

cook's essentials®

HIGH PERFORMANCE KITCHENWARE



KITCHEN MACHINE

MODEL CEKM500/CEKM500BL/CEKM500R

OWNER'S MANUAL

IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. To protect against risk of electrical shock do not put cord, plugs, or appliance in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact Consumer Service for examination, repair or electrical or mechanical adjustment.
7. The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter.
10. Do not let cord contact hot surface, including the stove.
11. Keep hands, hair, clothing, as well as spatulas and other utensils away from Beater, Whisk, or Dough Hooks during operation to reduce the risk of injury to persons, and/or damage to the Mixer.
12. Remove Beater, Whisk, or Dough Hooks from Mixer before washing.
13. Keep hands and utensils out of the Glass Blending Jar while blending to reduce the risk of severe injury to persons or damage to the Blender. A scraper may be used but must be used only when the Blender is not running.
14. Blades are sharp. Handle carefully.
15. To reduce the risk of injury, never place Blade Assembly on Motor Housing without Blending Jar properly attached.
16. Always operate Blender with Blending Jar Lid in place.
17. When blending hot liquids, remove center piece of two-piece Lid.

**SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY**

ADDITIONAL IMPORTANT SAFEGUARDS

1. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. Do not leave this appliance unattended during use.
4. If this appliance begins to malfunction during use, immediately turn the Speed Control Dial to the (O) OFF position and unplug the cord. Do not use or attempt to repair the malfunctioning appliance.
5. If this appliance falls or accidentally becomes immersed in water, unplug it immediately. **Do not reach into the water!** Do not use this appliance after it has fallen into or becomes immersed in water.
6. To reduce the risk of injury to persons or property, never use this appliance in an unstable position.
7. Do not use this appliance for other than its intended use.
8. Do not use if the Glass Blending Jar is cracked or chipped.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician.

Do not attempt to modify the plug in any way.

ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

PLASTICIZER WARNING

CAUTION: To prevent Plasticizers from migrating from the finish of the countertop or tabletop or other furniture, place NON-PLASTIC coasters or placemats between the appliance and the finish of the countertop or tabletop.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

GETTING TO KNOW YOUR cook's essentials® KITCHEN MACHINE

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATIONS

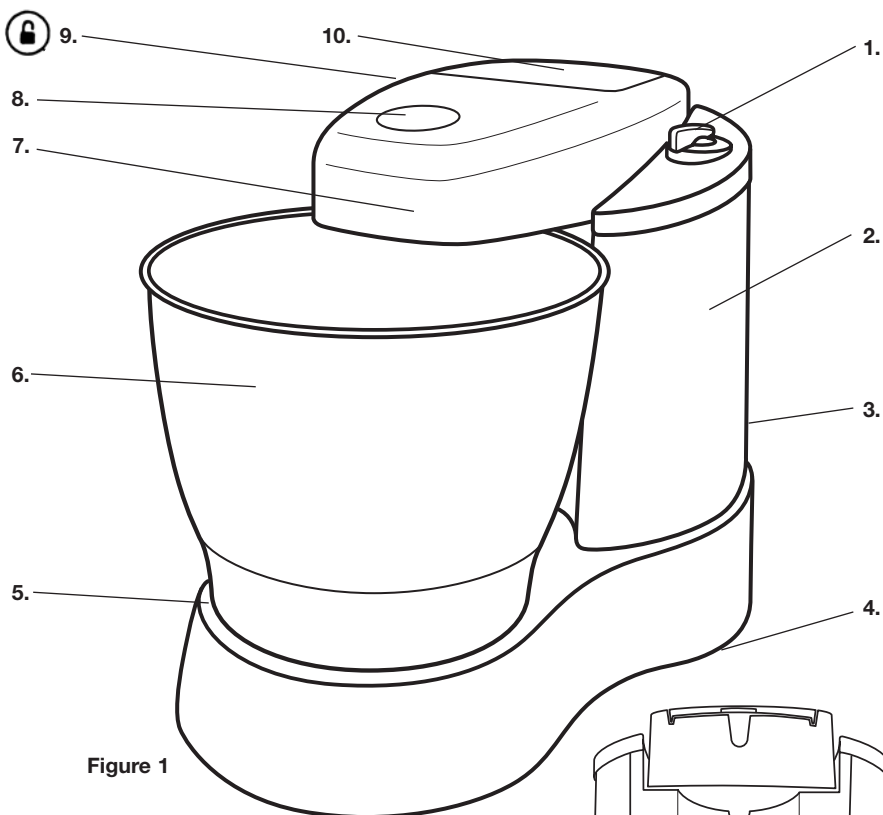
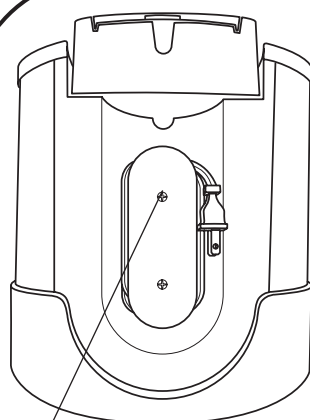


Figure 1



3. Cord Storage Area
located on back of
Kitchen Machine

1. Speed Control Dial
2. Main Body
3. Cord Storage Area
4. Non-Slip Rubber Feet
(not shown)
5. Turntable (see Figure 2)
6. Stainless Steel Mixing Bowl
(P/N 71116)
7. Mixer Head
8. Tool Release Button
9. Head Release Button (see Figure 4)
10. Blender Motor Housing Cover

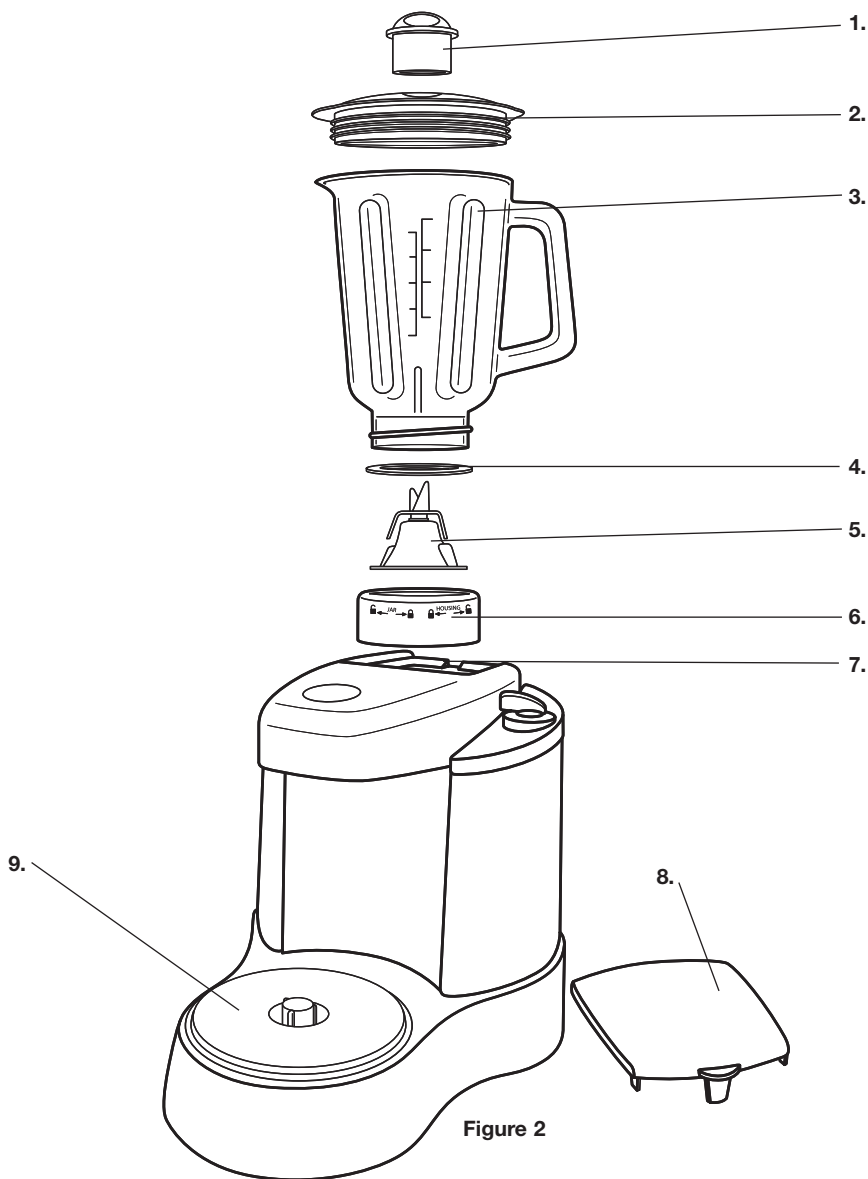


Figure 2

- | | |
|--|---|
| 1. Lid Cap (P/N 71117)* | 6. Collar (P/N (P/N 71122)* |
| 2. Blending Jar Lid (P/N 71118)* | 7. Blender Motor Housing |
| 3. Glass Blending Jar (P/N 71119) | 8. Blender Motor Housing Cover (P/N 71123)* |
| 4. Rubber Seal Ring (P/N 71120) | 9. Turntable |
| 5. Stainless Steel Blade Assembly ((P/N 71121) | |

* Add suffix for colors: B - Black ; BL - Blue; R - Red

INTRODUCTION

Congratulations on your purchase of the cook's essentials® Kitchen Machine. Handsomely styled, this black and Stainless Steel Stand Mixer/Blender will complement any kitchen counter. Offering 9 speeds plus PULSE for precision heavy-duty mixing and blending action, this versatile appliance can be used to prepare a variety of dishes from soups to breads, appetizers to desserts. Mixer Attachments include: 4 Quart Stainless Steel Mixing Bowl, Spatula, 2 Dough Hooks, full Whisk and Beater. Enjoy the recipes at the back of this Owner's Manual or use our Blending Guide to create your own.

BEFORE USING FOR THE FIRST TIME

CAUTION: Use extreme care when handling the Blade Assembly. Do not touch the Blades with your fingers. The Blades are very sharp and can cause injury if touched.

1. Carefully unpack the Kitchen Machine, Glass Blending Jar, and all parts.
2. Wash the Blender parts: Lid Cap, Rubber Seal Ring, Glass Blending Jar, Blending Jar Lid, Blade Assembly and the Mixer parts: Stainless Steel Bowl, Beater, Spatula, Whisk and Dough Hooks in warm soapy water. Rinse and dry thoroughly.
3. Make sure the cord is unplugged and the Speed Control Dial is in the (O) OFF position.

CAUTION: To protect against risk of electrical shock, do not place Motor Housing, plug or cord in water or any other liquid.

4. Wipe the Main Body clean with a moistened cloth. Dry thoroughly.

MIXER ASSEMBLY INSTRUCTIONS

NOTE: Before assembling, make sure the cord is unplugged and the Speed Control Dial is in (O) OFF position.

CAUTION: Never attempt to use the Mixer and Blender Functions at the same time. This could damage the Kitchen Machine.

IMPORTANT!

- To avoid damage to the unit and to the Whisk Attachment, do not use the Whisk for heavy mixtures.
- After cleaning, always store the Stainless Steel Bowl in its place on the Turntable of the unit.
- Always remove any Attachment(s) before removing the Stainless Steel Bowl.
- When using the Mixer, the Blender Housing Cover MUST be in position on top of the Mixer Head. (See Figure 1.) To attach the Blender Housing Cover, remove the Glass Blending Jar and place the 2 tabs at the front of the Cover into the 2 slots located on the Mixer Head. Lower the Cover onto the top of the Mixer Head and then snap the Cover firmly into place.

MIXER ATTACHMENTS

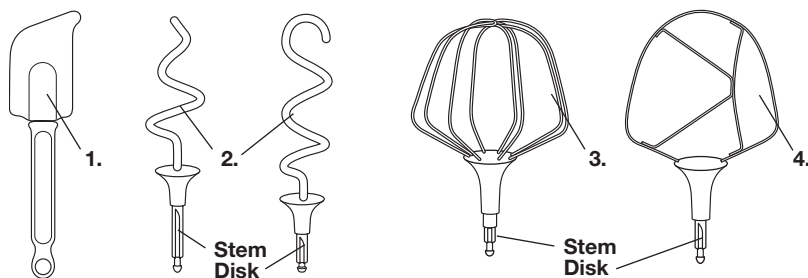


Figure 3

- | | |
|---------------------------|-----------------------|
| 1. Spatula (P/N 71124) | 3. Whisk (P/N 71126) |
| 2. Dough Hooks (2) | 4. Beater (P/N 71127) |
| Gray Collar (P/N 71125G) | |
| Black Collar (P/N 71125B) | |

INSERTING ATTACHMENTS: WHISK, BEATER OR DOUGH HOOKS

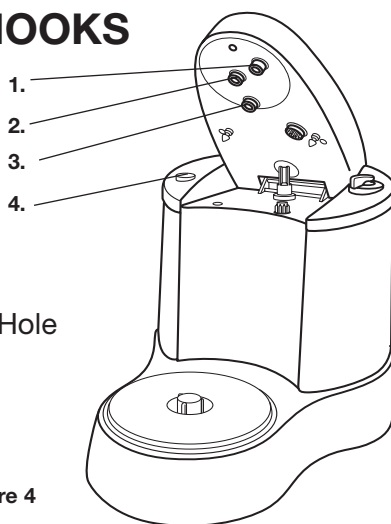


Figure 4

CAUTION: Use matching attachment pairs only: use both Dough Hooks, or one Beater or one Whisk. Do not attempt to use one Dough Hook with one Beater or one Whisk. This could damage the Mixer.

1. Place Stand Mixer on a dry, level surface. Make sure Mixer is not plugged in.
2. Press Head Release Button.  The Mixer Head will pivot upwards automatically. (See Figure 4.)

CAUTION: DO NOT attempt to raise or force the Mixer Head without first pressing the Head Release Button.  This could damage the Mixer.

3. The Attachments' stem disks are color-coded for ease of assembly.
4. Insert each Attachments' stem disk, one at a time, into the corresponding colored hole on underside of Motor Housing. (See Figure 4.)

NOTE: When using the pair of Dough Hooks, first insert the black stem disk Dough Hook into the black hole at the back of the Mixer Head. Lock into place. Then insert the second gray stem disk Dough Hook into the gray hole.

5. To lock Attachments into place, push any Attachment(s) into the appropriate colored hole, twisting slightly. Grasp the Mixer Head with both hands and use your thumbs to press the stem disk into the Mixer Head. You will feel and hear the stem disk snap and lock into place.

MIXER OPERATING INSTRUCTIONS

1. Place desired ingredients into the Stainless Steel Mixing Bowl.

NOTE: Maximum capacity of the Mixing Bowl is 4 quarts (3.785 Liters). Never use recipes calling for more than 4.5 cups of all purpose flour or 3.5 cups of whole wheat flour. Do not fill Mixing Bowl more than half full with ingredients.

2. Place filled Mixing Bowl onto Turntable.
3. With Beater, Dough Hooks or Whisk properly in place, press the Mixer Head down until an audible click is heard as it locks into place. Mixer Head down, the Attachment(s) should sit comfortably in the Stainless Steel Mixing Bowl before operating.
4. Unwind the desired amount of power cord out from cord storage area at the rear of unit. Plug power cord into a standard 120V AC household electrical outlet.

NOTE: Always start mixing with a slow speed setting. Then increase the speed setting to match consistency of the ingredients.

5. Turn the Speed Control Dial to the desired speed.

CAUTION: Keep hands, hair, clothing, as well as utensils out of Mixing Bowl and away from Attachment during operation to reduce the risk of severe injury to persons or damage to the Stand Mixer.

CAUTION: DO NOT scrape sides or bottom of Mixing Bowl while Mixer is in operation.

6. Once all ingredients have reached the desired consistency, turn the Speed Control Dial to O (OFF) and the Mixer will stop operation.
7. Remove plug from electrical outlet.
8. Press the Head Release Button and carefully raise the Mixer Head.
9. Press the Tool Release Button while grasping the Beater, Dough Hooks or Whisk to release them from the Mixer.
10. Gently scrape excess batter from Beater, Dough Hooks or Whisk with the Spatula. Do not strike Beater, Dough Hooks or Whisk against Mixing Bowl to remove excess batter. This could damage the Mixer parts.
11. Carefully remove Mixing Bowl from Turntable. Pour batter from Mixing Bowl into another container. Use the Spatula included with your unit to remove batter from Mixing Bowl.

BLENDER ASSEMBLY INSTRUCTIONS

NOTE: Before assembling, make sure the cord is unplugged and the Speed Control Dial is in (O) OFF position.

CAUTION: Use extreme care when handling the Blade Assembly. Do not touch Blades with your fingers. The Blades are very sharp and can cause injury if touched.

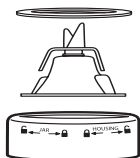


Figure 5

1. Carefully place the Blade Assembly into the Collar, under all grooves, making sure it sits at the bottom of the Collar. (See Figure 5.)
2. Place Rubber Ring over the Blade Assembly, making sure it fits securely on the bottom edge of the Blade Assembly.

3. Place the Glass Blending Jar into the Collar. Grasping the Glass Blending Jar Handle, turn the Collar counter-clockwise, firmly secure into position on the bottom of the Glass Blending Jar. (See Figure 6.)

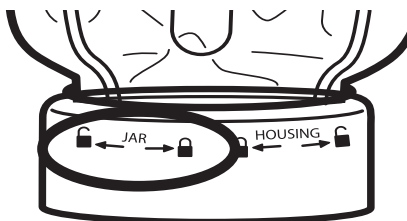


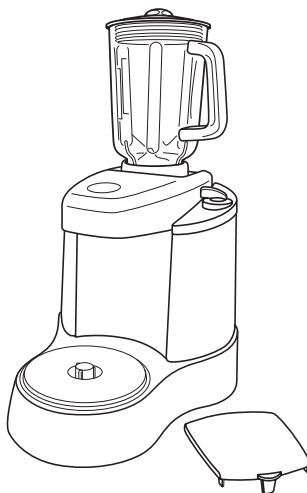
Figure 6

NOTE: The Collar and Blade must be firmly attached to the Blending Jar before putting any foods or liquids into the Blending Jar. Make sure the Collar and Blade are level with the bottom of the Blending Jar. Using the Blender when the Blending Jar is not properly attached will damage the Blender Motor Housing and Stainless Steel Blade Assembly.

BLENDER OPERATING INSTRUCTIONS

CAUTION: Keep hands and utensils out of the Blending Jar while blending to prevent the possibility of severe injury to persons or damage to the unit. The Spatula may be used but only when the unit is not running.

CAUTION: Use extreme care when handling the Blender Blade. Do not touch Blades with your fingers. The Blades are very sharp and can cause injury if touched.



BLENDER OPERATING INSTRUCTIONS *(Continued)*

CAUTION: Never attempt to use the Mixer and Blender Functions at the same time. This could damage the Kitchen Machine.

1. Before starting, make sure power cord is unplugged and the Speed Control Dial is in (O) OFF position.
2. Make sure that the Blade Assembly, Rubber Seal Ring, and Collar are properly assembled and securely fastened to the Blending Jar. See previous BLENDER ASSEMBLY INSTRUCTIONS section in this manual for assembly procedures.
3. Remove the Stainless Steel Mixing Bowl from Turntable and set aside. Lower the Mixer Head until it locks into position.
4. Remove the Blender Housing Cover by lifting the tab up and off the machine. The fit will be tight and the Cover will snap off. Place the Cover aside.
5. Place the Blending Jar on top of the Motor Housing making sure it is firmly seated and not tilting to one side. Follow the arrows on the Motor Housing and the identical arrows on the Blending Jar Collar, see Figure 7. Turn the assembled Blending Jar clockwise until locked into position. Test to make sure the Glass Blending Jar fit is secure.

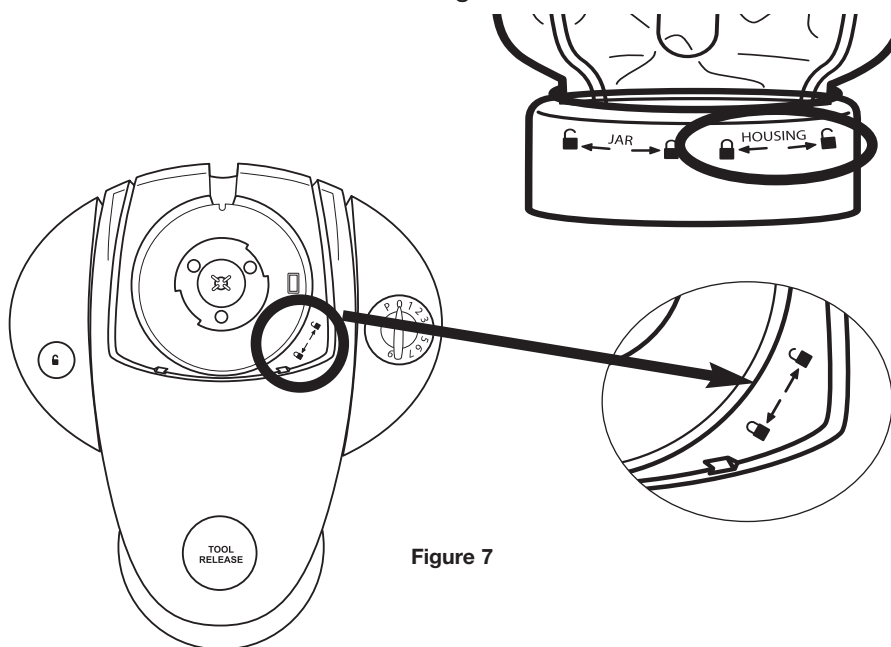


Figure 7

BLENDER OPERATING INSTRUCTIONS (Continued)

CAUTION: Never place the Blade Assembly on the Motor Housing without the Blending Jar being completely assembled and securely tightened.

6. Add ingredients to the Glass Blending Jar and secure the Blending Jar Lid. Make sure that the Blending Jar spout is perfectly aligned with the spout cover on the Lid; the tab at the back of the Lid lines up with the Blending Jar Handle. Insert Lid Cap into the hole in the Lid and following the icons on the top of the Lid, turn counter-clockwise to lock into position. (See Figure 8.)

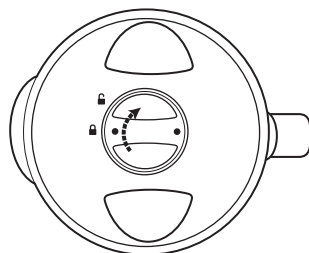


Figure 8

Turn Lid Cap clockwise to unlock. Remove to add ingredients while blending.

CAUTION: Do not fill the Glass Blending Jar more than 3/4 full, about 4-1/2 cups (35 ounces). Never operate when the Blending Jar is empty.

7. Place Glass Blending Jar Lid with Lid Cap on Blender Motor Housing. ***Remember: Always hold Lid in place during processing.*** To add ingredients to Blending Jar during processing, turn the Lid Cap clockwise to remove; then add ingredients through hole in the Lid. Replace Lid Cap, turning counter-clockwise to lock into place.
8. Plug the power cord into a 120V AC electrical outlet. Turn the Speed Control Dial to the desired speed setting: 1 is the lowest speed; 9 is the highest. Blend until ingredients have reached desired consistency. Blending will take only seconds.

CAUTION: If the Glass Blending Jar rotates during blending, immediately turn the Speed Control Dial to (O) OFF, then secure by tightening the Collar and Blade Assembly on Blending Jar.

- Do not touch Blades
 - Do not interfere with the Blade movement
 - Do not remove Blending Jar Lid
9. When blending is completed, turn the Speed Control Dial to (O) OFF to stop the Blender and unplug the unit.

PULSE SETTING

1. For short bursts of power, use the PULSE setting repeatedly. Turn the Speed Control Dial from (O) OFF to (P) PULSE.
2. When pulsing is completed, turn the Speed Control Dial to (O) OFF, as shown in Figure 9, to stop the Kitchen Machine. Unplug the unit.

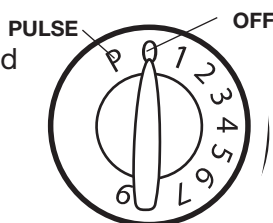


Figure 9

CRUSHING ICE

Add up to 2 cups of ice cubes (about 20) to the Glass Blending Jar. Place the Lid on the Glass Blending Jar and repeatedly turn the Speed Control Dial from (O) OFF to (P) PULSE until the cubes are reduced.

HOT INGREDIENTS

CAUTION: Use extreme caution when blending hot liquids to avoid accidental scalding or burns. Do not use your hand to cover the center hole in the Blending Jar Lid.

NOTE: When processing hot foods, always remove the Lid Cap from the Lid before beginning.

- DO NOT put more than 1 cup of hot ingredients into the Glass Blending Jar before beginning to blend.
- After the blending process has begun, you may slowly add up to an additional 1 cup of hot ingredients through the center hole in the Lid. (See Figure 8.)
- Always use a vessel with a pouring spout when adding hot ingredients.

USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing that requires disassembly other than cleaning must be performed by a qualified appliance repair technician.

CAUTION: Never immerse the Motor Housing, plug or cord in water or any other liquid.

1. Always unplug the unit before cleaning.
2. Whenever possible, rinse parts immediately after processing to make cleanup easier.

CAUTION: Use extreme care when handling the Blade Assembly. Do not touch the Blades with your fingers. The Blades are very sharp and can cause injury if touched.

3. Wash the Glass Blending Jar, Lid, Lid Cap and Blade Assembly in warm soapy water. Wash the Stainless Steel Mixing Bowl, any Attachment(s) and Blender Housing Cover in warm, soapy water. Rinse and dry thoroughly. Never use rough scouring pads or abrasive cleansers on any plastic or metal parts as the surface may be damaged. The Glass Blending Jar may be cleaned in the dishwasher once the Lid, Lid Cap and Blade Assembly have been removed. The Stainless Steel Mixing Bowl may be cleaned in the dishwasher, and Attachment(s) are top rack dishwasher-safe.
4. If necessary, wipe exterior surface with a moist cloth or sponge and dry thoroughly.
5. Do not fill the Glass Blending Jar with boiling water or place any of the parts in boiling water.
6. Do not allow the Blade Assembly to soak in water for long periods of time. Do not allow any Attachment(s) to soak in water for long periods of time.
7. For quick clean-ups, the interior of the Glass Blending Jar can be cleaned by using the PULSE setting. Plug the Blender into an electrical outlet and simply pour some warm water and a small amount of detergent into the Glass Blending Jar. Turn the Speed Control Dial to (P) PULSE. Repeat for several short bursts. The unit will clean itself, without you having to handle the sharp Blades. Unplug the Blender, rinse and dry thoroughly, being careful as the Blades are sharp.
8. Properly reassemble all parts before storing.

STORAGE

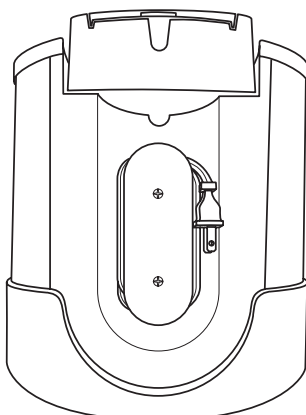


Figure 10

CAUTION: Always assemble clean and dry Blender parts correctly before storing on the Motor Housing. Severe injury can result if Blender is accidentally turned ON when not properly assembled.

Unplug and clean unit. Store in original box or in a clean, dry place. Never store Blender while it is hot or plugged in. Never wrap cord tightly around the appliance. Wrap cord around Cord Storage Area as shown in Figure 10. Never place any stress on cord, especially where the cord enters the unit, as this could cause the cord to fray and break. With the Stainless Steel Mixing Bowl in position on the Turntable, the Attachments may be stored inside the Stainless Steel Bowl. The Stainless Steel Bowl and Attachment(s) may be stored separately.

BLENDING GUIDE

Your Blender features a variable Speed Control. While you may select any speed, the following list will help you determine where to set the control for various items.

SPEEDS	FOODS	MIXING PROCEDURES
1-2 STIR	Powdered Milk	Add water, then dry milk. Stir 15 seconds
	Frozen Juice	Add one 6 oz. can frozen juice, then water. Stir 15 seconds or until blended.
	Pancake Batter	Add liquid, eggs, then enough mix for 15 small pancakes. Stir 5 seconds. Stop and scrape sides. Stir 5 seconds more until large lumps disappear.
	Instant Pudding	Add milk then mix. Stir 30 seconds or until smooth.
	Malts	Add milk, flavoring and ice cream. Stir 15 seconds.
	Baby Food Vegetables	Cut into 1" pieces, simmer until tender, cool. Add 1/2 cup liquid and up to 1 cup cut-up food. Stir until desired texture.
	Fruit Toppings	Slightly thaw a 10 oz. package of frozen fruit. Place in container and stir until desired consistency.
3-4 CHOP	Bread	Tear 1 slice of bread into 6 pieces. Add to container. Chop for 5 seconds or until desired texture.
	Cookies	Break into 1" pieces and place up to 1 cup of food into container. Chop until desired consistency.

BLENDING GUIDE *(Continued)*

SPEEDS	FOODS	MIXING PROCEDURES
3-4 CHOP	Crackers	Place up to 8 crackers in 2" squares into container. Chop until desired consistency.
	Chips & Cereal	Place up to 1 cup in container and chop until desired consistency.
	Cabbage	Coarsely dice cabbage and place up to 3 cups into container, fill with water. Chop for 5 seconds or until desired consistency. Drain thoroughly.
	Nuts	Place up to 1 cup into container and chop until desired consistency (or use PULSE).
5-6 CHOP	Cheese-soft	Cut cheese into 1/2" cubes and place up to 1 cup into container. Chop 5-10 seconds or until desired consistency.
	Cheese-hard	Cut cheese into 1/2" cubes and place up to 1/2 cup into container. Chop 5-10 seconds or until desired consistency.
	Orange/Lemon Peel	Cut peel of one orange/lemon into 1" chunks. Chop 5-10 seconds or until desired consistency.
	Coffee Beans	Add up to 1/2 cup beans. Chop 15 to 40 seconds or until desired consistency.
	Chocolate Bars	Break 2 ounces into 1" pieces and chop 30-60 seconds or until desired consistency.

BLENDING GUIDE *(Continued)*

SPEEDS	FOODS	MIXING PROCEDURES
5-6 MIX	Creamed Soups Reconstitute	Add liquid, then soup. Mix 5 seconds or until smooth.
	Sauces	Add liquids then solids to container. Mix until desired consistency.
	Fruit	Cut fruit into 1/2" cubes and place up to 1 cup into container. Add 1/2 cup liquid. Mix 45-60 seconds or until desired consistency. (To chop dry, use PULSE).
7-9 BLEND	Salad Dressing	Add liquids then solids to container. Blend until desired consistency.
	Frozen Drinks	Place up to 2 cups of liquid then solid food into container. Blend 5-10 seconds then quickly drop 5-10 ice cubes, one at a time, through the hole in the Lid. Immediately replace Lid Cap after each addition of ice cubes to prevent splattering.
	Vegetables	Add up to 3 cups of food cut into 1/2" pieces and 1 cup water or other liquid to container. Blend 5 to 10 seconds for each cup of food, or until desired consistency. Drain. (To chop dry, use PULSE).

RECIPES

SPANAKOPITA (GREEK CHEESE PIE)

Filling

5 oz. Parmesan or Romano cheese, grated
1 cup parsley, chopped
1 large onion, chopped
4 eggs
1 lb. feta cheese, drained
15 oz. ricotta cheese
2 packages frozen chopped spinach, thawed and well-drained
salt and pepper to taste

Crust

12 sheets filo, thawed
2/3 cup butter, clarified

Temperature: 350°F/177°C

Bake Time: 35 to 45 minutes

Attach Blender to grate cheese; then chop parsley and onion.
Set aside.

Remove Blender and place Stainless Steel Mixing Bowl on Turntable.

Attach the Beater and beat the eggs on Speed 4 for 1 minute. Add the remaining filling ingredients and mix together on Speed 4 for 2 to 3 minutes.

For crust, remove one sheet of filo and butter with a pastry brush. Layering, add a second and third sheet of filo, buttering each. Place 1/4 of the filling mixture in a narrow row along a short edge of the filo. Leave 1-1/2 inches of filo at each end of filling to tuck under after rolling filo up jelly-roll fashion. Place the filo roll seam-side down in a 9 x 13-inch greased pan. Repeat process for second, third, and fourth filo rolls. Brush remaining butter on the tops and ends of filo rolls. Bake as directed.

Makes 8 to 9 servings

SPAGHETTI SAUCE WITH MEATBALLS

Sauce

1 medium onion, chopped	2 teaspoons thyme
5 cloves garlic, chopped	1/2 cup sugar
2 tablespoons oil	1/2 teaspoon crushed red pepper
60 oz. Italian style stewed tomatoes	2 bay leaves
60 oz. Italian style tomato sauce	salt and pepper to taste
1 cup basil leaves	1 lb. mushrooms, sliced
1 tablespoon oregano	

Meatballs

1 medium onion, chopped
2 cloves garlic, chopped
1 lb. Italian sausage
1 lb. lean ground beef
2 eggs
salt and pepper to taste
1 cup bread crumbs
2 oz. Parmesan or Romano cheese, grated
1 teaspoon Italian Seasoning

Coating

3/4 cup flour
1/2 cup oil

Attach Blender and chop onions and garlic. Set aside.

Remove Blender and place Stainless Steel Mixing Bowl on Turntable.

To prepare sauce, heat oil in a heavy large pan over medium heat.

Add onion and garlic; cook until tender. Add remaining sauce ingredients, reduce heat and simmer, stirring occasionally.

While sauce is simmering, attach the Dough Hooks and mix together all meatball ingredients on Speed 4 for 1 to 2 minutes. Turn up to Speed 9 and mix for 2 to 3 minutes. Form into 2-inch balls.

Roll meatballs in flour. Heat oil in large skillet over medium heat and brown meatballs. Add the meatballs to the sauce and continue simmering over low heat for about 1 hour, stirring often. If the sauce becomes too thick, add water until it is the right consistency. Serve over cooked spaghetti or homemade pasta.

Makes 6 to 8 servings.

3 LAYER BURNT SUGAR CAKE

Burnt Sugar Syrup

1-1/2 cups sugar
1 cup boiling water

Cake

3 eggs
1/2 cup butter, room temperature
1/2 cup water
1/2 cup burnt sugar syrup
18.25 oz. caramel cake mix

Frosting

1/2 cup pecans, chopped
1/2 cup butter, softened
4 cups powdered sugar
1 teaspoon vanilla extract
reserved burnt sugar syrup
2 tablespoons milk (optional)

Temperature: 350°F/177°C

Bake Time: 30 to 40 minutes

Attach Blender and chop pecans. Set aside.

Remove Blender and place Stainless Steel Mixing Bowl on Turntable.

Melt sugar in a heavy saucepan over medium heat, stirring frequently until dark brown and smooth. Remove from heat and carefully add the boiling water. Return to heat and stir constantly until syrup-like.

For cake, attach Beater and beat the eggs on Speed 6 for 2 minutes. Add the butter, water, 1/2 cup burnt sugar syrup, and cake mix; beat on Speed 1 for 30 seconds and then increase to Speed 6 for 2 to 3 minutes. Pour into three 8-inch greased and floured cake pans. Bake as directed and allow to cool.

For frosting, attach Beater and beat butter, vanilla extract and the remaining burnt sugar syrup using Speed 6 for 2 minutes. Slowly add the powdered sugar 1 cup at a time and continue mixing on Speed 6 until thoroughly mixed. If needed, slowly add the milk to make a spreadable consistency.

Spread 1/4 of the frosting over the first cake layer. Layer the second cake and spread 1/4 of the frosting over the top. Layer the third cake and use remaining frosting to cover the third layer and sides of the cake. Swirl with a knife to create a marble effect. Sprinkle with chopped nuts.

Makes 12 servings.

3 LAYER CARROT CAKE

Cake

3 cups grated carrots
2 cups all-purpose flour
1 tablespoon cinnamon
1-1/2 teaspoons baking soda
1/4 teaspoon salt
3 eggs
1-1/2 cups sugar
1/4 cup oil
2 teaspoons orange extract

Frosting

1 cup pecans, chopped
8 oz. cream cheese, room temperature
1/2 cup butter, room temperature
2 teaspoon orange extract
4 cups powdered sugar

Temperature: 350°F/177°C

Bake Time: 25 to 30 minutes

Attach Blender to grate carrots and chop pecans. Set aside.

Remove Blender and place Stainless Steel Mixing Bowl on Turntable. Sift together the flour, cinnamon, baking soda, and salt in a separate bowl to create a flour mixture and set aside.

Attach Beater and beat the eggs on Speed 3 for 2 to 3 minutes and gradually add the sugar, oil and orange extract while beating. Add the flour mixture to the egg mixture, beating on Speed 3 for 2 to 3 minutes. Add the grated carrots and mix on Speed 2 for about 2 to 3 minutes. Pour into three 8-inch greased and floured cake pans. Bake as directed and allow to cool.

For frosting, attach the Beater and cream the cream cheese, butter, and orange extract on Speed 3 for 2 minutes. Add the powdered sugar 2 cups at a time mixing thoroughly after each addition. Continue beating for 3 to 4 minutes. Add the pecans and blend thoroughly.

Spread 1/4 of the frosting over the first cake layer. Layer the second cake and spread 1/4 of the frosting over the top. Layer the third cake and use remaining frosting to cover the third layer and sides of the cake. Swirl with a knife to create a marble effect. Sprinkle with chopped nuts. Store in refrigerator.

Makes 12 servings

CHOCOLATE CHIP DELIGHT

3/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon baking powder
3/4 cup shortening
1/2 cup brown sugar
1/4 cup white sugar
1 egg
3/4 teaspoon vanilla extract
1/2 cup coconut
1-1/4 cups quick or old fashioned oats
1 cup semi-sweet or milk chocolate chips

Temperature: 350°F/177°C

Bake Time: 12 to 15 minutes

Combine flour, salt, baking soda, and baking powder in a small bowl to create a flour mixture and set aside.

Attach the Beater; place shortening in the Mixing Bowl and beat on Speed 6 for 2 minutes. Add both sugars and cream on Speed 6 for 2 minutes. Add egg and vanilla extract and continue to mix on Speed 4 for 1 minute.

Remove Beater and insert both Dough Hooks. Add the flour mixture and beat on Speed 4 for 1 minute or until combined. Add the coconut and half of the oatmeal. Mix on Speed 4 for 2 minutes. Add remaining oatmeal and mix on Speed 4. Add chocolate chips and stir on Speed 2 until mixed.

Drop by teaspoon onto lightly greased cooking sheet and bake as directed.

Makes 2 dozen or 1 cookie bars

BREADS

BASIC WHITE DOUGH

2 loaves or 18 rolls

4 to 4-1/4 cups bread flour
1/4 teaspoon salt
1/2 cup sugar
3-1/2 teaspoons active dry yeast
1-1/4 cups water
1 egg
1/4 cup shortening (room temperature)

Temperature: 350°F/177°C

Bake Time: 25 to 30 minutes

Add Dough Hooks and mix together all dry ingredients except 1 cup of flour on Speed 4 for 1 minute.

Heat water to 120°-130°F/49°-54°C. Continue mixing on Speed 6 and add egg. Drizzle liquid slowly into dry mixture until mixed 1 to 2 minutes. Continue to mix another 3 to 4 minutes.

Scrape bowl if necessary.

Turn Speed Control Dial to Speed 9 and gradually add the remaining flour to form a soft, slightly tacky dough ball, mixing for 3 to 5 minutes, scraping the sides and bottom of the Mixing Bowl as necessary. Add shortening and mix for 2 to 3 minutes. Continue kneading for another 10 minutes.

Spray large bowl with a non-stick spray. Place dough in bowl and turn to coat on all sides. Cover. Let rise in warm place until light and doubles in size, about 1 hour.

Punch down dough, cover and allow to rest 10 minutes to make the dough easier to handle.

Choose one of the following procedures to finish baking.

Makes 2 loaves. 18 rolls

BREAD LOAVES

Temperature: 350°F/177°C

Bake Time: 25 to 30 minutes

Divide into 2 pieces and roll each into a 12 x 7-inch rectangle. Roll up tightly, starting with the narrow edge. Seal with fingertips as you roll.

Place in 2 greased 9 x 5-inch baking pans. Cover and let rise in a warm place 1 hour or until double in size. Bake as directed.

DINNER ROLLS

Temperature: 350°F/177°C

Bake Time: 25 to 30 minutes

Divide into 18 smooth 2-inch round rolls. Place in a greased 9x13-inch baking pan. Cover and let rise in a warm place 1 hour or until double in size. Bake as directed.

CINNAMON ROLLS

Topping

18 rolls

3/4 cup butter, melted

1/2 cup sugar

3 tablespoons cinnamon

1/2 cup raisins

1/2 cup walnuts, chopped

Glaze

18 rolls

1/2 cup powdered sugar

3 tablespoons milk

1/2 teaspoon vanilla extract

Temperature: 350°F/177°C

Bake Time: 20 to 25 minutes

Attach Blender and chop walnuts.

Combine sugar and cinnamon; set aside.

Roll dough into a 15 x 18-inch rectangle on a lightly-floured surface. Spread melted butter over dough. Sprinkle with sugar-cinnamon mixture, raisins and nuts.

Roll up lightly, jelly-roll style, starting with the largest side and cutting into 1-inch slices. Place in 2 greased 9 x 13-inch baking pans. Cover and let rise in a warm place 1 hour or until dough doubles in size. Bake as directed.

Mix glaze ingredients until smooth and drizzle over top of baked cinnamon rolls.

REFRESHING ROLLS

Topping

18 rolls

3 tablespoons orange peel, grated

1/2 cup sugar

1/4 cup butter melted

Temperature: 350°F/177°C

Bake Time: 20 to 25 minutes

Attach Blender and grate orange peel.

Combine orange peel and sugar and set aside.

Shape dough into balls and dip top half into the melted butter and then into orange-sugar mixture. Place coated side up a greased 9 x 13-inch baking pan. Cover and let rise in a warm place 1 hour or until dough doubles in size. Bake as directed.

FOCCACIA BREAD

2-1/2 to 3 cups bread flour

1 teaspoon salt

2 teaspoons sugar

1 teaspoon dry Italian seasoning

1-1/2 teaspoons active dry yeast

1 cup water

1/3 cup olive oil

Temperature: 400°F/205°C

Bake Time: 15 to 20 minutes

Attach Beater and mix all dry ingredients together except 1 cup of flour on Speed 4 for 30 seconds.

Heat water and oil to 120°F/49-54°C. Continue mixing on Speed 4 and drizzle liquid slowly into dry mixture until mixed 1 to 2 minutes.

Continue to mix another 2 to 3 minutes.

Remove Beater and insert the Dough Hooks. Return Speed Control Dial to Speed 4 and gradually add the remaining flour to form a soft, slightly tacky dough ball, mixing for 2 to 4 minutes. Continue kneading for another 10 minutes. Perform dough stretch test.

Spray large bowl with a non-stick spray. Place dough in bowl and turn to coat on all sides. Cover. Let rise in warm place until light and doubles in size, about 1 hour.

FOCCACIA BREAD *(Continued)*

Press dough evenly into a 9x13-inch greased pan. Make indentations in the dough using your fingertips.

Cover and let rise in a warm place 20 minutes or until dough doubles in size. Prepare a topping: Garlic Cheese or Greek-Style while dough is rising.

Makes 1 loaf

GARLIC-CHEESE FOCCACIA TOPPING

1/4 cup garlic, coarsely chopped

1/4 cup Parmesan cheese, grated

1/4 cup olive oil

1-1/2 teaspoons oregano leaves, dried

1/4 teaspoon salt

Attach Blender to chop garlic and grate cheese. Set aside.

Heat olive oil and stir in oregano and garlic. Remove from heat immediately. Spoon mixture over dough. Sprinkle with remaining ingredients. Bake as directed.

GREEK STYLE FOCCACIA TOPPING

1/4 cup olive oil

1-1/2 teaspoons oregano leaves, dried

1 cup onion, thinly sliced

1/2 cup Feta cheese, crumbled

1/4 cup black olives, sliced-drained

1/4 teaspoon salt

Heat olive oil, add onions and cook until soft but not brown, 5 minutes. Spoon mixture over dough. Sprinkle remaining ingredients. Bake as directed.

CARAMEL CHOCOLATE CHUNK CHEESECAKE

Crust

1/4 cup butter, melted
3/4 cup quick rolled oats
3/4 cup pecans, chopped
3/4 cup brown sugar
1/2 teaspoon cinnamon

Attach Blender and chop pecans.

Attach Beater and mix together crust ingredients on Speed 2 for 2 to 3 minutes. Press into a 9-inch greased cheesecake pan. Bake crust as directed. While crust is baking, prepare filling.

Temperature: 350°F/177°C

Bake Time: 18 to 20 minutes

Filling

24 oz. cream cheese, softened
1/2 cup brown sugar
2 tablespoons cornstarch
1/2 cup dark corn syrup
1-1/2 teaspoons vanilla extract
3 large eggs, room temperature
1 egg yolk, room temperature

Topping

1 cup milk chocolate chips

Temperature and Bake Time: 350°F/177°C for 15 minutes, then reduce to 200°F/93°C and bake for an additional 1 hour 10 minutes.

Place Stainless Steel Mixing Bowl on Turntable.

Attach the Beater and mix together cream cheese, brown sugar, cornstarch, corn syrup and vanilla extract on Speed 4 for 2 to 3 minutes. Add the eggs and yolk one at a time beating after each addition on Speed 3. Pour into the baked crust. Bake as directed.

Remove the cheesecake from the oven and sprinkle the chocolate chips over the top. Return to the oven and bake for 5 minutes. Chill overnight. Store in refrigerator.

Makes 12 servings

SPICY ASIAN SALAD DRESSING

1/2 cup soy sauce
1/4 cup lemon juice
1/4 cup peanut oil
1/4 cup olive oil
1 jalapeno pepper
1/2 cup cucumber
1/2 cup red onion
1 tablespoon cilantro

Place ingredients into Blender. Cover and mix on Speed 3 for 45 to 60 seconds or until smooth.

Makes 2 cups

VEGETABLE CREAM SOUP

1/4 cup margarine
1 cup cauliflower, cut into pieces
1 cup broccoli, cut into pieces
1/4 cup carrots, cut into pieces
1/4 cup onion, cut into pieces

1 cup cold milk
1/2 cup chicken broth
1 cup cream

Melt butter in pan and sauté vegetables until tender. Cool. Place milk, broth and vegetable mixture in Blending Jar. Cover and stir on Speed 1 or 2 for 30-40 seconds or until smooth. Pour mixture back into pan, stir in cream and heat to simmer, stirring occasionally.

Makes 3 to 4 servings.

COLD CUCUMBER SOUP

2 cups cucumber, cut into pieces

1/2 cup onion, cut into pieces

2 cups chicken broth

1/2 teaspoon mustard

salt and pepper to taste

1 cup cold evaporated skim milk

Place vegetables, broth and seasonings in a pan. Cover and simmer 5 minutes or until tender. Cool. Place mixture into Blender. Cover and mix on Speed 5 or 6 for 30 seconds or until smooth. Chill thoroughly. When ready to serve, stir in milk.

Makes 3 to 4 servings.

FROZEN FRUIT CUPS

1 can (15-1/4 oz.) pineapple chunks, with juice

1 banana, sliced

1 cup frozen strawberries (slightly thawed)

1/3 cup sugar

Place ingredients into Blender in order listed. Cover and stir on Speed 2 for 15 seconds or until smooth. Pour into cups and freeze.

PANCAKES

Preheat griddle or skillet. Place ingredients into Blender in order listed. Cover and stir on Speed 1 or 2 for 5 seconds, scrape sides and stir on Speed 2 until large lumps disappear. Pour onto hot greased griddle. Cook on both sides until done.

CHOCOLATE FUDGE PANCAKES

6 tablespoons water
2 tablespoons vegetable oil
1 egg
1/4 teaspoon vanilla
2 tablespoons plus 2 teaspoons cocoa
1/2 cup sugar
3/4 cup biscuit mix (like Bisquick®)

PEANUT BUTTER PANCAKES

3/4 cup milk
1 tablespoons vegetable oil
1 egg
2 tablespoons sugar
1/4 cup peanut butter
1 cup pancake mix

COLORFUL COLESLAW

- 4 cups cabbage, cored and cut into pieces
- 1 small red apple, cored and cut into pieces
- 1/3 cup salad oil
- 2 tablespoons lemon juice
- 1/2 tablespoon vinegar
- 1/4 cup sugar
- 1 can (8 oz.) pineapple chunks with juice

Place 2 cups of cabbage and 1/2 of the apple into Blender, fill with water up to the 5 cup mark. Chop on Speed 3 for 5 seconds or until vegetables are coarsely chopped, drain thoroughly. Repeat for remaining cabbage and apple. Place remaining ingredients into container in order listed. Cover and mix on Speed 5 or 6 for 5 to 10 seconds or until smooth. Stir into cabbage mixture and marinate in refrigerator a few hours, stir occasionally.

Makes 4 cups.

HUMMUS

- 1 (15-oz.) can garbanzo beans (chickpeas)
- 1/4 cup tahini (sesame seed paste)
- 3 tablespoons lemon juice
- 3 cloves garlic
- 3/4 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper

Drain beans, reserving liquid. Put all ingredients in Blending Jar. Remove Lid Cap from Lid. Process on Speed 6 until smooth, adding up to 1/4 of liquid through the hole in Lid until desired consistency is reached.

Makes 3 cups

BEVERAGES

Place all the ingredients in the Blending Jar in the order listed.
Cover and blend on Speed 7 until smooth, from 15 to 60 seconds.
Serve immediately.

Makes 2 to 4 servings.

ORANGE FROSTY

1 can (6 oz.) frozen orange juice concentrate
1 cup cold water
1 cup cold milk
1/2 cup sugar
1 teaspoon vanilla
8 to 10 ice cubes, added one at a time through the hole in Lid.

CHOCOLATE MILK SHAKE

2 cups cold milk
1/4 cup chocolate syrup
1-1/2 cups vanilla or chocolate ice cream

BANANA FRUIT SMOOTHIE

2 ripe bananas
12 ounces strawberry yogurt
12 ounces pineapple juice

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