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## CUISINART CHM-3 Owner's Manual

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# Cuisinart 



For your safety and continued enjoyment of this product, always read the instruction book carefully before us
TABLE OF CONTENTSImportant Safeguards . . . . . . . . . . . . . 2
Introduction ..... 2
Features and Benefits ..... 3
Use and Care ..... 4
Quick Reference Chart ..... 4
Recipes ..... 4
Warranty ..... 15
IMPORTANT SAFEGUARDS

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

## 1. Read all instructions.

2. To protect against risk of electrical shock, do not put the hand mixer or cord in water or other liquid. If hand mixer or cord falls into liquid, unplug the cord from outlet immediately. Do not reach into the liquid.
3. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away
from beaters during operation to reduce risk of injury to persons, and/or damage to the mixer.
6. Remove beaters from the mixer before washing.
7. Do not operate any appliance with a damaged cord or plug after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized Cuisinart service facility for examination, repair, or mechanical or electrical adjustment.
8. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
9. Do not use outdoors or anywhere the cord or mixer might come into contact with water while in use.
10. To avoid possibility of mixer being accidentally pulled off work area, which could result in damage to the mixer or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surface, including the stove.

## SAVE THESE INSTRUCTIOI

## FOR HOUSEF USE ONLY

## NOTICE

This appliance has a polariz (one prong is wider than the As a safety feature, this plus a polarized outlet only one plug does not fit fully into th reverse the plug. If it still do contact a qualified electricia modify the plug in any way.

## INTRODUCTION

All your mixing tasks just go This PowerSelect'" Electron Mixer lets you whip up all yc - from lighter-than-air merin creamy mashed potatoes to cookie doughs. The speed slides into position with one make operation just about a it gets. Beaters eject to clea the cord rotates to stay out way. Everything you need fo mixing convenience.

## FEATURES AND BENEFITS

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

## Maximum Comfort

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

## Automatic Feedback

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

1. Speed Control

Provides fingertip control of all speeds.
2. Exclusive Rotating Swivel Cord Unique swivel cord can be positioned for comfort with right- or left-handed use. (Patent pending)
4. Beater Release Button

Conveniently located for easy ejection of beaters.
5. Extra-Long Beaters

Two extra-long, extra-wide beaters for superior, faster aerating, mixing, and whipping. Designed with no center post to prevent ingredients from clogging up beaters. Beaters are easy to clean and dishwasher-safe.
6. Heel Rest

Allows mixer to rest squarely on countertop.
7. Easy To Clean (not shown)

The PowerSelect ${ }^{\text {t"M }}$ Mixer has a smooth, sealed base; it wipes clean instantly.

3. Spatula Included

## USE AND CARE

## Inserting Beaters

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

## Cleaning and Removing Beaters

1. Before cleaning the PowerSelect ${ }^{\text {t" }}$ Mixer, set the speed control switch to OFF and unplug it from the wall outlet. Press down on the beater eject button and remove beaters from the mixer. Wash the beaters after each use in hot, soapy water or in a dishwasher.
2. NEVER PUT THE MOTOR HOUSING IN WATER OR OTHER LIQUID TO CLEAN. Wipe with a damp cloth or sponge. Do not use abrasive cleansers, which could scratch the surface.


## QUICK

 REFERENCE CHART
## Mixing Techniques

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

## Speed 1

- Start mixing most ingredients together
- Combine dry ingredients
- Cream butter and sugar to mix
- Mix heavy cookie doughs
- Mash potatoes/squash
- Add nuts, chips, dried fruit to doughs and batters
- Add flour to batters, or liquids to dry ingredients
- Start mixing frostings
- Start mixing cake mixes
- Add eggs to batters/doughs
- Start to whip potatoes/squash
- Mix pudding batters


## Speed 2

- Complete beating cake mixes
- Mix scratch cake batters
- Cream butter and sugar until light and fluffy
- Complete mixing frostings
- Whip potatoes/squash
- Beat whole eggs/yolks
- Whip cream


## Speed 3

- Whip egg whites
- Complete whipping cream
- Whip butter or cream che and fluffy consistency for and spreads


## RECIPES

## Mixing Tips

- Always read entire recipe a all ingredients before begin mixing process.
- For best results, do not me directly from the bag. Pour container or bowl, scoop ol and level with the back of a spatula. For flour stored in stir before measuring.
- Eggs, butter or cream chee more thoroughly at room te
- Remove butter for recipe fir into $1 / 2$-inch pieces, then me out remaining ingredients fc This will hasten the warmin Do not warm butter for baki microwave unless instructe Microwaving can melt butter: butter will change the final pı
- The best cheesecakes are when the eggs and cream are a similar room tempera the Cuisinart ${ }^{\bullet}$ hand mixer c mix cold cream cheese, the
not to add too much air, which can cause cracking.
- For best results, use heavy cream, cold from the refrigerator, for whipped cream.
- For best results, whip egg whites in a spotlessly clean stainless steel or glass mixing bowl. If available, use a copper mixing bowl. Chocolate chips, nuts, raisins, etc. can be added using speeds 1 or 2 of your hand mixer.
- To separate eggs for any recipe, break them one at a time into a small bowl, gently remove yolks, then transfer egg whites to spotlessly clean mixing bowl. If a yolk breaks into the egg white, reserve that one for another use. Just a drop of egg yolk in the white will prevent the whites from whipping properly.
- To achieve the best volume when whipping egg whites, the mixing bowl and beaters must be spotlessly clean and free of any fat, oil, etc. (Plastic bowls are not recommended for whipping egg whites.) The presence of any trace of fat or oil will prevent the egg whites from increasing in volume. Wash bowl and attachments thoroughly before beginning again.
- Occasionally ingredients may stick to the sides of the mixing bowl. When this occurs, turn mixer off and scrape the sides of the bowl with a rubber spatula.


## SWEETS

## Cinnamon Muffins

These tasty muffins are just right for a holiday bread basket.

Makes 12 regular or 24 mini muffins

```
cooking spray
```

cups unbleached all-purpose flour
tablespoons brown sugar, packed
tablespoon baking powder
teaspoon cinnamon
teaspoon salt
large eggs
cup evaporated skimmed milk (not
reconstituted), or whole milk cup unsalted butter, melted and cooled

Preheat the oven to $375^{\circ}$ F. Spray 12 regular or 24 mini muffin cups. Place the flour, brown sugar, baking powder, cinnamon, and salt in a medium bowl. Mix on Speed 1 for 30 seconds to combine and break up brown sugar; reserve.
Place the eggs in a second bowl. Beat on Speed 2 until slightly foamy, 30 seconds. Then, mixing on Speed 3, add the milk and melted butter; mix for 15 seconds. Pour over the dry ingredients, and use Speed 1 to stir in until the ingredients are just moistened. Scoop into the prepared muffin cups.

Bake in the preheated oven minutes for regular muffins, minutes for mini muffins, un browned and springy to tou the center. Serve warm with Orange Butter. (Muffins may made ahead and frozen. Th warm before serving.)

Nutritional information per
(1 regular or 2 mini muf
Calories 155 (29\% from fat) •

- pro. $5 g$ • fat $5 g$ • sat. fat $2 g$ •
- sod. $208 \mathrm{mg} \cdot$ calc. 141 mg

Maple Orange BL
Maple Orange Butter also ma spread for pancakes, w biscuits or scones

Makes $3 / 4$ cup
$1 / 2 \quad$ cup unsalted butter, roor
2 tablespoons maple syru
(not pancake or sugar s zest of 1 orange, finely

Use Speed 3 to beat butter bowl until light and fluffy, abc Add maple syrup and orang on Speed 3 for 1 minute lon fluffy and completely combin

Nutritional information per serving Calories 76 ( $88 \%$ from fat)

- pro. $\mathrm{Og} \bullet$ fat $8 \mathrm{~g} \bullet$ sat. fat 5 g • $\bullet$ sod. $1 \mathrm{mg} \bullet$ calc. $6 \mathrm{mg} \bullet$


## Double Chocolate Walnut Brownie Drops <br> A brownie in a bite!

Makes 26

| 2 | ounces unsweetened chocolate, <br> chopped |
| :--- | :--- |
| $11 / 2$ | cups all-purpose flour <br> teaspoon baking powder <br> $1 / 2$ |
| $1 / 2$ | teaspoon salt <br> tablespoons unsalted butter, |
| 8 | cut in 8 pieces <br> cup granulated sugar |
| $1 / 2$ | cup brown sugar, firmly packed |
| $1 / 2$ | large egg |
| $11 / 2$ | teaspoons vanilla extract <br> cup mini chocolate morsels |
| $2 / 3$ | cup chopped walnuts |
|  | powdered sugar for garnish |
|  |  |

Melt the chocolate in a double boiler over hot water or in a microwave according to manufacturer's directions. Let cool. Preheat oven to $350^{\circ} \mathrm{F}$. Line baking sheets with parchment or nonstick baking liner sheets.
Place the flour, baking powder and salt in a medium bowl; mix on Speed 1 for 20 seconds to combine. Reserve.

Place the butter and sugars in a medium bowl. Mix on Speed 1 for 30 seconds, then mix on Speed 3 until light and fluffy, 2 minutes. Add the egg and vanilla, mixing on Speed 2 until combined, 20 seconds. Add melted,
cooled chocolate, mix 20 seconds on
Speed 1. Add flour mixture, mix on Speed 1 until combined, 30 seconds. Add chocolate morsels and walnuts, mix on Speed 1 to blend, 10 seconds. Scoop out dough in $1 \frac{1}{2}$ tablespoon amounts onto prepared baking sheets. (For ease, speed and uniformity, you may use a \#40 ice cream scoop.) Bake in the preheated oven for 10-12 minutes. Let cool on pans 2 minutes, then transfer to a wire rack to cool completely. Just before serving, dust lightly with powdered sugar if desired

Nutritional information per serving: Calories 151 (48\% from fat) • carb. 18 g - pro. $2 g$ • fat $8 g$ • sat. fat $4 g$ • chol. 18 mg

- sod. $59 \mathrm{mg} \cdot$ calc. $15 \mathrm{mg} \cdot$ fiber 1 g


## Oatmeal Monster Cookies

These yummy cookies may just become your all-time favorites. They are loaded with goodies and sure to wow family and friends.

Makes 5 dozen cookies

| 2 | cups all-purpose flour |
| :--- | :--- |
| $11 / 2$ | teaspoons baking soda |
| 1 | teaspoon salt |
| $11 / 3$ | cups butter |
| $11 / 3$ | cups light brown sugar |
| $11 / 3$ | cups sugar |
| 2 | large eggs |
| $11 / 2$ | teaspoons vanilla extract |
| 4 | cups quick-cooking oats |
| $2 / 3$ | cup chopped pecans |

cup chocolate chips (semisweet or milk) cup Bits O'Brickle ${ }^{\circledR}$ or shredded coconut cup M\&M ${ }^{\circledR}$ candies cup raisins, dried cranb dried tart cherries cooking spray

Preheat oven to $350^{\circ} \mathrm{F}$. Con soda and salt in a small bov In a large mixing bowl, crea and sugars on Speed 1 unti fluffy, about 1-2 minutes. Ac vanilla; beat on Speed 1 unt blended, about 1 minute.
Add flour mixture to creame 4 additions; beat on Speed addition until well blended. 4 additions; beat on Speed addition until well mixed. Ad and continue beating on Sp just blended. Add chocolate next 3 ingredients; continue on Speed 1 until well blende 20-30 seconds.
Spray baking sheets with co spray or line with parchmen Drop dough by rounded tabl 2 inches apart, onto baking and bake until golden browr 10-12 minutes. Remove fro sheet and cool on wire rack

Nutritional information per cookie:
Calories 165 (40\% from fat) • carb. 23g

- prot. $2 g$ • fat $7 \mathrm{~g} \bullet$ sat. fat $4 g$ • chol. 18 mg
- sod. $91 \mathrm{mg} \cdot$ calc. $25 \mathrm{mg} \bullet$ fiber 1 g

Bits O'Brickle® is a registered trademark owned by the Hershey
Chocolate and Confectionery Group.
M\&M's® is a registered trademark owned by Mars, Inc.

## Lemon-Lime Sugar Cookies

Cookies with a little "zest"!
Makes 50 cookies
4 cups all-purpose flour
2 teaspoons baking soda
t/2 teaspoon salt
$1 / 2$ cup ( 1 stick) unsalted butter, cut in 8 pieces
$21 / 2$ cups granulated sugar, divided
1/2 cup Lyle's Golden Syrup ${ }^{\circledR}$ (may use light corn syrup)
2 large eggs
zest of 1 lemon (bitter white pith
removed), finely chopped
zest of 1 lime (bitter white pith
removed), finely chopped
1 teaspoon lemon extract
1 teaspoon lime extract
Preheat oven to $350^{\circ} \mathrm{F}$. Line baking sheets with parchment.
Place the flour, baking soda, and salt in a medium bowl. Use Speed 1 to blend and aerate, 20 seconds. Reserve. Place the butter and 2 cups of the
sugar in a large bowl. Use Speed 1 to blend, 30 seconds. Cream until light and fluffy using Speed $3,1 \frac{1}{2}$ minutes. Add syrup, eggs, and zests. Mix on Speed 2 for 30-40 seconds until smooth. Add extracts; mix on Speed 1 for 30 seconds.
Using $1 \frac{1}{2}$ tablespoons of dough, shape into round balls and dip in remaining sugar to coat. (For ease and speed, use a number 40 ice cream scoop.) Arrange balls on parchment-lined baking sheet $21 / 2$ inches apart. Press each ball gently with the bottom of a flat glass. Bake in preheated $350^{\circ} \mathrm{F}$ oven for 10-12 minutes, until crackled and just beginning to turn golden. Remove from oven, let cool on baking sheet for 2-3 minutes, then transfer to a wire rack to cool completely. Store between sheets of waxed paper in an airtight container.
Tip: to chop zest easily, place zest in workbowl of a Cuisinart ${ }^{\oplus}$ MiniPrep Plus with $1 / 4$ cup of the sugar from the recipe. Pulse on chop 10-15 times, then process continuously until finely chopped,
30-40 seconds.

Nutritional information per cookie: Calories 116 (31\% from fat) • carb. 19g - pro. $1 \mathrm{~g} \bullet$ fat $15 \mathrm{~g} \bullet$ sat. fat $2 \mathrm{~g} \cdot$ chol. 13 mg

- sod. $72 \mathrm{mg} \cdot$ calc. $5 \mathrm{mg} \cdot$ fiber $0 g$

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## Mocha Chocolate Chip

Serve these delicious cookies for a special dessert or with milk for a late night sr

Makes 3122 dozen cookies
$11 / 2 \quad$ tablespoons instant cof 1 tablespoon hot water 2 cups all-purpose flour 11/4 teaspoons baking soda $1 / 4$ teaspoon salt
1 cup butter, slightly softe $3 / 4 \quad$ cup firmly packed light 3/4 cup sugar
1 large egg
11/4 teaspoons vanilla extrac
$11 / 2$ cups semi-sweet choco
1 cup chopped pecans, to cooking spray

Preheat oven to $350^{\circ} \mathrm{F}$. Com coffee granules and water ir bowl; reserve. Combine flou salt in a small bowl; reserve In a large mixing bowl, crea and sugars on Speed 2 unti and fluffy, about 1-2 minute Add coffee/water mixture, e vanilla; and mix until well ble about 30 seconds.
Add flour mixture; mix on Sr combined, about 30 second bowl with a spatula and con until well blended, about 30 Add chocolate chips and pe
on Speed 1 until just combined, about 20-30 seconds.
Spray baking sheets with cooking spray or line with parchment paper. Drop by rounded tablespoons, 2 inches apart, onto baking sheets. Bake until golden, about 10-12 minutes. Cool slightly on baking sheet and then transfer to a wire rack.

> Nutrition information per cookie: Calories 155 (50\% from fat) • carb. 18 g - pro. $1 \mathrm{~g} \bullet$ fat $9 \mathrm{~g} \bullet$ sat. fat $9 \mathrm{~g} \bullet$ chol. 22 mg
> $\bullet$ sod. $52 \mathrm{mg} \cdot$ calc. $8 \mathrm{mg} \cdot$ fiber $2 g$

## Meringue Kisses

Light as a cloud, these sweet little kisses are just the thing when the sweet tooth bites.

## Makes 36

1 tablespoon butter, melted
2 tablespoons powdered sugar
4 large egg whites
$1 / 8$ teaspoon cream of tartar
$3 / 4 \quad$ cup granulated sugar
(superfine is best)
1 teaspoon vanilla or almond extract
2 ounces chopped semi-sweet or bittersweet chocolate (1/8-inch chop)

Preheat oven to $225^{\circ}$ F. Line 2 baking sheets with parchment paper. Brush the parchment lightly with the melted butter, then dust with powdered sugar, shaking off excess sugar.

Place the egg whites and cream of tartar in a medium mixing bowl. Start mixing the egg whites and cream of tartar on Speed 1, increasing gradually to Speed 3. Whip until soft peaks form, $11 / 2$ to 2 minutes (depending on temperature of egg whites). Sprinkle sugar 1 tablespoon at a time over egg whites and beat on Speed 3 after each addition, until stiff peaks form and mixture is shiny but not dry, about 4 minutes total. Add the vanilla and beat on Speed 1 to blend in, 10 seconds.
Using a clean rubber spatula, fold in chopped chocolate. Drop meringue mixture by rounded tablespoons onto prepared baking sheets, or gently place it in a large pastry bag fitted with a $\frac{3 / 2}{6}$-inch plain tip and pipe out "kisses". Bake in preheated oven for $1 \frac{1}{2}$ hours; do not peek. Turn off oven and let sit in warm oven for an additional $11 / 2$ hours to dry out. Transfer to a wire rack to cool completely. Store in an airtight container.

Nutritional information per "kiss". Calories 26 (19 from fat) • carb. 59

- pro. $\mathrm{Og} \bullet$ fat $1 \mathrm{~g} \bullet$ sat. fat. $\mathrm{Og} \bullet$ chol. Omg
$\bullet$ sod. $8 \mathrm{mg} \cdot$ calc. $1 \mathrm{mg} \bullet$ fiber $0 g$
Tip: Meringues are best when made on dry day.


## To make "nests" for mousse:

Draw 3-inch circles on the underside of parchment sheet. Butter and dust upper side with powdered sugar. Pipe concen-
tric circles of meringue into rounds. Pipe another 2 circl outermost edge of the merir as directed, but increase the resting time to 2 hours. Mak

## Apple Cranberry Coff

This versatile cake can be s breakfast or brunch cake, or dessert and topped with a sco ice cream or softly whippe

Makes 18-24 servings

## cooking spray

3
(pee $1 / 8$-inch slices)
juice of 1 lemon
cup brown sugar, firmly tablespoon ground cinn teaspoon freshly grated cup dried cranberries (may substitute dried cr blueberries or raisins)
cups all-purpose flour tablespoon baking pow teaspoon salt
cups granulated sugar
cup unsalted butter, cut
$1 / 2$-inch pieces
large eggs
teaspoons vanilla extrac

Preheat oven to $350^{\circ} \mathrm{F}$. Ligh
$13 \times 9 \times 2$-inch rectangular bal
(15-cup) with cooking spray. Place the apples, lemon juice, brown sugar, cinnamon, nutmeg, and dried cranberries in a medium bowl. Toss gently to combine; reserve
Place the flour, baking powder, and salt in a medium bowl. Mix on Speed 1 to blend and aerate, 15 seconds; reserve. Place the sugar and butter in a large bowl. Mix on Speed 1 to cream until well blended, 1 minute. Add eggs and vanilla; mix on Speed 2 until smooth and creamy, about 50 seconds. Add the flour mixture; mix on Speed 1 until combined and smooth, 1 minute. Batter will be very thick. Spread two thirds of the batter in the prepared pan. Top evenly with the apple and cranberry mixture. Spoon the remaining batter randomly over the top of the apple mixture. Bake in preheated oven for 55-60 minutes, until a tester inserted in the center comes out clean. Cool in pan on a wire rack for at least 30 minutes before cutting.

* About $1 \frac{1}{2}$ pounds apples before trimming.

Nutritional information per serving (24 pieces): Calories 253 (31\% from fat) • carb. 56g

- pro. $3 g$ • fat $9 \mathrm{~g} \bullet$ sat. fat $5 \mathrm{~g} \bullet$ chol. 75 mg $\bullet$ sod. $151 \mathrm{mg} \bullet$ calc. $31 \mathrm{mg} \bullet$ fiber $2 g$


## Cappuccino Cheesecake

Coffee and dessert, all in one!
Makes 12-16 servings
2 tablespoons instant espresso powder
$1 / 2$ cup half-and-half
cooking spray
3 tablespoons unsalted butter,
cut in $1 / 2$-inch pieces
cups granulated sugar, divided
cup all-purpose flour
cup unsweetened cocoa
teaspoon cinnamon
teaspoon baking powder
teaspoon salt
large egg yolk
ounces cream cheese (regular), at room temperature
ounces lowfat cream cheese, at room temperature
large eggs, not cold from refrigerator*
tablespoons cornstarch
teaspoons vanilla extract
chocolate curls for garnish, optional

In a small bowl dissolve the espresso powder in the half-and-half; reserve. Preheat oven to $350^{\circ}$ F. Lightly coat a $9 \times 3$-inch springform or cheesecake pan with cooking spray.
Place the butter and $1 / 4$ cup of the sugar in a medium bowl. Mix on Speed 2 to cream, $1 \frac{1}{2}$ minutes. Add flour, cocoa, cinnamon, baking powder, and salt; mix on Speed 1 until combined, 30
seconds. Add egg yolk and Speed 1 until crumbly, 15 s Press into bottom of prepar Bake in preheated oven for until slightly puffed (crust m cracked appearance - that Place on a rack to cool. Wh is cool to touch, wrap a she aluminum foil around the bo sides of the pan so that it cc least 2 inches.
Place cream cheeses and large mixing bowl. Beat on until combined and smooth, Using Speed 1, add eggs, time, mixing for 15 seconds addition. Scrape the bowl. A starch; mix on Speed 1, 20 Scrape the bowl. Add half-a mixture and vanilla, mix on until smooth and completely
Pour the mixture over the c Place the pan in a larger alu and place in the oven; add hot water to the outer pan s $1 / 2$-inch deep. Bake in the pr $350^{\circ} \mathrm{F}$ oven for $60-70$ minu cheesecake is pulling away sides of the pan; the center gly. Remove from the oven foil and let cool completely Refrigerate at least 4 hours serving. Garnish with choco desired.
*Warm cold eggs safely before using by placing in a bowl of hot (not boiling) water for 10 minutes. They will incorporate more easily into your mixture.

Nutritional information per serving (16 servings): Calories 368 ( $48 \%$ from fat) • carb. 41 g - pro. $8 \mathrm{~g} \cdot$ fat $20 \mathrm{~g} \bullet$ sat. fat $12 \mathrm{~g} \bullet$ chol. 116 mg - sod. $290 \mathrm{mg} \cdot$ calc. $89 \mathrm{mg} \bullet$ fiber 1 g

## Variation:

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

```
Sunshine Chiffon Cake
Chiffon cakes are made with oil rather than butter or shortening, making them moist and light in texture. With flecks of fresh citrus, this one is good on its own, or served with sliced fresh fruit.
Makes 16 to 20 servings
\begin{tabular}{ll}
\hline 7 & large eggs, separated \\
1 & teaspoon fresh lemon juice \\
\(11 / 2\) & \begin{tabular}{l} 
cups granulated sugar, divided \\
2
\end{tabular} \\
\begin{tabular}{l} 
cups unbleached all-purpose flour * \\
tablespoon baking powder
\end{tabular} \\
\(1 / 4\) & \begin{tabular}{l} 
teaspoon salt
\end{tabular} \\
1 & \begin{tabular}{l} 
tablespoon finely chopped lemon \\
zest
\end{tabular} \\
1 & \begin{tabular}{l} 
tablespoon finely chopped orange \\
zest
\end{tabular} \\
\(3 / 4\) & \begin{tabular}{l} 
cup fresh orange juice
\end{tabular} \\
&
\end{tabular}
```

$1 / 2 \quad$ cup flavorless vegetable oil (or use a nut oil such as almond or walnut) teaspoons vanilla extract $11 / 2$
1 teaspoon almond extract powdered sugar for dusting, or Orange Apricot Glaze

Preheat oven to $325^{\circ}$ F. Have ready a 10-inch angel food or tube pan (preferably one that is one piece).
Place the egg whites in a large, clean stainless or glass mixing bowl. Using Speed 3, whip egg whites until frothy and foamy, about 30 seconds, then add lemon juice. Continue to whip until thick and opaque, about 3 minutes, adding $1 / 2$ cup of the sugar gradually to the egg whites. Continue to whip until stiff and glossy, about 7 minutes total. Reserve. Place the remaining 1 cup of the sugar the flour, baking powder, and salt in a large mixing bowl. Insert mixing beaters. Mix on Speed 1 to blend and aerate, 10 seconds. Place the egg yolks, zests, juice, oil, and extracts in a medium bowl. Mix on Speed 2 for 30 seconds; scrape the bowl. Make a well in the center of the dry ingredients. Add the liquid/yolk mixture and mix using Speed 2 until batter is smooth, about 1 minute.
Stir 1 cup of the egg whites into the batter using a spatula, then gently fold the remaining egg whites into the
batter one third at a time. G into the prepared pan and $b$ preheated oven for 60 minu a cake tester comes out cle tested. Invert the pan immed a wire rack and let the cake pletely in the pan upside do rack. This will take about $2^{11}$ Run a long thin knife arounc and tube edges of the pan a cake out of the pan onto the a long wooden skewer to lo cake from the center tube. F cake from pan. Wrap in plas and store at room temperatu 2 days or refrigerate up to 4 (Cake may be also be doub and frozen - thaw before se Dust with powdered sugar b serving - serve with a drizzl Orange Apricot Glaze.

Nutritional information per (based on 18 serving Calories 194 (37\% from fat) - pro. $3 \mathrm{~g} \bullet$ fat $10 \mathrm{~g} \bullet$ sat. fat $1 \mathrm{~g} \bullet$ - sod. $282 \mathrm{mg} \cdot$ calc. 93 mg

* Stir flour, then spoon into cup. Level off with the bac knife or spatula.


## Orange Apricot Glaze

A good way to sweeten your chiffon cake.
Makes $1 / 2$ cup glaze

> cup apricot preserves
> tablespoons Grand Marnier
> teaspoon fresh lemon juice

Place preserves, liqueur and lemon juice in a small bowl. Insert the mixing beaters. Mix on Speed 3 for 1 minute. May use as is, or for a smoother glaze, press through a strainer.

Nutritional information per serving (about $11 / 3$ teaspoon):
Calories 28 ( $1 \%$ from fat) • carb. 7 g

- pro. $\mathrm{Og} \bullet$ fat $\mathrm{Og} \bullet$ sat. fat $\mathrm{Og} \bullet$ chol. Omg
- sod. $4 m g$ • calc. $2 m g$ • fiber Og

Grand Marnier®is a registered trademark owned by the Societe des Produits Marnier - LaPostolle Joint Stock Co.

## Savories

## Herbed Cheese

Instead of purchasing expensive herb-flavored cheeses, you can easily prepare your own.
Makes about 2 cups
8 ounces cream cheese
(may use regular or lowfat)
5 ounces chèvre or other goat cheese
(soft type, not aged)
1 clove garlic, peeled and minced
tablespoon finely minced shallot or green onion
tablespoon finely chopped fresh parsley
teaspoon herbs de Provence
teaspoon kosher salt
teaspoon white pepper dash hot sauce such as Tabasco®, to taste

Place all ingredients except hot sauce in a medium bowl. Mix on Speed 2 for 1 minute, then increase speed to Speed 3 to whip for an additional 2 minutes until light and fluffy. Add hot sauce to taste, whip on Speed 5 for 30 seconds longer. Allow to stand at least 30 minutes before serving, to allow flavors to blend. Transfer to a resealable container and refrigerate. Remove from refrigerator 15 minutes before serving to soften. Serve with crackers, pita or bagel chips. It also makes a good topping for a baked potato.

> Nutritional information per serving
> (2 tablespoons, made with lowfat cream cheese): Calories $58(69 \%$ from fat $\bullet$ carb. 1 g - pro. $3 \mathrm{~g} \bullet$ fat $4 \mathrm{~g} \bullet$ sat. fat $3 \mathrm{~g} \cdot$ chol. 9 mg $\bullet$ sod. $156 \mathrm{mg} \bullet$ calc. $35 \mathrm{mg} \bullet$ fiber 0 g

Tabasco@ is a registered trademark owned by Mcllhenny Co.

## Roasted Red Pepp

## Sun-dried Tomato

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

Makes 2 cups

Combine all ingredients in a bowl. Mix on Speed 2 until and smooth, 2 minutes. Mix to lighten, 1 minute. Transfe resealable container and ref 30 minutes or longer to allo blend before serving.

Nutritional information per (2 tablespoons), made with low Calories 54 (52\% from fat) •

- pro. $2 g \bullet$ fat $3 g \bullet$ sat. fat $2 g$ •
$\bullet$ sod. $111 \mathrm{mg} \cdot$ calc. 43 mg


## Caramelized Onion Dip

Serve with chips or fresh vegetables.
Makes $31 / 2$ cups

| 4 | tablespoons unsalted butter |
| :--- | :--- |
| 2 | tablespoons extra virgin olive oil |
| $\mathbf{2}$ | cups finely chopped onions <br> teaspoon cayenne pepper <br> $1 / 4$ |
| 1 | teaspoon kosher salt <br> teaspoon freshly ground black <br> pepper |
| 8 | ounces lowfat cream cheese, at <br> room temperature, cut into |
|  | 1-inch pieces <br> cup lowfat sour cream |
| $1 / 2$ | cup lowfat mayonnaise |

Heat butter and oil in a large Cuisinart ${ }^{\text {® }}$ skillet ( 12 -inch or $51 / 2$ quart sauté) using medium heat. Add the chopped onions, cayenne, salt and pepper. Sauté for 10 minutes, stirring occasionally. Reduce the heat to medium-low and cook for an additional 20-25 minutes, until the onions are browned and caramelized. Let cool completely.
Place the cream cheese, sour cream and mayonnaise in a medium bowl. Mix on Speed 1 for 1 minute, then increase speed to Speed 2 for an additional 2 minutes until light and fluffy. Add half the cooled onions, and mix on Speed 3 for 1 minute. Add remaining onions and mix on Speed 1 until blended. Taste and adjust seasonings
as necessary. Serve with chips or fresh vegetable crudité dippers.

Nutritional information per serving (1/4 cup): Calories 131 (72\% from fat) • carb. 6 g

- pro. $3 g$ • fat $11 \mathrm{~g} \bullet$ sat. fat $4 g$ • chol. 21 mg $\bullet$ sod. $308 \mathrm{mg} \bullet$ calc. $53 \mathrm{mg} \bullet$ fiber 1 g


## Basic Vinaigrette

The perfect topping for a crisp green salad, this can be varied by changing the flavor of the oil or vinegar, or by adding herbs.

Makes about 2 cups
clove garlic, peeled and finely minced tablespoons Dijon-style mustard cup wine vinegar or lemon juice teaspoon kosher salt teaspoon freshly ground pepper cup vegetable oil cup extra virgin olive oil

Place the garlic, mustard, vinegar, salt, and pepper in a medium bowl. Mix on Speed 2 until well blended, 30 seconds. With the mixer running, add the oils in a slow steady stream, about $1 / 2$ minutes continue to mix until totally blended (If vinaigrette is made ahead and separation occurs, remix on Speed $3 /$ medium until blended.)

[^0]
## Creamy Bleu Cheese

This version is much lower traditional Bleu Cheese D Try it as a dip for celery the you serve Buffalo-style
Makes about 2 cups dressing

1
clove garlic, peeled and ounce shallot, peeled ar cup lowfat buttermilk cup nonfat yogurt cup lowfat mayonnaise teaspoon dry mustard teaspoon Worcestershir teaspoon white pepper ounces crumbled bleu dash Tabasco ${ }^{\circledR}$ or other to taste

Place the garlic, shallot, but yogurt, mayonnaise, dry mu Worcestershire, and pepper medium bowl. Mix using Sp smooth and creamy, 30-40 Add the crumbled bleu chee Tabasco®. Mix using Speed 20-30 seconds longer. Let 30 minutes before using to to develop. Cover and refrig unused portions. Keeps 1 w

Nutritional information per serving Calories 27 (54\% from fat) - pro. $1 \mathrm{~g} \bullet$ fat $1 \mathrm{~g} \bullet$ sat. fat Og - sod. 47 mg calc. 29 mg

## Garlic \& Chive Mashed Potatoes

Old-fashioned comfort food at its best. For Basic Mashed Potatoes, omit the garlic and chives.

```
Makes }7\mathrm{ cups (12 servings)
3
4-6 cloves garlic, peeled and halved
2 teaspoons kosher salt, divided
1 teaspoon white wine vinegar
3/4 cup whole milk
1/2 cup half-and-half
tablespoons unsalted butter
1/2 cup (1/4 ounce) chopped fresh chives
1/4 teaspoon freshly ground white or
black pepper
```

Peel the potatoes and cut in $3 / 4$-inchthick slices. Place the potatoes, garlic, 1 teaspoon kosher salt, and wine vinegar in a $3^{3 / 4}$ quart saucepan* and cover with cold water by 1 inch. Cover loosely and bring to the boil over high heat, then reduce heat to medium high and boil gently until potatoes are tender but not falling apart, about 18-22 minutes. While potatoes are cooking, combine milk, half-and-half, butter, and $1 / 4$ cup of the chives in a Cuisinart ${ }^{\circledR} 11 / 2$-quart saucepan. Simmer over low heat until butter is completely melted. Keep warm.
Drain the cooked potatoes and garlic, return to the saucepan, and place over low heat for 1 minute. Remove from the
heat, and use Speed 1 to mash the potatoes and garlic until somewhat smooth, about 60 seconds. While still mixing, add the hot milk and butter mixture, and mix until well blended, about 30 seconds. Mix on Speed 3 until fluffy, about 1-2 minutes. Add the remaining salt and pepper, mix to blend, 15 seconds. Scrape down sides of pan with rubber spatula as necessary. Transfer the potatoes to a warm serving bowl and sprinkle with the remaining chopped chives. Serve immediately

Nutritional information per serving: Calories 149 (28\% from fat) • carb. 24g - pro. $3 g$ • fat $5 g$ • sat. fat $3 g \bullet$ chol. 14 mg $\bullet$ sod. $185 \mathrm{mg} \bullet$ calc. $42 \mathrm{mg} \bullet$ fiber $2 g$

* Do not use nonstick cookware with the Cuisinart ${ }^{\circledR}$ Hand Mixer.
Tip: For a "lighter" everyday version, use reduced fat or fat-free milk in place of the whole milk and half-and-half


## Sweet Yam Casserole with Crunchy Pecan Topping

This easy-to-make casserole can be prepared a day ahead to make holiday entertaining easier.

Makes 10 servings
cooking spray
$11 / 2$
peeled, cut into 1-inch $p$ tablespoons ( $3 / 4$ stick) ur butter, room temperatur large eggs
cup firmly packed brow teaspoon cinnamon teaspoon ground gingel teaspoon kosher salt teaspoon freshly groun pepper
cups cornflakes, crushe cup (packed) brown sug cup chopped pecans tablespoons ( $3 / 4$ stick) ur melted

If baking immediately after p preheat oven to $400^{\circ}$. Ligh 8-cup baking dish with cook Cook sweet potatoes in larg boiling water until tender, ab 15 minutes. Drain; transfer to large bowl and add butte Speed 1 for one minute, the to Speed 2 and beat until sr Add eggs, brown sugar, spi and pepper; beat on Speed about 30 seconds. Transfer to the prepared baking dish be made 1 day ahead. Cove refrigerate.) Bake potatoes preheated oven until they a puffed and beginning to bro the edges, about 25-30 min While potatoes bake, prepa
topping by mixing the remaining ingredients in a bowl. Sprinkle the topping evenly over the potatoes and bake about 10 minutes longer, until golden brown and crispy.

Nutritional information per serving: Calories 253 (41\% from fat) • carb. 31 g - pro. $4 \mathrm{~g} \bullet$ fat $12 \mathrm{~g} \bullet$ sat. fat $5 \mathrm{~g} \bullet$ chol. 61 mg

- sod. $202 \mathrm{mg} \bullet$ calc. $26 \mathrm{mg} \bullet$ fiber $4 g$


## Twice-Baked Potatoes with

 Spinach and GruyèreThe perfect addition to a baked potato. Makes 8 servings

8 large (about 10 ounces each) baking potatoes, scrubbed
2 teaspoons olive oil
1 cup evaporated fat-free milk
4 tablespoons unsalted butter, at room temperature, cut in 4 pieces
2 packages (10 ounces each) frozen chopped spinach, thawed and squeezed very dry
6 ounces Gruyère cheese, shredded (do not use processed Gruyère)
6 green onions, finely chopped
(include some of the green)
$3 / 4 \quad$ teaspoon kosher salt
$1 / 2 \quad$ teaspoon freshly ground white or black pepper

Preheat the oven to $400^{\circ}$ F. Pierce each potato several times with a fork or knife
tip; rub each potato with $1 / 4$ teaspoon of the olive oil. Bake the potatoes in the preheated oven until fork tender, about 1 hour. When cool enough to handle, cut off the top third of each potato and scoop out the flesh, leaving a 114 -inch shell. Place potato flesh in large mixing bowl and reserve potato shells
Add milk and butter to potatoes. Mix on Speed 1 for 1 minute until mashed; mix on Speed 2 for one minute longer. Add spinach, cheese, green onions, salt, and pepper. Mix on Speed 1 until well blended.
Fill the reserved potato shells with the potato-spinach mixture. Potatoes may be made ahead to this point, covered and refrigerated until ready to bake. Preheat oven to $375^{\circ} \mathrm{F}$. Arrange the potatoes on a jelly roll type pan that has been lined with parchment. Bake uncovered until potatoes are hot and tops are golden brown, about 25-30 minutes (add 5-10 minutes for cold potatoes). Serve hot.

## Nutritional information per serving:

 Calories 418 (30\% from fat) • carb. 58 g- pro. $17 \mathrm{~g} \bullet$ fat $14 \mathrm{~g} \bullet$ sat. fat $8 \mathrm{~g} \cdot$ chol. 40 mg
- sod. $305 \mathrm{mg} \cdot$ calc. $417 \mathrm{mg} \bullet$ fiber 7 g


## Cuisinart ${ }^{\ominus}$ PowerS Electronic Hand $M$ <br> LIMITED THREE-Y WARRANTY

This warranty supersedes all $p$ warranties on the Cuisinart ${ }^{\ominus}$ Po 3-Speed Electronic Hand Mixe warranty is available to consum You are a consumer if you own PowerSelect"' 3-Speed Electro Mixer that was purchased at re personal, family or household as otherwise required under ap state law, this warranty is not a retailers or other commercial pi or owners. We warrant that you PowerSelect" 3 -Speed Electron will be free of defects in materia ship under normal home use for from the date of original purchas

We suggest that you complete the enclosed product registrati promptly to facilitate verificatio of original purchase. However, product registration is not a cor these warranties.
If your Cuisinart ${ }^{\oplus}$ PowerSelect Electronic Hand Mixer should p defective within the warranty $p$ repair it, or if we think necessa

To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to:

## Cuisinart <br> 150 Milford Road <br> East Windsor, NJ 08520

To facilitate the speed and accuracy of your return, please also enclose $\$ 10.00$ for shipping and handling of the product (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions). Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by check or money order.
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Your Cuisinart ${ }^{\otimes}$ PowerSelect"' 3-Speed Electronic Hand Mixer has been manufactured to strict specifications. These warranties expressly exclude any defects or damages caused by accessories, replacement parts or repair service other than those that have been authorized by Cuisinart.

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These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you. CALIFORNIA RESIDENTS ONLY
California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or $(\mathrm{B})$ to another retail store which sells Cuisinart ${ }^{\text {® }}$ products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options does not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.
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[^0]:    Nutritional information per serving (1 tablespoon): Calories 92 (98\% from fat) • carb. 1 g

    - pro. $\mathrm{Og} \bullet$ fat $10 \mathrm{~g} \bullet$ sat. fat $1 \mathrm{~g} \cdot$ chol. Omg - sod. $54 \mathrm{mg} \cdot$ calc. $1 \mathrm{mg} \cdot$ fiber $0 g$

