

# Viking Professional Hand Blender

## Use and Care Instructions and Recipes



Congratulations! You have just purchased a Viking Professional Hand Blender. The professional grade hand blender offers a variety of functions from blending to chopping. This versatile countertop appliance is useful for blending one smoothie or puréeing a pot of soup for the whole family.

**[vikingrange.com](http://vikingrange.com)**



**VHB300 Professional Hand Blender**

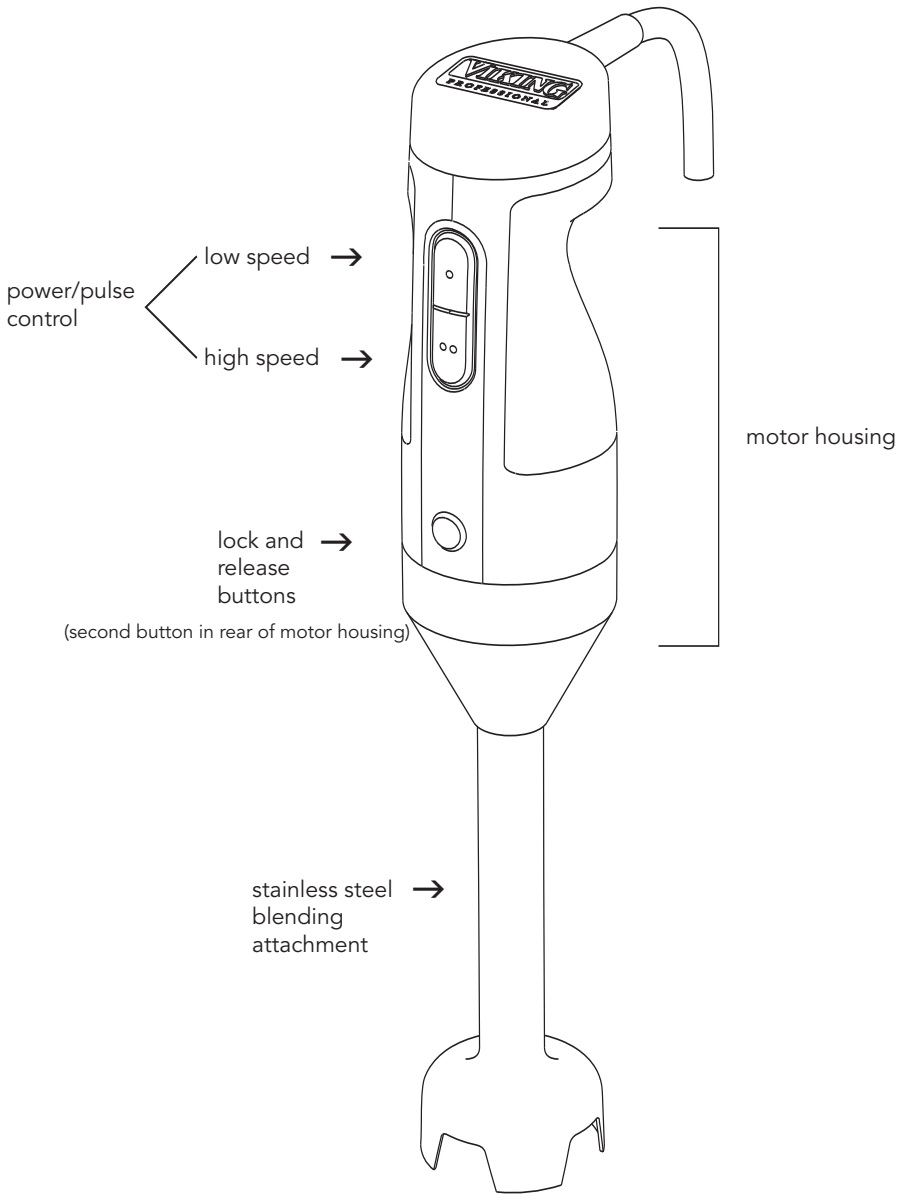
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# IMPORTANT SAFEGUARDS

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When using electrical appliances, consideration should always be given to basic safety precautions including the following:

- Read all instructions.
- To avoid electrical shock, do not place cord, plug, or motor body of the hand blender in water or any other liquid.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- This appliance should not be used by children and care should be taken when operated near children.
- Unplug from outlet before cleaning or removing parts and accessories.
- Avoid contacting moving parts.
- To reduce the risk of injury, never place hands and utensils in the container with foods being processed.
- Handle sharp blades with care.
- When mixing liquids, especially hot liquids, use a deep container to avoid spillage or splash out.
- Do not operate the hand blender with a damaged cord or plug, or after any malfunction of the hand blender, or if it has been damaged in any manner. Please call 1-800-216-5775 to speak with the Viking Service Center.
- The use of an attachment not evaluated for use with this hand blender may cause fire, electric shock, or possible injury.
- For indoor use only.
- This hand blender is for household use only. Not intended for commercial use.
- Do not use hand blender for other than its intended use.



# **SAVE THESE INSTRUCTIONS**

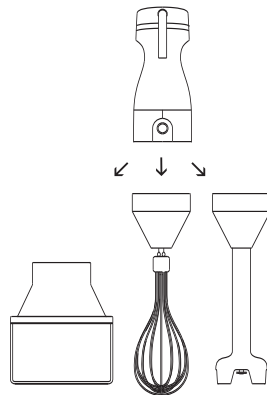
Please use these setup instructions before attempting to use this hand blender. Failure to follow the instructions may result in injury or voiding of the warranty.

## **BEFORE USING THE FIRST TIME**

- Before using the product for the first time, remove all attachments from their packaging.
- Wash all accessories and stainless steel blade and shaft. Dry with a clean dry towel.

## **ASSEMBLING THE VIKING PROFESSIONAL HAND BLENDER**

- Make sure unit is unplugged before installing or removing attachments.
- Install attachments (stainless steel blending attachment or stainless steel whisk) by aligning the motor housing with the attachment. The attachment will lock into place.
- Remove the attachments by pressing both buttons simultaneously on the bottom of the motor housing and gently removing the attachment from the motor housing.



## **OPERATING THE VIKING PROFESSIONAL HAND BLENDER**

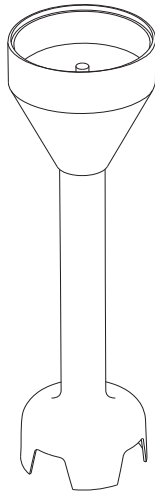
It is recommended that the hand blender is used for only a maximum of one minute while processing continuously. This prevents the unit from overheating and shutting down. Most any item(s) being blended/chopped can be thoroughly processed in less than one minute.

## Using the Blending and Whisk Attachment (Standard Attachments)

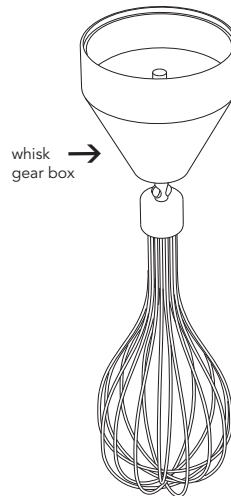
1. Insert the stainless steel blending or whisk attachment into the motor housing.
2. Plug the electrical cord into the appropriate electrical wall outlet.
3. Insert the stainless steel blending or whisk attachment into mixture for blending.
4. Turn power on by pressing and holding the black buttons in the middle of the motor body for either speed – top button for low speed and lower button for higher speed. The button must be pressed for power, the unit will shut off once the button is released.
5. When blending is complete release power button before removing blender from mixture.
6. Make sure unit is off and unplugged from power source before removing attachments.

### Note:

**Stainless Steel  
Blending Attachment**



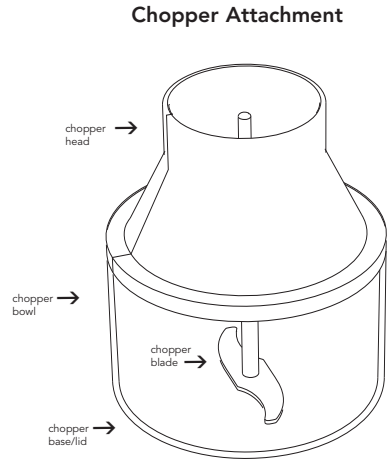
**Stainless Steel  
Whisk Attachment**



The blender should never be immersed into mixtures which exceed the height of the blending or whisk attachment. Do not submerge the motor body into any type of liquid or mixture.

## Using the Chopper Attachment (Optional Attachment) VHB300CH

1. Place the rubber lid on the bottom of the chopper bowl for stability.
2. Remove the chopper blade protective cover and insert the blade into bowl.
3. Add small amounts of food to be chopped.
4. Attach the chopper head to the bowl and lock into place by turning to the right.
5. Insert the motor housing into the top of the lid.
6. Plug unit into proper electrical outlet.
7. Press the power button to activate while holding both the bowl and the motor body.
8. When chopping is complete remove the motor housing by pressing the two buttons on the bottom of the motor housing. Remove lid and blade.
9. Make sure unit is off and unplugged from power outlet before removing attachments.



### Note:

Only use the chopper to chop small amounts of food such as meat, cheese, onions, herbs, garlic and nuts. For better performance fill the chopper approximately half full.

### USEFUL TIPS

- Cut foods into smaller pieces for ease of chopping when using the chopper attachment.
- Insert the hand blender into product to be processed before turning the unit on to avoid splashing, especially with hot liquids. Also turn the unit off before removal from the mixture.
- When blending on a cooking surface, turn the burner off before blending in the saucepan. Failure to do this may cause harm to the hand blender.
- For optimal blending allow the blender to be immersed at an angle allowing air flow, thus blending more consistently.
- Remove hard items from the mixture before blending.

- Do not use the mixing cup or chopper bowl in the microwave oven.
- When using the stainless steel whisk attachment, a deep container should be used to avoid splatter.

## **TROUBLESHOOTING**

- Make sure the unit is plugged into the proper electrical outlet.
- The unit is not blending properly. Are the attachments installed correctly? Remove attachments and reattach.
- **If any other issues may arise please call 1-800-216-5775 to speak to a service representative.** The service representative will be glad to assist you with any issue. Please do not return the product to the place where it was purchased.

## **CLEANING AND SERVICE**

- Always switch off and unplug before cleaning.
- Handle blades with extreme care, as they are sharp.
- Do not put motor housing in the dishwasher.
- Some foods may discolor the chopper bowl and mixing cup. This is normal and will not harm the plastic nor affect the flavor of the food. Rub with a cloth dipped in vegetable oil to remove discoloration.
- Never immerse or run water over the motor housing. Always wipe clean with a damp cloth.
- Wash all attachments with warm soapy water. The stainless steel blending attachment and the stainless steel whisk attachment may be cleaned by using them in the mixing cup filled with warm soapy water.

## **VIKING PROFESSIONAL HAND BLENDER ONE-YEAR FULL WARRANTY**

Viking Professional Hand Blenders/attachments/accessories are warranted to be free from defective materials or workmanship in normal household use for a period of twelve (12) months from the date of original retail purchase. Viking Range Corporation, warrantor, agrees to repair or replace, at its option, any hand blender which fails or is found to be defective during the warranty period.

Painted and decorative items are warranted to be free from defective materials or workmanship for a period of ninety (90) days from the date of original retail purchase. Any defects must be reported to Viking Range Corporation (1-800-216-5775) within ninety (90) days from date of or original purchase. Viking Range Corporation uses the most-up-to-date processes and best materials available to produce all color finishes. However, slight color variation between units may be noticed because of differences in kitchen lighting, product locations, and other factors.

This warranty shall apply to products purchased and located only in the United States. Products must be purchased in the country where service is requested. Warranty labor shall be performed by an authorized Viking Range Corporation service agency or representative. Warranty shall not apply to damage resulting from abuse, accident, natural disaster, and loss of electrical power to the product for any reason, alteration, outdoor use, improper operation or repair or service of the product by anyone other than an authorized Viking Range Corporation service agency or representative. This warranty does not apply to commercial usage. Warrantor is not responsible for consequential or incidental damage whether arising out of breach of warranty, breach of contract, or otherwise. Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

The return of the Owner Registration Card is not a condition of warranty coverage. You should, however, return the Owner Registration Card so that Viking Range Corporation may contact you should any question of safety arise which should affect you.

To arrange for (warranty) service, simply contact Viking Range Corporation by calling 1-800-216-5775, 8:00 A.M. to 5:00 P.M. (Central Standard Time) Monday thru Friday. If you prefer, you may write: Viking Range Corporation, P.O. Box 956, Greenwood, Mississippi (MS) 38930. The following information will be required: date of original purchase (a copy of sale receipt), model and serial numbers, and a brief description of what has occurred with the product.



## RECIPES

### BASIC SWEET AND SOUR VINAIGRETTE DRESSING

$\frac{3}{4}$  cup sugar  
2 teaspoons soy sauce  
1 cup oil  
 $\frac{1}{2}$  cup balsamic vinegar  
Salt and pepper to taste

Place all ingredients in mixing cup. Using the hand blender stainless blending attachment, place the attachment in the cup with the ingredients and emulsify until reaching the desired consistency.

### EMULSIFIED VINAIGRETTE DRESSING

1 egg  
 $1\frac{1}{2}$  teaspoons salt  
 $\frac{1}{4}$  teaspoon white pepper  
 $1\frac{1}{2}$  teaspoons paprika  
 $1\frac{1}{2}$  teaspoons dry mustard  
 $1\frac{1}{2}$  teaspoons sugar  
 $1\frac{1}{2}$  teaspoons herbs de Provence  
Cayenne pepper to taste  
 $\frac{1}{4}$  cup wine vinegar or cider vinegar  
 $1\frac{1}{4}$  cups salad oil  
3 tablespoons lemon juice

Gather all ingredients and hold at room temperature. Room-temperature ingredients emulsify more easily than cold ones. Whip eggs with the stainless steel whip and add to the mixing cup. With the eggs in the mixing cup add all dry ingredients and approximately 1 tablespoon of vinegar to the egg. Using the stainless blending attachment of the hand blender, begin to emulsify adding the oil slowly and continue until you have incorporated the rest of the ingredients. Adjust to flavor and consistency. Refrigerate until served.

## FRENCH VINAIGRETTE DRESSING

- 2 teaspoons salt
- 1 teaspoon white pepper
- ¼ teaspoon sugar
- ½ teaspoon dry mustard
- 1 tablespoon lemon juice
- 1 garlic clove
- 5 tablespoons tarragon vinegar
- ½ cup vegetable oil
- 2 tablespoons olive oil
- 1 egg
- ½ cup half and half

Combine all ingredients and blend to desired consistency using the stainless blending attachment.

## CREAM OF BROCCOLI SOUP

- ½ cup butter
- ½ cup chopped onions
- 1 pound chopped broccoli
- ½ cup flour
- 1 quart heated chicken stock
- 1 cup milk
- ¼ cup heavy cream
- Sea salt and white pepper to taste

Melt butter in a medium saucepan over low heat. Chop onions using the optional chopper attachment. Add onions and broccoli and sauté for about 10 minutes or until onions are softened. Stir in flour to form a roux and cook on low heat for 5 minutes, stirring constantly. Pour heated chicken stock into the pan, whisking into the roux. Bring to a simmer and cook for about 15 minutes, stirring frequently. Remove the pan from the cooking surface. Place the hand blender stainless steel blending attachment into the soup and blend until smooth. Add milk, cream, and seasonings and slightly blend again. Return the pan to the heat and thoroughly warm, but do not boil.

## SHRIMP REMOULADE NAPOLEON

3 eggs  
¼ cup milk  
3 slices green tomatoes  
1 cup flour  
1 cup breadcrumbs  
Vegetable oil  
4 ounces medium shrimp, (boiled and peeled)  
1 tablespoon sliced green onions for garnish  
Spicy Remoulade Sauce (recipe below)

Combine eggs and milk in a bowl. Dip each tomato slice in the flour, the egg mixture, and then the breadcrumbs. Fry the tomatoes in the oil, drain. Mix the shrimp with the spicy Remoulade sauce (see recipe below). Place one fried tomato slice on a plate. Top with half the shrimp mixture. Top with another tomato slice and the remaining shrimp mixture. Top with the remaining tomato slice. Garnish with one shrimp and chopped green onions.

## SPICY REMOULADE SAUCE

1 tablespoon yellow mustard  
½ cup Creole mustard  
½ cup ketchup  
3 tablespoons white vinegar  
2 tablespoons horseradish  
3 tablespoons Worcestershire  
½ teaspoon paprika  
¼ cup finely minced celery  
1 tablespoon chopped parsley  
1 teaspoon hot sauce  
1 teaspoon salt  
1 teaspoon minced garlic  
1 teaspoon lemon juice  
1 egg  
1 teaspoon vegetable oil

Combine all ingredients in the mixing cup. Thoroughly mix with the hand blender stainless steel blending attachment.

## HOISIN CHICKEN SKEWERS

- ¼ cup hoisin sauce
- 1 tablespoon fresh ginger, peeled and finely minced
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 2 skinless, boneless chicken breast halves, cut into 1-inch pieces
- 4 (6-inch) wooden skewers

Combine first 4 ingredients in the mixing cup to blend, using stainless steel blending attachment of the hand blender. Place 2 tablespoons of the prepared sauce in small bowl for glaze. Mix the chicken pieces into remaining sauce; let stand 10 minutes.

Thread the chicken pieces onto 4 skewers, spacing pieces 1/2-inch apart. Sprinkle lightly with salt and pepper. Grill the chicken skewers until cooked through and slightly charred, brushing with glaze and turning often, about 8 minutes. Sprinkle with sesame seeds.

## BLACK BEAN SOUP

1 pound black beans  
2 quarts water  
1 tablespoon salt  
3 cloves garlic, minced  
1 teaspoon salt  
1 teaspoon ground cumin  
1 teaspoon oregano  
¼ teaspoon dry mustard  
2 tablespoons olive oil  
2 onions, chopped  
2 small green peppers, chopped  
2 small jalapenos, chopped  
1 tablespoon fresh lemon juice

Soak beans in water overnight. Next day, cook beans in same water adding 1 tablespoon salt, until the beans are almost tender.

Combine garlic, 1 teaspoon salt, cumin, oregano and mustard. Heat the olive oil in a medium sauté pan and sauté onions for 5 minutes. Add the green peppers and jalapeno and continue to sauté until vegetables are tender. Stir in the seasonings and lemon juice. Add ½ cup liquid from the beans. Cover and simmer about 10 minutes. Add this mixture to the beans and continue to cook until flavors are blended, about an hour.

To thicken the soup, remove 1 cup of beans and liquid and put in a 2-cup glass measuring cup. Puree the beans and liquid with the hand blender; return to soup. Or, use the hand blender stainless blending attachment directly in the pan of beans to reach the desired amount of pureed beans. Serve in bowls with a small mound of rice, and garnish with finely chopped green onion tops and shredded cheese.

## GAZPACHO

- 1 clove garlic – chopped
- ½ small red onion – chopped
- ½ red bell pepper – deseeded and chopped
- ½ green bell pepper – deseeded and chopped
- 1 cup cucumber – peeled, deseeded and chopped
- 3 cups tomato juice
- 1 tablespoon extra virgin olive oil
- 1 teaspoon white wine vinegar
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper

Using the optional chopper attachment, chop the garlic, onion, bell pepper, and cucumber.

Place all ingredients in a large bowl and using the hand blender stainless blending attachment mix until smooth. Chill in the fridge until ready to serve.

For a spicy kick add a few drops of hot sauce.

The flavors of gazpacho develop over time, so allow the soup to chill in the refrigerator for at least 20 minutes, or up to a day ahead.

## CHICKEN AND BUTTERNUT SQUASH SOUP

- 1 butternut squash (about 3 pounds)
- 2 boiled chicken breasts - chopped
- 2 tablespoons butter
- 1 yellow onion - chopped
- 1 clove garlic, minced
- 5 cups chicken stock
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon curry powder
- $\frac{1}{8}$  teaspoon ground white pepper

Preheat oven to 400°F. Cut squash in half and remove seeds. Wrap the squash in aluminum foil and bake for one hour or until tender. Boil two large chicken breasts and save stock for later use. Using the optional chopper accessory or using a knife chop onion and garlic.

In a large sauce pot over medium heat, melt butter. Add onion and garlic and sauté until soft, approximately 5 minutes. Squash pulp from the baked squash, add one cup of chicken stock, and add to the sauce pot. Using the stainless steel blending attachment of the hand blender, blend ingredients in sauce pot until smooth. Add seasonings, chopped boiled chicken, and the remaining 4 cups of chicken broth. Simmer, uncovered about 20 minutes.

Soup may be served topped with sour cream, yogurt, chives, parsley, or chutney.

## FRUIT SMOOTHIE

- 1 cup flavored yogurt
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 tablespoon honey

Place ingredients in mixing cup and using the stainless steel blending attachment blend until smooth.

## CHOCOLATE PEANUT BUTTER MILKSHAKE

2 cups milk  
2 cups chocolate ice cream  
¼ cup peanut butter  
Peanut butter cups (optional)

Place all ingredients in the mixing cup, using the stainless steel blending attachment immerse into mixture and blend until creamy. Peanut butter cups may be added.

## MAYONNAISE

2 large eggs or 4 yolks  
2 tablespoons lemon juice  
2 teaspoons Dijon mustard  
2½ cups vegetable oil

Combine all ingredients in the mixing cup and use stainless blending attachment to combine all ingredients until they become creamy.

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For product information: 1-888-VIKING1 (845-4641) or visit the Viking web site at [vikingrange.com](http://vikingrange.com)



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