



blue
jean
CHEF

IMPORTANT NOTICE

Please read operating instructions before using this product. Please keep original box and packing materials in the event that service is required.

For questions or concerns please contact customer service at:

Synergy Housewares, LLC.
Toll-free: 866-444-4033

Hours: M-F 9:00am-5:00pm EST

Website: bjcwarranty.synergyhousewares.com

Email: bjcwarranty@synergyhousewares.com

Printed in China

Model SBJCMCP200

7.25 Cup Glass Bowl Chopper

Use & Care

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should be followed, including the following:

- 1 Read all instructions carefully.
- 2 To protect against risk of electrical shock, do not put Motor Base, Cord or Plug of the appliance in water or other liquid.
- 3 Close supervision is necessary when any appliance is used by or near children. Not recommended for use by children.
- 4 Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning. To unplug, grasp plug and pull from the wall. Never yank on cord.
- 5 Avoid contacting moving parts.
- 6 **Caution: Sharp blades - handle carefully.**
- 7 Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. Return the appliance to an authorized service facility for examination, repair, or electrical or mechanical adjustment.
- 8 The use of attachments not recommended or sold by Synergy Housewares, Inc. may cause fire, electric shock, or injury.
- 9 Do not use outdoors.
- 10 Do not let cord hang over edge of table or counter or touch hot surfaces, including the stove.
- 11 Do not use this appliance for other than intended use.
- 12 Be certain the Lid is properly in place before operating appliance.
- 13 This appliance is equipped with a safety interlock that will prevent operation without being properly assembled, do not attempt to defeat this feature.
- 14 Keep hands and utensils away from cutting blades while chopping food to reduce risk of severe injury to persons or damage the chopper. A scraper may be used, but only when chopper is not running.
- 15 To reduce risk of injury, never place motor housing on cutting blades assembly without first putting bowl lid in place properly.
- 16 Do not mix flammable non-food substances in this appliance.
- 17 Do not operate in the presence of explosive and/or flammable fumes.

SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY

Additional Safety Information

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. If it is necessary to use an extension cord, it should be positioned such that it does not drape over the counter or tabletop where it can be pulled on by children or tripped over.

IMPORTANT

- 1 Do not run the Chopper continuously for longer than 30 seconds. For lighter loads of ingredients such as liquid ingredients, do not run the Chopper continuously for longer than 60 seconds.
- 2 Do not place any parts of this appliance in the microwave.
- 3 Immediately release the selected Speed Button on the Motor Housing in the event that the appliance malfunctions during use.

Before Your First Use

CAUTION: Use extreme caution when handling the Chopping Blade Assemblies as they are extremely sharp. Always ensure the Motor Housing is unplugged before adding or removing parts.

Carefully unpack the Chopper and accessories, and remove all packaging materials.

The chopper blades are shipped with black protective covers to protect them during shipping, and for your safety when removing them from the box. These protective covers should be removed and discarded prior to first use.

Upper Blade Assembly Covers

Hold the Upper Blade Assembly by the ridged plastic above the blade (see Figure 1). Grasp the black protective cover then slide it off the Blade Assembly. Repeat to remove the second black protective cover.

Lower Blade Assembly Covers

Hold the Lower Blade Assembly by the lower rectangular indentations on the Shaft (see Figure 2). Grasp the black protective cover then slide it off the Blade Assembly. Repeat to remove the second black protective cover.

Wash all parts according to the Care & Cleaning section of this manual.

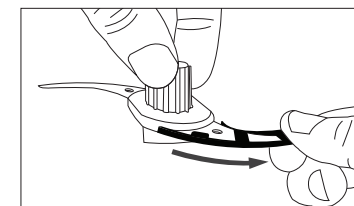


Figure 1

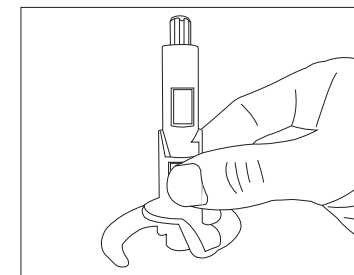


Figure 2



Meet Meredith

Welcome and thank you for purchasing from my Blue Jean Chef Housewares and Kitchen Collection!

I have always loved food! Luckily for me, I've been able to turn this love of food into a career in cooking and have spent the last twenty-five years sharing this passion with family, friends, students, co-workers and anyone around me. I began working in the culinary world as baker in a small independent bistro in Canada. Then after culinary school, I became a line cook in Michelin-starred restaurants in France and California. I've worked as an instructor at a culinary school, as a test kitchen manager and recipe developer, as a home cooking teacher, as a live television cooking personality and I've authored 8 cookbooks.

My passion for teaching led me to create Blue Jean Chef® as a vehicle to reach more people not only through my website, but through cooking school videos, cookbooks, social media and now kitchen equipment and housewares. My promise to you is that every product that bears the Blue Jean Chef® name has been carefully considered, touched and tested by me. I believe good kitchen equipment is a key ingredient to success and your success is what matters most.

"I created Blue Jean Chef®, hoping to help you become as comfortable and confident in your kitchen as you are in blue jeans."

Meredith Laurence

Please visit me at bluejeanchef.com, or follow me as bluejeanchef on:



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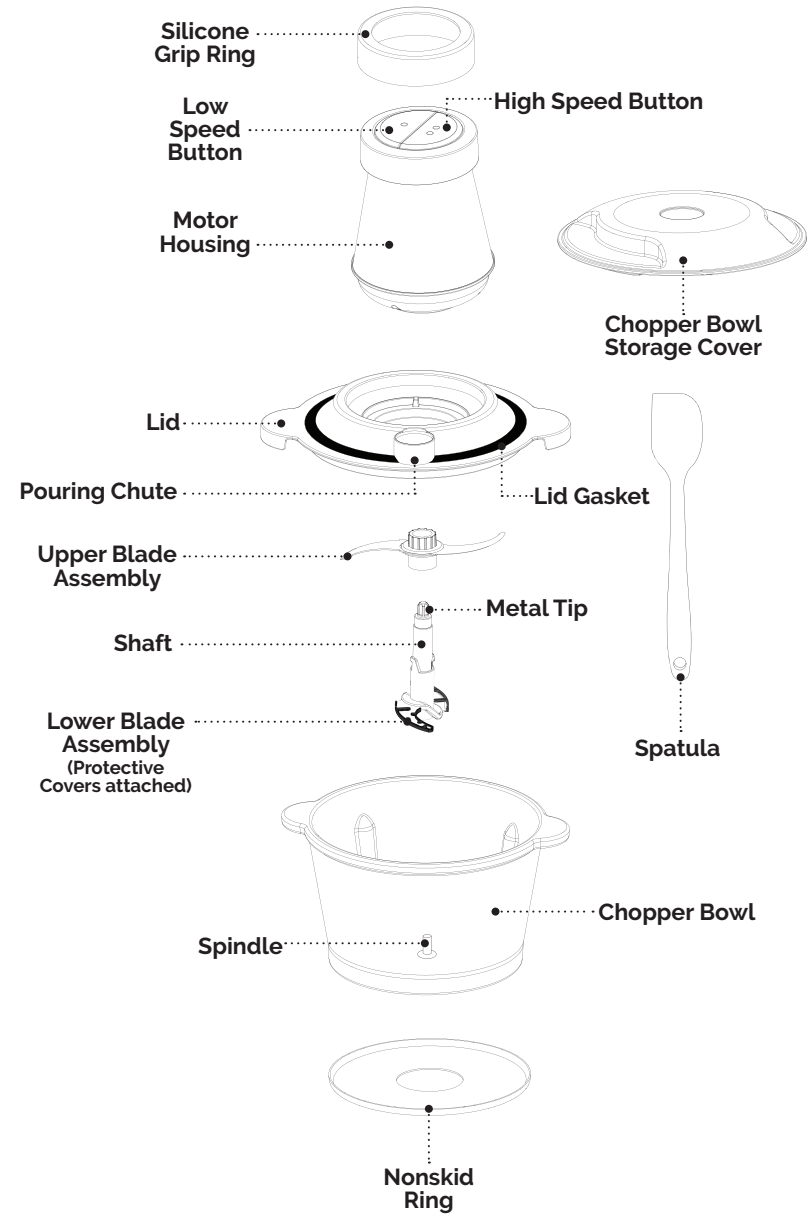
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Get to Know Your Chopper



Actual product may differ slightly from illustrations in this manual

Chopper Assembly

- 1 CAUTION: Use extreme caution when handling the Chopping Blade Assemblies as they are extremely sharp. Always ensure the Motor Housing is unplugged before adding or removing parts.**
- Place the Nonskid Ring on a clean, dry, level surface. Place the Chopper Bowl on top of the Nonskid Ring to prevent the bowl from sliding during use.
- If the Silicone Grip Ring was removed for cleaning, simply place it back by stretching it over the top of the Motor Housing.
- To assemble both Blade Assemblies, always hold the lower Chopping Blade Assembly by the lower rectangular indentations on the Shaft. Hold the Upper Blade Assembly by the ridged plastic above the blade (see Figure 3).
- Place the Upper Blade Assembly over the Shaft of the Lower Blade Assembly and rotate left until it clicks into place.
- Hold the assembled Upper and Lower Blades by the metal tip of the Shaft then lower it into the Chopper Bowl over the Spindle located at the bottom of the Chopper Bowl.
- Ensure that the Lid Gasket is fully seated on the underside of the Lid's rim. Align Lid handles with Chopper Bowl handles then lower Lid until they are fully nested together.
- Place Motor Housing on the Lid. Slightly turn the Motor Housing left and right until it falls flush into the opening of the Lid. See Figure 4 for assembly order.

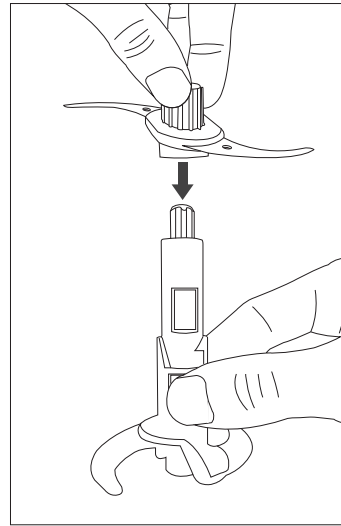


Figure 3

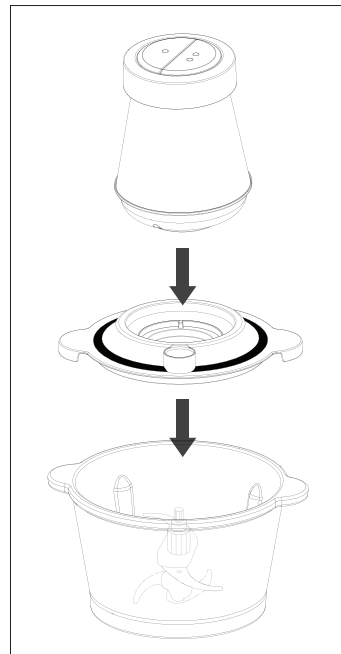


Figure 4

Chopper Disassembly

- 1 CAUTION: Use extreme caution when handling the Chopping Blade Assemblies as they are extremely sharp. Always ensure the Motor Housing is unplugged before adding or removing parts.**
- Remove the Motor Housing from the Lid.
- Remove the Lid from the Chopper Bowl.
- Remove the Blades from the Chopper Bowl by grabbing the metal tip of the Shaft.
- To disassemble both Blade Assemblies, always hold the lower Chopping Blade Assembly by the lower rectangular indentations on the Shaft. Hold the Upper Blade Assembly by the ridged plastic above the blade (see Figure 1).
- While holding the Lower Blade Assembly as indicated above, rotate the Upper Blade Assembly by turning right then lifting straight up.
- Your Silicone Grip Ring is removable for cleaning. Simply stretch the Silicone Grip Ring off the Motor Housing.

Using Your Assembled Chopper

- 1 CAUTION: Use extreme caution when handling the Chopping Blade Assemblies as they are extremely sharp. Always ensure the Motor Housing is unplugged before adding or removing parts.**
- 2 Always place Blade Assemblies in the Chopper Bowl before adding food.
- 3 Plug the power cord into a 120V AC power outlet.
- 4 Press and hold down the desired Speed Button to process your ingredients. It is best to pulse in short bursts to avoid over processing the ingredients.
- 5 Unplug after use, remove Motor Housing and Lid, then remove the Blade Assembly prior to removing your food.
- 6 Carefully remove the Chopping Blade Assembly as described above.
- 7 Remove the processed food from the Chopper Bowl.
- 8 You can use the Storage Lid with the Glass Bowl for any leftovers.

NOTE: When processing liquid ingredients, do not fill the Chopper Bowl more than half full. When processing dry or wet ingredients, do not fill the Chopper Bowl more than 2/3 full.

The Lid of your Chopper has a convenient Pouring Chute for adding liquids while processing. This is perfect for adding oils for dressings, sauces, mayonnaise etc. while processing your food without having to remove the Lid.

Care and Cleaning

CAUTION: Use extreme caution when handling the Chopping Blade Assemblies as they are extremely sharp. Always ensure the Motor Housing is unplugged before adding or removing parts, or before cleaning.

- Wipe the Motor Housing with a damp cloth. Dry thoroughly. Do not use any abrasive cleaners or scouring pads on the Motor Housing as this will damage the finish.
- Wash the Chopper Bowl, Lid, Silicone Grip Ring, Storage Cover, disassembled Blade Assemblies, Lid Gasket, Spatula and Nonskid Ring in warm water using a mild detergent (or see dishwasher instructions below).

Dishwasher Use

The following parts can also be placed in the top rack of the dishwasher:

- Chopper Bowl
- Lid
- Storage Cover
- Spatula
- Disassembled Blade Assemblies

Limited Warranty

This warranty covers all defects in workmanship or materials in the mechanical and electrical parts, arising under normal usage and care, in this product for a period of 12 months from the date of purchase provided you are able to present a valid proof-of-purchase. A valid proof-of-purchase is a receipt specifying item, date purchased, and cost of item. A gift receipt with date of purchase and item is also an acceptable proof-of-purchase. Product is intended for household use only. Any commercial use voids the warranty.

This warranty covers the original retail purchaser or gift recipient. During the applicable warranty period within normal household use, we will repair or replace, at our discretion, any mechanical or electrical part which proves defective, or replace unit with a comparable model.

To obtain service under the terms of this warranty, call Toll Free (866) 444-4033.

THIS LIMITED WARRANTY COVERS UNITS PURCHASED AND USED WITHIN THE UNITED STATES AND CANADA AND DOES NOT COVER:

- Damages from improper installation.
- Defects other than manufacturing defects.
- Damages from misuse, abuse, accident, alteration, lack of proper care and maintenance, or incorrect current or voltage.
- Damage from service by other than an authorized dealer or service center.

This warranty gives you special legal rights and you may also have other rights to which you are entitled which may vary from state (province) to state (province).

Proof of purchase required to validate the warranty.

Shipping and handling charges may apply.



Recipes

Tomato Chipotle Salsa

MAKES: **1½ cups**

INGREDIENTS

1-INCH CHUNK red onion
1 CLOVE garlic
1 chipotle pepper in adobo
½ Jalapeño pepper
¼ CUP fresh cilantro leaves
1 (14.5-OUNCE) CAN fire-roasted tomatoes
JUICE OF 1 lime
½ TEASPOON salt

DIRECTIONS

- 1** Place the red onion and garlic clove in the chopper and buzz around to finely chop.
- 2** Add the chipotle pepper, Jalapeño pepper and cilantro and buzz into a fine mix.
- 3** Add the canned tomatoes, lime juice and salt and buzz to desired consistency. Serve with tortilla chips.

Hummus

MAKES: **about 1½ cups**

INGREDIENTS

1 (15-OUNCE) JAR chickpeas, drained and rinsed well
½ CUP tahini (sesame paste)
1 TO 2 TABLESPOONS fresh lemon juice
1 TO 2 CLOVES garlic
¾ TEASPOON salt
4 TABLESPOONS cold water
1 TABLESPOON olive oil
Extra virgin olive oil, chopped fresh parsley and sweet paprika (for serving)

DIRECTIONS

- 1** Rinse the chickpeas well with warm water and set aside. Most canned chickpeas are already salted, so be aware of this as you add salt in the next step.
- 2** Place the garlic cloves into the chopper and pulse to chop. Add the chickpeas and process the chickpeas until they form a paste. Add the tahini, lemon juice and salt and continue to process. With the chopper running, drizzle in the olive oil through the pouring chute and then add as much of the cold water as you need to get the texture you want and then continue to process for 60 seconds at a time until super smooth – as long as 5 minutes.
- 3** Taste the hummus and season again to taste, adding more lemon juice or salt. Cover the hummus with plastic wrap, pressed right down on the surface of the hummus and set aside or refrigerate until you're ready to serve.
- 4** When you're ready to serve, swirl the hummus attractively in a bowl, drizzle a little extra virgin olive oil on top and sprinkle with the fresh parsley and paprika. Serve with pita triangles or cut up vegetables.

Best Chicken Salad

MAKES: **3 cups**

INGREDIENTS

½ CUP sliced almonds
2-INCH CHUNK red onion
1 TABLESPOON fresh parsley leaves
2 cooked chicken breasts
¼ CUP mayonnaise
½ TEASPOON salt
Freshly ground black pepper

DIRECTIONS

- 1** Heat a medium sauté pan over medium-high heat. Add the almonds and toss or stir until the almonds are lightly browned. Remove the almonds from the pan and allow them to cool completely.
- 2** Add the red onion and fresh parsley to the chopper and pulse to finely chop, wiping down the chopper as needed in between pulses.
- 3** Cut the chicken breasts into a few pieces and add to the chopper with the onion and parsley. Pulse until the chicken is chopped to your liking. Transfer the mix to a bowl, stir in the salt and mayonnaise and season with freshly ground black pepper.
- 4** Crumble the toasted almonds into the mix using your hands to crush the almonds. Stir to combine and refrigerate until you are ready to serve.

Lemon Shallot Vinaigrette

MAKES: **½ cup**

INGREDIENTS

1 small shallot
2 TEASPOONS fresh thyme leaves
2 TABLESPOONS white balsamic vinegar
1 TEASPOON Dijon mustard
1 TEASPOON honey
1 lemon zest and juice
Freshly ground black pepper, to taste
⅓ CUP olive oil
Salt
1 TEASPOON chopped fresh chives

DIRECTIONS

- 1** Place the shallot and thyme leaves in the chopper and pulse to finely chop, wiping down the sides of the chopper as needed.
- 2** Add the vinegar, Dijon mustard, honey, lemon zest and juice, and freshly ground black pepper and buzz around in the chopper to blend.
- 3** With the chopper running, drizzle the olive oil into the chopper through the pouring chute until the dressing is well emulsified.
- 4** Season to taste with salt and stir in the chives.

Olive Salsa

MAKES: **2 cups**

INGREDIENTS

- 1 CLOVE** garlic
- 1 CUP PITTED BLACK OLIVES**
- 1 CUP** pitted green olives
- ½ CUP** roasted red peppers
- 2 TABLESPOONS** capers, rinsed
- 2 STALKS** celery, chopped
- 2 TABLESPOONS** olive oil
- 2 TEASPOONS** red wine vinegar
- ½ TEASPOON** dried oregano
- PINCH** crushed red pepper flakes, optional
- 2 TABLESPOONS** chopped fresh parsley

DIRECTIONS

- 1 Place the garlic clove in the chopper and pulse to finely chop. Add the olives, red pepper and capers to the chopper and pulse until the mixture is rough chopped. Transfer the mixture to a bowl.
- 2 Stir in the chopped celery and remaining ingredients and let the salsa sit for an hour before serving on sandwiches, on crackers, with pita chips, or on grilled or air-fried fish or chicken.

Pesto

MAKES: **½ cups**

INGREDIENTS

- 1 CLOVE** garlic
- ¼ CUP** pine nuts
- 1-OUNCE** chunk Parmesan cheese
- 2 CUPS** fresh basil leaves
- ¼ TO ½ CUP** olive oil
- SQUEEZE** of lemon juice
- ¼ TEASPOON** salt
- Freshly ground black pepper

DIRECTIONS

- 1 Place the garlic clove and pinenuts in the chopper and pulse until finely chopped.
- 2 Add the chunk of Parmesan cheese and the basil leaves and continue to pulse to chop.
- 3 With the chopper running, drizzle the olive oil in slowly through the pouring chute and process until everything comes together and the pesto is the consistency you're looking for.
- 4 Season to taste with lemon juice, salt and pepper and serve on pasta, on sandwiches or in any recipe calling for basil pesto.

For more cooking classes, videos and recipes, please visit:

<https://bluejeanchef.com>