



Recipes to Savor by the Sea

A curated recipe collection inspired by Pebble Beach.



MADE WITH VITAMIX

Alfresco Fare

To celebrate our partnership with Pebble Beach Food & Wine, we've collected a few recipes that are best enjoyed with coastal views and good company.

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Designed By Vitamix

Our products are engineered for performance and durability, that's why Vitamix is the brand trusted by pro chefs and home chefs. Create the recipes in this booklet using these featured Vitamix products.



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Load Ingredients

For best results, always add ingredients in this order:

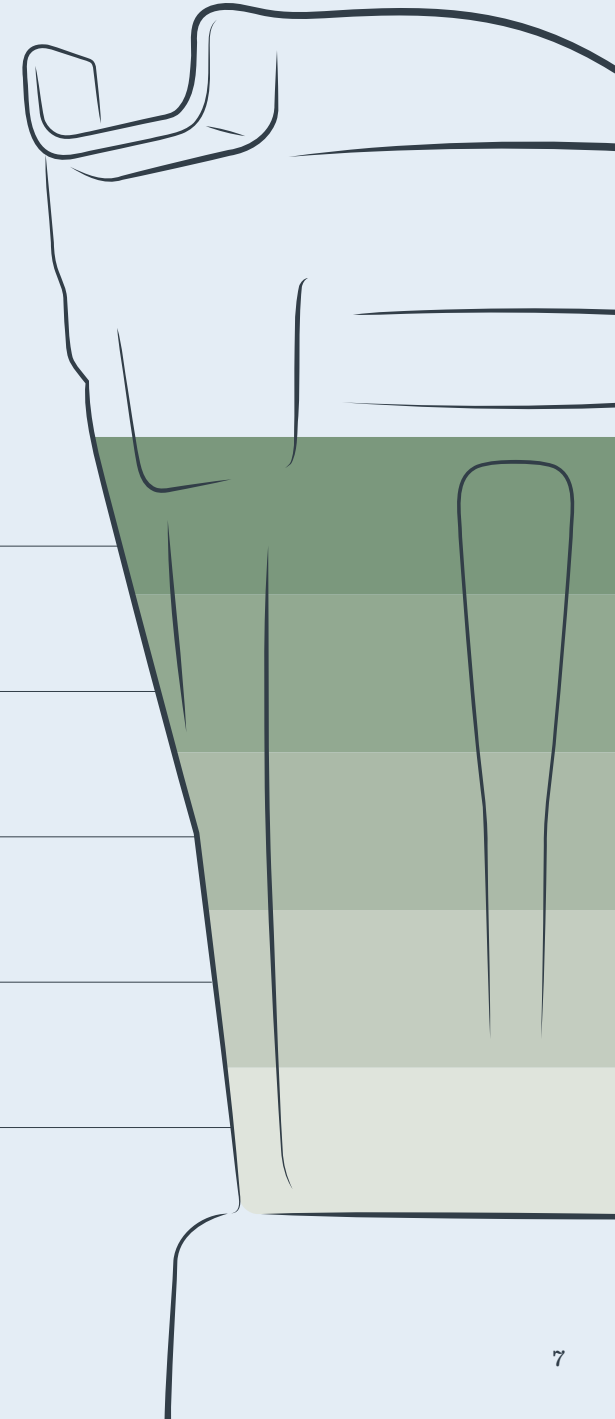
05
ICE + FROZEN INGREDIENTS

04
FRUITS + VEGGIES

03
LEAFY GREENS

02
DRY INGREDIENTS

01
LIQUIDS





QUICK Cleaning Tips

A little care goes a long way in keeping your Vitamix performing—and looking—its best. Here are a few quick cleaning tips to keep your container clear.

Easy to Clean. Fill to the Wash Fill line with cold water, add a drop of dish soap, and run for 30 seconds.

Dishwasher-Safe Container makes cleanup easy.

Soak Up the Sun. Got a spice-stained container? Set it in the sun for a few days—the natural light helps gently fade stubborn marks.



Tropical Smoothie

Papaya, mango, coconut and lime make this a trendy tropical smoothie blend.

- 1 ½ cups (360 ml) coconut milk
- 1 (140 g) orange, peeled
- ½ lime, peeled
- 2 cups (325 g) papaya, cut into chunks
- 2 Tablespoons (30 ml) honey, optional
- 1 ½ cups (175 g) frozen mango chunks

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Run the Smoothie Program or start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 40–50 seconds, using the tamper to push ingredients toward the blades.

Strawberry Passionfruit Smoothie

Passion fruit adds the taste of the islands to this tropical summertime treat.

$\frac{3}{4}$ cup (180 ml) Oat Milk
 $\frac{3}{4}$ cup (180 ml) passion fruit juice
 $\frac{1}{2}$ Tablespoon chia seed
2 cups (240 g)
frozen strawberries

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Run the Smoothie Program or start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 40–50 seconds, using the tamper to push ingredients toward the blades.



Strawberry Honey Frosé

Strawberries and frosé are a perfect pair. This recipe comes together with a touch of honey to help bring this frosé to life.

3 cups (720 ml) rosé
2 Tablespoons (30 ml) honey
1 ½ cups (210 g)
frozen strawberries

Pineapple Lime Frosé

Pineapple is another great fruit to blend with rosé, balancing out the sweetness with tart tropical flavor that makes for a perfect, refreshing treat.

3 cups (720 m) rosé
1 lime, peeled
2 Tablespoons (30 ml) honey, optional
2½ cups (375 g) frozen pineapple chunks

Directions For Both Recipes

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 50 seconds, using the tamper to press ingredients toward the blades as necessary.



Tea Vodka Spritz

*On-the-go nourishment to start your workday.
Citrus and carrot deliver a refreshing flavor with natural fiber.*

Tea Simple Syrup:

½ cup (120 ml) water

½ cup (100 g) granulated sugar

½ teaspoon (2 g) 1 teabag hibiscus tea

Vodka Spritz:

3 (90 ml) Tea Simple Syrup

3 (90 ml) vodka

½ (15 ml) fresh lime juice

2 cups (450 g) ice cubes

4 (120 ml) prosecco or other sparkling wine

Directions For the Tea Simple Syrup

1. Combine water and sugar in a small saucepan over medium high heat.
2. Bring to a boil, let cook for 1 minute. Take the pan off heat. Add the tea bag to the simple syrup and steep for 5 minutes. Remove and discard the tea bag. Cool the simple syrup completely before using in cocktails.

Directions For the Vodka Spritz

3. Place 3 fl. oz. tea simple syrup, vodka, lime juice, and ice into the **Aer® Disc container** in the order listed and secure the lid.
4. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 15 seconds.
5. Fill 2 cocktail glasses with ice. Strain the drink into the glasses. Top each with 2 fl. oz. of prosecco and serve.



Lemon Maple Vinaigrette

With just a few simple ingredients, this vegan dressing sweetened with maple syrup makes a versatile vinaigrette.

2 lemon, peeled
 ½ cup (120 ml) maple syrup
 ½ cup (120 ml) apple cider vinegar
 2 teaspoons kosher salt, optional
 1 ½ cups (360 ml) extra virgin olive oil

Directions

1. Place lemon, maple syrup, apple cider vinegar, and salt into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 15 seconds.
3. Decrease speed to Variable 3. Remove the lid plug add olive oil through the lid plug opening. Secure the lid plug and increase the blender to its highest speed, blending for an additional 10 seconds. You may need to adjust liquid slightly.



Carrot Coconut Chicken Salad

This bright multi-seasonal salad is great for the winter, or any summer or late fall BBQ.

4 cups (960 ml) chicken broth, for poaching
 3 (567 g) boneless skinless chicken breast
 1 ½ pound (675 g) carrots, peeled, trimmed
 2 cups (110 g) unsweetened shredded coconut, toasted
 1 cup (135 g) dried cranberries
 1 cup (145 g) golden raisins
 2 (45 g) Italian flat leaf parsley, chopped
 2 cups (480 ml) **Lemon Maple Vinaigrette**

Directions

1. To poach the chicken, add chicken broth to a stockpot set over medium heat on the stovetop. Heat until approximately 180°F (80°C), or just below a simmer with no bubbles.
2. Carefully place chicken into poaching liquid, cooking for 8-10 minutes or until cooked through. Remove chicken breast and chill quickly.
3. Fit the **Food Processor with the Large Shredding Disc** and secure the lid. Start the processor and, using the Food Pusher, feed the carrots through the Small Food Chute opening.
4. Place carrots, coconut, cranberries, raisins, and parsley into a large bowl and toss gently with Lemon Maple Vinaigrette to combine.
5. Slice each cooked chicken breast into 4 equal pieces. Fit the **Food Processor with the Multi-Use Blade**. Place four pieces at a time into the Vitamix container and secure the lid.
6. Pulse 3 to 4 times, remove and incorporate with the carrot salad. Repeat with remaining pieces of chicken. Tossing the salad to incorporate.



Parmesan Cream Sauce

A rich & velvety parmesan sauce for pasta, pizza, casseroles, savory entrees, you name it!

- 2 Tablespoons (30 g) unsalted butter
- 3 garlic cloves, peeled and crushed
- 3 cups (720 ml) heavy whipping cream
- 1 cup (80 g) parmesan cheese, freshly grated
- ½ teaspoon kosher salt, optional
- 1 pinch ground black pepper

Directions

1. Place a medium saucepan over medium heat and add butter. Once melted, add the crushed garlic and sauté until fragrant and just starting to brown, about 3–4 minutes.
2. Add heavy cream to the pan and bring to a simmer. Gently cook cream over low to medium-low heat, stirring occasionally, for about 15 minutes, or until thick enough to coat the back of a spoon. Make sure the temperature stays low enough that the cream does not boil over.
3. Carefully pour the cooked garlic cream into the Vitamix container. Add the grated parmesan cheese, salt (if using), and black pepper. Secure the lid.
4. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 15–20 seconds, or until smooth.

Find our Spinach Ricotta Ravioli [here](#).



Broccoli Mac & "Cheese"

Incorporating vegetables into your main meal isn't always the easiest, but in this meal, they're the focus. This broccoli "cheese" sauce comes together with pasta to make a simple and delicious meal in just minutes, not hours.

- 1 ½ cups (360 ml) vegetable stock
- 1 cup (120 g) raw cashews
- 2 Tablespoons white miso paste
- 2 Tablespoons nutritional yeast
- 1 teaspoon ground turmeric
- 1 slice (10 g) yellow onion, peeled (about 2 tbsp.)
- 1 pound (454 g) frozen broccoli, thawed
- 1 pound (454 g) whole wheat pasta, cooked, drained, warm
- ½ teaspoon ground black pepper

Directions

1. Place vegetable stock, cashews, miso paste, nutritional yeast, turmeric, yellow onion, and half the broccoli into the Vitamix container and secure the lid.
2. Run the Hot Soup Program or start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 5 minutes 45 seconds.
3. Add the remaining broccoli and secure the lid. Select Variable 3 and pulse 4-5 times until the added broccoli is evenly chopped.
4. Mix the pre-cooked pasta with the broccoli sauce and black pepper, stirring to incorporate. Serve immediately.



Gochujang-Spiced Grilled Salmon

Gochujang is a fermented pepper paste that's been made popular in Korean cuisine. It contributes to very savory marinade in this salmon dish.

- ¼ cup (60 ml) soy sauce
- ⅓ cup (80 ml) gochujang
- 2 Tablespoons honey, optional
- ½ pear, cut into chunks
- 2 garlic cloves, peeled
- 1 fresh ginger root, ¼"
- 3 green onions
- 1 lemon, peeled
- 4 (900 g) salmon fillets, skin removed

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Run the Smoothie Program or start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 40–50 seconds, using the tamper to push ingredients toward the blades.
3. Coat the salmon in gochujang marinade and let sit for 10–15 minutes. We prefer to grill on a non-stick grill grate over medium-high heat until the salmon has been cooked through, though it can also be cooked in a heavy-bottomed skillet over medium-high heat.

Seared Scallops with Asparagus Purée

This restaurant-quality dish is enhanced by a silky-smooth Vitamix asparagus purée.

Asparagus Purée:

- ½ pound 227 g asparagus, trimmed and blanched
- 6 Tablespoons (90 ml) hot water, from blanching the asparagus
- 4 (20 g) green onions, greens only, blanched
- ½ teaspoon kosher salt, optional
- ½ teaspoon rice vinegar [or any mild vinegar]

Seared Scallops:

- 8 (360 g) U10 sea scallops, cleaned, trimmed, and patted dry
- 1 Tablespoon canola oil
- ¼ teaspoon kosher salt, optional
- ¼ teaspoon ground black pepper

Directions For Asparagus Purée

1. Place the blanched asparagus, 6 Tablespoons of blanching water, scallion greens, salt, and rice vinegar into the Vitamix container. Run the Dips & Spreads Program or start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 60 seconds, using the tamper to push ingredients toward the blades.

Directions For Seared Scallops

2. Season scallops with salt (if using) and pepper on both sides. Preheat a large skillet over high heat and add canola oil. Place scallops, 1 at a time, onto the hot pan in a circle, paying attention to which scallop went in first. Sear for 1 minute, or until the bottoms form a golden-brown crust, and flip, starting with the first scallop.
3. Flip scallops 1 at a time in the same order that they went into the pan to ensure even cooking. Sear for another minute on the second side and remove from the pan.





Honey Lavender Nicecream

This naturally sweet & creamy dairy-free dessert is a cool, refreshing way to enjoy lavender's delicate floral flavor.

- ¼ cup (60 ml) unsweetened coconut milk
- ½ teaspoon vanilla extract
- 1 teaspoon dried lavender
- ½ Tablespoon lemon zest
- 1 pound (454 g) frozen bananas
- 2 Tablespoons (30 ml) honey

Mango Chili Lime Sorbet

A bright blast of mango & lime with a little kick! Perfect for Summer cookouts or parties!

- ⅔ cup (160 ml) cold coconut water
- 1 ½ (75 g) limes, peeled
- ¼ teaspoon chili powder
- 2 Tablespoons (30 ml) agave nectar
- 1 pound 454 g frozen mango chunks

Directions For Both Recipes

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Run the Frozen Dessert Program or start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30–40 seconds, using the tamper to push ingredients toward the blades.
3. In about 25–35 seconds, the sound of the motor will change and four mounds should form. Stop the machine. Do not over mix or melting will occur. Serve immediately.

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