





**recipe
book**

JUG BLENDER



dear customer,

At MisterChef we won't promise to turn you into a Michelin-starred cook,
a purveyor of artisanal produce of Nigella 2.0.

What we will do is provide you with really high-quality kitchenware and
appliances, that won't cost the kitchen sink.

Our products aren't ornamental dust-collectors. They're sturdy and
designed for everyday use for everyone.

We focus on designing attractive products built for efficiency, ease of use
and longevity rather than extra you don't need.

The perfect blend of affordability and functionality.

At MisterChef, we're committed to keeping things fuss-free. We work
hard to ensure that our products are easy to use, easy on the pocket and
easy to return in the event you're unhappy or something goes awry.





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smoothies



peanut butter and banana smoothie



5 mins
prep



30 secs
blend



4
servings



ingredients

- 2 bananas (broken into chunks)
- 2 cups milk
- 1/2 cup peanut butter
- 2 tablespoons honey (or to taste)
- 2 cups ice cubes

method

1. Place all the ingredients in a blender and blend for 30 seconds, or until smooth.
2. Pour smoothie into glass or takeaway cup and Enjoy.







strawberry, vanilla and banana smoothie



5 mins
prep



30 sec
blend



2
servings



ingredients

- 1 banana (sliced)
- 1 cup frozen strawberries
- 2 tbsp nonfat dry milk powder
- 2 tbsp turbinado raw sugar
- 1 drop pure vanilla extract
- 1/2 cup water
- 1/2 cup ice

method

1. In a high-powered blender, add all the ingredients and blend until smooth. For best results, put the water in first and frozen items in last.
2. Feel free to add ice or water depending on your desired consistency. Add ice for a thicker smoothie.
3. Pour and enjoy!

king peanut power plus chocolate smoothie



5 mins
prep



30 secs
blend



2
servings



ingredients

- 1 medium banana
- 1 tablespoon Cocoa (unsweetened)
- 2 tablespoons Creamy Peanut Butter
- 1 cup almond milk (unsweetened, vanilla)
- 1 scoop of protein (chocolate flavored)
- 1/4 cup nonfat yogurt (plain)
- 3 dates

method

1. Add all ingredients (plus one cup of ice) into a blender. Cover the blender with the lid and press firmly. Blend until smooth.
2. Pour smoothie into a glass and enjoy!





frozen fruit smoothie



5 mins
prep



1 min
blend



2
servings



ingredients

- 1 1/2 cups apple juice
- 2 cups assorted frozen fruit
I used cherries, raspberries, blueberries and mango
- 3/4 cup vanilla Greek yogurt
- additional fruit and/or mint sprigs for garnish optional

method

1. Place the juice, fruit and yogurt in a blender.
2. Blend until completely smooth.
3. Pour into 2 glasses. Garnish with additional fruit and mint sprigs if desired.







mango smoothie



3 mins
prep



1 min
blend



2
servings



ingredients

- 2 fresh mangoes or 2 cups of frozen mango
- 1 small frozen banana (or half of a large banana), you can use unfrozen
- $\frac{1}{2}$ cup milk, dairy or dairy-free
- $\frac{1}{2}$ cup yogurt, dairy or dairy-free

method

1. Add all ingredients to a high-powered blender and blend until creamy.
2. Pour into a cup or glass and Enjoy!

tips

If you're using frozen mango and a frozen banana, you may need to use the tamper on your high-powered blender to ensure everything gets blended smoothly.

green smoothie



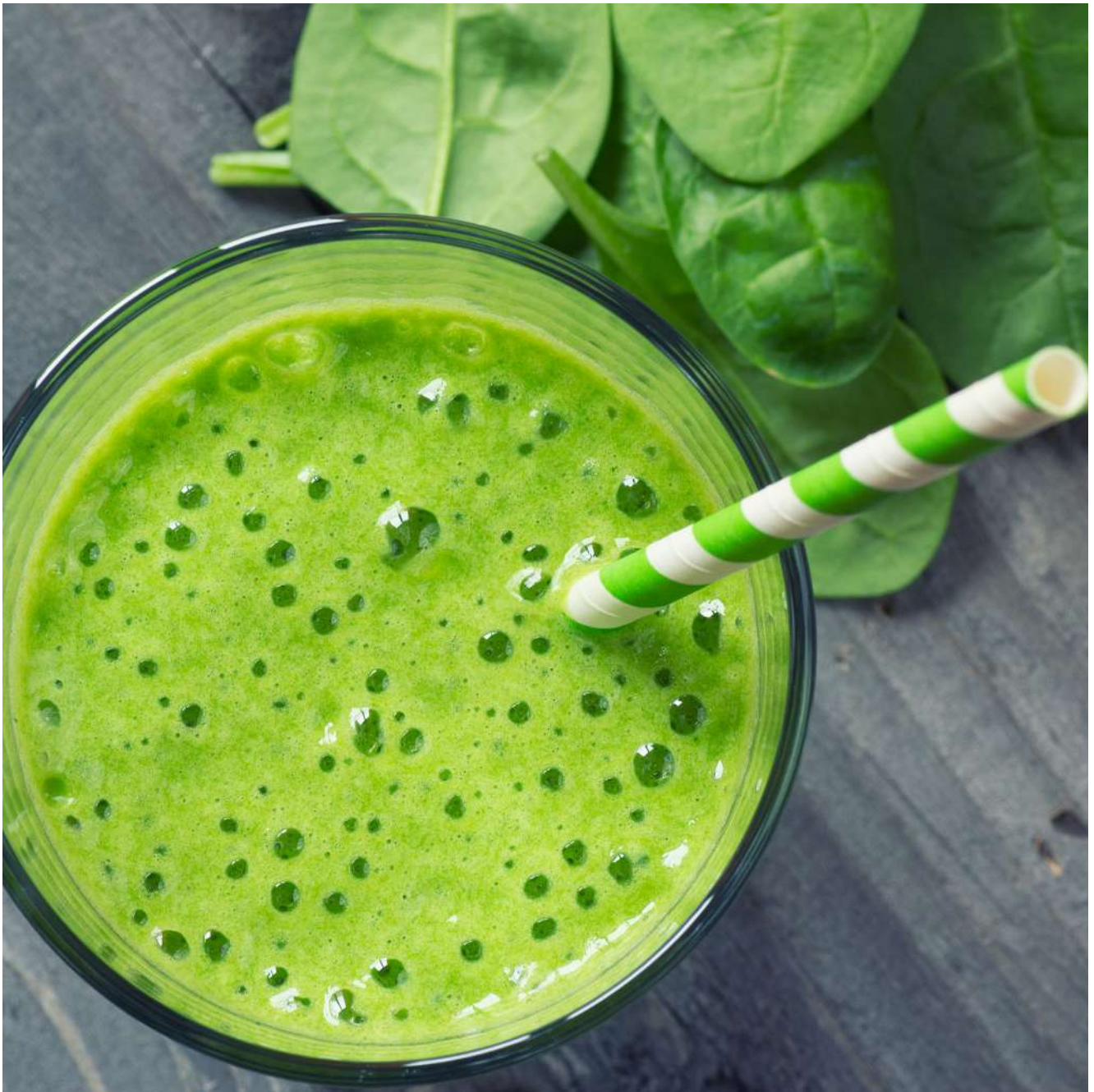
5 mins
prep



1 min
blend



2
servings





ingredients

- 1 1/2 cup nut milk, or dairy milk
- 2 cups spinach
- 1 frozen banana
- 1 apple
- 1/4 avocado
- plus optional add-ins

method

1. Add all of the ingredients to a blender and blend for 30 seconds on high, or until creamy.
2. Pour into Glass or Mug and Enjoy.

tips

Remember to freeze your bananas ahead of time!



cranberry smoothie



3 mins
prep



1 min
blend



2
servings



ingredients

- 1 cup milk (dairy or dairy-free)
- 1 cup fresh or frozen cranberries
- 1 frozen banana
- 1 orange, peeled

method

1. Add all ingredients to a high-powered blender and blend until smooth.

tips

For a creamier texture, substitute half of the milk for yogurt.

Cranberries are naturally a bit tart. If you'd like to sweeten it up, feel free to add 1 to 2 tablespoons of maple syrup or honey.





peach smoothie



5 mins
prep



1 min
blend



2
servings



ingredients

- 3 peaches, pitted and quartered
- 1 1/2 cups milk, dairy or dairy-free
- 1 cup yogurt, dairy or dairy-free
- 1 tsp vanilla extract
- sprinkle of cinnamon
- sprinkle of ground ginger
- 2 tbsp chia seeds, divided

Optional

- honey or maple syrup to sweeten
- collagen powder

method

1. Add all ingredients except the chia seeds to a high-powered blender. Blend on high until smooth and creamy.
2. Divide the peach smoothie between two Le Parfait jars or Mason jars. Add one tablespoon of chia seeds, add the lid and shake until well combined.

blueberry smoothie



5 mins
prep



1 min
blend



2
servings



ingredients

- 2 cups coconut water
- 2 cups frozen blueberries
- 1 frozen banana
- 1/2 cup greek yogurt
- 1 tbsp flax seeds

method

1. Blend coconut water, blueberries, banana, yogurt and flax seeds together in a high-powered blender for 30 seconds, or until creamy.

tips

Many times frozen blueberries are cheaper to use than fresh blueberries. But if you have fresh blueberries, you could just pop those in the freezer for a couple of hours as well.

You can use Greek yogurt or regular yogurt. You could also use dairy-free Coconut Yogurt. It's quite adaptable.





beet, carrot and tumeric smoothie



10 mins
prep



1 min
blend



2
servings



ingredients

- 2 golden beets, chopped
- 1 large carrot, chopped
- 1 banana, peeled, sliced and frozen
- 4 mandarin oranges, peeled
- 1 lemon, juiced
- 1/4 tsp turmeric powder
- 1 1/2 cup cold water

Optional Topping

- grated carrot
- hemp seeds

method

1. Add all ingredients into a high-powered blender and blend until smooth.
2. Pour into glasses and add any optional toppings.





milkshakes





vanilla milkshake



7 mins
prep



1 min
blend



2
servings



ingredients

- 1 1/2 cups good-quality vanilla ice cream about 3 scoops, slightly softened
- Scraped seeds from 1/2 vanilla bean or 1 teaspoon real vanilla extract
- 1/2 to 3/4 cup milk * any percentage
- Whipped cream optional for topping

method

1. In a blender, combine ice cream, vanilla bean seeds (or extract), and milk, and blend until pourable.
2. Pour into a glass, top with whipped cream if desired, and enjoy!

tips

Use 1/2 cup milk for a thicker shake, 3/4 for a thinner one.

This will make approximately 1 1/2 to 1 3/4 cups, enough for one restaurant-sized shake or two smaller ones.

chocolate milkshake



7 mins
prep



3 min
blend



1
servings

ingredients

Fudge Sauce

- 2 tablespoons (25g) granulated sugar
- 1 heaping tablespoon (8g) cocoa powder
- 1 tablespoon (14g) butter
- 2 tablespoons milk any percentage
- 1/8 teaspoon vanilla extract optional

Chocolate Milkshake

- 1 1/2 cup vanilla ice cream* about 3 scoops
- 1/2 to 3/4 cup milk any percentage
- Whipped cream optional

method

Fudge Sauce

1. In a small bowl, combine sugar and cocoa powder. Stir together and set aside.
2. In a small saucepan, over medium heat, melt butter. Whisk in milk followed by the sugar and cocoa powder mixture. Whisk continuously, beating out any lumps as they form, until mixture begins to thicken and bubble 1-3 minutes.
3. Remove from heat and whisk for 30 seconds to whisk some of the heat out of the sauce. Stir in optional vanilla and allow sauce to sit at room temperature to continue to cool slightly as you assemble the rest of your ingredients.

Chocolate Milkshake

1. Combine ice cream, milk, and 3 tablespoons* of the sauce in your blender and blend until well-mixed and pourable.
2. Pour into a glass, top with optional whipped cream and drizzle the remaining fudge sauce over the top. Enjoy!

tips

If using pre-made fudge sauce (store-bought or homemade) use 3 tablespoons of sauce for your shake.

If you find your sauce has simmered down to make less, don't worry. All the chocolate flavor is still there, there's just less sauce because liquid evaporated as the sauce thickens.





peanut butter and chocolate milkshake



5 mins
prep



1 min
blend



2
servings



ingredients

- 1½ cups vanilla ice cream about 3 scoops
- ½ to ¾ cup milk* any percentage
- 3 tablespoons chocolate syrup or fudge sauce plus optional more for topping*
- 2 lightly heaping tablespoons (41g) peanut butter
- Whipped cream optional for topping

method

1. In a blender, combine ice cream, milk, chocolate syrup, and peanut butter. Blend until well-combined and pourable.
2. Pour into a glass, top with whipped cream if desired, and enjoy.

tips

Use ½ cup milk for a thicker shake, up to ¾ cup for a thinner one.

You can replace the chocolate sauce with 2 tablespoons of cocoa powder.

banana milkshake



10 mins
prep



1 min
blend



2
servings



ingredients

- 1 1/2 cups (about 3 scoops) vanilla ice cream slightly softened
- 1/2 to 3/4 cup milk any percentage
- 1 large banana broken into pieces (frozen is fine)
- 1/4 teaspoon vanilla optional
- Whipped cream optional
- Cinnamon sugar optional for topping

method

1. Combine ice cream, milk, banana, and vanilla in your blender, and blend until creamy and pourable.
2. Pour into a glass, top with whipped cream and cinnamon sugar if desired, and enjoy.





strawberry milkshake



5 mins
prep



1 min
blend



2
servings



ingredients

- 1 1/2 cups vanilla ice cream* about 3 scoops
- 1/2 to 3/4 cup milk* any percentage
- 3/4 cup chopped hulled strawberries fresh or frozen is fine
- 1 tablespoon (13g) granulated sugar optional but recommended*
- Whipped cream optional for topping

method

1. In a blender, combine ice cream, milk, strawberries, and sugar, and blend until well-combined and pourable.
2. Pour into a glass, top with whipped cream, and enjoy.

tips

*If using frozen strawberries, allow your ice cream to sit at room temperature for 5 to 10 minutes before using.

Use 1/2 cup milk for a thicker shake, up to 3/4 cup for a thinner, more sippable one.

*If you prefer a less-sweet shake or are using extremely ripe berries, you can omit the sugar, but I recommend using it since cold ingredients mute sweetness.

banana strawberry milkshake



5 mins

prep



1 min

blend



2

servings



ingredients

- 1 1/2 cups vanilla ice cream* about 3 scoops
- 1/2 to 3/4 cup milk* any percentage
- 3/4 cup chopped hulled strawberries fresh or frozen is fine
- 1 ripe banana cut into pieces fresh or frozen is fine
- Whipped cream optional for topping

method

1. In a blender, combine ice cream, milk, strawberry pieces, and banana pieces, and blend until well-combined and pourable.
2. Pour into a glass. Top with whipped cream if desired and enjoy.

tips

Using frozen fruit will give you a thicker, frostier shake but can be a little hard on some blenders. If using frozen strawberry and banana pieces, allow your ice cream to sit at room temperature.

Use 1/2 cup milk for a thicker shake, up to 3/4 cup for a thinner one.





oreo milkshake



5 mins
prep



1 min
blend



2
servings



ingredients

- 1½ cup vanilla ice cream about 3 scoops
- ½ to ¾ cup milk *
- 5 Oreo cookies divided
- Whipped cream optional

method

1. Combine ice cream, milk, and 4 of the Oreo cookies in your blender. Blend until pourable and pour into a glass.
2. Use the bottom of a glass or your hand to crush the final Oreo into small pieces (but not crumbs) and add the pieces to the the top of your shake or over whipped cream if desired. Serve and enjoy!

tips

Use ½ cup milk for a thicker shake, ¾ for a thinner one.

coffee milkshake



5 mins

prep



1 min

blend



2

servings



ingredients

- 1 tablespoon (5g) cocoa powder
- 1 teaspoon to 1 tablespoon instant coffee or espresso powder* optional
- 1 ½ cups ice cream about 3 scoops slightly softened
- ½ to ¾ cup milk OR coffee *
- Whipped cream optional for topping
- Fudge sauce optional for drizzling
- Chocolate shavings optional for topping

method

1. Add cocoa powder and instant coffee or espresso granules (if using) to your blender. Add ice cream and milk or coffee.
2. Blend until mixture is well combined and pourable.
3. Pour into a glass (drizzled with fudge sauce if desired), top with optional whipped cream and chocolate shavings, and enjoy!

tips

*This recipe can be made with instant coffee and milk.

Use 1 teaspoon for a more mild coffee.





caramel milkshake



5 mins
prep



1 min
blend



2
servings



ingredients

- 1½ cups vanilla ice cream
about 3 scoops
- ½ to ¾ cup milk *
- 2 tablespoons caramel
sauce plus optional more for
drizzling
- Whipped cream optional for
topping

method

1. In your blender, combine ice cream, milk, and caramel. Blend until caramel is incorporated and shake is pourable.
2. Pour into glass(es), top with optional whipped cream and more caramel if desired. Serve and enjoy!

tips

Use ½ cup milk for a thicker shake, ¾ for a thinner one.

For a Salted Caramel Milkshake add a generous pinch of salt before blending.

This will make approximately 1 ½ to 2 cups, enough for one restaurant-sized shake or two smaller ones.

dulce de leche milkshake



5 mins
prep



1 min
blend



2
servings



ingredients

- 1 1/2 cup vanilla ice cream about 3 scoops
- 1/2 to 3/4 cup milk *
- 2 tablespoons dulce de leche plus optional more for drizzling
- Whipped cream optional for topping

method

1. In your blender, combine ice cream, milk, and dulce de leche. Blend until well-mixed and creamy.
2. Drizzle dulce de leche around the inside of a glass if desired before pouring in the milkshake. Top with optional whipped cream and more dulce de leche. Serve and enjoy!

tips

Use 1/2 cup milk for a thicker shake, 3/4 for a thinner one.







dressing / soups



roasted butternut squash and cauliflower soup



35 mins
prep



1 min
blend



6
servings



ingredients

- 1 medium butternut squash (2-3 lbs.), chopped into 1-inch cubes
- 1 head of cauliflower, chopped into florets
- 1 medium onion
- 2 cloves garlic, minced
- 1 tablespoon fresh sage, chopped
- olive oil
- salt and pepper, to taste
- 4 cups vegetable stock, divided
- ½ cup coconut milk (or cow's milk)

method

1. Preheat oven to 425 F.
2. In a large ½ pan baking tray, combine butternut squash, cauliflower, onion, garlic, sage and olive oil. Add salt and pepper to taste, and toss to combine.
3. Bake for 20-25 minutes, until vegetables are soft and tender.
4. Transfer vegetables into a blender (in 2 batches if needed). Add 2 cups of stock and puree until smooth.
5. Transfer soup to a large pot, add remaining stock, and stir to combine. Bring soup to a simmer, and stir in coconut milk. Season with more salt and pepper, to taste. If the soup is too thick, add some water.
6. Serve with a drizzle of coconut milk and fresh herbs or toasted pepitas on top.



caesar salad dressing



15 mins
prep



30 sec
blend



14
servings



ingredients

- 6 large pasteurized egg yolks
- 3 Tablespoons (45 ml) red wine vinegar
- 3 medium garlic cloves, peeled
- ⅓ cup (80 ml) fresh lemon juice
- 4 oil packed anchovies
- 1 teaspoon dry mustard
- 1 cup (120 g) grated Parmesan cheese
- 1 cup (240 ml) extra virgin olive oil
- 1 teaspoon salt, optional
- ½ teaspoon ground black pepper

method

1. Place all ingredients into the Jug Blender in the order listed and secure the lid.
2. Start the blender on its lowest speed and quickly increase speed to its highest speed.
3. Blend for 25-30 seconds or until smooth.

tips

Refrigerate in airtight container for three to four days.



cream of broccoli soup



25 mins
prep



1 min
blend



6
servings

ingredients

- 2 tablespoons butter
- 1 medium onion, chopped
- 1 rib of celery, chopped into ½ inch pieces
- 1 clove of garlic, minced
- 1 large russet potato, chopped into ½-inch pieces
- 4 cups of vegetable stock (or chicken stock)
- 1 cup of water
- 4 cups broccoli florets
- ½ cup whole milk
- salt and pepper (to taste)
- white cheddar cheese, shredded (optional, for serving)

method

1. In a large pot (or 4 qt. Dutch oven), melt butter over medium-high heat. Sauté the onions, garlic and celery until the onions are soft and translucent, about 3-4 minutes. Add the potatoes and mix well to combine.
2. Add the vegetable stock and water. Bring to a simmer.
3. Add the broccoli and stir to combine. Turn the heat down to low, cover and continue to simmer for about 10-15 minutes, until the broccoli and potatoes are soft.
4. Puree the soup directly in the pot using an immersion blender, or transfer the soup carefully into a blender or food processor. Puree the soup and add it back to the pot. If using a blender, you may have to do this in a few batches.
5. Stir in the milk and continue to cook the soup on low heat for 2-3 more minutes. Add some salt and pepper to taste.
6. Serve hot with shredded cheddar cheese on top.







parmesan balsamic vinaigrette



10 mins
prep



30 sec
blend



12
servings



ingredients

- ¼ cup (60 ml) balsamic vinegar
- 1 lemon peeled
- 2 cloves garlic, peeled
- 2 teaspoons salt, optional
- 6 Tablespoons (20 g) fresh basil leaves
- ½ cup (40 g) soy parmesan, or parmesan cheese
- ½ teaspoon ground black pepper
- 1 cup (240 ml) extra virgin olive oil

method

1. Place all the ingredients into the blender in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 30 seconds, or until emulsified.

sweet potato soup



40 mins

prep



1 min

blend



4

servings

ingredients

- 1 + ½ tablespoons olive oil
- 1 small onion, chopped (approximately 1 cup)
- 2 cloves garlic, minced
- 2 carrots, chopped
- 1 lb. sweet potatoes, cubed (approximately 2 medium sweet potatoes)
- 3 cups vegetable broth
- ½ teaspoon Italiano seasoning
- ¼ teaspoon ground cumin
- ¼ teaspoon turmeric
- ½ teaspoon salt, or more to taste
- ¼ teaspoon ground black pepper

Soup Toppings:

- roasted peanuts, chopped
- green onions, sliced
- white sesame seeds

method

1. Heat oil in a large cooking pot over medium high heat. Add onions and cook until soft and translucent, about 3-4 minutes. Add garlic and cook until fragrant, about 1 minute.
2. Add carrots. Sauté for 6-7 minutes, stirring frequently for even cooking.
3. Add sweet potato and stir to combine, about 1 minute. Then, add vegetable broth, Italiano seasoning, cumin, turmeric, salt and pepper, and stir to combine.
4. Bring to a boil, then cover and simmer on medium-low heat for 15 minutes.
5. Remove from heat and puree the soup in the pot using an immersion blender, or transfer the soup to a heavy duty blender and puree in batches. If the soup is too thick, add more broth or water to thin it out.
6. Serve in bowls topped with roasted peanuts, sliced green onions and white sesame seeds.





lemon garlic dressing



5 mins

prep



30 sec

blend



12

servings

ingredients

- 3 small lemons, peeled
- 3 (45 g) dates, pitted
- 3 medium garlic cloves, peeled
- 1 teaspoon paprika
- 1 teaspoon salt, optional
- 1 cup (240 ml) extra virgin olive oil

method

1. Place all ingredients except oil into the blender in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 20-30 seconds, using the tamper to press ingredients toward the blades.
4. Reduce speed and remove lid. While machine is running, slowly pour in oil through lid plug opening. Blend for an additional 15 seconds.





cream of mushroom soup



45 mins
prep



1 min
blend



6
servings



ingredients

- ¼ cup butter
- 1 medium onion, finely chopped
- 1 tablespoon garlic, minced
- 1 + ½ pounds white mushrooms or brown mushrooms, sliced
- 2 teaspoons fresh thyme, finely chopped
- ¼ cup all-purpose flour
- 3 + ½ cups vegetable stock (or chicken stock)
- 1 teaspoon salt (or to taste)
- ½ teaspoon ground black pepper (or to taste)
- 1 cup heavy cream (or half and half)

method

1. Melt butter in a large pot or 4 quart Dutch oven over medium-high heat and melt until it starts to bubble, about 1 minute. Add onion and garlic and cook until soft and tender, about 3-4 minutes.
2. Add mushrooms and thyme. Stir well to cook evenly until tender, about 8-10 minutes.
3. Stir in flour and mix well until evenly combined and thickened, about 1 minute. Pour in stock and season with salt and pepper, to taste. Mix well and bring the mixture to a simmer. Let it simmer over medium heat for 10-15 minutes until thickened to desired consistency, stirring occasionally.
4. Stir in heavy cream and continue to simmer until thickened to desired consistency, about 5 minutes. Optionally, transfer half

of the soup into a food processor or blender. Return the blended soup back into the pot.

5. Serve as it or with a side of toasted ciabatta bread, croutons, or crusty bread on the side



homemade pizza sauce



5 mins
prep



1 min
blend



4
servings

ingredients

- 4 cloves garlic
- 1 (14.5-ounce) can diced tomatoes, drained
- 2 tablespoons olive oil
- 1 teaspoon sugar
- 1 teaspoon balsamic vinegar, plus more to taste
- 3/4 teaspoon kosher salt
- Freshly ground black pepper

method

1. Chop garlic in food processor. Pulse the garlic 2 to 3 times in a food processor until coarsely chopped.
2. Purée the sauce. Add the tomatoes, olive oil, sugar, vinegar, salt, and pepper to the blender and process for 20 to 30 seconds or until pureed to desired consistency.
3. Use the pizza sauce. This sauce is ready to be used as is — no cooking required. Just spoon it onto a round of pizza dough and use the back of the spoon to smooth it out. This amount of sauce makes enough for 8 medium pizzas, depending on how much sauce you like on your pizza.





creamy tomato potato soup



25 mins
prep



1 min
blend



4
servings

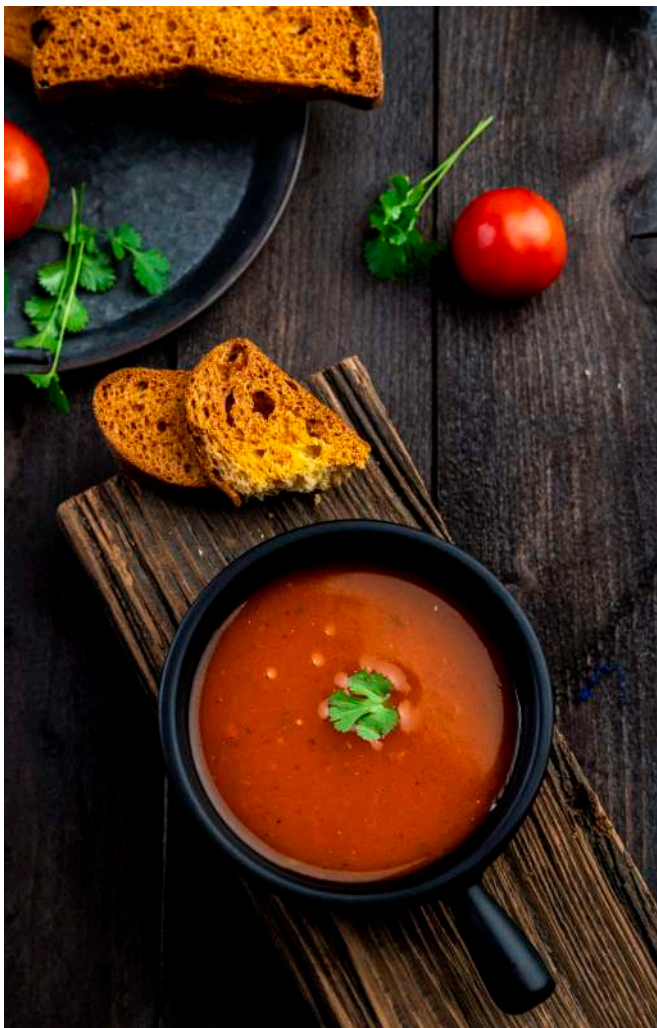


ingredients

- 3 medium potatoes, peeled and chopped into small pieces
- 2 tablespoons olive oil
- ½ cup onion, chopped
- 1 tablespoon garlic, minced
- 3 cups tomatoes, canned or fresh, finely diced
- 1 teaspoon Italian seasoning
- 1 teaspoon salt (or more to taste)
- ½ teaspoon ground black pepper (or to taste)
- 2 teaspoons feta cheese (for garnish)
- 1 teaspoon fresh basil leaves (for garnish)

method

1. Cook the potatoes: Add chopped potatoes in a medium pot filled with salted water. Make sure all the potatoes are completely under water to achieve even cooking. Bring it to a boil and cook for about 10 minutes until the potatoes are fork tender. If you can easily insert a fork inside, then it is fork tender and ready.
2. Cook the tomatoes: Meanwhile, heat oil in another medium pot or Dutch oven over medium-high heat for 2 minutes until the hot oil sizzles and shimmers. Add onion and sauté for 3-4 minutes until soft and tender. Add garlic and sauté for another 2 minutes. Add diced tomatoes and stir to cook for 5-7 minutes until tomatoes are soft and saucy. Stir in all the seasoning including Italian seasoning, salt, and pepper.
3. Combine the ingredients: Transfer the cooked potatoes together with 3-4 cups of boiling potato water (depends on how thick you prefer the soup to be) into the tomato mixture. Stir well to combine and bring the soup to a simmer.
4. Blend the soup: Blend the soup into a puree using an immersion blender or transfer the soup into a regular blender to puree. If using a regular blender, you will have to puree in batches.
5. Serve: Serve immediately in a bowl and garnish with fresh basil, extra olive oil and feta cheese on top.



perfect pesto



30 mins
prep



1 min
blend



1
servings



method

1. Blend half the basil with the nuts, cheese, and garlic. Place 1/2 of the basil (about 3 cups) in a food processor fitted with the blade attachment or blender. Add 1/2 cup pine nuts, 1/2 cup Parmesan cheese, 1 to 2 cloves garlic, and 1/2 teaspoon Kosher salt and process or blend until the ingredients are finely chopped.
2. Blend in the rest of the basil. Scrape down the sides of the bowl or pitcher and add the remaining 3 cups basil. Process or blend until a uniform paste has formed, stopping and scraping down the sides of the bowl or pitcher as needed.
3. Stream in the olive oil. With the motor running, stream in 1/4 cup to 1/2 cup olive oil. Less olive oil will make a paste good for spreading on sandwiches and pizzas; more will make a sauce better for pastas and stirring into soup. Scrape down the sides of the bowl or pitcher and continue blending as needed until the olive oil is emulsified into the basil and the pesto looks uniform.
4. Taste and adjust. Taste the pesto and add more salt, garlic, nuts, or cheese as needed.
5. Using and storing pesto. Pesto will darken and brown very quickly, but will still be tasty and fresh for several days.
6. For best appearance, use it right away.

ingredients

- 5 to 6 ounces fresh basil leaves (2 big bunches or about 6 cups gently packed), or any other green, divided
- 1/2 cup toasted pine nuts, or any other nut
- 1/2 cup grated Parmesan cheese, or any other hard cheese
- 1 to 2 cloves garlic
- 1/2 teaspoon kosher salt
- 1/4 to 1/2 cup extra-virgin olive oil







slushies / sorbet



watermelon slushie



5 mins
prep



1 min
blend



2
servings



ingredients

- 2 pounds fresh watermelon (1 kg), cubed
- The juice of 2 limes
- 2 Medjool dates
- 1 tray of ice cubes (if preparing in a blender)
- 1 handful of fresh mint leaves

method

1. Add the watermelon chunks to the blender and make a puree.
2. Add all the other ingredients, along with the ice cubes to the blender.
3. Using the “PULSE” function, periodically blend until you get your desired slushie texture.
4. Pour the slush into glasses, garnish with mint leaves and serve immediately.





lemonade slushie



5 mins
prep



1 min
blend



2
servings



ingredients

- 2 cups of sugar
- 4 large lemons
- The zest of the shell of the 4 lemons (only the green part)
- 1 liter of water

method

1. Mix the zest and juice of the four lemons with the sugar.
2. Boil on low heat and stir, so that the sugar dissolves.
3. Add the liter of water once the previous mix cools down.
4. Put the lemonade in the freezer for approximately 3 hours.
5. Once our lemonade has frozen, we put it in a blender and blend it until it has the consistency we want for our lemonade slushy.

blue raspberry slushy



5 mins

prep



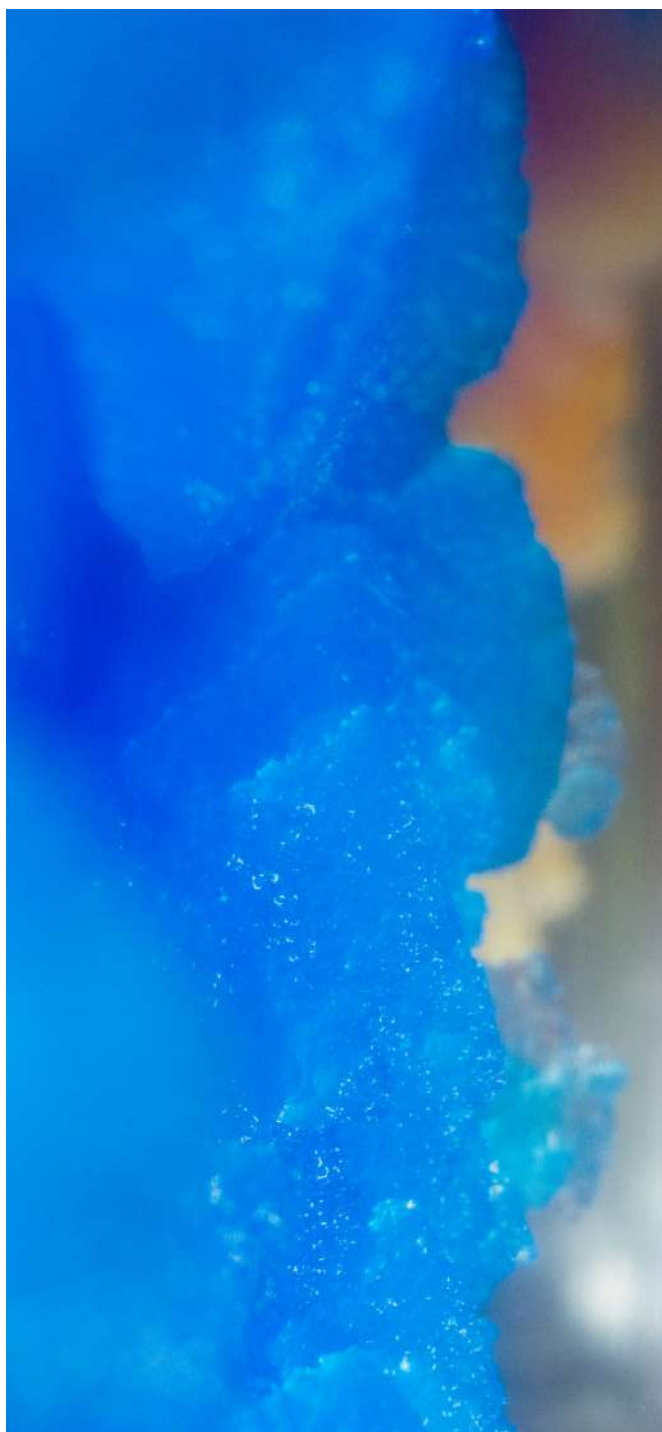
1 min

blend



2

servings



ingredients

- 3 tsp Raspberry Extract
- 1 cup of sugar
- 8-12 drops of Neon Blue Food Coloring
- 8 cups of cold water

method

1. Take your freezer-proof bowl and all the ingredients.
2. Mix them together in the large bowl, start with the 8 cups of cold water, add 2 cups cup sugar, then add 3 tsp Raspberry Extract, and finally the food coloring of your choice.
3. Put the mix in the freezer for 3-4 hours, until fully frozen.
4. Take the bowl out of the freezer and put the frozen mix in your high-speed blender.
5. Periodically “PULSE” until you get your desired slushie texture.
6. Pour the tasty blue raspberry slushies into glasses and serve.





blueberry slushie



5 mins
prep



1 min
blend



2
servings



ingredients

- 6 ounces of frozen orange juice concentrate
- 6 fluid ounces of water
- a cup of fresh blueberries

method

1. First off, grab yourself a big bowl, add all the ingredients to it and mix thoroughly.
2. Start with the frozen orange juice concentrate, the water, the blueberries and finally the 4 cubes of ice if using a blender.
3. Pour the mix into an ice tray and place it in the freezer for 3-4 hours until fully frozen.
4. Take out the ice tray and put it into a blender, put on the lid and turn on the blender on high setting.
5. Periodically (every few seconds) turn the blender on and off, until you get the right consistency/slushie texture.
6. Pour the blueberry slushies into glasses and serve immediately.

cherry slushie



5 mins
prep



1 min
blend



2
servings



ingredients

- 2 cups frozen pitted sweet cherries
- 3/4 to 1 cup sparkling or regular water
- 1/2 cup frozen pineapple
- 3 to 5 ice cubes

method

1. Start by putting the ingredients in the blender. First add the 2 cups of frozen pitted sweet cherries. Then, proceed to the 1/2 cup of frozen pineapple and the 3-5 ice cubes.
2. Pour in the 3/4 to 1 cup of sparkling or regular water into your high speed blender.
3. Put on the lid and use the “PULSE” function to periodically crush ice and get your desired consistency.
4. Pour the chilled mixture into glasses and serve.





watermelon sorbet



10 mins

prep



1 min

blend



4

servings



ingredients

- 3 1/2 cups fresh seedless watermelon chunks, (about 1/2 medium watermelon)
- 2 tsp freshly squeezed lime juice
- 1/4 cup warm water, as needed
- raw honey (optional), to taste (if watermelon isn't very sweet)

method

1. Freeze watermelon chunks overnight. I lay mine out on a rimmed baking sheet lined with parchment paper.
2. Place the frozen watermelon chunks in food processor or heavy duty blender, along with lime juice, and allow to sit for 5 minutes to slightly thaw.
3. Blend until smooth. You may need to add some of the warm water and press down with a spatula to help the process along.
4. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.

banana ice-cream



10 mins
prep



1 min
blend



2
servings



ingredients

- 2 large bananas

method

1. Slice the bananas into approx. 1/4 inch slices (medallions).
Line a rimmed baking sheet with parchment paper.
2. Lay the banana slices on the parchment paper, allowing the slices space in between so as not to touch each other.
3. Place in the freezer and freeze overnight, or for at least 3-4 hours to allow to fully harden.
Once frozen, place the banana slices into the blender.
4. Pulse the banana in the blender. At first, the the banana will look crumbly. Scrape down the sides. Continue blending until the last tiny pieces of banana smooth out. The consistency will turn from blended banana to a soft-serve ice cream texture.
5. Freeze until solid, approximately 1-2 hours. If upon removing from the freezer, the ice cream is too solid to eat, allow to set for 10 minutes at room temperature before serving.



lemon blueberry sorbet



4 hours
prep



1 min
blend



4
servings



ingredients

- 3 cups fresh blueberries
- 2 tbsp raw honey plus more for added sweetness
- 3 tbsp freshly squeezed lemon juice 1 lemon
- 1 tsp lemon zest grab the zest before juicing the lemon
- 1/3 cup water

method

1. Line a rimmed baking sheet with parchment paper. Pour the rinsed blueberries out onto the parchment paper and separate as much as possible.
2. Place the blueberries into the freezer and freeze overnight or for at least 4-5 hours to get them fully frozen.
3. When ready to make the sorbet, add the frozen blueberries to the bowl of a blender, followed by the raw honey, fresh lemon zest, freshly squeezed lemon juice, and the water.
4. Process the mixture until the blueberries become crumbly, pressing down the mixture with a spatula as needed.
5. Continue to process until the mixture becomes more smooth and evenly processed. Once everything is smooth, taste for sweetness, and add additional honey as needed.
6. You can serve this sorbet or transfer it to a container and freeze for a couple hours.





peach frozen yogurt



10 mins

prep



1 min

blend



2

servings



ingredients

- 3 cups fresh peaches, approx. 3-4 medium peaches, sliced and pitted
- 2/3 cup plain greek yogurt
- 1 tsp lemon juice
- 2 tsp raw honey, melted

method

1. Place the sliced and pitted peaches on a cookie sheet lined with parchment paper. Make sure the peaches are separated and not touching each other.
2. Place the peach slices into the freezer and freeze for at least 2-3 hours.
3. Add the frozen peaches to the blender and process until they become evenly crumbly, but not pureed.
4. Add in the raw honey, plain greek yogurt, and freshly squeezed lemon juice into the blender, and process again until a smooth, creamy consistency appears, about 2-4 minutes. You may need to scrape down the sides once or twice along the way.
5. Once everything is smooth, taste for sweetness, and add additional honey as needed. You can serve or freeze for a couple hours.

cantaloupe sorbet



5 hours

prep



1 min

blend



4

servings



ingredients

- 4 1/2 cups fresh cantaloupe 1 medium cantaloupe, cubed
- 1 tbsp freshly squeezed lemon juice
- 2 tbsp raw honey
- 2 tbsp water plus more as needed

method

1. Line a baking sheet with parchment paper and set aside. Place the cubed cantaloupe onto the baking sheet, leaving space in between the cubes to allow for even freezing.
2. Place the tray into the freezer and freeze the cantaloupe overnight, or until completely frozen - at least 4-6 hours. Place the frozen cantaloupe into the blender and pulse until the cantaloupe becomes crumbly.
3. Add the lemon juice, honey, and water at this time and then pulse again. You may need to add more water until the mixture becomes more fluid, but not slushy.
4. If the mixture becomes too slushy and does not resemble sorbet, you can return to the freezer for 30 min. to an hour to allow it to re-solidify..







frappuccinos



caramel frappuccino



5 mins

prep



1 min

blend



1

servings



ingredients

Caramel Frappuccino

- 3 tablespoons caramel sauce + more for drizzle on top of drink
- 1 ½ teaspoon instant coffee (or 1 packet Starbucks VIA Italian Roast Instant Coffee)
- ½ cup whole milk
- 1 cup ice
- 3 tablespoons homemade Frappuccino base syrup

Vanilla Whipped Cream

- ¼ cup heavy cream
- 1 tablespoon vanilla syrup

method

1. Whisk heavy cream and vanilla syrup to make whipped cream.
2. Use a handheld milk frother to make whipped cream in seconds. The longer you whisk, the stiffer the whipped cream. It should take about 30 seconds to get peaks.
3. Blend caramel sauce, instant coffee, milk, ice, and homemade Frappuccino base syrup until smooth. Start the blender on low, then turn it up to high. Use a tamper tool to make sure the ice gets blended evenly.
4. Pour Caramel Frappuccino into a cup.





double chocolaty chip frappuccino



5 mins
prep



1 min
blend



1
servings



ingredients

Double Chocolaty Frappuccino

- 3 tablespoons chocolate syrup + 1 tablespoon for drizzle on top of drink
- 1 tablespoon dark chocolate bar
- $\frac{1}{2}$ cup whole milk
- 1 cup ice
- 3 tablespoons homemade Frappuccino base syrup

Vanilla Whipped Cream

- $\frac{1}{4}$ cup heavy cream
- 1 tablespoon vanilla syrup

method

1. Whisk heavy cream and vanilla syrup to make whipped cream. Use a handheld milk frother to make whipped cream in seconds.
2. Blend chocolate sauce, dark chocolate bar, milk, ice, and homemade Frappuccino base syrup until smooth.
3. Start the blender on low, then turn it up high. Use a tamper tool to make sure the ice gets blended evenly. It should take about 15 – 30 seconds depending on the blender.

strawberry frappuccino



5 mins
prep



1 min
blend



1
servings



ingredients

Strawberry Frappuccino

- 3 tablespoons strawberry syrup + 1 tablespoon to add to bottom of the cup
- $\frac{2}{3}$ cup whole milk
- 1 cup ice
- 3 tablespoons homemade Frappuccino base syrup

Vanilla Whipped Cream

- $\frac{1}{4}$ cup heavy cream
- 1 tablespoon vanilla syrup

method

1. Whisk heavy cream and vanilla syrup to make whipped cream. Set aside. A handheld milk frother makes whipped cream in seconds.
2. Blend 3 tablespoons strawberry syrup, milk, ice, and homemade Frappuccino base syrup until smooth.
3. Start the blender on low, then turn it up high. Use a tamper tool to make sure the ice gets blended evenly.
4. Put 1 tablespoon of strawberry syrup at the bottom of a cup. Pour in Frappuccino.





vanilla frappuccino



5 mins
prep



1 min
blend



1
servings



ingredients

Vanilla Bean Frappuccino

- $\frac{1}{3}$ cup heavy cream
- $\frac{1}{2}$ cup whole milk
- $\frac{1}{4}$ teaspoon vanilla bean paste
- 1 cup ice
- 3 tablespoons homemade Frappuccino base syrup

Vanilla Whipped Cream

- $\frac{1}{4}$ cup heavy cream
- 1 tablespoon vanilla syrup

method

1. Whisk $\frac{1}{4}$ cup heavy cream and vanilla syrup to make whipped cream. Set aside. A handheld milk frother makes whipped cream in seconds.
2. Blend $\frac{1}{3}$ cup heavy cream, milk, vanilla bean paste, ice, and homemade Frappuccino base syrup until smooth.
3. Start the blender on low, then turn it up high. Use a tamper tool to make sure the ice gets blended evenly. Pour Frappuccino into a cup.

matcha frappuccino



5 mins
prep



1 min
blend



1
servings



ingredients

Matcha Frappuccino

- $\frac{2}{3}$ cup whole milk
- 2 tablespoons vanilla syrup
- 2 teaspoons matcha
- 1 cup ice
- 3 tablespoons homemade Frappuccino base syrup

Vanilla Whipped Cream

- $\frac{1}{4}$ cup heavy cream
- 1 tablespoon vanilla syrup

method

1. Whisk heavy cream and vanilla syrup to make whipped cream. Set aside.
2. A handheld milk frother makes whipped cream in seconds.
3. Blend milk, vanilla syrup, matcha, ice, and homemade Frappuccino base syrup until smooth.
4. Start the blender on low, then turn it up high. Use a tamper tool to make sure the ice gets blended evenly.
5. Pour Frappuccino into a cup. Top drink with whipped cream.



thai tea frappuccino



7 mins
prep



1 min
blend



2
servings



ingredients

Frozen Thai Tea

- 4 cups ice
- 1 1/2 cup water
- 1/3 cup evaporated milk
- 3 tablespoons sweetened condensed milk
- 2 tablespoons Thai tea mix
- 1 tablespoon black tea
- 1 teaspoon brown sugar

Whipped Cream Topping

- 1/2 cup heavy cream
- 1 tablespoon sweetened condensed milk

method

1. Make tea.
Put Thai tea mix, black tea, and hot water in a teapot and steep for 5 minutes. Strain out tea leaves and stir in brown sugar.
2. Make whipped cream.
Whip together heavy cream and sweetened condensed milk. Combine heavy cream and 1 tablespoon of sweetened condensed milk in a tall container and whip until it doubles in volume using a handheld milk frother. Set aside.
3. Blend Thai tea ingredients with ice.
Ice, brewed and chilled Thai tea, sweetened condensed milk, and evaporated milk all go into the blender. Blend until smooth. Use a blender tamper tool to get the drink as smooth as possible.
4. Pour frozen Thai tea into two cups.
Top with whipped cream.



mocha frappuccino



5 mins
prep



1 min
blend



1
servings



ingredients

Mocha Frappuccino

- 3 tablespoons chocolate syrup
- 1 ½ teaspoons instant coffee (or 1 packet Starbucks VIA Italian Roast Instant Coffee)
- ½ cup whole milk
- 1 cup ice
- 3 tablespoons homemade Frappuccino base syrup

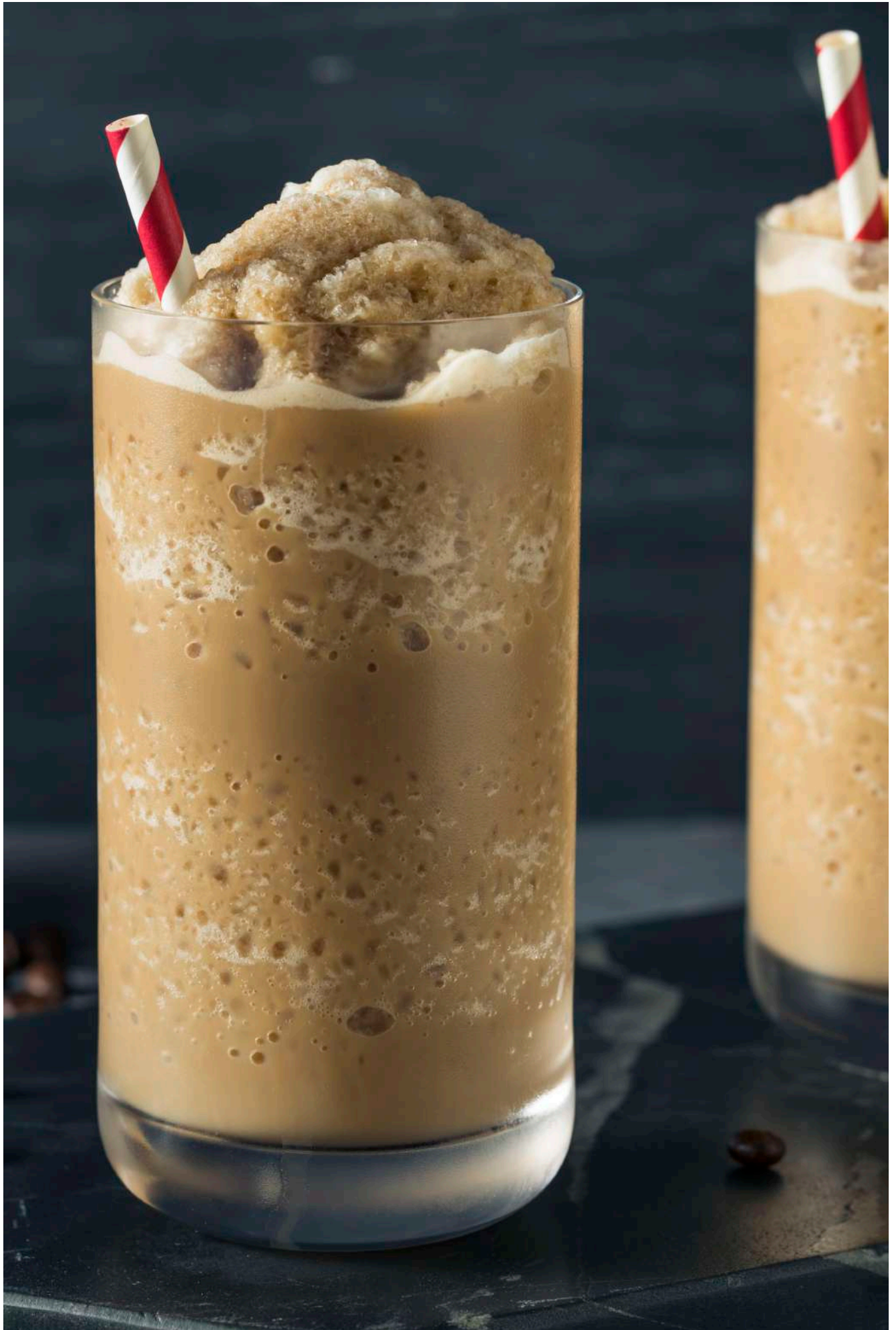
Vanilla Whipped Cream

- ¼ cup heavy cream
- 1 tablespoon vanilla syrup

method

1. Whisk heavy cream and vanilla syrup to make whipped cream. Set aside.
2. Blend chocolate sauce, instant coffee, milk, ice, and homemade Frappuccino base syrup until smooth.
3. Start the blender on low, then turn it up to high. Use a tamper tool to make sure the ice gets blended evenly. It should take about 15 – 30 seconds depending on the blender.





coffee frappuccino



3 mins
prep



1 min
blend



1
servings



ingredients

- 1 ½ teaspoons instant coffee (or 1 packet Starbucks VIA Italian Roast Instant Coffee)
- ½ cup whole milk
- 1 cup ice
- 3 tablespoons homemade Frappuccino base syrup

method

1. Blend instant coffee, milk, ice, and homemade Frappuccino base syrup until smooth.
2. Start the blender on low, then turn it up to high. Use a tamper tool to make sure the ice gets blended evenly.
3. Pour Frappuccino into a cup.



espresso frappuccino



3 mins
prep



1 min
blend



1
servings



ingredients

- 1 ½ teaspoons instant coffee (or 1 packet Starbucks VIA Italian Roast Instant Coffee)
- 1 shot espresso
- ½ cup whole milk
- 1 cup ice
- 3 tablespoons homemade Frappuccino base syrup

method

1. Blend espresso, instant coffee, milk, ice, and homemade Frappuccino base syrup until smooth.
2. Start the blender on low, then turn it up to high. Use a tamper tool to make sure the ice gets blended evenly.
3. Pour Frappuccino into a cup.





chai frappuccino



5 mins
prep



1 min
blend



1
servings



ingredients

Chai Frappuccino

- ½ cup Tazo Classic Chai Latte Concentrate
- ⅓ cup milk
- 1 cup ice
- 3 tablespoons homemade Frappuccino base syrup

Vanilla Whipped Cream

- ¼ cup heavy cream
- 1 tablespoon vanilla syrup

method

1. Whisk heavy cream and vanilla syrup to make whipped cream. Set aside.
2. Blend chai concentrate, milk, ice, and homemade Frappuccino base syrup until smooth.
3. Start the blender on low, then turn it up high. Use a tamper tool to make sure the ice gets blended evenly.
4. Pour Frappuccino into a cup.
5. Top drink with whipped cream and add a sprinkle of cinnamon.

Thank You

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