

## CONSUMER INFORMATION

4 HOME ECONOMICS-FAMILY LIVING NO. 23—  
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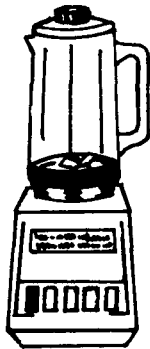
WANDA OLSON and SHERYL NEFSTEAD

## Selecting and using a blender

A blender is designed to save time and energy in food preparation. If you expect to get these benefits, you should:

- take time to learn to use it,
- store it in a convenient space.

Essentially a blender consists of sharp blades that rotate at high speeds. A blender usually is sold as a separate appliance; it may be purchased as an attachment for a power unit.<sup>1</sup>



Blenders come in many styles, with container capacities of 38, 48, or 56 ounces.

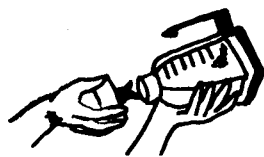
Many models are available. If you want one, select a blender that meets your needs and you will get maximum performance from it. Consider these points:

### Motor

The wattage listed on the nameplate is usually between 200 and 1,100 watts. Blenders using 200-300 watts are suitable for light duty blending, such as processing salad dressings, juices, and drinks. Blenders using about 700 watts or more are all-purpose blenders.

### Construction

- The appliance should be sturdy and well-balanced to prevent tipping or creeping.
- The cutting assembly should be easy to clean, (many assemblies are removable), and have rust-proof, stainless steel cutting blades.



Easily removable cutting blades aid in cleaning.

- The container should be smooth inside, have a large top opening, convenient handle, pouring spout, and graduated measurement markings for cups and ounces. Additional containers may be used with removable cutting assemblies.

### Safety

The Underwriters Laboratories (UL) seal of approval on the appliance and the cord assures electrical safety when the blender is used as directed.

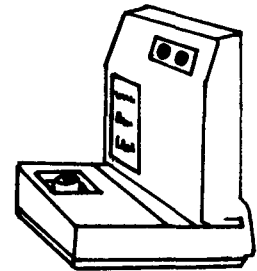
### Guarantee

Check the guarantee to see what parts are covered. Often the container and cord are not included. The guarantee period is usually one year.

### Price

Blenders range from \$10 to \$90. The least expensive models are usually light duty blenders. The most expensive models have deluxe styling and may have special features, such as a heating unit or an automatic spatula. Make sure these additional features are worth the extra money to you.

Several accessories—such as a mixer or blender—may be attached to a power unit.



### Features

Many are available, choose those useful for you.

1. Speeds—There may be two speeds (high and low), or as many as sixteen speeds. Solid state<sup>2</sup> controls may provide an infinite number of speeds.

The solid state system may automatically increase the torque<sup>3</sup> of the motor at low speeds. This is useful when blending heavy batters because full power is available at both the low and high speeds. Blending speeds may be identified by numbers or by words such as "stir" or "liquify." If a blender has only two speeds, some adjustment in processing time may be necessary when using recipes designed for many speeds.

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- 1 The power unit's motor handles any number of accessories, such as a mixer, juicer, ice crusher, or blender.
  - 2 "Solid state" refers to controls that function without the use of moving parts. Changes are activated by light, heat, moisture, sound or electric current. Devices used in the solid state system are small, light in weight, and require no warm-up time; power is instant.
  - 3 "Torque" refers to the turning force, not the rate at which the motor works.

## 2. Time controls—

Automatic timing—the blender may be set to operate for a selected time period, usually 5 to 60 seconds.

Special short time blending—the blender operates only when pressure is applied to a special “on” button; when pressure is released, the blender automatically stops. This special control, called instant on/off control, is available on one speed on some medium priced blenders and on all speeds on some expensive blenders. One manufacturer offers “cycle” speeds. The blender “cycles” on and off while the special control is pressed. The control works on low speeds and is useful for chopping or grating foods.

3. Size of container—Maximum container capacities are 38, 48, or 56 ounces. Choose the size according to the amount of liquid to be processed; process only small amounts of solids at one time.

4. Height and weight—Blenders range from 10 to 16 inches tall and from 5 to 14 pounds; these may be factors in storage and use.

5. Cord storage—Blenders may have an automatic cord rewind or a separate compartment for cord storage.

6. Special features—

Ice crusher attachment.

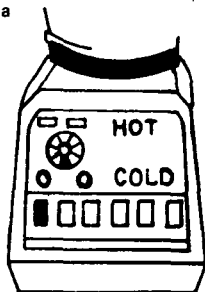
Cordless blender—a light-duty blender that is rechargeable.

Automatic spatula—scrapes down food from the side of container while the blender is operating. Very few are available.

Small heating element—allows food to be blended and heated at the same time.



Automatic spatula



Special heating unit

## Quantities

Some approximate yields are given for foods processed in a blender.

4 ounces walnuts	1 cup chopped nuts
12 graham crackers	1 cup graham cracker crumbs
4 ounces Cheddar cheese	1 cup grated cheese
1 medium apple	1/2 cup chopped apple
1 medium stalk celery	1/2 cup chopped celery
1 medium onion	1/2 cup chopped onion
1 medium carrot	1/2 cup chopped carrots

## Blender Hints

1. Read and follow the instruction booklet for your blender.
2. Cut hard or fibrous foods into small chunks, about one inch, before putting into the blender.
3. Blend heavy mixtures at a low starting speed.
4. Process small amounts of thick mixtures or solid foods. At one time, chop only 1/2 cup of raw vegetables, unless you add water.
5. Fill the container less than two-thirds full of liquid.
6. Add liquids before solids unless recipe specifies otherwise.
7. Stop the blender when ingredients need to be scraped down<sup>4</sup> or an air pocket forms around the blades. Rapidly turn the motor on and off when chopping foods.
8. Avoid overblending.
9. Crush ice only as directed for your model.
10. Stop the motor before removing the container.
11. Wash and thoroughly dry the container and cutting assembly after each use. If the cutting assembly is not dried, it might rust and not rotate freely.
12. Leave the blender disconnected from an electrical outlet when not in use.

## Use your blender for:

- reconstituting dry milk solids and frozen fruit juices,
- preparing baby foods by blending a small amount of liquid with the meat, vegetable, or fruit,
- preparing foods for special diets,
- mixing batters, sauces, spreads, and dips,
- grating citrus peel, crumbing bread and crackers, grinding coffee and cereal,
- blending sauces and salad dressings,
- chopping fruits, vegetables, cooked meats, and nuts,
- liquifying fruits and vegetables.

<sup>4</sup> This does not refer to blenders with the automatic spatula.

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