

Osterizer[®]

LIQUEFIER-BLENDER



RECIPES/INSTRUCTIONS

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 blender 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. Return appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
7. The use of attachments, including canning or ordinary jars and processing assembly parts not recommended by Oster may cause a risk of personal injury.
8. Keep hands and utensils out of container while blending to prevent the possibility of severe personal injury and/or damage to the blender. If scraping, folding, etc. is necessary, turn off and unplug the blender, and use a rubber spatula **only**.
9. Blades are sharp. Handle carefully.
10. To avoid injury, never place cutting blades on base without jar properly attached.
11. Screw on container bottom firmly. Injury can result if moving blades accidentally become exposed.
12. Always operate blender with cover in place.
13. Always hold jar while processing. If the container should turn when the motor is switched "on," switch "off" immediately and tighten jar in threaded container bottom.
14. When blending hot liquids, remove the feeder cap from the two-piece cover. Do not fill blender container beyond the four cup level. Always begin processing at the lowest speed setting. Keep hands and other exposed skin away from the cover opening to prevent possible burns.
15. Do not blend hot liquids in "Mini-Blend" containers.
16. Do not use outdoors.
17. Do not let cord hang over edge of table or counter, or touch hot surfaces.
18. Do not leave blender unattended while it is operating.

SAVE THESE INSTRUCTIONS

"The maximum rating as marked on the unit is based on the attachment that draws the greatest load. Other recommended attachments may draw significantly less power."

Know Your Osterizer[®] LIQUEFIER-BLENDER

3

This blender is designed for household use only.

COVER

The cover for your Osterizer blender consists of two parts, the plastic feeder cap (1) and the vinyl cover (2). The cover is self-sealing, and is made of vinyl which is resistant to absorption of odors and stains. The feeder cap is removable for use as a measuring cap and provides an opening for the addition of other ingredients.

CONTAINER

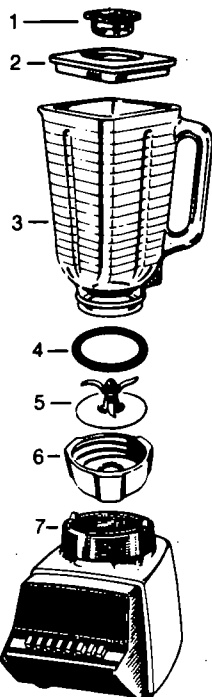
The 5-cup (1.25 liter) container (3) for the blender is graduated for easy measurement and is molded of heat and cold resistant material. The convenient handle and pouring lip permit easy removal of liquid mixtures while thicker mixtures are more easily removed through the bottom opening.

PROCESSING ASSEMBLY

Consists of three parts: (4) a sealing ring of neoprene used as a cushion between the container and the agitator; (5) agitator of high-grade stainless steel; (6) a threaded container bottom.

MOTOR AND MOTOR BASE

The powerful multi-speed motor is the heart of the appliance and is designed just for this unit. It is completely enclosed within the housing (7). The motor uses a "free-floating" feature to reduce noise and wear. This allows the square post which protrudes from the motor base to move slightly from side to side. The powerful food processing motor can be overloaded. To avoid this possibility, closely follow the instructions and the quantities specified in the recipes in this book.



The illustration and photography of blenders found in this book do not necessarily depict the particular model blender that you have purchased. These photographs are merely a guide to illustrate the versatility of your blender.

CARE AND CLEANING OF YOUR OSTERIZER[®] BLENDER

Blender container parts are corrosion resistant, sanitary and easily cleaned. Before first use and after every use, separate container parts (items 1-6) and clean thoroughly in warm, soapy water, then rinse and dry well. **DO NOT WASH ANY PARTS IN AN AUTOMATIC DISHWASHER.** Periodically check all parts before re-assembly.

If the processing blades are stuck or difficult to turn, **DO NOT USE BLENDER.** Check by carefully turning the blades in a counterclockwise direction (opposite edges are sharp). Blades should turn freely.

If the glass container is chipped or cracked, **DO NOT USE BLENDER.** Further use could result in the container breaking during use.

Use only Oster recommended replacement parts available at an authorized service facility or the factory.

USE OF DAMAGED OR NON-RECOMMENDED PARTS COULD RESULT IN A SEVERE PERSONAL INJURY AND/OR DAMAGE TO THE BLENDER. See page 4 for proper container assembly and user instructions.

NEVER IMMERS THE MOTOR BASE IN WATER. The housing can be cleaned with a damp cloth (unplug first).

The motor is permanently lubricated and does not require any additional lubrication.

ANY SERVICING SHOULD BE PERFORMED BY AN AUTHORIZED SERVICE FACILITY. See list of authorized service stations included with this book.

Assembling Your Blender

CAUTION: Follow these important steps to assemble, tighten, and mount blender container quickly and correctly. INJURY MAY RESULT IF MOVING BLADES ARE ACCIDENTALLY EXPOSED.

ASSEMBLY OF CONTAINER



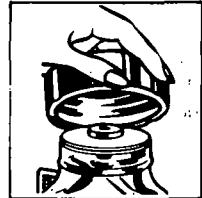
1. Turn container upside down so the small opening is at the top.



2. Place sealing ring on container opening.

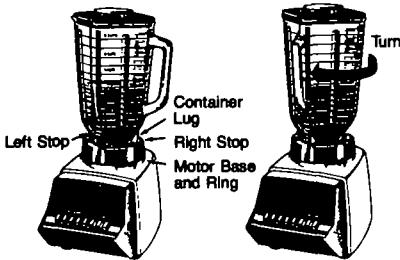


3. Turn the agitator blades upside down and place in mouth of container.



4. Thread container bottom to container. Engage threads properly. Screw on firmly.

TIGHTENING THE CONTAINER



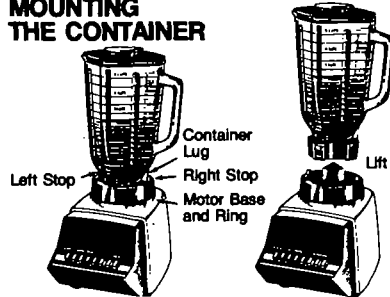
1. To tighten container bottom, put assembled container securely into motor base ring with handle and lug in front of the right stop.

2. Using container handle, turn container to the left as far as possible. This insures that the container bottom is tightened properly. Remove container from motor base and mount.

Do not attempt to place the container on, or remove from the motor base while the motor is running.

ALWAYS HOLD CONTAINER WITH ONE HAND WHILE PROCESSING.

MOUNTING THE CONTAINER



1. To operate blender, place assembled container in motor base ring with container lug against flat side of right motor base stop. If container lug does not rest against flat side of right stop, remove container assembly and place against flat side of left stop. Seat container firmly and operate.

2. To remove container, lift straight up. (If it is not easily removed, rock gently and lift up. Do not twist.) If container bottom cannot be loosened by hand, place assembled container into motor base ring with handle in front of left side stop. Using handle, turn container to right until container bottom loosens.

"MINI-BLEND" CONTAINERS

"Mini-Blend" Containers (8-oz. [250mL] or 30-oz. [885mL] sizes available as an accessory... not normally included with your blender). For proper assembly and tightening instructions, see above directions. The "Mini-Blend" Containers allow for the processing and storing of foods in the same container.

DO NOT USE OTHER TYPES OF JARS FOR PROCESSING FOODS. Ordinary jars may break or unscrew during processing. Do not wash any parts, including container, in an automatic dishwasher. **DO NOT** fill "Mini-Blend" Container above **MAXIMUM FILL LINE** to allow for expansion of foods while processing. Overfilling may cause the jar to break and could result in injury.

ASSEMBLY



How Your Osterizer® Blender Works

Your Osterizer blender is a multi-speed appliance which operates on a wide range of speeds from very slow to very fast. This range of speeds makes food preparation easy, interesting and also saves time because your Osterizer blender processes foods in seconds.

In addition your Osterizer blender has 2 distinct methods of operation, **CONTINUOUS** run for blending, liquefying and fine chopping and **CONTROLLED CYCLE BLENDING**, used for coarse chopping pieces of food, such as chopped vegetables, nuts or cheeses. There are several different ways of operating the **CONTROLLED CYCLE BLENDING** feature but all involve turning the motor "on" and "off" intermittently. During the "on" portion of the cycle, food is chopped and tossed away from the blades. During the "off" portion of the cycle the food is distributed around the blades to make processing more uniform. **IN ALL THE RECIPES GIVEN IN THIS BOOK, THE CONTROLLED CYCLE BLENDING FEATURE IS REFERRED TO AS A CYCLE.**

NOTE: A cycle consists of operating the blender for about 2 seconds and then allowing the blades to coast to a stop.

To Process Food

1. Assemble container (see page 4, Assembly of Container).
2. Put ingredients into blender container, cover firmly, and place container into ring on motor base (see page 4, Mounting the Container).

FOR CONTROLLED CYCLE OPERATION

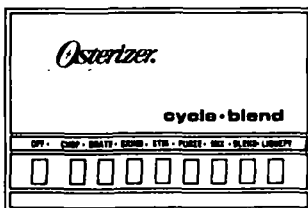
Select the proper speed, rest hand on container and activate the blender for about 2 seconds. Repeat this procedure for as many cycles as required by the recipe. (See page 6-9 for detailed instructions for controlled cycle operation of the specific blender you own.)

FOR CONTINUOUS OPERATION

Select the proper speed, turn blender on to begin processing. When processing is completed, turn blender off. (See pages 6-9 for detailed instructions for continuous operation of the specific blender you own.)

CAUTION: NEVER LEAVE BLENDER WHILE IT IS PROCESSING. If container should turn while motor is on, switch it OFF immediately and tighten jar in container bottom. (See page 4, Tightening the Container.)

How to Use Your 8 Speed Blender



The 9 buttons on the panel control the eight speeds of your blender. The first button to the left is the OFF button. The three buttons marked CHOP, GRATE and GRIND are "Cycle" operation buttons. As long as one of these buttons is held down, the motor operates. As soon as the button is released the motor shuts off. The additional buttons are for continuous operation.

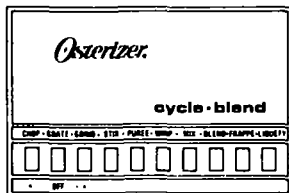
FOR CONTROLLED CYCLE OPERATION

Rest hand on container and push desired "Cycle" button. Hold the button down for about 2 seconds, then release and allow the blades to coast to a stop. Repeat for number of cycles as specified in recipe.

FOR CONTINUOUS OPERATION

Rest hand on container and push desired speed button. When processing is finished, press the OFF button to stop motor.

How to Use Your 8 and 10 Speed Blender



The 3 buttons marked, CHOP, GRATE and GRIND are "CYCLE" operation buttons, they also function as the OFF switch. As long as one of these buttons is held down, the motor operates—as soon as the button is released, the motor shuts off. The additional buttons are for continuous operation.

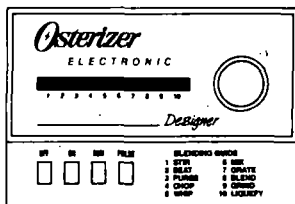
FOR CONTROLLED CYCLE OPERATION

Rest hand on container and push desired "Cycle" button. Hold the button down for about 2 seconds, then release and allow the blades to coast to a stop. Repeat for number of cycles as specified in recipe. Release of a "Cycle" button turns the blender off.

FOR CONTINUOUS OPERATION

Rest hand on container and push desired speed button. When processing is finished, press and release one of the "Cycle" buttons to turn the blender off.

How to Use Your LED Blender



The four buttons marked OFF, ON, RUN and PULSE control your blender. The ON button provides power to the unit and lights the "Speed Display Bar." The Control Dial on the right is turned to select the speed. Turn the knob to the right to increase speed and to the left to decrease speed. The LED Display Bar indicates the selected speeds. Match the words on the Control Panel to the number and dial the correct speed. Remember, the words are not descriptive of the blending action but only a reference for the speed used in the Oster recipes.

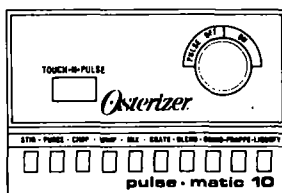
FOR CONTROLLED CYCLE OPERATION

Rest hand on container and push the ON button. Turn the Control Dial to select the correct speed. Press and hold the PULSE button for about two seconds, then release and allow blades to coast to a stop. Repeat for the number of cycles specified in the recipe. When processing is finished, press the OFF button firmly.

FOR CONTINUOUS OPERATION

Rest hand on container and push ON button. Turn the Control Dial to select the correct speed. As soon as the RUN button is pressed, the motor will operate. When processing is finished, press the OFF button firmly.

How to Use Your "Pulse-Matic" 10 Blender with Rotary Switch



The 10 processing speeds are controlled by the ten pushbuttons. The rotary switch on the right, marked PULSE-OFF/ON, controls the blending action.

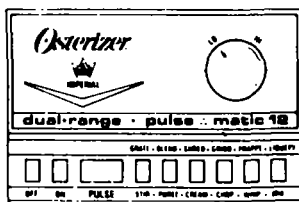
FOR CONTROLLED CYCLE BLENDING OPERATION

With rotary switch in PULSE-OFF position, rest hand on container and select speed. Push TOUCH-N-PULSE button in for about 2 seconds. Release and allow the blades to coast to a stop. Repeat for number of cycles as specified in recipe. Release of the TOUCH-N-PULSE button turns the blender off.

FOR CONTINUOUS OPERATION

Rest hand on container, select speed and turn rotary switch to "ON" position. When processing is completed, turn switch to PULSE-OFF position.

How to Use Your Dual Range 12 Blender with Rotary Switch



The 12 processing speeds of the Dual Range "Pulse-Matic" blender are controlled by the nine pushbuttons and the rotary switch marked LO/HI. The ON button is used for continuous operation. The PULSE button is used for "Cycle Operation". The remaining six buttons are the different speed selections. The rotary switch determines the speed range. When the switch is in the HI position, it controls the speeds marked above the buttons. In the LO position it controls the speeds marked below the buttons. The first button on the left is the OFF button.

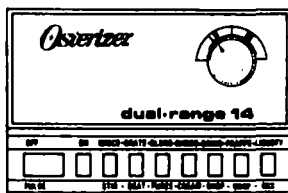
FOR CONTROLLED CYCLE OPERATION

Rest hand on container, press proper speed button. Move rotary switch to proper speed range. Press Pulse button and hold in for about 2 seconds. Release button and allow blades to coast to a stop. Repeat for number of cycles as specified in recipe. When processing is complete, press OFF button.

FOR CONTINUOUS OPERATION

Rest hand on container, press speed button. Move rotary switch to proper speed range and press ON button. When processing is finished, press OFF button firmly.

How to Use Your Dual Range 14 Blender with Rotary Switch



The 14 processing speeds of the Dual Range Blender are controlled by the nine pushbuttons and the rotary switch marked LO/HI. The OFF•PULSE button is used for "Cycle Operation". The ON button is used for "Continuous Operation". The remaining seven buttons are the different speed selections. The rotary switch determines the speed range. The switch in the HI position controls the speeds marked above the buttons. The switch in the LO position controls the speeds marked below the buttons.

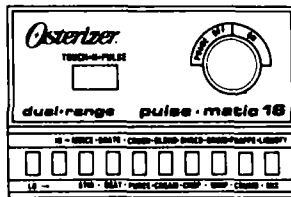
FOR CONTROLLED CYCLE OPERATION

Rest hand on container, select and press proper speed button. Move rotary switch to proper speed range. Press OFF•PULSE button and hold in for about 2 seconds. Release button and allow blades to coast to a stop. Repeat for number of cycles as specified in recipe. Release of the OFF•PULSE button turns the blender off.

FOR CONTINUOUS OPERATION

Rest hand on container, press speed button. Move rotary switch to proper speed range and press ON button. When processing is finished, press and release OFF•PULSE button.

**How to Use
Your Dual Range
"Touch-A-Matic" 14
OR
"Pulse-Matic" 16
Blender**



The processing speeds of these blenders are controlled by the pushbuttons, the TOUCH-N-PULSE or TOUCH-A-MATIC button and the rotary switch marked PULSE-OFF/ON. The LO button controls the speeds marked below the buttons. The HI button controls the speeds marked above the buttons. The rotary switch marked PULSE-OFF/ON controls blending action.

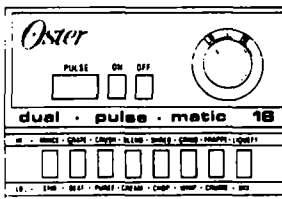
FOR CONTROLLED CYCLE OPERATION

With rotary switch in PULSE-OFF position, rest hand on container. Select and press proper speed and speed range (HI and LO) button. Then press TOUCH-N-PULSE or TOUCH-A-MATIC button and hold in for about 2 seconds. Release button and allow blades to coast to a stop. Repeat for number of cycles as specified in recipe. Release of the TOUCH-N-PULSE (TOUCH-A-MATIC) button turns the blender off.

CONTINUOUS OPERATION

Rest hand on container, press speed and range buttons. Move rotary switch to ON position. When processing is finished, move rotary switch to PULSE-OFF position.

**How to Use
Your Dual
"Pulse-Matic"
16 Speed
Blender**



The speeds of your Dual "Pulse-Matic" blender are controlled by the pushbuttons on the lower control panel of the blender and three pushbuttons and a rotary switch on the upper control panel.

The lower buttons control the speeds of the blender. The rotary switch selects the range of operating (HI—red; LO—yellow). The upper pushbuttons activate the blender. The ON button is used for continuous operation. The OFF button is used to turn the motor off, and the pulse button is used for "Cycle Operation" on the speed selected.

FOR CONTROLLED CYCLE OPERATION

Rest hand on container, select and press proper speed button. Move rotary switch to proper speed range. Press PULSE button and hold in for about 2 seconds. Release button and allow blades to coast to a stop. Repeat for number of cycles as specified in recipe. When processing is finished push OFF button firmly.

FOR CONTINUOUS OPERATION

Rest hand on container, press proper speed button, move rotary switch to proper speed range and press ON button. When processing is finished, push OFF button firmly.

Osterizer
LIQUEFIER-BLENDER

Do's and Don't's

DO:

1. Use only the line voltage and frequency as specified on the bottom of the blender.
2. Always operate blender on a clean, dry surface to prevent air from carrying foreign material or water into the motor.
3. Put liquid portions of recipes into blender container first unless the instructions in recipes specify otherwise.
4. Cut all firm fruits and vegetables, cooked meats, fish and seafoods into pieces no larger than $\frac{3}{4}$ " (1.8 cm) to 1" (2.5 cm). Cut all kinds of cheeses into pieces no larger than $\frac{3}{4}$ " (1.8 cm).
5. Use rubber spatula to push ingredients to be chopped into liquid portion of recipe ONLY when motor is OFF.
6. Place cover firmly on blender container before starting, and rest hand on the container cover when starting and running motor.
7. Remove heavy dips and spreads, nut butters, mayonnaise and products of similar consistency by removing the processing assembly and pushing the mixture out through the bottom opening into serving dishes or storage container.
8. Pour mixtures if liquid or semi-liquid consistency, such as muffin and cake batters, from blender container.
9. Allow cooked vegetables and broth to cool before pouring into blender container for processing.
10. Switch to the next higher speed if the motor seems to labor when processing at one of the lower speeds to prevent overloading of the motor.
11. Use a "Mini-Blend" or 5-cup blender container to process citrus rind, coffee beans or cereal grains. Use only glass blender container to process whole spices and hard cheese.

DON'T:

1. **DON'T** expect your blender to replace all of your kitchen appliances. It will not: mash potatoes, whip egg whites or substitutes for dairy toppings, grind raw meat, knead or mix stiff doughs, crush ice or extract juices from fruits and vegetables.
2. **DON'T** process mixtures too long. Remember, the blender performs its tasks in seconds, not minutes. It is better to stop and check the consistency after a few seconds than to overblend and have a mushy or too finely ground product.
3. **DON'T** overload the motor with extra-heavy or extra-large loads. If the motor stalls, turn off immediately, unplug cord from outlet and remove a portion of the load before beginning again.
4. **DON'T** put ice cubes into the container without at least one cup of liquid. Ice cubes will not process properly without liquid.
5. **DON'T** attempt to remove blender container from motor base or replace it until the motor has coasted to a complete stop. Blender parts can be damaged.
6. **DON'T** remove container cover while processing, as food spillage can occur. Use feeder cap opening to add ingredients.
7. **DON'T** place or store processing assembly on motor base without first correctly assembling to blender container. Severe injury can result if blender is accidentally turned on.
8. **DON'T** use any utensil, including spatulas, in the container while the motor is running. They can catch in the moving blades, break the container and cause severe injury.
9. **DON'T** use ANY container not recommended by manufacturer for processing foods. Other containers may break or loosen during processing and cause severe injury.
10. **DON'T** use "Mini-Blend" containers for processing whole spices (except peppercorns) or hard cheeses, as they can break the "Mini-Blend" container and cause injury.

Osterizer[®]

LIGUERIERA-BLENDER

Blending Tips

11

HOW TO USE A RUBBER SPATULA WITH YOUR OSTERIZER[®] BLENDER

When blending ingredients of a heavy consistency, such as cheese dips and sandwich spreads, it is necessary to use a rubber spatula to help the mixture get down to the blades. To use spatula, turn motor off, remove the cover, move the spatula up and down rapidly along sides of the container, and push the ingredients from the sides of the container to the center.

MAYONNAISE

If mayonnaise curdles or liquefies, empty contents from container, blend another egg and one-fourth cup (50mL) of liquefied or curdled mayonnaise until mixed. Remove feeder cap and pour remaining mayonnaise instead of oil into center of container. Use rubber spatula to thoroughly blend oil into mixture.

GRAVY OR WHITE SAUCE

To smooth gravy or white sauce which may be lumpy, pour into measuring cup and then put about ½ cup (125mL) into blender container, cover and start processing at **STIR**. Remove feeder cap, and with motor running, gradually add remaining gravy or sauce. Continue to process until smooth.

CHOPPING GIBLETS

To chop giblets for gravy, cook the giblets in water or broth, then cool to room temperature. Cut giblets into 1" (2.5 cm) pieces, put in blender container and cover with cooled cooking liquid. Cover container, and process 2 cycles at **GRIND**. (If giblets are not chopped finely enough, process for one or two additional cycles.)

MAKING BUTTER

Heavy cream, sweet or sour, can be used to make butter—pour into blender container. Cover and process at **WHIP (CHOP)** until butter forms. Pour into strainer to drain off liquid, then put butter into small bowl and press with spatula to remove as much liquid as possible. Add salt while kneading butter. Try adding 1 tablespoon (15mL) dried herbs (parsley, tarragon, savory or a garlic clove) per cup (250mL) of cream for delightful herb butter.

GRATING CHEESE

For best results when grating Cheddar or Swiss cheese, be sure it is refrigerator-cold. When blending cheese for dips and spreads, remove from refrigerator about 30 minutes before use.

ORANGE AND LEMON PEEL

Freeze thin strips of orange and lemon peel, then process ½ cup (125mL) at a time in "Mini-Blend" container at **SHRED (GRIND)**. Store in freezer in "Mini-Blend" container and use as needed for pies, cookies, breads, etc.

BREAD CRUMBS

Prepare bread crumbs from old bread (see "How To" section) and store in glass jars in refrigerator.

GRINDING POPPY SEEDS

To grind poppy seeds for fillings, place ½ cup (125mL) poppy seeds in "Mini-Blend" container and process at **SHRED (GRIND)** until seeds are crushed and moist. Stop blender once or twice to shake down seeds from top of container.

GRATING COCONUT

To grate fresh coconut, set speed at **LIQUEFY**, remove feeder cap, start motor and drop coconut pieces into revolving blades. After grating 1½ cups (375mL) coconut, empty container and repeat process until all coconut is grated.

HARD AND DRY CHEESE

Cheddar or processed cheese which has become hard and dry after long storage in the refrigerator may be cut into pieces and grated in the blender. Process at **SHRED (GRIND)** until finely grated, then use for casserole toppings, in sauces, etc.

DO NOT use "Mini-Blend" containers when processing hard cheese.

How to:

Due to variations in size, consistency and age of food items to be **CYCLE PROCESSED**, it may be necessary to increase or decrease the number of cycles indicated in this section and in the recipes throughout the book to achieve desired results. If your blender does not have the speed listed, use the speed in parentheses.

BLENDER-CRUMB

Bread • Tear one slice of fresh, plain or buttered, bread into 8 pieces, put into Osterizer blender container, cover and process at:

CHOP	1 cycle	½ cup (125mL) coarse crumbs
GRATE	2 cycles	½ cup (125mL) medium crumbs
GRIND	Continuous	½ cup (125mL) fine crumbs

Cracker, Cookies • Break cracker and cookies into blender container, cover and process at:

10 chocolate wafers	GRIND	3 cycles	½ cup (125mL) crumbs
16 small coconut cookies	GRIND	3 cycles	½ cup (125mL) crumbs
8 graham crackers	GRIND	3 cycles	½ cup (125mL) crumbs
16 soda crackers	GRATE	2 cycles	½ cup (125mL) crumbs
16 vanilla wafers	GRIND	3 cycles	½ cup (125mL) crumbs
6 zwieback slices	GRIND	4 cycles	½ cup (125mL) crumbs

If finer size is desired, process one additional cycle.

BLENDER-CHOP (water method)

Cut vegetables into pieces about 1" (2.5 cm) in size and place recommended quantity in Osterizer blender container. Cover vegetables with cold water, cover container and process at:

Apples—3 cups (750mL)	STIR (CHOP)	2 cycles	2 cups (500mL) grated
Cabbage, red—3 cups (750mL)	GRIND	1 cycle	1½ cups (375mL)
Cabbage, white—3 cups (750mL)	GRIND	1 cycle	1½ cups (375mL)
Carrots—2 cups (500mL)	GRIND	1 cycle	2 cups (500mL)
Green pepper—3 cups (750mL)	CHOP	1 cycle	2 cups (500mL)
Onion—3 cups (750mL)	CHOP	1 cycle	2 cups (500mL)
Potatoes—3 cups (750mL)	GRIND	1 cycle	3 cups (750mL)

When processing is finished, immediately pour through a strainer or colander and drain well. The speeds and number of cycles listed above produce a medium-size chop. If a finer size is desired, process one additional cycle.

BLENDER-CHOP (dry method)

Cut foods into pieces about ¾" (1.8 cm) in size and place recommended quantity in Osterizer blender container or in "Mini-Blend" container (½ cup or 125 mL only). Process at:

Apple—1 cup (250mL)	STIR (CHOP)	2 cycles	1 cup (250mL)
Carrot—1 cup (250mL)	GRATE	2 cycles	1 cup (250mL)
Celery—1 cup (250mL)	STIR (CHOP)	2 cycles	1 cup (250mL)
Green pepper—1 cup (250mL)	STIR (CHOP)	2 cycles	1 cup (250mL)
Onion—1 cup (250mL)	STIR (CHOP)	2 cycles	1 cup (250mL)
Cheese, Cheddar—½ cup (125mL)	GRIND	3 cycles	½ cup (125mL)
Cheese, Swiss—1 cup (250mL)	GRIND	4 cycles	1 cup (250mL)
Eggs, hard cooked—2 quartered	STIR (CHOP)	1 cycle	½ cup (125mL)

Nuts—½ cup (125mL) in "Mini-Blend" container or 1 cup (250mL) in large container.

Peanuts—1 cup (250mL)	CHOP	3 cycles
½ cup (125mL)	CHOP	2 cycles
Almonds	GRIND	4 cycles
Pecans	CHOP	2 cycles
Walnuts	CHOP	2 cycles

How to:

RECONSTITUTE

Frozen Concentrated Juices • Put water and juice into the Osterizer blender container. Cover and process at **STIR** only until well mixed.

Dry Milk • Put dry milk solids and water into the blender container. Cover and process at **STIR** only until well mixed.

BLENDER-GRATE

Semi-Hard and Hard Cheese • Put about ½ cup (125mL) of cheese (in 1" or 2.5 cm cubes) into the regular container (not in "Mini-Blend" container). Cover and process at **BLEND**.

BLENDER-GRIND

Nuts
Oats

Rice
Wheat

Peppercorns
Whole Spices

Coffee Beans

Put ½ cup (125mL) in "Mini-Blend" container or 1 cup (250mL) in the blender container. Cover and process at **GRIND** until desired grind is obtained. Longer processing will give a finer grind. **NOTE:** Whole ginger root and nutmeg are extremely hard spices, and it is recommended that only two or three 1-inch (2.5 cm) pieces of ginger or 3 nutmegs be processed at one time. Break nutmeg with a nutcracker before processing. Process only in glass blender container at **LIQUEFY**. *Coffee beans are quickly and evenly ground. Put ½ cup (125mL) at a time into "Mini-Blend" container and process at:*

GRIND 10 cycles for percolator
GRIND 15 cycles for drip

LIQUEFY

Fruits, Vegetables, and Other Solid Foods with the Addition of a Liquid • The Osterizer blender is not a juice extractor, but it will break down the fibrous parts of vegetables and fruit pieces so that all the flavor is released into a liquid. This liquid may be water or any prepared fruit or vegetable juice. Use the following table only as a guide—you may want a thicker or thinner juice:

AMOUNT OF FRUIT OR VEGETABLE	AMOUNT OF LIQUID	YIELD
1 medium apple, peeled, cored, cut in eighths	1 cup (250mL)	About 1½ cups (375mL)
3 small carrots, cut in 1" (2.5 cm) pieces	1 cup (250mL)	About 1½ cups (375mL)
2 large celery stalks, cut in 1" (2.5 cm) pieces	1 cup (250mL)	About 1½ cups (375mL)

Place ingredients in blender container. Cover and process at **LIQUEFY** until pieces of food are no longer visible. Remove feeder cap and add 3 or 4 ice cubes, one at a time, to thoroughly chill liquid if desired. Continue processing until cubes are dissolved. (If desired, this juice may be strained through a fine sieve to remove the small fibrous particles.)

Appetizers

NIPPY ONION DIP

- | | |
|---------------------------------|---|
| $\frac{1}{3}$ cup (75mL) water | 1 cup (250mL) creamed cottage cheese |
| 1 package dry onion soup mix | 4 strips bacon, diced, fried and well drained |
| 1 tablespoon (15mL) horseradish | |

Put water, onion soup mix, horseradish and cottage cheese into Osterizer blender container. Cover and process at **BLEND** until smooth. Empty into serving bowl. Add bacon and mix well.

Yield: 1½ cups (375mL)

COTTAGE CHEESE "SOUR CREAM"

- | | |
|---------------------------------|--------------------------------------|
| $\frac{1}{3}$ cup (75mL) milk | 1 cup (250mL) creamed cottage cheese |
| 1 tablespoon (15mL) lemon juice | |

Put ingredients into Osterizer blender container. Cover and process at **BLEND** until smooth. Use as a base for chilled dips such as California Onion Dip, on baked potatoes or in salads.

Yield: 1 cup (250mL)

PIZZA FONDUE

- | | |
|--|--|
| 1 onion, chopped | 1½ teaspoons (7mL) oregano |
| $\frac{1}{2}$ pound (227 g) ground beef | $\frac{1}{4}$ teaspoon (1mL) garlic powder |
| 2 cans (10½ ounces or 298 g) pizza sauce | 1 cup (250mL) Cheddar cheese, cubed |
| 1 tablespoon (15mL) cornstarch | 1 cup (250mL) mozzarella cheese, grated |
| 1½ teaspoons (7mL) fennel seed | |

Brown onion and meat in fondue pot at HI. Reduce heat to MED. Put pizza sauce, cornstarch, fennel seed, oregano and garlic powder into Osterizer blender container. Cover and process at **LIQUEFY** until blended. Add half the Cheddar cheese cubes, blend well. Gradually add remaining Cheddar cheese through feeder cap opening. Blend until smooth. Pour into fondue pot, add mozzarella cheese, stirring until melted and thickened.

Serving: Adjust MED range to maintain bubbly consistency.

Dunkers: Garlic bread cubes, toasted English muffin cubes. Serve over toasted English muffins for luncheon treat.

*Serves 4-6 as main dish
10-12 as appetizer*

GUACAMOLE DIP

- | | |
|----------------------------------|---------------------------------------|
| 3 tablespoons (45mL) lemon juice | 1 teaspoon (5mL) monosodium glutamate |
| 1 medium tomato, quartered | 1 teaspoon (5mL) salt |
| 1 small onion, quartered | 2 large ripe avocados, cut in pieces |
| 2-4 small jalapeno peppers | |

Put all ingredients into Osterizer blender container. Cover and process at **LIQUEFY** until smooth. (If necessary, STOP BLENDER, use rubber spatula to keep mixture around processing blades. Cover and continue to process). Serve with corn chips, crackers or raw vegetables.

Yield: 2 cups (500mL)

Baby Food

Feeding Baby need no longer mean separate cooking, or purchasing of special foods. Family foods are fresher—and the Osterizer blender gives them a uniform texture and smooth consistency.

Prepare regular family meals—then process Baby's portion in your blender. Saves work, time and money—makes it easier to introduce new foods, too.

Always consult your physician before introducing new foods. Use these basic recipes as a guide—then prepare your own combinations from the family food.

BASIC RECIPE—MEATS AND VEGETABLES

$\frac{1}{2}$ cup (125mL) cubed cooked meat or vegetable 4-6 tablespoons (60-90mL) milk, formula or other liquid

Put ingredients into "Mini-Blend" container. Process at **LIQUEFY** until smooth. To test for smoothness, rub a small amount between your fingers. If any large particles can be felt, process again. (Add full amount of liquid for very young babies—decrease amount as child grows older.)

BASIC RECIPE—CANNED OR FRESH FRUITS

$\frac{3}{4}$ cup (200mL) cooked fruit 2 teaspoons (10mL) syrup from fruit

Put ingredients into "Mini-Blend" container. Process at **LIQUEFY** until smooth. To test for smoothness, rub a small amount between your fingers. If any large particles can be felt, process again. (Add full amount of liquid for very young babies—decrease amount as child grows older.)

MEAT COMBO DISH

$\frac{1}{2}$ cup (125mL) cubed, cooked lamb, beef, veal or chicken $\frac{1}{2}$ cup (125mL) milk
2 tablespoons (30mL) cooked vegetables (carrots, peas, spinach, celery, squash) $\frac{1}{4}$ cup (50mL) cooked rice

Put all ingredients into Osterizer blender container. Cover and process at **LIQUEFY** until very smooth. Refrigerate in covered container. Heat only amount to be used for serving. Yield: 2-3 servings

NOTE: For younger babies, add an extra $\frac{1}{4}$ cup (50mL) milk.

JUNIOR OR TODDLER FOODS

Follow basic recipes above but process 1, 2 or 3 cycles at **GRIND** depending on size of pieces desired.

Beverages

IMPORTANT: The blender container should contain at least 1 cup (250mL) of liquid in order for whole ice cubes to process properly. Some of the recipes in this section do not call for this much liquid. In these recipes only, follow this simple step; add all ingredients, cover container, process 3 cycles at **LIQUEFY** to break cubes. Then continue to process for a few seconds.

TOMATO JUICE COCKTAIL

- | | |
|--|--|
| 2 cups (500mL) tomato juice | 1 ½" (1.3 cm) slice cucumber, unpeeled |
| 1 thin slice lemon with peel | ¼ teaspoon (1 mL) Worcestershire sauce |
| 2 sprigs parsley | ½ teaspoon (2mL) salt |
| 1 ½" (1.3 cm) strip green pepper | 6 ice cubes |
| 1 8" (20 cm) stalk celery, cut in 1" (2.5 cm) pieces | |

Put all ingredients except ice into Osterizer blender container. Cover and process at **LIQUEFY** until all ingredients are liquefied. Remove feeder cap and add ice; continue to process until ice is liquefied. *Yield: about 3½ cups (875mL)*

FRESHLY-GROUND COFFEE

Freshly-ground coffee is easily and quickly prepared in the Osterizer blender. For small amounts up to ½ cup (125mL) of coffee beans use the "Mini-Blend" container—up to a cup (250mL) can be processed in the large container. It's best not to grind more than a day's supply since ground coffee loses flavor rapidly.

For Regular grind, process 10 cycles at **GRIND**.

For Drip grind, process 15 cycles at **GRIND**.

PEACH COOLER

- | | |
|---------------------------------------|---|
| 1 cup (250mL) milk | 2-3 drops almond extract |
| 1 cup (250mL) peaches
dash of salt | 1 cup (250mL) vanilla ice cream,
serving consistency |

Put all ingredients except ice cream into Osterizer blender container. Cover and process at **LIQUEFY** until smooth. Stop blender, add ice cream, cover and process 1 cycle at **BLEND**. *Yield: 2 servings*

DAIQUIRI

- | | |
|---|---------------------|
| ⅓ cup (75mL) frozen limeade concentrate | 3 jiggers light rum |
| | 5 ice cubes |

Put all ingredients into Osterizer blender container. Cover and process at **LIQUEFY** for a few seconds. Strain into cocktail glasses. *Yield: 2 6-ounce (170 g) servings*

VARIATION: Frozen Daiquiri

Add one more jigger rum, double the amount of ice and continue to blend until sherbet consistency. Do not strain. *Yield: 4 6-ounce (170 g) servings*

Beverages

MILK SHAKES AND MALTS

- | | |
|----------------------------------|-------------------------|
| 1 cup (250mL) milk | flavoring |
| 2 cups (500mL) vanilla ice cream | malt powder, if desired |

Put all ingredients into Osterizer blender container. Cover and process at **LIQUEFY** until smooth.

Yield: 2 8-ounce (227 g) servings

EGG NOG

- | | |
|---|----------------------------|
| 1½ jiggers light rum | 2 tablespoons (30mL) sugar |
| ² / ₃ cup (170mL) heavy cream | 2 ice cubes |
| 3 eggs | nutmeg |

Place all ingredients except ice cubes into Osterizer blender container. Cover and process at **LIQUEFY**. With motor running, remove feeder cap and add ice cubes one at a time. Continue to process until smooth. Pour into serving glasses. Garnish with nutmeg.

Yield: 5 4-ounce (113 g) servings

BRANDY ALEXANDER FRAPPE

- | | |
|-------------------------|-------------------------------------|
| 1 jigger brandy | ½ cup (125mL) milk |
| 1 jigger creme de cacao | 1 quart (1 liter) vanilla ice cream |

Put all ingredients into Osterizer blender container. Cover and process at **LIQUEFY** until smooth.

Yield: 4 6-ounce (170 g) servings

VARIATIONS: Substitute the following liqueurs for the brandy and creme de cacao:

- | | |
|-------------------------|----------------------------------|
| Grasshopper: | 1 jigger white creme de cacao |
| | 1 jigger green creme de menthe |
| Golden Cadillac: | ½ jigger Galliano |
| | 1½ jiggers white creme de cacao |
| Pink Squirrel: | 1 jigger creme de noyaux |
| | 1 jigger white creme de cacao |
| Koala Bear: | 1 jigger white creme de cacao |
| | 1 jigger coffee flavored liqueur |

PIÑA COLADA

- | | |
|---|-----------------------------|
| ¼ cup (50mL) cream of coconut | 2 jiggers light or dark rum |
| ½ cup (125mL) unsweetened pineapple juice | 4-5 ice cubes |

Put all ingredients except ice cubes into Osterizer blender container. Cover and process at **LIQUEFY**. With motor running, remove feeder cap and add ice cubes one at a time. Continue to process until ice is crushed. Pour over additional ice; garnish with a cherry and pineapple slice.

Yield: 3 6-ounce (170 g) servings

Breads

CHOCOLATE TEA BREAD

- | | |
|--|----------------------------------|
| 1 cup (250mL) nuts | $\frac{2}{3}$ cup (170mL) sugar |
| 2 cups (500mL) biscuit mix | 1 egg |
| $\frac{3}{4}$ cup (200mL) hot orange juice | 1 teaspoon (5mL) vanilla extract |
| 2 squares unsweetened chocolate | |

Heat oven to 350° F (180° C). Grease an 8½" x 4½" x 2½" (21 x 11 x 6 cm) loaf pan. Blender chop nuts. Empty into large mixing bowl. Add biscuit mix. Put remaining ingredients into Osterizer blender container. Cover and process at **BLEND** until smooth. Add to biscuit mix and nuts. Mix until dry ingredients are moistened. Pour into prepared pan and bake 40 to 45 minutes until cake tester comes out clean. Cool 5 minutes before turning out on cooling rack. Drizzle with Chocolate Glaze and decorate with grated orange rind. Serve with Orange Cream Cheese Sandwich Filling.

Yield: 1 loaf

ORANGE CREAM CHEESE SANDWICH FILLING

- ½ cup (125mL) orange marmalade
- 8 ounces (227 g) cream cheese,
cubed and softened

Put orange marmalade and a few pieces of cheese into Osterizer blender container. Cover and process at **LIQUEFY**. Remove feeder cap and add remaining cheese gradually. (If necessary, **STOP BLENDER**, use rubber spatula to keep mixture around processing blades. Cover and continue to process until smooth.) If necessary, refrigerate until firm enough to spread.

Yield: 1½ cups (375mL)

DATE-BRAN BREAD

- | | |
|-----------------------------------|----------------------------|
| 1 cup (250mL) all-purpose flour | ½ cup (125mL) molasses |
| 1 cup (250mL) whole wheat flour | 1½ cups (375mL) milk |
| 1½ cups (375mL) whole bran cereal | 1 egg |
| 1 teaspoon (5mL) salt | 1 cup (250mL) pitted dates |
| 2 teaspoons (10mL) baking powder | melted butter |
| ½ teaspoon (2mL) baking soda | |

Heat oven to 350° F (180° C). Grease an 8½" x 4½" x 2½" (21 x 11 x 6 cm) loaf pan. Place all dry ingredients in large mixing bowl; mix well. Place remaining ingredients except butter into Osterizer blender container. Cover and process 3 cycles at **CHOP**. Pour liquid mixture over dry ingredients. Mix until all ingredients are moistened. Pour into baking pan. Bake 60 minutes. Remove from pan and brush top with melted butter. Cool on wire rack.

Yield: 1 loaf

Cakes

COFFEE CRUNCH CAKE

- | | |
|--------------------------------|---|
| $\frac{3}{4}$ cup (200mL) milk | 2 tablespoons (30mL) shortening |
| 1 egg | $\frac{3}{4}$ cup (200mL) sugar |
| 1 teaspoon (5mL) vanilla | $1\frac{1}{2}$ cups (375mL) biscuit mix |

Heat oven to 350° F (180° C). Grease and flour 8" x 8" x 2" (20 x 20 x 5 cm) pan. Place milk, egg, vanilla, shortening and sugar into Osterizer blender container. Cover and process at **MIX** until blended. Add biscuit mix. Cover and process at **BLEND** until ingredients are moistened. Pour into baking pan. Bake 30-35 minutes. Spread Topping on warm cake. Broil 4" (10 cm) from heat until golden brown.

Topping:

- | | |
|---|--------------------------------------|
| $\frac{1}{2}$ cup (125mL) whole nuts | $\frac{1}{4}$ cup (50mL) heavy cream |
| $\frac{1}{4}$ cup (50mL) softened butter or margarine | $\frac{1}{4}$ teaspoon (1mL) vanilla |
| $\frac{2}{3}$ cup (150mL) brown sugar | $\frac{1}{3}$ cup (75mL) coconut |

Blender-chop nuts. Combine all ingredients.

Yield: 1 8" (20 cm) cake

CARROT CAKE

- | | |
|---|----------------------------------|
| $\frac{1}{2}$ cup (125mL) walnuts or pecans | $\frac{1}{3}$ cup (75mL) raisins |
| 2 cups (500mL) all-purpose flour | 1 cup (250mL) vegetable oil |
| 2 cups (500mL) sugar | 4 eggs |
| 1 teaspoon (5mL) baking soda | 4 cups (1 liter) carrot pieces |
| 1 teaspoon (5mL) baking powder | |

Preheat oven to 325° F (160° C). Grease a 13" x 9" x 2" (33 x 23 x 5 cm) baking pan. Blender-chop nuts. Combine with dry ingredients in large mixing bowl. Put oil, eggs and carrot pieces into Osterizer blender container. Cover and process at **GRIND** 3-4 cycles or until finely grated. Add to dry ingredients, mix well. Pour into prepared pan. Bake 55-60 minutes. Frost while warm with Creamy Glaze (page 25).

Yield: 12 servings

Cakes

GERMAN CHEESE CAKE

Crust:

- 18 pieces zwieback
- 3 tablespoons (45mL) sugar
- 3 tablespoons (45mL) melted butter

Topping:

- 1½ cups (375mL) sour cream
- 2 tablespoons (30mL) sugar
- ½ teaspoon (2mL) vanilla extract

Filling:

- 4 eggs
- 2 tablespoons (30mL) lemon juice
- 1 cup (250mL) sugar
- 2 packages (8 ounces or 227 g each) cream cheese, softened and cubed
- 1 teaspoon (5mL) vanilla extract

Preheat oven to 350° F (180° C). Break six pieces zwieback into Osterizer blender container. Cover and process 4 cycles at **GRIND**. Empty into a small bowl. Repeat with remaining zwieback. Mix sugar and melted butter with crumbs. Press into bottom and up sides of 9" (22 cm) spring form pan. Bake 5 minutes. Cool.

Put eggs, lemon juice, sugar, cream cheese and vanilla into blender container. Cover and process at **BLEND** until smooth. Pour into crust. Bake 60 minutes. Combine sour cream, sugar and vanilla. Pour over cake, bake 10 additional minutes. Cool cake before removing rim of spring form pan. *Yield: 1 9" (22 cm) cake*

GRAHAM CRACKER CAKE

- 4⅓ cups (1075mL) graham cracker crumbs
- 1 tablespoon (15mL) baking powder
- ¼ teaspoon (1mL) salt
- 3 eggs, separated

- 1½ cups (375mL) milk
- ¾ cup (200mL) shortening
- 1½ cups (375mL) sugar
- 1 teaspoon (5mL) vanilla extract

Heat oven to 350° F (180° C). Grease and flour two 9" (23 cm) cake pans. Break 8 graham crackers into Osterizer blender container. Cover and process 3 cycles at **GRIND**. Empty into mixing bowl and repeat with remaining crackers, add baking powder and salt. Put egg yolks, milk, shortening, sugar and vanilla into blender container. Cover and process at **MIX** until smooth. Add to cracker crumbs and mix well. Beat egg whites with rotary beater until stiff. Fold into cracker mixture. Pour into prepared pans and bake 30 to 35 minutes. Cool 5 minutes in pan, then finish cooling on cake racks. Frost with favorite frosting. *Yield: 1 9" (23 cm) layer cake*

Cookies

OATMEAL DATE SQUARES

- | | |
|---------------------------------------|------------------------------|
| ½ cup (125mL) nuts | ¼ cup (200mL) soft butter |
| ½ cup (125mL) hot water | 1½ cups (375mL) flour |
| 2 cups (500mL) soft dates, pitted | 1 cup (250mL) brown sugar |
| ½ cup (125mL) sugar | 1 teaspoon (5mL) baking soda |
| dash salt | ½ teaspoon (2mL) salt |
| 2 tablespoons (30mL) lemon juice | |
| 1¼ cups (450mL) quick-cooking oatmeal | |

Heat oven to 375° F (190° C). Lightly grease a 13" x 9" (33 x 23 cm) pan. Blender-chop nuts. Put water, dates, sugar, salt and lemon juice into Osterizer blender container. Cover and process at **LIQUEFY** until dates are very finely chopped. Set aside. In large mixing bowl combine remaining ingredients. Mix at **MED.** until crumbly. Press half the mixture in the bottom of prepared pan. Spread with date filling. Sprinkle remaining crumb mixture over top and press down lightly. Bake 40 minutes. Cut into squares while slightly warm.

Yield: 2-3 dozen squares

BITTERSWEET BROWNIES

- | | |
|--------------------------------|---|
| 1 cup (250mL) pecans | ½ cup (125mL) soft butter |
| ½ cup (125mL) flour | 1 cup (250mL) sugar |
| 1 teaspoon (5mL) baking powder | 1 teaspoon (5mL) vanilla extract |
| ½ teaspoon (2mL) salt | 2 squares unsweetened chocolate, melted |
| 2 eggs | |

Heat oven to 350° F (180° C). Grease a 9" (23 cm) square pan. Put ½ cup (125mL) nuts into "Mini-Blend" container, process 2 cycles at **CHOP** and empty into mixing bowl. Repeat with remaining nuts. Sift flour, baking powder and salt into bowl with nuts and set aside. Put eggs, butter, sugar, vanilla and chocolate into Osterizer blender container. Cover and process at **SHRED (BLEND)** until smooth. Pour over flour mixture and mix until well blended. Spread in prepared pan and bake 20 to 30 minutes. Cool and frost with Chocolate Frosting. Cut into bars or squares.

Yield: about 24 squares

QUICK LAYER COOKIES

- | | |
|--|--|
| 16 graham cracker squares | 1 package (6-ounce or 170 g) butterscotch bits |
| ½ cup (125mL) melted butter or margarine | 1½ cups (325mL) flaked coconut |
| 1 cup (250mL) walnuts | 1 can (14-ounce or 397 g) sweetened condensed milk |
| 1 package (6-ounce or 170 g) semi-sweet chocolate bits | |

Heat oven to 375° F (190° C). Break 8 graham cracker squares into Osterizer blender container. Cover and process at **GRIND** 3 cycles. Empty and repeat. Pour butter into a 13" x 9" x 2" (33 x 23 x 5 cm) pan; top with graham cracker crumbs, pressing evenly in bottom of pan. Place walnuts in blender container. Cover and process 2 cycles at **CHOP**. Sprinkle over crumbs. Layer in order listed, all remaining ingredients, pouring milk over entire mixture. Bake 25 minutes. Let cool and cut into squares.

Yield: 4 dozen

Desserts

CHOCOLATE VELVET

- | | |
|---------------------------------------|--|
| ½ cup (125mL) cold milk | 1 cup (250mL) semi-sweet chocolate bits |
| 2 envelopes unflavored gelatin | 1 teaspoon (5mL) vanilla extract |
| ½ cup (125mL) milk, heated to boiling | 1 cup (250mL) milk or heavy cream |
| 1 egg | 1½ cups (375mL) crushed ice or 6 whole ice cubes |
| ¼ cup (50mL) sugar | |
| dash salt | |

Put cold milk and gelatin into Osterizer blender container. Cover and process at **STIR** to soften gelatin. Remove feeder cap and add hot milk. Process until gelatin is dissolved. If gelatin granules cling to container, **STOP BLENDER**, use a rubber spatula to push them into the mixture. When gelatin is dissolved, add egg, sugar and salt. Replace feeder cap. Turn control to **LIQUEFY** and add chocolate bits. Continue to process until smooth, then add vanilla, milk or cream and ice. Continue to process until ice is liquefied. Pour at once into individual serving dishes or 5-cup (1¼ liter) mold. Chill until firm, about 15 minutes. *Yield: 6-8 servings*

GOLDEN CRUST ZUCCHINI RING

- | | |
|----------------------------------|---|
| 3 cups (750mL) sifted flour | 4 eggs |
| 3 cups (750mL) sugar | ½ cup (125mL) oil |
| 2 teaspoons (10mL) baking powder | 3 cups (750mL) zucchini, cut in 1-inch (2.5 cm) cubes |
| 1 teaspoon (5mL) baking soda | 1 cup (250mL) whole walnuts or pecans |
| 1½ teaspoons (7mL) cinnamon | |
| ½ teaspoon (2mL) salt | |

Sift dry ingredients into large mixer bowl. Put eggs, oil and zucchini into Osterizer blender container. Cover and process 3 cycles at **GRIND** or until finely chopped. Add to dry ingredients, mix with electric mixer until well mixed. Stir in nuts. Pour into well-greased 12-cup (3 liters), fluted tube pan. Bake in a preheated 300° F (150° C) oven until done, about 1½ hours. Let cool 10 minutes; remove from pan and cool on wire rack. *Yield: 1 cake (12-15 servings)*

BLENDER CHEESE CAKE

- | | |
|--|---|
| 1 ² / ₃ cups (400mL) graham cracker crumbs | 1 package (3 ounces or 84 g) lemon gelatin |
| ½ cup (125mL) butter or margarine, melted | 2 tablespoons (30mL) lemon juice |
| ½ cup (125mL) boiling water | 2 cups (500mL) cottage cheese |
| | 1 container (10 ounces or 280 g) frozen whipped topping |

Combine cracker crumbs and butter; mix well. Press into bottom of 7" x 11" (18 x 28 cm) pan. Set aside. Pour boiling water into Osterizer blender container, add gelatin. Cover and process at **BEAT** until gelatin is dissolved. Add lemon juice and 1 cup (250mL) cottage cheese. Process at **LIQUEFY** until smooth. Add remaining cottage cheese and process until smooth. Pour into large mixer bowl. Add frozen whipped topping and mix with electric mixer until smooth. Pour over graham cracker crust. Chill until set. (This is ready for serving in minutes.)

NOTE: Flavor of gelatin may be varied. For an added treat, spread pie filling over cheese cake after it has set. Refrigerate 1 hour. Serve. If desired, 1 cup (250mL) fresh fruit can be folded into the mixture before pouring into crust.

Yield: 10-12 servings

Entrees

MEAT LOAF

- | | |
|-------------------------------|--|
| 2 slices bread | 1 teaspoon (5mL) Worcestershire sauce |
| 1½ pounds (681 g) ground beef | 1 cup (250mL) canned, drained tomatoes |
| ½ pound (227 g) ground pork | 1 teaspoon (5mL) salt |
| 2 eggs | ½ teaspoon (2mL) pepper |
| 1 medium onion, quartered | |
| 6 sprigs parsley | |

Heat oven to 350° F (180° C). Break 1 slice of bread in 8 pieces into Osterizer blender container. Cover and process 2 cycles at **GRATE**. Empty into mixing bowl. Repeat with remaining bread. Add meat. Put remaining ingredients into blender container. Cover and process 2 cycles at **GRATE**. Pour over meat and crumbs, mix thoroughly. Pack into a loaf pan and bake about 1 hour. *Yield: 8 servings*

SPANISH RICE

- | | |
|--|---|
| 1 can (28-ounces or 794 g) tomatoes with juice | ¼ teaspoon (1mL) garlic salt |
| 1 medium onion, cut in eighths | ¼ teaspoon (1mL) oregano |
| 1 green pepper, cut in eighths | dash of pepper |
| 1 cup (250mL) Cheddar cheese cubes | 2 cups (500mL) quick-cooking rice, uncooked |
| 1 teaspoon (5mL) salt | |

Heat oven to 350° F (180° C). Grease a 2-quart (2 liter) casserole. Put all ingredients except rice into Osterizer blender container. Cover and process 3 cycles at **GRIND**. Mix with rice and pour into casserole. Cover and bake 35 to 40 minutes. *Yield: 6-8 servings*

QUICHE LORRAINE

- | | |
|--|--|
| 4 eggs | 1½ cups (375mL) Swiss cheese, cubed |
| 1½ cups (375mL) light cream or undiluted evaporated milk | 1 pound (454 g) pork sausage, crisply fried and crumbled |
| 1 tablespoon (15mL) all-purpose flour | or |
| ½ teaspoon (2mL) salt | ¾ pound (339 g) sliced bacon, crisply fried and crumbled |
| ¼ teaspoon (1mL) pepper | 1 9" (23 cm) unbaked pie shell |
| ¼ teaspoon (1mL) nutmeg | |
| 1 medium onion, cut in eighths | |

Preheat oven to 375° F (190° C). Put eggs, light cream or evaporated milk, flour, salt, pepper and nutmeg into Osterizer blender container. Cover and process at **MIX** until well blended. Stop blender and add the onion pieces and Swiss cheese cubes. Cover and process 3 cycles at **GRIND**. Sprinkle crumbled sausage or bacon into bottom of unbaked pie shell and pour egg mixture into pie shell. Bake for 35 to 45 minutes or until a knife inserted into center comes out clean. *Yield: 1 9" (23 cm) Quiche*

Entrees

SPAGHETTI SAUCE

- | | |
|---|---------------------------------------|
| 1 can (16 ounces or 454 g) tomatoes | ½ garlic clove |
| 1 can (15 ounces or 425 g) tomato sauce | 1 tablespoon (15mL) sugar |
| 1 can (6 ounces or 170 g) tomato paste | 2 teaspoons (10mL) Italian seasonings |
| ½ medium onion | 2 teaspoons (10mL) salt |
| ¼ green pepper | |

Put all ingredients into Osterizer blender container. Cover and process 2 cycles at **GRATE**. Pour into 2-quart (2 liter) saucepan. Simmer 15 minutes. Serve with spaghetti. *Yield: 4 cups (1 liter)*

PORK CHOP SEASONED COATING

- | | |
|--|---|
| 1¼ cups (360mL) saltine cracker crumbs (40 2" or 5 cm squares) | ½ teaspoon (2mL) rosemary |
| ½ teaspoon (2mL) salt | ½ teaspoon (2mL) freshly cracked pepper |
| 1 teaspoon (5mL) ground ginger | |

Put half of crackers into Osterizer blender container. Cover and process 6 cycles at **GRIND**. Remove to plastic bag or storage container. Add remaining ingredients. Repeat. Store airtight until ready to use. *Yield: 1½ cups (375mL) of coating*

CHUNK STYLE CHILI

- | | |
|---|--|
| 3 tablespoons (45mL) oil | 1 can (6 ounces or 170 g) tomato paste |
| 2 cloves garlic | 3 tablespoons (45mL) chili powder |
| 4 pounds (2 kg) beef stew meat, cut in 1-inch (2.5 cm) chunks | 1 tablespoon (15mL) salt |
| 2 cans (28 ounces or 794 g) tomatoes with juice | 3 cans (16 ounces or 454 g) red kidney beans, drained and rinsed |
| 3 medium onions, quartered | |
| 2 medium green peppers, cut in 1-inch (2.5 cm) chunks | |

Brown garlic in oil. Remove. Brown meat on all sides. Put half the tomatoes, onions and green pepper into Osterizer blender container. Cover and process 2 cycles at **CHOP**. Add to meat. Repeat. Add tomato paste and seasonings. Cover, bring to boil. Turn heat to low and simmer until tender, about 2-3 hours. Add kidney beans, heat through. Serve with oyster crackers or crusty French bread.

NOTE: Freeze serving size portion of chili for quick hearty meals for the months ahead. *Yield: 4½ quarts (4 liters)*

Frostings

25

CHOCOLATE GLAZE

2 squares unsweetened chocolate,
cut in small pieces
1/3 cup (75mL) boiling water

1/4 cup (50mL) soft butter
2 cups (500mL) sifted confectioners'
sugar

Put chocolate, water and butter into Osterizer blender container. Cover and process at **BLEND** until smooth. **STOP BLENDER**, add half the sugar, cover and process at **LIQUEFY** until sugar is moistened. Stop and add remaining sugar. Cover and process until smooth and creamy.

Yield: about 1 cup (250mL)

CREAMY GLAZE

1 tablespoon (15mL) light cream
1 teaspoon (5mL) vanilla extract
2 ounces (56 g) cream cheese,
softened

1 tablespoon (15mL) butter or
margarine, softened
1/4 teaspoon (1mL) salt
1 1/2 cups (375mL) confectioners' sugar

Put all ingredients except confectioners' sugar into Osterizer blender container. Cover and process at **WHIP** until smooth. Add 1 cup (250mL) confectioners' sugar, cover and continue to process at **BLEND** until smooth. Add remaining sugar, continue to blend until smooth.

Use as a glaze for your favorite cakes or sweet rolls.

Yield: 3/4 cup (200mL)

CHOCOLATE FROSTING

2 squares unsweetened chocolate,
cut in small pieces
2 tablespoons (30mL) butter
1/4 cup (50mL) hot milk

1 teaspoon (5mL) vanilla extract
2 cups (500mL) confectioners' sugar

Put all ingredients into Osterizer blender container. Cover and process at **BLEND** until completely smooth. Chill to desired spreading consistency.

Yield: 1 cup (250mL)

VANILLA FROSTING

1/4 cup (50mL) milk
2 tablespoons (30mL) butter
or margarine

2 teaspoons (10mL) vanilla
2 1/2 cups (625mL) confectioners' sugar

Put all ingredients except 1 cup (250mL) confectioners' sugar into Osterizer blender container. Cover and process at **BLEND** until smooth. Stop machine. Remove cover; add remaining sugar. Process at **BLEND** until smooth. (If necessary, **STOP BLENDER**, use rubber spatula to keep mixture around processing blades. Cover and continue to process.)

Yield: 1 cup (250mL)

Jams & Preserves

BLENDER-CHOP fresh, firm fruits in your Osterizer blender, a small quantity at a time. If you prefer not to make jam at once, freeze the chopped fruit without sugar, and prepare the finished jam when you have the time.

TOMATO JUICE

Quarter ripe tomatoes and cut out stems, white cores and any soft spots. Fill Osterizer blender container with quartered tomatoes, cover and process at **LIQUEFY** until smooth. Measure juice and pour into saucepan. Add 1 teaspoon (5mL) salt for each quart (liter) of juice. Bring to boiling point and add 2 teaspoons (10mL) lemon juice or vinegar per quart (liter) of juice. Mix well. Remove from heat. Remove foam. Fill hot sterilized quart (liter) canning jars leaving $\frac{1}{2}$ " (1.3 cm) headspace and seal. Process in boiling water bath 15 minutes.

VARIATION: For variety, add a few cloves, celery tops, onion or green pepper. Process in pressure canner for 10 minutes at 5 pounds (2 kg) pressure.

CORN RELISH

- | | |
|---|-------------------------------------|
| 1 medium onion, quartered | $\frac{1}{4}$ cup (200mL) sugar |
| 2 red or green sweet peppers,
cut in pieces | 2 teaspoons (10mL) dry mustard |
| $\frac{1}{3}$ cup (75mL) water | 1 teaspoon (5mL) mustard seed |
| $1\frac{1}{3}$ cups (325mL) vinegar | 1 teaspoon (5mL) celery seed |
| 2 cups (500mL) cabbage pieces | $1\frac{1}{2}$ teaspoons (7mL) salt |
| 2 cans (20-ounce or 567 g each)
whole kernel corn, drained | 1 teaspoon (5mL) turmeric |
| | 3 tablespoons (45mL) flour |

Put onion, pepper, water and vinegar into Osterizer blender container. Cover and process 1 cycle at **GRATE**. Pour through colander, reserving liquid. Put cabbage and reserved liquid into blender container. Cover and process 1 cycle at **GRIND**. Pour into large saucepan, add chopped vegetables and remaining ingredients and mix well. Bring to a boil and simmer 30 minutes. Pour into sterilized canning jars and seal. Process in a boiling water bath 10 minutes. *Yield: 3 pints (1½ liters)*

PEACH JAM

- | | |
|--------------------------------------|--------------------------------------|
| 3 pounds (1.5 kg) firm, ripe peaches | $\frac{1}{4}$ cup (50mL) lemon juice |
| 7 cups (1.75 liter) sugar | 1 bottle (6-ounces or 170 g) pectin |

Wash, peel, pit and quarter peaches. Blender-chop 3 or 4 pieces of peaches. Empty into kettle. Repeat process with remaining peaches. Add sugar and lemon juice. Bring to rolling boil and boil hard for 10 minutes. Add pectin and boil for 1 minute. Stir and skim for 5 minutes. Pour into sterilized canning jars and seal. Process 10 minutes in boiling water bath canner. *Yield: 8 pints (4 liters)*

Jams & Preserves

27

RAW CRANBERRY RELISH

2 cups (500mL) cranberries
1 orange, cut in eighths

$\frac{1}{4}$ cup (200mL) sugar

Put 1 cup (250mL) cranberries into Osterizer blender container. Cover and process 2 cycles at **GRATE**. If necessary, push berries from side of container and process 2 additional cycles at **GRATE**. Empty into bowl. Repeat with remaining berries. Put orange and sugar into blender container. Cover and process at **BLEND** until smooth. Add to berries and mix well. Let stand at least 30 minutes before serving.

Yield: 2 cups (500mL)

APPLE BUTTER

4 pounds (2 kg) apples
 $1\frac{1}{2}$ cups (325mL) cider or apple juice
2 cups (500mL) sugar

2 teaspoons (10mL) cinnamon
1 teaspoon (5mL) nutmeg
 $\frac{1}{2}$ teaspoon (2mL) ground cloves

Wash and core apples; cut in eighths. Put $\frac{2}{3}$ cup (150mL) cider and 5 or 6 pieces of apple into Osterizer blender container. Cover and process at **BLEND** until smooth. Remove feeder cap and add apple pieces until container is filled. Empty into saucepan. Repeat with remaining cider and apples. Add sugar and spices to pureed apples. Cook over low heat about 1½ hours, stirring occasionally. Pour at once into sterilized canning jars and seal. Process 10 minutes in a boiling water bath at simmering temperatures. If a smoother butter is desired, cook 1½ hours, then process in blender and cook an additional ½ hour.

Yield: about 3 pints (1½ liters)

STRAWBERRY FREEZER JAM

1 quart (1 liter) strawberries
 $4\frac{1}{2}$ cups (1.12 liters) sugar

$\frac{1}{2}$ 6-ounce (85 g) bottle liquid pectin

Put 1 cup (250mL) strawberries into Osterizer blender container. Cover and process at **LIQUEFY**. With motor running, drop remaining strawberries through feeder cap. Measure $2\frac{1}{2}$ cups (625mL) pureed strawberries; add water if needed. Pour into large mixing bowl. Add sugar. Mix well and allow to stand 20 minutes. Add pectin and stir constantly for 3 minutes. Pour into clean freezer containers or canning jars, leaving $\frac{1}{2}$ " (1.3 cm) headspace. Cover and let stand at room temperature 24 hours. Freeze or store in refrigerator.

Yield: 3 pints (1½ liters)

Pancakes

PANCAKE MIXES

Follow recipe on box for ingredients

Put all ingredients into Osterizer blender container. Cover and process at **MIX** until pancake mix is moistened. Pour out of container onto hot greased griddle about $\frac{1}{4}$ cup (50mL) at a time and cook until brown.

POTATO PANCAKES

- | | |
|-----------------------|--|
| 2 eggs | 2 tablespoons (30mL) flour |
| 1 small onion | $\frac{1}{4}$ teaspoon (1mL) baking powder |
| 1 teaspoon (5mL) salt | 3 cups (750mL) cubed raw potatoes |

Put eggs, onion, salt, flour, baking powder and $\frac{1}{2}$ cup (125mL) potato cubes into Osterizer blender container. Cover and process at **LIQUEFY** until smooth. Add remaining potatoes, cover and process 2 cycles at **GRIND**. Pour onto a hot well-greased griddle. Drain on absorbent paper.

Yield: 12 pancakes

CREPES

- | | |
|---|------------------------------------|
| $\frac{1}{2}$ cups (375mL) sifted flour | dash salt |
| 3 eggs | 2 tablespoons (30mL) vegetable oil |
| $\frac{1}{2}$ cups (375mL) milk | |

Put all ingredients into Osterizer blender container. Cover and process at **BLEND** until smooth. Heat a small fry pan, brush with butter and pour in enough batter to cover the bottom. Tip and roll the pan, if necessary, to spread the batter thin and evenly. Brown on one side. When top is set, flip crepe. Sprinkle with confectioners' sugar and roll jelly-roll fashion. Keep in warm oven before serving.

Yield: 20-24 crepes

OATMEAL PANCAKES

- | | |
|------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cups (375mL) oatmeal | 2 tablespoons (30mL) brown sugar |
| **** | 1 tablespoon (15mL) baking powder |
| $\frac{3}{4}$ cup (200mL) milk | $\frac{1}{4}$ teaspoon (1mL) salt |
| 1 egg | oat flour |
| 2 tablespoons (30mL) oil | |

To make oat flour, put oatmeal into Osterizer blender container. Cover and process at **GRIND** until the consistency of all purpose flour. Remove from container. Put all ingredients into blender container in order listed. Cover and process at **BLEND** until smooth. Allow to stand for 5 minutes before using. Pour onto preheated griddle over medium high heat.

Yield: 12 4-inch (10 cm) pancakes

SOUR MILK PANCAKES

- | | |
|--|-----------------------------------|
| 1 cup (250mL) sour milk or buttermilk | 1 cup (250mL) flour |
| 1 egg | 1 teaspoon (5mL) baking soda |
| 1 tablespoon (15mL) melted shortening or salad oil | $\frac{1}{2}$ teaspoon (2mL) salt |
| 1 tablespoon (15mL) sugar | |

Put all ingredients into Osterizer blender container. Cover and process at **MIX** until well blended. Bake on a lightly greased griddle until nicely browned.

Yield: 16 3-inch (7.5 cm) pancakes

Salads

COLE SLAW

Put 3 cups (750mL) of cabbage pieces into Osterizer blender container, cover with cold water. Cover and process 1-2 cycles at **GRIND**. (This is a medium-chop—if a finer chop is desired process 1 additional cycle.) Drain immediately through colander and season and mix with mayonnaise or any desired dressing.

Yield: 1½ cups (375mL)

MOLDED WALDORF SALAD

- | | |
|---|-------------------------------|
| 2 cups (500mL) boiling water | ¼ cup (50mL) walnuts |
| 2 packages (3-ounces or 85 g each) raspberry-flavored gelatin | 1 large apple, cut in pieces |
| 1½ cups (375mL) ginger ale | 1 stalk celery, cut in pieces |

Add boiling water to gelatin and stir until gelatin is dissolved. Add ginger ale and chill until slightly congealed. Put walnuts into Osterizer blender container. Cover and process 2 cycles at **CHOP**. Empty container and put apples and celery into blender container. Cover with cold water and process 2 cycles at **MIX**. Pour into colander and drain. Fold nuts, celery and apples into slightly congealed gelatin mixture. Pour into a lightly oiled 6½-cup (1½ liter) mold. Chill until firm. Unmold and garnish with lettuce leaves and fresh fruit.

Yield: 8 servings

CRANBERRY-ORANGE RELISH

- | | |
|--------------------------------|---|
| 2 envelopes unflavored gelatin | 1 small orange, cut in eighths, with peel |
| ½ cup (125mL) cold water | 3 cups (750mL) cranberries |
| ½ cup (125mL) boiling water | |
| 1¼ cups (300mL) sugar | |

Sprinkle unflavored gelatin over cold water in Osterizer blender container. Let stand 3-4 minutes. Add boiling water. Cover and process at **STIR** until gelatin dissolves, about 2 minutes. Add sugar and orange. Cover and process at **GRIND** until finely chopped. Add cranberries. Cover and process 2-3 cycles or until finely chopped. Pour into 4-cup (1 liter) mold or bowl and chill until firm.

Yield: 8 servings

FRESH BROCCOLI TOSS

- | | |
|--|-------------------------------|
| 1½ pounds (.75 kg) fresh broccoli, cut in bite-size pieces | 4 hard-cooked eggs, quartered |
| 1 small onion, quartered | ½ cup (125mL) mayonnaise |
| ½ cup (125mL) green stuffed olives | |

Put broccoli into large bowl. Put onions and olives into Osterizer blender container. Cover and process 2-3 cycles at **CHOP** or until finely chopped. Add to broccoli. Put 2 eggs into blender container. Cover and process 2 cycles at **STIR**. Empty into bowl with broccoli and repeat with remaining eggs. Combine all ingredients and chill.

Yield: 6 servings

Salad Dressings

THOUSAND ISLAND DRESSING

- | | |
|---------------------------------------|----------------------------------|
| 1 cup (250mL) mayonnaise | 1 slice onion, ½" (1.3 cm) thick |
| ¼ cup (50mL) chili sauce | 1 dill pickle, cut in pieces |
| 1 teaspoon (5mL) Worcestershire sauce | 2 hard-cooked eggs, quartered |
| 8 stuffed olives | |

Put mayonnaise, chili sauce, and Worcestershire sauce into Osterizer blender container. Cover and process at **BEAT (STIR)** until well blended. **STOP BLENDER** and add remaining ingredients. Cover and process 2 cycles at **GRATE**.

Yield: about 1½ cups (375mL)

SOUR CREAM ROQUEFORT DRESSING

- | | |
|--------------------------------|--|
| 1 cup (250mL) sour cream | 1 teaspoon (5mL) celery seed |
| 2-3 drops hot pepper sauce | 1 teaspoon (5mL) fresh cracked pepper |
| 1 teaspoon (5mL) cider vinegar | ⅓ cup (75mL) crumbled Roquefort or blue cheese |
| ½ teaspoon (2mL) garlic salt | |
| ½ teaspoon (2mL) sugar | |

Put all ingredients except cheese into Osterizer blender container. Cover and process at **BLEND** until well mixed. Add cheese and continue to process until desired consistency is reached. (If necessary, **STOP BLENDER**, use rubber spatula to keep mixture around the processing blades. Cover and continue to process.)

Yield: 1⅓ cups (325mL)

RUSSIAN SALAD DRESSING

- | | |
|--|---------------------------------|
| 1 can (10¼ ounces or 305 g) tomato soup | 1 teaspoon (5mL) salt |
| ⅓ cup (75mL) vinegar | 1 teaspoon (5mL) white pepper |
| 1 clove garlic | 1 tablespoon (15mL) brown sugar |
| 1 tablespoon (15mL) Worcestershire sauce | 1 small onion, quartered |
| | 1 cup (250mL) oil |

Put first 8 ingredients into Osterizer blender container. Cover and process at **MIX**. Remove feeder cap, pour oil into mixture in a steady stream, continue to process until thoroughly blended.

Yield: 3 cups (750mL)

MAYONNAISE

- | | |
|------------------------------|---|
| 1 egg | dash cayenne pepper |
| ½ teaspoon (2mL) dry mustard | 2 tablespoons (30mL) white tarragon vinegar |
| ½ teaspoon (2mL) sugar | |
| ½ teaspoon (2mL) salt | 1 cup (250mL) salad oil |

Put eggs, seasonings, vinegar and ¼ cup (50mL) of oil into Osterizer blender container. Cover and process at **BLEND**. Immediately remove feeder cap and pour in the remaining oil in a steady stream. (If necessary, **STOP BLENDER**, use rubber spatula to keep mixture around processing blades. Cover and continue to process.) Store covered in the refrigerator up to 1 week. *Yield: about 1¼ cups (300mL)*

VARIATION: For Lo-cholesterol Mayonnaise, use 2 egg whites instead of 1 whole egg. Proceed as above.

Sandwich Spreads

PEANUT BUTTER

1½ cups (375mL) salted, roasted peanuts

Put peanuts into Osterizer blender container. Cover and process at **BLEND** to the desired consistency. (If necessary, STOP BLENDER, use rubber spatula to keep mixture around the processing blades. Cover and continue to process.)

Yield: ¾ cup (200mL)

PIMIENTO CHEESE SPREAD

⅓ cup (75mL) mayonnaise

1 teaspoon (5mL) prepared mustard

1 jar (2 ounces or 56 g) pimientos, with liquid

1 cup (250mL) Cheddar cheese cubes

1 teaspoon (5mL) Worcestershire sauce

Put first four ingredients and half the cheese into Osterizer blender container. Cover and process at **BLEND** until smooth. Remove feeder cap and add remaining cheese gradually. Process until smooth and creamy. (If necessary, STOP BLENDER, use rubber spatula to keep mixture around processing blades. Cover and continue to process.)

Yield: 1½ cups (375mL)

DRIED BEEF SANDWICH FILLING

¼ cup (50mL) milk

1 package (3 ounces or 85 g) cream cheese, cubed and softened

1 package (3 ounces or 85 g) dried beef, cut in 1" (2.5 cm) pieces

2 teaspoons (10mL) prepared horseradish

Put all ingredients into Osterizer blender container. Cover and process at **GRIND** until smooth. (If necessary, STOP BLENDER, use rubber spatula to keep mixture around processing blades. Cover and continue to process.) Spread on bread for sandwiches or spread on crackers and party rye for appetizers.

Yield: ¾ cup (200mL)

EGG SALAD SPREAD

6 hard-cooked eggs, quartered

½ teaspoon (2mL) salt

⅓ cup (75mL) mayonnaise

dash pepper

1½ teaspoons (7mL) lemon juice

dash hot pepper sauce

1½ teaspoon (7mL) prepared mustard

1 teaspoon (5mL) Worcestershire sauce

Put 2 eggs into Osterizer blender container. Cover and process 2 cycles at **STIR**. Empty into bowl and repeat with remaining eggs. Put remaining ingredients into blender container. Cover and process at **CHOP** until mixed. Add to eggs and mix thoroughly.

Yield: 1½ cups (375mL)

Sauces

WHITE SAUCE

Thin White Sauce

1 tablespoon (15mL) butter and 1 tablespoon (15mL) flour for each cup of milk or cream.

Medium White Sauce

2 tablespoons (30mL) butter and 2 tablespoons (30mL) flour for each cup of milk or cream.

Thick White Sauce

3 to 4 tablespoons (45-60mL) butter and 3 to 4 tablespoons (45-60mL) flour for each cup of milk or cream.

Put ingredients into Osterizer blender container. Cover and process at **WHIP (CHOP)** until well blended. Pour into saucepan and cook over low heat, stirring constantly until thick. Season to taste with salt and pepper.

CHEESE SAUCE

Add ½ cup (125mL) cubed Cheddar cheese to ingredients for White Sauce. Cover and process at **CRUSH (BLEND)** until smooth.

HOLLANDAISE

4 egg yolks

½ teaspoon (2mL) salt

¼ teaspoon (1mL) dry mustard

1 tablespoon (15mL) lemon juice

dash of hot pepper sauce

½ cup (125mL) butter, melted

Put egg yolks, salt, mustard, lemon juice and hot pepper sauce into Osterizer blender container. Cover and process at **MIX**. Remove feeder cap and pour butter in a steady stream until mixture is completely emulsified. This may be kept warm over hot water in a bowl. Do not let water boil.

Yield: ¾ cup (200mL)

FRESH HORSERADISH

1 cup (250mL) horseradish root, cut in ½" (1.3 cm) cubes

¼ cup (200mL) white vinegar

1-2 tablespoons (15-30mL) sugar

¼ teaspoon (1mL) salt

Put all ingredients into Osterizer blender container. Cover and process at **GRIND** until finely grated.

Yield: 1½ cups (375mL)

EASY FUDGE SAUCE

⅓ cup (75mL) hot milk or cream

2 semi-sweet chocolate squares (1 ounce or 28 g each), broken in half

½ teaspoon (2mL) vanilla

14 large marshmallows OR

1¾ cups (435mL) miniature marshmallows

Put milk, vanilla and chocolate into Osterizer blender container. Cover and process at **LIQUEFY** until smooth. With motor running, remove feeder cap and drop marshmallows through. Continue to process until smooth. Serve with ice cream, cake or brownies.

Yield: 1 cup (250mL)

Sauces

LEMON CLOUD SAUCE

$\frac{2}{3}$ cup (150mL) lemon juice

5 eggs

2 strips (1" x 2" or 2.5 x 5 cm)
lemon peel

1 cup (250mL) sugar

$\frac{1}{2}$ cup (125mL) melted butter or
margarine

Put lemon juice, eggs, lemon peel and sugar into Osterizer blender container. Cover and process at **BLEND** until smooth. Remove feeder cap and gradually add melted butter through feeder cap opening, pouring in a steady stream. Blend until just mixed. Pour mixture into a small heavy saucepan and cook over medium heat, stirring constantly until mixture begins to bubble and thicken, 7-10 minutes. Remove from heat. Serve immediately or store covered in the refrigerator up to one week. Serve on ice cream, gingerbread or pound cake. *Yield: 3 cups (750mL)*

BARBECUE SAUCE

$\frac{1}{2}$ cup (125mL) ketchup

1 slice onion

1 clove garlic

2 tablespoons (30mL) brown sugar

1 tablespoon (15mL) Worcestershire
sauce

1 tablespoon (15mL) lemon juice

$\frac{1}{2}$ teaspoon (2mL) salt

$\frac{1}{2}$ teaspoon (2mL) dry mustard

$\frac{1}{2}$ teaspoon (2mL) prepared
horseradish

Put all ingredients into Osterizer blender container. Cover and process at **MIX** until thoroughly blended. Use to baste chicken, beef or pork. *Yield: $\frac{2}{3}$ cup (150mL)*

FRESH APPLESAUCE

$\frac{1}{4}$ cup (50mL) liquid (fruit juice or
water)

4 apples, cut in eighths, peel if
desired

$\frac{1}{4}$ cup (50mL) sugar

dash cinnamon

Put liquid and 4 or 5 pieces of apple into Osterizer blender container. Cover and process at **BLEND** until smooth. Increase speed to **FRAPPE**; with motor running, remove feeder cap and add remaining apples a few at a time. Add sugar and cinnamon. *Yield: about 2 cups (500mL)*

NOTE: Add 2 teaspoons (10mL) ascorbic acid powder to keep fruit from darkening.

LO-CAL APPLESAUCE

Substitute $\frac{1}{4}$ cup (50mL) low-calorie lemon-lime or ginger ale soda for liquid. Omit sugar. Process as above.

TARTAR SAUCE

$\frac{1}{2}$ cup (125mL) mayonnaise

2 dill pickles, cut in 1" (2.5 cm) pieces

1 teaspoon (5mL) lemon juice

1 slice onion

3 sprigs parsley

Put all ingredients into Osterizer blender container. Cover and process at **BLEND** until onion and pickles are chopped. *Yield: $\frac{3}{4}$ cup (200mL)*

Soups

Prepare family-pleasing cream soups quickly and easily from leftover vegetables by adding $\frac{1}{2}$ cup (125mL) cooked vegetables to 1 cup (250mL) of thin white sauce in Osterizer blender container. Cover and process at **LIQUEFY** until vegetables are smooth. Heat and serve. Broth or consommé may be substituted for milk.

AD LIB SOUP

- | | |
|--|--|
| <ul style="list-style-type: none"> $\frac{1}{2}$ cup (125mL) cooked vegetables 1 tablespoon (15mL) soft butter 1 tablespoon (15mL) flour $\frac{1}{4}$ teaspoon (1mL) salt | <ul style="list-style-type: none"> $\frac{1}{4}$ teaspoon (1mL) monosodium glutamate 1 cup (250mL) milk |
|--|--|

Put all ingredients into Osterizer blender container. Cover and process at **PUREE** until smooth. Pour into small saucepan and heat over medium heat until hot.

Yield: 1 serving

FAST FRENCH ONION SOUP

- | | |
|---|--|
| <ul style="list-style-type: none"> 4 cups (1 liter) water 3 medium onions, quartered 5 beef bouillon cubes | <ul style="list-style-type: none"> 2 tablespoons (30mL) butter or margarine |
|---|--|

Put all ingredients into Osterizer blender container. Cover and process 3 cycles at **GRIND**. Pour into 2-quart (2 liter) saucepan. Bring to boil; reduce heat to medium. Simmer 5 minutes. Top each serving with a slice of toasted french bread, sprinkle with grated Parmesan cheese.

Yield: 5 cups (1.25 liters)

CREAM OF TOMATO SOUP

- | | |
|---|---|
| <ul style="list-style-type: none"> 1 cup (250mL) milk 2½ cups (625mL) tomatoes 2 tablespoons (30mL) all-purpose flour 1 tablespoon (15mL) sugar | <ul style="list-style-type: none"> 1 thin slice onion dash pepper 2 tablespoons (30mL) soft butter 1 teaspoon (5mL) salt dash garlic |
|---|---|

Heat milk in a saucepan. Put the remaining ingredients into Osterizer blender container. Cover and process at **PUREE** until smooth. Increase speed to **MIX**, remove feeder cap and slowly pour the hot milk into the mixture while processing. Reheat over low heat and serve immediately.

Yield: 4 servings

CANADIAN CHEESE SOUP

- | | |
|---|--|
| <ul style="list-style-type: none"> 2 medium carrots, cut in 1" (2.5 cm) pieces 2 stalks celery, cut in 1" (2.5 cm) pieces 1 small onion, quartered 2 cups (500mL) water | <ul style="list-style-type: none"> 2 chicken bouillon cubes 2 cups (500mL) milk $\frac{1}{4}$ cup (50mL) flour 2½ cups (625mL) Cheddar cheese cubes |
|---|--|

Put carrots, celery, onion, water and bouillon cubes into Osterizer blender container. Cover and process 2 cycles at **GRIND** or until vegetables are finely chopped. Pour into saucepan, cover and cook until vegetables are tender. Put milk, flour and cheese into blender container. Cover and process at **LIQUEFY** until mixture is smooth. Stir into vegetable mixture; cook until thickened.

Yield: 4-6 servings

Vegetables

VEGETABLES POLONAISE

- | | |
|---|---|
| 1 pound (454 g) cauliflower,
asparagus or broccoli, cooked and
well drained | 2 sprigs parsley |
| 1 slice bread | 1 tablespoon (15mL) butter
margarine |
| 2 hard-cooked eggs, quartered | |

Blender-crumb bread. Empty container. Blender-chop eggs and parsley. In skillet melt butter, saute crumbs and egg mixture. Sprinkle over cooked, hot vegetables. Serve immediately. *Yield: 4-6 servings*

AU GRATIN POTATOES

- | | |
|--|--|
| 1½ cups (300mL) hot milk | 2 tablespoons (30mL) butter or
margarine |
| ½ medium onion | 1 teaspoon (5mL) salt |
| 4 ounces (113 g) American process
cheese, cut in 1" (2.5cm) cubes
(approximately 1 cup or 250mL) | ¼ teaspoon (1mL) pepper |
| ¼ cup (50mL) flour | 4 medium potatoes, peeled and thin
sliced |

Put all ingredients except potatoes into Osterizer blender container. Cover and process at **GRIND** until smooth. Layer half of the potatoes in 1½-quart (1.5 liter) casserole. Pour half the milk mixture over potatoes. Add remaining potatoes and milk mixture. Bake uncovered 1½ hours at 325° F (160° C).

Yield: 4-6 servings

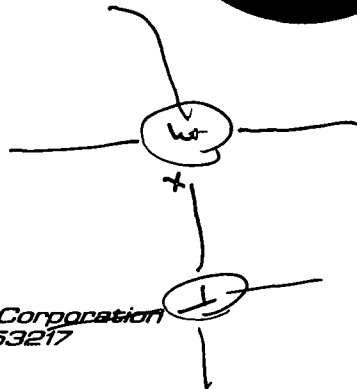
The following Accessories may be used with Osterizer® blenders:

- | | |
|---|--|
| 435 Ice Crusher | 927-63 Set of six 8-oz.
"Mini-Blend" Containers |
| 927-09 Stainless Steel Container | 927-91 30-oz. Blend and
Store Container |
| 927-25 5-Cup "Perma-Glas"
Container | 5900-06 Food Processor |
| 927-35 5-Cup Glass Container | |
| 927-62 Set of three 8-oz.
"Mini-Blend" Containers
(store purchase only) | |

ALL RECIPES CREATED AND APPROVED
IN THE TEST KITCHENS OF OSTER



Division of Sunbeam Corporation
Milwaukee, Wisconsin 53217



ONE OR MORE OF THE FOLLOWING U.S. PATENTS APPLY: D242,208; 3,493,215; 3,901,484; 4,462,694

® OSTERIZER, PULSE-MATIC, TOUCH-A-MATIC, MINI-BLEND

™ TOUCH-N-PULSE, PERMA-GLAS