

May 27, 2012

VITAMIX!

A Vitamix blender will completely change your perception of what a blender can do. With its powerful performance, this blender is the perfect match for those who are passionate about the culinary arts. A chef's creations are a dynamic fusion of craft, science, artistry and improvisation; using professional tools will help ensure your success and inspire your creativity. Get ready to explore new levels of flavor, nutrition and creativity.

Introducing NEW Vitamix Professional Series 750 Blender

- Improved design.
- 17 inches high, so fits under most kitchen cabinets.
- Two new programs, including a wash cycle.
- 40% quieter than Vitamix Pro 500.
- Comes with patented tamper tool, cookbook and instructional DVD featuring Chef Michael Voltaggio.
- Cookbook includes weekday and weekend meals, plus side notes about substitutions and plating.

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 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 recommended 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.
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Vanilla Custard Sauce

You can turn an ordinary dessert into an extraordinary work of culinary art simply by adding a drizzle or a swirl of sauce, such as this vanilla custard sauce.

Place all the ingredients into the Vitamix container in the order listed and secure the lid.

Select the Hot Soup program and press Start. Allow the machine to complete the programmed cycle. Makes 4½ cups.

Courtesy of Vitamix

- 6 egg yolks
- 1½ cups half-and-half
- ¼ cup all-purpose flour
- ½ cup sugar
- ⅛ tsp. salt
- 1 Tbs. vanilla extract
- 1 Tbs. unsalted butter



Pesto Sauce

Place the olive oil, cheese, garlic, basil and pine nuts into the Vitamix container in the order listed and secure the lid.

Select Variable 1 and press Start, then quickly increase the speed to Variable 7. Blend for 1 minute, using the tamper to press the ingredients into the blades. Season the pesto with salt and pepper. Makes 1 cup.

Courtesy of Vitamix

- ½ cup olive oil
- ½ cup grated Parmigiano-Reggiano cheese
- 3 medium garlic cloves, peeled
- 2 cups fresh basil leaves
- 3 Tbs. pine nuts
- Salt and freshly ground pepper, to taste

½ cup green grapes

1 medium orange, peeled, halved and seeded

½-inch-thick pineapple slice, core included, halved crosswise

½ cup peeled and chopped cucumber

1 medium carrot, halved crosswise

¼ medium apple, cored

2 cups ice cubes

Fruit Salad Smoothie

Place all the ingredients into the Vitamix container in the order listed and secure the lid.

Select the Smoothie program and press Start. Allow the machine to complete the programmed cycle. Makes 3 cups.

Courtesy of Vitamix

- **Making Frozen Treats:** The most amazing dessert you'll make in your Vitamix machine is a delicious frozen treat. And 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 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 delicious 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 delicious recipes.

<p>⅔ cup vanilla yogurt 5 large bananas, frozen, peeled and halved crosswise 2 tsp. rum extract (optional) 2 Tbs. caramel sauce 1 Tbs. honey 1 tsp. ground cinnamon ½ cup pecans</p>	<h3 style="color: #558b2f;">Frozen Bananas Foster</h3> <p><i>To make this dessert extra special, garnish with whipped cream, chopped maraschino cherries, chopped walnuts and a cinnamon stick.</i></p> <p>Place all the ingredients into the Vitamix container in the order listed and secure the lid.</p> <p>Select the Frozen Dessert program and press Start. Allow the machine to complete the programmed cycle, using the tamper to press the ingredients into the blades. Serve immediately. Makes 4½ cups.</p> <p style="font-size: small;">Courtesy of Vitamix</p>
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<p>1 cup frozen unsweetened strawberries 1 cup frozen unsweetened blueberries 1 cup frozen unsweetened red raspberries 2 cups frozen pitted Bing cherries ½ oz. fresh ginger, peeled ½ cup cold water ½ cup sugar ½ cup fresh mint leaves ⅛ tsp. ground cloves ⅛ tsp. ground allspice ¼ tsp. ground nutmeg ½ tsp. ground cinnamon 1 tsp. vanilla extract</p>	<h3 style="color: #558b2f;">Berry Sorbet with Mixed Spices</h3> <p>Partially thaw the frozen berries and cherries for 20 minutes; set aside.</p> <p>Place the ginger, water and sugar into the Vitamix container and secure the lid.</p> <p>Select Variable 1 and press Start, then slowly increase the speed to Variable 8. Blend for 20 seconds until the ginger is finely chopped. Stop the machine and remove the lid. Add the berries, cherries, mint, cloves, allspice, nutmeg, cinnamon and vanilla to the container with the ginger mixture and secure the lid.</p> <p>Select the Frozen Dessert program and press Start. Allow the machine to complete the programmed cycle, using the tamper to press the ingredients into the blades. Serve immediately. Makes 4¼ cups.</p> <p style="font-size: small;">Courtesy of Vitamix</p>
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4 cups fennel slices (1-inch pieces), from 1 large fennel bulb, trimmed

½ large green apple, cored and cut into 4 wedges

½ large red apple, cored and cut into 4 wedges

8 small radishes, trimmed

4 scallions, cut into 1-inch pieces

1 cup thinly sliced fresh apricots

For the dressing:

¼ cup apricot or walnut oil

3 Tbs. rice vinegar

½ tsp. salt

¼ tsp. freshly cracked pepper

Fennel, Apple and Radish Chopped Salad

If fresh apricots aren't available, substitute fresh plums or ripe Anjou pears; you'll just be trading a bit of the tartness for more sweetness.

Place half of the fruits and vegetables into the Vitamix container in the order listed and secure the lid.

Select Variable 5. Pulse up to 10 times or until the ingredients are coarsely chopped. Transfer to a colander.

Repeat with the remaining fruits and vegetables. Drain them in the colander for 5 minutes to remove the excess liquid. Discard the liquid and pour the fruits and vegetables into a serving bowl.

Place all the dressing ingredients into the Vitamix container in the order listed and secure the lid.

Select Variable 1 and press Start, then slowly increase the speed to Variable 5. Blend for 10 seconds.

Pour the dressing over the fruits and vegetables and mix well. Refrigerate any leftovers. Serves 5.

Courtesy of Vitamix

2 cups chicken broth

5 plum tomatoes

½ bunch fresh cilantro, stemmed

1 garlic clove, peeled

½ tsp. freshly ground pepper

½ avocado, peeled and pitted

½ lime, peeled

½ cup canned black beans, drained

½ cup canned corn, drained

2 oz. tortilla chips, crushed, plus more chips for garnish

Sour cream or fresh cilantro sprigs for garnish

Avocado-Tortilla Soup

This soup is prepared from start to finish in the Vitamix container—perfect for a quick meal.

Place the broth, tomatoes, cilantro, garlic, pepper, avocado and lime into the Vitamix container in the order listed and secure the lid.

Select the Hot Soup program and press Start. Allow the machine to complete the programmed cycle.

Alternatively, if not using the Hot Soup program, select Variable 1 and press Start, then quickly increase the speed to Variable 10, then to High. Blend for 6 to 7 minutes or until heavy steam escapes from the vented lid.

Once the Hot Soup program is finished or you have blended on High for 6 to 7 minutes, reduce the speed to Variable 2 and remove the lid plug.

Add the beans, corn and the 2 oz. tortilla chips through the lid plug opening. Blend for 10 seconds.

Pour the soup into bowls and garnish with additional tortilla chips and sour cream or a cilantro sprig. Makes 5 cups.

Courtesy of Vitamix