

# Building Your Plant Based Kitchen – Immersion Blender



There are a handful of tools I put to work everyday in my kitchen. While my Vitamix is put to test for every morning meal, the immersion blender rules each evening. I use it for every salad dressing, soup, and most sauces I make. It's a brilliant tool, cleans in seconds, stows away easily in a drawer, and is up to a wide variety of tasks.

I have burned through a few models since my obsession began some fifteen years ago in Germany. My current Cuisinart Smart Stick however is still going strong after seven years. That's a record. I attest this to the Cuisinart brand engineering, of which I happen to be a big fan. My mother-in-law has this model that I use each summer and I must say the chopper/grinder attachment is pretty cool. I've used it to make a variety of herbed nut spreads that were as easy to make as they were smooth and delicious.

Whichever model you choose will certainly need a test drive and I suggest doing so with this Thai Pea Soup. Here's all that is needed to serve up a brilliantly green bowl full of goodness.



**Ingredients:**

- 1 onion, chopped (*or leek*)
- 2 large clove of garlic, chopped (*or shallots*)
- 2 tbsp olive oil (*or coconut oil*)
- 3 cups frozen or fresh peas
- 2 1/2 cups water
- 1 tsp yellow curry (try my favorite brand)
- 2 stalks fresh lemongrass, minced
- 1/2 can coconut milk (full fat is creamier!)

Full Instructions Here.