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KitchenAid®

HIGH PERFORMANCE SERIES BLENDER
RECIPES

HIGH PERFORMANCE SERIES BLENDER

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ANTIOXIDANT BERRY SMOOTHIE

MAKES 2 SERVINGS

In order, combine pomegranate juice, blueberries, açai berry puree, banana and avocado in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 1 minute. If necessary, use the tamper during blending to guide ingredients into the vortex.

If smoothie is too thick, blend in a splash or two of water.

Smoothie is best if served right away.

INGREDIENTS

- 2/3 cup pomegranate juice
- 1 cup fresh or frozen blueberries
- 1 packet (3 1/2 ounces) frozen açai berry puree
- 1 frozen banana, chopped
- 1/2 avocado, peeled

CHEF'S TIPS

Açai berry puree can be found in most health foods stores.



BANANA SPINACH AVOCADO SMOOTHIE

MAKES 1-2 SERVINGS

In order, combine hemp milk, spinach, banana, avocado, lemon juice and ice in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 1 minute. If necessary, use the tamper during blending to guide ingredients into the vortex.

If smoothie is too thick, blend in an extra splash or two of hemp milk. Blend in honey to taste, if desired.

Smoothie is best if served right away.

INGREDIENTS

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- 2/3 cup hemp, almond or rice milk,
plus more if needed
- 1 cup packed baby
spinach leaves
- 1 frozen banana, chopped
- 1/2 avocado, peeled
- 1 teaspoon fresh lemon juice
- 6-8 ice cubes
- 1-2 teaspoons honey (optional)

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KALE BANANA SMOOTHIE

MAKES 1 SERVINGS

In order, combine almond milk, kale, banana, almond butter, date (if desired) and ice in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 1 minute.

If necessary, use the tamper during blending to guide ingredients into the vortex.

Smoothie is best if served right away.

INGREDIENTS

- 1½ cups almond milk (page 12), coconut water or water
- 2 medium kale leaves, ribs removed, chopped
- 1 frozen banana, chopped
- 2 tablespoons unsweetened almond butter (page 20)
- ¼ pitted Medjool date, roughly chopped (optional)
- 4-6 ice cubes

CHEF'S TIPS

The riper the banana before you freeze it, the sweeter the result. Be sure to peel bananas before freezing. Omit the date for a less sweet drink.



STRAWBERRY BANANA SMOOTHIE

MAKES 2 SERVINGS

In order, combine rice milk, strawberries, banana, lemon juice, basil, mint and honey (if desired) in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 1 minute.

If necessary, use the tamper during blending to guide ingredients into the vortex.

If smoothie is too thick, blend in splash or two of rice milk. Smoothie is best if served right away.

INGREDIENTS

- 1 cup rice milk, coconut water or plain yogurt (not Greek), plus more if needed
- 1 heaping cup frozen strawberries
- 1 frozen banana, roughly chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon packed basil leaves, chopped
- 1 tablespoon packed mint leaves, chopped
- 1 teaspoon honey (optional)



SUPERFOOD SMOOTHIE ADD-INS

For extra nutrition, vitamins, minerals and more, try one of these superfoods in your favorite smoothie. Add your choice when blending.

INGREDIENTS

- 1 teaspoon chia seeds prior to serving
- 1 tablespoon ground flaxseeds per serving
- 1 packet (3½ ounces) frozen acai berry puree per batch
- 1 tablespoon hemp seeds per batch
- ¼ cup dried goji berries per batch
- 1-2 tablespoons coconut oil per patch
- 1-2 tablespoons cacao nibs per batch





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FRESH GREENS JUICE

MAKES 2 SERVINGS

In order, combine water, lemon juice, celery, cucumber, apple, kale, romaine, honey (if desired) and ice in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 1 minute. Turn dial to Speed 2 and blend for 10 seconds or so to reduce froth.

If juice is too thick, blend in extra splash or two of water. Serve directly from blender, or line fine-mesh sieve with double layer of cheesecloth and strain juice into container, pressing against solids with rubber spatula to extract all juice.

Juice is best if served right away.

INGREDIENTS

- ½ cup water
- 1 stalk celery, roughly chopped
- 1 cucumber, roughly chopped (about 1 heaping cup)
- 1 large crisp-tart apple, peeled, cored and roughly chopped
- 1 cup kale leaves, chopped
- 1 cup romaine leaves, chopped
- 1-2 teaspoons honey (optional)
- 6 ice cubes

CHEF'S TIPS

Use tender baby kale for a sweeter result, as more mature leaves can have a bitter taste.



CARROT BEET APPLE JUICE

MAKES 1-2 SERVINGS

In order, combine water, carrot, beet, apple, ginger and ice in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 1 minute. Turn dial to Speed 2 and blend for 10 seconds or so to reduce froth.

Serve directly from blender, or line fine-mesh sieve with double layer of cheesecloth and strain juice into container, pressing against solids with rubber spatula to extract all juice.

Juice is best if served right away.

VARIATIONS

Carrot-ginger juice: Omit beet and apple. Use 3 medium carrots. Proceed as directed.

Beet-ginger juice: Omit carrot and apple. Use 3 beets. Proceed as directed.

INGREDIENTS

- 1-1½ cups water
- 1 large carrot, roughly chopped
- 1 red or yellow beet, peeled and roughly chopped
- 1 tart-sweet apple, cored and roughly chopped
- 1 slice fresh ginger, ½-inch thick, peeled and roughly chopped
- 6 ice cubes



ALMOND OR CASHEW MILK

MAKES 2-4 SERVINGS

If making almond milk, combine almonds with water to cover in bowl and refrigerate for 8 -12 hours (it's easiest to do this overnight). Drain almonds, discarding water. Cashews do not need soaking.

Combine almonds or cashews and water in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 1 minute. Turn dial to Speed 2 and blend for 10 seconds or so to reduce froth.

Line fine-mesh sieve with double layer of cheesecloth and strain milk into container, pressing against solids with rubber spatula to extract all milk.

Use immediately or store in airtight container in refrigerator for up to 4 days.

VARIATIONS

Sweetened nut milk: Add 1 teaspoon vanilla extract, pinch of fine sea salt and 1-2 teaspoons maple syrup, agave nectar or honey to blender with nuts and water. Proceed as directed.

Quick almond milk: Pour boiling water over almonds and let soak for 30 minutes. Drain almonds and proceed as directed.

INGREDIENTS

1 cup raw whole almonds
or cashews
3 cups water

CHEF'S TIPS

Use almond or cashew milk in place of dairy milk in baking or as a tasty addition to your morning smoothie or cereal.





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THAI PEANUT SAUCE

MAKES 1¼ CUPS

Combine all ingredients in the blender jar. Secure lid and turn dial to Speed 1. Slowly turn dial to Speed 4 and blend until completely smooth, about 30 seconds.

Use immediately, or transfer to airtight container and refrigerate for up to 1 week.

VARIATIONS

Add ½ teaspoon Sriracha for a spicier version.

INGREDIENTS

- ½ cup creamy natural peanut butter, well-stirred
- ½ cup coconut milk, well-shaken
- 1-2 tablespoons sugar
- 1 teaspoon fresh lime juice
- 1 tablespoon Thai red curry paste, or more to taste
- 2 teaspoons apple cider vinegar
- ½ teaspoon Kosher salt



KALE WALNUT PESTO

MAKES 1½ CUPS

Heat 1 tablespoon oil in small skillet over medium-low heat. Add garlic and sweat until tender, about 1 minute. Set aside to cool slightly.

To toast walnuts, spread in single layer in heavy skillet. Cook over medium heat, stirring frequently, until lightly toasted, 1-2 minutes. Remove from heat and set aside.

Combine garlic, toasted walnuts, kale, Parmesan, lemon peel and lemon juice in the blender jar. Secure lid and pulse 2-3 times on high, using the tamper to push down ingredients as needed, until mixture is finely chopped. Add remaining ½ cup oil, increase speed to medium (Speed 5 or 6) and blend until oil is incorporated, about 30 seconds. Season to taste with salt and pepper.

Use immediately, or store in airtight container in refrigerator for up to 2 days or in freezer for up to 3 months (the pesto will darken over time).

INGREDIENTS

- ½ cup plus 1 tablespoon extra-virgin olive oil, divided
- 3 cloves garlic, roughly chopped
- 1 cup walnut halves, toasted
- 2 cups packed kale leaves, (about 1 small bunch, ribs discarded), chopped
- ⅓ cup Parmesan cheese, freshly grated
- 1 lemon, juiced and peel grated
- Kosher salt
- Black pepper, freshly ground

CHEF'S TIPS

Toss it with your favorite hot pasta, and use a little of the pasta cooking water to thin the sauce to the ideal consistency, or toss it with zucchini "pasta" strands.



ROASTED VEGETABLE BABY FOOD

MAKES ½ - ¾ CUP

PREHEAT OVEN TO 375° F

Spread vegetable of choice in single layer on baking sheet. Drizzle with oil (amount depends on amount of vegetable), toss to coat evenly and spread out again. Roast, stirring once or twice, until very soft, about 40 minutes (timing depends on type and maturity of vegetable). Remove from oven and let cool slightly.

Transfer roasted vegetable to the blender jar. Secure lid and pulse 5-6 times on low to chop to a chunky puree. Or turn dial to Speed 6 and blend to smooth puree, about 1 minute. Add a little water as needed to thin puree; amount depends on type of vegetable.

Serve at once, or let cool and transfer to airtight container and refrigerate for up to 3 days or freeze in ice-cube trays (for easy portioning) for up to 3 months.

INGREDIENTS

1-2 cups root vegetable or winter squash (such as butternut squash, acorn squash, carrot, sweet potato, golden beet, or parsnip), chopped and peeled

1-2 teaspoons olive oil





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AVOCADO CILANTRO LIME DRESSING

MAKES $\frac{2}{3}$ CUP

Combine all ingredients in the blender. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6). Blend until emulsified, about 30 seconds. If necessary, use the tamper to push ingredients into the blending vortex.

If dressing is too thick, blend in splash or two of water.

Use immediately, or transfer to airtight container and refrigerate for up to 1 week. (Dressing will darken over time due to oxidization.)

INGREDIENTS

- $\frac{1}{4}$ cup fresh lime juice
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{4}$ avocado, peeled and roughly chopped
- $\frac{1}{4}$ cup fresh cilantro, chopped
- $\frac{1}{2}$ teaspoon Kosher salt
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon black pepper, freshly ground

CHEF'S TIPS

This dressing is great on a Mexican-inspired salad made up of romaine lettuce, grilled chicken, black beans, corn kernels and cherry tomatoes.



CHIPOTLE BLACK BEAN DIP

MAKES 2½ CUPS

Heat oil in skillet over medium heat. Add onion and garlic and cook, stirring, until softened, about 5 minutes.

Combine onion mixture, beans, cilantro, chipotle pepper, adobo sauce, lime juice and salt in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Speed 4. Blend, using tamper to push down ingredients, until mixture is chunky, about 30 seconds. Add water and continue to blend until smooth, about 30 seconds.

If dip is too thick, blend in extra splash or two of water. Taste and adjust seasoning with salt. Serve immediately, or store in airtight container in refrigerator for up to 1 week.

INGREDIENTS

- 1 tablespoon olive oil
- ½ yellow onion, chopped
- 2 cloves garlic, chopped
- 2 cans (15 ounces each) black beans, drained and rinsed
- ¼ cup packed fresh cilantro leaves and stems
- 1 chipotle pepper in adobo sauce
- 1 heaping tablespoon adobo sauce
- 2 tablespoons fresh lime juice
- 1 teaspoon Kosher salt
- 3 tablespoons water

CHEF'S TIPS

Chipotles are dried, smoked jalapeños and adobo sauce is a vinegary puree of tomato, garlic and spices. Look for these canned peppers in the Latin section of most well-stocked supermarkets.

Garnish the dip with crumbled queso fresco and chopped tomatoes and serve with plenty of tortilla chips for dipping.



NUT BUTTER

MAKES 1½ CUPS

Combine nuts and oil in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to medium-high (Speed 6 or 7). Blend, using the tamper to push down ingredients, until smooth, creamy nut butter forms, about 1 minute.

Blend in pinch of salt and/or honey to taste, if desired. Store in air-tight container in refrigerator for up to 3 weeks.

INGREDIENTS

2½ cups (about 14 ounces) unsalted roasted nuts, such as almonds, peanuts, cashews or pistachios
2 tablespoons canola oil
Kosher salt (optional)
Honey, agave nectar or maple syrup (optional)

CHEF'S TIPS

Serve on whole wheat toast, add to smoothies or smear on apple slices or celery sticks.



HUMMUS

MAKES 3 CUPS

Place all ingredients in the blender jar. Secure lid and turn dial to Speed 1. Blend on Speed 1 until paste-like consistency, then slowly increase speed to medium (Speed 5). Blend until texture is very smooth, using the tamper to push down chickpeas, until chickpeas are paste-like, about 1 minute.

Blend in up to a ¼ cup more water, as needed, to achieve desired consistency. Taste and adjust with salt, if needed.

Serve immediately, or store in airtight container in refrigerator for up to 1 week.

VARIATIONS

Roasted garlic hummus: Use 3 tablespoons roasted garlic in place of raw garlic. Proceed as directed.

Kalamata olive hummus: Add ¼ cup pitted and chopped Kalamata olives with tahini. Proceed as directed.

Roasted red pepper hummus: Add ¼ cup chopped jarred roasted red peppers with tahini. Proceed as directed.

INGREDIENTS

2 cans (15½ ounces each)
chickpeas, drained and rinsed
1 cup tahini
¼ cup fresh lemon juice
3 cloves garlic
1 teaspoon Kosher salt
½-¾ cup water, divided



MANGO PINEAPPLE SALSA

MAKES 3 CUPS

Combine pineapple, mango, onion, jalapeño chile, cilantro and lime juice in the blender jar. Secure lid and pulse 3-4 times on low to chop ingredients finely. Season to taste with salt.

Serve immediately, or store in airtight container in refrigerator for up to 3 days.

INGREDIENTS

- 1½ cups fresh pineapple chunks
- 1½ cups mango chunks (about 1 large ripe mango)
- 1 small red onion, roughly chopped
- 1 small jalapeño chile, seeded, if desired, and chopped
- ¼ cup packed fresh cilantro leaves
- 2 tablespoons fresh lime juice
- Kosher salt

CHEF'S TIPS

A mix of sweet and spicy, this salsa is the ideal complement to grilled chicken or meaty fish. Spoon it onto fish tacos or dip crisp tortilla chips or Belgian endive leaves into it. For a spicier salsa, add an extra jalapeño.





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ASPARAGUS BISQUE

MAKES 6-8 SERVINGS

Melt butter in large saucepan over medium heat. Add onion and pinch of salt, cover and cook, stirring occasionally, until softened, about 5 minutes.

Add potato, stock and 1 teaspoon salt and stir to mix well. Bring to a boil over high heat, cover partially, reduce heat to medium-low and simmer until potato is just tender, about 10 minutes. Add asparagus, increase heat to medium-high and bring to a boil. Reduce heat to medium-low and continue to cook until potato and asparagus are tender, about 5 minutes longer.

Transfer asparagus mixture to the blender jar and add cream and lemon juice.

Secure lid and turn dial to Speed 1. Slowly increase speed to Max and blend until smooth and rising steam is visible, about 1-2 minutes.

Soup should be hot. Serve immediately, garnished with chives and reserved asparagus spears. To store, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 medium yellow onion, chopped
- Kosher salt
- 1 russet potato (8 ounces),
peeled and cubed
- 4 cups vegetable or
chicken stock
- 2 pounds asparagus, ends
trimmed and roughly chopped
(about 1¼ pounds trimmed),
- ½ cup heavy cream
- 2 tablespoons fresh lemon juice
- ¼ cup fresh chives, chopped,
for garnish

CHEF'S TIPS

This delicate soup is best at the height of the season, when the spears are tender and sweet. Choose medium-size spears over pencil-thin or extra-thick ones.



CHICKEN TORTILLA LIME SOUP

MAKES 4-6 SERVINGS

Heat oil in skillet over medium heat. Add onion, garlic and pinch of salt, cover and cook, stirring occasionally, until softened and golden brown, about 8 minutes.

While onion mixture is cooling, add torn tortilla, tomatoes, chiles, stock, chili powder, cumin, lime peel and juice, cilantro and 1 teaspoon salt to the blender jar. Add onion mixture, secure lid.

Turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth and rising steam is visible, about 5-6 minutes.

Soup should be hot. Add chicken and tortilla chips and pulse 2-3 times on low to mix. Serve immediately, garnished with avocado and cheese. Pass lime wedges at table, if desired. To store, do not add tortilla chips; let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months, then add tortilla chips when reheating.

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, chopped
- Kosher salt
- 1 corn tortilla (6-8 inches in diameter), torn into pieces
- 1 can (15 ounces) diced fire-roasted tomatoes with juice
- 1 can (4 ounces) diced mild green chiles
- 2 cups chicken stock
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 lime, juiced and peel grated
- ¼ cup chopped fresh cilantro
- 2 cups cooked chicken, shredded or chopped
- 1 cup tortilla chips

TO SERVE

- 1 avocado, halved, pitted, peeled and diced
- ½ cup Monterey Jack cheese, shredded
- Lime wedges (optional)



WINTER SQUASH APPLE SOUP

MAKES 4-6 SERVINGS

PREHEAT OVEN TO 425° F

Place squash, onion and apple pieces on large baking sheet. Sprinkle with coriander, cumin, red pepper flakes and salt, drizzle with oil and toss to coat evenly. Roast, stirring occasionally, until tender, 30-45 minutes (timing will depend on variety and age of squash).

Transfer roasted vegetables to the blender jar and add stock. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 2 minutes. Continue to blend until rising steam is visible, 1-2 minutes longer.

Adjust thickness with more stock, if desired. Season to taste with salt. The soup should be hot. Serve at once, or let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

INGREDIENTS

- 1 medium butternut or other winter squash (1³/₄ pounds), peeled, seeded and roughly chopped
- 1 small yellow onion, roughly chopped
- 1 large tart apple, peeled, cored and roughly chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/4-1/2 teaspoon red pepper flakes
- Pinch of kosher salt
- 1-2 tablespoons olive oil
- 3 cups chicken or vegetable stock, heated, plus more if needed

CHEF'S TIPS

Top with dollop of yogurt, sour cream or crème fraîche; with chopped fresh cilantro, thyme or flat-leaf parsley leaves; or with toasted pumpkin seeds.



CURRIED CARROT POTATO SOUP

MAKES 4-6 SERVINGS

Heat oil in large saucepan over medium heat. Add onion, garlic and pinch of salt, cover and cook, stirring occasionally, until softened, about 5 minutes. Add potatoes, carrots, stock and 1 teaspoon salt, stir to mix well and raise heat to high. Bring to a boil over medium-high heat, cover partially, reduce heat to low and simmer until potatoes and carrots are tender, about 20 minutes.

Add potato mixture, brown sugar, curry powder, fish sauce, ginger and coconut milk to the blender jar.

Secure lid and turn dial to Speed 1. Slowly increase to medium (Speed 5 or 6) and blend until smooth and rising steam is visible, about 1-2 minutes.

Soup should be hot. Season to taste with salt. Serve at once, garnished with basil. To store, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 3 cloves garlic, chopped
- Kosher salt
- 1¼ pounds Yukon Gold potatoes, peeled and chopped
- 2 large carrots, peeled and chopped
- 2 cups chicken or vegetable stock
- 1-2 tablespoons packed brown sugar
- 1 tablespoon yellow curry powder
- 1-2 tablespoons Asian fish sauce
- 1 tablespoon fresh ginger, peeled and roughly chopped
- 1 can (14 ounces) coconut milk, shaken well before opening
- Fresh basil, chopped, for garnish



ITALIAN CHICKPEA SOUP

MAKES 4-6 SERVINGS

Warm 1 tablespoon of oil in skillet over medium heat. Add onion, carrot, garlic, rosemary and pinch of salt, cover and cook, stirring occasionally, until tender, about 8 minutes.

While onion mixture is cooling, set aside ¼ cup chickpeas for garnish. Add remaining chickpeas, stock and lemon juice (if desired) to the blender jar. Add onion mixture and secure blender jar.

Turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth and rising steam is visible, about 5-6 minutes.

Soup should be hot. Season to taste with salt and plenty of pepper. Serve immediately, garnished with reserved chickpeas, freshly cracked pepper and drizzle of oil.

To store, let cool, transfer to airtight container and refrigerate for up to 5 days or freeze for up to 3 months.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil, divided, plus more for garnish
- 1 medium yellow onion, roughly chopped
- 1 medium carrot, peeled and chopped
- 4 cloves garlic, chopped
- 2 teaspoons fresh rosemary, chopped
- Kosher salt
- Black pepper, freshly ground
- 2 cans (15 ounces each) chickpeas, drained and rinsed
- 3 cups chicken or vegetable stock
- ½ lemon, juiced (optional)

CHEF'S TIPS

The lemon adds a subtle bright note to the soup; leave it out for a more traditional version.





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CLASSIC PESTO

MAKES 4-6 SERVINGS

To toast pine nuts, spread in single layer in heavy skillet. Cook over medium heat, stirring frequently, until lightly toasted, 1-2 minutes.

Combine oil, basil, cheese, nuts and 1 tablespoon lemon juice (if desired) in the blender jar. Secure lid and turn dial to Speed 3 or 4. Blend, using the tamper to push down ingredients as needed, until well mixed, about 1 minute. You may need to stop blender a few times to scrape sides and bottom of jar to ensure ingredients are evenly mixed.

If pesto is too thick, blend in splash or two of oil. Season to taste with salt, pepper and more lemon juice if needed. Serve at once, or transfer to airtight container and refrigerate for up to 2 days or freeze for up to 3 months (the pesto will darken over time).

INGREDIENTS

- ¼ cup pine nuts
- ½ cup extra-virgin olive oil, plus more if needed
- 2 cups packed fresh basil leaves
- ⅓ cup Parmesan cheese, shredded
- 1 tablespoon fresh lemon juice, or to taste (optional)
- Kosher salt
- Black pepper, freshly ground

CHEF'S TIPS

Toss the pesto with freshly cooked linguine, tortellini or other pasta or use to top grilled chicken or pan-seared fish. It's also great spread on a grilled cheese sandwich or stirred into mayonnaise for an upgraded sandwich spread.



MAYONNAISE

MAKES ABOUT 1 CUP

Combine oils in measuring pitcher with spout. Combine egg yolk, water, vinegar and mustard in the blender jar. Secure lid, turn dial to Speed 4 and blend for a few seconds. With blender running, remove ingredient measuring cap from lid and pour in oils in thin, steady stream. Blend until thickened and smooth, about 30 seconds.

If mayonnaise is too thick, blend in a little water to thin to desired consistency. Season to taste with salt. Use immediately, or transfer to airtight container and refrigerate for up to 4 days.

VARIATIONS

Roasted garlic mayonnaise: Add 2 tablespoons roasted garlic to blender with egg yolk. Proceed as directed.

Lemon mayonnaise: Add grated peel of 1 lemon to blender with egg yolk and substitute fresh lemon juice for water. Proceed as directed. Add lemon juice or water as needed to thin mayonnaise.

Sriracha mayonnaise: Blend 1 tablespoon Sriracha sauce (or to taste) into finished mayonnaise.

INGREDIENTS

¼ cup olive oil
¼ cup canola oil
1 large egg yolk
1 tablespoon water
2 teaspoons rice vinegar
1 teaspoon Dijon mustard
Kosher salt



SIMPLE VINAIGRETTE

MAKES ABOUT ½ CUP

Combine oil, vinegar, mustard and shallot and/or herb (if desired) in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6). Blend until emulsified, about 30 seconds.

Adjust flavor with splash more vinegar if needed. Season to taste with salt and pepper. Use immediately, or transfer to airtight container and store at room temperature for up to 2 days.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons vinegar, such as red wine, white wine, sherry or balsamic, plus more if needed
- 1 teaspoon Dijon mustard
- 2 teaspoons shallot, chopped (optional)
- ½ teaspoon fresh herb, such as basil, oregano, thyme or chives, chopped (optional)
- Kosher salt
- Black pepper, freshly ground

CHEF'S TIPS

This version comes together in moments and can be personalized with the type of vinegar you choose and if you opt to add the shallot and/or fresh herb.



GLUTEN FREE FLOUR

MAKES 4-6 SERVINGS

Put rice or almonds in a completely dry blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until reduced to fine powder, about 2 minutes for rice and about 30 seconds for almonds. To ensure every bit is finely ground, stop blender and scrape sides and bottom of jar, then continue to blend to fine powder.

Transfer flour to airtight container. Store rice flour at cool room temperature for up to 3 months. Store almond flour in freezer for up to 3 months.

INGREDIENTS

1 cup brown or white rice

or

1 cup whole raw or
blanched almonds





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STRAWBERRY BALSAMIC FROZEN YOGURT

MAKES 4-6 SERVINGS

Combine all ingredients in the blender jar. Secure lid and pulse 4-5 times on low. Turn dial to Speed 1, then slowly increase speed to medium (Speed 5 or 6). Blend, using the tamper to push down ingredients, until completely smooth, about 1 minute. Do not over-blend or frozen yogurt will begin to melt.

Serve right away, or transfer to airtight container and store in freezer for up to 1 week.

INGREDIENTS

1½ cups plain whole-milk
Greek yogurt
1 tablespoon balsamic vinegar
2 cups frozen strawberries
¼ cup sugar





VEGAN CHOCOLATE BANANA SHAKE

MAKES 1-2 SERVINGS

In order, combine all ingredients in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 30 seconds. If necessary, pause blending to scrape down the sides of the jar. Do not overblend or the shake will begin to melt.

If shake is too thick, blend in extra splash or two of coconut milk. Pour into 1 or 2 tall glasses and serve right away.

INGREDIENTS

- 1 cup coconut milk, well-shaken, plus more if needed
- 2 tablespoons unsweetened cocoa powder
- ½ avocado, peeled and pitted
- 2 frozen bananas, roughly chopped

CHEF'S TIPS

For a slightly sweeter shake, add a little agave nectar or a pitted and chopped Medjool date. Use a good-quality unsweetened cocoa powder for the best chocolate flavor.

LEMON MOUSSE

MAKES 6-8 SERVINGS

In order, combine milk, egg yolks, lemon juice, sugar, cornstarch, butter and salt in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Max. Blend until completely smooth, about 30 seconds.

Fill medium bowl with ice cubes and water; have small heatproof bowl ready. Transfer milk mixture to small saucepan, place over medium heat and whisk continuously until thickened to pudding consistency, 4-5 minutes. Transfer curd to small bowl and nest bowl in ice bath. Cover mixture with plastic wrap, pressing it directly onto surface. Set aside until very cold, about 30 minutes.

Rinse and dry blender jar and return to blender base. Add cream to blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to medium (Speed 5 or 6). Blend until cream is whipped and voluminous, 10-20 seconds.

Add lemon curd to whipped cream in blender jar and stir with the tamper to break up thick curd slightly. Pulse 4-6 times on low until curd and cream are evenly blended. Do not overblend or mousse will be too thin.

Divide evenly among 6-8 small serving bowls or custard cups. Serve right away, or cover and chill in refrigerator for about 2 hours before serving. Mousse will keep for up to 1 day.

VARIATIONS

Ginger: Add 1 teaspoon grated, peeled fresh ginger to blender with egg yolks. Proceed as directed.

Lavender: Add ½ teaspoon dried edible lavender blossoms to blender with egg yolks. Proceed as directed.

Basil: Add 1 teaspoon chopped fresh basil to blender with cream. Proceed as directed.

INGREDIENTS

1 cup whole milk
3 large egg yolks
½ cup fresh lemon juice
⅔ cup sugar
3 tablespoons cornstarch
2 tablespoons unsalted butter, cubed
¼ teaspoon Kosher salt
1½ cups heavy cream



FRESH FRUIT SORBET

MAKES 4-6 SERVINGS

Have ready a medium bowl filled with water and ice cubes. Combine sugar and water in small saucepan over medium heat and stir until sugar dissolves, about 1 minute. Pour syrup into small heatproof bowl and set bowl in ice bath to chill for about 5 minutes. Syrup can be made up to 1 week in advance and stored in airtight container in refrigerator.

Combine fruit, chilled sugar syrup and vanilla in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to Speed 3. Blend, using the tamper to guide ingredients into the vortex, until mixture is completely smooth, about 1 minute. Do not over-blend or sorbet will begin to melt.

Serve right away, or transfer to airtight container and freeze until firm, about 2 hours, before serving. Sorbet will keep in freezer for up to 1 week.

INGREDIENTS

- ½ cup sugar
- ½ cup water
- 1 pound chopped frozen fruit, such as peeled peaches, nectarines, or whole frozen berries
- 1 teaspoon vanilla extract

CHEF'S TIPS

If you are making berry sorbet, for a smoother texture, use the tamper to push the finished sorbet through a medium-mesh sieve, removing the seeds.





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