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EC70-948 The Art of Easy Blending

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THE ART OF *Easy* BLENDING



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THE ART OF *Easy* BLENDING

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The blender is a popular appliance which can be used in many ways.

It will chop or shred vegetables, fruits and nuts quickly and easily.

It will restore curdled sauces and gravies to a smooth consistency.

You can use it to puree cooked vegetables for soups and to make crumbs from crackers or dry bread.

It is especially helpful when preparing soft foods for the baby or convalescent.

What to Look For

1. Appliance that is easy to clean and operate.
2. Container with handle, pouring lip and graduated marks on the side.
3. Container open at both ends for easy removal of stiff mixtures.
4. Two-piece lid for adding ingredients during blending.
5. Sturdy base and motor.

An automatic timer and compartment for excess cord are helpful additions. However, with a little practice, the time for blending can be estimated quite closely.

A container made of heat-resistant glass will not scratch easily and can be washed in the dishwasher. A plastic container will be light in weight and easy to handle.

A small jar which can be attached makes it possible to blend and store small amounts of food such as salad dressings, baby food or special diet preparations.

Use

The blender will be used more often if it is kept in a convenient place on the counter top. Small amounts should be processed at a time. Hold the cover in place when starting or stopping and be sure to clean the blades after using.

A narrow rubber spatula will be useful in blending. When the food sticks to the sides of the container, stop the motor, remove the lid and move the spatula up and down against the sides of the container. This will push the ingredients back into the blades. Use the spatula to remove thick mixtures from the container.

There are limits to what a blender can do. It cannot mash potatoes, grind raw meat, mix thick batters or whip egg whites. A special attachment is needed to extract juices from fruits or vegetables or to make crushed ice.

Cleaning

Fill container half full with warm water. Add a dash of detergent. Cover and blend at low speed for five seconds. Rinse and dry thoroughly. Blades may be dried by operating the blender for a short time. Wipe motor base with damp cloth and dry.

Blender Method

You can use the blender method to make your favorite recipe by following directions of a similar blender recipe.

You will notice that ingredients are added in different order. Liquids are placed in the container first. Solids which are to be blended smooth are added piece by piece through the center opening while the motor operates. Solids which are to be chopped are added last and blended until cut up as desired.

WHAT YOUR BLENDER WILL DO

Crumb Bread, Crackers or Cookies

Tear one slice of fresh or dry bread into six pieces and process at medium speed until crumbs are formed. Empty container and repeat process until you have desired amount. One slice of bread will make about 1/2 cup of crumbs.

For buttered crumbs, butter the whole slice of bread before processing. Add a few cubes of cheese to the bread pieces to make cheese crumbs. Crumb crackers and cookies in the same way. Break six or seven at one time and process until fine.

Grate Nuts and Cheese

Cut semi-hard cheese into one-inch cubes and drop a few into the container. Process at medium speed until grated. Citrus peel and nuts will grate best if they are slightly dry or frozen. Process one-half cup at a time.

Grind Coffee

Process about one cup coffee beans at medium speed until ground to the texture desired.

Chop Fruits and Vegetables

(Dry Method) Chop small amounts of raw fruit or vegetable for soup, salad or relish. Cut into one-inch pieces. Select high speed and press quickly on and off two or three times. Use about 1/2 cup each time and repeat until all pieces are the desired size. The on-off action helps to control the texture of the chopped food.

(Water Method) Chop large amounts of mixed vegetables or make cole slaw. Cut raw vegetables into one-inch pieces and fill container to within one inch of the top. Add enough cold water to cover. Turn on and off several times at high speed until food is chopped. Empty the contents into a colander or sieve and drain well before using.

Reconstitute Frozen Juices

Combine frozen juice and water in container and operate at low speed until blended. Mix non-fat dry milk, gelatine, or instant pudding with liquid and process in the same way.

Puree Fruits, Vegetables and Cooked Meats

Put enough water into container to cover the blades. Add about 1/2 cup cut-up food and process at low speed until smooth. Remove center opening and add more cut-up food until desired amount is obtained.

To test for smoothness, rub a small amount of puree between your fingers. If any large particles can be felt, process again. Pureed food for baby or convalescent may be made in a pint jar and stored for later use.

Liquefy

The blender cannot extract juice but it will break down the fibrous parts of fruits and vegetables to yield a tasty liquid. Take 1 peeled apple, 3 small carrots or 2 stalks celery and cut into one-inch pieces. Add one cup of water, juice or broth and process at high speed until ingredients are liquified. To chill the liquid, add several ice cubes, one at a time through the top opening. Process until the cubes are dissolved.

RECIPES

Mock Sour Cream

- 1 tablespoon lemon juice
- 1 cup creamed cottage cheese

Put lemon juice and cottage cheese in container and blend at high speed until smooth and creamy. Use this as a base for dips or serve with baked potatoes. This may be used as a substitute in recipes calling for dairy sour cream.

Poppy Seed Dressing

1/2 cup light corn sirup	1/3 cup vinegar
1 teaspoon dry mustard	1 cup salad oil
1/2 teaspoon salt	1/2 tablespoon poppy seeds
1/4 teaspoon onion salt	

Put corn sirup, mustard, salt, onion salt and vinegar in container and blend at moderate speed. Gradually add salad oil through top opening. When mixture becomes thick, add poppy seeds. Chill before serving. Makes 1 1/2 cups.

Chocolate Sauce

2 squares unsweetened chocolate	1/3 cup hot milk
1/4 cup sugar	1/2 teaspoon vanilla
1/4 cup corn sirup	Dash salt

Cut chocolate into pieces. Blend all ingredients at high speed until sauce is thick and creamy. Makes 3/4 cup.

To make sauce in a pint jar, put ingredients in jar in reverse order. Screw cutting assembly onto jar and blend until chocolate is melted. Cover and store in the same jar.

Ham Salad Spread

3 tablespoons mayonnaise	1 small pickle
1 teaspoon Worcestershire sauce	1 cup cubed cooked ham

Put all ingredients except ham in container, and blend at low speed until smooth. Increase speed to medium, add ham and process until chopped. If necessary, stop blender during processing and push mixture toward blades with rubber scraper. Makes 1 cup spread.

Potato Soup

3 cups milk	2 slices bacon, fried crisp
2 medium potatoes, cubed	2 tablespoons bacon fat
1 teaspoon salt	1 stalk celery, cut in pieces
1 slice onion	

Put all ingredients in container in order listed; process at low speed until vegetables and bacon are chopped. Pour into saucepan, simmer over low heat for 30 minutes. Makes 3 to 4 servings.

Cream Cheese Crisps

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| 1 1/2 cups cornflakes | 1/3 cup soft butter |
| 1 cup sifted flour | 3 ounces cream cheese |
| 2 teaspoons baking powder | 1/2 cup sugar |
| 1/2 teaspoon salt | 1 teaspoon lemon juice |

Crumb cornflakes and empty into shallow bowl. Sift flour, baking powder and salt together. Process remaining ingredients at high speed until smooth. Combine with sifted dry ingredients. Shape dough into small balls, roll in crumbs. Place on ungreased cooky sheets; flatten with a fork dipped in water. Bake at 375 degrees for 15 minutes or until brown. Makes 3 dozen cookies.

Vanilla Milk Shake

- 1 cup cold milk
- 1/2 pint vanilla ice cream

Blend ingredients at low speed until smooth. Do not overblend. Flavor may be varied by adding chocolate or fruit.

Cranberry-Orange Relish

- 2 cups raw cranberries
- 1 orange
- 3/4 cup sugar

Chop cranberries 3/4 cup at a time using medium speed. Empty into bowl and repeat until all are chopped. Cut orange with rind in sections and remove seeds. Chop fine. Mix with chopped cranberries and sugar. Chill and serve with poultry or pork.

Banana Nut Bread

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| 2 cups flour | 1 teaspoon lemon juice |
| 1 1/2 teaspoons baking powder | 3 large bananas |
| 1/2 teaspoon soda | 1 cup sugar |
| 2 eggs | 1/4 teaspoon salt |
| 1/2 cup soft shortening | 1/2 cup nuts |
| 2 tablespoons milk | |

Sift flour, baking powder and soda together. Combine all other ingredients except nuts in container and blend until smooth. Add nuts and blend until fine. Pour mixture over dry ingredients and stir by hand. Pour into greased loaf pan and bake at 350 degrees for 1 hour.