

“LETS GET STARTED”

Step-by-Step Guide



PROFESSIONAL SERIES 500

THE BRAND CHOSEN BY LEADING CHEFS WORLDWIDE

PROFESSIONAL SERIES 500 QUICK TIPS

IT'S EASY TO MASTER THE BASICS.

Your DVD cooking class and Getting Started guide will get you started, then just go creative!

CONTAIN THE POWER.

Your Vita-Mix machine is powerful so lock the lid securely in place-especially when processing hot liquids. Remember to ramp up your Variable Speed slowly, starting from Variable 1 on the dial to High.

LET THE CYCLE COMPLETE.

When a recipe calls for one of the pre-programmed settings (Smoothies, Frozen Desserts, Hot Soups) to be used, always allow the programmed cycle to complete for best results.

CONTINUOUS PROCESSING MAKES A DIFFERENCE.

The patented Vita-Mix tamper allows for the continuous processing that keeps thick or frozen mixtures moving and prevents air pockets from forming. Always use the tamper with the lid plug removed and the lid locked in place.

THIS MACHINE CLEANS ITSELF.

With a drop of dish soap in a half-container of warm water, your Vita-Mix machine cleans itself in seconds. You'll never need to remove the blades!

YOUR MOTOR IS PROTECTED.

Vita-Mix machines are designed to perform through thick and thin, but if the motor should ever shut off, that's your automatic thermal protection at work. Simply turn the machine OFF, let it cool, and you're ready to restart.

WE'RE HERE FOR YOU.

Vita-Mix Customer Service is located right at Vita-Mix world headquarters. Visit www.vitamix.com for Frequently Asked Questions, email service@vitamix.com or contact us at 1-800-848-2649. Hours: M-F 8am – 8 pm, Sat 9am – 5 pm (EST)

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WELCOME TO THE WORLD OF VITA-MIX.

Welcome!

This "Let's Get Started" guide will take you, step-by-step, through all the recipes Chef Steve Schimoler creates for you on the "Let's Get Started" DVD. With this mini-cookbook and the DVD as reference, you can easily create the entire 6-course Italian-themed feast (Play Entire DVD), or any recipe of your choice (Recipes). We have also included four additional recipes (Extra Applications) to demonstrate the complete spectrum of the Vita-Mix kitchen processes.

The best way to get to know everything that your Professional Series 500 can do for you is to view the entire DVD, because the new and exciting features of this amazing machine are clearly explained right before the cooking class begins. Chef Schimoler offers tips, techniques and serving suggestions with every recipe that will really come in handy when you are planning your own dinner parties.

Your personal culinary adventure is about to begin! Do take time to review the unique features of the Professional Series 500 on pages 4 and 5, and you will be all set for success every time. Make and enjoy all the basic recipes on the "Let's Get Started" DVD first, then get ready to enjoy a new world of extraordinary flavors, textures and tastes available to you on your "Let's Get Cooking" CD.

"LET'S GET STARTED!"

WITH YOUR HOST, STEVE SCHIMOLER
Executive Chef, Crop Bistro & Bar

- Play Entire DVD
- Introduction/Key Features
- Recipe Demonstration: 6-Course Italian Feast
- Cleaning Your Professional Series 500
- Extra Applications
- Recipes



PROFESSIONAL SERIES 500

HOW TO USE YOUR DVD/COOKBOOK

Your exclusive “Let’s Get Cooking” CD gives you access to hundreds of recipes created using classic culinary techniques combined with sophisticated skills. The signature Vita-Mix recipes were brought to life with the talents of a CIA-trained Professional Chef and a Registered Dietitian. The special Chef Recipes collection includes favorite recipes from gourmet chefs worldwide. Get ready to enjoy everything from Beverages, Soups, and Breads to Raw Food Recipes, Dips and Spreads.

You are about to begin an incredible journey to a world of fabulous, fresh tastes and intriguing textures, unlike anything you have ever experienced on a plate. The Vita-Mix Professional Series 500 will forever change the way you think about flavor—enjoy!

Note: Your PDF Cookbook requires Adobe Acrobat Reader version 6 or later, and a CD-ROM or DVD-ROM drive. Insert disk into CD-ROM or DVD-ROM drive and follow these easy instructions:



For PC (Windows):

When prompted, browse disk and open the cookbook PDF – or – From the “Start” menu, open “My Computer”; open your drive and then the cookbook PDF

For Mac:

Open your drive, and then open the cookbook PDF

Get ready to enjoy recipes for everything from simple sauces to fabulous fondues and impeccable frozen drinks, created just for your Vita-Mix Professional Series 500.

THE VITA-MIX® MACHINE



LID ASSEMBLY

1. **LID PLUG** - Put into top of lid and twist to fasten
2. **LID** - Always use when machine is in operation
3. **LID SEAL** - Securely seals lid.

4. CONTAINER

BPA free Eastman Tritan™ copolyester container material is as durable as polycarbonate, but has increased sound dampening and chemical resistance qualities.

5. WET BLADE

All Vita-Mix models come with a wet blade. Container is equipped with hammermill cutting blades designed for liquids, frozen mixtures, batters, chopping and much more.

CONTROL PANEL

6. **PULSE SWITCH** - Push down to activate machine for the time the switch is held down. Start and stop on command to refresh recipes and create a wide variety of textures. In Variable Settings, Pulse will activate at the speed selected. In Programmed Settings, Pulse will activate at 50% of High Speed.

7. VARIABLE SPEED/PROGRAMMING DIAL

Rotated left of center, the dial is used to select one of three pre-programmed settings. Smart blending technology lets you create hundreds of recipes with the turn of a dial. Rotated right of center, variable speed is selected which allows for flexibility and creativity. Machine is in the resting stage until the dial is set on Variable 1 through High speed.

8. **START/STOP SWITCH** - Activates pre-programmed or variable speed settings when pushed down. Machine will stop when switch is pushed down again.

9. **ON/OFF LIGHT** - When lit, the machine is plugged in and the ON/OFF switch is powered ON. The power light will flash when a pre-programmed setting is used to indicate that the program is near completion.

10. **ON/OFF SWITCH** - The ON/OFF switch controls the power to the machine. While plugged in, switch to ON to ready the machine for blending.

11. MOTOR BASE

Your Vita-Mix machine is equipped with Automatic Overload Protection. This built-in feature is designed to protect the motor and prevent your machine from overheating.

12. TAMPER

Use the tamper only with the lid in place and lid plug removed to help remove air pockets while blending. The splash disk (near top of tamper) prevents the tamper from hitting the blades.



KEY COMPONENTS & FEATURES

PROFESSIONAL 500 CONTROL SETTINGS

Your Vita-Mix Professional Series 500 features pre-programmed convenience on the most popular Vita-Mix processes (see diagram). These settings are time-saving, easy-to-use and promise consistent results every time.

Note: The pre-programmed settings are for Smoothies, Frozen Desserts and Hot Soups, but other recipes may also use these convenient settings.



PRE-PROGRAMMED CYCLES



SMOOTHIES - Set dial on Smoothie Setting and press the Start switch to activate the program. Program cycle lasts for 45 seconds.*



FROZEN DESSERTS - Set dial on Frozen Desserts Setting and press the Start switch to activate the program. Program cycle lasts for 60 seconds.*



HOT SOUPS - Set dial on Hot Soups Setting and press the Start switch to activate the program. Program cycle lasts for 4 1/2 minutes.*

*Blue indicator light will flash as program nears completion.

Always allow your machine to complete the programmed cycle.

THE LID

Follow the instructions below to lock and remove the lid as explained below:

TO LOCK THE LID IN PLACE:

1. Position lid on container with lid flaps midway between the spout and the handle.
2. Push the lid onto the container until it locks in place.
3. The lid must always be secured when processing, especially when processing hot liquids that may scald.

CAUTION:

Never put hands, spatulas, etc. in the container while the machine is running.

TO REMOVE THE LID:

1. Lift up one flap with one hand while holding on to the container grip with the other.

TO REMOVE THE LID PLUG:

1. Rotate the lid plug counterclockwise from the "locked" to "unlocked" position and lift out.



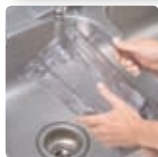
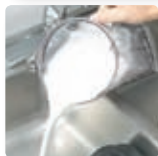
START WITH A CLEAN MACHINE

CLEAN YOUR CONTAINER

Before using the machine for the first time, clean your new container by running the machine with 5 cups (1.2 l) of warm water and one drop of liquid detergent for two minutes to remove any oils or particles resulting from manufacturing or shipping.

1. Twist lid plug to remove. Fill container to the 5 cup (1.2 l) level with warm water.
2. Add 2 drops of liquid dishwashing detergent.
3. Insert lid plug. Twist to locked position.
4. Be sure the complete lid is secure. Run machine on the Smoothies setting; allow programmed cycle to complete.
5. At High speed, your Vita-Mix machine becomes its own dishwasher. However, some recipes may require additional light cleaning.
6. Rinse container, lid and lid plug under running water. Let air-dry or wipe with a clean cloth.

Notes: Some thick mixtures, such as breads and batters, may need additional washing by hand. We do not recommend washing the container in the dishwasher. When storing the lid on the container, either remove the lid plug or thoroughly dry both the lid and container to avoid trapping moisture.



MOTOR BASE

1. Always unplug the power cord before cleaning.
2. Wash outside surface with a soft cloth or sponge, which has been rinsed in a mild solution of liquid detergent and warm water.
3. Thoroughly clean switches so that they work freely. Use a wet cloth or sponge to clean in the groove around the switches.
4. Dry the motor base with a soft cloth.
5. Caution: Do not immerse motor base in water or other liquids.



BLADE ASSEMBLY REMOVAL / MOTOR BASE

Never attempt to take apart the blade assembly or motor base. This will void your warranty. Please call customer service at 1-800-848-2649 or email service@vitamix.com with any questions.

DELICIOUS RECIPES TO GET YOU STARTED




JUICING WHOLE FOODS

Unlike juice from a juice extractor, Vita-Mix® whole food juice and smoothies deliver all the health benefits of both the juice and the fiber. The Vita-Mix® machine has the motor power, torque, speed, container and blade design to make it happen smoothly by smashing the whole food fiber and breaking it into microscopic pieces that are easy to digest. You get a creamy, smooth juice full of fiber!

JUST DEW IT SMOOTHIE

- 1/4 cup (60 ml) water
- 1 cup (170 g) diced honeydew
- 1 medium orange, peeled, halved
- 1/2 medium peach, halved, pitted
- 1/2 cup (75 g) pineapple chunks
- 1 cup (240 ml) ice cubes

program: Smoothies • yield: 3 3/4 cups (900 ml)

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Smoothies program. 
3. Press Start.
4. Allow machine to complete programmed cycle.

DRINKS COURSE ON DVD



APPLE JUICE 🍏

4 medium to large apples, quartered

1/4 cup (60 ml) cool water

2 double layers of cheesecloth

program: Smoothies • yield: 1 2/3 cups (400 ml)

For the best flavor, combine two or more apple varieties.

1. Place apples and water into the Vita-Mix container in the order listed and secure lid.
2. Select Smoothies program. 🌀
3. Press Start.
4. Allow machine to complete programmed cycle.
5. Transfer purée to a bowl lined with cheesecloth and twist until juice is extracted.



CARROT JUICE PLUS ❄️

1 cup (240 ml) water

1 1/2 cups (190 g) diced carrots

**2 teaspoons fresh lemon juice or 1
teaspoon lemon concentrate**

1 cup (240 ml) ice cubes

program: Frozen Desserts • yield: 2 cups (480 ml)

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Frozen Desserts program. ❄️
3. Press Start.
4. Allow machine to complete programmed cycle.



BLENDING

The precision engineering of the Vita-Mix machine makes it possible to achieve the best blended recipes on any speed. Whether you're making creamy smoothies, emulsifying a tangy salad dressing, whipping cream, creating milk substitutes, mixing drinks or blending butters and batters, the Vita-Mix machine makes it all so easy. The secret's in the Variable Speed Dial. It allows you to control the blades and therefore provides versatility at various blending speeds. You can now prepare foods in a totally new and inventive way. Discover dozens of recipes you'll enjoy preparing in your Vita-Mix Professional Series machine. We've suggested just a few here to get you started.

FROSTY BASIL LEMONADE ❄️

DRINKS COURSE ON DVD

3 cups (720 ml) water

1 cup (720 ml) ice cubes

**1/4 cup (50 g) sugar or
sweetener of choice**

1 1/2 lemons peeled, seeded

1/2 cup (20 g) fresh basil leaves

program: Frozen Desserts • yield: 3 cups (720 ml)

1. Place all ingredients into the Vita-Mix container in order listed and secure lid.
2. Select Frozen Desserts program. ❄️
3. Press Start.
4. Allow machine to complete programmed cycle.



HERBED VINAIGRETTE

**1/4 cup (60 ml) tarragon
white wine vinegar
1/4 cup fresh parsley, chopped
1/4 cup fresh basil leaves, chopped
1 tablespoon finely chopped
green onion
1 teaspoon Dijon mustard
3/4 cup (180 ml) olive oil
Salt and pepper**

processing: 30 seconds • yield: 1 1/4 cups (300 ml)

1. Place all ingredients, except olive oil, into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 1.
3. Press Start.
4. Quickly increase speed to Variable 3. Blend for 20 seconds.
5. Remove lid plug. Increase speed to Variable 5 and slowly add oil in a thin stream until fully incorporated.




SALAD COURSE ON DVD

FROSTED COSMOPOLITAN

**1/4 cup (60 ml) cranberry juice
2 ounces (60 ml) vodka
1 ounce (30 ml) triple sec
2 tablespoons (30 ml) sweetened
lime juice
1 cup (240 ml) ice cubes**

program: Smoothies • yield: 1 1/4 cups (300 ml)

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Smoothies program. 
3. Press Start.
4. Allow machine to complete programmed cycle.

DRY CHOPPING

Here's another tedious chore that is made so easy with the Vita-Mix® machine. Dry chopping is used for such things as carrots, olives, nuts, coconut, onions, eggs and cheese. With the Vita-Mix machine, these tasks are quick, easy and require little cleanup. For best results, chop only one cup at a time. You decide how coarse or fine you want the finished product to be by adjusting the Variable Speed Dial. The faster the speed... the finer the chop. Remember, the customized hammermill and cutting blades do all the work, so you don't have to. You can even combine some items used in the same recipe and save even more time.

GRATED PARMESAN CHEESE

MAIN COURSE ON DVD

**1 cup (1 1/2 cubes/4cm cubes) cold
Parmesan cheese**

processing: 5-20 seconds • yield: 1 cup

1. Select Variable 5. Remove lid plug.
2. Press Start.
3. Drop cheese cubes through the opening and grind to desired consistency.
4. Press Stop



WET CHOPPING

The difference between wet chopping and dry chopping is that this method uses water or another liquid as the medium that circulates the items being chopped. Water draws the item into the blades resulting in a uniform chop. The type of chop, whether coarse or fine, is determined by the speed selected on the Variable Speed Dial. With wet chopping you can easily prepare vegetables for soups, salads, stir-frying, side dishes and coleslaw. Wet chopping is also the recommended preparation for all raw vegetables where a uniform chop is required. However, when preparing salsa, the moisture released by the vegetables allows the vegetables to circulate into the blades, so no additional liquid is needed.

Chef's note: Do not discard liquid used in process. Save and use in sauces and soups!

SALSA ITALIANO

1/4 cup fresh basil leaves

1/2 medium onion

**1 teaspoon fresh lemon juice or 1/2
lemon peeled, seeded**

6 ripe Roma tomatoes, quartered

1 cubanella pepper

1 teaspoon salt (optional)

processing: 3-5 seconds • yield: 2 cups (480 ml)

1. Place 6 tomato quarters, basil, lemon, pepper and onion into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 3 and press Pulse 4-5 times to obtain a finely diced base.
3. Select Variable 4. Add remaining tomato quarters and pulse 3-4 times more to obtain desired texture. Use tamper if necessary.
4. Season to taste.

APPETIZERS COURSE ON DVD



WET CHOPPING

CHOPPING CABBAGE FOR SLAW

1/2 head of cabbage, wedged

1. Cut cabbage (green, red or both) in 1 1/2-inch (4 cm) wedges and place into the Vita-Mix container.
2. Cover with enough water to float cabbage off the blades.
3. Secure lid.
4. Select High, Press start. Pulse 2-3 times. If necessary, repeat two to three more times. Do not over process.
5. Drain cabbage and remove to a bowl.

Uses for chopped cabbage:

Coleslaw – Mix in your favorite dressing and season to taste.

Soups – Add green cabbage to broth and simmer.

Salads – Toss with other vegetables.

Stir-fry – Add to your favorite recipes.

Side Dishes – Steam, cook, and use alone or in combinations.



CRUSHING ICE FOR DRINKS AND DESSERTS

It's easy, it's effortless and the job's done in just three seconds! Pour off the water and you'll be amazed at how uniformly the ice is crushed.

Use it for party-perfect drinks, with flavored syrups for the kids' dessert or as a way to keep picnic foods cold.

1. Fill the Vita-Mix container with ice cubes. Add water until ice floats over the blades. (Do not use anything but water to crush ice.)
2. Secure lid.
3. Select High. Press Start for 3 seconds, and stop machine
4. Pour off water and use immediately.

MAKING FROZEN TREATS

The most amazing dessert you'll make in your Vita-Mix® machine is a delicious frozen treat. And what's even more amazing is that you'll make it in under a minute! Vita-Mix frozen desserts start with a frozen ingredient, that's no secret! The real secret is the high performance hammermill and cutting blades that crush and cut up frozen ingredients in seconds. The blade action produces a larger frozen surface area that facilitates rapid freezing. The Vita-Mix machine works so fast that it all happens in about 30 seconds. So there's no time for the mixture to melt. It actually refreezes itself instantly and creates a smooth and scrumptious soft-serve frozen treat.

DESSERT COURSE ON DVD

PEACH SHERBET ❄️

1 cup (240 ml) low fat milk

1 pound (454 g) frozen unsweetened peach slices

1/4 cup (50 g) sugar or other sweetener, to taste

1/2 teaspoon vanilla extract

program: Frozen Desserts • yield: 3 cups (720 ml)

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Frozen Desserts program. ❄️
3. Press Start.
4. Use tamper to press ingredients into the blades.
5. Allow machine to complete programmed cycle.
6. Serve immediately.



COOKING


It's simple science-and simply amazing-with Vita-Mix®! Cooking with the Vita-Mix machine starts with fresh, whole produce and in four to six minutes you'll create a fresh, hot soup complete with all nutrients. The Vita-Mix blades turn so fast that they generate enough friction to create cooking heat. Simply toss in the ingredients identified in the recipe, flip the switch and you'll experience a delicious, whole vegetable soup with minimal peeling or seeding! The Vita-Mix machine doesn't stop at soups! You will be making lump-free gravies and sauces almost effortlessly. Fresh, canned or frozen fruits can be turned into delicious fruit syrups to use on ice cream, pancakes or waffles.

SOUP COURSE ON DVD

TOMATO ONION CHEESE SOUP

- 1 cup (240 ml) low sodium chicken, vegetable or beef stock**
- 1 large tomato, quartered**
- 1/4 cup (40 g) chopped onion**
- 1/4 cup (28 g) shredded Sharp Cheddar or Swiss cheese**
- 1 tablespoon tomato paste**

program: Hot Soups • yield: 2 1/2 cups (600 ml)

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Hot Soups program. 
3. Press Start.
4. Allow machine to complete programmed cycle.
5. Serve immediately.



BASIL WALNUT PESTO

1/2 cup (120 ml) olive oil
1/2 cup (25 g) grated Parmesan cheese
3 medium garlic cloves, peeled
2 cups fresh basil leaves
1/4 cup (30 g) walnuts
Salt and pepper

processing: 10-15 seconds • yield: 1 cup

1. Place all ingredients into the Vita-Mix container in the order listed and secure lid.
2. Select Variable 4.
3. Press Start.
4. Blend for 10-15 seconds to combine ingredients, using the tamper to press the ingredients into blades.
5. Pulse at Variable 4 to obtain desired texture.

MAIN COURSE ON DVD



CHOCOLATE ESPRESSO FONDUE



1/2 cup (240 ml) water
1/2 cup (120 ml) heavy cream
5 teaspoons instant espresso or instant coffee
12 ounces (340 g) of semi-sweet chocolate, chopped
2 tablespoons Brandy

processing: 1 1/2 minutes
yield: 2 1/2 cups (600 ml)

1. Place all ingredients, except brandy, into the Vita-Mix container in the order listed and secure lid.
2. Select Hot Soups program.
3. Press Start.
4. Allow machine to complete programmed cycle.
5. Pour mixture into fondue pot. Whisk in brandy (Optional)
6. Serve immediately.

WET GRINDING

Our Vita-Mix® container is best suited for grinding foods that contain moisture, such as nuts and meat. The wet blades draw the mixture down and into the blender for proper processing and the customized hammermill and cutting blades do all the work for you. Raw or cooked meats and nut butters are best done with the wet blades and can be used in many delicious recipes.

PEANUT BUTTER

12 ounces (340 g) cocktail peanuts

12 ounces (340 g) honey roasted peanuts

processing: 1-2 minutes • yield: 1 3/4 cups (440 g)

1. Place ingredients into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Press start and quickly increase speed to High, using the tamper to press the ingredients into the blades. In 1 minute you will hear a high-pitched chugging sound. Once the butter begins to flow freely through the blades, the motor sound will change to a low, laboring sound. Stop machine.
4. Store in refrigerator, in an airtight container. Can also be frozen for longer storage.



DRY GRINDING

It's easy to powder your own sugar, make fresh bread crumbs or even mill your own specialty flour in the Vita-Mix Machine.

POWDERED SUGAR

1 1/2 cups (300 g) sugar

1 tablespoon cornstarch

Adding cornstarch to powdered sugar prevents the sugar from caking and improves flow. If using immediately, cornstarch is optional. Store in an airtight container.

processing: 40 seconds • yield: 2 cups (240 g)

1. Place sugar into the Vita-Mix container and secure lid.
2. Select Variable 1.
3. Press Start and quickly increase speed to High.
4. Blend for 30 seconds.
5. Remove the lid plug. Add cornstarch through the lid plug opening and blend an additional 10 seconds.
6. Let powder settle before removing the lid.



BREAD CRUMBS

3 Slices of bread

processing: 40 seconds

yield: 2 cups (240 g)

1. Squeeze 3 slices of bread into a ball. Repeat 2 more times. Place into the Vita-Mix container.
2. Secure lid.
3. Select Variable 1.
4. Press Start and quickly increase speed to Variable 6.
5. Process for 10 seconds.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



We're here for you!

If you have any questions about your new Professional Series 500, we're here to answer them. Don't hesitate to call Customer Service 1-800-848-2649 or email service@vitamix.com. The entire team is located at Vita-Mix World Headquarters in Cleveland, Ohio and can get you the information you need—right when you need it!

Enjoy!

Vita-Mix Corporation

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