



# Somersize®



## Su-Chef

### Instruction & Recipe Book

## Somersize Su-Chef

Congratulations on your purchase of the Somersize Su-Chef. It's called a Su-Chef because the French term for assistant chef is "sous chef," and that's just what you get with this remarkable tool! The innovative design of this kitchen helper includes a variety of attachments for all of your prep needs. The drink mixer blends protein shakes, milkshakes and frappes; the hand blender is perfect for making salad dressing and pureeing soups right in the pot; the whisk attachment beats eggs, whips cream and fluffs egg whites; and the fancy food attachment grates Parmesan cheese, shaves chocolate, and makes oodles of zucchini noodles in spaghetti or ribbon widths! And that's just the beginning.

With this amazing kitchen tool, now we can all have our very own Somersize Su-Chef!

Enjoy!



## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be observed, including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put motor end, cord or plug in water or other liquid. See Cleaning Instructions.
3. This appliance should not be used by children and care should be taken when used near children.
4. Avoid contact with moving parts. Keep hands, hair, clothing, and utensils away from blades and out of container during operation to prevent the possibility of severe injury to persons and/or damage to the appliance. A spatula or scraper may be used when the appliance is not in operation.
5. The use of attachments not recommended or sold by the manufacturer for use with this model may cause fire, electric shock, or injury.
6. When mixing liquids, especially hot liquids, use a tall container or make several small batches to avoid spillage.
7. Blades are sharp, handle carefully. Store out of reach of children.
8. Do not use over a stove or other heat source.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter. Do not let cord contact hot surface, including the stove.
11. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
12. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or is dropped or damaged in any manner. Call our toll-free customer service number for information on examination, repair, or electrical or mechanical adjustment.
13. Never place fingers or other utensils into discharge areas.
14. Check food chamber for presence of foreign objects before using.
15. Never add ingredients to container while appliance is operating.

## SAVE THESE INSTRUCTIONS!

### *Other Consumer Safety Information*

**This appliance is intended for household use only.**

This appliance is equipped with a polarized plug. This type of plug has one blade wider than the other. The plug will fit into an electrical outlet only one way. This is a safety feature intended to help reduce the risk of electrical shock. If you are unable to insert the plug into the outlet, try reversing the plug. If the plug should still fail to fit, contact a qualified electrician to replace the obsolete outlet. Do not attempt to defeat the safety purpose of the polarized plug by modifying the plug in any way.

**BEFORE FIRST USE:** Wash attachments according to instructions.

# Parts and Features

**1** HI • LO Speed Switch

**2** Motor Body

## BLENDING ATTACHMENTS

**3** Drink Mixer Attachment

**4** Blender Attachment

**5** Whisk Adapter

**6** Whisk Attachment

## FANCY FOOD CUTTER ATTACHMENTS

**7** Cutter Adapter

**8** Cutter Food Grip

**9** Food Chamber

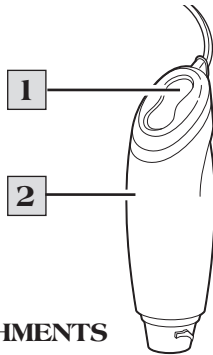
**10** Blade Holder Area

**11** Cutter Base

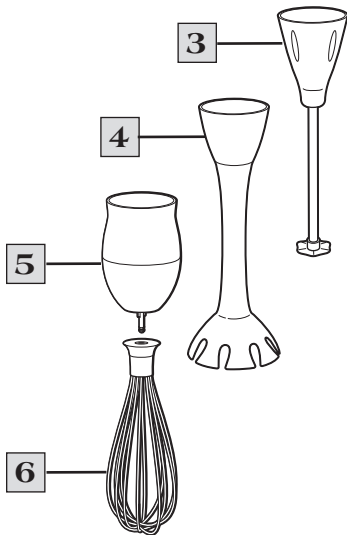
**12** Ribbon Cutting Blade

**13** Grating Blade

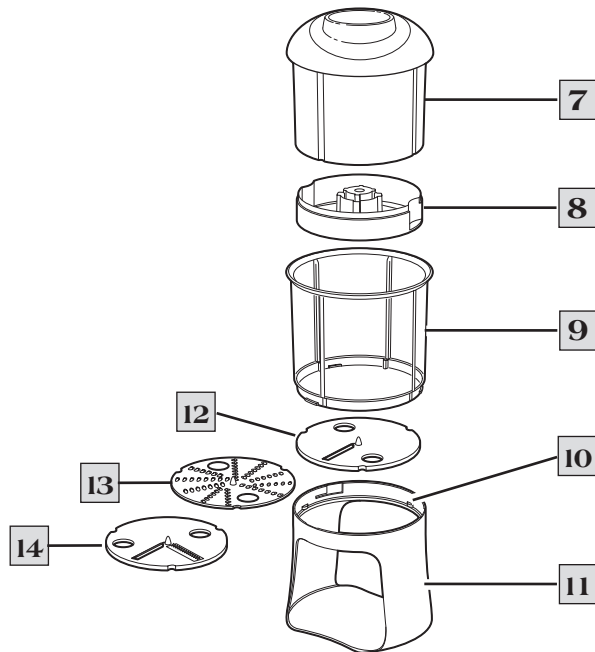
**14** Julienne Blade



## BLENDING ATTACHMENTS



## FANCY FOOD CUTTER ATTACHMENTS

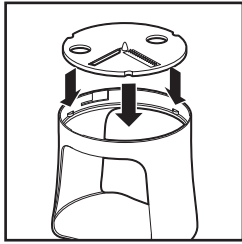


## How to Use the Fancy Food Cutter

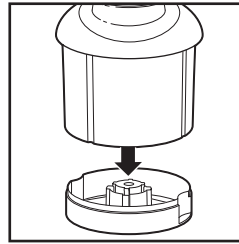
This attachment has 3 different cutting blades: ribbon, julienne, and grating. The ribbon and julienne blades produce long, nearly continuous “ribbons” or “strings” of food (respectively). The grating blade grates hard foods, such as Parmesan cheese and baker’s chocolate. See the Cutter Processing Chart for specific information of food types.

**NOTE:** Wash all parts before first use. See Cleaning Instructions.

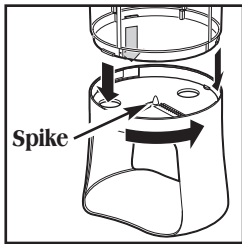
1. To place selected blade onto cutter base, align the three locating tabs with sharp side of blade up.



4. To assemble cutter adapter, attach cutter food grip on cutter adapter until parts snap together.

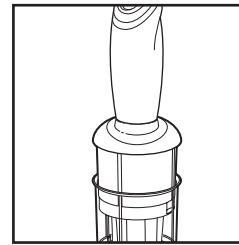


2. Attach food chamber to cutter base. Turn food chamber counterclockwise until it locks into place. Allow cutter base to rest on counter or work surface.

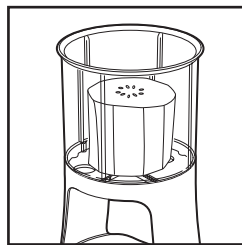


5. To attach motor body on cutter adapter, hold unit upright and turning motor body clockwise until you feel assembly lock into place.

6. Slide cutter adapter into food chamber by aligning the side features



3. Place a single piece of food in food chamber. Center food on spike in blade. Cut food to be no longer than 2½ inches and at least 1 inch wide. Both ends of



food should be cut flat to allow food grip to rotate the food.

7. Plug into outlet.  
8. Grasp unit in hand. Push and hold speed switch while slowly pressing down with motor body.

**NOTE:** Approximately ½ inch of food will not process.

9. Unplug from outlet when not in use.

### **⚠ CAUTION**

#### **Sharp Blades**

- Unplug cord before inserting, removing or cleaning parts, and when not in use.
- Do not place fingers or utensils into discharge.
- Do not contact moving parts.
- Use caution when changing or cleaning parts.

## Fancy Cutter Processing Chart

FOOD	RIBBON	JULIENNE	GRATING
Zucchini	✓	✓	✓
Cucumber (seedless)	✓	✓	
Radishes	✓	✓	
Potato	✓	✓	✓
Carrots	✓	✓	✓
Parmesan Cheese			✓
Cheddar Cheese*			✓
Baker's Chocolate	✓		✓

- Store in freezer for one hour prior to processing.

### NOTES:

- Food to be processed should be a single piece that is a maximum of 2½ inches in length and a minimum of 1 inch in diameter. Do not process mozzarella cheese.
- The maximum rating of the unit is based on the blender attachment, other recommended attachments may draw significantly less power.

## How to Use the Blending Attachments

1. Place food into a tall, deep container for mixing. For best results, solid foods should be no larger than 1-inch chunks.
2. Attach blender, drink mixer, or whisk attachment and adapter to motor body. Hold hand blender upright and turn motor body clockwise until unit is locked into place.
3. Plug into outlet.
4. Grasp unit in hand. Push HI • LO speed switch. Slowly move the attachment through the food; up, down and sideways.
5. Do not immerse attachments past the MAX Immersion line.
6. Unplug from outlet when not in use.

### **WARNING**

#### **Moving Parts**

- Inspect attachments before each use.
- Do not use cracked, bent or damaged attachments.
- Do not contact moving parts.

## Helpful Blending Attachments Hints

- To use the attachments in a saucepan, be sure to remove the pan from the stove as the appliance is not designed for use over a heat source.
- To puree foods, a certain amount of liquid is needed. Add cooking liquid, broth, juice, milk, or cream, until desired consistency is reached.
- This appliance is not intended to chop ice. Add ice to beverage after blending.
- For thorough blending, move blade up and down in mixture until smooth.
- To achieve best blending results use deep, tall containers.
- For easy cleanup, unplug appliance and rinse attachments under running water immediately after using.

## Blending Attachments Processing Chart

<b>FOOD</b>	<b>SPEED</b>	<b>BLENDING ATTACHMENT</b>
Baby Food	HI	Blender
Cake Mixes	LO	Blender
Eggs	HI	Whisk/Drink Mixer
Frozen Juice Concentrate	HI	Blender
Gravy or Sauces	LO	Whisk
Instant Pudding	LO	Whisk
Milk Shakes	HI	Blender/Drink Mixer
Pancake Mix	LO	Whisk
Powdered Drink Mixes	HI	Blender/Drink Mixer
Whipping Cream	HI	Whisk
Egg Whites	HI	Whisk

## Cleaning

1. Unplug appliance from outlet.
2. Remove attachment from motor body.
3. Never hold motor body under running water. Simply wipe clean with a damp cloth.
4. Remove cutter food grip from cutter adapter by pulling on disk until it snaps out of cutter adapter.
5. Remove whisk from whisk adapter by pulling on whisk until it snaps out of whisk adapter.
6. Clean cutter adapter and whisk adapter with a damp cloth. Do not immerse the cutter adapter or whisk adapter.
7. Wash all attachments, blades, cutter food grip, food chamber, and cutter base in hot, soapy water. Use a brush to clean the fancy cutter blades and cutter food grip. Rinse then dry.

### **NOTICE**

- Do not wash any parts in dishwasher. Hand wash only.
- Clean fancy cutter blades with bristle brush.

### **WARNING**

#### **Electrical Shock Hazard**

- Unplug unit before cleaning.
- Do not put motor body, plug or cord in water or other liquid.

### **CAUTION**

#### **Sharp Blades**

- Always handle blades with care.



# Drink Mixer Attachment Recipes

## **Wild Berry Frappe**

**FRUIT – LEVEL ONE**

**Makes 1 serving**

*No more expensive juice bar drinks... now you can make them at home.*

3 ounces frozen mixed berries

3 ounces orange juice

SomerSweet to taste

Place ingredients into a large glass (16 ounces). Attach the drink mixer to the Somersize Su-Chef. Blend until smooth.

## **Chocolate Milk Shake**

**ALMOST LEVEL ONE**

**Makes 1 serving**

*Serve this milk shake with my Double-Double Cheeseburger (no bun) for a Somersize classic! For an extra chocolaty taste, add a little Somersize Triple Hot Fudge Sauce.*

4 ounces heavy cream

2 ounces cold water

2-3 heaping teaspoons Somersize Dark Chocolate Ice Cream Mix

Pour cream, water and ice cream mix into a large glass (16 ounces). Attach the drink mixer to the Somersize Su-Chef. Blend until smooth. Serve over ice, if desired.

## **Mocha Coolers**

**CARBOS – LEVEL ONE**

**Makes 1 serving**

*Frappa-what? Bring the coffee house into your own kitchen without the refined sugars.*

¼ cup decaffeinated coffee, freshly brewed

½ cup nonfat milk

2 teaspoons nonfat powdered milk

1 teaspoon vanilla extract

⅛ cup unsweetened cocoa powder

1-2 tablespoons SomerSweet

Pour coffee, nonfat milk, nonfat powdered milk, vanilla, cocoa powder, and SomerSweet into a large, chilled glass (16 ounces). Attach the drink mixer to the Somersize Su-Chef. Blend until smooth. Serve over ice, if desired.

## **Chocolate Banana Protein Shake**

**ALMOST LEVEL ONE**

**Makes 1 serving**

*Somersize Syrups are a great way to add flavor without adding any sugar. Bananas and chocolate are naturals together.*

2 scoops Somersize Chocolate Protein Shake

6 ounces cold water

2 ounces cream

1-2 teaspoons Somersize Banana Syrup

Attach the drink mixer to the Somersize Su-Chef. Blend together all ingredients until smooth. Serve over ice, if desired.

# Hand Blender Attachment Recipes

## Caesar Dressing

**PRO/FATS AND VEGGIES - LEVEL ONE**

**Makes about ¾ cup**

*This recipe tastes like the real “table-side” Caesar dressing that you get at fine restaurants. I like to crack my own peppercorns on a chopping block with the bottom of a heavy skillet. This gives the best flavor. I’m not an anchovy person so I omit them from my dressing, but I’ve included them in this recipe for the sake of tradition.*

1 egg  
 3 anchovies (or 2 teaspoons anchovy paste)  
 ¾ teaspoon freshly ground black pepper  
 2 cloves garlic  
 3 tablespoons red wine vinegar  
 2 tablespoons lemon juice  
 2 teaspoons dry mustard  
 ¼ teaspoon Worcestershire sauce  
 ⅓ cup olive oil  
 4 ounces Parmesan cheese

Attach the Fancy Food Cutter to the Somersize Su-Chef, with grating disc. Grate Parmesan cheese and set aside.

Coddle the egg by immersing it in boiling water for 20 seconds. Using a slotted spoon, remove egg from water and crack open. Scoop out insides into a medium bowl. Add anchovies, pepper, garlic, vinegar, lemon juice, dry mustard, Worcestershire sauce, and olive oil. Attach the hand mixer to the Somersize Su-Chef. Blend ingredients together until dressing is emulsified. Add Parmesan cheese and blend briefly.

## Green Goddess Herb Dressing

**PRO/FATS AND VEGGIES—LEVEL ONE**

**Makes about 1½ cups**

*This is one of those “I can’t believe I can eat this and still lose weight” dressings. You won’t find fat-free, tasteless bottled dressing on my program! Use fresh herbs for the best flavor. This dip is great with artichokes, as a dressing on salads, or as a sauce on fish. Divine!*

4 scallions (white and green parts), chopped  
 2 sprigs fresh parsley, leaves only  
 1 sprig fresh dill, leaves only  
 1½ cups mayonnaise  
 Juice from 2-4 limes (about ¼ cup)

Attach the hand blender to the Somersize Su-Chef. Blend scallions, herbs, mayonnaise and lime juice until smooth. Adjust to desired consistency by adding more lime juice as needed. Store in an airtight container in the refrigerator for up to a week.

# Hand Blender Attachment Recipes

## Mushroom Watercress Soup

**PRO/FATS AND VEGGIES—LEVEL ONE**

**Serves 4-6**

*I have had this soup recipe for years. It's a family favorite.*

3 tablespoons butter  
 8 ounces fresh mushrooms, roughly chopped  
 1 large onion, roughly chopped  
 2 bunches watercress, roughly chopped  
 2 cloves garlic, minced  
 2 (14.5-ounce) cans chicken broth  
 Salt and freshly ground black pepper  
 5 tablespoons heavy cream

Melt butter in a medium stock pot over medium heat. Add mushrooms and onion. Cook for about 5 minutes. Add the chopped watercress and garlic and cook for another 10 minutes. Stir in half the chicken broth. Turn off the heat. Attach the hand blender to the Somersize Su-Chef. Puree soup, then add the rest of the broth until soup reaches desired consistency. Return heat to medium until soup just bubbles around edges. Adjust seasoning with salt and pepper. Stir in cream just before serving.

## Broccoli Leek Soup

**PRO/FATS AND VEGGIES – LEVEL ONE**

**Makes 4 servings**

*This soup is also delicious when made with cauliflower. The fried leeks on top are wonderful!*

2 leeks, white and pale green parts only, washed  
 2 tablespoons butter  
 1 head broccoli, chopped  
 4 cups chicken broth  
 Salt and freshly ground black pepper  
 Oil for frying (optional)  
 6 tablespoons sour cream (optional)

Roughly chop leeks, keeping aside a few 3-inch-long pieces for garnish. Place a large saucepan over low heat. Add the butter and stir until just melted. Add broccoli and leeks and sauté until tender, about 7 minutes. Add broth and bring to a boil. Lower heat and simmer for 20 minutes.

To make the optional garnish, heat oil in a small saucepan. Cut remaining leeks into very thin 3-inch long strips. Add to hot oil and fry until golden brown. Drain on paper towels. Season with salt.

When soup has finished cooking, remove from heat. Attach the hand blender to the Somersize Su-Chef. Blend in the saucepan until smooth. Season with salt and pepper. Spoon into soup bowls. Garnish with sour cream and fried leeks before serving.

## Hand Blender Attachment Recipes

### Seven Minute Creamy Tomato Soup

**PRO/FATS AND VEGGIES—LEVEL ONE**

**Makes about 5 cups**

*This might be the fastest, easiest, tastiest soup you'll ever make.*

2 tablespoons butter  
 ½ cup onion, chopped  
 1 (28-ounce) can diced or crushed tomatoes  
 1 cup chicken stock  
 1 cup heavy cream  
 Salt and freshly ground black pepper  
 Sour cream for garnish (optional)

Melt butter in a 3-quart, heavy-bottomed saucepan. Add onions and sauté for 2 minutes. Add tomatoes, chicken stock, and cream to onions. Bring to a boil, reduce heat and simmer for 5 minutes.

Turn off heat. Attach the hand blender to the Somersize Su-Chef. Blend soup in saucepan until smooth. Season with salt and pepper. Spoon into soup bowls, garnish with sour cream and serve.

### Roasted Garlic Soup

**PRO/FATS AND VEGGIES—LEVEL ONE**

**Serves 4**

*Slow cooked garlic mellows out the strong taste and gives you a rich and creamy soup. The preparation is a snap if you use the peeled garlic available in the produce section of your grocery store.*

40 cloves garlic (about 4 heads), peeled  
 2 tablespoons olive oil  
 3 large onions, sliced into ¼-inch pieces  
 ¾ teaspoon cumin  
 6 cups vegetable or chicken broth  
 2 tablespoons butter  
 1 cup heavy cream  
 Salt and freshly ground black pepper

Smash garlic cloves with the flat side of a heavy knife. Heat olive oil in a small stock pot. Add onions and cook for 3 minutes, or until slightly brown. Add cumin and all but 4 cloves of garlic to pot. Cook for an additional 3 minutes. Add broth and bring to a boil. Lower heat, cover and simmer until garlic is very soft and all bitterness is gone, about 40 minutes.

While soup is cooking, heat butter in a medium sauté pan over medium. Sauté reserved garlic until golden. Don't let garlic get dark brown or it will taste bitter. Drain on paper towels and set aside.

Turn off the heat. Attach the hand blender to the Somersize Su-Chef. Puree soup in the pot until smooth. Bring to a simmer over medium heat. Stir in heavy cream. When soup just begins to bubble, remove from heat. Adjust seasoning with salt and pepper. Pour into soup bowls and sprinkle with sautéed garlic cloves. Serve immediately.

## Hand Blender Attachment Recipes

### Roasted Sweet Red Pepper Soup With Crème Fraiche

**PRO/FATS AND VEGGIES—LEVEL ONE**

**Serves 6-8**

*I love this soup. It tastes rich and looks beautiful. You will be amazed at how easy it is to prepare, especially if you buy jarred bell peppers (packed in water) that are already peeled.*

6 red bell peppers (or 1 12-ounce jar roasted red peppers)  
 2 tablespoons extra virgin olive oil  
 1 stalk celery, minced  
 1 onion, minced  
 Salt  
 1 medium-sized celery root, peeled and diced  
 1 quart water  
 2 cups chicken broth  
 ¼ cup crème fraiche or sour cream

Preheat oven to 400°F. Place peppers on rack in oven and roast until skin begins to bubble and turn black. Turn peppers while cooking, as necessary, so that all sides char. Immediately put peppers into a plastic bag and seal. Let peppers steam in bag for 15 minutes. This makes the peppers easier to peel. Remove peppers from bag and pull stems off. Break peppers apart and discard seeds. Peel skin off peppers under cool running water. Roughly chop and set aside.

In a large stockpot, combine olive oil, celery, and onion. Cook over medium heat until vegetables are soft, about 10 minutes. Add the peppers and cook an additional 3 minutes. Season to taste with salt. Add celery root, water, and broth. Cover and cook for about 40 minutes, or until celery root is soft.

Turn off the heat. Attach the hand blender to the Somersize Su-Chef. Puree soup until smooth. Serve in warm, shallow soup bowls. Drizzle each bowl of soup with a little crème fraiche.

### Celery Root Puree

**PRO/FATS AND VEGGIES—LEVEL ONE**

**Serves 6**

*This is one of my classic Somersize recipes. It's like mashed potatoes without the added starch.*

3 large celery roots  
 ¼ cup heavy cream  
 ¼ cup butter, softened (or ¼ cup olive oil)  
 Salt and freshly ground black pepper

Place about 5 cups of water in a large pot fitted with a steamer basket and a lid. Bring water to a boil.

Chop off roots and peel off outside layer of skin from celery roots. Cut each celery root into about 12 pieces and place into steamer basket. Cover pot, reduce heat to medium low, and steam celery root until very soft when poked with a fork, about 20 minutes.

Transfer celery root into a bowl. Add cream and butter. Attach the hand blender to the Somersize Su-Chef. Puree until smooth. Add additional cream or butter to achieve desired consistency. Season with salt and pepper before serving.

## Hand Blender Attachment Recipes

### Peppered Goat Cheese Tarts

#### PRO/FATS AND VEGGIES – LEVEL ONE

##### Makes filling for 12 mini-tarts

Use this rich and tasty recipe to fill my Miniature Herb Parmesan Cups for a knock-out appetizer.

7 ounces goat cheese  
 4 ounces cream cheese  
 2 tablespoons fresh chives, chopped  
 2 tablespoons fresh tarragon, chopped  
 Salt and freshly ground black pepper  
 Chives, snipped into 1-inch lengths for garnish  
 1 recipe Miniature Herb Parmesan Tart Shells (pg. 23)

Place all ingredients into a bowl. Attach the hand blender to the Somersize Su-Chef. Blend until smooth. Place mixture into a strong re-sealable plastic bag. Cut a small corner off plastic bag (or use a pastry bag and a medium star tip) and squeeze filling into Parmesan cups. Garnish with chives.

### Blue Cheese Dip

#### PRO/FATS — LEVEL ONE

##### Makes about 2½ cups

This dip is a winner with celery sticks or Buffalo wings. The better the cheese, the better this dip tastes; I use Maytag Blue or Roquefort.

¾ cup sour cream  
 ¾ cup mayonnaise  
 8 ounces blue cheese, crumbled  
 ¼ cup red wine vinegar  
 Salt and freshly ground black pepper

Attach the hand blender to the Somersize Su-Chef. Place all ingredients into a bowl and blend until incorporated. Add a little extra vinegar or water if dressing is too thick.

### Artichoke Pesto

#### PRO/FATS AND VEGGIES – LEVEL ONE

##### Makes about 2 cups

This pesto can be served as a cold dip with crudité, warm with whole wheat Pita chips, or even tossed with sautéed vegetables.

2 (14-ounce) cans artichoke bottoms  
 6 cloves garlic  
 ½ cup mayonnaise  
 ½ cup Parmesan cheese, freshly grated  
 ¼ cup or 4 green onions, roughly chopped  
 2 teaspoons fresh lemon juice  
 ½ cup olive oil  
 Salt and freshly ground black pepper

Attach the hand blender to the Somersize Su-Chef. Place all ingredients into a large bowl and blend until smooth. Season with salt and pepper.

## Hand Blender Attachment Recipes

### **Zucchini Spaghetti With Sweet Tomato Sauce**

**PRO/FATS AND VEGGIES – LEVEL ONE**

**Serves 4**

*This sauce celebrates the fresh, clean taste of ripe tomatoes, garlic, and olive oil. It's pure pleasure. Serve it over Zucchini Spaghetti and you have a light, wonderful "pasta" dish.*

- 1 large onion, roughly chopped
- 3 cloves garlic
- 8 fresh ripe tomatoes or 1 (28-ounce) can plum tomatoes, drained
- ¼ cup extra virgin olive oil
- 1 recipe Zucchini Spaghetti (pg. 26)
- Freshly grated Parmesan Cheese for garnish

Attach the hand blender to the Somersize Su-Chef. Place onion and garlic into a medium bowl and chop until finely minced. Coarsely chop tomatoes in another bowl.

Pour oil into a medium skillet over medium heat. Add onion mixture and cook for 4 minutes. Add tomatoes, reduce heat and simmer for 45 minutes.

Spoon sauce over warm Zucchini Spaghetti and serve with grated Parmesan cheese.

# Hand Blender Attachment Recipes

## Zucchini Ribbons With Meat Sauce

### PRO/FATS AND VEGGIES – LEVEL ONE

#### Serves 4

*My daughter-in-law, Caroline, comes from an Italian family. Every generation has cooked some form of this delicious meat sauce. Now it's even better served over Zucchini Ribbons! This sauce recipe yields about 2 quarts, so you'll have plenty left over to freeze and thaw for future use.*

- 1-2 tablespoons olive oil
- 1 medium onion, chopped
- 10 cloves garlic, minced
- 1 pound ground beef
- 1¾ teaspoons salt
- 1¼ teaspoons freshly ground black pepper
- 1 teaspoon paprika
- 1 (14-ounce) can peeled whole tomatoes with juice
- 1 (28-ounce) can tomato sauce
- 1 (28-ounce) can tomato puree
- 1 tablespoon dried basil
- 1 bay leaf, cracked
- ¼ teaspoon cayenne pepper
- 3 tablespoons fresh parsley, chopped
- ¼ teaspoon dried oregano
- ½ cup red wine
- 1 recipe Zucchini Ribbons (pg. 24)
- Freshly grated Parmesan cheese for garnish

Pour oil into a large pot over medium heat. Add onions and sauté until translucent, 7-10 minutes. Add garlic and sauté for a minute or two longer. Add ground beef and cook until browned. Season with ¼ teaspoon salt, ¼ teaspoon pepper, and paprika.

Coarsely chop whole tomatoes. Add tomato sauce, tomato puree, and chopped tomatoes with juice to the pot. Add remaining salt and pepper, basil, bay leaf, cayenne, parsley, oregano, and red wine. Stir well. Bring to a low boil, lower heat and simmer for 1-2½ hours. The sauce will taste fine after 1 hour but tastes better the longer it simmers.

Serve over warm Zucchini Ribbons and garnish with Parmesan cheese.



# Hand Blender Attachment Recipes

## Chocolate Pie With Chocolate Crust

### ALMOST LEVEL ONE

#### Serves 8

*This is a lovely dessert for a special occasion. To save time you can make the crust and filling and freeze for up to a week.*

#### Crust:

Butter for greasing pan

1½ cups cocoa powder

½ teaspoon baking soda

2 tablespoons + 1 teaspoon SomerSweet

8 tablespoons butter, chilled and cut into ½-inch pieces

1 large egg

1 teaspoon vanilla

#### Filling:

1 package Somersize Chocolate Pudding

#### Topping:

1 recipe Perfectly Whipped Cream (pg. 20)

Chocolate Shavings, for garnish (pg. 23)

To make crust: Preheat oven to 275°F. Grease a 9-inch metal pie plate with butter (do not use glass) and set aside. Place cocoa powder, baking soda, SomerSweet, and butter into a large bowl. Attach the hand blender to the Somersize Su-Chef. Blend mixture until it resembles meal. Add egg and vanilla and blend until mixture forms pea-sized pieces. Press into bottom of pie plate. Bake for 10 minutes. Allow to cool completely before filling.

Make pudding according to package instructions. Spoon into crust. Refrigerate until pudding has set, about 1 hour. Wrap well with plastic and freeze for at least 3 hours or up to a week. Top with Perfectly Whipped Cream and Chocolate Shavings before serving.

# Whisk Attachment Recipes

## Cheese Soufflé

**PRO/FATS – LEVEL ONE**

**Serves 4**

*Beating perfect egg whites for a soufflé has never been easier now that we have the Su-Chef!*

2 tablespoons butter, room temperature  
 6 large eggs, separated  
 Pinch cayenne pepper  
 ½ teaspoon nutmeg, freshly grated  
 Salt and freshly ground black pepper  
 4 ounces cream cheese, room temperature  
 1½ cups Gruyere or Swiss cheese, freshly grated

Preheat oven to 425°F. Grease a 6-cup soufflé dish generously with butter. Set aside.

In a large bowl, place egg yolks, cayenne, nutmeg, salt and pepper. Attach the whisk to the Somersize Su-Chef. Whisk egg mixture until light and fluffy. Add cream cheese and grated cheese and whisk until well combined.

Thoroughly clean and dry the whisk attachment, then re-attach. In another bowl, whisk egg whites until nearly stiff peaks form. Fold whites into cheese mixture. Spoon into prepared soufflé dish and place on a baking sheet. Bake for 10 minutes. Reduce heat to 400°F and continue baking for an additional 15 minutes. Serve immediately.

## Spinach Asiago Frittata

**PRO/FATS AND VEGGIES – LEVEL ONE**

**Serves 4-6**

*This frittata is the most classic version. It's great served right out of the oven or at room temperature. This is easy to prepare for a breakfast or brunch buffet; cook it in advance and slice it into wedges. Serve with bacon, sausage, and a green salad.*

6 large eggs  
 Salt and freshly ground black pepper  
 4 cups loosely packed fresh spinach leaves, finely chopped  
 8 ounces Asiago cheese  
 1 tablespoon extra virgin olive oil

Preheat broiler. Attach the whisk to the Somersize Su-Chef. Break eggs into a large bowl and whisk lightly. Add salt, pepper and spinach. Whisk together to combine ingredients. Attach Fancy Food Cutter to the Somersize Su-Chef, with grating disc. Grate the Asiago cheese. Add half the cheese to the egg mixture. Stir to combine.

In a 9-inch ovenproof nonstick skillet, heat oil over medium heat. Add egg mixture. Reduce heat to low and cook, without stirring, for about 5 minutes. (The mixture may still have some liquid on top.) Sprinkle with remaining cheese.

Place skillet under broiler for 2 minutes, or until top is puffy and golden. Remove the frittata from the broiler and let cool in skillet for 2 minutes. Serve immediately or let cool to room temperature.

# Whisk Attachment Recipes

## Dense Chocolate Cake

### LEVEL TWO

#### Serves 6-8

*To make this extra delicious, spread my Milk Chocolate Frosting on top.*

Butter for greasing pan

7½ ounces SomerSweet Dark Chocolate Baking Bar, chopped (46 squares)

11 tablespoons unsalted butter, room temperature

4 large eggs, separated

2 tablespoons SomerSweet

½ cup white whole wheat flour (or whole wheat pastry flour)

1 recipe Milk Chocolate Frosting (below)

Preheat oven to 350°F. Butter and flour a 10-inch round cake pan.

Melt chocolate and butter in the top of a double boiler over gently simmering water. Stir until chocolate has melted and mixture is smooth. Remove from heat and set aside.

Attach the whisk to the Somersize Su-Chef. In a large bowl, whisk egg yolks until light and fluffy, about 5 minutes. Slowly add SomerSweet and continue to whisk until mixture is pale yellow. Carefully fold chocolate mixture into egg mixture. Sift flour over the top and whisk just until it disappears. Set aside.

Thoroughly clean and dry the whisk attachment, then re-attach. In a separate bowl, whisk egg whites until soft peaks form. Fold half the egg whites into chocolate mixture. Gently fold in remaining half. Pour batter into prepared pan. Tap pan a few times on counter to remove air bubbles. Bake for 20-25 minutes or until a toothpick inserted into the center comes out clean. Let cool completely before frosting.

## Milk Chocolate Frosting

### ALMOST LEVEL ONE

#### Makes 2 cups

*This frosting is fabulous on any of my cakes!*

1 (4.9-ounce) SomerSweet Milk Chocolate Baking Bars, chopped (30 squares)

16 tablespoons unsalted butter, room temperature

2 tablespoons SomerSweet

2 teaspoons vanilla extract

4 ounces cream cheese, room temperature

Melt chocolate in top of a double boiler over gently simmering water (or microwave on high for 30 seconds at a time, stirring until smooth). Allow chocolate to cool to room temperature.

Attach the whisk to the Somersize Su-Chef. Place softened butter, SomerSweet and vanilla into a medium bowl and whisk until light and fluffy. Gradually add melted chocolate, whisking constantly. Whisk in cream cheese. Whisk at high speed until light and fluffy.

## Whisk Attachment Recipes

### **Perfectly Whipped Cream**

#### **PRO/FATS - LEVEL ONE**

*Every ice cream sundae or piece of cake or bowl of berries loves a dollop of Perfectly Whipped Cream.*

2 cups heavy cream  
1 teaspoon vanilla  
2 teaspoons SomerSweet

Attach the whisk to the Somersize Su-Chef. Place cream into a deep bowl and whip until thick. Add vanilla and SomerSweet. Continue whipping until soft peaks form.

## Grater Attachment Recipes

### Baby Lamb Chops With Parmesan Crust

**PRO/FATS AND VEGGIES – LEVEL ONE**

**Serves 4**

*These thin little lamb chops are “breaded” with a tasty Parmesan crust. Serve with my Sweet Tomato Sauce (pg. 15) for a simple and flavorful meal.*

8 ounces Parmesan cheese  
 4 large eggs, lightly beaten  
 12 (½-inch thick) lamb chops  
 Salt and freshly ground black pepper  
 1 bunch fresh thyme, 4 sprigs reserved for garnish  
 3 tablespoons olive oil  
 Sweet Tomato Sauce (pg. 15)

Attach the Fancy Food Cutter to the Somersize Su-Chef, with grating disc. Grate Parmesan cheese and place into a shallow bowl. Place beaten eggs into a medium bowl. Dip lamb chops into egg then into cheese, coating both sides well. Sprinkle both sides with salt, pepper, and thyme.

If you have time, place chops onto a plate, cover and chill for a few hours. This helps the coating to set. Before cooking, allow chops to return to room temperature, about 30 minutes.

Heat large skillet over medium. Add olive oil and cook chops until crust is golden. Turn and cook other side, about 2-3 minutes per side. The inside will be light pink and juicy.

To serve, spoon a few tablespoons Sweet Tomato Sauce in the center of each plate. Arrange 3 chops on top of sauce. Garnish with a sprig of fresh thyme.

### Parmesan Chips

**PRO/FATS – LEVEL ONE**

**Makes about 24 chips**

*These chips are perfect served with dips, soups, or salads. The secret to these delicious and easy chips is a good-quality, 8-inch non-stick skillet. For variety, add your favorite chopped herbs or cracked black pepper.*

4 ounces Parmesan cheese

Attach the Fancy Food Cutter to the Somersize Su-Chef, with grating disc. Grate Parmesan cheese.

Heat skillet over medium low. Sprinkle half the cheese evenly into the skillet making a circle or “pancake.” Let cook until melted, 2-3 minutes. Gently lift and turn over with a nonstick spatula. Brown other side. While still warm, cut with a sharp knife or pizza cutter into 12 wedges. Repeat with remaining cheese.

## Grater Attachment Recipes

### **Parmesan Bowls With Caesar Salad**

**PRO/FATS AND VEGGIES – LEVEL ONE**

**Makes 4 bowls**

*Parmesan bowls are beautiful and you will love the taste of these delicious, salty, cheesy, chewy bowls. It is essential to use a good non-stick skillet. As you eat your salad, don't forget to break off and eat pieces of your bowl!*

12 ounces Parmesan cheese  
 1 head Romaine lettuce, rinsed and dried  
 1 recipe Caesar Dressing (pg. 10)  
 1 recipe Parmesan Croutons (below), optional  
 Salt and freshly ground black pepper  
 1 lemon, cut into wedges for garnish

Attach the Fancy Food Cutter to the Somersize Su-Chef, with grating disc. Grate Parmesan cheese and set aside.

To make the bowls have 4 small soup bowls or small jelly jar-style glasses standing by. Turn the soup bowls or glasses upside down on a work surface.

Heat an 8-inch non-stick skillet over medium. Sprinkle a quarter of the cheese evenly into skillet and quickly spread around until cheese is evenly dispersed. When cheese starts to bubble (after about 3 minutes) gently lift with a non-stick spatula and turn over. Cook until other side just begins to brown. Slide cheese out of skillet and onto upside-down bowl or glass. Gently press cheese to conform to bowl or glass shape. Let sit for a few minutes. Remove from bowl or glass and place upright on a salad plate. Set aside. Repeat with remaining cheese.

Meanwhile, tear lettuce into small pieces and toss with dressing and croutons. Season with salt and pepper. Divide salad among Parmesan bowls. Garnish with lemon wedges and serve.

### **Parmesan Croutons**

**PRO/FATS – LEVEL ONE**

**Makes 16 croutons**

*If you miss having croutons in your salads, then you'll love these Parmesan Croutons.*

4 ounces Parmesan cheese

Attach the Fancy Food Cutter to the Somersize Su-Chef, with grating disc. Grate Parmesan cheese.

Heat an 8-inch non-stick skillet over medium low. Sprinkle half the cheese evenly into bottom of skillet making a "pancake." Let cook until melted, 2-3 minutes. Gently lift and turn over with a non-stick spatula. Cook until other side begins to brown. While still warm, wrap cheese around handle of a wooden spoon, rolling cheese loosely into a log. Remove cheese from spoon and flatten with your hand. Cut into 1-inch pieces. Repeat with remaining cheese.

## Grater Attachment Recipes

### **Miniature Herb Parmesan Tart Shells**

**PRO/FATS AND VEGGIES – LEVEL ONE**

**Makes 12 mini-tart shells**

*These Parmesan tart shells make an elegant appetizer when served with Peppered Goat Cheese filling (pg. 14).*

12 ounces Parmesan cheese

2 tablespoons freshly chopped herbs - chives, tarragon or thyme

To make the tart shells you will need a mini-muffin pan. Attach the Fancy Food Cutter to the Somersize Su-Chef, with grating disc. Grate Parmesan cheese.

Heat an 8-inch non-stick skillet over medium. Sprinkle cheese into skillet (in mounds of about 2 tablespoons) and spread into “pancakes” about 2½ inches across. Sprinkle chopped herbs on top.

When cheese starts to bubble (after about 2 minutes) gently lift with a nonstick spatula and turn. Cook until other side begins to brown. Slide cheese out of skillet and into mini muffin pan. Gently press cheese into pan with a spoon. Let sit for a few minutes. Remove and place upright to cool before filling. Repeat with remaining cheese.

### **Chocolate Shavings**

**ALMOST LEVEL ONE**

**Makes ¼ cup**

*These chocolate shavings are beautiful to decorate any of your favorite desserts.*

⅓ bar SomerSweet Baking Chocolate, dark, milk or white, at room temperature (10 squares)

Attach the Fancy Food Cutter to the Somersize Su-Chef, with grating disc. Shave chocolate to use as a garnish on desserts.

# Ribbon Cutter Attachment Recipes

## Zucchini Ribbons

### VEGGIES – LEVEL ONE

#### Serves 4

*What an amazing way to eat "pasta!" These noodles look extraordinary and will impress everyone.*

4 large zucchini, cut into 2½-inch long pieces  
Salt and freshly ground black pepper  
1 tablespoon olive oil  
Salt and pepper to taste

Attach the Fancy Food Cutter to the Somersize Su-Chef, with ribbon cutter disc. Place a 2½-inch piece of zucchini (both ends cut flat) upright onto the center of the spike on the ribbon disc. Place the cutter adapter into the food chamber. Hold the speed switch while slowly pressing down with motor body to make zucchini ribbons. Repeat with remaining pieces of zucchini. Heat oil in a large saute pan over high. Add Zucchini Ribbons and cook until just hot, about 20 seconds. Season with salt and pepper.

## Zucchini Alfredo

### PRO/FATS AND VEGGIES – LEVEL ONE

#### Makes 4 servings

*Imagine, "pasta" with alfredo sauce, without the guilt! This delicious recipe is also great with the addition of a chicken breast.*

8 ounces Parmesan cheese  
6 cloves garlic, minced  
2 cups heavy cream  
1 cup chicken broth  
½ teaspoon salt  
½ teaspoon freshly ground black pepper  
2-3 tablespoons fresh chives for garnish (optional)  
1 recipe Zucchini Ribbons (above)

Attach the Fancy Food Cutter to the Somersize Su-Chef, with grating disc. Grate Parmesan cheese and set aside.

In a medium saucepan, combine garlic, cream, and broth. Bring to a boil, reduce heat and simmer until mixture has thickened, about 12 minutes. Stir Parmesan into sauce until cheese has melted and sauce is smooth. Remove from heat. Season with salt and pepper. Serve over warm Zucchini Ribbons.



## Ribbon Cutter Attachment Recipes

### Thai Beef & Cucumber Salad

**PRO/FATS AND VEGGIES – LEVEL ONE**

**Serves 4**

*I love making this beautiful salad with fresh mint or basil leaves. Just toss in about ¼ cup while the beef is cooking for fabulous flavor!*

2 large cucumbers (preferably seedless), cut into 2½-inch long pieces

4 cups salad greens

¼ cup olive oil

¼ teaspoon sesame oil

Pinch red pepper flakes (or a few drops of chili oil)

1 tablespoon Somersize Thai Red Curry Sea Salt Rub

1 small red onion, sliced

1 teaspoon fresh ginger, grated

1½ pounds top sirloin beef, cut into thinly sliced strips

2 tablespoons fresh lime juice

⅓ cup fresh basil or mint leaves, optional

Attach the Fancy Food Cutter to the Somersize Su-Chef, with ribbon cutter disc.

Place a 2½-inch piece of cucumber (both ends cut flat) upright onto the center of the spike on the ribbon disc. Place the cutter adapter into the food chamber.

Hold the speed switch while slowly pressing down with motor body to make cucumber ribbons. Repeat with remaining pieces of cucumber. Divide salad greens among four plates. Arrange cucumber ribbons on top of salad greens. Set aside.

In a large skillet over low heat combine olive oil, sesame oil, red pepper flakes, and salt rub. Cook for 1 minute. Turn heat to medium and add onion and ginger. Cook until onions are soft, about 4 minutes. Turn heat to high and add beef. Cook until beef is cooked through, about 3-4 minutes. Stir in lime juice and basil or mint, if using. Spoon beef mixture over cucumber ribbons. Spoon additional cooking liquid over salads and serve.

## Julienne Attachment Recipes

### Zucchini Spaghetti

#### VEGGIES – LEVEL ONE

##### Serves 4

*This is lovely served with my Sweet Tomato Sauce! (pg. 15)*

4 medium zucchini, cut into 2½-inch long pieces

1 tablespoon olive oil

Salt and freshly ground black pepper

Attach the Fancy Food Cutter to the Somersize Su-Chef, with julienne disc. Place a 2½-inch piece of zucchini (both ends cut flat) upright onto the center of the spike on the disc. Place the cutter adapter into the food chamber. Hold the speed switch while slowly pressing down with motor body to make Zucchini Spaghetti. Repeat with remaining pieces of zucchini. Heat oil in a large sauté pan over high. Add Zucchini Spaghetti and cook just until hot, about 20 seconds. Season with salt and pepper.

### Grilled Ginger Shrimp With Zucchini Spaghetti

#### PRO/FATS VEGGIES – LEVEL ONE

##### Serves 4

*I love to serve these on warm summer nights for family dinner. Leave time for marinating the shrimp for optimum flavor.*

60 uncooked shrimp (fresh or flash-frozen)

1 large piece fresh ginger, peeled and thinly sliced

2 bunches scallions, chopped into 5-inch lengths

20 cloves garlic, thinly sliced

2 cups peanut or canola oil

½ cup soy sauce

1 teaspoon hot chili oil

2 tablespoons sesame oil

Freshly ground black pepper

Bamboo skewers soaked in water for 30 minutes

1 recipe Zucchini Spaghetti (above)

Place shrimp in a large non-metallic bowl with ginger, scallions, garlic, oil, soy sauce, chili oil, sesame oil, and black pepper. Cover and refrigerate for 1-4 hours.

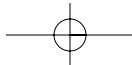
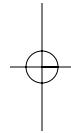
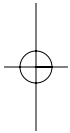
Preheat grill or broiler. Place 5 shrimp on each bamboo skewer. Remove scallions from marinade to grill with the shrimp. Reserve marinade.

Heat a small frying pan over medium. Spoon out garlic and ginger into pan along with about ⅓ cup of oil. Cook until ginger and garlic turn golden brown. Drain on paper towels and set aside.

Place skewers on grill (or under broiler) and cook for about 2 minutes per side.

Grill or broil scallions until crispy, about 2 minutes.

Serve shrimp over warmed Zucchini Spaghetti. Garnish with scallions and sautéed garlic and ginger.



### **LIMITED WARRANTY**

This product is warranted to be free from defects in material and workmanship for a period of one (1) year from the date of original purchase, except as noted below. During this period, we will repair or replace this product, at our option, at no cost. THE FOREGOING WARRANTY IS IN LIEU OF ANY OTHER WARRANTY, WHETHER EXPRESS OR IMPLIED, WRITTEN OR ORAL INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. ANY LIABILITY IS EXPRESSLY LIMITED TO AN AMOUNT EQUAL TO THE PURCHASE PRICE PAID, AND ALL CLAIMS FOR SPECIAL, INCIDENTAL AND CONSEQUENTIAL DAMAGES ARE HEREBY EXCLUDED. There is no warranty with respect to the following, which may be supplied with this product: glass parts, glass containers, cutter/strainer, blades, and/or agitators. This warranty extends only to the original consumer purchaser and does not cover a defect resulting from abuse, misuse, neglect, use for commercial purposes, or any use not in conformity with the printed directions. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state, or province to province. Some states or provinces do not allow limitations on implied warranties or special, incidental or consequential damages, so the foregoing limitations may not apply to you.

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