

mellerware®

creative housewares

 20 Tekstiel St, Parow, Cape Town, 7493, RSA

 P.O. Box 6156 Parow East, 7501, RSA

 +27 21 931 8117  +27 21 931 4058

Service Centre Helpline: 086 111 5006

 www.creativehousewares.co.za

mellerware®
makes life easier

Robot Ultimate
Stick Blender
RECIPE BOOK



CONTENTS

SMOOTHIES AND DRINKS

- | | | |
|---|---------------------------|----|
| 3 | Blueberry Banana Smoothie | 22 |
| 4 | Strawberry Kiwi Smoothie | 23 |
| 5 | Coffee Milkshake | |
| 6 | Peach Cocktail | |
| 7 | Spicy Hot Chocolate | |

SOUPS, SAUCES, DIPS AND SPREADS

- | | | |
|----|----------------------------|--|
| 8 | Asparagus Soup | |
| 9 | Cauliflower & Curry Soup | |
| 10 | Sweet Red Pepper Sauce | |
| 11 | Chilli Sauce | |
| 12 | Veg & Tomato Sauce | |
| 13 | Basic Vinaigrette | |
| 14 | Parmesan & Garlic Dressing | |
| 15 | Mayonnaise | |
| 16 | Mango Salsa | |
| 17 | Guacamole | |
| 18 | Roasted Pepper Tapenade | |
| 19 | White Bean Spread | |
| 20 | Tomato & Basil Topping | |

DESSERTS

- | | | |
|----|-------------------------------|--|
| 21 | Chocolate Pistachio Macaroons | |
|----|-------------------------------|--|

Sweet Whipped Cream

Berry Sauce





mellerware
makes life easier

**FOR MORE RECIPES &
REGULAR UPDATES
REGISTER ONLINE AT**

www.mellerware.co.za



Blueberry Banana Smoothie

Ingredients

- 1 cup frozen blueberries
- 1 small banana, sliced
- 3/4 cup soy milk or fat-free milk
- 14 grams soy protein powder (or soy protein isolate)
- 1 teaspoon flaxseed oil
- 1-2 teaspoons honey (optional)

Makes 2 cups

Method

Place soy milk, protein powder, blueberries, banana, flaxseed oil and honey if using in mixing container. Insert the Mellerware Stick Blender. Blend using a gentle up and down motion until ingredients are combined, about 35 seconds.



Strawberry Kiwi Smoothie

Ingredients

- 1 cup frozen strawberries, partly thawed
- 1 kiwi, peeled, cut into eighths
- 1/2 cup fat-free vanilla yogurt
- 1/2 cup fat-free milk
- 1 tablespoon honey

Method

Place ingredients in the mixing container. Insert the blender. Blend using a gentle up-and-down motion until ingredients are well combined, about 30-35 seconds.



Coffee Milkshake

Ingredients

- 1 3/4 cups coffee ice cream
- 1/2 cup strong brewed coffee (may use espresso)
- 2 tablespoons fat-free milk

Method

Place ingredients in mixing container. Insert blender, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 20-30 seconds.

For a thicker style milkshake:

Fill mixing container with coffee ice cream up to the 1-cup mark. Add 1/4 cup brewed coffee and 1 tablespoon of fat-free milk. Blend using the same technique as above.

For a Mudslide variation:

Add 1 tablespoon each of Irish Cream Liqueur and Kahlua®.



Peach Cocktail

Ingredients

- 1 cup frozen peaches
- 1 cup citrus juice (orange, lime, lemon in any combination)
- 1/3 cup good quality tequila
- 1/2 tablespoon Triple Sec or Grand Marnier®
- 1-2 teaspoons granulated sugar

Makes 2 cups

Method

Place ingredients into mixing container. Insert the blender, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are combined, about 30 seconds.



Spicy Hot Chocolate

Ingredients

- 2 litres fat-free milk
- 7.5 cm cinnamon sticks
- 550 grams bittersweet chocolate (your favorite), broken into chunks
- 1 tablespoon vanilla extract

We made our Hot Chocolate with fat-free milk and it was a big hit. For a richer chocolate, make it with whole or reduced-fat milk.

Now and then indulgence is good for the soul.

Makes 12-16 servings

Method

Combine the milk and cinnamon sticks in a saucepan. Place over medium heat and stir constantly to heat until steamy and just beginning to bubble around the edges. Reduce heat to low and simmer for 10 minutes to infuse the cinnamon flavor into the milk. Stir in the chocolate chunks. When chocolate is melted, remove cinnamon sticks and stir in vanilla extract. Insert the blender and process about 1 minute using a gentle up-and-down motion. Continue blending until the mixture is creamy and frothy. Spoon into cups or mugs and top with a dollop of freshly whipped cream if desired.

For Hot Cinnamon Mocha, add 3-4 tablespoons instant espresso powder to the milk when steeping with the cinnamon sticks.



Asparagus Soup

Ingredients

- 55 grams shallot, peeled
- 1 tablespoon unsalted butter
- 1 clove garlic, peeled and crushed
- 500grams fresh asparagus, tough ends removed
- 85 grams red potato, peeled and diced
- 1/4 cup dry white wine
- 1 1/2 cups fat-free low-sodium chicken broth
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon dried basil
- 1/4 cup heavy cream (optional)

Makes 2 1/2 cups

Method

Insert the blade assembly in the prep bowl. Place the shallot in the prep bowl, connect hand blender motor body to the top of the chopper/grinder attachment cover, cover prep bowl and blend to finely chop. Melt butter in a saucepan over medium low heat. Add shallots and crushed garlic and “sweat” over medium-low heat for about 5 minutes. Do not allow the shallots and garlic to brown. While shallots are cooking, cut the asparagus into pieces and reserve the tips. When shallots are soft, add asparagus and potato to saucepan and cook for about 6 minutes longer, until asparagus is bright in color. Add wine and raise the heat to bring the wine to a boil. Reduce the wine until a scant tablespoon remains. Add chicken stock. Bring to a boil and then reduce heat to low. Simmer for about 20 minutes until the vegetables are soft. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using a gentle up-and-down motion until ingredients are well combined, about 40-50 seconds. Season with salt, pepper and basil. Stir in cream if using. While soup is cooking bring 2 cups of water to a boil. Add the asparagus tips and cook for 2 minutes until bright green. Drain and immediately plunge into an ice-water bath to stop cooking. Serve soup hot, garnished with reserved asparagus tips.



Cauliflower & Curry Soup

Ingredients

- 1 tablespoon olive oil
- 115 grams leeks, washed and trimmed, dark green parts removed, sliced
- 1 teaspoon curry powder
- 1/4 teaspoon turmeric
- 1/2 teaspoon kosher salt
- 1 head of cauliflower cut into small florets
- 100grams red potato peeled and cut into cubes
- 1/2 cup white wine
- 3 1/2 cups chicken stock or vegetable stock
- 1 teaspoon lemon or lime juice

Makes 5 cups

Method

Place a saucepan over medium heat and add olive oil. Add leeks and “sweat” for about 6-8 minutes until very soft. Add curry powder, turmeric, and salt to leek mixture and cook for about 1-2 minutes. Add cauliflower florets and potato. Stir to coat with spices and cook for another 5 minutes to soften slightly. Add white wine and increase heat to bring to a boil. Reduce the wine until there is a scant amount left. Add stock just to cover. Bring to a boil and then reduce heat to medium low. Simmer for about 25 minutes or until the vegetables are very soft. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 45-50 seconds. Add lemon juice. Taste and adjust seasoning accordingly.



Sweet Red Pepper Sauce

This multipurpose sauce is great for chicken, fish, crab cakes, and pastas

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, peeled, roughly chopped
- 6 cloves of garlic, peeled and smashed
- 3 medium red peppers roughly chopped
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup dry white wine
- 1/4 cup chicken stock

Makes 2 1/2 cups

Method

Heat the olive oil in a saucepan over medium-low heat. Add the onion, garlic, red pepper, salt, and pepper and stir to coat. Reduce heat to low, cover loosely and “sweat” slowly until softened for about 15-20 minutes. Take care that the vegetables do not pick up any color. When vegetables are soft, add wine and increase the temperature so that the wine comes to a boil. Reduce the wine until about 1 tablespoon remains. Add stock and bring to a boil. Reduce heat to medium low and simmer for about 10 minutes. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are smooth and well combined, about 50-60 seconds.



Chilli Sauce

This sauce is excellent served with your favorite Mexican dish—or use it as a base for a delicious southwestern stew.

Ingredients

- 680grams Anaheim or green New Mexican chiles
- 1 small onion, cut into quarters
- 1 large garlic clove, peeled
- 1 jalapeño pepper, cut in half, seeds and stem removed
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- 1 1/2 cups chicken stock
- 3/4 teaspoon salt

Makes 2 1/4 cups

Method

Preheat oven to 230°C. Place peppers on a baking sheet and roast until very dark and skin is coming away from the pepper, about 30 minutes. Place roasted peppers in a mixing bowl and cover with plastic wrap in order for the skins to loosen about 15 minutes. Insert the blade assembly in the prep bowl. Place the onion, garlic, and jalapeño in the prep bowl and blend to a rough chop. Peel the cooled peppers, discarding all skin, seeds, and stems. Place in prep bowl and blend to a rough chop. Place a sauté pan over medium heat and add the butter. Add the onion, garlic and jalapeño mixture and sauté for about 4-5 minutes. Stir in chopped chiles and cook for another minute. Add flour and stir and cook for 2 minutes. Add stock and bring to a boil. Add salt and reduce to a simmer for about 25 minutes. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 40-60 seconds, until the sauce reaches desired consistency.



Veg & Tomato Sauce

A fresh and healthy pasta sauce that is excellent served with whole-wheat pasta and topped with crumbled feta cheese.

Ingredients

- 1 tablespoon olive oil
- 4 ounces yellow onion cut into quarters
- 2 garlic cloves, peeled and crushed
- 3 1/2 ounces red pepper, cut into 1-inch pieces
- 3 ounces eggplant, peeled and cut into 1-inch pieces
- 3 ounces zucchini, cut into 1-inch pieces
- 3 ounces summer squash, cut into 1-inch pieces
- 1 small carrot, peeled and cut into 1/2-inch pieces
- 1/4 cup dry white wine
- 1 sprig fresh thyme
- 3/4 teaspoon salt
- 1 28-ounce can diced tomatoes

Makes 4 cups

Method

Insert the blade assembly in the prep bowl. Place the onion in the prep bowl and pulse approximately 8 times to a rough chop. Heat the olive oil in a 3-quart saucepan over medium heat. Add the chopped onion and the crushed garlic cloves to the pan and reduce heat to low. One at a time, place the remaining vegetables in the prep bowl and chop with 8 even pulses and then add to the pan, stirring between each addition. After carrot is added, stir and allow vegetables to cook over low heat for about 15 minutes. Add white wine and reduce wine to 1 tablespoon. Add thyme, salt, and tomatoes. Simmer for 25 minutes longer. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 50-60 seconds.



Basic Vinaigrette

Ingredients

Use this basic vinaigrette as a guide and change your vinegar/oil flavors to come up with appropriate combinations to create exciting salads. You may add other flavors such as crushed or roasted garlic, chopped shallots, fresh or dried herbs, sun-dried tomatoes, honey, lemon juice, or flavored vinegars.

- 1/4 cup wine vinegar
- 1 tablespoon Dijon mustard
- 3/4 cup salad or olive oil
- salt and freshly ground pepper to taste

Makes 1 cup

Method

Place all ingredients in the mixing container. Process until combined, about 10-15 seconds. Keep unused portions in an airtight container in the refrigerator up to 2 weeks.



Parmesan & Garlic Dressing

Ingredients

Similar to a Caesar dressing, but made with roasted garlic to give the dressing a more mellow flavor.

- 30grams Parmigiano-Reggiano cheese, cut into cubes
- 4 cloves roasted garlic*
- 2 tablespoons fresh lemon juice
- 2 tablespoons red or white wine vinegar
- 2 tablespoons lowfat mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon anchovy paste
- 1 teaspoon Worcestershire sauce
- 1 teaspoon freshly ground pepper
- 1 cup extra virgin olive oil
- Tabasco® or other hot sauce (to taste)

Makes about 1 1/3 cups

Method

Insert the blade assembly in the prep bowl. Place the cheese cubes in the prep bowl. Blend to chop roughly, then blend to chop finely, about 15-20 seconds. Add remaining ingredients to prep bowl. Process for about 30-40 seconds, until creamy and totally emulsified.

**To roast garlic: Place 12 or more peeled cloves in a double thickness of aluminum foil, toss with a tablespoon of olive oil and fold the foil to seal. Place in 190°C oven for 30-40 minutes, until tender and browned. If you do not wish to roast the garlic, you may blanch it until tender.*



Mayonnaise

Ingredients

Make quick mayonnaise in just moments.

- 2 egg yolks
- 1 tablespoon fresh lemon juice
- 1/2 tablespoon Dijon mustard
- 1 cup vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground white pepper

Makes about 1 1/4 cups

Method

Place all ingredients in mixing container in order listed. Insert blender holding blade against bottom of container and process until mixture begins to thicken, about 15 seconds. Continue processing with a gentle up-and-down motion until thick, about 20-30 seconds longer.



Mango Salsa

Ingredients

Mango Salsa is excellent served over grilled fish such as salmon, tuna, swordfish or scallops, and grilled chicken, duck or pork tenderloin. It can also be served like traditional tomato salsa with tortilla chips.

- 1/4 red bell pepper, cut into pieces (1/4 cup)
- 1 small clove garlic, peeled
- 1/2 jalapeño pepper, stemmed and seeded, cut into pieces
- 1/2 small red onion cut into pieces
- 1 mango, peeled and pitted, cut into pieces
- 1 1/2 tablespoons fresh cilantro leaves
- 2 teaspoons fresh lime juice
- 1 1/2 teaspoons rice vinegar (may use raspberry or white balsamic vinegar)
- 1/2 teaspoon honey

Makes 1 cup

Method

Insert the blade assembly in the prep bowl. Place the red bell pepper pieces in the prep bowl and blend to coarsely chop. Transfer to a bowl and reserve. Add the garlic, jalapeño pepper and onion to the prep bowl, blend to chop. Remove and add to chopped red pepper. Add mango and cilantro to prep bowl and blend until mango reaches desired chopped consistency. Transfer to the bowl with the chopped red pepper and reserve. Stir in the lime juice, vinegar, and honey. Cover and let sit for 30 minutes to allow the flavors to blend. If not using immediately, cover and refrigerate.

Mango Salsa is best when served the day it is prepared, but may be prepared up to one day ahead. Remove from the refrigerator 30 minutes before serving for best flavor.



Guacamole

Ingredients

An all-time favorite, serve guacamole with tortilla chips or vegetable crudités.

- 1 clove garlic, peeled and smashed
- 1 green onion, trimmed and cut into pieces
- 1/2 jalapeño pepper, cored, seeded and cut into pieces
- 1 ripe avocado, peeled and pitted, cut into chunks
- 1 tablespoon fresh lime juice
- 1/4 teaspoon cumin powder
- 1/4 teaspoon powdered coriander
- 1/4 teaspoon salt

Method

Insert the blade assembly in the prep bowl. Place the garlic, green onion and jalapeño pepper in the prep bowl. Blend to chop. Add avocado, lime juice, cumin, coriander and salt. Blend to chop avocado, then process continuously until desired consistency is reached, stopping every 20 to 30 seconds to scrape the bowl. Transfer to a serving bowl, cover with plastic wrap placed directly on the guacamole and refrigerate for 30 minutes before serving to allow the flavors to blend.



Roasted Pepper Tapenade

Ingredients

- 1 small garlic clove, peeled
- 1 340 grams jar of roasted peppers, drained, cut into pieces
- 1/2 sun-dried tomato (oil packed)
- 2 tablespoons green pimento-stuffed olives, drained
- 1/2 teaspoon fresh thyme
- 1/2 teaspoon extra virgin olive oil
- pinch salt
- pinch pepper

Makes 1 cup

Method

Insert the blade assembly in the prep bowl. Place garlic in the prep bowl and process for 10-15 seconds; scrape bowl. Add remaining ingredients to prep bowl and blend to reach desired consistency. Season to taste. Serve with crackers or crostini.



White Bean Spread

Ingredients

- 1 small garlic clove, peeled
- 6 fresh sage leaves
- 15 grams tomato
- 540grams of cannellini beans (or other white beans),rinsed and drained
- 2 teaspoons extra virgin olive oil
- 1/2 teaspoon salt
- fresh ground pepper to taste

Makes 1 1/4 cups

Method

Insert the blade assembly in the prep bowl. Place garlic in the prep bowl and process for 30 seconds. Add sage and blend. Add tomato and blend. Add remaining ingredients to prep bowl and blend evenly to reach desired consistency. Season to taste. Serve with crackers or as a topping for bruschetta. For a smoother spread, add 2-4 tablespoons water and process until smooth and creamy.



Tomato And Basil Topping

Ingredients

- 1 small garlic clove, peeled
- 1 1/2 tablespoon fresh basil leaves
- 1 pint grape tomatoes
- 3 teaspoons extra virgin olive oil
- 1/2 teaspoon salt

Makes 1 cup

Method

Insert the blade assembly in the prep bowl. Place garlic in the prep bowl and run for 30 seconds. Add basil and blend. Add remaining ingredients to prep bowl and blend to reach desired consistency. Season to taste.



Chocolate Pistachio Macaroons

Ingredients

- Makes about 30 cookies
- 3/4 cup granulated sugar
- 1/2 cup shelled pistachios, unsalted
- 1/4 cup Dutch processed cocoa
- 4 large egg whites
- 1 cup mini chocolate morsels

Method

Preheat oven to 160°C. Line two baking sheets with grease proof paper. Insert the blade assembly in the prep bowl. Place 1/4 cup of the sugar and the pistachios in the prep bowl and process for 30–40 seconds until finely ground. Add cocoa and blend to incorporate. Place egg whites in a glass or stainless mixing bowl. Insert the blender fitted with the whisk attachment and beat whites. After 1 1/2 minutes add the remaining 1/2 cup of sugar. Whites should reach firm peaks after 3 minutes. Fold the pistachio and cocoa mixture into the egg whites in three increments with a rubber spatula. Gently fold in the chocolate morsels, taking care not to deflate. Drop the batter in spoonfuls (2 tablespoons) onto the prepared baking sheets. Bake in preheated 160°C oven for 35–40 minutes, until the cookies lift easily from the baking sheet and cookie bottoms are smooth. Transfer the parchment with the cookies from the hot pan to a cool surface. Peel off the paper and store in airtight container once cooled.



Sweet Whipped Cream

Sweetened whipped cream is the perfect finish for just about any dessert, or spoon a dollop over coffee or hot chocolate.

Ingredients

- 1 1/4 cups heavy cream, chilled
- 2 tablespoons granulated sugar
- 1 1/2 teaspoons vanilla extract

Makes 2 cups

Method

Place the cream, sugar, and vanilla in a large stainless or glass mixing bowl. Insert the blender fitted with the whisk attachment. Start the blender but be careful to have the whisk just skim the surface of the cream. Blend until the cream gains some body and then move the blender in an up-and-down motion throughout the bowl. Whipped cream will reach soft peaks between 50-60 seconds.

Variation:

Cocoa Whipped Cream: Place 1 1/4 cups heavy cream, 3 tablespoons granulated sugar, 1 tablespoon unsweetened cocoa, and 1 teaspoon vanilla in mixing bowl. Whip as directed.



Berry Sauce

Ingredients

This versatile dessert sauce could not be easier.

- 1 340gram bag of frozen mixed berries thawed
- 1/4 cup granulated sugar
- 1/2 teaspoon fresh lemon juice

Makes 1 1/4 cup

Method

Place all ingredients in a saucepan. Over medium heat bring mixture to a simmer and cook for about 5 minutes to melt the sugar. Insert the blender into the saucepan, making sure the protective guard is submerged. Blend, using an up-and-down motion until ingredients are well combined, about 30-40 seconds. Strain the sauce through a fine mesh strainer and serve.

