

# CORDLESS PRO HAND BLENDER

book of recipe ideas



**Cuisinart®**

## C O R D L E S S   P R O H A N D   B L E N D E R

A hand blender is a really useful gadget to have in your kitchen – perfect for mixing dips and sauces, blitzing breadcrumbs and nuts, blending soups and smoothies, making cocktails, blending baby food and much more.

The useful whisk attachment is great for whipping cream, egg whites, cake batters and frothing milks. And the handy mini chopper attachment is perfect for chopping onions, garlic, herbs & spices as well as mixing small quantities of dips and purees.

Here are a few recipes to help you get started with your Cordless Pro Hand Blender. You'll find lots more at **[cuisinart.co.uk](http://cuisinart.co.uk)** or by following us on Facebook and Instagram.

Enjoy!

# CONTENTS

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## **DIPS, DRESSINGS & SAUCES**

Hummus	4
Salsa Verde	6
Tomato Salsa	7
Pesto	8
Baba Ghanoush	8
Simple Tomato Sauce	9
Romesco Sauce	11

## **SOUPS**

Butternut Squash Soup with Chorizo	12
Leek & Potato Soup	14
Carrot & Coconut Soup	15

## **SWEETS**

Breakfast Smoothie	16
Fruit Compote	16
Blackberry & Pistachio Pancakes	18
Chocolate Mousse	19
Clementine Pavlova	20

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# HUMMUS

## INGREDIENTS

SERVES 4

- 400g tin of chickpeas (230g drained weight)
- 1 tbsp lemon juice
- 1 garlic clove, crushed
- 1 tsp ground cumin
- Pinch of sea salt
- 1 tbsp tahini
- 2 tbsp olive oil
- 4 tbsp water or reserved chickpea water

## TO SERVE

- Toasted pine nuts

## METHOD

1. Drain the chickpeas and rinse, reserving the liquid.
2. Place all the ingredients into the MINI CHOPPER ATTACHMENT and process until you have a creamy puree, adding more liquid if necessary. You may need to scrape down the sides using a soft spatula.
3. Season to taste and serve with toasted pine nuts.



# SALSA VERDE

## INGREDIENTS

SERVES 4

- 25g fresh flat-leaf parsley
- Small handful fresh basil
- Small handful fresh mint
- 1 garlic clove, peeled
- 1 tbs capers
- 15g small gherkins, rinsed
- 2 anchovy fillets
- 1 tbs lemon juice
- 60ml extra virgin olive oil

## METHOD

1. Place herbs, garlic, capers, gherkins and anchovy fillets into the MINI CHOPPER ATTACHMENT.
2. Process until roughly chopped.
3. Pour the lemon juice and olive oil into the chopped ingredients and briefly pulse a few more times, until well combined.
4. Season to taste.



# TOMATO SALSA

## INGREDIENTS

SERVES 4

- 1 small garlic clove
- ¼ jalapeño, seeds removed & roughly chopped
- 1 salad onion, roughly chopped
- 1 small handful of coriander leaves
- 2 medium tomatoes (approx. 200g), halved and de-seeded
- Pinch of sea salt
- Ground black pepper
- 1 tsp fresh lime juice

## METHOD

1. Place all the ingredients into the MINI CHOPPER ATTACHMENT.
2. Process, in short bursts, until you have an even, slightly chunky texture. Do not over process, to avoid excess juice from the tomatoes.

# PESTO

## INGREDIENTS

SERVES 2

- 1 cup of well-packed basil leaves
- 125ml extra virgin olive oil
- 30g pine nuts
- 2 cloves garlic, crushed
- 60g freshly grated parmesan
- Pinch of salt

## METHOD

1. Place all the ingredients, except the parmesan, into the MINI CHOPPER ATTACHMENT.
2. Process until all the ingredients are evenly blended, ensuring that the pine nuts are chopped.
3. Add the parmesan and process it into the other ingredients, allowing the parmesan to retain a little texture.
4. Season to taste.

### NOTE

The pesto will keep in the refrigerator for up to a week or frozen for up to a month, in an airtight container.

# BABA GHANOUSH

## INGREDIENTS

SERVES 4

- 1 medium aubergine
- 1 garlic clove
- 1 small handful of parsley leaves
- 2 tbsp tahini
- Juice of ½ a lemon
- 1 tbsp olive oil
- ½ tsp of salt

## METHOD

1. Using a fork, stab the aubergine evenly on all sides.
2. Chargrill the aubergine under a hot grill, turning occasionally until charred evenly. It is important for the flesh to be very soft, to the point where the aubergine is falling apart. Once the aubergine is charred, set aside to cool slightly. Scoop out the softened flesh and discard the skin.
3. Place the cooked aubergine flesh and the remaining ingredients into the MINI CHOPPER ATTACHMENT and process until you have a smooth, creamy texture.
4. Taste and adjust seasoning, as desired.



# SIMPLE TOMATO SAUCE

## INGREDIENTS

SERVES 4

- 2 small onions, peeled & roughly chopped
- 1/2 a fennel, roughly chopped
- 3 garlic cloves, peeled
- 1/2 tsp dried oregano
- 2 tsp extra virgin olive oil
- 2 x 400g tinned tomatoes, with juice
- 20g fresh basil
- 3 tbsp dry white wine
- Salt & freshly ground black pepper

## METHOD

1. Place the onions, fennel and garlic into the MINI CHOPPER ATTACHMENT and process until finely chopped.
2. Heat the oil in a saucepan, over a medium heat, and add the chopped onion, fennel, garlic and the dried oregano. Gently cook for approximately 5 minutes, until the onions and fennel begin to soften and the oregano becomes fragrant.
3. Add the tinned tomatoes, basil, wine and seasoning. Bring to the boil, reduce heat, cover and simmer for 45 to 50 minutes, stirring occasionally.
4. Using the BLENDING ATTACHMENT, blend until you have a rustic sauce or continue to process for a smooth sauce.
5. Serve with your favourite pasta.



# ROMESCO SAUCE

## INGREDIENTS

SERVES 2

- Small handful flat-leaf parsley (approx. 5g)
- 120g roasted red pepper from a jar
- 1 garlic clove, peeled
- 50g blanched almonds
- 1 tsp smoked paprika
- ½ tsp cayenne pepper
- 2 tbsp tomato purée
- 1 tbsp sherry vinegar
- 3 tbsp extra-virgin olive oil
- Fine sea salt and freshly ground black pepper

## METHOD

1. Place all the ingredients into the MINI CHOPPER ATTACHMENT.
2. Process until you have a slightly coarse consistency.
3. Season to taste with the sea salt and freshly ground pepper.

### NOTE

This can be used as a sauce for pasta or to accompany fish or it can be used a dip for breads, tortilla chips, etc

# BUTTERNUT SQUASH SOUP WITH CHORIZO

## INGREDIENTS

SERVES 4

## METHOD

### FOR THE SOUP

- 500g butternut squash, diced
- 100g chorizo, diced
- 600ml vegetable stock
- 1 red onion, finely chopped
- 1 garlic clove, finely chopped
- 1 chilli, finely chopped
- Handful of coriander, chopped
- 2 tbsp olive oil
- Sea salt and freshly ground black pepper to taste

### FOR THE CORIANDER OIL

- Handful of coriander, chopped
- 75ml olive oil

### FOR THE GARNISH

- 100g chorizo, diced and pan fried
- 10g toasted sesame seeds
- 40g toasted almond flakes
- 120g Greek yoghurt
- 4 tbsp tahini
- Coriander leaves

1. To make the coriander oil, pour the olive oil into a pan and add the coriander. Allow the flavours to infuse for 5 minutes, over a low heat, stirring occasionally.
2. Using the BLENDING ATTACHMENT, blend until smooth. Set aside.
3. To make the soup, add the olive oil to a large pan. Add the onion and garlic and allow to cook for 10 minutes, on a medium heat, stirring occasionally.
4. Add the chorizo and continue to cook.
5. Add the butternut squash, chilli and vegetable stock. Allow the soup to come to a boil. Once the soup is boiling, reduce the temperature to a simmer and continue cooking, until the butternut squash is tender, for about 20 minutes.
6. Using the BLENDING ATTACHMENT, blend the soup until smooth, checking for seasoning.
7. Portion the soup between the bowls. Add a nice dollop of Greek yoghurt in the middle. Drizzle with the coriander oil and tahini. Scatter the pan fried chorizo. Sprinkle with the toasted almonds and sesame seeds. Finally scatter the coriander leaves.
8. Delicious served with fresh crusty bread.



# LEEK & POTATO SOUP

## INGREDIENTS

SERVES 4

## METHOD

### FOR THE SOUP

- 500g Maris Piper potatoes, peeled & cut into cubes
- 250g leeks
- 150ml milk
- 150ml vegetable stock
- Salt and pepper to taste

### FOR THE CHIVE CRÈME FRAICHE

- 250ml crème fraiche
- 40ml chives, finely chopped
- Juice and zest of 1/2 lemon
- Salt and pepper

### TO SERVE

- Baby spinach leaves
- Truffles, finely sliced
- Truffle oil

1. Place the potatoes and leeks into a pan. Cover with the stock and milk.
2. Bring up to the boil and simmer for about half an hour, or until the vegetables are tender.
3. Using the BLENDING ATTACHMENT, blend the soup until completely smooth.
4. To make the chive crème fraiche, add the chives, lemon juice and zest to the crème fraiche. Stir to combine. Season.
5. Portion the soup between the bowls. Place a dollop of crème fraiche into the middle of the soup. Scatter with the baby spinach leaves and truffle slices. Sprinkle with freshly ground pepper and drizzle with the truffle oil.

### NOTE

This soup can be served hot or cold. Simply chill for a couple of hours, before serving, if being served cold.



# CARROT & COCONUT SOUP

## INGREDIENTS

SERVES 4

- 1 tbsp vegetable oil or butter
- 1 onion, finely chopped
- 1 garlic clove, chopped
- 2 tbsp coarsely grated ginger
- 2 tsp ground coriander
- 800g carrots, peeled and chopped
- 400g can coconut milk
- 500ml vegetable stock

## TO SERVE

- 120g thick Greek yoghurt or coconut yoghurt
- Coriander leaves to scatter
- Chilli flakes

## METHOD

1. Heat the oil or butter in a large pan. Add the onion, garlic and ginger and allow to cook for 5 minutes, until translucent and soft.
2. Add the ground coriander and stir before adding the carrots. Stir everything together, until well coated.
3. Pour in the coconut milk and vegetable stock. Cover and bring to the boil, before turning down to a simmer. Cook for 20-30 minutes, or until the carrots are really soft.
4. Using the BLENDING ATTACHMENT, blend until smooth, checking for seasoning.
5. Portion the soup between the bowls. Add a dollop of Greek yoghurt, scatter with fresh coriander leaves and sprinkle on a few chilli flakes.

# BREAKFAST SMOOTHIE

## INGREDIENTS

SERVES 2

- 1/2 ripe avocado, peeled and stoned
- 1 small ripe banana
- 300ml cold cashew milk
- 100g frozen berries
- 30g oats
- 1 tbsp maple syrup

## METHOD

1. Place all the ingredients into the BLENDING JUG.
2. Attach the BLENDING ATTACHMENT and process until smooth and creamy. If the consistency is too thick, add a little more cashew milk.

# FRUIT COMPOTE

## INGREDIENTS

SERVES 2

- 100g raspberries
- 100g strawberries, end removed and quartered
- 1 tsp agave nectar
- Juice of ½ a lime

## METHOD

1. Place all the ingredients into the BLENDING JUG.
2. Attach the BLENDING ATTACHMENT and process until all the fruit is beginning to purée, leaving some texture.
3. Serve with thick, plain yoghurt.

## TO SERVE

- Thick plain yoghurt





# BLACKBERRY & PISTACHIO PANCAKES

## INGREDIENTS

SERVES 2

- 120g self raising flour, sifted
- ½ tbsp caster sugar
- Pinch of salt
- 225ml milk
- 1 medium egg
- 15g butter, melted
- Extra butter to grease the plates

## TO SERVE

- Maple syrup or honey to drizzle
- 75g blackberries
- 30g chopped pistachios
- 120g Greek yoghurt

## METHOD

1. Place the self raising flour, salt and sugar into a mixing bowl and mix together.
2. In a separate bowl, using the WHISK ATTACHMENT, whisk together the egg and melted butter. Pour into the flour mixture and whisk together. Gradually add the milk, whilst whisking, until combined, ensuring there are no lumps.
3. Place a frying pan over a medium heat and wipe with a little butter.
4. Pour approximately 60ml of the mixture per pancake, into the heated pan.
5. Cook on one side until browned and then flip over and cook until browned on the other side.
6. Repeat with the remaining batter.
7. Serve with maple syrup, blackberries, pistachios and Greek yoghurt.



# CHOCOLATE MOUSSE

## INGREDIENTS

SERVES 6

- 200g good quality dark chocolate (70% cocoa content)
- Pinch of salt
- 25g butter, cubed
- 300ml double cream
- 1tsp vanilla extract
- 30g sugar
- 2 medium eggs
- 1 tbsp espresso

## TO SERVE

- Cocoa powder
- Fresh berries

## METHOD

1. Roughly break up the chocolate and place in a heatproof bowl, with a pinch of salt and the cubed butter.
2. Place the bowl over a pan of gently simmering water, ensuring the water is not touching the bowl containing the chocolate pieces. Gently melt, stirring occasionally with a spatula. Do not allow the water to boil.
3. Stir the chocolate to ensure it is all melted and remove from the heat and allow to cool.
4. Attach the WHISK ATTACHMENT and whisk the cream, sugar and vanilla extract in a bowl, until the cream has doubled in volume and a light ribbon trail starts to form. Be careful not to over whisk.
5. Separate the eggs, reserving the whites.
6. Place the egg yolks into the whisked cream and gently whisk in, until incorporated.
7. Pour the espresso into the cream mixture and gently whisk to combine.
8. Clean the whisk attachment thoroughly. Whisk the egg whites in a separate bowl, until you have stiff peaks.
9. Add the cooled chocolate to the cream mixture and gently fold in using a spatula or spoon, until thoroughly combined.
10. Add a spoonful of the whisked egg whites into the chocolate and cream mixture and fold in. Slowly add the remaining whisked egg whites and gently fold in, keeping as much air in the mixture as possible.
11. Place the chocolate mousse into the refrigerator to set, for a minimum of 2 hours.
12. Serve generous scoops, with a light dusting of cocoa powder and some fresh berries.

# CLEMENTINE PAVLOVA

## INGREDIENTS

SERVES 6

- 4 egg whites
- 1 tsp cream of tartar
- 1 tsp white wine vinegar
- 225g caster sugar
- 250ml whipping cream
- 1 tbs sifted icing sugar
- 1 tsp vanilla essence
- 4 - 6 peeled clementines
- Icing sugar for dusting

## METHOD

1. Preheat the oven to 140°C / 120°C fan / gas 1.
2. Line a baking tray with greaseproof paper. Mark out a 23cm circle on the baking paper to help size your pavlova.
3. Using the WHISK ATTACHMENT, whisk the egg whites in a clean, dry bowl until frothy. Add the cream of tartar and the white wine vinegar. Continue to whisk until the egg whites start to form stiff peaks.
4. Gradually beat in the sugar, whisking it back to stiff peaks after each addition. When it is glossy and smooth, spoon the meringue mixture onto the baking paper, making a shallow dip in the centre with the back of the spoon.
5. Bake in the oven for 70 minutes, until the meringue looks slightly gooey in the middle and crisp on the outside. Turn the oven off, leaving the door open slightly and allow the meringue to cool completely.
6. Using the WHISK ATTACHMENT, whip the cream to soft peaks. Whisk in the icing sugar and vanilla essence, being careful not to over whisk the cream.
7. Spoon the cream onto the cooled meringue and decorate with the clementines.
8. Sift over a dusting of icing sugar before serving.







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Version no :	RHB100U IB-20/329
Size :	148 (W)X210(H)mm
Material :	Cover:250gsm matt Artpaper inside:157gsm matt Artpaper
Coating :	gloss PP Lamination in cover
Binding :	saddle stitching
Total Pages :	24pp
Color Cover :	4C(CMYK)+4C for whole book
Inside :	1C+1C(Black)
Date :	2020-10-08 Co-ordinator : Astor You/Andy WS Chan
Millennium Description :	RHB100U IB-20/329
Millennium Code :	Operator :
Millennium Size :	