



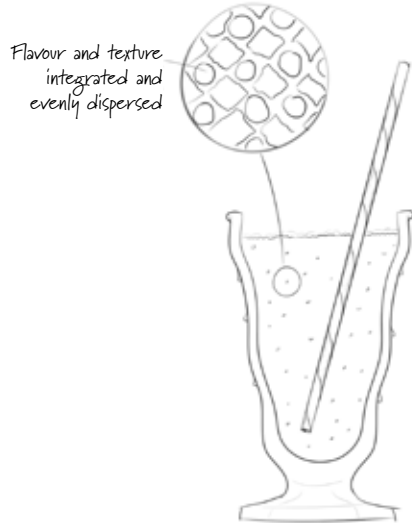
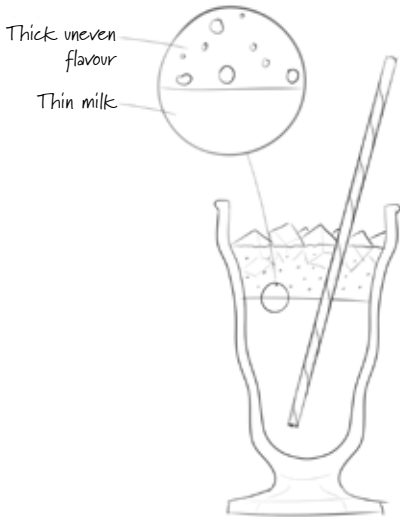
*Tips & Techniques*

*Blending*

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## Ice changes temperature and flavour.

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Ice cubes have a smaller surface area to weight ratio than crushed ice so they take longer to melt. So some people are tempted to add a few cubes after they've blended instead of before.

But blended ice not only cools the drink down faster, it improves the emulsification (dispersion) of the drink to even out the texture, which in many cases, improves the flavour.

Air and flavour globules become suspended by blended ice fragments so the texture and flavour of the drink is even from top to bottom.

This blender's central blades suck ice cubes down to crush them, while the longer blades sweep the bowl to remove the lumps and aerate the mix.

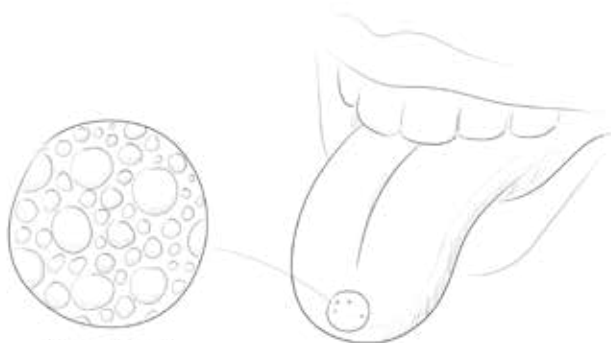
### TIP

Experiment with the amount of ice you add to your smoothies and cocktails and see what it does to the texture and flavour.

## Chocolate milkshakes. Add salt and make them sweeter!

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We all know that salt tastes, well ... salty. Right?



*SGLT1 sensor is located within the sweet-sensitive taste cells*

A pinch of salt added to a chocolate flavoured shake or cocktail actually sweetens the taste of the drink by stimulating the sweet-sensitive taste cells on your tongue.

SGLT1 is a sensor located with the sweet-sensitive taste cells on your tongue that transport glucose into the cells when small amounts of sodium are present.

So a bit of salt triggers your taste buds to register sweetness.

But beware, if you add too much the salt has the opposite effect and overrides your tongue's ability to register sweetness.

### TIP

Half a teaspoon mixed into a full 1.5L jug of chocolate milkshake works well on SGLT1s, see how it goes for you. Use the smoothie setting for milk shakes and speed 1 or 2 for cocktails.

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