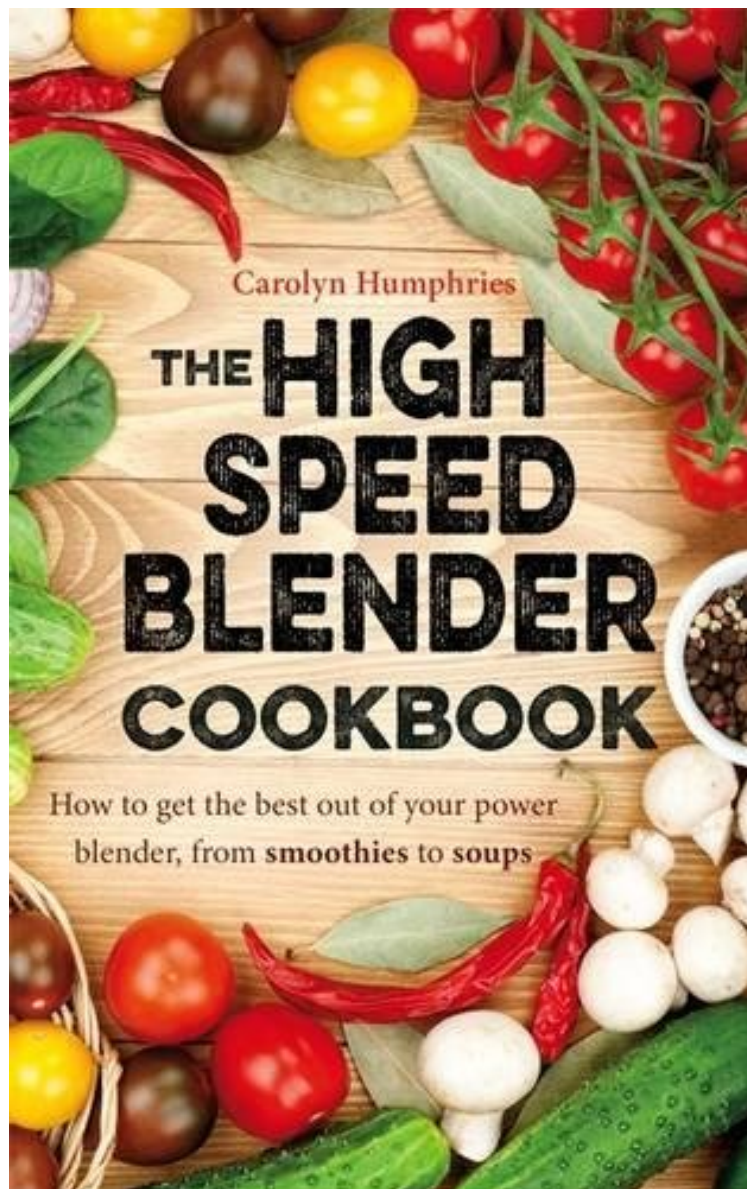


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The High Speed Blender Cookbook: How to get the best out of your multi-purpose power blender, from smoothies to soups

Carolyn Humphries

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Carolyn Humphries : The High Speed Blender Cookbook: How to get the best out of your multi-purpose power blender, from smoothies to soups before purchasing it in order to gage whether or not it would be worth my time, and all praised The High Speed Blender Cookbook: How to get the best out of your multi-purpose power blender,

from smoothies to soups:

1 of 1 people found the following review helpful. Beware of European measurement system!By I, conoclastI will never know how good the recipes are since most of the ingredients are measured in liters and grams or fractions thereof. I would prefer using the American equivalents of cups and pounds since I do not have European measuring devices. Very frustrating that this did not appear as part of the product description to avoid making a purchase that I will inevitably return.

This book will show you how you can use it to whip up the most velvety, vitalising smoothies and drinks, even using tough, fibrous raw vegetables. You will be able to quickly make AND heat up nutritious soups and sauces and, amazingly, produce perfectly frozen, fabulous, ice creams and sorbets in minutes. It will also show how you can use your blender as a food processor, too, for chopping or mixing ingredients and making - to name but a few - fresh, vibrant salsas; fast-kneaded doughs; light, airy batters; even-textured minced mixtures; quick-mix cakes and bakes; effortless ground spice pastes; and even your own flours. if you want a gadget that's amazingly versatile, stunningly efficient and easy to clean, then why not make it a high-speed blender? You'll be able to whiz up drinks, sustaining soups, dips, and spreads, omelettes, bakes, desserts, in fact just about everything you need to make in next to no time, using the freshest ingredients with very little effort.

About the AuthorCarolyn Humphries has been a food writer and editor for many years. She started her career as a chef, but quickly realised she preferred to create food for people to cook at home. Having trained as a journalist, she became a food writer for Woman magazine. She has since written for numerous journals, is the author of over 60 books and has been a consultant, co-writer and editor on many more projects. She is a member both of The Guild of Food Writers and the Institute of Health Promotion and Education. As a busy, working mum she has always needed to feed a hungry family fast and finds the combination microwave a great asset in her kitchen.