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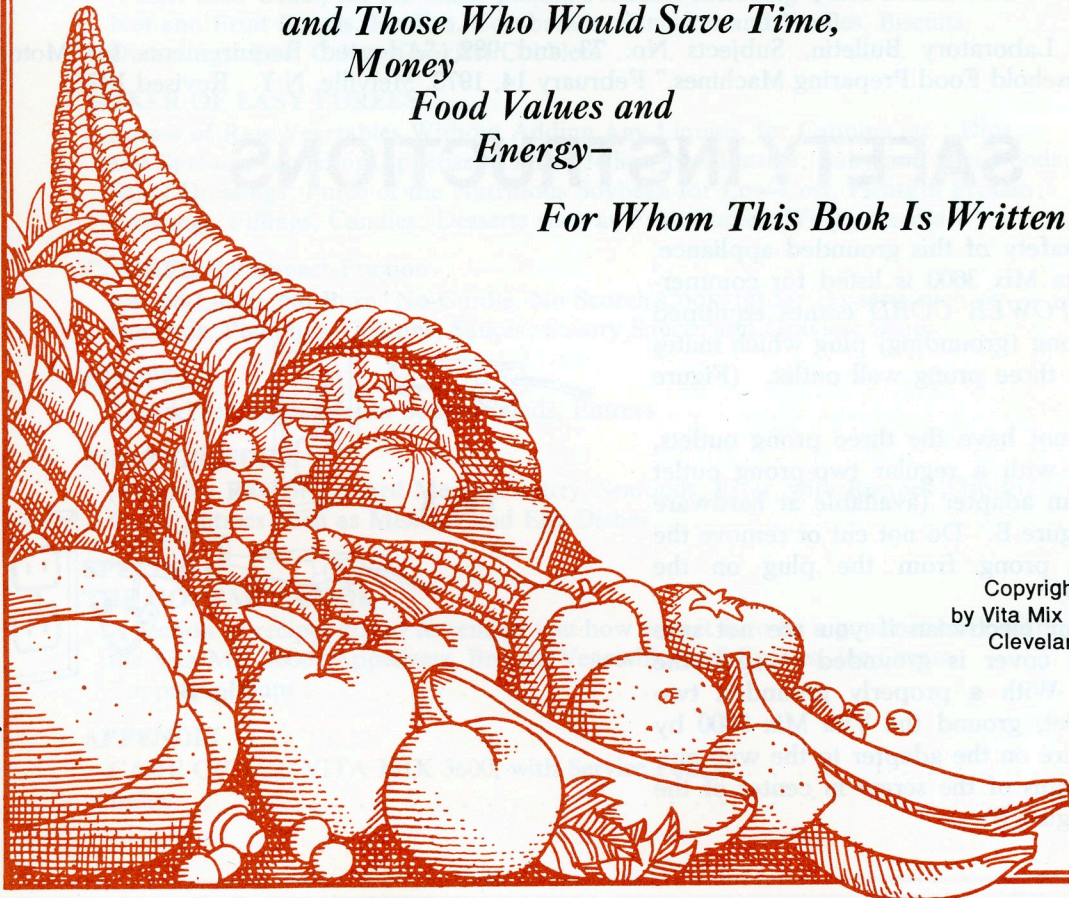


# Recipes & Instructions for Vita Mix 3600 Model

by Ruth M. Barnard


*Dedicated to the Aspiring Gourmet Cooks  
and Those Who Would Save Time,  
Money  
Food Values and  
Energy—*

*For Whom This Book Is Written...*





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**To Whip Cream:** Place cold whipping cream in cold *CONTAINER*. Clamp on *ACTION DOME*. Set *SPEED CONTROL KNOB* at **Low Speed** (1&2). Use **Down-Release Action** on *IMPACT LEVER* until whipped. Stop, add sugar through the *ACTION DOME*, and continue using **Down-Release Action** until just combined.



**To Whip A Topping Mix:** Have all ingredients and *CONTAINER* very cold. Clamp on *ACTION DOME*. Set *SPEED CONTROL KNOB* at **Low Speed** (1&2). Use **Down-Release Action** very gently until just whipped. Do not overwhip.



### **Fig (Mock Chocolate) Pudding**

VITAMIX:

Milk, and equal amount of  
Black Mission Figs

### **Apricot Cream**

VITAMIX:

½ lb apricots  
1 cup chilled whipping cream  
Sugar to taste  
Lemon juice

### **Lemon Cream**

VITAMIX:

½ cup sweetened condensed milk  
1 lemon, pared thinly and quartered  
1½ cup chilled whipping cream or yogurt  
Sugar to taste

### **Orange Cream**

VITAMIX:

1½ cup yogurt  
1 cup sour cream  
1 to 2 oranges, pared thinly and quartered  
Sugar to taste

### **Rhubarb Puff**

VITAMIX till whipped and refrigerate:

1 cup chilled whipping cream

VITAMIX:

3 cups sweetened stewed red rhubarb,  
chilled  
Juice ½ lemon

Fold into whipped cream just before serving.

### **Uncooked Cocoa Custard**

Cool all ingredients and *CONTAINER*.

VITAMIX gently till whipped (**Down-Release, Low Speed**):

1 egg

1 tbsp instant cocoa

1 cup whipping cream

Serve in sherbet glasses, garnished with whipped cream.

### **Swiss Hazel Nut Whip**

VITAMIX till ground fine:

1 cup hazel nuts (filberts)

Stir up nuts with a table knife.

VITAMIX with:

½ lemon pared and cut in half

1½ cups milk


1 cup sugar

Remove to a bowl and set aside. Wash and dry *CONTAINER*.

VITAMIX to whip:

1 cup chilled whipping cream

Fold into custard and serve.



## **FRUIT SAUCES**

### **Uncooked Applesauce**

Applesauce can be made of raw apples in the Vita Mix 3600 without cooking and without adding any liquid, if you wish and without removing anything except the hard dry stems. The cores will usually disappear completely as will the peels, except for tiny wisps of seed coatings if apples are quite mature. When apples have been kept in cold storage for too long a time, the seeds may give an unpleasant flavor to the sauce, in which case leave them out. Fill the *CONTAINER* with as many quartered apples as desired, up to a full *CONTAINER*. Clamp on *ACTION DOME*, and with an **Up-Down Action**, two or three times, to start off, allow to run on **Up Position** of the *IMPACT LEVER*, **High Speed**. Immediately start pushing down with the *TAMPER* through the *ACTION DOME* to keep the apples circulating through the *BLADES* (see Introductory Recipe for Puree of Raw Carrots.) Raw applesauce will usually not even need to be sweetened. Also, it is possible to make applesauce in this way from apples such as Red Delicious Variety not ordinarily considered good for sauce, since their cooking qualities need not be considered, when making the uncooked sauce.

If you wish to cook the raw applesauce you may. (We often can the raw applesauce made in the Vita Mix.) But you will probably need to add sweetening, as cooking brings out tartness of flavor. A little lemon or lemon juice pureed with the apples helps to keep the sauce from darkening, and adds flavor that some apples need. Sweeten to taste, using sugar, honey, or no calorie sweetener as desired. Do not add lemon if you want a dark-colored **apple butter**. For apple butter, add brown sugar, cinnamon and cloves.