

  
EMERIL LAGASSE

**KITCHEN  
SYSTEM™**

# Recipe Book



**Cook with Emeril!**



# KITCHEN SYSTEM™

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# Hummus

## INGREDIENTS

¼ cup water  
1 clove garlic, peeled  
2 (15 oz). cans chickpeas, drained  
¼ cup Tahini  
2 tbsp. lemon juice  
½ tsp. sea salt  
3 tbsp. EVOO, plus more for garnish  
½ tsp. ground cumin  
¼ tsp. cayenne pepper

Optional Garnish:

Parsley, roughly chopped

White Sesame Seeds

Red Pepper Flakes

## INSTRUCTIONS

1. Place the ingredients into the pitcher and secure the lid with cap.
2. Press Power Button, set to Speed 3 using the +/- buttons and press Start. (If not creamy Turn Off the blender, remove the lid and scrape down the sides. Replace the lid and blend until creamy.)
3. Serve with vegetables, pita, or gyro. Garnish with some EVOO, parsley, white sesame seeds, and red pepper flakes if desired.

# Tomato Salsa

## INGREDIENTS

½ small red onion,  
quartered  
4 plum tomatoes,  
quartered  
¼ jalapeño pepper,  
seeded  
⅓ bu. of cilantro,  
roughly chopped  
⅓ yellow pepper,  
cut in half  
1 lime, juiced  
½ tsp. salt

## INSTRUCTIONS

1. Place the ingredients into the pitcher and secure the lid with cap.
2. Press Power, Chop, and press Start.
3. Serve with tortilla chips, tacos, fajitas, eggs, burritos or with grilled fish or chicken.

NOTE: For a spicier salsa leave the seeds in the jalapeño.

# Green Salsa

## INGREDIENTS

12 tomatillos,  
peeled and roasted  
3 scallions, trimmed &  
rinsed, cut in half  
2 cloves, garlic roasted  
1 lime juiced  
½ a bunch of cilantro  
leaves  
½ Serrano pepper,  
roasted  
½ tsp sea salt

## INSTRUCTIONS

1. Add all the ingredients to the pitcher and secure the lid with cap.
2. Press Power, press Chop, and press Start.
3. Serve with tortilla chips, grilled fish, and shrimp tacos or enchiladas.



# Mango Salsa

## INGREDIENTS

1 ripe mango,  
peeled and pitted  
¼ red pepper, seeded  
¼ small red onion,  
peeled  
½ jalapeno, stemmed  
and seeded  
2 tbsp. cilantro leaves  
1 tbsp. lime juice  
1/2 tsp. sea salt

## INSTRUCTIONS

1. Place the ingredients into the pitcher and secure the lid with cap.
2. Press Power, Chop, and press Start.
3. Serve salsa with grilled fish or shrimp tacos, tortilla chips, crab cakes, grilled shrimp, or shrimp tacos.

# Chimichurri

## INGREDIENTS

2 tbsp. red vinegar  
3 tbsp. olive oil  
¼ cup water  
1 cup cilantro,  
roughly chopped  
2 cups parsley,  
roughly chopped  
2 cloves garlic  
½ shallot  
2 sprigs fresh oregano,  
stemmed  
1 tsp. red pepper flakes  
½ tsp. sea salt

## INSTRUCTIONS

1. Add all the ingredients to the pitcher and secure the lid with cap.
2. Press Power, Chop and press Start.
3. If not completely processed, once chopped function ends, repeat process.
4. Serve on Grilled meats, fish, and chicken.

# Chipotle Mayonnaise

## INGREDIENTS

3 cans chipotles  
in adobo sauce  
2 cups mayo

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power button and set to Speed 5 using the +/- buttons and press Start.
3. When the mayonnaise is creamy place into a container and refrigerate.
4. Great for sandwiches and tacos.

# Egg Salad

## INGREDIENTS

8 hard boiled eggs, peeled  
1 stalk celery, cut into 6 pieces  
½ cup mayonnaise  
1 tbsp. Dijon mustard  
Salt and Pepper to taste

## INSTRUCTIONS

1. Place the eggs and celery into the Pitcher and secure the lid with cap.
2. Press Power and press Pulse until eggs are roughly chopped.
3. Place the contents of the pitcher into a bowl and mix with the mayo, mustard and season with salt and pepper.



# Chicken Salad

## INGREDIENTS

2 6 oz. chicken breasts,  
cooked and cut into  
4 pc. each breast  
½ shallot, peeled  
1 celery stalk,  
cut into 6 pieces  
1 tsp. balsamic vinegar  
½ cup mayonnaise  
Salt and Pepper to  
taste

## INSTRUCTIONS

1. Place the chicken, shallots and celery into the Pitcher and secure the lid with cap.
2. Press Power and press Pulse until chopped.
3. Place the contents of the pitcher into a bowl and mix with the mayo, balsamic vinegar and season with salt and pepper.

# Herb Vinaigrette

## INGREDIENTS

1 sprig rosemary,  
stem removed  
4 sprigs thyme,  
stem removed  
2 sprigs oregano,  
stem removed  
2 sprigs tarragon  
1 clove garlic  
½ shallot, peeled  
1 tbsp. Dijon mustard  
¼ cup red wine vinegar  
¾ cup olive oil  
1 tbsp. sugar  
½ tsp. sea salt  
¼ tsp. fresh ground  
black pepper

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power button and set to Speed 6 using the +/- button and press Start until dressing is blended.



# Raspberry Viniagrette

## INGREDIENTS

1 cup olive oil  
½ cup raspberry  
vinegar  
1 tbsp. honey  
¼ cup fresh raspberries  
½ tsp. sea salt  
¼ tsp. fresh ground  
black pepper

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power button, set to Speed 6 using the +/- buttons and press Start button until dressing is blended.



# Balsamic Vinaigrette

## INGREDIENTS

- ¼ cup Balsamic vinegar
- 1 cup olive oil
- 1 shallot, peeled
- 1 tsp honey
- ½ tsp salt
- ¼ tsp fresh ground black pepper

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power, set to Speed 6 using the +/- slider/buttons and press Start until dressing is blended.
3. What is leftover can be stored in the refrigerator. When ready to use, remove from the refrigerator 30 minutes in advance to bring to room temperature.

# Buttermilk Dressing

## INGREDIENTS

1 tbsp. Dijon mustard  
½ cup sour cream  
⅓ cup buttermilk  
½ cup mayonnaise  
1 tbsp. EVOO  
1 tbsp. fresh lemon juice  
1 shallot, peeled  
1 clove garlic, peeled  
½ tsp. sea salt  
½ tsp. fresh ground black pepper  
2 tbsp. fresh chives, chopped  
2 sprigs fresh dill  
1 sprig tarragon

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power button, set to Speed 6 using the +/- buttons and press Start until dressing is blended.

# Caesar Dressing

## INGREDIENTS

2 egg yolks  
4 anchovies  
1 tbsp. Worcestershire sauce  
2 cloves garlic  
½ lemon, juiced  
1 tbsp. Dijon mustard  
¾ cup canola oil  
Salt and Pepper to taste

## INSTRUCTIONS

1. Place the egg yolks, anchovies, Worcestershire sauce, garlic, lemon juice into the Pitcher and secure the lid with cap removed.
2. Press Power button, set to Speed 4 using the +/- buttons and press Start.
3. Slowly add the oil to emulsify.
4. Toss a couple tablespoons of the Caesar dressing with chopped romaine lettuce. Top with grated parmigiana cheese and garlic croutons.

# Basil Pesto

## INGREDIENTS

2 bu. basil  
½ bu. parsley  
4 cloves garlic  
4 oz. pine nuts toasted  
¾ cup EVOO  
1 cup grated  
parmigiana cheese  
½ tsp. salt  
½ tsp. ground black  
peppers

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power button, set to Speed 7 using the +/- buttons and press Start and blend until pesto is smooth.
3. Toss over hot pasta or serve with grilled chicken or great for sandwiches.



# Strawberry and Pineapple Smoothie

## INGREDIENTS

5 large frozen strawberries  
 $\frac{3}{4}$  cup pineapple chunks  
 $\frac{1}{2}$  cup yogurt  
1 cup coconut water

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power button, Smoothie and press Start.
3. When done pour into two glasses.

# Green Smoothie

## INGREDIENTS

1 cup frozen mango  
2 peeled kiwis  
1 cup spinach  
1 cup kale  
1 ½ cup coconut water  
2 tbsp. flax seed

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power, Smoothie and press Start.
3. When done pour into two glasses.

# Açaí Bowl

## INGREDIENTS

1 (100 gram) frozen  
açaí berry packet  
½ cup almond milk  
1 tbsp. honey  
1 banana, cut into  
6 pieces  
½ cup frozen  
strawberries  
½ cup frozen  
blackberries  
2 tbsp. almond butter

Toppings:

¼ granola  
1 tbsp. flax seeds  
½ cup raspberries

## INSTRUCTIONS

1. Place the acai packet, almond milk, honey, banana, strawberries, blackberries, and almond butter into the Pitcher and secure the lid with cap.
2. Press Power button, set to Speed 4 using the +/- buttons and press Start and blend until thick and creamy.
3. When done pour into two bowls and top with the granola, flax, and fresh raspberries.

# Chocolate Cream Filled Cookie Shake

## INGREDIENTS

2 cups vanilla ice cream  
1 cup milk  
3 tbsp. chocolate sauce  
6 chocolate cream  
filled cookies

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power button, set to Speed 7 using the +/- buttons and press Start.
3. When done pour into two glasses.

# Protein Shake

## INGREDIENTS

1 frozen banana  
½ cup frozen blueberries  
1 tbsp. peanut butter  
1 scoop protein powder  
1 ½ cups coconut water  
1 tbsp. chia seeds

## INSTRUCTIONS

1. Place the ingredients into the Pitcher and secure the lid with cap.
2. Press Power, Smoothie button and press Start.
3. When done pour into one glass.





# Mudslide

## INGREDIENTS

3 oz. vodka  
3 oz. coffee liqueur  
4 oz. Irish cream  
3 cups ice

Garnish:

½ cup whipped cream  
1 tbsp. shaved  
chocolate

## INSTRUCTIONS

1. Place the vodka, coffee liqueur, Irish Cream and ice into the Pitcher and secure the lid with cap.
2. Press Power, set to Speed 7 using the +/- buttons and press Start. Blend about 1 minute.
3. Pour into 2 glasses and top with whipped cream and shaved chocolate.

# Margarita

## INGREDIENTS

¾ cup tequila  
⅓ cups triple sec  
¼ cup freshly  
squeezed lime juice  
¼ cup agave  
3 cups ice

Garnish:

Salt

Lime Juice

## INSTRUCTIONS

1. Place the tequila, triple sec, lime juice, agave and ice into the Pitcher and secure the lid with cap.
2. Press Power button, set to Speed 7 using the +/- buttons and press Start. Blend about 1 minute
3. Rim the glass with kosher salt by dipping the rim of the glass into the lime juice then into the salt.

# Mojito

## INGREDIENTS

4 cups ice  
5 oz. white rum  
¼ cup lime juice  
3 tbsp. simple syrup  
14 mint leaves

Garnish:

Fresh Mint

Lime Wedges

## INSTRUCTIONS

1. Place the ice into the Pitcher and secure the lid with cap.
2. Press Power button, Crush, and press Start.
3. In each glass add the mint leaves simple syrup and muddle the mint. Pour the rum and lime juice into each glass. Stir then add the crushed Ice.
4. Serve with wedge of lime on each glass and a sprig of mint.



# Butternut Squash Soup

## INGREDIENTS

3 tbsp. unsalted butter  
2 tbsp. olive oil  
1 onion, peeled and  
diced  
1 carrot, peeled and  
diced  
1 butternut squash,  
large chunks  
2 apples, cored and  
chopped  
3 cups chicken stock  
1 cup apple cider  
1 tsp. cinnamon  
2 sage leaves  
1 tsp. sea salt  
½ tsp. fresh ground  
½ cup heavy cream

## INSTRUCTIONS

1. In a medium pot on medium heat add the melt the butter with the olive oil.
2. Add onion and carrot and cook for about 4 minutes until tender covered with a lid.
3. Add the butternut squash and apples cover the pot and cook for about 10 minutes until soft enough to poke with a fork.
4. Add the stock, cider, cinnamon, sage, salt, and pepper to the pot and cook for 30 minutes on a simmer.
5. When done, add cream. Allow to cool completely before adding to the pitcher and blending.
6. Press Power button, set to Speed 4 using the +/- and press Start.
7. When smooth remove, pour into a pot and reheat.

# Broccoli Cheddar Soup

## INGREDIENTS

6 tbsp. unsalted butter  
6 tbsp. All-purpose flour  
½ medium onion, diced  
1 celery stalk, diced  
½ carrot, peeled and diced  
1 clove garlic, minced  
1 shallot, minced  
1 head broccoli, rough chop  
2 cups chicken stock  
½ cup cream  
¾ cup sharp cheddar, shredded  
1 tsp. salt  
½ tsp. fresh ground black pepper

## INSTRUCTIONS

1. In a medium pot on medium heat add the butter to melt.
2. Add onion, celery, carrot, garlic, shallot and cook for about 5 minutes until tender. Add the flour and mix until flour is absorbed cook 3 minutes.
3. Add the broccoli and stock and stir well until it starts to thicken, simmer for about 30 minutes on low temp.
4. When done add cream, cheddar, salt, and pepper. Cool completely.
5. Pour into the pitcher.
6. Press Power button, set to Speed 4 using the +/- and press Start.
7. When smooth remove, pour into a pot and reheat.

# Cream of Tomato Soup

## INGREDIENTS

3 tbsp. olive oil  
1 onion, diced  
2 cloves garlic,  
roughly chop  
1 carrot, diced  
8 plum tomatoes,  
halved  
3 cups chicken broth  
½ cup basil leaves  
½ cup heavy cream  
Salt and Pepper to  
taste

## INSTRUCTIONS

1. In a medium pot on medium heat add the olive oil.
2. Add onion, garlic, and carrot, cook for about 5 minutes until tender.
3. Add the tomatoes and stock, simmer for about 30 minutes.
4. When done add basil, cream and season with salt & pepper, completely cool.
5. Pour into the pitcher. Press power button, set to Speed 4 using the +/- and press Start.
6. When smooth remove, pour into a pot and reheat.

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