve immediately.

Makes 2 servings





LEMONY CUCUMBER BLEND

- 2 large English cucumbers, ends trimmed, coarsely chopped
- 1 cup packed fresh spinach, rinsed well
- ½ lemon, peeled and seeded

- 1 Place cucumbers, spinach and lemon in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
- 2 Pour into two glasses; serve immediately.

Makes 2 servings

Note: For a sweeter juice, add one apple, cored and cut into 1-inch pieces.

ORANGE SPROUT BLEND

- 1 cup brussels sprouts
- 4 leaves romaine lettuce, coarsely chopped
- 1 orange, peeled and separated into sections
- ½ apple, cored and cut into 1-inch pieces
- ½ lemon, peeled and seeded
- ¼ cup water

- 1 Place brussels sprouts, romaine, orange, apple, lemon and water in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
- 2 If necessary, blend on Juice setting again until smooth. Pour into two glasses; serve immediately.

Makes 2 servings



SWEET BEET JUICE

- 2 beets, peeled and cut into 1-inch pieces
- 2 carrots, ends trimmed, cut into 1-inch pieces
- 2 parsnips, ends trimmed, cut into 1-inch pieces
- 1 turnip, peeled and cut into 1-inch pieces
- 1 sweet potato, peeled and cut into 1-inch pieces
- 1 cup water

- 1 Place beets, carrots, parsnips, turnip, sweet potato and water in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
- 2 If necessary, blend on Juice setting again until smooth. Strain through fine mesh strainer to remove pulp. Pour into two glasses; serve immediately.

Makes 2 servings



SPINACH CUCUMBER JUICE

- 2 cups packed fresh spinach, rinsed well
- 2 cucumbers, ends trimmed, coarsely chopped
- 1 pear, cored and cut into 1-inch pieces
- ½ lemon, peeled and seeded
- 1 inch fresh ginger, peeled

- 1 Place spinach and cucumbers in pitcher of KitchenAid® Torrent™ Blender. Cover and pulse until slightly reduced in volume.
- 2 Add pear, lemon and ginger. Cover and blend on Juice setting.
- 3 Pour into two glasses; serve immediately.

Makes 2 servings

GINGER BEET KICKER

1 cucumber, ends trimmed, coarsely chopped
1 beet, peeled and cut into 1-inch pieces
1 lemon, peeled and seeded
1 inch fresh ginger, peeled
½ jalapeño pepper, stemmed and seeded

- 1 Place cucumber, beet, lemon, ginger and jalapeño in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
- 2 If necessary, blend on Juice setting again until smooth. Pour into two glasses; serve immediately.

Makes 2 servings



APPLE GINGER JUICE

4 carrots, ends trimmed, cut into 1-inch pieces
2 apples, cored and cut into 1-inch pieces
 $\frac{1}{4}$ cucumber, coarsely chopped
1 inch fresh ginger, peeled

1 Place carrots, apples, cucumber and ginger in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.

2 Pour into two glasses; serve immediately.

Makes 2 servings





SWEET POMEGRANATE BLEND

- 1 Gala apple, cored and cut into 1-inch pieces
- 1½ cups pomegranate seeds
- ½ cup water

- 1 Place apple, pomegranate seeds and water in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
- 2 Pour into two glasses; serve immediately.

Makes 2 servings

SPICY CITRUS CARROT JUICE

- 2 grapefruits, peeled, seeded and separated into sections
- 5 carrots, ends trimmed, cut into 1-inch pieces
- 1 inch fresh ginger, peeled

- 1 Place grapefruits, carrots and ginger in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Juice setting.
- 2 If desired, strain through fine mesh strainer for juice with no pulp. Pour into three glasses; serve immediately.

Makes 3 servings

COFFEE AND TEA DRINKS

Iced Cappuccino **164**

Frosty Five-Spice Coffee Shake **166**

Espresso Shake **167**

Chipotle Chili-Spiked Mocha Slush **168**

Melon Bubble Tea **170**

Mocha Latte Chiller **172**

Iced Coffee Frappé **174**

Toffee Coffee **175**

Iced Chai Latte **176**



ICED CAPPUCCINO

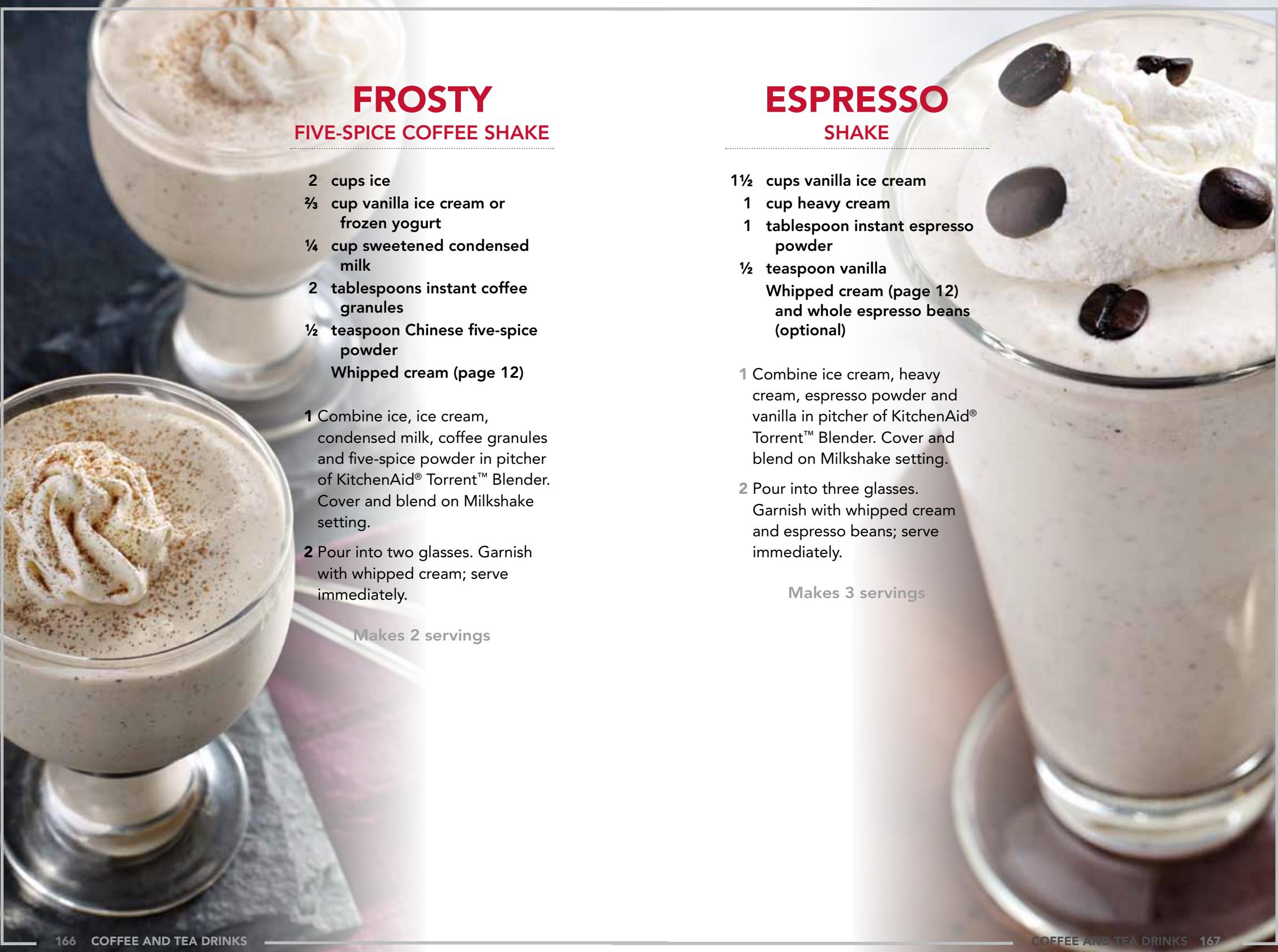
1 cup vanilla ice cream or frozen yogurt
1 cup cold strong brewed coffee
2 teaspoons sugar
1 teaspoon unsweetened cocoa powder
1 teaspoon vanilla

- 1** Place ice cream, coffee, sugar, cocoa and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting. Transfer mixture to freezer-safe food storage pitcher; freeze 1½ to 2 hours or until top and sides of mixture are partially frozen.
- 2** Return mixture to blender pitcher. Cover and blend on Icy Drinks/Smoothies setting.
- 3** Pour into two glasses; serve immediately.

Makes 2 servings

Iced Mocha Cappuccino: Increase amount of cocoa to 1 tablespoon. Proceed as directed above.





FROSTY FIVE-SPICE COFFEE SHAKE

2 cups ice
½ cup vanilla ice cream or frozen yogurt
¼ cup sweetened condensed milk
2 tablespoons instant coffee granules
½ teaspoon Chinese five-spice powder
Whipped cream (page 12)

- 1 Combine ice, ice cream, condensed milk, coffee granules and five-spice powder in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2 Pour into two glasses. Garnish with whipped cream; serve immediately.

Makes 2 servings

ESPRESSO SHAKE

1½ cups vanilla ice cream
1 cup heavy cream
1 tablespoon instant espresso powder
½ teaspoon vanilla
Whipped cream (page 12) and whole espresso beans (optional)

- 1 Combine ice cream, heavy cream, espresso powder and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2 Pour into three glasses. Garnish with whipped cream and espresso beans; serve immediately.

Makes 3 servings

CHIPOTLE CHILI-SPIKED MOCHA SLUSH

1 package (1 to 1½ ounces) instant hot chocolate mix without marshmallows
½ teaspoon instant coffee granules
¼ teaspoon chipotle chili powder
⅛ teaspoon ground cinnamon, plus additional for garnish
¾ cup hot water
1 cup coffee, vanilla or chocolate ice cream
½ cup half-and-half
Whipped cream (page 12) and cinnamon sticks (optional)

- 1 Combine hot chocolate mix, coffee granules, chili powder and ⅛ teaspoon ground cinnamon in 2-cup glass measuring cup. Stir in hot water until blended. Pour into ice cube tray. Freeze until firm.
- 2 Place chocolate ice cubes, ice cream and half-and-half in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 3 Pour into two glasses. Garnish with whipped cream, additional ground cinnamon and cinnamon sticks; serve immediately.

Makes 2 servings



MELON BUBBLE TEA

- 1/3 cup sugar**
- 2 cups hot brewed green tea**
- 4 cups water**
- 1/2 cup black or pastel tapioca pearls***
- 4 cups cubed melon (cantaloupe, honeydew or watermelon)**
- 4 cups ice**
- 2 cups orange juice**
- 1/2 cup unsweetened coconut milk**

*Large specialty tapioca pearls specifically designed for bubble teas are available in Asian markets and gourmet food stores.

- 1** Stir sugar into tea until dissolved; set aside.
- 2** Bring water to a boil in medium saucepan over high heat; add tapioca pearls. Stir gently, allowing pearls to float to top. Reduce heat to low; simmer 25 minutes.
- 3** Remove from heat; let stand 25 minutes or until pearls are chewy and translucent. Drain and rinse under cold water. Add pearls to tea in glass pitcher. Refrigerate until needed.
- 4** Place melon, ice, orange juice and coconut milk in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 5** Place 1/4 cup tapioca mixture in each of five glasses. Pour in melon mixture; serve immediately.

Makes 5 servings



MOCHA LATTE CHILLER

½ cup chocolate ice cream
½ cup cold brewed coffee
¼ cup milk
1 tablespoon chocolate syrup, plus additional for garnish
Whipped cream (page 12)

- 1 Place ice cream, coffee, milk and 1 tablespoon chocolate syrup in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into glass. Garnish with whipped cream and additional chocolate syrup; serve immediately.

Makes 1 serving

Minty Mocha: Substitute mint chocolate ice cream for the chocolate ice cream.

Malted Mocha: Substitute malt powder for the chocolate syrup.





ICED COFFEE FRAPPÉ

- 1 cup cold strong brewed coffee
- 1 cup ice
- ½ cup milk
- 2 tablespoons sugar
- 1 tablespoon chocolate syrup

1 Combine coffee, ice, milk, sugar and chocolate syrup in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into two glasses; serve immediately.

Makes 2 servings

TOFFEE COFFEE

- ½ cup chopped chocolate-covered toffee candy bar, divided
- 2 cups vanilla ice cream
- 2 cups cold brewed coffee
- ½ cup ice
- ½ cup milk

Whipped cream (page 12)

1 Reserve 2 tablespoons candy for garnish; place remaining candy in pitcher of KitchenAid® Torrent™ Blender. Add ice cream, coffee, ice and milk. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into four glasses. Garnish with whipped cream and reserved candy; serve immediately.

Makes 4 servings

ICED CHAI LATTE

4 cups water
½ cup sugar
16 whole cloves
¼ teaspoon cardamom seeds (from about 1 pod)
5 cinnamon sticks
8 slices fresh ginger
6 black tea bags
1 cup heavy cream
1 cup milk
2 teaspoons grated fresh ginger
1 teaspoon vanilla (optional)

- 1 Combine water, sugar, cloves, cardamom, cinnamon sticks and sliced ginger in large saucepan. Bring to a boil over high heat, stirring to dissolve sugar. Add tea bags. Reduce heat; simmer, covered, about 30 minutes or until very fragrant.
- 2 Strain tea through fine mesh strainer into 4-cup glass measuring cup; cool to room temperature. Pour mixture into two ice cube trays, 14 (2-tablespoon) cubes each. Freeze overnight or until solid.
- 3 For each serving, combine seven chai cubes, $\frac{1}{4}$ cup cream, $\frac{1}{4}$ cup milk, $\frac{1}{2}$ teaspoon grated fresh ginger and $\frac{1}{4}$ teaspoon vanilla, if desired, in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting. Pour into glasses; serve immediately.

Makes 4 servings



BLENDDED COCKTAILS

Classic Margarita **180**

Choco-Tini **182**

Frozen Strawberry Daiquiri **183**

Frozen Mudslide **184**

Pisco Sour **185**

Piña Colada **186**

Eggnog **188**



CLASSIC MARGARITA

Lime slices
Coarse salt
2 cups ice
4 ounces tequila
2 ounces triple sec
2 ounces fresh lime or lemon juice
Additional lime slices

- 1** Rub rim of two glasses with lime slices; dip in salt.
- 2** Place ice, tequila, triple sec and lime juice in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 3** Pour into prepared glasses. Garnish with lime slices. Serve immediately.

Makes 2 servings

Frozen Strawberry Margarita: Prepare glasses as directed in step 1, if desired. Place 1 cup frozen strawberries, 1 cup ice, tequila, triple sec and lime juice in blender pitcher. Cover and blend on Icy Drinks/Smoothies setting. Pour into prepared glasses; garnish with lime slices and strawberries.





CHOCO-TINI

3 cups ice
1 cup cream of coconut
1 cup milk
½ cup chocolate syrup
4 ounces vodka
½ teaspoon almond extract
Fresh raspberries (optional)

- 1** Place ice, cream of coconut, milk, chocolate syrup, vodka and almond extract in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into four glasses; garnish with raspberries. Serve immediately.

Makes 4 servings

FROZEN STRAWBERRY DAIQUIRI

2 cups ice
10 fresh strawberries, hulled
3 ounces light rum
3 ounces fresh lime juice
1 ounce triple sec
1 ounce strawberry liqueur
2 teaspoons sugar or simple syrup (page 188)
Strawberry and lime slices

- 1** Place ice, whole strawberries, rum, lime juice, triple sec, strawberry liqueur and sugar in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into two glasses; garnish with strawberry and lime slices.

Makes 2 servings

Frozen Daiquiri: Omit strawberries and strawberry liqueur. Increase triple sec to 3 ounces. Place rum, lime juice, triple sec and sugar in blender pitcher. Cover and blend on Icy Drinks/Smoothies setting. Pour into glasses; garnish with lime slices.



FROZEN MUDSLIDE

2 cups vanilla ice cream
2 ounces vodka
2 ounces coffee liqueur
2 ounces Irish cream liqueur
2 tablespoons half-and-half or heavy cream
Maraschino cherries

- 1 Place ice cream, vodka, liqueurs and half-and-half in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Milkshake setting.
- 2 Pour into two glasses; garnish with cherries. Serve immediately.

Makes 2 servings

PISCO SOUR

6 ounces pisco brandy
½ cup ice
2 ounces fresh lime or lemon juice
½ ounce simple syrup (page 188)
1 egg white
Aromatic bitters

- 1 Place brandy, ice, lime juice, simple syrup and egg white in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses; sprinkle foam with bitters. Serve immediately.

Makes 2 servings

PIÑA COLADA

1 cup pineapple juice
1 cup ice
3 ounces light rum
3 ounces coconut cream
Pineapple wedges and maraschino cherries

- 1 Place pineapple juice, ice, rum and coconut cream in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses; garnish with pineapple and cherries. Serve immediately.

Makes 2 servings



EGGNOG

¾ cup milk
2 pasteurized eggs
3 ounces brandy
4 teaspoons simple syrup (recipe follows)
½ teaspoon vanilla (optional)
Ground nutmeg

- 1** Place brandy, milk, eggs, simple syrup and vanilla, if desired, in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on medium-high speed 10 to 15 seconds or until well blended and foamy.
- 2** Pour into two glasses; sprinkle with nutmeg.

Makes 2 servings

Simple Syrup: To make simple syrup, bring 1 cup water to a boil; stir in 1 cup sugar. Reduce heat to low; stir constantly until sugar is dissolved. Cool syrup to room temperature; store in glass jar in refrigerator.



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Sweet Pomegranate Blend, 160
Sweet Potato Bisque, 44
- T** Tarragon Horseradish Aioli, 30
Toffee Coffee, 175
Triple Berry Smoothie, 105
Tropical Sunrise, 116
Turtle Tornado, 140
- V** Vanilla Milkshake, 12
- W** Warm Steak Salad with Mustard Dressing, 60
Whipped Cream, 12
- Z** Zesty Carrot Blend, 150

METRIC CONVERSION CHART

VOLUME MEASUREMENTS (dry)

1/8 teaspoon = 0.5 mL
 1/4 teaspoon = 1 mL
 1/2 teaspoon = 2 mL
 3/4 teaspoon = 4 mL
 1 teaspoon = 5 mL
 1 tablespoon = 15 mL
 2 tablespoons = 30 mL
 1/4 cup = 60 mL
 1/3 cup = 75 mL
 1/2 cup = 125 mL
 2/3 cup = 150 mL
 3/4 cup = 175 mL
 1 cup = 250 mL
 2 cups = 1 pint = 500 mL
 3 cups = 750 mL
 4 cups = 1 quart = 1 L

DIMENSIONS

1/16 inch = 2 mm
 1/8 inch = 3 mm
 1/4 inch = 6 mm
 1/2 inch = 1.5 cm
 3/4 inch = 2 cm
 1 inch = 2.5 cm

OVEN TEMPERATURES

250°F = 120°C
 275°F = 140°C
 300°F = 150°C
 325°F = 160°C
 350°F = 180°C
 375°F = 190°C
 400°F = 200°C
 425°F = 220°C
 450°F = 230°C

VOLUME MEASUREMENTS (fluid)

1 fluid ounce (2 tablespoons) = 30 mL
 4 fluid ounces (1/2 cup) = 125 mL
 8 fluid ounces (1 cup) = 250 mL
 12 fluid ounces (1 1/2 cups) = 375 mL
 16 fluid ounces (2 cups) = 500 mL

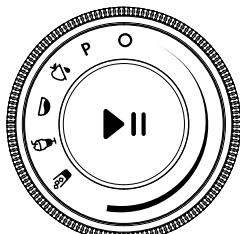
WEIGHTS (mass)

1/2 ounce = 15 g
 1 ounce = 30 g
 3 ounces = 90 g
 4 ounces = 120 g
 8 ounces = 225 g
 10 ounces = 285 g
 12 ounces = 360 g
 16 ounces = 1 pound = 450 g

BAKING PAN SIZES

Utensil	Size in Inches/Quarts	Metric Volume	Size in Centimeters
Baking or Cake Pan (square or rectangular)	8×8×2 9×9×2 12×8×2 13×9×2	2 L 2.5 L 3 L 3.5 L	20×20×5 23×23×5 30×20×5 33×23×5
Loaf Pan	8×4×3 9×5×3	1.5 L 2 L	20×10×7 23×13×7
Round Layer Cake Pan	8×1 1/2 9×1 1/2	1.2 L 1.5 L	20×4 23×4
Pie Plate	8×1 1/4 9×1 1/4	750 mL 1 L	20×3 23×3
Baking Dish or Casserole	1 quart 1 1/2 quarts 2 quarts	1 L 1.5 L 2 L	— — —

PRE-SET RECIPE PROGRAMS



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