



Blender Cooking Class



Using a Blender

1. Cut fresh fruits and vegetables into 1-inch pieces before placing in the blender.
2. Liquids are usually added first.
3. Never fill more than two-thirds full.
4. Always put on the cover before turning on the power.
5. Blend large quantities of foods in smaller batches.
6. For hot foods, open the vent in the lid. Use a hot mitt or towel to hold the top down.
7. To keep from over-blending, use a quick on-and-off technique.
8. Use a rubber spatula with a blender. Don't use it when blender is running.
9. To clean, fill two-thirds full with warm water and add a drop or two of liquid detergent. Turn on and off several times.
10. Do not put base in water to clean! Unplug and wipe with a damp cloth.



Creamy Cauliflower White Bean Soup

Makes 6 servings

Ingredients

- 1 head cauliflower, florets and stems (about 5 cups)
- 2 tablespoons olive oil
- 1 onion, peeled and chopped
- 2 celery stalks, chopped
- 1 carrot, peeled and grated
- 2 cloves garlic, peeled and smashed
- 1 (14.5 ounce) can white beans, rinsed and drained (I use cannellini beans)
- 1 quart reduced-sodium vegetable broth
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried leaves)
- salt and freshly ground black pepper to taste
- ¼ cup Parmesan cheese (optional)



Directions

Chop the cauliflower florets (use raw or roast per alternative method below) into bite-size pieces, keeping some stems and discarding any tough parts.

1. Heat the olive oil in a medium pot over medium heat. Add onion, celery and carrot. Sauté for about 5 minutes.
2. Add the cauliflower and garlic, and stir to coat.
3. Add beans, broth, thyme and bring to a simmer, then reduce heat to low.
4. Simmer on low for about 15 - 18 minutes, or until cauliflower is soft.
5. Season with salt and freshly ground black pepper to taste.
6. Cool slightly and puree in blender in batches. Reheat if necessary.
7. Serve soup with a sprinkling of parmesan cheese, if using.

Alternative method: Toss the cauliflower with olive oil and place on baking sheet. Roast until browned in a 375 degree oven.

Berrylicious Smoothie

Ingredients

- ½ cup orange juice
- ½ banana, sliced
- 1 cup strawberries
- ½ cup blueberries
- ½ cup low-fat vanilla yogurt



Directions

Combine orange juice and yogurt in a blender. Add banana, strawberries and blueberries.

Blend until smooth, 30-45 seconds

Tip: For a colder smoothie, you can use frozen fruit. Try this basic recipe with any fruits you like – you can even add greens such as spinach or kale to increase the health factor!

Homemade Ranch-Style Dip

Makes 1 cup dip

Ingredients

- 1 cup low-fat cottage cheese
- 5 tablespoons milk
- 4 teaspoon lemon juice or white vinegar
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 ½ teaspoon dried dill
- 3 tablespoon green onion, minced
- 1 tablespoon dried parsley
- a pinch of salt and black pepper, to taste



Blend all ingredients until smooth. Taste and adjust seasonings. Refrigerate leftover dip.

Honey Mustard Vinaigrette

Makes 1 cup

Ingredients

- 1 clove garlic, peeled and sliced in half.
- $\frac{3}{4}$ cup olive oil
- 2 teaspoon Dijon or yellow mustard.
- 1 tablespoon honey
- $\frac{1}{4}$ cup white vinegar
- Salt and Pepper

Blend until smooth. Adjust seasonings.
Refrigerate up to 7 days.



From-Scratch Salad Dressings

Making salad dressings from scratch allows more control over the sodium, sugar and calorie content than using premade dressings. Dressings can be made in advance and stored in an airtight container at 41°F or lower for up to seven days.

Basic Recipe:

Ingredients

- 3 parts fat (3/4 cup oil)
- 1 part acid (1/4 cup vinegar)
- Seasoning to taste (salt, pepper, herbs)

Directions

Whisk together the acid and seasoning. Slowly pour in the fat while continuing to whisk. If storing prior to service, whisk again before using as ingredients may separate.

Fat Options	Acid Options	Seasoning Options
<ul style="list-style-type: none"> • Olive oil • Canola oil • Extra-virgin olive oil or olive oil blend • Sunflower oil • Vegetable oil • Mayonnaise • Pasteurized egg • Sour cream • Yogurt 	<ul style="list-style-type: none"> • Apple cider vinegar • Balsamic vinegar • Citrus fruit juice (orange, lemon, lime) • Red wine vinegar • Rice vinegar • White vinegar 	<ul style="list-style-type: none"> • Dried herbs • Fresh herbs • Fruit jam or preserves • Garlic, powder or fresh minced • Honey • Mustard (yellow, Dijon, or brown) • Parmesan cheese • Pepper • Salt • Shallot, minced

Sample Combinations

Asian-Inspired Salad Dressing

- 3 parts vegetable oil
- 1/3 part red wine vinegar
- 1/3 part low-sodium soy sauce
- 1/3 part lemon juice
- Brown sugar and garlic powder to taste

Mustard Vinaigrette

- 3 parts oil, any type
- 1 part vinegar, any type
- Mustard, herbs, and black pepper to taste

Raspberry Vinaigrette

- 3 parts olive or canola oil
- 1/2 part red wine vinegar
- 1/2 part red raspberry jam
- Salt and pepper to taste

Lemon Vinaigrette

- 3 parts olive or canola oil
- 1 part lemon juice
- Dried oregano or mint and salt and pepper to taste

Creamy Michigan Honey Dressing

- 1 part Michigan honey
- 1 part reduced-fat plain Greek yogurt
- 1 part Dijon mustard
- Salt to taste



Visit the Cultivate Michigan Salad Greens featured food page at <https://www.cultivatemichigan.org/featured-foods/foods/salad-greens> to learn more about how to source and serve fresh, Michigan-grown greens!

What Else Can I Use My Blender For?

Cauliflower Rice

Remove cauliflower core and hand-separate or cut into large florets. Add to blender. Cover florets with water. Pulse 5 times in blender. You may want to pulse more if you want a finer chop for a recipe like cauliflower crust. Drain using a fine mesh strainer, and presto! You've got cauliflower rice!

Other uses include:

- Substitution for stuffed peppers
- Sautee in a pan with a bit of olive oil
- Great addition to a veggie burger
- Healthier pizza crust



Bread & Cracker Crumbs

For soft bread crumbs, use fresh bread. For crunchy bread crumbs, use stale bread or bread that you have dried out in the oven. Break the bread or crackers into pieces. Place bread into the jar of the blender and process until the bread crumbs have an even, fine texture.



Pesto

Place any fresh green, herbs, and nut into blender. Add oil and pulse until smooth.

Black Bean Burger

To make these, you'll need to start by combining black beans (or beans of your choice), chopped onions, chopped red pepper, panko bread crumbs, garlic, ketchup, whole-wheat flour, olive oil, and a dash of cayenne in a food processor or blender. Pulse it a couple of times to make sure it is all mixed well to develop a smooth consistency. If you are having trouble blending the mixture, add some water, stir the mixture with a spoon, and then continue pulsing. Once you are done blending, scoop the mixture into a bowl. Form 4-5 patties with your hands and sprinkle each side with extra breadcrumbs. Bake at 450F for 15 minutes or until crisp and brown.



Pancake Batter

Place milk, sugar, eggs, oil and vanilla in the blender. Add flour and baking powder. Blend until smooth.

Two-Ingredient Banana Pancake Batter

Combine one peeled banana and two eggs into the blender. Blend until smooth.



Fluffier Scrambled Eggs

Add eggs to blender with salt & pepper. Blend until smooth. Cook as usual.