

### **ABOUT THE WHIP 'N PREP**

- ◆ Anti-skid base is transparent with graduated measurements etched into the sides.
- ◆ Ergonomically shaped cover fits securely, ensuring no mess or splatter.
- ◆ No need to remove cover to add oils or liquid flavorings - use the funnel on top.
- ◆ Airtight seal for storing foods in your refrigerator.
- ◆ Whips faster than an electric mixer - 1 full spin whips 27 times.
- ◆ Uses less space than a stand mixer and does not use electricity.
- ◆ Easy to assemble and easy to use—no complicated manual.
- ◆ Dishwasher safe except for cover. Whisks detach for washing in dishwasher.
- ◆ Cover detaches simply so checking consistency and adding extra food is easy.
- ◆ No sharp objects—safe for children.

### **ABOUT ICE PRISMS**

- ◆ Beautiful and durable with a lifetime warranty.
- ◆ Faceted surfaces refract light, adding sparkle and elegance to your table.
- ◆ Bowls include virtually air and liquid-tight seals to enable food storage.
- ◆ Give as a gift or use to give a gift in.

### **WHAT YOU CAN WHIP UP**

- ◆ Whipped cream for decorating cakes and desserts.
- ◆ Light pancake batters, crepes, omelets, mousses, meringues and whipped eggs.
- ◆ Spreads, dressings, sauces, whipped dips, marinades, and vinaigrettes.
- ◆ Wonderfully light sponge cakes and light cookie dough.

Note: Whip 'N Prep™ Chef is not intended for whipping or whisking heavy preparations.

### **GIFT GIVING**

- ◆ Homemade Flavored Mayonnaise in a Tupperware container makes a great gift!
- ◆ Use less gift wrap, bags and tissue when you give baked goods in Ice Prism Bowls.

### **ENTERTAINING**

- ◆ Spread flavored mayonnaise on finger sandwiches and roll -ups.
- ◆ All appetizers present beautifully on Ice prism plates.
- ◆ Reheat leftover mashed potatoes in festive cupcake liners, top with cheese, sour cream or bacon. Fill spice shakers with parmesan, bacon bits, and other toppings so guests can add their own.

### **KID STUFF**

- ◆ Make a *Snickers Salad* by combining chopped Granny Smith Apples, Vanilla Pudding and a chopped up Snickers bar - YUM! Portion out in Snack Cups and send with lunches or keep in the fridge for treats.



Your attendance is appreciated!

This compilation of recipes and tips will help you focus on an easier, more organized and environmentally friendly way of preparing and presenting foods for entertaining, packed lunches and everyday meals.

*Some people like to paint pictures, or do gardening, or build a boat in the basement. Other people get a tremendous pleasure out of the kitchen, because cooking is just as creative and imaginative an activity as drawing, or wood carving, or music.*

~Julia Childs

## Chocolate Mousse

Sugar - 2 Tbsp.

Cocoa - 2 Tbsp.

Heavy Whipping Cream - 8 ounces (must be cold)

Oreo cookie - 1

Put the sugar and cocoa in the bottom of the Whip 'N Prep™ Chef. Add the heavy whipping cream (make sure it's cold). Whip until mousse texture is achieved..

Garnish with crushed cookie

## Mashed Potatoes

Potatoes - 3 to 4 quartered

Heavy Whipping Cream -  $\frac{2}{3}$  cup

Butter -  $\frac{1}{2}$ cup

Micro steam potatoes for 10 minutes.

Place steamed potatoes in Whip 'N Prep™ Chef and "pre-mash" with Silicone Spatula. Add heavy whipping cream and butter. Whip until potatoes are smooth.

## Fast and Fabulous Fruit Dip

Heavy Whipping Cream - 1  $\frac{1}{2}$  cups

Vanilla Extract - 1  $\frac{1}{2}$  tsp.

Powdered Sugar - 1 Tbsp. + 1  $\frac{1}{2}$  tsp.

Yogurt - 1 (8 ounce) container (experiment with flavors)

Place heavy whipping cream into the Whip 'N Prep™ Chef and whip. Add vanilla extract and powdered sugar. Continue to whip the cream till you feel some resistance which indicates that the cream has become 'Chantilly'. Add yogurt and whip until well combined.

If desired, fold in chopped fruit of any kind.

Chill in the refrigerator 30 minutes before serving.

## Egg-stravaganza

The Whip 'N Prep™ Chef is the perfect tool for whipping eggs to use in:

Egg Nog or any whipped egg drink,

Quiche fillings,

Soufflés,

Chile Relleno,

Casseroles, and so much more!

NOTE: Do not whip more than 4 egg whites at a time.

## Garlic Mayonnaise

Garlic - 3 cloves, crushed

Egg Yolk - 1 (at room temperature)

Sea Salt -  $\frac{1}{4}$  tsp.

White Wine Vinegar - 1  $\frac{1}{2}$  tsp.

Olive Oil -  $\frac{1}{2}$  cup plus 2 Tbsp.

Place garlic, egg yolk, salt, and vinegar into the Whip 'N Prep™ Chef and whip just enough to mix ingredients together.

Pour the oil in the funnel that is located in the handle while still rotating the handle.

Continue to whip until all the oil is incorporated into the mayonnaise and you have a thick and glossy sauce.

## Meringue Drops

Egg Whites - 3 (at room temperature)

Vanilla Extract -  $\frac{1}{2}$  tsp.,

Cream of Tartar -  $\frac{1}{4}$  tsp.

Food Coloring, (optional)

Sugar -  $\frac{3}{4}$  cup

White pearl or coarse sugar (optional)

In Whip 'N Prep™ Chef, whip together egg whites, vanilla, cream of tartar and food coloring (if desired) until soft peaks form. Gradually (1 tablespoon at a time) whip in sugar until stiff peaks form.

Pipe 2-in. circles or shapes - 2 in. apart - onto baking sheet lined with Silicone Wonder Mat , Sprinkle with pearl sugar if desired.

Bake at 300° for 20-25 minutes or until set and dry. Turn oven off; leave meringues in oven for 1 hour. Store in an airtight container.

**NOTE:** Change the flavor by switching extracts or sprinkling with crushed candies (cinnamon imperials, peppermints, etc.)

## Huddleston's Homemade Salad Dressing

Buttermilk - 1 cup

Mayonnaise - 1 cup

Salt - 1 tsp.

Mrs. Dash Garlic and Herb - 1 Tbsp.

Cayenne pepper for a zip! (optional)

Whip it up and **Enjoy!**