

RACHAELRAY™



3-SPEED BLENDER WITH CHOPPER ATTACHMENT

OWNER'S MANUAL

Model RRBL3A

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 and utensils away from Chopper Blades and out of container 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.
12. Blades are sharp. Handle carefully.
13. To reduce the risk of injury, never place Blade Assembly on Motor Housing without Blending Container properly attached.
14. Always operate Blender with Lid in place.
15. When blending hot liquids, remove center piece of two-piece Lid.
16. Be certain Chopper Cover is securely locked in place before operating appliance.
17. Do not attempt to defeat the Chopper Cover interlock mechanism.

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 Control Dial to the (0) 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 has become 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 the Blender Container if 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.

Short Cord Instructions

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Do not use an extension cord with this product.

Electric Power

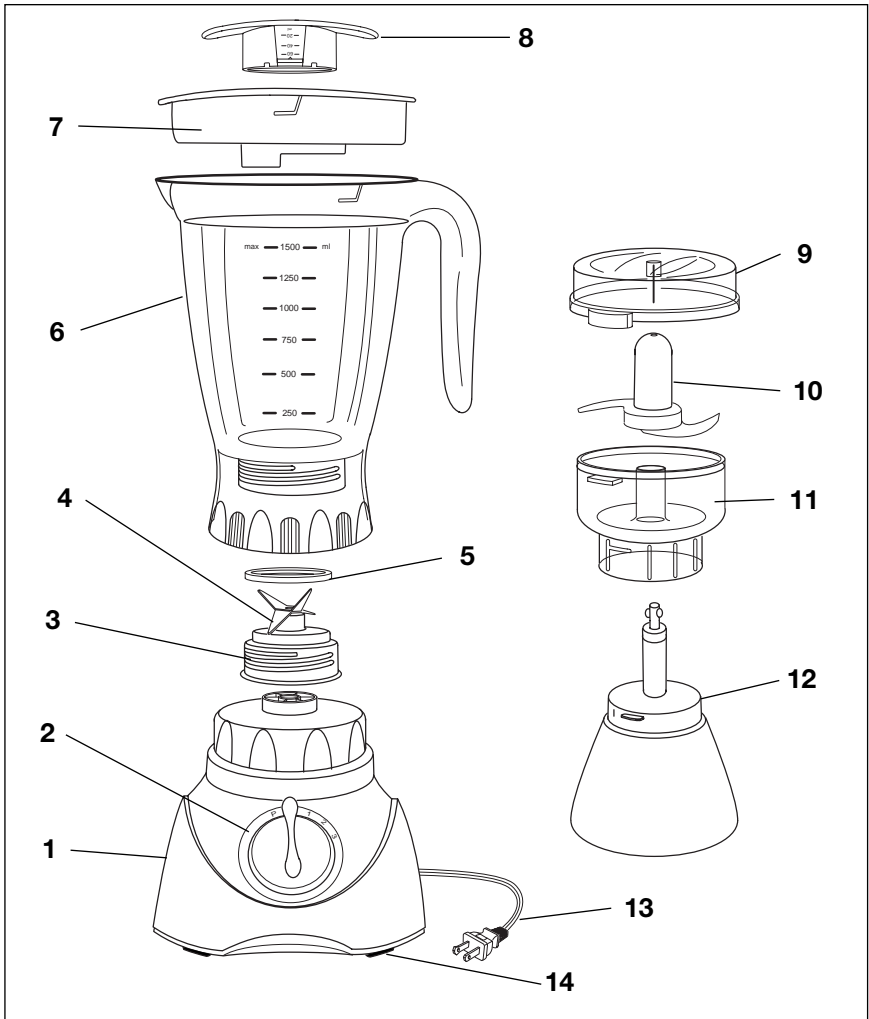
If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

Plasticizer Warning

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

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

Getting to Know Your 3-Speed Blender with Chopper Attachment



1. Motor Housing
2. Control Dial
3. Collar
4. Blade Assembly (P/N 71089RR)
5. Rubber Seal Ring (P/N 71090)
6. Blender Container (P/N 71091)
7. Lid (P/N 71092RR)
8. Measuring Cap/Key (P/N 71093)
9. Chopper Cover (P/N 70388)
10. Chopper Blade (P/N 70389RR)
11. Chopper Container (P/N 70390)
12. Gear Box (P/N 71094RR)
13. Power cord
14. Non-Slip Rubber Feet

Introduction

Congratulations on your purchase of this 3-Speed Blender with Chopper attachment. This versatile appliance offers 3 levels of power and a pulse setting. It's equipped with a large capacity 48 oz blender container and chopper assembly. Conveniently puree, stir, beat, blend, liquefy, chop or crumb with one multi-function appliance.

Features

Control Dial - A wide variety of foods, from milk shakes to crushed ice can be processed utilizing the Control Dial and Pulse action.

Two-Piece Blender Lid - Conveniently measure and add additional ingredients through the opening of the two piece lid during processing. When processing hot ingredients, remove the Measuring Cap from the Lid to allow steam to escape.

Pulse Setting - The Pulse setting provides short bursts of power allowing you to prepare bread crumbs, grind chocolate and finely chop nuts. You can also use the Pulse setting for cleaning the interior of the Blender Container. See "User Maintenance Instructions" for details.

Chopper - The Chopper is a convenient attachment to the Blender that can process a variety of foods. Quickly and easily convert from a Blender to a Chopper.

Crushing Ice - Add 1 cup of ice cubes, about 9, to the Blender Container. Turn Speed Control to Pulse and release several times and in seconds the ice will be fluffy and snow like.

Before First Use

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 Blender.
2. Wash the Blender Container, Lid, Measuring Cap, Blade Assemblies, Chopper Cover and Chopper Container in warm soapy water. Rinse and dry thoroughly.
3. Make sure the cord is unplugged and the Control Dial is in the (0) OFF position.

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

4. Wipe the Motor Housing and Gear Box clean with a moistened cloth. Dry thoroughly.

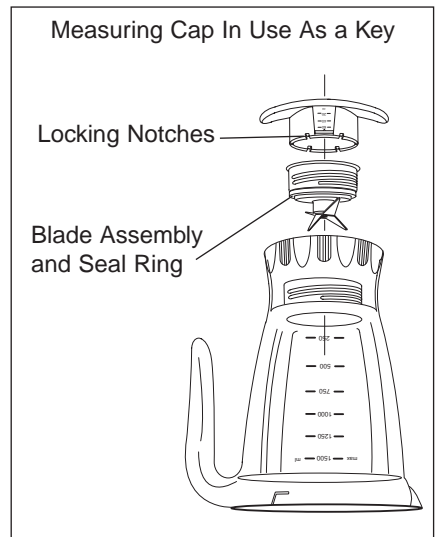
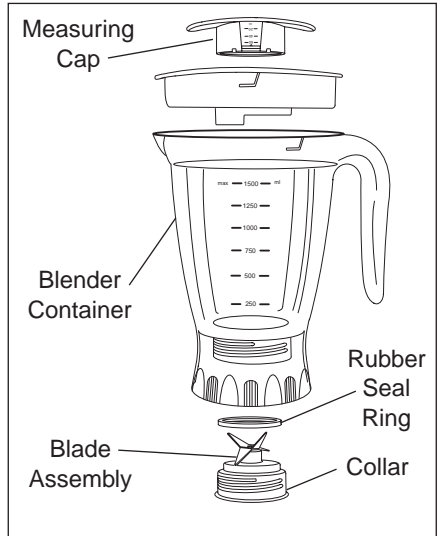
Assembly Instructions

NOTE: Before each use, make sure the blender cord is unplugged and the Control Dial is in the (0) OFF position.

Blender

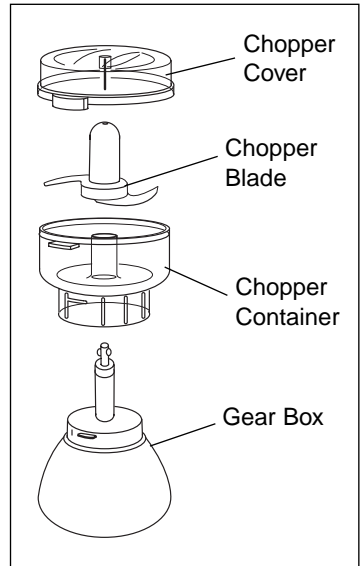
CAUTION: Use extreme care when handling the Blade Assembly. Do not touch the Blades with your fingers. The Blades are very sharp and can cause injury if touched.

1. Carefully place the Rubber Seal Ring over the Blade Assembly.
2. Turn the Blender Container upside down. Insert the Blade Assembly into the opening at the bottom of the Container, then turn the Collar clockwise to engage the threads.
3. The Blade Assembly **MUST** be firmly attached to the Blender Container, Note that the Measuring Cap doubles as a 'key' to tighten or loosen the Blade Assembly. Insert the Measuring Cap into the Collar, allowing the notches in the Measuring Cap to engage the ribs in the Collar. While securely holding the Blender Container, turn the Collar clockwise to tighten or counter clockwise to loosen.
4. When tightening the collar align the LOCK symbol ↑ molded on the bottom of the collar, within the LOCK RANGE symbol →| | | | | ← molded on the bottom of the Blending Container.
5. Place the Blender Container onto the Motor Housing, making sure it is properly seated.



Chopper

1. Place the Chopper Container on the Gear Box and align the locking tabs. Hold the Gear Box and turn the Chopper Container clockwise to lock the two pieces together.
2. Place the Chopper Blade over the center extension in the Chopper Container.
3. Place the Chopper Cover on the Chopper Container, making sure that the pin extending down from the Chopper Cover enters the hole in the Chopper Blade. Press down on the Chopper Cover and turn it clockwise to engage the locking tabs.
4. Place the Chopper Assembly on the Motor Housing, making sure it is fully seated.



Instructions For Use

Blender

CAUTION: Keep hands and utensils out of the Container while blending to prevent the possibility of severe injury to persons or damage to the unit. A scraper may be used but must only be used when the unit is not running.

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

1. Before starting, make sure power cord is unplugged and the Control Dial is in (0) OFF position.
2. Place the Motor Housing on a clean, dry surface to prevent debris being pulled into the motor during operation.
3. Make sure that the Blade Assembly, Rubber Seal Ring and Collar are properly assembled and securely fastened to the Blender Container. See Assembly Instructions for details.
4. Place the Blender Container on top of the Motor Housing, making sure it is firmly seated and not tilting to one side.

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

Instructions For Use (Cont.)

5. Add ingredients to the Blender Container and secure the Lid by turning it clockwise to engage the locking tabs. **NOTE:** Do not fill the Container more than 3/4 full, 4.5 cups (36 oz.). **Never operate when the Container is empty.**
6. Insert the Measuring Cap into the center of the Lid and turn it about 1/4 turn (clockwise or counter clockwise) to engage the locking tabs. The Measuring Cap may be removed as needed to add additional ingredients during processing. However, when processing hot foods or liquids, remove the Measuring Cap TM to prevent pressure build-up.
7. At the start of the blending process, the powerful motor may cause the liquid to surge against the Lid and cause leakage. To prevent leakage, as well as steadying the unit, place one hand firmly on top of the Lid and select your desired blending speed. Never lean over the Blender when it is started or while it is running. **Remember to always hold the Lid during use.**
8. Plug the power Cord into a 120V AC electrical outlet. Turn the Control Dial to the desired speed setting: 1 is the lowest speed; 3 is the highest. Blend until ingredients have reached desired consistency.

CAUTION: If Container rotates during blending, immediately turn Control Dial to (0) OFF, then secure by tightening the Collar and Blade Assembly on Blender Container.

9. When blending is complete, turn Control Dial to the (0) OFF and remove the plug from the electrical outlet.
10. Clean unit as instructed in the "User Maintenance Instructions."

Crushing Ice

Add 1 cup of ice cubes, about 9, to the Blender Container. Place the Lid on Blender Container then repeatedly turn the Control Dial to (P) Pulse and release. Repeat until the cubes are reduced. This will yield one serving, about 1 cup.

Hot Ingredients

CAUTION: Use extreme caution when blending hot liquids to avoid accidental scalding or burns. Do not use your hand to cover opening!

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

- DO NOT put more than one cup of hot ingredients into the Blender Container before beginning blending.
- 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.
- Always use a vessel with a pouring spout when adding hot ingredi-

Chopper

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

1. Before starting, make sure power cord is unplugged and Control Dial is in the (0) OFF position.
2. Place the Chopper Container on the Chopper Gear Box and align the locking tabs. Hold the Chopper Gear Box and turn the Chopper Container clockwise to lock the two pieces together.
3. Place the Chopper Blade over the center extension in the Chopper Container.
4. Add ingredients to the Chopper Container. Pre-cut larger pieces into small pieces. Do not overfill. **Never operate when the Chopper Container is empty.**
5. Place the Chopper Cover on the Chopper Container, making sure that the pin extending down from the Chopper Cover enters the hole in the Chopper Blade. Align the locking tabs. Hold the Chopper Container and turn the Chopper Cover clockwise to fully lock it in place.
6. Place the Food Chopper Assembly on the Motor Housing, making sure it is fully seated and not tilting to one side.

CAUTION: Never place the Food Chopper on the Motor Housing without the Container being completely assembled and securely tightened.

7. Make sure the Control Dial is in the (0) OFF position then plug the power cord into a 120V AC electrical outlet.
8. Place one hand firmly on top of the Food Chopper and turn the Control Dial to the desired speed, P, 1, 2 or 3.
9. When chopping is complete, turn the Control Dial to the (0) OFF position and disconnect plug from electrical outlet.
10. Clean unit as instructed in the "User Maintenance Instructions."

NOTE: The Food Chopper is not suitable for chopping hard spices, hard cheese, coffee beans, ice cubes or rice.

User Maintenance Instructions

This 3 Speed Blender with Chopper Attachment requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly must be performed by a qualified appliance repair technician.

CAUTION: Never immerse the Motor Housing, Gear Box, 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 Assemblies. Do not touch the Blades with your fingers. The Blades are very sharp and can cause injury if touched.

3. Wash the Blender Container, Lid, Measuring Cap, Blade Assemblies, Chopper Cover and Chopper Container 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. Do not wash in the dishwasher.
4. If necessary, wipe exterior surfaces with a moist cloth or sponge and dry thoroughly.
5. Do not fill the Blender Container with boiling water or place any of the parts in boiling water.
6. Do not allow either Blade Assembly to soak in water for long periods of time.
7. Quick clean-ups of the interior of the Blender Container can be made by using the Pulse setting. Plug the Blender into an electrical outlet then pour some warm water and a small amount of detergent into the Blender Container. 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

CAUTION: Always assemble clean Blender/Chopper 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. Never place any stress on cord, especially where the cord enters the unit, as this could cause the cord to fray and break.

Helpful Hints

- Add ingredients to Blender Container a little at a time to ensure proper blending and prevent overflow. Never fill Blender Container more than 3/4 full; the action of the Blade will cause ingredients to rise in the Container. Make large recipes in several batches.
- Place liquid ingredients into the Blender first, unless recipe instructs otherwise. The liquid will speed processing at a lower speed.
- It only takes seconds to perform a function, not minutes. Stop the Blender after several seconds to check the results. This will help avoid over-processing.
- Always secure Lid on Blender Container before operating.
- Do not remove Blender Container from the Motor Housing when the motor is running.
- Thick mixtures require special attention during processing. Turn Blender off if blending stops or ingredients stick to sides of the Container. Remove the Lid and, with a rubber spatula, push the mixture toward the blades. Replace the Lid and continue processing. Select a higher speed if processing becomes sluggish.
- Extra ingredients may be added while blending by removing the Measuring Cap on top of Lid. Add solids and ice a little at a time through the hole in the Container Lid. Always cut solid foods, such as vegetables and cheese, into small chunks before placing in the Blender Container.
- To reduce wear on the Blade Assembly, place solid food portions in Blender 1/2 cup at a time. Raw fruits and vegetables as well as cooked meats should be cut into 1 inch pieces before processing.
- Remove thick mixtures easily through bottom of the Blender Container after removing the Collar and Blade Assembly.
- Do not store food in Blender or Chopper Container.
- To prevent excessive heat expansion, always remove Measuring Cap from Lid when processing hot ingredients. Add hot foods slowly (to a maximum of 2 cups).
- The blending or processing of foods that are gummy or sticky, such as fresh ginger is not recommended.

Blending Guide

Your blender features a Pulse and a three speed control. While you may select any speed, the selection will depend on the food to be processed. Use low to high speed according to the kind of food and recipe purpose.

Speed	Foods	Mixing Procedures
1	Powdered Milk	Add water, then dry milk to Blender Container. Blend 15 seconds.
	Frozen Juice	Add one 6 oz. can frozen juice, then water to Blender Container. Blend 15 seconds or until thoroughly mixed.
	Pancake Batter	Add liquid, eggs, then enough mix for 15 small pancakes to Blender Container. Blend 5 seconds. Stop and scrape sides. Blend 5 seconds more until large lumps disappear.
	Instant Pudding	Add milk, then pudding mix to Blender Container. Blend 30 seconds or until smooth.
	Milk Shake	Add milk, flavoring and Ice cream to Blender Container. Blend 15 - 90 seconds
2	Baby Food Vegetables	Cut into 1" pieces, simmer until tender, cool. Add 1/2 cup liquid and up to 1 cup cut-up food to Blender Container. Blend until desired texture.
	Fruit Toppings	Slightly thaw a 10 oz. package of frozen fruit. Place in Blender Container and Puree until desired consistency.
	Bread	Tear 1 slice of bread into 6 pieces. Add to Blender Container. Blend for 5 seconds or until desired texture.
	Fruits & Vegetables	Add up to 1 cup of food cut into 1/2" pieces and 1/2 cup water or other liquid to Blender Container. Chop 5 seconds or until desired consistency. Drain. (To chop dry, use Pulse).
	Cabbage	Coarsely dice cabbage and place up to 4.5 cups into Blender Container, fill with water. Chop for 5 seconds or until desired consistency. Drain thoroughly.
	Nuts	Place up to 1 cup into Blender Container and chop until desired consistency (or use Pulse).

Blending Guide Cont.

Speed	Foods	Mixing Procedures
3	Creamed Soups Reconstitute	Add liquid, then soup to Blender Container. Mix 5 seconds or until smooth.
	Sauces	Add liquids then solids to Blender Container. Mix until desired consistency.
	Fruit	Cut fruit into 1/2" cubes and place up to 1 cup into Blender Container. Add 1/2 cup liquid. Mix 30-60 seconds or until desired consistency.
	Salad Dressing	Add liquids then solids to Blender Container. Mix until desired consistency.
	Frozen Drinks	Place up to 2 cups of liquid then solid food into Blender Container. Mix 5-15 seconds then quickly drop 5-10 ice cubes, one at a time, through the removable Cap on the Lid. Immediately replace Cap after each addition of ice cubes to prevent splattering.
	Cheese (Soft)	Cut cheese into 1/2" cubes and place up to 1 cup into Blender Container. Grate 10-20 seconds or until desired consistency.
	Cheese (Hard)	Cut cheese into 1/2" cubes and place up to 1/2 cup into Blender Container. Grate 10-20 seconds or until desired consistency.
	Orange/Lemon	Cut peel of one orange/lemon into 1" chunks. Place into Blender Container. Grate 5-10 seconds or until desired consistency.
	Coffee Beans	Add up to 1/2 cup beans to Blender Container. Grind 20-40 seconds or until desired consistency.
	Chocolate Bars	Break 2 ounces into 1" pieces. Place in Blender Container and Pulse until desired consistency.
Vegetables	Place 1 cup of liquid and then add up to 1 cup of food cut into 1/2" cubes into Blender Container. Grate 30-60 seconds or until desired consistency.	

Chopping Guide

Speed selection depends on hardness of foods. Use speed Pulse, 1, 2 or 3 according to kind of food and recipe purpose.

Food	Speed	Maximum Quantity	Operation Time (approx.)	Preparation
Carrots	2	3 1/2 oz.	5-10 seconds	Peel and cut into 3/4" pieces.
Apple	1	3 1/2 oz.	5-10 seconds	Peel, core and cut into 3/4" pieces.
Cheese	1	1 oz.	10-15 seconds	Cut into 3/4" pieces.
Eggs	1	2 pcs.	5-10 seconds	Hard-boiled and peeled, cut into quarters.
Meats (cooked)	2	3 1/5 oz.	10-15 seconds	Cut into 1/2" pieces.
Vegetables (cooked)	1	3 1/2 oz.	5-10 seconds	Cut into 3/4" pieces.
Walnuts	1	1 3/4 oz.	5-10 seconds	Use halved or broken nuts. Scrape down sides of bowl to ensure even processing.
Onions	2	3 1/2 oz.	5-10 seconds	Peel and cut into quarters.
Parsley	1	Few Sprigs	5-10 seconds	Bowl and parsley must be completely dry. Remove any stalks.
Cookies	2	6 cookies	5-10 seconds	Blend to desired consistency.
Crackers	2	8 crackers	5-10 seconds	Use 2" pieces.
Chips/ cereal	1	3/4 cup	5-10 seconds	Blend to desired consistency.

Recipes

RACHAEL RAY™

Recipes on this page have been specially created by Rachael Ray.

COOL-IT-DOWN CRANBERRY MARGARITAS

- 1 container (10 ounces) frozen limeade or margarita mix, such as Bacardi® brand
- 1 tray ice cubes
- 8 shots tequila
- 1 can cranberry juice concentrate or cranapple juice concentrate such as Mott's® brand

Combine all ingredients in Blender Container and blend on Speed 3. Pour into glasses and serve.

Yield: 4 servings

DATE SHAKES

- 1 cup pitted dates, coarsely chopped
- 1 quart skim milk
- 2 pints French vanilla ice cream
- 1 teaspoon grated fresh nutmeg

For each date shake, place 1/4 cup coarsely chopped pitted dates, a handful, in blender. Add 1 cup cold skim milk and 2 big scoops of French vanilla ice cream. Grate 1/4 teaspoon of fresh nutmeg into blender and blend date shake on Speed 1 until smooth.

Yield: 4 shakes

FROZEN MOHITO SLUSHES

For every 4 slushes, you will need:

- 1 pint lime sorbet or 1 can lime ade from frozen juice section
- 8 shots light rum
- 1/2 cup mint leaves
- 1 tray ice cubes

In a blender, combine 1/2 pint sorbet or 1/2 can of lime ade with 4 shots of rum, 1/4 cup mint leaves and 1/2 tray of ice. Pulse, then blend on Speed 3 until lime-mint slush is smooth. Pour drinks into 2 large cocktail glasses using a long handled spoon and repeat with remaining ingredients.

Yield: 4 cocktails, for 8, double the recipe.

Recipes (Cont.)

RACHAEL RAY™

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FROZEN PEACH CHAMPAGNE COCKTAILS

This recipe is a Bellini-esque slush for grown ups.

- 1/4 cup sugar, to rim glasses
- 1 pint peach sorbet
- 2 shots orange liquor such as Triple Sec, Grand Marnier or Cointreau
- Chilled champagne or sparkling wine, to fill blender, 1/3 bottle
- Raspberries and 4 sprigs mint, optional garnish

Place a shallow bowl of water along side a shallow bowl with 1/4 cup sugar in it. Dip 4 cocktail glasses in water, then sugar to rim glass.

Place 4 scoops peach sorbet in blender. Add 2 shots orange liqueur. Fill blender with Champagne to maximum fill line or up to 1-inch from top of blending pitcher. Place cover on blender tightly. Blend on Speed 1 until smooth and pour into cocktail glasses, keeping an eye out not to wreck the pretty sugar rims. Garnish with a few raspberries and a sprig of mint and serve.

Yield: 4 servings

LAVA FLOWS

Pina Coladas with Rivers of Strawberry

These can be made as mocktails for the kids or cocktails for big kids

- 2 cups frozen sliced strawberries in juice, defrosted
- 2 cans coconut milk drink mix (recommended: Coco Lopez)
- 2 cups pineapple juice
- 6 shots coconut rum or light rum
- * For mocktails, omit liquor and use a few extra ice cubes
- 1 tray of ice

Blend strawberries in a blender on Speed 3 until smooth. Place 1/2 cup strawberry puree in the bottom of 4 hurricane or double rocks cocktail glasses. Rinse blender and return to motor base. Place remaining ingredients in blender and blend on Speed 3 until smooth. Pour pina coladas into glasses on top of the strawberry puree. The puree will run up through the pina colada, making a lava flow effect.

Yield: 4 cocktails or mocktails

LUSCIOUS LASSI

Chill out any spicy meal or snack with this cool, refreshing and tangy drink.

- 3 cups vanilla flavored custard style, low fat or nonfat yogurt
- 1 cup coconut milk, found on drink mix aisle of market
- 14 ice cubes
- 1 cup crushed pineapple
- 1 ripe banana, peeled and cut into chunks
- 1 inch fresh ginger root, grated
- 2 large stem strawberries, garnish

Combine yogurt, coconut milk, ice cubes, pineapple, banana and grated ginger in a blender and blend on Speed 3 until smooth and frothy. Serve in tall glasses and garnish with a large stem strawberry.

Yield: 2 Lassis

MOCHACCINO SHAKES

- 1 cup cold milk
- 1 cup strong black coffee, regular or decaf
- 1/2 cup chocolate syrup
- 1/2 teaspoon ground cinnamon
- 2 pints coffee flavor ice cream

Whipped cream in spray canister, garnish

Chocolate shavings, garnish

To blender, add 1/2 cup of milk, 1/2 cup of coffee, 1/4 cup of syrup, and the cinnamon. Blend on Speed 1 to combine ingredients. Add 1 pint ice cream and blend on Speed 1 until smooth. Pour into 2 frosted fountain glasses or tall glasses and garnish with swirls of whipped cream, an extra pinch of cinnamon, and some chocolate shavings and serve. Repeat to make 2 more shakes.

Yield: 4 servings

Recipes (Cont.)

RACHAEL RAY™

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been specially created by
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ORANGE FREEZES

- 2 pints orange sherbet
- 1 pint vanilla ice cream
- 1 liter lemon lime soda or lemon lime seltzer
- 1 lime, for garnish, optional
- 16 ice cubes

For each freeze, in blender combine 3 scoops orange sherbet and 1 scoop vanilla ice cream. Add 1/4 liter lemon lime soda or lemon lime seltzer and 4 ice cubes to the blender. Set blender top in place and blend on Speed 3 until frothy and smooth. Pour into fountain or tall glass and garnish glass rim with a round of lime and a straw. Repeat with remaining ingredients.

Yield: 4 freezes

PEACH POWER UP

- 1 (1-inch) piece fresh ginger, peeled and grated
- 2 cups plain yogurt
- 3/4 cup orange juice
- 2 cups sliced frozen peaches

In blender combine ginger, yogurt, orange juice and the frozen peaches. Blend on Speed 1 until smooth.

Yield: 4 servings

SORBET SHAKES

- 1 pint chocolate sorbet or strawberry sorbet
 - 2 cups skim milk
- Cool Whip® or other nondairy low-fat topping

If sorbet is too firm to scoop, soften in microwave for 10 seconds on high. Blend milk and sorbet in Blender Container on Speed 1 and pour into 12-ounce tumblers. Top shakes with whipped topping.

Yield: 2 shakes

***DECADENT DUO FOR DECADENT DUOS
Chocolate Cups with Whipped Cream***

- 2/3 cup whole milk
- 1 egg
- 2 tablespoons sugar
- Pinch salt
- 1 cup semi-sweet chocolate chips
- 2 tablespoons hazelnut liqueur or dark rum
- 4 demitasse cups
- 1 cup whipping cream
- 2 tablespoons sugar
- Mint sprigs, for garnish, optional

Heat milk in a small pan over moderate heat until it comes to a boil.

In blender combine egg, sugar, a pinch of salt, semisweet chips, and liqueur. Turn on blender to Speed 1. Pour in boiling milk in a slow stream. The hot milk will cook egg and melt chocolate. Blend 1 minute, until smooth.

Spoon chocolate into 4 demitasse cups and chill. After dinner, beat cream until soft peaks form. Add a little sugar and beat to combine. Top the chocolate cups with a dollop of cream and garnish each cup with mint sprigs.

Place cups on saucers and serve with demitasse spoons. If you use teacups, this recipe will yield 2 cups, rather than 4.

Yield: 4 servings in demitasse cups

Recipes (Cont.)

RACHAEL RAY™

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CHOPPED ICEBERG LETTUCE WITH "FRENCH" DRESSING

- 1 head iceberg lettuce
- 4 radishes, chopped
- 4 scallions, chopped
- 1/3 seedless cucumber, chopped
- 1 cup shredded carrots (preshredded are available in produce section)

DRESSING

- 1/3 cup white wine vinegar
- 1/3 cup sugar
- 1/2 cup ketchup
- 1/2 cup extra-virgin olive oil (evoo) (eyeball it)
- 1 teaspoon garlic powder
- 2 teaspoons Worcestershire Sauce®
- 1/4 small white onion, finely chopped or grated
- salt and white pepper, to taste

Hold the lettuce head over a clean counter, core side down. Give the lettuce head a good whack on the counter and pull the core out. Chop lettuce. Combine lettuce, radishes, scallions, cucumber and carrots in a large salad bowl.

Make the dressing: Put all of the dressing ingredients in the Blender Container. Put the top in place and blend on Speed 3 until dressing is combined. Pour dressing over salad and toss. Adjust salt and pepper to your taste.

Yield: 6 servings

CRUDITÉS AND 3 SAUCES

ANCHOVY SAUCE

- 2 tins flat-fillet anchovies, lightly drained
- 1 tablespoon small capers in brine
- 2 tablespoons caper brine
- 1 clove garlic, cracked from skin
- 1/2 cup extra-virgin olive oil (evoo) (eyeball it)

BLACK OLIVE AND PARMIGIANO SAUCE

- 1/2 cup pitted nicoise or Kalamata olives
- 2 tablespoons red wine vinegar (eyeball it)
- 1 teaspoon dried thyme or 2 tablespoons fresh thyme leaves
- 1/3 cup extra-virgin olive oil (evoo) (eyeball it)
- 1/4 cup grated Parmigiano Reggiano cheese (a handful)

CRUDITÉS AND 3 SAUCES (continued)**GARDEN TOMATO AND SCALLION SAUCE**

- 2 plum tomatoes, seeded and chopped
 - 2 scallions, whites and tops, thinly sliced
 - 2 tablespoons chopped fresh flat-leaf parsley (a palmful)
- Extra-virgin olive oil (evoo), for drizzling
Coarse salt and freshly ground black pepper, to taste

CRUDITÉS

- 2 large eggs
- 1 seedless cucumber, halved across then quartered lengthwise
- 1 head celery, trimmed, separated, and wiped clean, ribs left whole
- 4 scallions, whole, cleaned and roots trimmed
- 4 large radishes, cleaned but left whole with greens intact
- 4 baby zucchini, washed
- 4 small carrots, peeled and left whole
- 2 vine ripened tomatoes

Make the anchovy sauce: Place anchovies, capers, caper brine, and garlic in Blender Container and blend on Speed 3. Stream in evoo to form a thick dressing. Scrape the dressing into a small serving cup or bowl. Clean the Blender Container and return it to its base.

Make the black olive and Parmigiano sauce: Place olives, vinegar and thyme in Blender Container. Blend on Speed 3 and stream in evoo. When dressing forms, stop blender and add cheese. Pulse-process cheese into dressing then transfer dressing into a second cup or small bowl.

Make the garden tomato and scallion sauce: In a small mixing bowl, combine tomatoes, scallions, and parsley. Drizzle the sauce with evoo and season it with salt and pepper, to taste.

Prepare the crudités: Place eggs in a small pot. Cover eggs with water and bring water to a boil. Cover pot and remove from heat. Let eggs stand 10 minutes. Drain eggs then crack shells by rattling cooked eggs inside empty, covered pot. Peel and cool eggs under cold running water.

Arrange the vegetables in a flower pot, building high and stuffing the pot lightly. Nest whole eggs and whole tomatoes among the vegetables. Serve your vegetable masterpiece with sauces to pass at table.

Recipes (Cont.)

RACHAEL RAY™

Recipes on this page have been specially created by Rachael Ray.

GREENS 'N BEANS SALAD

- 1/2 head escarole, chopped
- 1/2 half head green or red leaf lettuce, chopped
- 1 can (15 ounces) cannellini, drained
- 1/4 red onion, chopped
- 1 clove garlic, minced
- 1 teaspoon sugar
- 1 tablespoon lemon juice
- 1 tablespoon red wine vinegar
- 3 tablespoons extra-virgin olive oil (evoo)
- Salt and freshly ground black pepper, to taste

Arrange greens on a large platter or in a salad bowl. Top with beans and red onions.

Make the dressing: In Blender Container combine garlic, sugar, lemon juice, and vinegar. Blend on Speed 3. Whisk in evoo. Pour dressing evenly over the salad. Season salad with salt and pepper, toss and serve.

Yield: 2 servings

GUACAMOLE SAUCE

- 3 small to medium ripe Haas avocados, pitted and scooped from skins with a large spoon
- 1 lemon, juiced
- 1/2 teaspoon cayenne pepper, eyeball it
- 1 cup plain yogurt
- 1 teaspoon coarse salt, eyeball it
- 2 plum tomatoes, seeded and chopped
- 2 scallions, thinly sliced on an angle

Combine avocado flesh, lemon juice, cayenne pepper, yogurt and salt in blender. Blend guacamole sauce on Speed 3 until smooth. Remove guacamole sauce to a bowl and stir in diced tomatoes and chopped scallions. Serve drizzled over your favorite grilled fish or chicken.

Yield: 4 servings

QUICK CREAMY TOMATO SOUP

- 2 (15-ounce) containers, chicken or vegetable stock/broth (preferred brand: Kitchen Basics)
- 1 (28-ounce) can concentrated crushed tomatoes
- 1 cup heavy cream
- Coarse salt and black pepper
- 20 leaves fresh basil, cut into chiffonade, for garnish
- Soup toppers, for garnish, recipe follows

Combine broth and tomatoes in a medium saucepan over moderate heat. When soup bubbles, stir in heavy cream and reduce heat to low. Season with a little salt and pepper and simmer gently 15 minutes, stirring occasionally. Working in 2 to 3 batches, transfer to blender and blend on Speed 3 until smooth. Serve bowls of soup with basil chiffonade and floating soup toppers, recipe follows.

Yield: 4 servings

SOUP TOPPERS:

- 4 slices crusty bread, 4 inches across, 1/4-inch thick-slice artisan breads at counter in market
- 2 cloves cracked fresh garlic, optional
- Extra-virgin olive oil
- Freshly ground black pepper
- 1/2 pound shredded cheese to complement your soup: provolone, Asiago, cheddar, Gruyere, Swiss, etc.

Toast bread slices in your toaster until golden. Rub the toasted bread rounds with crushed garlic, if using. Arrange bread on cookie or baking sheet. Drizzle each slice with extra-virgin oil and top with a grind of black pepper and a layer of shredded cheese. Place under hot broiler to melt cheese until toppers are golden brown in color.

Yield: 4 servings

Recipes (Cont.)

MIDDLE EAST PASTA SAUCE

- 1 20-ounce can tomatoes, basil and oregano flavored
- 1/2 cup pimentos
- 1 14-ounce can artichoke hearts, drained
- 3 large cloves garlic
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cumin
- 1/4 teaspoon allspice
- 1 small onion, chopped
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano

Put tomatoes in Blender Container and blend on Speed 1 until smooth. Add remaining ingredients and Pulse until coarsely chopped. Heat and pour over cooked pasta. Makes 3 cups.

FIESTA MEAT LOAF

- 2 slices bread, torn into pieces
 - 1/2 cup celery, chopped
 - 1/4 cup green pepper, chopped
 - 1/4 cup onion, chopped
 - 1 cup carrot, chopped
 - 2 eggs
 - 1/4 cup steak sauce, divided
 - 2 pounds ground beef
- Salt and pepper to taste

Preheat oven to 350° F. Place bread into Blender Container one slice at a time. Pulse until desired texture is achieved. Set aside. Repeat with the other slice of bread. Place vegetables into blender and cover with water. Cover and process on Pulse until coarsely chopped. Drain thoroughly. Place eggs and 2 tablespoons steak sauce into blender. Cover and blend on Speed 3 for 5-10 seconds. In a bowl combine bread crumbs, vegetables, egg mixture and meat. Pat into 9" x 5" loaf pan. Place pan in oven. Bake for 1 hour 20 minutes or until done. Spread 2 tablespoons steak sauce over meat loaf and bake for another 5-10 minutes. Makes 6-8 servings.

HOUSE SPECIALTY QUICHE

- 4 large eggs
- 1 cup Bisquick® baking mix
- 2 cups milk
- 1/2 teaspoon curry, if desired
- 1 cup shredded cheddar cheese
- 1/2 cup chopped cooked ham
- 1 cup sliced mushrooms

Preheat oven to 350° F. Spray 10-inch pie pan with vegetable oil spray. Put eggs, baking mix, milk and curry into Blender Container. Blend on Speed 2 until smooth. Sprinkle cheese on pie pan. Add ham and mushrooms. Pour egg mixture into pie pan and bake for 50-60 minutes or until top is golden brown. Makes 4-6 servings.

SALMON MOUSSE

- 2 tablespoons lemon juice
- 1 envelope unflavored gelatin
- 1/4 cup boiling water
- 1/2 teaspoon dried dill
- 1/4 cup chopped onion
- 2 cups canned salmon, drained
- 1/3 cup mayonnaise
- 1/4 cup sour cream
- 2 tablespoons olive oil

Put lemon juice in a small heat-resistant bowl and put gelatin over juice. Let stand 2 minutes. Add boiling water and allow to sit 5 minutes. Pour into Blender Container and blend on Speed 3 until well mixed. Add dill, onion, salmon, mayonnaise, sour cream and olive oil. Blend on Speed 2 until mixed. Spray a one-quart mold with vegetable oil spray and pour mixture into mold. Cover and refrigerate until set (about 3 hours). Garnish with cherry tomatoes and parsley. Makes 8 servings.

Recipes (Cont.)

SALSA

- 2 cups chopped tomatoes, quartered and seeded
- 1 small jalapeno pepper, quartered
- 2 tablespoons cilantro leaves
- 1 teaspoon cider vinegar
- 1 teaspoon black pepper
- 1 medium onion, chopped

Put tomatoes in Chopper Container. Pulse until coarsely chopped. Pour into a medium sized bowl. Add remaining ingredients to Blender Container and Pulse until coarsely chopped. Stir into chopped tomatoes. Cover and refrigerate for 2 hours to enhance flavor. Makes 3 cups.

SPINACH DIP

- 1 4-ounce can sliced water chestnuts, drained
- 1/2 cup sour cream
- 1/2 cup plain yogurt
- 3 green onions, chopped
- 1 teaspoon salt
- 1/2 teaspoon tarragon leaves
- 1/4 teaspoon dry mustard
- 1/4 teaspoon pepper
- 1 clove garlic
- 1 1/2 ounces spinach leaves, chopped

Put water chestnuts, sour cream, yogurt and green onions in Chopping Container. Pulse until blended. Pour into a medium sized bowl. Add remaining ingredients to Chopping Container. Chop on Speed 2 until coarsely chopped. Stir into chestnut mixture. Cover and refrigerate for 2 hours to enhance flavor. Makes 4 cups.

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708 South Missouri Street
Macon, MO 63552 USA

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If you get satisfaction out of treating your family and friends to foods made with your own two hands, then get in the kitchen and have a blast! Try new flavors, tastes – experiment! And forget about those measuring cups and spoons – just eyeball it! If I can do it, you can too! Go for it!

A stylized, handwritten signature of Rachael Ray in black ink. The signature is fluid and cursive, with the first letter 'R' being particularly large and prominent.

The word "Yum!" written in a casual, handwritten cursive style in black ink. The exclamation point is large and expressive.

Rachael Ray

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