

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Power Advantage® 7-Speed Hand Mixer with Storage Case

HM-7BCS

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

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IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be taken, including the following:

1. **Read all instructions.**
2. **Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.**
3. To protect against risk of electric shock, do not put the hand mixer motor housing or cord in water or other liquids. If hand mixer motor housing or cord falls into liquid, unplug the cord from outlet immediately. **Do not reach into the liquid.**
4. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children.

Children should be supervised to ensure that they do not play with the appliance.

5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beaters and other accessories/attachments during operation to reduce risk of injury to persons, and/or damage to the mixer.
6. Remove all accessories/attachments from the mixer before washing.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment.
8. The use of attachments not recommended by Cuisinart may cause fire, electric shock, or risk of injury.
9. Do not use outdoors or anywhere the cord or mixer might come into contact with water while in use.
10. To avoid possibility of mixer being accidentally pulled off work area, which could result in damage to the mixer or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including the stove.
12. Use storage case to specifically store hand mixer unit and attachments.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

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

FEATURES AND BENEFITS

200 Watt DC Motor

Powerful enough to easily cut through a double batch of cookie dough or butter right out of the refrigerator.

Maximum Comfort

Balanced to do more work for you. The shape of the mixer allows for maximum possible power and balance. Stress-free grip provides unparalleled comfort and control, even during extended mixing.

Automatic Feedback

No need for a power boost. An electronic feedback mechanism automatically feeds in extra power when needed. It assures that the mixer will not bog down, even when mixing heavy loads.

SmoothStart®

When the mixer is turned on, the beaters start spinning very slowly to prevent ingredients from splattering.

Easy to Clean

The Power Advantage® 7-Speed Hand Mixer has a smooth, sealed base; wipes clean instantly.

1. Speed Control

Fingertip control for all speeds.

2. Rotating Cord

Unique center cord will freely rotate with comfort for right- or left-handed use.

3. Beater Release Lever

Conveniently located for easy ejection of beaters, whisk, or dough hooks.

4. Heel Rest

Allows mixer to rest upright on countertop.

5. Easy-Clean Beaters

Two extra-wide beaters for easy aerating and mixing. Designed with no center post to prevent ingredients from clogging up beaters. Beaters are easy to clean, and are dishwasher safe.

6. Balloon Whisk

Great for whipping heavy cream or egg whites. May also be used for anything that you would normally whisk by hand, like crêpe batters or eggs for omelets.

7. Dough Hooks

For preparing and kneading yeast doughs such as pizza and bread doughs. Easy to clean and dishwasher safe.

8. Storage Case

Safely stores hand mixer and accessories.

9. BPA Free (not shown)

All materials that come in contact with food are BPA free.

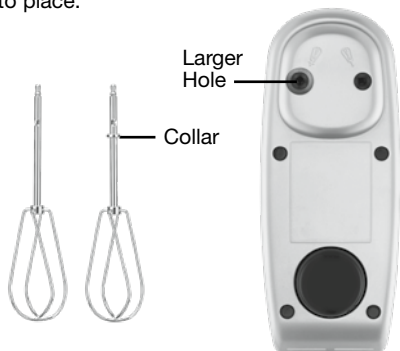


USE, CARE AND MAINTENANCE

USING THE MIXER

Inserting Beaters and Dough Hooks

With the mixer off and unplugged, insert beater or dough hook with collar into the larger hole. Push beater or dough hook in until it clicks into place. Insert the beater or dough hook without collar into the smaller hole. Push beater or dough hook in until it clicks into place.



Inserting Balloon Whisk

With the mixer off and unplugged, hold balloon whisk at stem end, and insert into either hole. Push whisk in until it clicks into place. **DO NOT PUSH WHISK IN FROM WIRE END, AS YOU MAY DAMAGE WIRES.**

Turning Mixer ON/OFF

Plug mixer into outlet. Slide switch to turn mixer on. Mixer will immediately begin to mix

on Speed 1. To turn mixer off, slide switch to OFF.

Changing Speeds

Slide switch amongst the 7 speed controls to increase or decrease the speed.

Attaching and Removing Storage Case from Mixer

1. Place accessories in case, then tuck in the mixer cord.
2. Align the tab on the back of the case with the bottom air vent in the back of the mixer. Gently push down the front of the mixer onto the case to secure.
3. To remove the mixer from the case, hold case firmly, slightly push toward the back of the mixer while lifting mixer up from the front. Pull out the mixer from tab in the back of the case.

Removing All Accessories

With the unit turned off, unplug from wall outlet. Lift the beater release lever and remove the accessories from the mixer.

CLEANING

1. Wash beaters, dough hooks and whisk after each use in hot, soapy water or in a dishwasher.
2. **NEVER PUT THE MOTOR HOUSING IN WATER OR OTHER LIQUIDS TO CLEAN.** Wipe it with a damp cloth or sponge. Do not use abrasive cleansers, which could scratch the surface.
3. When not in use, your hand mixer should be disconnected, wiped down and stored in a safe, dry location out of reach of

children. Use the storage case provided with hand mixer.

MAINTENANCE

Any other servicing should be performed by an authorized service representative.

NOTE: DO NOT USE THE CUISINART® HAND MIXER WITH NONSTICK COOKWARE.

QUICK REFERENCE GUIDE

MIXING TECHNIQUES

For mixing attachments only.

NOTE: The balloon whisk attachment is used only for light whipping. For all other mixing tasks, use the beaters or dough hooks.

Speed 1

- Start mixing most ingredients together
- Start whipping cream
- Start whipping egg whites
- Fold delicate creams and egg whites into batters
- Mix muffin and pancake batters

Speed 2

- Add nuts, chips, and dried fruit to doughs and batters
- Sift and aerate dry ingredients
- Add dry ingredients to batters/doughs
- Mix heavy cookie doughs
- Start kneading yeast doughs

Speed 3

- Cut cold butter into dry ingredients (for pie doughs, biscuits, and pastries)
- Mix cake batters
- Whip potatoes/squash
- Finish kneading yeast doughs

Speed 4

- Mix cookie dough
- Cream butter and sugar until light and fluffy
- Add eggs to batters/doughs

Speed 5

- Finish mixing frostings
- Beat whole eggs/yolks

Speed 6

- Whip egg whites

Speed 7

- Finish whipping cream
- Finish whipping meringues and egg whites

WARRANTY

Limited Three-Year Warranty

This warranty is available to U.S. consumers only. You are a consumer if you own a Cuisinart® 7-Speed Hand Mixer with Storage Case that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® 7-Speed Hand Mixer with Storage Case will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the

product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® 7-Speed Hand Mixer with Storage Case should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label, email us at <https://www.cuisinart.com/customer-care/product-return>. Or call our toll-free customer service department at 1-800-726-0190 to speak with a representative.

Your Cuisinart® 7-Speed Hand Mixer with Storage Case has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and

only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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Crêpes with Lemon Cream and Fresh Fruit

The lemon cream is delicious for either breakfast or dessert, but the crêpes can also be filled with savory items, such as scrambled eggs and vegetables.

Makes about 18 filled crêpes

Crêpe Batter:

- 4** **tablespoons (½ stick) unsalted butter, cut into tablespoons**
- 1** **cup reduced-fat milk, room temperature**
- ¾** **cup unbleached, all-purpose flour**
- ½** **teaspoon kosher salt**
- 1** **tablespoon granulated sugar**
- 3** **large eggs, room temperature**
- 1** **teaspoon pure vanilla extract**
- 1** **teaspoon unsalted butter, room temperature**

Lemon Cream Filling:

- ½** **cup heavy cream, cold**
- 1½** **teaspoons pure vanilla extract**
- ¼** **cup real maple syrup**
- Pinch fine sea salt**
- ½** **cup plain, whole-milk yogurt**
- 1** **teaspoon grated lemon zest**
- 1** **teaspoon fresh lemon juice**
- 2** **medium bananas, thinly sliced**
- 1** **pound fresh strawberries, hulled and thinly sliced**

Confectioners' sugar, for serving (optional)

1. Prepare the crêpes: Put the butter with the milk in a small saucepan over low heat. When the butter is melted, remove from heat and cool slightly.
2. While butter/milk is heating, put the flour, salt, and sugar in a medium bowl. Using the beaters, mix on Speeds 1 to 2 to combine, about 30 seconds. Add the eggs and vanilla extract and beat until mixture resembles a thick and sticky batter. While mixing on Speed 2, mix in the milk and butter mixture until the batter is smooth. Rest the batter in the refrigerator for a minimum of 30 minutes, or up to overnight.
3. While batter is resting, just before cooking crêpes, prepare the filling. Put the heavy cream into a medium mixing bowl. Starting on Speed 1 and very gradually increasing to Speed 7, whip cream to medium-stiff peaks, about 1 minute. Add the vanilla extract, maple syrup, and salt and mix on Speeds 1 to 3 until fully combined. Add the remaining ingredients, except for the fruit, and mix on Speed 1 until combined. Reserve.
4. Cook the crêpes. Mix the crêpe batter briefly, using the beaters on Speed 2 to remove any lumps that may have formed. If lumps remain, pour through a fine strainer. Set an 8- to 10-inch crêpe pan or nonstick skillet over medium/medium-high heat. Once pan is hot, add the 1 teaspoon of butter. Tilt pan to evenly distribute the butter; let pan rest on heat for an additional 30 seconds. Add a small amount of batter, a scant ¼ cup, and

with the pan in hand, quickly and evenly rotate it so the crêpe batter thinly coats the entire bottom surface. Allow to cook until set, about 2 minutes (traditionally, the crêpe should not brown). Flip and cook on the second side for no more than 30 seconds. Remove and repeat with remaining batter.

5. To serve, put 2 tablespoons of the lemon cream in the center of each crêpe and then top with a portion of the bananas and strawberries. Fold sides of crêpes over. Dust with powdered sugar, if using, and serve.

Nutritional information per filled crêpe:

*Calories 156 (46% from fat) • carb. 17g • pro. 4g
fat 8g • sat. fat 5g • chol. 68mg • sod. 131mg
calc. 52mg • fiber 1g*

Soufflé Pancakes

Made popular in Japan, these impressive little pancakes have taken social media accounts by storm. A sweeter, lighter version of your favorite diner pancakes, they are a bit laborious to cook, but the end results make any occasion extra special.

Makes 10 pancakes

- 1½** **cups unbleached, all-purpose flour**
- 2** **teaspoons baking powder**
- ½** **teaspoon kosher salt, divided**
- Pinch ground nutmeg**
- 1** **cup buttermilk, room temperature**
- 4** **tablespoons (½ stick) unsalted butter, melted and cooled**

- 2 **large egg yolks, room temperature (save the 2 whites from the whole eggs for later in the recipe)**
- 4 **tablespoons granulated sugar, divided**
- 1 **teaspoon pure vanilla extract**
- 4 **large egg whites, room temperature**
- ¼ **teaspoon cream of tartar**
- Unsalted butter, softened, for molds and pan**

1. Liberally brush three to four 3-inch ring molds (2 inches in height) with the softened butter. If you do not have ring molds, then you can make 3-inch rings either out of parchment (preferred material) or aluminum foil – make 10 of these molds because they are not reusable. If using the foil, you will need to butter them. To keep the ring shape, use some extra foil to secure the loose edges, or you can staple the parchment together. Reserve these until ready to fill.
2. Put the flour, baking powder, ¼ teaspoon of the salt, and the nutmeg into a large mixing bowl. Using the beaters, mix on Speed 1 to fully combine, at least 30 seconds; reserve.
3. Put the buttermilk, melted butter, egg yolks, 1 tablespoon of the sugar, and vanilla extract into a medium mixing bowl. Using the beaters, mix on Speeds 1 to 5 until homogenous; reserve.
4. Put the 4 egg whites into a spotlessly clean, medium mixing bowl. Add the remaining salt and cream of tartar. Using the whisk, start mixing on Speed

1 and gradually increase to Speed 4. Once the whites begin to get foamy and start to thicken, very gradually add the remaining sugar. Continue to whip, gradually increasing to Speed 7, until the whites are stiff and glossy, this will take a few minutes. Be sure not to over-whip the egg whites/meringue or it will not be as stable.

5. Pour the buttermilk mixture into the dry mixture and, using the beaters, mix on Speed 2 until smooth. Add a small amount of the meringue into the flour/yolk mixture and stir to combine, then gently fold the remaining meringue, in two batches, into the mixture, making sure to not over-mix.
6. Heat a large skillet, preferably nonstick, over low heat. Brush the bottom of the skillet with the butter. Place the ring molds (metal/parchment/foil) in the warm pan and pour batter into the molds so that each is about ¾ full (this is about ½ cup). Place a lid on top of the skillet and cook pancakes for about 6 minutes (pancakes will puff up to the top of the molds and will create dry bubbles on top).
7. Remove lid, carefully slide a spatula underneath each pancake, holding the ring mold with an oven mitt/potholder/towel. Carefully flip pancakes (including the molds). Cover again and cook an additional minute or two.
8. Transfer cooked pancakes to a platter, grease the skillet again and, if using metal ones, grease ring molds again, and repeat to make additional pancakes.

9. Serve pancakes as you would traditional pancakes, with warm maple syrup, fresh fruit, or just a little dusting of confectioners' sugar.

Nutritional information per pancake:
*Calories 155 (35% from fat) • carb. 20g • pro. 5g
 fat 6g • sat. fat 3g • chol. 50g • sod. 203g
 calc. 580mg • fiber 1g*

Lemon Poppy Scones

Not too sweet, these scones are a perfect match for a steamy cup of tea in the morning.

Makes 8 scones

- 2½ **cups cake flour, plus more for shaping**
- 2 **tablespoons granulated sugar**
- 1½ **teaspoons baking powder**
- ¼ **teaspoon baking soda**
- 1 **teaspoon kosher salt**
- Grated zest of 1 lemon (about 1 tablespoon)**
- 2 **tablespoons poppy seeds (this is a guesstimate)**
- 1 **cup buttermilk**
- 1 **large egg**
- 6 **tablespoons unsalted butter, cut into ½-inch cubes, room temperature (for about 5 to 10 minutes, be sure the butter is not too soft)**
- Egg wash (1 large egg plus 1 teaspoon water, whisked well)**
- Turbinado sugar, for sprinkling**

1. Put the flour, sugar, baking powder, baking soda, salt, zest, and poppy seeds in a large mixing bowl. Using the beaters, mix the dry ingredients on Speed 1 to fully combine. Reserve.
2. Put the buttermilk and egg in a small bowl. Mix on Speed 1 to combine; reserve. Add the butter to the dry ingredients and mix on Speed 3 until mixture is shaggy. Reduce to Speed 1. With the mixer running, slowly add the liquid ingredients and mix until just combined (it should not be a complete dough); do not over-mix.
3. Pour the mixture onto a clean counter/large cutting board. Gently fold the dough over a few times and then form into a 10-inch cylinder. Using a sharp knife, cut into 8 even rounds. Place on a parchment-lined baking sheet. Cover lightly and transfer to a refrigerator to chill for a minimum of 1 hour, or up to overnight.
4. Once chilled, preheat oven to 400°F with the rack in the middle position. Brush each scone with egg wash and sprinkle with the turbinado sugar.
5. Bake in preheated oven for about 25 to 30 minutes, or until golden brown. Allow to cool before serving.

Nutritional information per scone:

Calories 270 (34% from fat) • carb. 37g • pro. 7g
fat 10g • sat. fat 6g • chol. 47g • sod. 288g
calc. 61mg • fiber 2g

Gluten-Free Banana Muffins

The all-purpose, gluten-free flour mixes make gluten-free baking easy and convenient. There are a number of different brands on the market to choose from, so taste a few and find your favorite.

Makes 12 muffins

- Nonstick cooking spray**
- 2 cups gluten-free, all-purpose flour**
- ½ cup rolled oats, not quick cooking**
- ⅓ cup granulated sugar**
- ⅓ cup packed light brown sugar**
- 1½ teaspoons baking powder**
- ¼ teaspoon baking soda**
- ½ teaspoon kosher salt**
- ½ teaspoon xanthan gum (optional – only if flour blend does not have it in list of ingredients)**
- ½ teaspoon ground cinnamon**
- ½ cup vegetable oil**
- 2 large eggs, room temperature**
- ½ teaspoon pure vanilla extract**
- 1½ cups mashed, very ripe bananas (about 3 medium bananas)**

1. Preheat oven to 375°F with the rack in the middle position. Lightly coat a regular 12-cup muffin pan with nonstick cooking spray; reserve.

Put the flour, oats, sugars, baking powder and soda, salt, xanthan gum (if using), and cinnamon into a mixing bowl. Using the

beaters, mix on Speeds 1 to 2 until fully combined, about 30 seconds.

2. In a separate, large mixing bowl, mix the remaining ingredients on Speed 3 until smooth and creamy, about 1 to 2 minutes. Add the dry ingredients and mix on Speed 2 until fully combined.
3. Spoon evenly into prepared muffin cups. Bake in the preheated oven for about 16 to 18 minutes, or until a cake tester comes out clean.

Nutritional information per muffin:

Calories 248 (38% from fat) • carb. 37g • pro. 3g
fat 11g • sat. fat 1g • chol. 31g • sod. 223g
calc. 92mg • fiber 3g

Cinnamon Sugar Doughnuts

These cake doughnuts come together in just minutes, and baking them makes for less of a mess in your kitchen. It does require standard doughnut pans, which are available at many kitchen retailers and online.

Makes 12 doughnuts

- Unsalted butter, softened, for pan(s)**
- 2 cups unbleached, all-purpose flour**
- 1 cup granulated sugar**
- ¾ teaspoon kosher salt**
- 1 teaspoon baking powder**
- ¼ teaspoon baking soda**
- 1 teaspoon ground cinnamon**
- ¼ teaspoon ground nutmeg**
- ¾ cup buttermilk**
- ¼ cup water**

- ¼ **cup vegetable oil**
- 1 large egg**
- 2 teaspoons pure vanilla extract**
- 6 tablespoons unsalted butter, melted and kept warm, for coating**
- Cinnamon sugar, for coating**

1. Preheat oven to 375°F. Coat a standard doughnut pan (or two – enough to bake 12 doughnuts) with softened butter; reserve.
2. Put the flour, sugar, salt, baking powder and soda, cinnamon, and nutmeg in a medium mixing bowl. Using the beaters, mix on Speed 1 until well combined, about 30 seconds. Reserve.
3. Put the buttermilk, water, oil, egg, and vanilla extract in a medium bowl. Using the beaters, mix on Speeds 1 to 4 until homogenous, then add to the dry ingredients and mix on Speeds 1 to 2 until combined. Allow batter to rest for about 15 to 20 minutes.
4. Divide evenly in the prepared doughnut molds. Bake in the preheated oven until the doughnuts spring back to the touch, about 12 to 15 minutes. Cool in the pan for 5 minutes. Remove and brush with the melted butter and coat with the cinnamon sugar.

Nutritional information per doughnut:

Calories 243 (39% from fat) • carb. 33g • pro. 3g
fat 11g • sat. fat 4g • chol. 31g • sod. 143g
calc. 27mg • fiber 1g

Apple Walnut Coffee Cake

This coffee cake is rich, buttery, and chock-full of apple and cinnamon. It is best made and served the same day.

Makes one 9-inch round cake; 12 servings

Filling/Topping:

- Unsalted butter, softened**
- ¾ **cup toasted walnuts, chopped**
- ¼ **cup granulated sugar**
- 1 tablespoon ground cinnamon**
- Pinch kosher salt**

Cake:

- 1¾ **cups unbleached, all-purpose flour**
- ½ **teaspoon kosher salt**
- ½ **teaspoon baking powder**
- ¼ **teaspoon baking soda**
- 8 tablespoons (1 stick) unsalted butter, cut into 4 pieces, room temperature, plus more for pan**
- ½ **cup granulated sugar**
- ¼ **cup packed light brown sugar**
- 2 large eggs, room temperature**
- 1 teaspoon pure vanilla extract**
- 1 cup plain Greek yogurt, preferably full fat**
- 1 medium to large apple, cored and diced (peeled or not)**

1. Coat 9-inch round pan with softened butter; reserve. Preheat oven to 350°F with the rack in the middle position.
2. Put the filling/topping ingredients into a small mixing bowl. Using the beaters, mix on Speed 1 until combined. Reserve.
3. Put the flour, salt, baking powder and soda into a medium mixing bowl. Mix on Speed 1 to thoroughly combine, a minimum of 30 seconds; reserve.
4. Put the butter and sugars into a large mixing bowl. Mix, starting on Speed 2 and increasing to Speed 4, until light and creamy, about 2 minutes. Gradually add the eggs, one at a time, using Speed 3, and then the vanilla extract and the yogurt. Add the dry ingredients in two additions and be sure to mix gently, but thoroughly, using Speed 2.
5. Transfer half of the batter to the prepared cake pan. Top with the diced apple and half of the nut filling/topping, and then add the remaining batter. Smooth to the edges of the pan, and then top with the remaining nut mixture.
6. Put in the preheated oven and bake until browned and set, about 45 minutes.

Nutritional information per serving:

Calories 250 (39% from fat) • carb. 33g • pro. 5g
fat 11g • sat. fat 5g • chol. 51mg • sod. 124mg
calc. 50mg • fiber 2g

Maple Butter

Serve on top of waffles and pancakes, or even on top of toast, this delicious butter should be served at room temperature.

Makes ½ cup

- ½ **cup unsalted butter, room temperature and cut into 4 pieces**
- 2½ **tablespoons pure maple syrup**
- Pinch fine sea salt**

Put the butter in a medium mixing bowl. Using the beaters, mix on Speeds 2 to 3 until creamy, about 30 to 40 seconds. Add remaining ingredients and mix until completely combined, another 40 to 50 seconds.

Nutritional information per teaspoon:

Calories 39 (86% from fat) • carb. 1g • pro. 0g
fat 4g • sat. fat 2g • chol. 10mg • sod. 6mg
calc. 2mg • fiber 0g

Bacon and Swiss Quiche

An American take on the classic French Quiche Lorraine, we substitute bacon for the traditional lardons.

Makes 12 servings

- ½ **recipe Pâte Brisée (page 32)**
- 8 ounces thick-cut bacon, diced**
- 1 small shallot, finely chopped**
- 1 cup half & half**
- 4 large eggs**
- Pinch kosher salt**

Pinch freshly ground black pepper
1 cup finely shredded Gruyère cheese (or another similar Swiss cheese)

1 tablespoon thinly sliced chives

1. Preheat oven to 350°F with one rack in the lower position and one rack in the middle position.
2. Roll out the rested pâte brisée dough and fit into a 9-inch tart pan with removable bottom. Prick the bottom and sides of the dough with the tines of a fork, being sure to not pierce all the way through. Chill until firm, 15 minutes in the freezer, or 30 minutes in the refrigerator. Once chilled, line the dough with foil, and then weigh it down with pie weights (dried beans or rice work just as well). Place the tart pan in the lower position of the preheated oven and bake for 25 minutes, or until the dough no longer looks wet. Carefully remove the foil with weights and then move the shell to the middle rack for an additional 5 minutes, or until lightly browned. Remove and allow to cool completely before filling.
3. In a medium to large skillet, cook the diced bacon until browned and crispy. Remove and transfer to a paper towel-lined plate to drain excess oil. Remove all but about 1 tablespoon of the bacon grease and then return the skillet to the stove. Set over medium-low heat and then add the shallot. Sauté until softened. Remove and allow to cool slightly.
4. Put the half & half, eggs, salt, and pepper into a medium mixing bowl. Using the

beaters, mix on Speeds 2 to 3 until completely combined, about 1 minute; you want to be sure there are no flecks of egg yolk.

5. Place the cooled tart pan onto a rimmed baking sheet (this will make it easier to transfer to the oven). Sprinkle the bacon and shallot evenly on the bottom of the blind-baked tart shell. Pour the half & half/egg batter over the bacon and shallot, and then top with the shredded cheese. Sprinkle the chives on top of the cheese.
6. Carefully place the filled shell on the pan onto the middle rack of the preheated oven. Bake until it is just set around the edges, but still a little jiggly in the center, about 20 to 22 minutes.
7. Remove and allow to cool slightly before slicing and serving.

Nutritional information per serving:

Calories 283 (72% from fat) • carb. 8g • pro. 11g
fat 23g • sat. fat 12g • chol. 120mg • sod. 571mg
calc. 76mg • fiber 0g

Ricotta-Thyme Tart

A very simple tart with only a handful (or two) of ingredients. We keep it simple with just ricotta, herbs and spices, but you can top it with other items, such as microgreens, grilled or sautéed vegetables, etc. If you need a quick appetizer, skip the pastry dough and just make the filling to serve as a dip for veggies or as a spread on toasted baguette slices.

Makes 12 servings

½ **recipe Pâte Brisée (page 32)**

15 to 16 ounces ricotta, strained

¾ **ounce grated Pecorino Romano**

1 teaspoon olive oil

1 teaspoon fresh thyme leaves

½ **teaspoon fresh lemon juice**

Pinch kosher salt

Pinch freshly ground black pepper

1. Preheat oven to 350°F with one rack in the lower position and one rack in the middle position.
2. Roll out the rested pâte brisée dough and fit it into a 9-inch tart pan with removable bottom. Prick the bottom and sides of the dough with the tines of a fork, being sure to not pierce all the way through. Chill until firm, 15 minutes in the freezer, or 30 minutes in the refrigerator. Once chilled, line the dough with foil, and then weigh it down with pie weights (dried beans or rice work just as well). Place the tart pan in the lower position of the preheated oven and bake for 25 minutes, or until

the dough no longer looks wet. Carefully remove the foil with weights and then move the shell to the middle rack for an additional 10 to 15 minutes, or until nicely browned.

3. Remove and allow to cool completely before filling.
4. Put the filling ingredients into a medium mixing bowl. Using the beaters, mix on Speeds 2 to 3 until completely combined, about 40 seconds.
5. Once the tart shell is completely cool, fill with the ricotta filling. Serve at room temperature.

Nutritional information per serving:

*Calories 173 (67% from fat) • carb. 8g • pro. 6g
fat 13g • sat. fat 8g • chol. 36mg • sod. 170mg
calc. 112mg • fiber 0g*

Buffalo Chicken Dip

For the big game or the next holiday gathering, this dip is sure to please a hungry crowd. The hand mixer makes quick work of shredding cooked chicken. Use this trick for weekly meal prep; shredded chicken can be the foundation for countless meals.

Makes about 6 cups

Olive oil or nonstick cooking spray

**1 whole roasted chicken, warm,
about 3½ pounds**

1 celery stalk, cut into small dice

**16 ounces (2 standard packages)
cream cheese, each package cut
into 4 pieces, room temperature**

1 teaspoon kosher salt

½ **teaspoon freshly ground black
pepper**

6 to 8 tablespoons hot sauce*

1 cup crumbled blue cheese

1. Preheat oven to 375°F with the rack in the middle position. Lightly coat the inside of a 1½-quart baking dish with olive oil or cooking spray. Reserve.
2. Remove all meat from the roasted chicken (discard skin and bones) and put into a large mixing bowl. Using the beaters, mix on Speeds 2 to 3 to shred the chicken, about 30 seconds. Once shredded, add the celery, cream cheese, salt, pepper, and hot sauce. Mix on Speeds 2 to 3 until ingredients are well combined, about 1 minute.
3. Transfer the dip to the prepared baking dish and top with the crumbled blue cheese. Bake for about 40 minutes, until hot and bubbling.
4. Serve with cut veggies, bread pieces, or tortilla chips.

*We developed this recipe to be on the milder side, so either adjust the hot sauce accordingly or serve with some hot sauce on the side, for those who like it extra spicy.

Nutritional information per serving (½ cup):

*Calories 213 (75% from fat) • carb. 2g • pro. 12g
fat 18g • sat. fat 10g • chol. 69mg • sod. 704mg
calc. 64mg • fiber 0g*

Guacamole

Our fresh guacamole is perfect for the Sunday game or served alongside quesadillas for a festive dinner.

Makes about 2 cups

- 1** garlic clove, peeled
- ½** jalapeño, seeded and cut into 1-inch pieces
- ½** small onion, cut into 1-inch pieces
- 1** tablespoon fresh cilantro leaves
- 3** ripe avocados, halved, pitted, flesh scooped from skin and roughly chopped
- 1** tablespoon fresh lime juice
- ½ to 1** teaspoon kosher salt

1. Put all the ingredients, in the order listed, into a medium mixing bowl. Using the beaters, mix on Speeds 1 to 2 until mixture begins to soften, about 15 to 20 seconds. Continue mixing until desired texture is reached, about 20 to 30 seconds longer.
2. Taste and adjust seasoning as desired. Serve immediately.

Nutritional information per serving
(2 tablespoons):

Calories 88 (74% from fat) • carb. 5g • pro. 1g
fat 8g • sat. fat 1g • chol. 0mg • sod. 147mg
calc. 9mg • fiber 4g

Creamy Mashed Potatoes

This recipe is a bit of a blank canvas. We keep it simple, but it can easily be changed by adding mix-ins or toppings, such as chopped chives or scallions, crispy bacon bits, or grated Cheddar.

Makes about 6 cups

- 2½** pounds Yukon Gold potatoes, peeled and cut into 1-inch pieces
- ½** cup whole milk, room temperature
- 2** tablespoons unsalted butter, cut into 1-inch pieces, room temperature
- ¾** teaspoon kosher salt
- ½** teaspoon freshly ground black pepper
- ½** cup mascarpone cheese or crème fraîche, room temperature

1. Put the potatoes into a medium to large stockpot; add cold water to cover potatoes by 2 inches. Set over medium-high heat to bring to a boil, and then reduce to simmer until the potatoes are very soft.
2. Drain the potatoes and return to the pot. Using the beaters, mix on Speeds 1 to 2 to mash to desired consistency, about 30 seconds. Add the remaining ingredients and mix on Speeds 2 to 3 until fully incorporated.
3. Taste and adjust seasoning according to preference.

Nutritional information per serving (½ cup):

Calories 117 (38% from fat) • carb. 16g • pro. 2g
fat 5g • sat. fat 3g • chol. 16mg • sod. 159mg
calc. 35mg • fiber 2g

Spinach and Feta Soufflé

Soufflés are quite impressive. They grow to a lofty, light, and airy dish that is surprisingly filling. Be sure to serve it right out of the oven for maximum height, and praise!

Makes 8 servings

- 6** tablespoons unsalted butter, divided
- ½** cup Parmesan, grated, divided
- 5** large eggs
- ½** cup unbleached, all-purpose flour
- 1½** cups whole milk
- 3** ounces feta, broken into pieces or crumbled
- ¼** teaspoon plus one pinch sea salt
- ¼** teaspoon freshly ground black pepper
- ⅛** teaspoon freshly ground nutmeg
- ¼** teaspoon grated lemon zest
- 4** cups well-packed, fresh spinach
- ¼** teaspoon cream of tartar

1. Preheat oven to 325°F.
2. Generously butter a 2-quart soufflé dish with 1 tablespoon of butter. Sprinkle ¼ cup of Parmesan in the dish so that the bottom and sides are coated. Shake out any excess. Wipe the rim of the dish with a paper towel to ensure that no butter or cheese is on it; reserve.
3. Separate eggs, placing the whites and the yolks in separate, large mixing bowls. Reserve both.

4. Put remaining butter in a saucepan (do not use nonstick) over medium-low heat. Once butter is melted, stir flour into pan for 2 to 3 minutes in order to cook off any raw flour taste. Using the beaters, mix the butter/flour mixture directly in the pan on Speeds 2 to 3, while slowly adding the milk. Once all the milk is added, continue mixing, increasing to Speed 5 until a smooth and homogenous consistency is achieved. Remove from heat and beat in remaining Parmesan and feta, ¼ teaspoon salt, pepper, nutmeg and lemon zest.
5. Spoon a small amount of the milk mixture into the yolks while simultaneously mixing on Speed 1. Continue mixing in the remaining mixture, one-third at a time. Stir in the spinach; reserve.
6. Replace the beaters in the hand mixer with the whisk. Using Speeds 1 to 2, begin to whip the egg whites. Once the whites begin to show some bubbles around the edges, gradually increase to Speeds 3 to 4. When the whites begin to foam, add the remaining salt and the cream of tartar. Gradually increase to Speed 7, until medium-stiff peaks are achieved. Be sure not to over-mix the whites or they will lose their stability.
7. Stir ½ cup of the egg whites into the spinach mixture until evenly combined. Carefully fold the remaining whipped egg whites, in two batches, with a large rubber spatula. Don't over-mix.
8. Pour mixture into prepared dish and gently smooth the top to ensure an even rise. Bake in the middle of preheated

oven until golden and just set, about 45 to 50 minutes. Do not open oven door while the soufflé is baking or it may deflate.

9. Serve immediately.

Nutritional information per serving:

Calories 208 (64% from fat) • carb. 9g • pro. 9g
fat 15g • sat. fat 8g • chol. 167mg • sod. 416mg
calc. 175mg • fiber 1g

Popovers

Light and airy, these are best served hot out of the oven.

Makes 6 popovers

Softened butter for greasing the pan

3 tablespoons unsalted butter

1 cup whole milk

3 large eggs, room temperature

1 cup unbleached, all-purpose flour, sifted

½ teaspoon kosher salt

1. Preheat oven to 450°F with the rack in the lower third position. Heavily butter a popover pan with softened butter. Reserve.
2. Put the 3 tablespoons of butter and milk in a small saucepan set over medium-low heat. Warm until butter has melted; remove and cool to room temperature.
3. Put the eggs into a large mixing bowl. Add the cooled butter/milk mixture. Using the beaters, begin to mix on

Speed 1, gradually increasing to Speed 3, until well combined. Add the flour and salt and mix, gradually increasing to Speed 5. Mix for about a minute longer, or until the batter is completely smooth, with no visible lumps.

4. Evenly divide the batter among the 6 cups of the buttered popover pan (it will fill each to about one-half to two-thirds full). Put pan directly on the oven rack and bake for 35 minutes, or until very deeply browned and puffed. Do not open oven door while popovers are baking or they may deflate.
5. Remove from oven and carefully unmold from pan. Serve immediately.

NOTE: Popovers are easily adaptable. You can make them cheesy (stir ¼ cup finely shredded cheese into the batter), herby (1½ teaspoons of herbes de Provence or 2 tablespoons of fresh chives), or sweet (once out of oven, brush with melted butter and sprinkle with cinnamon sugar).

Nutritional information per popover:

Calories 183 (46% from fat) • carb. 17g • pro. 7g
fat 9g • sat. fat 5g • chol. 128mg • sod. 146mg
calc. 60mg • fiber 1g

Lemon Thyme Shortbread

While thyme may seem like an unlikely ingredient for a sweet cookie, you will quickly learn why these are so popular.

Makes about 3 dozen cookies

Cookie Dough:

- 1¼ cups unbleached, all-purpose flour**
- ½ teaspoon kosher salt**
- 16 tablespoons (2 sticks; ½ pound) European style, unsalted butter, cut into 8 pieces, room temperature**
- ⅓ cup granulated sugar**
- ⅓ cup confectioners' sugar, sifted**
- 2 large egg yolks, room temperature**
- 1 to 2 tablespoons fresh thyme leaves**
- 2 tablespoons grated lemon zest**

Lemon Icing:

- ½ cup confectioners' sugar, sifted**
- 2 tablespoons heavy cream**
- 2 teaspoons fresh lemon juice**
- Pinch fine sea salt**

1. Put the flour and salt into a medium mixing bowl. Using the beaters, mix on Speed 1 to fully combine, about 30 seconds. Reserve.
2. Put the butter into a large mixing bowl. Mix on Speeds 2 to 3 until creamy, then add the sugars. Mix on Speeds 2 to 3 until light, then add the egg yolks and mix until combined. Add the dry ingredients and mix on Speed 2 until evenly mixed.

Add the thyme and lemon zest and gently mix into dough.

3. Divide dough into two discs. Wrap in wax paper/parchment, then wrap well in plastic wrap, and refrigerate overnight.
4. Take dough out of fridge to soften slightly. Preheat oven to 350°F with two racks in the lower and upper middle thirds of the oven. Line two rimmed baking sheets with parchment paper.
5. Roll dough out to ¼-inch thickness and use a 1½-inch round cutter to form small discs. Put onto baking sheets and chill for about 10 minutes.
6. Bake chilled cookies for about 12 minutes, until just browned around the edges, rotating pans if necessary. Cool cookies completely.
7. While cookies are cooling, prepare the icing. Put all of the ingredients into a medium mixing bowl and mix on Speed 1 until very smooth. If the icing appears to be too thick, add more cream, 1 teaspoon at a time. If it appears to be too thin, add more confectioners' sugar, 1 teaspoon at a time. Spread on top of cooled cookies as desired.

Nutritional information per cookie (with ½ teaspoon icing):

*Calories 89 (56% from fat) • carb. 9g • pro. 1g
fat 5g • sat. fat 3g • chol. 25mg • sod. 32mg
calc. 2mg • fiber 0g*

Classic Shortbread

This recipe is based on the traditional style of shortbread cookie that is not too sweet, and just a bit salty, and cut into bars or wedges.

It is perfect with a cup of tea for a little afternoon pick-me-up.

Makes 16 shortbread cookies

- 2 cups unbleached, all-purpose flour**
- 1 teaspoon kosher salt**
- 16 tablespoons (2 sticks; ½ pound) good quality, European-style butter (this can actually be unsalted or salted, depending on personal preference), room temperature and cubed**
- ¾ cup confectioners' sugar, sifted**
- ½ teaspoon pure vanilla extract**
- Coarse sugar mixed with a pinch of salt, for sprinkling**

1. Preheat oven to 300°F with the rack in the middle position. Heavily butter a 9-inch square or round cake pan or a 9-inch pie plate with butter (if using a cake pan, you may line the bottom with a parchment round if desired).
2. Put the flour and salt into a medium mixing bowl. Mix on Speed 1 to fully combine, about 30 seconds.
3. Put the butter and sugar in a large mixing bowl. Mix on Speeds 1 to 4 until creamy. Add the vanilla extract, mix on Speeds 2 to 3 until combined and then, while mixing on Speed 2, add the dry ingredients in 2 to 3 additions. The dough

should not fully come together, but rather be in pieces – you do not want to over-mix at this stage.

4. Transfer the dough to the prepared baking pan/dish and press to fully cover the bottom. The dough will be very sticky, so in order to smooth out the top so it's nice and even, place a piece of parchment paper on top of the dough (that way your hands won't stick to the dough) and then smooth it out. Once it's smooth, using the tines of a fork, prick all over the top of the dough to make small indentations. Sprinkle with the coarse sugar/salt mixture.
5. Bake for about 40 to 45 minutes, or until lightly golden at the edges, but still soft.
6. Immediately score and cut the shortbread into desired pieces (bars or wedges are traditional).
7. Cool before serving.

Nutritional information per cookie:

Calories 178 (58% from fat) • carb. 17g • pro. 2g
fat 11g • sat. fat 7g • chol. 30mg • sod. 70mg
calc. 0mg • fiber 1g

Empty the Pantry Cookies

This recipe is very adaptable, and like the name implies, its purpose is to use whatever you happen to have on hand for the mix-ins.

You can use regular oats in place of the quick-cooking oats, they'll just be a bit chunkier. Use dried fruits or chopped chocolate in place of the nuts and chips, if that is what you have, and enjoy.

Makes about 40 cookies

- 2 cups unbleached, all-purpose flour**
- 1½ teaspoons baking soda**
- 1 teaspoon kosher salt**
- 20 tablespoons (2½ sticks) unsalted butter, room temperature and cubed**
- 1 cup packed light brown sugar**
- 1 cup granulated sugar**
- 2 teaspoons espresso powder (instant espresso)**
- 2 large eggs, room temperature**
- 2 teaspoons pure vanilla extract**
- 2 cups quick-cooking oats**
- 1 cup coarsely chopped walnuts or pecans**
- 1 cup bittersweet chocolate chips**
- ½ cup peanut butter or butterscotch chips**
- ½ cup shredded coconut**
- Flaked sea salt, for finishing**

1. Preheat oven to 350° F with the racks in the lower and upper third positions. Line two baking sheets with parchment paper.
2. Put flour, baking soda, and salt in a medium bowl and mix on Speed 1 to thoroughly combine, about 30 seconds; reserve
3. In a large mixing bowl, mix butter and sugars on Speeds 1 to 4 until light and creamy, about 2 minutes. While mixing on Speed 3, add eggs, one at a time, and vanilla extract, mixing well before adding the next egg.
4. While mixing on Speed 2, add the flour mixture in 2 to 3 additions, allowing to mostly mix into the dough before adding the next addition. Add the oats in 2 additions; beat on Speed 2 after each addition until well blended. Add nuts, chips and coconut on Speed 2, until well mixed.
5. Scoop (about a 2-tablespoon measure) onto the prepared baking sheets and bake about 10 to 12 minutes, until golden brown. Let cool on baking sheets for 2 to 3 minutes, then transfer to a wire rack to cool completely.

Nutritional information per cookie:

Calories 191 (49% from fat) • carb. 19g • pro. 2g
fat 9g • sat. fat 5g • chol. 24mg • sod. 84mg
calc. 2mg • fiber 1g

Ginger Cookies

Not your ordinary ginger cookie. We up the zing with chopped, crystalized ginger in these chewy and spicy treats.

Makes about 2½ dozen cookies

- 2¼ cups unbleached, all-purpose flour**
- 1 teaspoon baking soda**
- 1 tablespoon ground ginger**
- 1 teaspoon ground cinnamon**
- ½ teaspoon ground allspice**
- ¾ teaspoon kosher salt**
- ¼ cup finely chopped, crystalized ginger**
- 12 tablespoons (1½ sticks) unsalted butter, cut into 1-inch pieces, room temperature**
- ¼ cup molasses**
- ¾ cup packed light brown sugar**
- ¼ cup granulated sugar**
- 1 large egg, room temperature**
- 1 teaspoon pure vanilla extract**
- ⅓ cup turbinado sugar**

1. Preheat oven to 350°F with racks in the lower and upper thirds of the oven. Line two baking sheets with parchment paper.
2. Put the flour, baking soda, spices, and salt into a medium mixing bowl. Using the beaters, mix on Speed 1 to fully combine, at least 30 seconds. Add the chopped ginger and mix on Speed 1 to coat; reserve.

3. Put the butter and molasses into a large mixing bowl. Mix, starting at Speed 2 and increasing to Speed 4, until homogenous, about 2 minutes. Scrape down the sides of the bowl and then add the sugars.
4. Mix on Speeds 2 to 4 until very light, where it seems that much of the sugar has dissolved into the butter/molasses, about 2 minutes. Add the egg, mixing on Speeds 2 to 3, and then the vanilla extract. Add the dry ingredients and mix on Speed 2 until just combined.
5. Put the turbinado sugar into a shallow bowl or baking pan.
6. Scoop the dough into evenly sized, golf-ball rounds. Roll in the turbinado sugar and then place the sugared dough on a parchment-lined tray or baking sheet. Gently press each round down with the bottom of a clean glass.
7. Bake in the preheated oven until just set at the edges, about 12 to 15 minutes. Allow pans to cool before baking remaining dough.

Nutritional information per cookie:

*Calories 89 (56% from fat) • carb. 9g • pro. 1g
fat 5g • sat. fat 3g • chol. 25mg • sod. 32mg
calc. 2mg • fiber 0g*

Mint Chocolate Cookies

A favorite cookie of many people, now achievable at home.

Makes about 4½ dozen cookies

Cookie Dough:

- 1 cup unbleached, all-purpose flour**
- ⅓ cup unsweetened cocoa powder**
- ½ teaspoon kosher salt**
- 8 tablespoons (1 stick) unsalted butter, cut into 1-inch pieces, room temperature**
- ½ cup granulated sugar**
- 1 large egg, room temperature**
- 1½ teaspoons peppermint extract**
- ½ teaspoon pure vanilla extract**

Chocolate Coating:

- 8 ounces semisweet chocolate, finely chopped**
- ¾ teaspoon peppermint extract**
- Pinch kosher salt**

1. Put the flour, cocoa powder, and salt into a medium mixing bowl. Using the beaters, mix on Speed 1 to fully combine, about 30 seconds. Reserve.
2. Put the butter into a large mixing bowl. Mix on Speeds 2 to 3 until creamy, then add the sugar. Mix on Speeds 2 to 3 until light, then add the egg and extracts and mix until fully combined. Add the dry ingredients and mix on Speed 2 until evenly mixed (it will most likely not be a

complete dough; that is OK, as long as there are no dry patches).

3. Divide the dough into two even pieces. Spread out a large piece of plastic wrap on a clean work surface. Wet hands with cold water, so they are slightly wet. Take one portion of dough and form into a 10-inch cylinder/log and try your best to smooth out the outer surface. Roll tightly in the plastic wrap. Once wrapped in the plastic, roll back and forth a few times to even out the cylinder, to be sure there are no gaps or other imperfections. Repeat with remaining dough. If the dough is sticking a lot, either chill it for about 10 minutes, or very lightly dust the dough with flour.
4. Chill the dough cylinders for a minimum of 2 hours, or up to overnight (they can also be frozen, if wrapped very well, for up to 1 month).
5. Preheat oven to 350°F with the rack in the middle position. Line two baking sheets with parchment paper.
6. Using a very sharp knife, cut the dough into ¼-inch-thick rounds. Place on the prepared baking sheets. Put one pan in the oven to bake and the other in the refrigerator to stay cold. Bake the cookies for 6 to 8 minutes. They will be set, but the tops will still seem a bit soft. Remove and repeat with remaining dough. Cool completely before coating with the chocolate.
7. While the cookies are cooling, prepare the chocolate coating. Put the chopped chocolate, peppermint extract, and salt in a heatproof bowl set over a pot of

simmering water (or a double boiler/bain-marie). Once the chocolate is mostly melted, remove from the heat and stir to finish melting. Stir to cool slightly. You do not want the chocolate too warm, just about body temperature.

8. Once the cookies are cool and the chocolate is the right temperature, line a baking pan with parchment or foil and set a cooling rack inside of it. Dip the cookies in the chocolate so they are completely coated. Remove and place on the cooling rack and continue with the remaining cookies. This is a messy task, so disposable gloves are recommended.
9. Transfer the coated cookies to the refrigerator and chill for about 1 hour, or alternatively, to the freezer for 20 minutes.
10. These are best served chilled, and can be stored in the refrigerator for up to 1 week, or the freezer for up to 3 weeks.

Nutritional information per cookie:

Calories 43 (51% from fat) • carb. 5g • pro. 1g
fat 3g • sat. fat 1g • chol. 8mg • sod. 12mg
calc. 5mg • fiber 1g

Baked Meringues with Fresh Berries and Cream

These little treats are best prepared on drier days. Humidity causes them to be a bit spongy and they lose their distinctive crisp.

Makes about 16 meringues

- 3 large egg whites**
½ teaspoon fresh lemon juice

¾

cup granulated sugar

¼

teaspoon vanilla extract

**Sweetened whipped cream,
whipped to soft peaks, for serving**
Fresh Berries, for serving

1. Preheat oven to 200°F with the rack in the middle position. Line a rimmed baking sheet with parchment paper; reserve.
2. Put the egg whites in a large, non-plastic, mixing bowl. Using the whisk, start mixing on Speeds 1 to 2 and beat until frothy, about 30 to 60 seconds. Add the lemon juice, gradually increase to Speed 5 and whip until soft peaks form.
3. With the mixer running still on Speed 5, very gradually, 1 tablespoon at a time, add the sugar to the whipping egg whites (do not rush this process or the meringue will not be as stable and may not whip to the necessary stiffness. Be patient!). Once all the sugar has been added, increase to Speed 7 and continue mixing until the meringue holds stiff peaks, about 5 to 8 minutes in total. Add the vanilla extract and mix to combine.
4. Transfer the meringue to a piping bag fitted with a star tip (any size or shape of star will work). First apply a bit of the meringue to a few spots on the underside of the parchment so that it sticks to the pan. Pipe the meringues, making about a 2- to 3-inch round, and then finishing the spiral shape in the center. Leave about 2 inches between each meringue. You may need two pans to accommodate the full recipe.

5. Transfer the meringues to the preheated oven and bake until light, crisp and stiff, but where the meringues have picked up no color. This should take about 1 hour, but this is a rough estimate since it is based on the oven being used and the humidity of the room (it could take as little as 45 minutes, or as long as 2 hours).
6. Remove from the oven and allow to cool on a wire rack. Once completely cooled, meringues can be stored in a sealed container at room temperature for up to five days.
7. When ready to serve, fill with the sweetened whipped cream and top with the mixed berries.

**Nutritional information per filled meringue
(2 tablespoons of whipped cream and
1 tablespoon of berries):**

Calories 60 (21% from fat) • carb. 11g • pro. 1g
fat 1g • sat. fat 1g • chol. 4mg • sod. 19mg
calc. 8mg • fiber 0g

No-Bake Keto Bites

*Packed full of good-for-you fat and protein,
just one of these bites will fill you up and
keep you energized.*

Makes 16 bites

- ½ **cup almond butter**
- 2 **tablespoons coconut oil**
- 2 **tablespoons chia seeds**
- 1 **cup shredded, unsweetened
coconut**
- 1 **tablespoon cocoa powder**

- 1 **teaspoon pure vanilla extract**
- 2 **teaspoons granulated monk fruit
sweetener or ½ teaspoon
granulated stevia**
- ¼ **teaspoon kosher salt**
- ½ **teaspoon ground cinnamon**

1. Put all of the ingredients into a large mixing bowl. Using the beaters, mix on Speeds 1 to 3 until completely incorporated, about 1 minute.
2. Scoop the dough into desired-size pieces and form into balls (gloves are recommended). Chill in the refrigerator for a minimum of 30 minutes, or in the freezer for 10 minutes before enjoying.

Nutritional information per bite:

Calories 148 (58% from fat) • carb. 6g • pro. 3g
fat 10g • sat. fat 5g • chol. 0mg • sod. 39mg
calc. 47mg • fiber 2g

Edible Cookie Dough (with variations)

*Eat that dough guilt free (well, egg free!)
with one of our edible cookie dough recipes.
There are gluten-free options, as well as a
kid-favorite snickerdoodle. Eat by the scoop,
or even crumble into vanilla ice cream;
there are so many possibilities.*

Makes 3½ cups

- 8 **tablespoons (1 stick) unsalted
butter, cut into 4 pieces, room
temperature**
- ¾ **cup packed light brown sugar**

- ⅓ **cup granulated sugar**
- 2 **tablespoons milk (any fat variety or
nondairy alternative)**
- 1 **tablespoon pure vanilla extract**
- 1⅓ **cups unbleached, all-purpose flour
(you can substitute a gluten-free,
all-purpose flour blend)**
- ½ **teaspoon kosher salt**
- 1 **cup semisweet chocolate chips**

1. Put the butter and sugars into a large mixing bowl. Using the beaters, mix on Speeds 2 to 4 until very light and creamy, about 2 minutes. Stop to scrape down sides of bowl as needed.
2. While mixing on Speed 2, add the milk and vanilla extract. Add the flour and salt and mix on Speed 2 until completely combined. Add the chips and mix on Speed 2.
3. Scoop the dough into desired-size pieces. While the dough can be eaten right away, it is best eaten chilled.

Variations:

Snickerdoodle:

Add ½ teaspoon ground cinnamon and do not add the chocolate chips. Scoop into tablespoon-size balls and roll in cinnamon sugar.

Oatmeal Cranberry:

Add ½ cup rolled oats and ¼ teaspoon ground cinnamon with the flour. Substitute dried cranberries for the chocolate chips.

**Nutritional information per serving
(1 tablespoon, Chocolate Chip):**

Calories 55 (41% from fat) • carb. 8g • pro. 0g
fat 3g • sat. fat 2g • chol. 4mg • sod. 22mg
calc. 2mg • fiber 0g

**Nutritional information per serving
(1 tablespoon, Snickerdoodle):**

Calories 42 (35% from fat) • carb. 6g • pro. 0g
fat 2g • sat. fat 1g • chol. 4mg • sod. 21mg
calc. 1mg • fiber 0g

**Nutritional information per serving
(1 tablespoon, Oatmeal Cranberry):**

Calories 49 (32% from fat) • carb. 8g • pro. 0g
fat 2g • sat. fat 1g • chol. 4mg • sod. 22mg
calc. 1mg • fiber 0g

Blonde Brownies (Blondies)

Often the sweeter, and obviously lighter, cousin of the brownie, this recipe is rather traditional, but it can easily be altered by changing the type of chips or nuts to make it your own.

Makes 24 blonde brownies

- Unsalted butter, softened, or nonstick cooking spray**
- 3 cups unbleached, all-purpose flour**
- 1½ teaspoons kosher salt**
- ½ teaspoon ground cinnamon**
- 16 tablespoons (2 sticks) unsalted butter, cubed, room temperature**
- ½ cup granulated sugar**
- 1 cup packed light brown sugar**
- 3 large eggs, room temperature**
- 1 tablespoon pure vanilla extract**

- 1½ cups bittersweet chocolate, chopped**
- 1 cup white chocolate chips**
- 1 cup walnuts**

1. Preheat oven to 350°F with the rack in the middle position. Lightly coat a 13 x 9-inch baking pan with softened butter or nonstick cooking spray; line with parchment paper. Reserve.
2. Put the flour, salt, and cinnamon into a medium bowl. Using the beaters, mix on Speed 1 for about 20 seconds, or until fully combined, reserve.
3. Put the butter into a large mixing bowl. Using Speed 3, beat until lightened, about 30 seconds. Gradually add both sugars and beat on Speed 4 until lightened, another 30 seconds to 1 minute. Reduce to Speed 3 and add the eggs, one at a time, and the vanilla extract; mix until well combined. Reduce to Speed 1 and slowly add the dry ingredients. Once almost fully mixed, add the chopped chocolate, chips, and nuts.
4. Transfer mixture to the prepared pan. Bake in the preheated oven until edges are set and lightly browned, about 30 to 35 minutes. The brownies should be fully cooled before cutting.

Nutritional information per blonde brownie:
Calories 320 (48% from fat) • carb. 39g • pro. 3g
fat 18g • sat. fat 10g • chol. 45mg • sod. 150mg
calc. 10mg • fiber 1g

Mascarpone Lemon Squares

A creamy twist on a classic, these lemon squares will disappear fast!

Makes 16 servings

Unsalted butter, softened, or nonstick cooking spray

Crust:

- 1¼ cups unbleached, all-purpose flour**
- ⅓ cup confectioners' sugar**
- ½ teaspoon kosher salt**
- 1 teaspoon finely grated lemon zest**
- 8 tablespoons (1 stick) unsalted butter, cubed and room temperature, sitting for about 10 to 15 minutes**

Filling:

- ¼ cup mascarpone, room temperature**
- 4 large eggs, room temperature**
- ¾ cup granulated sugar**
- ½ cup fresh lemon juice (about 3 medium lemons)**
- ½ teaspoon pure vanilla extract**
- 1 teaspoon finely grated lemon zest**
- ¼ cup unbleached, all-purpose flour**
- ½ teaspoon baking powder**
- ½ teaspoon kosher salt**
- Confectioners' sugar, for dusting**

1. Preheat oven to 350°F with the rack in the middle position. Coat a 9-inch square baking dish with softened butter or nonstick cooking spray; line with two pieces of parchment paper, leaving

a 1- to 2-inch overhang on each side. Reserve.

2. Prepare the crust. Put the flour, confectioners' sugar, salt, and lemon zest in a medium mixing bowl. Mix on Speed 1 to fully combine, about 30 seconds. Add the cubed butter and mix on Speeds 1 to 2 until the mixture becomes shaggy; this could take a little more than a minute (if necessary, increase to Speed 3). Transfer the crust mixture into the prepared pan and press onto the bottom and a little bit up the sides. Chill for 15 to 20 minutes to set. Once fully chilled, bake at 350°F for about 20 minutes, or until lightly browned. Remove and reserve. Reduce oven temperature to 300°F.

3. Prepare the filling. Put the mascarpone in a small mixing bowl. Mix on Speeds 1 to 3 to make nice and creamy; reserve. Put the eggs into a medium mixing bowl (this can be the same one that was used for the crust), mix on Speed 2 to break up and then add the sugar. Mix on Speeds 1 to 4 until light and thickened, about 1 minute. Add lemon juice, vanilla extract, and zest, and mix to incorporate. Add the flour, baking powder, and salt, and mix to incorporate. Gently beat in the softened mascarpone. Pour on top of prepared crust. Bake at 300° for 25 to 30 minutes, or until just set.

4. Dust with confectioners' sugar before cutting and serving. Any lemon squares that are not consumed the day they're made can be wrapped well and refrigerated for up to 5 days.

Nutritional information per serving:

Calories 173 (45% from fat) • carb. 21g • pro. 3g
fat 9g • sat. fat 5g • chol. 67mg • sod. 69mg
calc. 160mg • fiber 0g

Blueberry Cheesecake Bars

Cheesecake bars are a great alternative to making a full cheesecake. They are less fussy to prepare (no springform pan needed) and are easier to serve to a crowd.

The blueberries and jam can be substituted with other berries, such as raspberries or strawberries, or you can do a mixture of the three.

Crust:

- 1¼ cups graham cracker crumbs (if grinding your own graham crackers, this equates to about 8 full graham cracker sheets)**
- 2 tablespoons granulated sugar**
- ½ teaspoon ground cinnamon**
- Pinch kosher salt**
- ⅓ cup unsalted butter, melted and cooled to room temperature**

Filling:

- 1 pound cream cheese (2 standard packages), room temperature, each package cut into 4 pieces**
- 1 cup granulated sugar**
- ¼ teaspoon kosher salt**
- 4 large eggs, at room temperature**
- ½ cup sour cream, room temperature**
- 2 teaspoons pure vanilla extract**

Topping:

- ¼ cup blueberry preserves**
- ½ cup fresh blueberries**

1. Preheat oven to 350°F with the rack in the middle position. Coat the inside of a 9-inch square baking pan with the softened butter or nonstick cooking spray. Line with parchment paper, leaving a 1- to 2-inch overhang (this will assist in removing the bars after they have baked and chilled). Reserve.
2. Prepare the crust. Put graham cracker crumbs, sugar, cinnamon, salt, and melted butter in a small mixing bowl. Mix on Speed 1 until the mixture comes together. Pat crumb crust evenly into the bottom of the prepared pan, using the bottom of a glass, if necessary, to make it even. Put in the preheated oven and bake for about 8 to 10 minutes, until the crust is just set. Allow to cool while preparing the filling. Reduce oven temperature to 250°F.
3. Wipe the beaters of crumbs. Put the cream cheese into a large mixing bowl. Starting on Speed 1 and increasing to Speed 3, mix until very smooth – you want to be sure there are no lumps. Scrape the mixing bowl and beaters. While mixing on Speed 3, gradually add the sugar, about ¼ cup at a time, and the salt, mixing until very smooth. Add the eggs, one at a time, mixing on Speeds 2 to 3, being sure each is fully incorporated into batter before adding the next. Scrape down the bowl and beaters and then add the sour cream and vanilla extract, mix on Speeds 2 to 3 until combined.

4. Transfer the cream cheese filling to the pan, on top of the cooled crust, and then dollop the blueberry preserves on top. Using the tip of a knife, or a toothpick or skewer, swirl in the preserves to make an attractive design. Top with the blueberries, pressing in slightly.
5. Put the filled pan into the preheated oven and bake until just set, about 60 to 65 minutes.
6. Remove and cool to room temperature. Cover with plastic wrap and chill overnight prior to removing from the pan, cutting, and serving.

Nutritional information per serving:

Calories 209 (70% from fat) • carb. 12g • pro. 4g
fat 16g • sat. fat 10g • chol. 85mg • sod. 197mg
calc. 350mg • fiber 1g

Deep Chocolate Layer Cake

Frost this moist chocolate cake with our Mocha Frosting (recipe follows).

Makes two 9-inch cakes (16 servings)

- Unsalted butter, softened, or nonstick cooking spray**
- 6 ounces bittersweet chocolate, chopped**
- ¾ cup cocoa powder, Dutch process, sifted**
- 2 teaspoons espresso powder (instant espresso)**
- ½ teaspoon baking soda**
- 1 cup boiling water**
- 2½ cups unbleached, all-purpose flour**

- 1 cup granulated sugar**
- ½ cup packed light brown sugar**
- 1 teaspoon baking powder**
- ¾ teaspoon kosher salt**
- 1 cup vegetable oil**
- 1 cup buttermilk, room temperature**
- 4 large eggs, lightly beaten, room temperature**
- 2 teaspoons pure vanilla extract**

1. Preheat oven to 350°F with the rack in the middle position. Grease two 9-inch round cake pans with cooking spray or softened butter and line the bottoms with parchment paper. Reserve.
2. Put the bittersweet chocolate, cocoa powder, espresso powder, and baking soda into a medium bowl and pour the boiling water over the ingredients. Stir until chocolate has melted. Cool to room temperature and reserve.
3. Put the flour, sugars, baking powder, and salt into a large mixing bowl. Using the beaters, mix on Speed 1 until fully combined, a minimum of 30 seconds. Reserve.
4. Using Speed 2, mix the oil, buttermilk, eggs, and vanilla extract into the cooled chocolate mixture.
5. While mixing on Speed 2, slowly add the liquid mixture to the dry ingredients. Mix until smooth, about 1 minute, stopping as necessary to scrape entire bowl.
6. Divide the batter evenly between the prepared pans. Bake in preheated oven until a cake tester comes out clean when

inserted into the center, about 30 to 35 minutes.

7. Remove from oven and cool in pans on a wire rack until cool to the touch. Cool cakes completely before frosting.

Nutritional information per serving (unfrosted):

Calories 345 (50% from fat) • carb. 41g • pro. 6g
fat 21g • sat. fat 5g • chol. 47mg • sod. 195mg
calc. 31mg • fiber 3g

Mocha Frosting/Filling

The perfect complement to our Deep Chocolate Layer Cake.

Makes about 4½ cups, enough to fill and cover a 9-inch layer cake

- 4¾ cups confectioners' sugar**
 - 1¼ cups unsweetened cocoa powder**
 - ½ teaspoon fine sea salt**
 - 16 tablespoons (2 sticks) unsalted butter, room temperature and cut into cubes**
 - ⅓ cup heavy cream, room temperature**
 - ⅓ cup strong-brewed coffee, room temperature**
 - 1¼ teaspoons pure vanilla extract**
 - 1¼ teaspoons espresso powder (instant espresso)**
1. Put the sugar, cocoa powder, and salt together in a medium bowl. Using the beaters, mix on Speed 1 until well combined.
 2. Put butter into a large mixing bowl and mix on Speeds 1 to 4 until creamy.

- Add the sugar/cocoa mixture and mix on Speeds 1 to 4 until combined (the mixture will be sandy, but you want to be sure that it is evenly mixed), about 1 minute.
- Combine the cream and coffee in a liquid measuring cup and stir in the vanilla extract and espresso powder. Stir until the espresso is dissolved. Slowly add to the butter/sugar mixture while mixing on Speed 2.
 - Continue to mix on this low speed until homogenous. Increase to Speed 6 and continue to mix until light and fluffy, about 2 additional minutes. Use immediately.

**Nutritional information per serving
(2 tablespoons):**

Calories 243 (41% from fat) • carb. 37g • pro. 3g
fat 12g • sat. fat 7g • chol. 29mg • sod. 29mg
calc. 6mg • fiber 6g

Gluten-Free (and Vegan!) Golden Cupcakes

Unlike our muffin recipe that uses a gluten-free flour blend, here we call for individual ingredients that are now easily found in most grocery stores.

Makes 12 standard cupcakes

Nonstick cooking spray

- 1 cup sorghum flour**
- 1 cup potato starch**
- ½ cup arrowroot starch**
- 1 tablespoon baking powder**
- ½ teaspoon baking soda**

- 1 teaspoon xanthan gum**
 - 1 teaspoon kosher salt**
 - 1½ cups agave nectar**
 - ½ cup olive oil**
 - ¾ cup butternut squash purée, room temperature**
 - 2 tablespoons pure vanilla extract**
 - 1 teaspoon white vinegar**
- Preheat oven to 350°F. Lightly coat a standard cupcake pan with cooking spray. Cupcake liners may be used (these may also be sprayed, so that the liners cleanly come off the cupcakes).
 - Put the flour, starches, baking powder, soda, xanthan gum, and salt into a large mixing bowl. Using the beaters, mix on Speed 1 to sift the ingredients together, about 30 seconds.
 - With the mixer running on Speed 2, add the remaining ingredients, in the order listed, and mix until all ingredients are incorporated. Scrape the entire bowl to ensure all of the ingredients are evenly combined and mix an additional 20 seconds if necessary.
 - Scoop batter into the prepared cupcake pan. Bake until golden and a cake tester comes out clean, about 20 to 22 minutes. Remove from oven, cool in pans on a wire rack until cool to the touch, and then transfer cupcakes to a wire cooling rack to cool completely before frosting.

Nutritional information per cupcake (unfrosted):

Calories 396 (22% from fat) • carb. 77g • pro. 4g
fat 10g • sat. fat 1g • chol. 0mg • sod. 359mg
calc. 50mg • fiber 2g

Dairy-Free Vanilla Frosting

This frosting pairs very well with the Gluten-Free Golden Cupcakes, but is also a great alternative to any vanilla frosting.

Makes about 2 cups

- 1 cup non-hydrogenated vegetable shortening**
- 2 cups confectioners' sugar, sifted**
- 1 tablespoon pure vanilla extract**
- ¼ teaspoon kosher salt**
- 1 to 2 teaspoons water, optional**

- Put the shortening into a medium mixing bowl. Using the beaters, mix on Speeds 2 to 4 to make creamy, about 30 seconds. Add the sugar and mix on Speeds 2 to 5, then add the vanilla extract and salt. Mix again, on the same speeds, until smooth and fluffy, about 30 seconds.
- If the frosting is too thick, add enough water to mix to desired consistency.

**Nutritional information per serving
(2 tablespoons):**

Calories 182 (61% from fat) • carb. 19g • pro. 0g
fat 13g • sat. fat 6g • chol. 0mg • sod. 33mg
calc. 36mg • fiber 0g

Angel Food Cake

Serve with whipped cream and fresh berries for a light and delicious summer dessert.

Makes one 9-inch cake (12 servings)

- 1½ cups granulated sugar, divided**
- 1¼ cups cake flour, not self-rising**
- 12 large egg whites**
- 1¼ teaspoons cream of tartar**
- ¼ teaspoon kosher salt**
- 1 teaspoon pure vanilla extract**

1. Preheat oven to 325°F.
2. Put ¾ cup of the sugar into a large mixing bowl with the cake flour. Using the whisk, mix on Speed 1 to fully sift, a minimum of 30 seconds; reserve.
3. Put the egg whites into a large mixing bowl. Using the whisk, begin mixing on Speed 1. When the egg whites appear foamy, add cream of tartar and salt. Gradually increase to Speed 5.
4. Add the remaining ¾ cup of granulated sugar and vanilla extract and continue to mix, on Speeds 5 to 7, until firm, glossy peaks form. Stop mixing.
5. Sift about ½ cup of the reserved flour and sugar over the whites and carefully fold in with a rubber spatula. Continue with the remaining flour and sugar. Gently fold until no pockets of dry ingredients remain.
6. Spoon batter into an ungreased 9-inch tube pan. Even out the top with the spatula. Bake for 45 minutes, until a toothpick that has been inserted comes out clean. Invert pan onto the neck

of a bottle and allow the cake to cool completely.

7. Use a knife to free the cake from the pan.

Nutritional analysis per serving:

Calories 167 (1% from fat) • carb. 37g • pro. 5g
fat 0g • sat. fat 0g • chol. 0mg • sod. 278mg
calc. 5mg • fiber 0g

Pavlova with Peaches and Berries

A show-stopping dessert. This gorgeous creation needs to be eaten the day it is made (and best if that day is not humid!).

Makes 12 servings

Meringue:

- 3 large egg whites**
- Pinch cream of tartar**
- Pinch kosher salt**
- 1 cup granulated sugar**
- 2 teaspoons cornstarch, sifted**
- 1 teaspoon white vinegar**
- ¼ teaspoon pure vanilla extract**
- ½ teaspoon grated citrus zest**

Topping:

- 2 ripe peaches, pitted and thinly sliced**
- ½ cup mixed berries**
- 2 tablespoons granulated sugar**
- ¾ cup heavy cream**
- 1 teaspoon pure vanilla extract**
- ¼ cup confectioners' sugar**

1. Preheat oven, with the rack in the middle position, to 350°F. Line a baking pan with parchment paper (if your baking pan is rimmed, invert it so you are using the bottom. This will make transferring the meringue easier once it has baked).
 2. Prepare the meringue. Put the egg whites, cream of tartar, and salt into a large mixing bowl (make sure it is spotlessly clean). Using the whisk, start mixing on Speed 1 and very gradually increase to Speed 5. Whip until whites have formed soft peaks. While still whipping, gradually add the granulated sugar. Increase to Speed 7 and whip until stiff peaks have formed, about 8 minutes. Add the remaining meringue ingredients and gently mix on Speed 2 to combine.
 3. Transfer meringue to the parchment-lined baking pan. Shape into an 8-inch circle and, using a spatula or knife, scrape the sides upward (from the bottom of the meringue to the top) to create smooth edges along the sides of the meringue and little peaks at the top.
 4. Transfer to the oven and immediately reduce temperature to 200°F.
 5. Bake meringue for 1½ hours, until the edges and top are dry – the color should still be very pale. After the time has elapsed, turn off the oven, but leave the meringue in until it has cooled completely, about 1 hour.
 6. While the meringue is cooling, prepare the topping. Put the peach slices and berries into a shallow bowl. Sprinkle the granulated sugar over the fruit and allow to sit until ready to serve.
-

7. Once the meringue is fully cooled, prepare the whipped cream. Put the cream into a large mixing bowl. Using the whisk, start whipping cream on Speed 1, gradually increasing to Speed 3, for about one minute, so that the cream has some body. Add the sugar and vanilla extract and continue to whip to Speed 4 until cream forms soft peaks.
8. Assemble the Pavlova. Put the baked meringue on desired serving dish/plate. Top with the whipped cream and then, using a slotted spoon, top with the fruit. Drizzle any accumulated fruit juices around the plate if desired. You may garnish with grated zest as well.
9. Serve immediately.

Nutritional information per serving:

Calories 154 (29% from fat) • carb. 26g • pro. 2g
fat 5g • sat. fat 4g • chol. 20mg • sod. 36mg
calc. 5mg • fiber 1g

Ricotta Cheesecake

More pudding or custard than a traditional New York-style cheesecake, this is a simple cake to prepare, bake, and it requires no chilling!

Makes one 9-inch cake (12 servings)

- 1** **tablespoon unsalted butter, softened**
- ¼** **cup finely ground almond or anise cookies (or some other Italian-inspired cookies, such as almond biscotti)**
- 5** **large eggs, separated**

- ¾** **cup granulated sugar**
- 1** **tablespoon tapioca starch or arrowroot powder**
- Finely grated zest of 1 medium orange**
- 1** **teaspoon kosher salt**
- ½** **teaspoon ground cinnamon**
- 2** **cups (about 1 pound 4 ounces) fresh, whole-milk ricotta**
- 1** **tablespoon fresh orange juice (use some of the juice from the orange listed above)**
- 1** **teaspoon pure vanilla extract**
- ¼** **teaspoon cream of tartar**

1. Preheat the oven to 350°F with the pan in the middle position. Coat the bottom and sides of a 9-inch springform pan with the softened butter, and then dust the pan with the cookie crumbs. Place the pan on a rimmed baking pan and reserve.
2. Put the egg whites in a spotlessly clean medium to large mixing bowl; reserve.
3. Put the egg yolks, sugar, starch, zest, salt, and cinnamon in a large bowl. Using the beaters, mix on Speeds 1 to 6 until the entire mixture is lightened and it seems as though most of the sugar has dissolved, about 2 to 3 minutes.
4. Put the ricotta, orange juice, and vanilla extract into a medium to large mixing bowl. Using the beaters, mix on Speeds 1 to 4 until smooth and creamy. Add the ricotta mixture to the egg yolk mixture and mix on Speed 1 until combined.

5. Using the whisk, whip the egg whites and the cream of tartar on Speeds 1 to 3 until frothy. Gradually increase to Speed 7 and continue to whip until the whites are stiff, but not dry. Fold one-third of the whites into the batter, then gently fold in the remaining whites in two batches. (Take care not to over-mix, which would cause the batter to deflate.)
6. Pour the ricotta batter into the prepared pan. Bake the cheesecake until golden and just firm to the touch, 40 minutes.
7. Remove the cake from the oven and transfer the pan to a rack to cool slightly (it will lose some of its height as it cools).
8. This cake is best when served slightly warm or room temperature. Remove the outer ring of the springform pan and cut into wedges. Any leftovers can be stored in the refrigerator and served chilled.

Nutritional information per serving:

Calories 160 (42% from fat) • carb. 27g • pro. 1g
fat 8g • sat. fat 4g • chol. 101mg • sod. 198mg
calc. 160mg • fiber 0g

Chocolate Cream Pie

Crowd-pleasing pie for any holiday or special occasion!

Makes about 12 servings

Crust:

- 2½** **cups chocolate cookie crumbs (from about 24 chocolate sandwich cookies)**
- 5** **tablespoons unsalted butter, melted**

Filling:

- ¼ **cup packed light brown sugar**
- ¼ **cup granulated sugar**
- 3 tablespoons unsweetened cocoa powder**
- 2½ tablespoons cornstarch**
- ¼ **teaspoon kosher salt**
- 3 cups half & half**
- 3 large eggs, lightly beaten**
- 4 ounces semisweet chocolate, chopped**
- 3 tablespoons unsalted butter, cut into small cubes**

Topping:

- 2 cups heavy cream, well chilled**
- ¼ **cup plus 2 tablespoons granulated sugar**
- Chocolate curls for garnish**

1. Make the crust. Preheat oven to 350°F with the rack in the middle position.
2. Put the cookie crumbs and melted butter into a medium mixing bowl. Using the beaters, mix on Speeds 1 to 2 to fully combine. Transfer crumb mixture to a 9-inch pie plate. Press evenly into the bottom and sides.
3. Bake in preheated oven for 10 to 15 minutes, until crumb crust is fully set. Cool completely while preparing the filling.
4. Put the sugars, cocoa powder, cornstarch, and salt into a large, wide saucepan. Using the beaters once again, mix on Speed 1 to combine. While still

mixing on Speed 1, gradually add the half & half, and then the eggs, and continue to mix until completely smooth.

5. Set the pan over medium-low heat and mix on Speeds 1 to 2, occasionally, to prevent the mixture from overcooking – do not leave the pot unattended.
6. Allow the mixture to heat gradually, until just about boiling. At this point, the mixture will get quite thick. Continue to mix on Speed 1 and when thickened, remove from heat. Mix in the chopped chocolate and butter until completely incorporated. Strain the filling through a fine mesh strainer and then transfer the strained filling into the cooled crust. Cover the filling directly with wax paper or plastic wrap, so that the filling does not form a skin. Chill in the refrigerator until set.
7. After the filling is well chilled and ready to serve, prepare the whipped cream. Put the cream into a large mixing bowl. Using the whisk, start whipping cream on Speed 1, gradually increasing to Speed 3, for about one minute, so that the cream has some body. Add the sugar and continue to whip to Speed 7, until cream holds medium-stiff peaks that have formed.
8. Top the pie evenly with the whipped cream and garnish with chocolate curls prior to serving.

Nutritional information per serving:

*Calories 515 (63% from fat) • carb. 43g • pro. 5g
fat 36g • sat. fat 23g • chol. 142mg • sod. 231mg
calc. 74mg • fiber 1g*

Classic Whipped Cream

Whether for topping ice cream and pie, or as a dip for fruit, everyone should have a foolproof formula for a basic, sweetened whipped cream.

Makes about 2¼ cups

- 1 cup heavy cream, well chilled**
- ¼ **cup confectioners' sugar, sifted**
- 1 teaspoon pure vanilla extract**
- Pinch fine sea salt**

1. Put heavy cream into a large mixing bowl.
2. Using the whisk, start whipping cream on Speed 1, gradually increasing to Speed 3, for about one minute so that the cream has some body. Add the sifted sugar and vanilla extract and continue to whip to Speed 7, until cream holds stiff peaks, about 1½ minutes.

**Nutritional information per serving
(2 tablespoons):**

*Calories 52 (84% from fat) • carb. 2g • pro. 0g
fat 4g • sat. fat 3g • chol. 18mg • sod. 8mg
calc. 0mg • fiber 0g*

Simple Chocolate Mousse

A decadent treat that is so easy, it will be your new go-to dessert. This can also be flavored using a number of different liqueurs, such as coffee or fruit-based.

Makes about 4 cups

- 12 ounces semisweet or bittersweet chocolate (or a mixture of the two), finely chopped**
- 2½ cups heavy cream, divided**
- 2 teaspoons pure vanilla extract**

1. Put the chocolate into a large, heatproof mixing bowl. Pour 1 cup of the heavy cream into a small saucepan and bring just to a boil. Pour the scalded cream over the chocolate and stir, so that chocolate is completely melted and smooth. Let chocolate cool to room temperature.
2. Put the remaining heavy cream and vanilla extract into a separate, large mixing bowl. Using the whisk, start whipping the cream on Speed 1, gradually increasing to Speed 7 until cream holds medium peaks, about 3 minutes in total.
3. Carefully fold the whipped cream into the cooled chocolate mixture in three additions by using a large rubber spatula until mixture is homogenous. Transfer to individual serving dishes, cover with plastic wrap and chill for about 30 minutes prior to serving.

Nutritional information per serving (¼ cup):
Calories 240 (81% from fat) • carb. 12g • pro. 0g
fat 24g • sat. fat 14g • chol. 50mg • sod. 13mg
calc. 50mg • fiber 1g

Pizza/Focaccia Dough

One of the simplest doughs to prepare at home to take your pizza night to the next level. And if shaping pizza is not your thing, we give instructions on how to turn this into a delicious, herby focaccia.

Makes about 1½ pounds; 12 servings
(enough for two 10-inch pizzas)

- 1⅓ cups warm (100°F to 110°F) water**
- 2¼ teaspoons active dry yeast**
- 1 teaspoon granulated sugar**
- 3½ cups unbleached bread or all-purpose flour**
- 2 teaspoons kosher salt**
- 2 tablespoons extra virgin olive oil**

For Focaccia:

- 1 tablespoon extra virgin olive oil**
- 2 tablespoons chopped fresh rosemary**
- ½ teaspoon kosher salt**

1. Put the warm water, yeast, and sugar into a large mixing bowl. Stir to dissolve the yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is active and alive.
2. In a separate bowl, combine flour and salt. Using the beaters, mix on Speed 1 for 20 to 30 seconds; reserve.

Add the 2 tablespoons of olive oil and ½ cup flour to the yeast mixture.

Using the dough hooks, mix on Speed 1 until smooth, about 30 to 40 seconds. Running on Speed 2, continue to add

the remaining flour mixture, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly, as the flour is added, it will become a dough ball. After all the flour mixture has been incorporated, and the dough has formed a dough ball that cleans the sides of the mixing bowl, knead at Speed 3 for an additional minute.

3. Lightly dust the dough with flour and place it in a large mixing bowl covered with either a damp towel or plastic wrap. Allow to rise in a warm place for about 45 minutes, or until the dough has doubled in size.
4. Put the dough on a lightly floured surface and gently punch down. Shape into desired size(s) for pizza, or use for preparing calzones (see Cuisinart.com for recipe ideas).
5. For focaccia, press dough into an oiled 13 x 9-inch baking pan, or a rimmed baking pan. Lightly cover with plastic wrap and allow to rise for an additional 45 minutes – dough will be nice and puffy. Preheat oven to 425°F with the rack in the middle position. Brush the remaining 1 tablespoon of olive oil on top of the dough and, using your fingers, make indentations all over the dough. Sprinkle with the rosemary and salt. Bake for about 18 to 20 minutes, or until nicely golden.

Nutritional information per serving (Pizza Dough):

Calories 140 (15% from fat) • carb. 26g • pro. 4g
fat 2g • sat. fat 0g • chol. 0mg • sod. 356mg
calc. 1mg • fiber 1g

Nutritional information per serving (Focaccia):

Calories 151 (21% from fat) • carb. 26g • pro. 4g
fat 4g • sat. fat 1g • chol. 0mg • sod. 445mg
calc. 2mg • fiber 1g

Garlic Knots

Better than your local pizzeria, this recipe is another great way to use pizza dough.

These are best served on the same day they are made.

Makes 12 Garlic Knots

1 recipe Pizza Dough (see previous recipe)

1½ teaspoons garlic powder
Olive oil, for brushing dough

Topping:

4 tablespoons (½ stick) unsalted butter

4 garlic cloves, finely chopped

2 tablespoons finely chopped fresh parsley

¼ teaspoon kosher salt

2 tablespoons finely grated Parmesan

2 tablespoons olive oil

1. Prepare the pizza dough as instructed in the previous recipe. Once dough has sufficiently risen (2 rises are best, but 1 rise is OK), line two baking pans with parchment paper; reserve.
2. Divide the dough into 12 even pieces, about 2 ounces each. Keep dough pieces covered while working with the first piece. Take one piece of dough and roll

it into a 10-inch rope. Repeat with the remaining dough pieces, placing each on the prepared pans after shaping. Dust the prepared dough ropes all over with the garlic powder, then tie each into a knot, tucking the ends under the bottom of the knot. Place six on each of the prepared pans and cover loosely with plastic wrap. Allow to rest and rise for about 30 to 45 minutes, until nice and puffy.

3. Preheat oven with the racks in the lower and upper third positions to 400°F. Brush the risen knots with olive oil and bake in the preheated oven until golden, about 13 to 15 minutes.
4. While knots are baking, put the butter in a small saucepan set over medium-low heat to melt. Once it is melted, remove from the heat and add the remaining topping ingredients. Stir to combine and keep warm until the knots are ready.
5. Once the knots are baked, remove from the oven and carefully coat with the butter topping, a pastry/basting brush works well. Another method is to transfer the butter topping to a shallow bowl and put the knots, a couple at a time, into the bowl and turn to fully coat. Drizzle any additional topping over the knots.
6. These are best enjoyed warm.

Nutritional information per garlic knot:

Calories 209 (40% from fat) • carb. 27g • pro. 4g
fat 9g • sat. fat 3g • chol. 10mg • sod. 212mg •
calc. 30mg • fiber 1g

Cuisinart Classic White Bread

Spoil your family with homemade bread.

Makes 1 loaf (10 servings)

1 cup warm water (105°F to 110°F)
2¼ teaspoons active dry yeast
1½ teaspoons granulated sugar
2 cups unbleached, all-purpose flour
1 teaspoon kosher salt
2 tablespoons unsalted butter, cut into 1-inch pieces, room temperature

Nonstick cooking spray or unsalted butter, softened, for greasing the loaf pan

1. Put the warm water, yeast, and sugar into a large mixing bowl. Stir to dissolve the yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is active and alive.
2. Put the flour and salt into a separate mixing bowl. Using the beaters, mix on Speed 1 for 20 to 30 seconds; reserve.
3. Using the dough hooks, mix the yeast mixture on Speeds 1 to 2 while adding the flour/salt, ½ cup at a time. Mix in each addition of flour well, before adding the next, so that no flour is visible in between. The dough at first will be a batter, and slowly, as the flour is added, the batter will form a dough ball and clean the sides of the mixing bowl.
4. Once all of the flour has been incorporated, add the butter and knead on Speed 3 for about 2 minutes. Dust the dough ball lightly

with flour and place it in a resealable food storage bag, pressing out any air before sealing. Let rise in a warm, draft-free place until doubled in size, about 1 hour.

5. Lightly coat one standard loaf pan with cooking spray or unsalted butter. Punch dough to deflate. Shape into loaf and place in prepared pan. Cover and let rise until nearly doubled, about 1 hour.
6. About 15 minutes before baking, preheat oven to 400°F. Place loaf in preheated oven and bake for 30 to 35 minutes, until bread is browned and sounds hollow when tapped. Remove from loaf pan and cool on a wire rack. Bread slices best when allowed to cool completely before cutting. If top of bread is too crispy for your taste, brush with butter for a softer crust.

Nutritional information per serving (1 slice):
Calories 157 (14% from fat) • carb. 27g • pro. 5g
fat 2g • sat. fat 1g • chol. 6mg • sod. 113mg
calc. 0mg • fiber 1g

Ciabatta

A popular Italian-style rustic bread, this is great to serve with a saucy pasta dish, or just sliced, served with olive oil and a charcuterie platter.

Makes 1 loaf (16 servings)

Starter:

- $\frac{3}{4}$ cup cool water
- $1\frac{3}{4}$ cups plus 2 tablespoons unbleached bread or all-purpose flour
- $\frac{1}{8}$ teaspoon active dry yeast

Dough:

- $1\frac{3}{4}$ cups plus 2 tablespoons unbleached bread or all-purpose flour
- 1 teaspoon active dry yeast
- $1\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{2}$ cup lukewarm water
- $\frac{1}{4}$ cup olive oil

1. Prepare the starter. Put the water, flour, and yeast together in a large mixing bowl. Cover with a damp cloth, or plastic wrap, and let rest at room temperature for 12 to 16 hours.
2. Once the starter is ready, prepare the dough. Put the flour, yeast, and salt in a medium bowl. Using the beaters, mix on Speeds 1 to 2 to fully combine, about 20 to 30 seconds. Add the warm water and oil to the starter. Using the dough hooks, mix on Speed 1 to combine.
3. Add the flour mixture to the starter-water mixture. Still using the dough hooks, mix on Speeds 1 to 2 until the mixture comes together. It will be a very sticky dough and will take a couple of minutes to combine (stop the mixer to scrape down the sides of the bowl and dough hooks if necessary). Cover the dough with either a damp cloth or plastic wrap, and allow to rise for 1 hour.
4. Gently turn over the dough, to gently deflate, and cover again and allow to rise for an additional hour.
5. Once dough is ready, transfer to a heavily floured work surface, and add additional flour on top of the dough. Shape into a rectangle, about 8 x 10 inches. Place the

loaf on a parchment-lined baking pan and loosely cover with a damp cloth or plastic wrap and allow to rise for about 1 hour, or until nice and puffy.

6. Preheat oven to 450°F with the rack in the middle position.
7. Brush the dough with water and then bake until the bread is golden brown and sounds hollow when tapped, about 25 to 30 minutes.
8. Remove and cool slightly prior to slicing and serving.

Nutritional information per serving (1 slice):
Calories 130 (28% from fat) • carb. 20g • pro. 3g
fat 4g • sat. fat 1g • chol. 0mg • sod. 106mg
calc. 6mg • fiber 1g

Honey Whole-Wheat Bread

A hearty wheat bread, flavored with honey.

Makes 1 loaf (10 servings)

- 1 cup warm water (105°F to 110°F)
 - 1 tablespoon honey
 - 2 teaspoons active dry yeast
 - $1\frac{1}{2}$ cups whole-wheat flour
 - $\frac{3}{4}$ cup bread flour
 - $\frac{3}{4}$ teaspoon salt
 - $1\frac{1}{2}$ tablespoons unsalted butter, cut into $\frac{1}{2}$ -inch pieces, room temperature
- Nonstick cooking spray or unsalted butter, softened, for greasing the loaf pan**

1. Put the warm water, honey, and yeast into a large mixing bowl. Stir to dissolve the yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is active and alive.
2. Put the flours and salt in a separate mixing bowl. Using the beaters, mix on Speed 1 for 20 to 30 seconds; reserve. Using the dough hooks, mix the yeast mixture on Speeds 1 to 2 while adding the flour/salt, ½ cup at a time. Mix in each addition of flour, before adding the next, so that no flour is visible in between. The dough at first will be a batter, and slowly, as the flour is added, the batter will form a rough dough ball. (If a good amount of dough is clinging to the walls of the bowl, add an additional 1 to 3 tablespoons of bread flour; avoid adding more).
3. Once all of the flour has been incorporated, add the butter and knead on Speed 3 for about 2 minutes. The dough will feel sticky. Dust the dough ball lightly with flour and place it in a resealable food storage bag, pressing out any air before sealing. Let rise in a warm, draft-free place until doubled in size, about 1 hour.
4. Lightly coat one standard loaf pan with cooking spray or unsalted butter. Punch dough to deflate. Shape into loaf and place in prepared pan. Cover and let rise until nearly doubled, about 1 hour.
5. About 15 minutes before baking, preheat oven to 400°F. Place loaf in preheated oven and bake for 30 to 35 minutes, until bread is browned and sounds hollow when tapped. Remove from loaf pan and cool on a wire rack. Bread slices best

when allowed to cool completely before cutting. Crust will soften as it cools.

Nutritional information per serving (1 slice):
*Calories 123 (15% from fat) • carb. 21g • pro. 4g
 fat 2g • sat. fat 1g • chol. 5mg • sod. 1mg
 calc. 14mg • fiber 3g*

Rosemary Olive Oil Rolls

These rolls go well with dinner, but could also be used as small sandwich rolls.

Makes 12 rolls

¼ **cup flavorful, extra virgin olive oil**
 1½ **tablespoons chopped, fresh rosemary**
 2¼ **teaspoons active dry yeast**
 1 **cup warm water (105°F to 110°F)**
 3¼ **cups unbleached bread or all-purpose flour**
 1¾ **teaspoons kosher salt**
Cornmeal for the baking sheet

1. Combine the olive oil and rosemary, let stand 10 minutes or longer. Put the yeast and warm water into a large mixing bowl with a pinch of the flour. Stir to dissolve yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is alive and active.
2. Put the flour and salt into a separate, small mixing bowl. Using the beaters, mix on Speed 1 for 20 to 30 seconds; reserve. Using the dough hooks, mix the yeast mixture on Speed 1 while adding the olive oil/rosemary, following with ½ cup of the flour/salt. Mix on Speeds 1 to

2 until smooth, about 30 to 40 seconds. Continue adding the flour, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly, as the flour is added, the batter will form a dough ball that cleans the sides of the mixing bowl. After all the flour has been incorporated, knead on Speed 3 for about 2 minutes.

3. Dust dough ball lightly with flour and place it in a resealable food storage bag, press out air and seal. Let rise in a warm, draft-free place until doubled in size, about 1 hour. Punch down and let rise again for 1 hour (this second rise can be skipped if pressed for time – but it adds to the flavor and texture).
4. After second rise, punch dough to deflate and let rest 10 minutes. Lightly dust a baking sheet with cornmeal. Divide dough into 12 equal-size pieces. Roll each piece of dough on a work surface and shape into a ball. Flatten slightly. Transfer to prepared baking sheet and cover with plastic wrap. Let rise at room temperature until almost doubled, about 45 to 60 minutes.
5. Fifteen minutes before baking, preheat the oven to 450°F. Uncover rolls and bake at 450°F for 10 minutes. Reduce the heat to 375°F and bake for an additional 10 to 15 minutes, until browned and hollow sounding when tapped. Place on a wire rack to cool.

Nutritional information per roll:
*Calories 151 (28% from fat) • carb. 24g • pro. 4g
 fat 5g • sat. fat 1g • chol. 0mg • sod. 312mg
 calc. 2mg • fiber 1g*

Pâte Brisée

This versatile dough can be used for sweet or savory treats.

Makes two 9-inch crusts (24 servings)

- 2 cups unbleached, all-purpose flour**
- 1 teaspoon kosher salt**
- 16 tablespoons (2 sticks) unsalted butter, cut into ½-inch cubes, and sitting at room temperature for 15 minutes**
- ¼ cup ice water**

1. Put the flour and salt into a large mixing bowl. Using the beaters, mix on Speed 1 to fully combine, about 20 to 30 seconds. Add the butter and mix on Speeds 1 to 2 until the butter has been worked into the flour and is about the size of peas.
2. Slowly add the water, about 1 teaspoon at a time, and mix until the flour is hydrated, but not wet. The dough will not be fully together, just shaggy.
3. Turn the dough out onto a clean, lightly floured surface and knead by hand a few times to bring it together. Divide into two pieces and form each into a flat disc. Wrap in plastic wrap and chill until ready to use, a minimum of 2 hours, or up to 2 days.*

*As long as it is wrapped, this pastry freezes well for up to 6 months.

Nutritional information per serving:

*Calories 100 (66% from fat) • carb. 7g • pro. 1g
fat 7g • sat. fat 5g • chol. 20mg • sod. 95mg
calc. 0mg • fiber 0g*

Black Pepper and Chive Biscuits

The wide range of speeds on this Cuisinart® hand mixer ensures that you have a nice, low speed, so that the biscuit dough is not over-mixed.

Makes 8 biscuits

- 2¼ cups unbleached, all-purpose flour, plus more for shaping**
- 1 tablespoon granulated sugar**
- 1½ teaspoons baking powder**
- ¼ teaspoon baking soda**
- ½ teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- 8 tablespoons (1 stick) good quality, European-style unsalted butter, cut into ½-inch cubes, and sitting at room temperature for 10 to 15 minutes**
- 1 cup buttermilk**
- ¼ cup heavy cream**
- 2 tablespoons finely chopped chives**

1. Put the flour, sugar, baking powder and soda, salt, and pepper into a large mixing bowl. Using the beaters, mix on Speed 1 to fully combine, a minimum of 30 seconds. Add the butter and mix on Speed 1 until the butter has been worked into the flour, moving the beaters quickly around the bowl so the ingredients are evenly mixed, being sure the butter is working its way through all of the dry ingredients.

2. Slowly add the buttermilk and cream, and mix on Speed 1 until the dough just comes together. Stir in the chives.
3. Turn the dough out onto a clean, floured surface and shape into a rectangle, 1-inch in thickness. Cut into 8 even pieces and transfer to a parchment-lined baking pan.
4. Chill for 20 minutes to allow the biscuits to rest.
5. While the biscuits are chilling, preheat an oven to 425°F with the rack in the middle position. Bake until golden brown on the top, about 15 to 20 minutes.
6. Serve immediately.

Nutritional information per biscuit:

*Calories 268 (49% from fat) • carb. 29g • pro. 4g
fat 14g • sat. fat 9g • chol. 41mg • sod. 211mg
calc. 560mg • fiber 1g*

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East Windsor, NJ 08520

Printed in China
20CE073826

IB-16855-ESP