

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



Automatic Frozen Yogurt-Ice Cream & Sorbet Maker

ICE-20 Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against risk of electric shock, do not place cord, plug, or base of appliance in water or any other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away during operation to reduce the risk of injury and/or damage to the appliance.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or is dropped or damaged in any manner. Return the appliance to the nearest Cuisinart Repair Center for examination, repair, electrical or mechanical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock or risk of injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Keep hands and utensils out of freezer bowl while in use to reduce the risk of injury to persons or to the appliance itself. **DO NOT USE SHARP OBJECTS OR UTENSILS INSIDE THE FREEZER BOWL!** Sharp objects will scratch and damage the inside of the freezer bowl. A rubber spatula or wooden spoon may be used when the appliance is in the OFF position.
11. This appliance is for household use. Any servicing other than cleaning and user maintenance should be done only by authorized Cuisinart Repair Personnel.
12. Do not use the freezer bowl on flames, hot plates or stoves. Do not expose to heat source. Do not wash in dishwasher; doing so may cause risk of fire, electric shock or injury.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

CAUTION

This appliance is for household use. Any servicing other than cleaning and user maintenance should be performed by an authorized service representative.

- Do not immerse base in water.
- To reduce the risk of fire or electric shock, do not disassemble the base. Note: the base does not contain any user-serviceable parts.
- Repairs should be made only by authorized personnel.
- Check voltage to be sure that the voltage indicated on the name plate agrees with your voltage.
- Never clean with scouring powders or hard implements.

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INTRODUCTION

Congratulations! You've purchased a Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker. There's no faster way to make all your favorite frozen desserts. In as little as 20 minutes, you can serve up to 1-1/2 quarts of low-fat frozen yogurt or wonderfully rich ice cream. Or, you can make frozen drinks, low-fat sherbets or sorbets. Since you select the ingredients, you know you're treating your family and friends to healthful, naturally delicious frozen delights.

The Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker is fully automatic. Just turn on the machine and pour ingredients into the spout. Its double-insulated freezer bowl is engineered to give you even results. Its aerating mixing arm leaves ingredients creamy and light.

FEATURES AND BENEFITS

1. Ingredient Spout

Pour recipe ingredients through the spout. Also use to add ingredients, like chips or nuts, without interrupting the freezing cycle.

2. Easy-lock Lid

Transparent to let you watch the freezing process as it progresses. Lid is designed to easily lock to the base.

3. Mixing Arm

Mixes and aerates ingredients in freezer bowl to create frozen dessert or drink.

4. Freezer Bowl

Contains cooling liquid between a double insulated wall to create fast and even freezing. Double wall keeps the bowl cool and at an even temperature.

5. Base

Contains heavy-duty motor strong enough to handle ice cream, frozen yogurt, sherbet, sorbet, and frozen drinks.

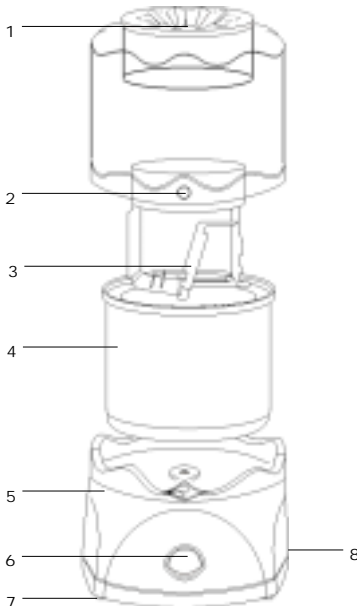
6. On/Off Switch

7. Rubber Feet

Non-slip feet keep base stationary during use.

8. Cord Storage (not shown)

Unused cord is easily pushed into the base to keep counters neat and safe.



FREEZING TIME AND BOWL PREPARATION

The freezer bowl must be completely frozen before you begin your recipe. The length of time needed to reach the frozen state depends on how cold your freezer is. For the most convenient frozen desserts and drinks, leave your freezer bowl in the freezer at all times. You can take it out any time for immediate use.

In general, freezing time is between 6 hours and 22 hours. To determine whether the bowl is completely frozen, shake it. If you do not hear liquid moving, the cooling liquid is frozen. Before freezing, wash and dry the bowl. Wrap it in a plastic bag to prevent freezer burn. We recommend that you place the freezer bowl in the back of your freezer where it is coldest.

Reminder: Your freezer should be set to 0°F to ensure proper freezing of all foods.

MAKING FROZEN DESSERTS OR DRINKS

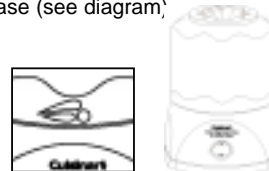
1. Prepare recipe ingredients from pages that follow or from your own recipe. Cuisinart recipes begin on page 4. If you use your own recipe, be sure it yields 1-1/2 quarts or less. For best results, prepare ingredients in a container that is easy to pour from.

2. Remove the freezer bowl from the freezer. (Remove plastic bag if you have wrapped freezer bowl.) Place freezer bowl on the center of the base.

NOTE: Bowl will begin to defrost quickly once it has been removed from freezer. Use it immediately after removing from freezer.

3. Place mixing arm in freezer bowl. Arm does not fit tightly. It just rests in the center of the bowl, with the circle side facing up.

4. Place lid on base. Easy-lock lid mechanism allows lid to rest on base in multiple positions. The raised circle on the lid should line up with the raised area on the base (see diagram).



5. Press On/Off switch to ON position. Freezer bowl will begin to turn.

6. Immediately pour ingredients through ingredient spout.

7. Frozen desserts or drinks will be done in 20-30 minutes. The time will depend on the recipe and volume of the dessert or drink you are

BEFORE USING FOR THE FIRST TIME

DO NOT immerse the motor base in water. Wipe it with a moist cloth. Wash the lid, freezer bowl and mixing arm in warm soapy water to remove any dust or residue from the manufacturing and shipping process. DO NOT clean any of the parts with abrasive cleaners or hard implements.

making. When the mixture has thickened to your liking, it is done. If you desire a firmer consistency, transfer the dessert or drink to an airtight container and store in the freezer for two or more hours.

NOTE: Do not store frozen desserts or drinks in the freezer bowl. Desserts and drinks will stick to the side of the freezer bowl and may damage the bowl. Store only in a plastic airtight container.

ADDING INGREDIENTS

Ingredients such as chips and nuts should be added about 5 minutes before the recipe is complete. Once the dessert or drink has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

SAFETY FEATURE

The Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker is equipped with a safety feature that automatically stops the unit if the motor overheats. This may occur if the dessert or drink is extremely thick, if the unit has been running for an excessively long period of time, or if added ingredients (nuts, etc.) are in extremely large pieces. To reset the unit, put the ON/OFF switch in the OFF position. Let the unit cool off. After a few minutes, you may turn the unit on again and continue making the dessert or drink.

CLEANING AND STORAGE

Cleaning

Clean the freezer bowl, mixing arm and lid in warm soapy water. **DO NOT PUT FREEZER BOWL IN THE DISHWASHER. DO NOT CLEAN WITH ABRASIVE CLEANSERS OR IMPLEMENTS.** Wipe motor base clean with damp cloth. Dry all parts thoroughly.

Storage

DO NOT put freezer bowl in freezer if bowl is wet. DO NOT store lid, mixing arm, or base in freezer. You may store the freezer bowl in the freezer for convenient, immediate use. Before freezing, wrap the bowl in a plastic bag to prevent freezer burn. Do not store frozen desserts or drinks in the freezer bowl in the freezer for more than 30 minutes at a time. Transfer frozen desserts or drinks to an airtight container for longer storage in the freezer.

RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen drinks and desserts. You may create or use recipes of your own, as long as they yield no more than 1-1/2 quarts.

Recipe Tips:

- Frozen desserts from the Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker use pure, fresh ingredients. Because of this, the desserts and drinks do not have the same characteristics as commercially prepared frozen desserts and drinks. Most store-bought versions use gums and preservatives to make them firmer. **If you desire a firmer consistency, transfer the dessert or drink to an airtight container and store in the freezer until desired consistency is reached, usually two or more hours.**
- Some recipes use precooked ingredients. For best results, the mixture should be chilled overnight before using. Or, chill the recipe over an ice bath, until it is completely cooled, before using.
- To make an ice bath, fill a large container with ice and water. Place saucepan or other container into the ice bath. Cool precooked ingredients completely.
- Prior to freezing, most recipes may be stored in the refrigerator for up to 3 days.
- You may substitute lower fat creams (e.g. half and half) and milk (reduced fat or lowfat) for heavy cream and whole milk used in many recipes. However, keep in mind that the higher the fat content, the richer and creamier the result. Using lower fat substitutes may change the taste, consistency and texture of the dessert. When substituting, be sure to use the same volume of the substitute as you would have used of the original item. For example, if the recipe calls for two cups of cream, use a total of two cups of the substitute (such as 1 cup cream, 1 cup whole milk).
- You may substitute artificial sweeteners for sugar. If the recipe is to be precooked, add the sweetener after the heating process is complete and ingredients have cooked. Stir the mixture thoroughly to dissolve the sweetener.
- In recipes that use alcohol, add the alcohol during the last two minutes of the freezing process. Otherwise, the alcohol may impede the freezing process.
- When making sorbet, be sure to test the ripeness and sweetness of the fruit before you use it. The freezing process reduces the sweetness of the fruit so that it will taste less sweet than the recipe mixture. If the fruit tastes tart, add sugar to the recipe. If the fruit is very ripe or sweet, reduce the amount of sugar in the recipe.
- The Cuisinart recipes listed below will yield up to 1-1/2 quarts of dessert or drink. When pouring ingredients in through the ingredient spout, **DO NOT** fill the freezer bowl higher than 1/4" from the top of the freezer bowl. The ingredients will increase in volume during the freezing process.
- When making more than one recipe at a time, be sure the freezer bowl is completely frozen before each use.
- Make sure mixing arm and lid are in place before turning on machine.

BASIC ICE CREAMS

VANILLA ICE CREAM

Preparation: 5 minutes, plus 20 – 25 minutes chilling time; optional 2 hours to ripen. Makes ten 1/2-cup servings.

- 1 cup whole milk, well chilled
- 3/4 cup granulated sugar
- 2 cups heavy cream, well chilled
- 1 – 2 teaspoons pure vanilla extract, to taste

In a medium bowl, use a hand mixer or a whisk to combine the milk and granulated sugar until the sugar is dissolved, about 1 – 2 minutes on low speed. Stir in the heavy cream and vanilla to taste. Turn machine on, pour mixture into freezer bowl through ingredient spout and let mix until thickened, about 25 – 30 minutes.

Nutritional analysis per serving:

Calories 239 (68% from fat) • carbo. 17g • pro 2g • fat 18g • sat. fat 11g • chol. 69mg • sod. 30mg

VARIATIONS:

Mint Chip: Omit the vanilla and replace with 1 to 1-1/2 teaspoons pure peppermint extract (to taste). Chop your favorite 4-ounce bittersweet or semi-sweet chocolate bar into tiny uneven pieces. Add the chopped chocolate during the last 5 minutes of mixing.

Butter Pecan: Melt 1 stick unsalted butter in a 10-inch skillet. Add 1 cup roughly chopped pecans and 1 teaspoon kosher salt. Cook over medium-low heat, stirring frequently until the pecans are lightly browned. Remove from the heat, strain (the butter will have a pecan flavor and may be reserved for another use). Allow the pecans to cool completely. Add the toasted buttered pecans during the last 5 minutes of mixing.

Cookies & Cream: Add 3/4 cup coarsely chopped cookies or your favorite candy (chocolate chip, Oreos®, Mint Oreos®, etc.) during the last 5 minutes of mixing.

BASIC CHOCOLATE ICE CREAM

Preparation: about 1 hour (active time about 5- 10 minutes), plus 25 - 30 minutes chilling time; optional 2 hours to ripen. Makes ten 1/2-cup servings.

- 1 cup whole milk
- 1/2 cup granulated sugar

- 8 ounces bittersweet or semi-sweet chocolate (your favorite), broken into 1/2-inch pieces
- 2 cups heavy cream, well chilled
- 1 teaspoon pure vanilla extract

Heat the whole milk until it is just bubbling around the edges (this may be done on the stovetop or in a microwave). In a blender or food processor fitted with the metal blade, pulse to process the sugar with the chocolate until the chocolate is very finely chopped. Add the hot milk, process until well blended and smooth. Transfer to a medium bowl and let the chocolate mixture cool completely. Stir in the heavy cream and vanilla to taste. Chill for 30 minutes or longer.

Turn the machine ON, pour chilled mixture into freezer bowl through ingredient spout and let mix until thickened, about 25 – 30 minutes.

Nutritional analysis per serving:

Calories 370 (60% from fat) • carbo. 34g • pro 3g • fat 25g • sat. fat 11g • chol. 65mg • sod. 31mg

VARIATIONS:

Chocolate Almond: Add 1/2 teaspoon pure almond extract along with the vanilla. Add 1/2 - 3/4 cup chopped toasted almonds or chopped chocolate-coated almonds during the last 5 – 10 minutes of freezing.

Chocolate Cookie: Add 1/2 - 1 cup chopped cookies during the last 5 minutes of freezing.

Chocolate Fudge Brownie: Add 1/2 - 1 cup chopped day old brownies during the last 5 minutes of freezing.

Chocolate Marshmallow Swirl: When removing the ice cream to a container for freezing, layer it with dollops of your favorite chocolate sauce and scoops of marshmallow crème (fluff). Freeze at least 2 hours before serving.

FRESH STRAWBERRY ICE CREAM

Preparation: 5 – 10 minutes, plus 2 hours for the strawberries to macerate, 20 – 25 minutes chilling time; optional 2 hours to ripen. Makes twelve 1/2-cup servings.

- 1 pint fresh ripe strawberries, stemmed and sliced
- 3 tablespoons freshly squeezed lemon juice
- 1 cup sugar, divided
- 1 cup whole milk
- 2 cups heavy cream
- 1 teaspoon pure vanilla extract

In a small bowl, combine the strawberries with the lemon juice and 1/3 cup of the sugar; stir gently and allow to the strawberries to macerate in the juices for 2 hours.

In a medium bowl, use a hand mixer or a whisk to combine the milk and granulated sugar until the sugar is dissolved, about 1 – 2 minutes on low speed. Stir in the heavy cream plus any accumulated juices from the strawberries and vanilla. Turn the machine ON, pour mixture into freezer bowl through ingredient spout and let mix until thickened, about 25 – 30 minutes. Add the sliced strawberries during the last 5 minutes of freezing. Note: this ice cream will have a “natural” appearance of very pale pink; if a deeper pink is desired, sparingly add drops of red food coloring until desired color is achieved.

Nutritional analysis per serving:

Calories 222 (61% from fat) • carbo. 20g • pro 2g • fat 15g • sat. fat 10g • chol. 57mg • sod. 26mg

HOLIDAY RECIPES

EGGNOG ICE CREAM

Preparation: 5 – 10 minutes, 25 – 30 minutes chilling time; optional 2 hours to “ripen” in freezer.

Makes about ten 1/2-cup servings.

1/2 cup pasteurized egg product, such as EggBeaters®
3/4 cup sugar
1 cup whole milk
2 cups heavy cream
1 teaspoon rum extract
1 teaspoon brandy extract
1/2 teaspoon pure vanilla extract
1/8-1/4 teaspoon freshly grated nutmeg, to taste

Combine the pasteurized egg product and sugar in a medium bowl and beat on medium speed with a hand mixer until thickened and pale yellow in appearance, about 1-1/2 to 2 minutes. Use low speed to stir in the whole milk, heavy cream, rum extract, brandy extract, and vanilla extract. Stir in the nutmeg to taste.

Turn the machine ON, pour mixture into freezer bowl through ingredient spout and let mix until thickened, about 25 – 30 minutes. The ice cream will have a soft creamy texture. If desired, transfer the ice cream to an airtight container and place in freezer until firm, about 2 hours to “ripen.”

Nutritional analysis per serving:

Calories 244 (67% from fat) • carbo. 17g • pro 3g • fat 17g • sat. fat 11g • chol. 69mg • sod. 46

PEPPERMINT STICK ICE CREAM

Preparation: 5 – 10 minutes, 25 – 30 minutes chilling time; optional 2 hours to “ripen” in freezer.

Makes about ten 1/2-cup servings.

1 cup whole milk, well chilled
3/4 cup granulated sugar
2 cups heavy cream, well chilled
1/2 teaspoons pure vanilla extract
1 teaspoon peppermint extract
3/4 cup crushed hard peppermint candies

In a medium bowl, use a hand mixer or a whisk to combine the milk and granulated sugar until the sugar is dissolved, about 1 – 2 minutes on low speed. Stir in the heavy cream, vanilla and peppermint extract. Turn the machine ON, pour mixture into freezer bowl through ingredient spout and let mix until thickened, about 25 – 30 minutes. Add the crushed peppermint candies during the last 5 minutes of mixing.

Nutritional analysis per serving:

*Calories 282 (58% from fat) • carbo. 28g • pro 2g
• fat 18g • sat. fat 11g • chol. 69mg • sod. 36mg • fib 0g*

SORBETS & SHERBETS

FRESH LEMON SORBET

Preparation: 10 minutes + cooling time, 25 – 30 minutes chilling time; optional 2 hours to “ripen” in freezer.

Makes eight 1/2-cup servings.

2 cups sugar
2 cups water
1-1/2 cups freshly squeezed lemon juice
1 tablespoon finely chopped lemon zest *

Combine the sugar and water in a medium saucepan and bring to a boil over medium-high heat. Reduce heat to low and simmer without stirring until the sugar dissolves, about 3 – 5 minutes. Cool completely. This is called a simple syrup, and may be made ahead in larger quantities to have on hand for making fresh lemon sorbet. Keep refrigerated until ready to use.

When cool, add the lemon juice and zest; stir to combine. Turn the machine ON, pour the lemon mixture into freezer bowl through ingredient spout and mix until thickened, about 25 – 30 minutes.

*When zesting a lemon or lime use a vegetable peeler to remove the colored part of the citrus rind.

Nutritional analysis per serving:

Calories 204 (0% from fat) • carbo. 52g • pro .19g • fat 0g • sat. fat 0g • chol. 0mg • sod. 2mg

VARIATION:

Fresh Pink Grapefruit Sorbet: Substitute 1-1/2 cups freshly squeezed pink grapefruit juice for the lemon juice, and 1 tablespoon finely chopped grapefruit zest for the lemon zest. Add 1/4 cup Orgeat Syrup to the mixture (Orgeat Syrup is used for cocktails such as a MaiTai or Scorpion and can be found with the drink mixers in most grocery stores).

FRESH MANGO SORBET

Preparation: 10 – 15 minutes, 25 – 30 minutes chilling time; optional 2 hours to “ripen” in freezer.

Makes about ten 1/2-cup servings.

- 4 ripe but firm mangoes, about 12 ounces each, peeled, pitted and cubed**
- 2/3 cup sugar**
- 1/2 cup corn syrup**
- 6 tablespoons fresh lemon or lime juice**

Combine the mango cubes, sugar, corn syrup and lemon juice in a blender or food processor that has been fitted with the metal blade. Pulse to chop, then process until thick and smooth, scraping jar or work bowl as necessary with a spatula. The mango purée may be made up to one day ahead; cover and refrigerate until ready to use.

Turn the machine ON, pour mango purée into freezer bowl through ingredient spout and mix until thickened, about 25 – 30 minutes.

Nutritional analysis per serving:

Calories 190 (2% from fat) • carbo. 49g • pro 1 g • fat .0g • sat. fat 0g • chol. 0mg • sod. 27mg

FRESH STRAWBERRY SORBET

Preparation: 1-1/2 hours (active, about 15 – 20 minutes), 25 – 30 minutes chilling time; optional 2 hours to “ripen” in freezer.

Makes about ten 1/2-cup servings.

- 1 cup sugar**
- 1 cup water**
- 1/4 cup corn syrup**
- 1 quart fresh strawberries, stems removed, quartered**
- 4 tablespoons fresh lemon or lime juice**

Bring the sugar and water to a boil in a medium saucepan. Reduce the heat and simmer without stirring until the sugar is completely dissolved. Transfer to a bowl and let cool completely.

Combine the strawberries and lemon juice in a food processor fitted with the metal blade. Pulse to chop the strawberries, about 15 – 20 times, then process until the strawberries are completely puréed, 1 – 2 minutes. Press the strawberry purée through a fine mesh strainer (chinois) to remove seeds. Combine the seedless strawberry purée with the cooled sugar syrup and corn syrup. Chill for 1 hour.

Turn the machine ON, pour strawberry purée mixture into freezer bowl through ingredient spout and mix until thickened, about 25 – 30 minutes. The sorbet will have a “soft serve” texture. If desired, transfer the strawberry sorbet to an airtight container and place in freezer until firm, about 2 hours to “ripen.”

Nutritional analysis per serving:

Calories 96 (2% from fat) • carbo. 24g • pro 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg

LIME SHERBET

Preparation: 5 minutes, plus 20 – 25 minutes chilling time; optional 2 hours to ripen. Makes ten 1/2-cup servings.

- 3 cups whole milk**
- 1 cup frozen limeade concentrate, thawed**
- 3 tablespoons sugar**
- drops green food coloring, optional**

Combine the milk, limeade concentrate and sugar in a blender or food processor fitted with the metal blade. Add green food coloring if desired.

Turn the machine ON, pour mixture into freezer bowl through ingredient spout and let mix until thickened, about 25 – 30 minutes.

Nutritional information per serving:
Calories 69 (31% from fat) • carbo. 10g • pro. 2g • fat 2g • sat. fat. • chol. 10mg • sod. 37mg

VARIATIONS:

Orange Sherbet: Combine 3 cups whole milk with 1-1/4 cups orange juice concentrate (thawed), and 2 tablespoons sugar in a blender or food processor until smooth. Freeze as directed.

Pineapple Sherbet: Combine 1 cup fat free vanilla yogurt, 2 cups whole milk, 1 cup pineapple juice concentrate (thawed), and 3 tablespoons sugar in a blender or food processor until smooth. Freeze as directed.

FROZEN YOGURTS:

CHOCOLATE FROZEN YOGURT

Preparation: about 5 – 10 minutes, 25 – 30 minutes chilling time; optional 2 hours to “ripen” in freezer.
Makes eight 1/2-cup servings.

1 cup whole milk
6 ounces bittersweet or semisweet chocolate, chopped
2 cups low-fat vanilla yogurt
1/4 cup sugar

Combine the milk and chocolate in a blender or food processor fitted with the metal blade and process until well blended and smooth, 20 – 30 seconds. Add the yogurt and sugar; process until smooth, about 15 seconds. Turn the machine ON, pour mixture into freezer bowl through ingredient spout and let mix until thickened, about 25 – 30 minutes.

Nutritional analysis per serving:
Calories 222 (31% from fat) • carbo. 36g • pro 3g • fat 8g • sat. fat .64g • chol. 4mg • sod. 46mg

VERY BERRY FROZEN YOGURT

Preparation: about 15 – 20 minutes; 25 – 30 minutes chilling time; optional 2 hours to “ripen” in freezer.
Makes about eight 1/2-cup servings.

2 cups lowfat vanilla yogurt
1/2 cup whole milk
1/4 cup sugar
1 12-ounce bag frozen mixed berries, puréed and strained to remove seeds

Combine the yogurt, milk, and sugar in a medium mixing bowl; using a hand mixer on medium speed, mix until sugar is dissolved, about 1-1/2 to 2 minutes. With the mixer on low speed, add the berry purée and mix until combined, about 30 – 40 seconds. Turn the machine ON, pour mixture into freezer bowl through ingredient spout and let mix until thickened, about 25 – 30 minutes.

Nutritional analysis per serving:
Calories 128 (13% from fat) • carbo. 25g • pro 4g • fat 1g • sat. fat 1g • chol. 9mg • sod. 54mg

LOW FAT PEACH FROZEN YOGURT

Preparation: 5 – 10 minutes, 25 – 30 minutes chilling time; optional 2 hours to “ripen” in freezer.
Makes eight 1/2-cup servings.

1 can (14 ounces) peaches packed in juice
2 cups lowfat vanilla yogurt
1/3 cup sugar

Drain peaches, reserving 1/2 cup of the juice. In a blender or food processor fitted with the metal blade, pulse to chop the peaches. Add the vanilla yogurt, sugar, and reserved peach juice. Process until smooth and the sugar is dissolved, about 1 minute. Turn the machine ON, pour peach/yogurt mixture into freezer bowl through ingredient spout and let mix until thickened, about 25 – 30 minutes.

Nutritional analysis per serving:
Calories 111 (6% from fat) • carbo. 24g • pro 3g • fat 1g • sat. fat 0g • chol. 5mg • sod. 39mg

PREMIUM ICE CREAMS:

VANILLA BEAN

Preparation: about 40 - 45 minutes active time (must allow time to cool completely), 25 - 30 minutes chilling time; optional 2 hours to "ripen" in freezer.

Makes about ten 1/2-cup servings.

- 1-1/2 cups whole milk
- 1-1/2 cups heavy cream
- 1 whole vanilla bean (about 6 inches in length)
- 2 large eggs
- 3 large egg yolks
- 3/4 cup sugar

Combine the milk and cream in a medium saucepan. Use a sharp knife to split the vanilla bean in half lengthwise. Use the blunt edge to scrape out the "seeds". Stir the seeds and bean pod into the milk/cream mixture. Bring the mixture to a slow boil over medium heat, reduce the heat to low, and simmer for 30 minutes, stirring occasionally.

Combine the eggs, egg yolks, and sugar in a medium bowl. Use a hand mixer on medium speed to beat until the mixture is thick, smooth, and pale yellow in color, about 1-1/2 to 2 minutes.

Remove the vanilla bean pod from the milk/cream mixture. Pour out 1 cup of the hot liquid. With the mixer on low speed, add the cup of hot milk/cream to the egg mixture in a slow steady stream. When thoroughly combined, pour the egg mixture back into the saucepan and stir to combine. Cook, stirring constantly, over medium low heat until the mixture is thick enough to coat the back of a spoon. Transfer to a bowl, cover with a sheet of plastic wrap placed directly on the custard, and chill completely.

Turn the machine ON, pour the chilled custard into the freezer bowl and let mix until thickened, about 25 - 30 minutes.

Nutritional analysis per serving:

Calories 236 (64% from fat) • carbo. 18g • pro 4g • fat 17g • sat. fat 10g • chol. 161mg • sod. 47mg

VARIATIONS:

Use any of the variations listed for basic vanilla ice cream, or basic chocolate ice cream, p. 4.

Fresh Peaches & Cream: Combine 2 cups chopped ripe peaches with 1/2 cup sugar and 3 tablespoons freshly squeezed lemon juice and let macerate for 2 hours. Drain and stir the accumulated juices into the chilled cream base. Chill the custard as directed, adding the reserved chopped peaches during the last 5 minutes of chilling.

Fresh Strawberries & Cream: Combine 2 cups thinly sliced, hulled fresh strawberries with 1/3 cup sugar and 3 tablespoons freshly squeezed lemon juice and let macerate for 2 hours. Drain and stir the accumulated juices into the chilled cream base. Chill the custard as directed, adding the reserved sliced strawberries during the last 5 minutes of chilling.

DECADENT CHOCOLATE ICE CREAM

Preparation: about 30 minutes + cooling time; 25 - 30 minutes.

Makes eight 1/2-cup servings.

- 1-1/2 cups whole milk
- 1-1/3 cups heavy cream
- 1 vanilla bean
- 3/4 cup sugar
- 3/4 cup Dutch process cocoa
- 2 large eggs
- 1 large egg yolk
- 1 teaspoon vanilla
- 8 ounces bittersweet chocolate, chopped

In a medium saucepan, combine the whole milk and heavy cream over medium low heat. With a sharp knife, split the vanilla bean lengthwise; use the blunt edge of the knife to scrape out the "seeds" of the vanilla bean. Stir the seeds and bean pod into the milk/cream mixture. Simmer the milk/cream mixture over low heat for 30 minutes. After 30 minutes, remove the vanilla bean pod and discard or rinse and reserve for another use.

Combine the sugar, cocoa, eggs, and egg yolk in a medium bowl; use a hand mixer on medium speed to beat the sugar, cocoa, and eggs until thickened like mayonnaise. Measure out 1 cup of the hot milk/cream mixture. With the mixer on low speed, add the hot milk/cream in a slow, steady stream and mix until completely incorporated. Stir the chopped chocolate into the saucepan with the hot milk/cream, then stir the egg mixture into the hot milk/cream. Cook over low heat, stirring constantly, until the mixture thickens and begins to resemble a chocolate pudding. Transfer the chocolate mixture to a bowl. Cover with plastic wrap placed directly on the surface of the chocolate mixture, and refrigerate until completely cooled.

Turn the machine ON, pour the chilled custard into the freezer bowl and let mix until thickened, about 25 - 30 minutes.

Nutritional analysis per serving:

Calories 438 (57% from fat) • carbo. 42g • pro 7g • fat 29g • sat. fat 12g • chol. 148mg • sod. 59mg

COFFEE ICE CREAM

Preparation: 5 minutes, plus 20 – 25 minutes chilling time; optional 2 hours to ripen.
Makes ten 1/2-cup servings.

- 1 cup whole milk, well chilled
- 3/4 cup granulated sugar
- 2 – 3 tablespoons instant espresso or coffee, to taste
- 2 cups heavy cream, well chilled
- 1 teaspoon pure vanilla extract

In a medium bowl, use a hand mixer or a whisk to combine the milk, granulated sugar, and espresso powder until the sugar and espresso are dissolved, about 1 – 2 minutes on low speed. Stir in the heavy cream and vanilla. Turn the machine ON, pour the mixture into freezer bowl and let mix until thickened, about 25 – 30 minutes.

Nutritional analysis per serving:

*Calories 241 (67% from fat) • carbo. 18g • pro 3g • fat 18g • sat. fat 11g
• chol. 69mg • sod. 30mg*

VARIATION:

Mocha Chip Ice Cream: Use 1-1/2 tablespoons each instant espresso powder and Dutch process cocoa instead of just espresso powder. Chop your favorite 4-ounce bittersweet or semi-sweet chocolate bar into tiny uneven pieces. Add the chopped chocolate during the last 5 minutes of mixing.

KIDS' FAVORITES:

SLUSHIES

Preparation: 5 minutes or less; 15 – 20 minutes; plus 15 - 20 minutes chilling time.

- 4 cups cola or other soda, lemonade, cranberry juice, white grape juice, Kool-Aid®, chilled *

Turn the machine ON, pour soda into freezer bowl and let mix until thick and slushy, about 15 to 20 minutes. Serve immediately, or if desired, transfer to an airtight container and store in the freezer. Remove from freezer at least 20 minutes before serving.

* Do not use sugar free products to make slushies.

Nutritional analysis per serving:

*Calories 103 (0% from fat) • carbo. 27g • pro 0g • fat 0g •
sat. fat 0g • chol. 0mg • sod. 5mg*

CHOCOLATE FUDGESICLE ICE CREAM

Preparation: 5 minutes or less; 15 – 20 minutes; plus 15 - 20 minutes chilling time.
Makes ten 1/2-cup servings.

- 2 packages (3.4 – 3.9 ounce) instant chocolate pudding
- 3 cups reduced fat or lowfat milk, chilled

Place the ingredients in a medium mixing bowl and combine until well blended. Turn machine ON, pour the mixture into freezer bowl, and let mix until mixture thickens, about 20 – 25 minutes. Serve immediately, or if desired, transfer to an airtight container and store in the freezer.

VARIATION:

Use your favorite flavor of instant pudding; white chocolate was a particular hit.

*Nutritional analysis per serving
(made with lowfat milk):*

*Calories 53 (15% from fat) • carbo. 9g • pro 3g • fat 1g •
sat. fat 0g • chol. 4mg • sod. 115mg*

*Nutritional analysis per serving
(made with reduced fat milk):*

*Calories 59 (25% from fat) • carbo. 9g • pro 3g • fat 2g •
sat. fat 1g • chol. 6mg • sod. 113mg*

FROZEN DRINKS:

THICK AND FROSTY PIÑA COLADAS

Preparation: 5 minutes or less; 15 – 20 minutes; plus 15 - 20 minutes chilling time.
Makes twelve 1/2-cup servings.

- 3 cups whole milk
- 1 can (10-ounce) frozen piña colada concentrate, thawed
- 1 teaspoon rum extract

Combine the milk, piña colada concentrate, and rum extract in a blender or food processor fitted with the metal blade. Process to combine, about 15 seconds. Turn machine ON, pour into freezer bowl through ingredient spout and let mix until mixture becomes slushy, about 20 – 25 minutes. Serve immediately for frozen drinks.

Nutritional information per serving:

*Calories 115 (76% from fat) • carbo. 4g • pro. 3g • fat 10g •
sat. fat 8g • chol. 8mg • sod. 34mg*

FROZEN STRAWBERRY DAIQUIRIS

Preparation: 5 minutes or less; 15 – 20 minutes; plus 15 - 20 minutes chilling time.
Makes ten 1/2-cup servings.

- 1 cup fresh strawberries, washed and hulled (may also use frozen thawed, no sugar added)
- 2-1/2 cups water
- 2/3 cup granulated sugar
- 1/2 cup lime juice
- 1/2 cup light rum

Place the strawberries in a blender or food processor fitted with the metal blade; pulse to chop, then process to purée, about 20 – 30 seconds. Add the remaining ingredients and process until smooth. Turn the machine ON, pour pureéd strawberry mixture into freezer bowl through ingredient spout and mix until the mixture becomes slushy, about 20 – 25 minutes. Serve immediately.

Nutritional information per serving:

Calories 83 (0% from fat) • carbo 14g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg

WARRANTY

THREE-YEAR LIMITED WARRANTY

This warranty supersedes all previous warranties on the Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker.

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker that was purchased at retail for personal, family or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

We suggest that you complete and return the enclosed warranty registration card promptly to facilitate verification of the date of original purchase. However, return of the warranty registration is not a condition of these warranties.

If your Automatic Frozen Yogurt–Ice Cream & Sorbet Maker should prove to be defective within the warranty period, we will repair it (or if we think necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to:

Cuisinart
150 Milford Road
East Windsor, NJ 08520

To facilitate the speed and accuracy of your return, please also enclose \$10.00 for shipping and handling of the product (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions). Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by check or money order.

Your Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker has been manufactured to strict specifications and has been designed for use with the Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts or repair service other than those that have been authorized by Cuisinart.

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