

Almond or Cashew Milk

1. Place all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend until the desired consistency is reached, about 2 minutes. Makes 3½ cups.

Note: If you wish to strain the sediment off the almond milk (do not strain cashew milk), place a fine-mesh sieve over a large bowl. Pour the almond milk slowly into the sieve and allow the milk to filter through, or stir the milk in the sieve with a spatula to help it pass through more rapidly.

Courtesy of Vitamix

Peanut Butter

1. Place the peanuts into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn the machine on and quickly increase the speed to Variable 10, then to High, using the tamper to press the ingredients into the blades.
4. In 1 minute you will hear a high-pitched chugging sound. Once the peanut butter begins to flow freely through the blades, the motor sound will change and become low and laboring. Stop the machine.
5. Store the peanut butter in an airtight container. It can be frozen for longer storage. Makes 1¾ cups.

Caution: Overprocessing will cause serious overheating to your machine. Do not process for more than 1 minute after the mixture starts circulating.

Almond Butter: Use roasted almonds instead of peanuts and add ¼ cup canola oil to the nuts to start circulating. Add more oil, ¼ cup at a time, if necessary. Refrigerate the almond butter and pour off the excess oil the next day.

Courtesy of Vitamix

Ingredients for Almond or Cashew Milk

3 cups water

1 cup raw almonds or cashews

Sugar or sweetener, to taste (optional)

“If you want to know if you are in a good restaurant or not, just ask the staff if they use a Vitamix blender in their kitchen. If they don’t, get out of there.”

— Michael Voltaggio,
Top Chef Winner & Cookbook Author

The Versatility of the Vitamix (continued)

- (Making Frozen Treats, continued) hammermill and cutting blades that crush and cut up frozen ingredients in seconds. The Vitamix machine works so fast that it all happens in under a minute, so there’s no time for the mixture to melt.

- **Cooking:** Cooking with the Vitamix machine starts with fresh, whole produce and in 4 to 6 minutes, you’ll get a fresh, hot soup, complete with all the nutrients. The Vitamix blades turn so fast they generate enough friction to create cooking heat. Simply toss in the ingredients called for in the recipe, flip the switch and you’ll enjoy a delicious, whole vegetable soup with minimal peeling or seeding. The Vitamix machine doesn’t stop at soups. You’ll be making lump-free gravies and puddings almost effortlessly. Fresh, canned or frozen fruits can be turned into fruit syrups to use on ice cream, pancakes and waffles.

- **Grinding:** The Vitamix container is best suited for grinding foods that contain moisture, such as nuts and meat. The wet blades draw the mixture down and into the blender for proper processing, and the customized hammermill and cutting blades do all the work for you. Raw or cooked meats and nut butters are best done with the wet blades and can be used in many recipes.

Courtesy of Vitamix

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Technique Class:



The chefs’ blender, the Vitamix is the one you see on TV. You’ve watched amazing transformations emerge from this powerful machine in minutes, from minced veggies and pureed hot soups to froths and frozen desserts. This incredible blender continues to be one of our best-sellers—and after this class, you’ll understand why.

The Versatility of the Vitamix

- **Juicing Whole Foods:** When you juice, a process unique to the Vitamix machine is initiated and the cell walls of whole fruits and vegetables are pulverized, thereby releasing the juice yet retaining all of the nutritious whole-food fiber. Unlike juice from a juice extractor, Vitamix whole-food juice delivers all the health benefits of both the juice and the fiber. You get creamy, smooth juice full of fiber.
- **Blending:** This may be the most enjoyable feature of the Vitamix machine. The precision engineering of the Vitamix makes it possible to achieve the best blended recipes on any speed. Whether you’re making creamy smoothies, emulsifying a tangy salad dressing, whipping cream, creating milk substitutes, mixing drinks or blending butters and batters, the Vitamix machine makes it all so easy. The secret is in the Variable Speed Dial. It allows you to control the blades and therefore provides versatility at various blending speeds.
- **Dry Chopping:** Here’s another tedious chore that is made so easy with the Vitamix machine. Dry chopping is used for such foods as carrots, olives, nuts, coconut, onions, eggs and cheese. With the Vitamix machine, these tasks are quick, easy and require little cleanup. For best results, chop only 1 cup at a time. You decide how coarse or fine you want the finished product to be by adjusting the Variable Speed Dial. The faster the speed, the finer the chop.
- **Wet Chopping:** The difference between dry chopping and wet chopping is that the latter method uses water or another liquid as the medium that circulates the ingredients being chopped. Water draws the food into the blades, resulting in a uniform chop. The type of chop, whether coarse or fine, is determined by the speed selected on the Variable Speed Dial. With wet chopping you can easily prepare vegetables for soups, salads, stir-fries, side dishes and coleslaw. Wet chopping is also the recommended preparation for all raw vegetables where a uniform chop is required. However, when wet chopping ingredients for salads, the moisture released by the vegetables allows the food to circulate into the blades, so no additional liquid is needed.
- **Making Frozen Treats:** The most amazing dessert you’ll make in your Vitamix machine is a delicious frozen treat. What’s even more amazing is that you’ll make it in under a minute! Vitamix frozen desserts start with a frozen ingredient—that’s no secret. The real secret is the high-performance (*Continued at left*)

Ingredients for Going Green Smoothie

1 cup green grapes

½ cup pineapple chunks

2 cups fresh spinach

½ ripe banana, peeled

½ cup water

½ cup ice cubes

Ingredients for Muirhead Pecan Pumpkin Butter Frozen Treats

¼ cup low-fat milk or soy milk

1 jar Muirhead Pecan Pumpkin Butter

½ cup cream cheese

1 tsp. vanilla extract

6 cups ice cubes

Ingredients for Broccoli-Cheese Soup

1 cup skim or low-fat milk

⅓ cup shredded cheddar cheese

1 cup chopped fresh or frozen broccoli or cauliflower florets, steamed

1 tsp. diced onion

1 tsp. cornstarch

¼ tsp. chicken or vegetable bouillon or soup base

Going Green Smoothie

- Place all the ingredients into the Vitamix container in the order listed and secure the lid.
- Select Variable 1.
- Turn the machine on and slowly increase the speed to Variable 10, then to High.
- Blend until the desired consistency is reached, about 60 seconds. Serve immediately. Makes 3½ cups.

Courtesy of Vitamix

Muirhead Pecan Pumpkin Butter Frozen Treats

This recipe can be reduced by half and made in smaller containers.

- Place all the ingredients into the Vitamix container in the order listed and secure the lid.
- Select the Frozen Dessert Function setting or Variable 1.
- Turn the machine on; if using the Variable Function, quickly increase the speed to Variable 10, then to High.
- Use the tamper to press the ingredients into the blades.
- In 30 to 60 seconds, the sound of the motor will change and 4 mounds should form.
- Stop the machine if using the Variable Function or allow the Frozen Dessert Function to finish. Do not overmix or melting will occur. Serve immediately. Makes 6 cups.

Courtesy of Williams-Sonoma Culinary Expert

Broccoli-Cheese Soup

Steam and reserve an extra cup of florets to add to your finished soup when serving.

- Place all the ingredients into the Vitamix container in the order listed and secure the lid.
- Select Variable 1 or the Hot Soup Function.
- Turn the machine on; if using the Variable Function, quickly increase the speed to Variable 10, then to High.
- Blend until heavy steam escapes from the vented lid, 5 to 6 minutes. Serve immediately. Makes 2 cups.

Courtesy of Vitamix

Chicken-Potato-Spinach Soup

Ideal for using leftovers, this soup is hearty enough to serve as dinner.

- Place the broth, milk, onion, 2 of the potatoes and the rosemary into the Vitamix container in the order listed and secure the lid.
- Select Variable 1.
- Turn the machine on and quickly increase the speed to Variable 10, then to High.
- Blend until heavy steam escapes from the vented lid, 4 to 5 minutes.
- Reduce the speed to Variable 3 and remove the lid plug.
- Add the spinach and the remaining potato through the lid plug opening and blend until the potato is chopped, about 15 seconds.
- Drop in the chicken and blend for 5 seconds more. Season the soup with salt. Serve immediately. Makes 4 cups.

Courtesy of Vitamix

Mexican Fondue

For dipping into the fondue, serve plantain chips, tortilla chips, smoked or dry cured sausage, steamed seasonal vegetables, red bell pepper strips and tomato wedges.

- In a sauté pan over medium heat, melt the butter. Add the onion, jalapeño and garlic and sauté for 2 minutes. Set aside.
- Place the onion mixture and the rest of the ingredients into the Vitamix container in the order listed and secure the lid.
- Select Variable 1.
- Turn the machine on and slowly increase the speed to Variable 10, then to High.
- Blend until heavy steam escapes from the vented lid, 3 to 4 minutes. Pour the mixture into a fondue pot and serve immediately. Makes 4½ cups.

Courtesy of Vitamix

Ingredients for Chicken-Potato-Spinach Soup

1 cup low-sodium chicken, beef or vegetable broth

1½ cups skim milk

½ small onion, peeled

3 medium potatoes, scrubbed, baked or boiled with skin on

⅓ tsp. dried rosemary

1 Tbs. spinach, cooked or frozen

5 oz. boneless, skinless chicken breast, cooked and diced

Salt, to taste

Ingredients for Mexican Fondue

2 Tbs. unsalted butter

1 medium red onion, peeled and diced

1 jalapeño pepper, seeded and minced

1 garlic clove, minced

1 can (14 oz.) chopped tomatoes, drained

¾ cup lager beer

2 Tbs. fresh lemon juice

2 tsp. chili powder

½ tsp. ground cumin

1 tsp. dried oregano

1 Tbs. cornstarch

12 oz. sharp cheddar cheese, cut into cubes