

Cuisinart®

INSTRUCTION & RECIPE BOOKLET



**Classic Series 14-Cup (3.5 L)
Food Processor**

DFP-14NC Series

For your safety and continued enjoyment of this product,
always read the instruction book carefully before using.

CAPACITY CHART

Recommended work bowl capacity for various foods

FOODS	CAPACITY
Chopped and Puréed Fruit and Vegetables	3 cups (750 ml)
Chopped or Puréed Meat, Poultry, Fish or Seafood	2¼ pounds (1.03 kg)
Bread Dough	2½ pounds [1.13 kg (5 cups) flour, yielding two 1¼ pound loaves (625 g)]
Nuts for Nut Butters	3 cups (750 ml)
Sliced or Shredded Fruit, Cheese, or Vegetables	14 cups (3.31 L)
Cake Batter	4 pounds (1.8 kg) [(five 8-inch layers) 20 cm]
Cookie Dough	3½ pounds [136 kg (90 cookies)]

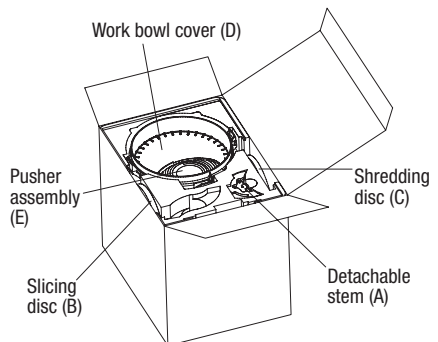
IMPORTANT UNPACKING INSTRUCTIONS

This packing contains a Cuisinart® Food Processor, and these standard parts for it: metal chopping blade, slicing disc and shredding disc, detachable stem for discs and spatula.

CAUTION: THE CUTTING TOOLS HAVE VERY SHARP EDGES. To avoid injury when unpacking the parts, please follow these instructions:

1. Place the box on a low table or on the floor next to the kitchen counter or table where you plan to keep the food processor. Be sure the box is right-side up.
2. Remove the cardboard panel and the instruction material with plastic spatula.
3. You will see a rectangular block of plastic foam that holds the processor parts each fitted into a cavity in the foam.

4. The detachable stem (A) for the discs is in a cavity at one short side of the foam block. Remove it first.
5. The slicing disc (B) is on one long side and the shredding disc (C) on the other. Slide them out of their grooves **WITH GREAT CARE; THE BLADES ARE SHARP.**
6. Now only the work bowl cover (D) and the pusher assembly (E) remain in the foam block. Grasp the edge of the work bowl cover and lift it straight up. Lift the pusher assembly straight up by following.
7. Lift out the foam block.
8. The machine base and work bowl with metal blade are at the bottom of the box.
CAREFULLY REMOVE THE METAL BLADE BY GRASPING THE CENTER WHITE HUB AND LIFTING IT STRAIGHT UP. NEVER TOUCH THE BLADES, WHICH ARE RAZOR SHARP.
9. Lift the bowl straight up.
10. You will see the machine base remain at the bottom of the box. Remove the base by grasping the base housing with both hands and lifting it straight up. Place the base on a counter or table and read the instructions thoroughly before using the machine.
11. Save the shipping cartons and plastic foam blocks. You may want to use them in shipping the processor at a later date.



IMPORTANT SAFEGUARDS

Always follow these safety precautions when using this appliance:

Getting Ready

1. READ ALL INSTRUCTIONS.
2. Blades are sharp! Handle them carefully.
3. Do not use outdoors.
4. Do not let cord hang over edge of table or counter, or touch hot surfaces.
5. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment

Operation

1. Do not use pusher assembly if sleeve becomes detached from pusher.
2. Keep hands as well as spatulas and other utensils away from moving blade or discs while processing food, to prevent possibility of severe personal injury or damage to Classic Series 14-Cup (3.5 L) Food Processor. A plastic scraper may be used, but must be used only when the motor is stopped.
3. Avoid contact with moving parts. Never push food down by hand when slicing or shredding. Always use pusher, or injury could occur.
4. Make sure motor has completely stopped before removing cover. If machine does not stop within 4 seconds when you turn the cover, call 800-472-7606 for assistance. Do not use machine.
5. Never store the blade or discs on the motor shaft. To reduce the risk of injury, the blade or discs should not be placed on the shaft except when the bowl is properly locked in place and the processor is in use. Store the blade and discs as you would sharp knives, out of reach of children.
6. Be sure cover is securely locked in place before operating food processor.
7. Never try to override or tamper with cover interlock mechanism.

Cleaning

1. To protect against risk of electrical shock, do not put base in water or other liquids.

General

1. This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are closely supervised and instructed concerning use of the appliance by a person responsible for their safety. Close supervision is necessary when any appliance is used by or near children. Children should be supervised to ensure that they do not play with the appliance.

2. Do not operate this, or any other motor-driven appliance, while under the influence of alcohol or other substances that affect your reaction time or perception.
3. This food processor is built to our professional standards. It is UL listed for household use. Use it only for food preparation as described in the accompanying recipe book.
4. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock, personal injury or damage to your Classic Series 14-Cup (3.5 L) Food Processor.
5. To avoid possible malfunction of work bowl switch, never store processor with pusher assembly in locked position (activation position).
6. Maximum rating of 6.0 amperes is based on attachments that draw the greatest current. Other recommended attachments may draw significantly less current.
7. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
8. Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
9. Do not fill the bowl above the marked maximum fill line (or rated capacity) to avoid risk of injury due to damage to the cover or bowl.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY NOTICE

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 defeat this safety feature.

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FEATURES AND BENEFITS

The machine includes:

1. Housing base with a vertically projecting shaft and two large control levers.
2. 14-cup (3.5 L) work bowl.
3. Cover with a large feed tube.
4. Pusher assembly that slides over the feed tube.

The pusher assembly has 2 parts:

- a. A small, removable, clear pusher that fits into a small center-located feed tube. This tube is for narrow food like carrots, for adding liquid, and for continuous feeding of small, hard food like garlic.
 - b. A large pusher.
5. Plastic spatula.
 6. Sharp metal chopping/mixing/dough blade. The metal blade chops raw and cooked fruits, vegetables, meat, fish and cheese to the exact consistency you want – from coarse to fine, even to a purée. You control the texture. It chops nuts, makes nut butters, mayonnaise and sauces, and mixes tender, flaky pastry. The metal blade also handily mixes cakes, frostings, cookies, quick breads, muffins, and biscuits.
 7. Serrated slicing disc. The slicing disc makes beautiful whole slices with no torn edges. It slices whole fruits and vegetables, cooked meat, semi-frozen raw meat and loaves of bread.
 8. Shredding disc. The shredding disc processes most firm and hard cheeses into long, attractive shreds. It also shreds vegetables like potatoes, carrots and zucchini, and it processes nuts and chocolate to a grated texture.
 9. Detachable stem that fits both discs. The detachable stem fits both discs, making storage easy in limited space.
 10. BPA free (not shown)
All materials that come in contact with food are BPA free.



**Chopping/Mixing/Dough
Blade**



**Medium
Shredding Disc**



**4mm
Slicing Disc**



**Small and
Large Pushers**



**Cover with
Extra-Large
Feed Tube**



**14-cup
Work Bowl**



Spatula



Housing Base

PRACTICING WITH FOOD

Try practicing with some food before you process food to eat. A zucchini or carrot is a good choice. First cut it into 1-inch (2.5 cm) pieces.

Insert the metal blade and put the pieces in the work bowl. Put on the cover and the pusher assembly; press the pusher assembly down to lock it into place. Press and release the OFF/PULSE lever two or three times and see what happens. Each time the blade stops, let the pieces drop to the bottom of the bowl before you pulse again. That puts them in the path of the blade each time the motor starts.

Using the pulse/chopping technique, you can get an even chop without the danger of overprocessing. Check the texture frequently by looking through the cover of the work bowl. If you want a finer chop, press and release the OFF/PULSE lever until you achieve the desired texture. Onions and other food with a high water content will quickly end up as a purée unless examined through the work bowl after each pulse to make sure it is not overprocessed.

Try chopping other food, like meat for hamburger or sausage. Then make mayonnaise, pastry or bread, as described in the recipes in this book. To obtain consistent results:

- Be sure all the pieces you add to the bowl are about the same size.
- Be sure the amount you process is no larger than recommended (see table inside front cover).

REMOVING PROCESSED FOOD

Before you do anything, wait for the blade to stop spinning.

When it does, remove the cover first. You can remove the cover and pusher assembly in one operation. Hold the pusher assembly with your fingers away from the descending tabs and turn it clockwise. Lift it off, and the cover will come with it.

Never try to remove the cover and the work bowl together; this can damage the work bowl.

Remove the bowl from the base of the machine before removing the blade. This creates a seal to prevent food from leaking. Turn the bowl clockwise to unlock it from the base and lift it straight up to remove it.

A locking device prevents heavy dough from driving the blade up the motor shaft. If the blade holds the bowl locked when the motor stops, move the handle of the bowl rapidly back and forth – first clockwise, then counterclockwise.

To prevent the blade from falling out of the work bowl onto your hand, remove the metal blade before tilting the bowl, using a spatula to scrape off any food sticking to it. Or insert your finger through the hole in the bottom of the work bowl, gripping the

blade from the bottom, and grip the outside of the work bowl with your thumb. Or hold the blade in place with your finger or a spatula while pouring out processed food. Be sure hands are dry.

TECHNIQUES FOR CHOPPING AND PURÉEING

To chop raw fruits and vegetables:

First, cut the food into 1-inch (2.5 cm) pieces. You get a more even chop when all pieces are about the same size.

Put no more than the recommended amount of food into the work bowl (see Capacity Chart, page 2). Lock the cover in place. Press the OFF/PULSE lever at the rate of 1 second on, 1 second off until the food is coarsely chopped. Then hold down the OFF/PULSE lever, letting the machine run continuously until the food is chopped. Check frequently to avoid overprocessing. Use the spatula to scrape down any pieces that stick to the sides.

To purée fruit and cooked vegetables:

First, cut the food into 1-inch (2.5 cm) pieces. You get a smoother purée faster when all pieces are about equal in size. Put no more than the recommended amount of food in the work bowl (see Capacity Chart, page 2). Lock the cover in place. Pulse to chop coarsely, then press the ON lever and process continuously until the food is puréed.

NOTE: Cooked potatoes are an exception to this procedure. They develop a gluey texture when processed with the metal blade.

When making soup, you will want to purée vegetables that have cooked in liquid. Don't add the liquid to the work bowl – just the cooked vegetables; remove them with a slotted spoon. They will purée faster and smoother without liquid. Then add just enough liquid to make the purée pourable, return it to the soup and stir to combine.

Occasionally, a piece of food may become wedged between the blade and the work bowl. If this happens, unplug machine, remove cover, lift the blade out carefully and remove the wedged piece. Empty the bowl, reinsert the blade and lock the cover into place, first removing the small pusher. Press the ON lever and drop the food pieces through the small feed tube while the machine is running. After adding a cupful this way, add the remaining food to the bowl and process in the usual way.

To chop hard foods like garlic, hard cheese:

Remove the small pusher, press the ON lever and drop the food through the small feed tube while the machine is running.

Small foods like garlic can be dropped in whole. Larger foods like hard cheese should be cut into ½ to 1-inch (1.25 to 2.5 cm) pieces. This method of processing minces garlic, shallots and onions. Hard

cheese and coconut will have the same texture as if they had been hand-grated.

IMPORTANT: Never try to process cheese that is too hard to cut with a knife. You may damage the blade or the machine.

To chop parsley and other fresh herbs:

The herbs, the work bowl and the metal blade must all be thoroughly clean and dry. Remove stems from herbs. Add leaves to bowl and process until they are chopped as fine as you want. The more herbs you chop at a time, the finer chop you can obtain. If completely dry when chopped, parsley and other herbs will keep for at least 10 days, stored in an airtight bag in the refrigerator. They may be frozen for months, stored in an airtight container or bag.

To chop peel from citrus fruit or to chop sticky fruit like dates or raisins:

For citrus, remove the peel with a vegetable peeler, leaving on the white pith, which is bitter tasting. Cut the peel into lengths of 2 inches (5 cm) or less and process with ½ cup (125 ml) of granulated sugar until finely chopped. This may take 2 minutes or longer.

For sticky fruit like dates, raisins, prunes and candied fruit, first freeze the fruit for about 10 minutes. Add to it some of the flour called for in the recipe. Use no more than 1 cup (250 ml) of flour for each cup of fruit.

To chop meat, poultry, fish and seafood:

The food should be very cold, but not frozen. Cut it into 1-inch (2.5 cm) pieces to ensure an even chop. Process no more than the recommended amount at a time (see table inside front cover). Press the OFF/PULSE lever 3 or 4 times until desired consistency at a rate of 1 second on, 1 second off. Check the texture often to avoid overprocessing. Use a spatula to scrape food from the sides of the bowl as necessary.

To purée meat, poultry, fish and seafood:

Prepare the food as described above. Pulse until it is evenly chopped, then process continuously to the desired texture. Scrape the bowl with a spatula as needed.

Remember, you control texture by the length of time you process. By varying the processing time, you can get a range of textures suitable for hamburgers, hash, stuffed peppers, rough patés or smooth mousses.

To chop nuts:

Chop no more than the recommended amount at one time. Press and release the OFF/PULSE lever and check frequently to avoid letting powdered nuts clump together in a nut butter.

When a recipe calls for flour or sugar, add some to the nuts before you chop them – about ½ cup (125 ml) for each cup of nuts. This allows you to chop the nuts as tiny as you want without turning them into a nut butter.

You can also chop nuts with a shredding disc. The optional Fine Shredding Disc is particularly good.

To make peanut butter and other nut butters:

Process up to the recommended amount of nuts. Let the machine run continuously. After 2 or 3 minutes, the ground nuts will form a ball that will gradually smooth out. Scrape the sides of the bowl and continue processing until drops of oil are visible. Taste for consistency. The longer you process, the softer the butter will be. For chunk style, add a handful of nuts just after the ball of nut butter begins to smooth out. To make cashew butter, add a little bland vegetable oil. Processor nut butters contain no preservatives. Store in the refrigerator to keep them without separating.

To make flavoured butters, spreads and dips:

Cut room-temperature butter into tablespoon-size pieces. Chop flavoring ingredients – anchovies, cheese, herbs, etc. – fine, then process. Be sure the work bowl is clean and dry. Add small, hard ingredients like garlic and hard cheese through the feed tube while the machine is running. Next, add the butter and process until smooth. Add any liquid ingredients last, while the processor is running, and process just long enough to blend. Process ingredients for spreads and dips in the same way. They should be at room temperature and cut into 1-inch (2.5 cm) cubes, or added by tablespoonfuls.

To make mayonnaise:

The work bowl and metal blade must be clean and dry. Use one whole large egg, or the yolks from two large eggs. Mayonnaise made from yolks will be almost as thick as butter. You should be able to add ⅔ cup (150 ml) of oil for each yolk or 1¼ cups (300 ml) for a whole egg.

Process the yolks or egg with salt, mustard and 2 tablespoons (30 ml) of vegetable oil for at least 30 seconds. Then, while the machine is running, pour ¼ cup (60 ml) of oil into the small pusher. After it runs through the pinhole at the bottom, remove the small pusher and slowly add the remaining oil while the machine runs. See the recipe at the back of this book.

To beat egg whites:

Use this method only for recipes that can be done almost entirely by food processor.

The work bowl and metal blade must be absolutely clean. Add 3 or more egg whites and press the ON lever. Add about ½ teaspoon (2.5 ml) of lemon juice or vinegar for every egg white. Vinegar makes stiffer whites; its flavour is hardly detectable in cakes,

soufflés or ice creams. Continue processing until the egg whites hold their shape – about 1½ to 2½ minutes.

For the lightest, fluffiest egg whites, use the Whisk Attachment which is an optional attachment for the Classic Series 14-Cup food processor.

To whip cream:

Processor whipped cream holds its shape very well. It is good for decoration or as a topping for gingerbread, berries or other desserts. It will not whip to the light, fluffy consistency obtained by methods that beat in more air. Use the optional Whisk Attachment for the fluffiest whipped cream.

Chill the cream well before starting. Process continuously until it begins to thicken. Then add sugar as desired and continue processing, watching carefully until the cream reaches the desired consistency. For consistently reliable results, add 2 tablespoons (30 ml) of non-fat dried milk for every cup (250 ml) of cream, before whipping.

To make crumbs and crumb crusts:

Cut or break bread, crackers or cookies into pieces and put them in the work bowl. Process continuously until they reach the desired texture. For seasoned crumbs, chop the parsley or other fresh herbs with the crumbs. For buttered crumbs, process until the dry crumbs are of the desired texture, then drizzle melted butter through the small feed tube while the machine is running.

For crumb crusts, process crackers or cookies as described above. Add sugar, spices and butter, cut into pieces, as specified by your recipe. Process until well combined.

To make pastry:

This describes general procedure. A recipe giving exact proportions is at the back of this book.

Combine unbleached all-purpose flour, salt and pieces of very cold or frozen butter in the work bowl. Process to the consistency of cornmeal. While pulsing, start pouring ice water through the feed tube. Stop pulsing as soon as the dough begins to form a ball, to ensure tender, flaky pastry. Use the dough immediately or form it into a round disc about 1-inch (2.5 cm) thick. Wrap it in plastic wrap and refrigerate or freeze for later use.

To make quick breads and cakes that use baking powder and/or soda:

The most important rule for success is not to overmix after the flour is added. If the recipe calls for chopped ingredients like lemon peel or nuts, chop them first while the work bowl is clean and dry. Then set them aside until needed. (Always use sugar when chopping lemon peel.)

Put dry ingredients like flour, salt and leavening in the work bowl and process with the metal blade for

5 seconds to mix them. Remove and reserve the dry ingredients. Add the eggs and sugar to the work bowl and process to mix, letting the machine run about 1 minute. Next, add butter, which has been cut into 1-inch (2.5 cm) pieces and brought to room temperature. Let the machine run continuously for a minute, until the butter is thoroughly mixed with the sugar and eggs. Then add flavouring and liquid – vanilla, spices, cocoa, etc. Process until mixed. Add the dry ingredients to the work bowl. Process by pulsing, inspecting after each pulse. Stop pulsing as soon as the dry ingredients have almost disappeared into the batter.

Overprocessing will cause quick breads and cakes to be tough. (If your recipe calls for ingredients that are to be coarsely chopped, like raisins or nuts, add them last with the mixed dry ingredients.)

To make cake mix:

Your food processor work bowl is large enough for the preparation of an 18.5-ounce (524 g) packaged cake mix.

Insert the metal blade and add the cake mix to the work bowl. While the machine is running, add the eggs and liquid through the small feed tube and process for 5 seconds. Scrape down the side of the work bowl and process again for 1 minute for maximum volume. Do not remove the metal blade. Insert a finger into the underside of the blade from the bottom of the work bowl to hold the blade in place while emptying the batter.

Tip: After emptying cake batter or puréed soup from the work bowl, replace the bowl on the motor base. Insert the metal blade and pulse once. Centrifugal force will spin the batter off the blade onto the side of the work bowl. Remove the blade, and use the spatula to scrape any remaining batter from the bowl.

TECHNIQUES FOR KNEADING YEAST DOUGH

The Classic Series 14-Cup (3.5 L) food processor can mix and knead dough in a fraction of the time it takes to do it by hand. You will get perfect results every time if you follow these directions. NEVER TRY TO PROCESS DOUGH THAT IS TOO STIFF TO KNEAD COMFORTABLY BY HAND.

There are two general types of yeast dough.

Typical bread dough is made with a flour mix that contains at least 50% white flour. It is uniformly soft, pliable and slightly sticky when properly kneaded. It always cleans the inside of the work bowl completely when properly kneaded.

Typical sweet dough contains a higher proportion of sugar, butter and/or eggs than typical bread dough. It is rich and sticky and it does not clean the inside of the work bowl. It requires less kneading after the ingredients are mixed. Although 30 seconds is usually sufficient, 60 to 90 seconds gives better results if the machine does not slow down. Except for kneading, described below, the processing procedures are the same for both types of dough.

Machine capacity:

If a bread dough calls for more than the recommended amount of flour, mix and knead it in equal batches. Do the same for sweet doughs that call for more than 3½ cups (875 ml) of flour. Recommended maximum amount of flour is 5 cups (1.25 L) of all-purpose flour or 3 cups (750 ml) of whole-grain flour.

Installing the blade:

Make sure to always push the blade down as far as it will go on the motor shaft.

Measuring the flour:

It's best to weigh it. If you don't have a scale, or the recipe doesn't specify weight, measure by the "stir, scoop and sweep" method. Use a standard, graduated dry measure, not a cup for liquid ingredients.

With a spoon or fork, stir the flour in its container. With the dry measure, scoop up the flour so it overflows. With a spatula, knife or chopstick – being careful not to press down – sweep excess flour back into the container so the top of the measure is level.

Proofing the yeast:

The expiration date is marked on the package. To be sure your yeast is active, dissolve it in a small amount of warm liquid (about ⅓ cup [75 ml] for one package of dry yeast). If the recipe includes a sweetener like sugar or honey, add a small amount with the yeast. If no sweetener is called for, add a pinch. The yeast proofs better with it. Let the mixture stand until it foams – up to 10 minutes.

Processing dry ingredients:

Put the flour in the work bowl with all the other dry ingredients. If the recipe calls for herbs, oil or solid fats like butter, add them with the flour. Turn the machine on and let it run for about 20 seconds. (Cheese, nuts and raisins may be added with the dry ingredients or during the final kneading. To leave them almost whole, add them 5 seconds before you stop kneading. For a finer texture, add them sooner.)

Adding liquids:

All liquids should be added through the feed tube while the machine is running. Add liquid in a slow, steady stream, only as fast as dry ingredients absorb it. If liquid sloshes or splatters, stop adding it but do

not turn off machine. Wait until ingredients in bowl have mixed, then add remaining liquid slowly. Pour liquid onto dough as it passes under feed tube opening. Do not pour liquid directly onto bottom of bowl.

Follow the recipe carefully. It is important to add enough liquid to make the dough soft enough to knead. Kneading dough that is too stiff can strain the machine.

The temperature of liquids used to dissolve and activate yeast must be between 105° and 115°F (40° and 46°C). Yeast cells are not activated at temperatures lower than this and they die when exposed to temperatures higher than 130°F (54°C).

All liquids, except that used to activate yeast, should be cold, to minimize the possibility of overheating the dough. You must never knead a yeast dough to a temperature higher than 100°F (38°C). Doing so will slow or even prevent the action of the yeast.

Kneading bread dough:

Do not try to use the machine to knead dough that is too stiff to knead comfortably by hand. Doing so can strain the machine.

After the dough starts to clean the inside of the work bowl completely and forms a ball, process it for 60 seconds to knead. Stop the machine and test the dough to be sure it's properly kneaded. Typical bread dough should have a soft, pliable texture and it should feel slightly sticky. Stretch the dough with your hands to test it. If it feels hard, lumpy or uneven, continue processing until it feels uniformly soft and pliable. Make sure that the blade is firmly pressed back into place after removing the dough to test it.

Kneading dough for coffeecakes, batter bread and brioche:

Process dough for at least 30 seconds after all the ingredients are incorporated. It may not clean the inside of the work bowl. If necessary, scrape the bowl and process for 5 more seconds.

Rising:

Put the dough in a large, lightly floured plastic bag. Squeeze out all the air and close the end with a wire twist, allowing space for the dough to rise.

Or put the ball of dough in a large bowl coated with soft butter or vegetable oil. Roll the dough around to coat its entire surface. Cover it with a damp towel or a piece of oiled plastic wrap.

Let it rise in a warm, draft-free place – about 80°F (27°C). The rising time is usually about 1½ hours, but will vary from 45 minutes to several hours, depending on the type of flour and the humidity of the air. To test if the dough has risen enough, stick a finger in it. An indentation should remain. If it doesn't, let the dough rise more and test again. When it has risen enough, punch the dough down.

Making consecutive batches:

You can make several batches of bread dough in a row. The motor in the Classic Series 14-Cup Food Processor is extremely efficient. Follow the recipe for White Bread, page 26 of the Recipe Booklet.

PROBLEMS & SOLUTIONS WITH TYPICAL DOUGH

BREAD DOUGH

Blade doesn't incorporate ingredients:

Always start processor before adding liquids. Add liquid in slow, steady stream, only as fast as dry ingredients absorb it. If you hear liquid sloshing, stop adding it, but do not turn off machine. Instead, wait until ingredients in work bowl have mixed, then add remaining liquid slowly. Pour liquid onto dough as it passes under feed tube; do not pour liquid directly onto bottom of work bowl.

Blade rises in work bowl:

Blade may not have been pushed down as far as it will go before processing started.

Excessively sticky dough can cause blade to rise even though it cleans inside of work bowl. If dough feels very sticky, carefully reinsert blade and immediately add 2 tablespoons (30 ml) flour through feed tube while machine is running.

Dough doesn't clean inside of work bowl:

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in 2 batches.
- Dough may be too dry. If it feels crumbly, add water – 1 tablespoon (15 ml) at a time – while machine is running, until dough becomes moist and cleans inside of work bowl. Wait 10 seconds between additions of water.
- Dough may be too wet. While machine is running, add 1 tablespoon (15 ml) of flour. If necessary, add more – 1 tablespoon (15 ml) at a time – until dough cleans inside of work bowl and forms a ball.

Nub of dough forms on top of blade and does not become uniformly kneaded:

Stop machine, carefully remove dough, divide it into 3 pieces and redistribute them evenly in work bowl. Continue processing until dough is uniformly soft and pliable.

Dough feels tough after kneading:

Divide dough into 2 or 3 pieces and redistribute evenly in bowl. Process 10 seconds or until uniformly soft and pliable.

Soft dough or liquid leaks onto base of food processor:

Always start processor before adding liquid and add liquid only as fast as dry ingredients absorb it.

Motor stops:

- Pusher assembly may have become unlocked. Push down pusher sleeve to lock it into place and continue processing.
- Power cord may have become unplugged. Plug machine in and continue processing.
- Excessive strain may have caused motor to overheat and stop. Wait for the motor to cool off, 5–10 minutes. A safety protector in the motor prevents it from excessive overheating. If the motor stops, turn the machine off. After 5–10 minutes, divide dough into 2 batches and complete processing. Pinch dough to make sure that it is not too stiff to knead comfortably by hand. If it is, add liquid – 1 teaspoon (5 ml) at a time – until dough is sufficiently moist to clean inside of bowl.

Dough doesn't rise:

We recommend that you always test activity of yeast before using it by stirring it and at least ½ teaspoon (2.5 ml) sugar into about ⅓ cup (75 ml) warm liquid (105°F–115°F [40°C–46°C]). Within 10 minutes foam should develop, indicating yeast is active. Do not use dry yeast after expiration date on package.

Avoid killing yeast cells by dissolving yeast in too warm water or overheating dough by excessive kneading. Dissolve yeast in about ⅓ cup (75 ml) of warm liquid at 105°–115°F (40°–46°C). All other liquid should be cold.

Don't knead so long that it becomes overheated. The ideal temperature for kneaded dough is 80°F (27°C); it should never exceed 100°F (38°C).

Let dough rise in draft-free environment of about 80°–90°F (27°C–32°C).

Dough containing whole grain flour will take longer to rise than dough made of white flour only.

Baked bread is too heavy:

Next time, feel dough to be sure it is uniformly soft, pliable and slightly sticky before setting it aside to rise. Let dough fully double in bulk in bowl or bag, punch it down, then let it double again after it is shaped.

SWEET DOUGH

Motor slows down:

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in 2 batches.
- Don't process too long after all the ingredients are incorporated. These rich doughs will give you good results after only 30 seconds of kneading.

Blade doesn't incorporate ingredients:

Butter or margarine, if not melted, must be cut into tablespoon-size (15 ml) pieces before being added to work bowl.

Metal blade rises in work bowl:

Blade may not have been pushed down as far as it will go before processing started. Machine may be overloaded. Stop it, remove half of dough and process in 2 batches.

Motor stops:

See comments under "Typical Bread Dough."

Dough doesn't rise:

See comments under "Typical Bread Dough."

PREPARING FOOD FOR SLICING AND SHREDDING

Round fruits and vegetables:

Before processing onions, apples and other large, round fruits and vegetables, trim them with a knife. Cut the bottom end flat, to make the food lie stable on the disc.

Place the food in the feed tube, flat side down.

Position it as far left as possible, to prevent it from tilting when being processed.

Choose fruits that are firm and not too ripe. Always remove large hard pits and seeds from fruits before processing. Seeds from citrus fruits need not be removed. You may remove the rind before slicing or shredding, or leave the rind on.

Whole peppers are an exception:

Remove the stem and cut the stem end flat. Remove the core and scoop out the seeds. Leave the end opposite the stem whole, to keep the structure stiff. This ensures round, even slices.

Large fruits like pineapple and cantaloupe:

Cut them in half and remove the seeds or core. If necessary, cut the halves into smaller pieces to fit the feed tube. Remember to cut the ends flat.

Cabbage and iceberg lettuce:

Turn the head on its side and slice off the top and bottom, leaving a center section about 3 inches (7.5 cm) deep. Remove the core and cut the center section in wedges to fit the feed tube. Remove the core from the bottom piece and cut it and the top piece into wedges to fit the feed tube. The optional 2mm or 1mm Slicing Discs are excellent for slicing cabbage for coleslaw.

If the fruit or vegetable doesn't fit:

Try inserting it from the bottom of the feed tube. The opening there is slightly larger.

Pack the feed tube for desired results:

For long slices or shreds, cut the food in feed tube widths and pack the pieces horizontally.

For small, round slices or short shreds from carrots, zucchini and other long vegetables, cut them in feed-tube heights and pack them tightly upright.

Food should fit snugly, but not so tight that it prevents the pusher from moving.

When slicing or shredding food, always use the pusher. Never put your fingers or a spatula into the feed tube.

Never push down hard on the pusher. Use light pressure for soft fruits and vegetables like bananas, mushrooms, strawberries and tomatoes, and for all cheese. Use medium pressure for most food like apples, celery, citrus fruit, potatoes and zucchini. Use firm pressure for really hard vegetables like carrots and yams.

PRACTICING SLICING AND SHREDDING

1. Insert a slicing or shredding disc, put the cover on the work bowl and insert the prepared food in the feed tube.
2. Prepare the pusher assembly. Lock the small pusher in place.
3. Slide the pusher assembly over the feed tube and push the sleeve down to lock it into place. Apply pressure to the pusher while pressing down the OFF/PULSE lever. Release the lever as soon as the food is sliced or shredded.
4. You can load the feed tube repeatedly without removing the work bowl cover. Press firmly on the tab and lift up. The pusher assembly will come off easily, leaving the cover and feed tube in place. Your other hand is free to reload the feed tube.

REMOVING SLICED OR SHREDDED FOOD

Before you do anything, wait for the disc to stop spinning. When it does, remove the cover first. Lift, and the pusher assembly and cover will come off together.

Remove the slicing or shredding disc before removing the work bowl. Place two fingers under each side of the disc and lift it straight up. Then turn the bowl clockwise to unlock it from the base and lift it straight up to remove it.

You can place the disc on top of the inverted work bowl cover, to minimize drips and spills.

TECHNIQUES FOR SLICING AND SHREDDING

Small, round fruits and vegetables:

For large berries, radishes, and mushrooms, trim the opposite ends flat with a knife. Insert the food through the feed tube, standing each piece on a flat end. You can fill the tube to about 1-inch (2.5 cm) from the top. The bottom layer gives you perfect slices for garnish.

If you want all the slices to be perfect, it's best to process one layer at a time.

Long fruits and vegetables:

Trim food like bananas, celery, and zucchini by cutting them into pieces a little shorter than the feed tube. Cut both ends flat. (Use a ruler as a guide, or the pusher assembly with the pusher pulled out as far as it will go.)

Fill the feed tube with the pieces, standing them vertically and adding enough pieces so they are solidly packed and cannot tilt sideways as they are sliced or shredded.

Small amounts of food:

Use the small feed tube and the small pusher. Remove the small pusher from the pusher assembly. Slide the pusher assembly over the feed tube and press the sleeve down to lock it into place.

Cut the food in lengths a little shorter than the feed tube. If you are slicing one or two long, thin vegetables like carrots, push them against the left. If you are slicing a few vegetables that are wide at one end and narrow at the other, like carrots, celery or scallions, cut them in half and pack in pairs, one wide end up, one narrow end up.

French-cut green beans:

Trim fresh green beans to feed-tube widths. Blanch them for 60 seconds in boiling salted water. Plunge them immediately into cold water to stop the cooking. When they are cold to the touch, drain and

dry them. Stack them in the feed tube horizontally to about 1 inch from the top. Use the slicing disc.

Be sure the small pusher is locked. Apply light pressure to the pusher and press the OFF/PULSE lever until beans are sliced.

To make long, horizontal slices of raw zucchini or carrots, use the same procedure.

Matchsticks or julienne strips:

Process the food twice – “doubleslice” it. Insert any large fruit or vegetable – potatoes, turnips, zucchini, apples – in the feed tube horizontally. Apply pressure to the pusher while pressing the OFF/PULSE lever until the food is sliced. You will get long slices. Remove the slices from the work bowl and reassemble them. Reinsert them in the feed tube, wedging them in tightly. Slice them again. You will obtain long julienne strips. With the optional Square Julienne Discs, you can make square julienne strips in one operation.

SLICING MEAT AND POULTRY

Cooked meat and poultry:

The food must be very cold. If possible, use a chunk of food just large enough to fit the feed tube. To make julienne strips of ham, bologna or luncheon meat, stack slices of them. Then roll or fold them double and stand them upright in the feed tube, wedging in as many rolls as possible. This technique works better with square or rectangular pieces than with round ones.

Uncooked meat and poultry:

Cut the food into pieces to fit the feed tube. Boned, skinned chicken breasts will usually fit when cut in half crosswise. Wrap the pieces in plastic wrap and put them in the freezer. They are ready to slice when they pass this “knife test”: they are easily pierced with the tip of a sharp knife although semi-frozen and hard to the touch. Stand them in the feed tube, cut side down, and slice them against the grain, using firm pressure on the pusher. Or lay them flat in the feed tube, as many as will fit, and slice with the grain, using firm pressure.

Frankfurters, salami and other sausages:

If the sausage is soft, freeze it until hard to the touch, but easily pierced with the tip of a sharp knife. Hard sausages need not be frozen. If the sausage is thin enough to fit in the small feed tube, use that tube. Otherwise, cut the sausage into pieces to fit the large feed tube completely. Stand the pieces vertically, packing them in tightly so they cannot tilt sideways.

SLICING AND SHREDDING CHEESE

Firm cheese like Swiss and Cheddar:

Cut the cheese into pieces to fit the feed tube. Put it in the freezer until it is semi-frozen – hard to the touch, but easily pierced with the tip of a sharp knife. Stand the pieces in the feed tube and apply light pressure to the pusher.

Type of Cheese	Chop	Shred	Slice
Soft Brie, Camembert, mozzarella, ricotta, Liederkrantz, cottage, cream	yes	no	no
Semi-Soft blue, Fontina Bel Paese	yes	yes chill chill chill	no
Semi-Hard Cheddar, Monterey Jack, Longhorn, Swiss, Jarlsberg, Edam, Gouda, Provolone	yes	yes chill chill chill chill chill	yes chill chill chill chill chill
Hard Parmesan, Romano, Pecorino, Sapsago	yes	yes room temp	no

IMPORTANT: Never try to slice soft cheese like mozzarella or hard cheese like Parmesan. You may damage the slicing disc or the food processor itself. You can successfully shred most cheeses except soft ones. The exception is mozzarella, which shreds well if thoroughly chilled. Hard cheeses like Parmesan shred well at room temperature. Therefore, only attempt to slice or shred mozzarella when well chilled and Parmesan when at room temperature.

IF YOU HAVE A PROBLEM

Most problems with the food processor are easily solved. Here are some possible problems and their solutions.

Food is unevenly chopped:

Either you are trying to process too much food at one time, or you are running the machine continuously instead of pulsing on and off until pieces of food are no larger than 1/2-inch (1.25 cm) cubes.

Liquid leaks from bottom of bowl onto motor base:

Remove bowl from base as soon as you finish processing. Do not remove metal blade first. When bowl and blade are removed together, blade drops down and forms an almost perfect seal against the bowl.

Liquid leaks out between bowl and cover when machine is running:

You added too much liquid. Never use more than 3 cups (750 ml) thin, 6 cups (1.5 L) thick liquid.

The thicker the liquid, the more you can use. The figures above are for thick mixtures like pancake or cake batter.

Slices are uneven or slanted:

Pack feed tube more carefully. Maintain even pressure on pusher.

Carrots or similar food falls over in feed tube:

Cut food into enough short pieces of equal height to fill feed tube. To slice one or two pieces, use small feed tube. Cut carrots in half and insert one piece point down and the other stem down.

Sliced or shredded food piles up on one side of work bowl:

This is normal. Remove disc occasionally and even out processed food. When food gets close to bottom of disc, empty work bowl.

A few pieces of food remain on top of slicing or shredding disc:

This is normal. In most cases, you can shred more of the food by moving the large pusher up and down, allowing the piece to be shredded, or by repositioning the piece in the feed tube and reshredding it.

Soft cheese, like mozzarella, spreads out and collects on top of shredding disc:

The cheese was not cold enough, or the pressure on the pusher was too great. To shred soft cheese, do not push on the pusher, but let the cheese go through by itself. Tap on the pusher to guide it through.

SOME TECHNICAL DATA

The motor in your food processor operates on standard line operating current. The appropriate voltage and frequency for your machine are shown on a label under the base.

An automatic, temperature-controlled circuit breaker in the motor ensures complete protection against motor burnout. If the processor runs for an exceptionally long time when chopping, mixing or

kneading a thick or heavy mixture in successive batches, the motor may overheat. If this happens, the processor will stop. Turn it off and wait for the motor to cool off before proceeding. It will usually cool off within 10 minutes. In extreme cases, it could take an hour.

Safety switches prevent the machine from operating when the work bowl or the cover is not locked into position. The motor stops within seconds when the motor is turned off, and a fast-stop circuit stops it instantly when the pusher assembly is unlocked.

CLEANING AND MAINTENANCE

Keep your Classic Series 14-Cup Food Processor ready to use on a kitchen counter. When it's not being used, leave it unplugged.

Store the blade and discs as you would sharp knives – out of the reach of children. The Disc and Blade Holders, optional accessories, offer safe and convenient storage.

All parts except for the motor base are dishwasher safe, and we recommend washing them in the dishwasher. Insert the work bowl upside down. Remember where you place the sharp blade and discs, and unload the dishwasher carefully.

To simplify cleaning, rinse the work bowl, cover, pusher assembly and blade or disc immediately after use so food won't dry on them. Openings at the bottom of the large pusher provide drainage and make cleaning easy. If food lodges in the pusher, remove it by running water through or by using a bottle brush.

If you wash the blade and discs by hand, do it carefully. Avoid leaving them in soapy water where they may disappear from sight. To clean the metal blade, fill the work bowl with soapy water, hold the blade by its plastic center and move it rapidly up and down on the center shaft of the bowl. Use of a spray attachment is also effective. If necessary, use a brush.

The work bowl is made of a plastic, which is shatter resistant and heat resistant. It should not be placed in a microwave oven.

Chopping certain foods may scratch or cloud the work bowl. Among them are ice, whole spices and oils like wintergreen. If you like to prepare your own spice blends, you may want to keep a second bowl just for that purpose.

The base housing is made of a tough plastic with high-impact resistance. Its smooth surface will look new for years. Keep a sponge handy as you work and wipe spills from the base.

Four rubber feet on the underside keep the base from moving on most work surfaces when the machine is processing heavy loads. If the feet leave

spots on the counter, spray them with a spot remover and wipe with a damp sponge. If any trace of the spot remains, repeat the procedure and wipe the area with a damp sponge and non-abrasive cleaning powder.

To clean the inside of the detachable stem, slide the stem release bottom on the side up as far as it will go and hold it there as you run water through the stem.

IMPORTANT: Never store the blade or discs on the motor shaft. The blade or discs should not be placed on the shaft except when the processor is about to be used. Any other servicing should be performed by an authorized service representative.

MAINTENANCE: Any other servicing should be performed by an authorized service representative.

FOR YOUR SAFETY

Like all powerful electrical appliances, a Classic Series 14-Cup Food Processor should be handled with care. Follow these guidelines to protect you and your family from misuse that could cause injury.

- Handle metal blade and discs carefully. Their cutting edges are very sharp.
- Always place disc on flat, stable surface before connecting detachable stem.
- Never put blade or disc on motor shaft until work bowl is locked in place.
- Always be sure that blade or disc is down on motor shaft as far as it will go.
- Always insert metal blade in work bowl before putting ingredients in bowl.
- When slicing or shredding food, always use pusher. Never put your fingers or spatula into feed tube.
- Always wait for blade or disc to stop spinning before you remove pusher assembly or cover from work bowl.
- Always remove work bowl from base of machine before you remove metal blade.
- Be careful to prevent metal blade from falling out of work bowl when emptying bowl. Remove it before tilting bowl, or hold it in place with your finger, a spatula or a spoon.
- Do not use pusher assembly if sleeve becomes detached from pusher. Call Cuisinart Consumer Service immediately. Our toll-free number is listed in the warranty.

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APPETIZERS

GUACAMOLE

Serve this creamy Mexican specialty with tortilla chips or crisp vegetables.

Makes 4½ cups (1.125 L)

- ½ cup (125 ml) packed cilantro leaves
- 3 plum tomatoes, cored, halved and seeded
- 2 garlic cloves
- 2 medium jalapeños, stemmed, quartered and seeded
- 2 green onions (include 2 inches [5 cm] of green), cut into 1-inch (2.5 cm) lengths
- 6 ripe avocados, peeled, pitted and cut into 1-inch (2.5 cm) pieces, reserve several pits
- ¼ cup (60 ml) fresh lime juice
- ½ teaspoon (2 ml) chili powder
- ½ teaspoon (2 ml) kosher salt
- ¼ teaspoon (1 ml) ground cumin

Insert metal blade. Put the cilantro into the work bowl. Pulse to chop, roughly 5–6 times; remove and reserve. Add the tomatoes, reserve. With the machine running, drop the garlic cloves and jalapeños through the feed tube; process until finely chopped, 10 seconds. Add the onion to the work bowl, process to chop, 10 seconds. Add the avocados, lime juice, chili powder, salt and cumin to the work bowl; process 30 seconds. Scrape the work bowl. Process for 30 seconds longer. Add the reserved chopped cilantro and tomatoes to the work bowl; pulse until just combined. Transfer to a bowl. If not serving immediately, place reserved pits into guacamole, then cover with a sheet of plastic wrap placed directly on the guacamole, pressing out any air bubbles on the surface. This will help prevent browning. Refrigerate until ready to serve.

Nutritional information per serving:

Calories 216 (77% from fat) • carb. 11g • pro. 3g • fat 20g • sat. fat 3g • chol. 0mg • sod. 158mg • calc. 26mg • fiber 7g

FRESH TOMATO SALSA

Great with the traditional tortilla chips, or use as a sauce for grilled meats and seafood.

Makes about 5 cups (1.25 L)

- 1 garlic clove
- 1–2 jalapeños, cored, seeded and quartered
- 1 small onion (red or white, about 2 ounces[60 g]), peeled, cut into ½-inch (1.25 cm) pieces

- ½ cup (125 ml) packed fresh cilantro leaves
- 2 pounds (900 g) ripe red tomatoes, cored, seeded and cut into 1-inch (2.5 cm) pieces
- 1 teaspoon (5 ml) kosher salt
- 1 teaspoon (5 ml) ground cumin
- ½ teaspoon (2.5 ml) ground coriander
- 2 tablespoons (30 ml) fresh lime juice

Insert metal blade. With the machine running, drop the garlic and jalapeños through the small feed tube and process to finely chop. Scrape the work bowl. Add onion and cilantro leaves to the work bowl, pulse to chop, 8–10 times. Scrape the work bowl. Add the tomatoes, pulse to chop, 10–15 times. Scrape the work bowl.

Add the salt, cumin, coriander and lime juice, pulse to combine, 5 times. Transfer to a medium bowl and refrigerate for at least 30 minutes to allow the flavours to blend. Salsa is best when made the day it is to be served, but will keep for a day or two refrigerated. Stir if it separates.

Note: For variety, you may substitute ripe yellow tomatoes for half or all of the red tomatoes.

Nutritional information per serving:

Calories 13 (10% from fat) • carb. 3g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 73mg • calc. 7mg • fiber 1g

BLUE CHEESE AND PECAN SPREAD

You can substitute cottage cheese for all or part of the cream cheese and you can substitute walnuts for pecans.

Makes 2 cups (500 ml)

- ½ cup (125 ml) shelled pecans
- 12 ounces (340 g) cream cheese
- 4 tablespoons (60 ml) blue cheese

Insert metal blade. Put nuts into the work bowl. Process until they are finely chopped, about 10 seconds. Add cream cheese, in pieces, and blue cheese. Process until well mixed and smooth, about 10 seconds. (If substituting cottage cheese, process until smooth, about 90 seconds.)

Nutritional information per serving:

Calories 293 (86% from fat) • carb. 4g • pro. 7g • fat 29g • sat. fat 12g • chol. 67mg • sod. 7mg • calc. 93mg • fiber 1g

SOUPS

CHUNKY GAZPACHO

This refreshing, cold soup can be ready in less than 10 minutes. You may serve it at once, but it improves with chilling.

Makes 9 cups (2.25 L)

- 2 small garlic cloves
- 1 small jalapeño, cored, seeded and halved
- 8 scallions, trimmed and cut into 1-inch (2.5 cm) pieces
- 2 celery stalks, cut into 1-inch (2.5 cm) pieces
- 1 medium bell pepper, quartered, seeded
- 4 tomatoes, halved and seeded
- 4 cups (1 L) tomato or vegetable juice
- 2 medium cucumbers, halved lengthwise
- 4 tablespoons (60 ml) fresh lemon juice
- 2 teaspoons (10 ml) kosher salt
- ½ teaspoon (2.5 ml) freshly ground black pepper

Insert metal blade. Put garlic and jalapeño into the work bowl. Process until finely chopped. Add scallion, celery and bell pepper. Pulse to medium chop, about 5–6 times. Put in large mixing bowl. Pulse one half of the tomatoes until coarsely chopped, about 3–4 times. Add to mixing bowl. Purée remaining tomatoes until smooth, about 1 minute. With machine running, pour in ½ cup (125 ml) of tomato juice until mixed. Add to mixing bowl with remaining tomato juice and stir.

Insert slicing disc. Stand cucumber pieces upright in feed tube and slice, using light pressure. Add to mixing bowl with remaining ingredients and stir to combine. Cover and chill before serving.

Nutritional information per serving:

Calories 25 (6% from fat) • carb. 6g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 302mg
• calc. 20mg • fiber 1g

LEEK AND POTATO SOUP/ VICHYSOISE

Louis Diat, longtime chef at the New York Ritz Hotel, transformed the everyday Leek and Potato Soup into a cold soup suitable for parties.

Makes 6 cups (1.5 L) Leek* and
Potato Soup or 8 cups (2 L) Vichyssoise

- 4 medium leeks*, white part only, cleaned and cut to fit feed tube
- 1 medium onion, halved
- 2 tablespoons (30 ml) unsalted butter
- 4 medium, all-purpose potatoes, peeled, cut in half crosswise then quartered lengthwise

- 3 cups (750 ml) chicken stock
- 2 cups (500 ml) water
- Kosher salt
- Freshly ground black pepper
- Chopped chives, for garnish

For Vichyssoise:

- 2 cups (500 ml) whole milk
- ½ cup (125 ml) heavy cream

Insert slicing disc. Slice leeks and onion using light pressure. Melt butter in large saucepan. Add leeks and onion and sauté, stirring often, until soft, but not brown, about 10 minutes.

Slice potatoes, using medium pressure. Add potatoes, stock and water to saucepan. Bring to boil, reduce heat, cover and simmer gently, stirring occasionally, until vegetables are very tender, about 25 minutes. Adjust seasoning and serve hot as Leek and Potato Soup or proceed as follows for cold Vichyssoise.

Strain liquid into large saucepan and set aside. Use metal blade to purée vegetables, stopping once to scrape bowl. Whisk purée into reserved liquid, add milk and bring to a boil over moderate heat, stirring constantly. Remove from the heat and stir in cream. Season to taste with salt and pepper. Refrigerate until thoroughly chilled. Taste again for seasoning and sprinkle with chopped chives.

Nutritional information per serving:

Calories 105 (45% from fat) • carb. 12g • pro. 3g • fat 5g
• sat. fat 3g • chol. 18mg • sod. 267mg
• calc. 64mg • fiber 1g

CREAMY ROASTED RED PEPPER SOUP

Makes 8 servings

- 1 medium leek, trimmed, cleaned and cut to fit feed tube
- 1 medium carrot, peeled and cut to fit feed tube
- 1 celery stalk, leaves included, cut to fit feed tube
- 1 pound (454 g) Yukon gold potatoes, peeled
- 1 tablespoon (15 ml) unsalted butter
- 1 tablespoon (15 ml) extra virgin olive oil
- 3 cups (750 ml) chicken or vegetable stock
- 2 cups (500 ml) water
- 4 roasted red bell peppers
- 1 garlic clove
- ½ teaspoon (2.5 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground black pepper
- ½ cup (125 ml) fat-free half-and-half
- ¼ teaspoon (1 ml) hot sauce or more to taste

Insert slicing disc. Slice leek, carrot and celery using medium pressure; remove from work bowl and reserve. Slice potatoes, using medium pressure.

Heat butter and olive oil in a 3¼-quart (3.6 L) saucepan over medium heat. Add leek, carrot and celery and cook until softened, but not browned, about 8–10 minutes. Add stock, water and potato slices; bring to a boil. Reduce heat to medium low and add roasted peppers, garlic, salt and pepper. Cover loosely and simmer for 20 to 25 minutes, until potatoes are tender. Turn off heat. Strain soup. Return the cooking liquid to the saucepan.

Insert metal blade. Put the cooked vegetables in the work bowl with 1 cup (250 ml) of the cooking liquid. Pulse to chop, about 10 times. Process continuously to purée the vegetables until they are smooth, about 2 minutes, stopping once or twice to scrape the work bowl. Stir the puréed vegetables into the reserved cooking liquid in the saucepan. Place over medium heat and bring to a simmer. Reduce heat to low and stir in half-and-half and hot sauce to taste.

Nutritional information per serving:
Calories 104 (30% from fat) • carb. 15g • pro. 3g • fat 3g
• sat. fat 1g • chol. 5mg • sod. 315mg
• calc. 21mg • fiber 2g

*To clean leeks, slice lengthwise and rinse well under cold water to remove all sand and gritty dirt. If white part only is specified in recipe, trim off all green.

ENTRÉES

CHILI

Kids love chili and it's a versatile dish. You can serve it on hot dogs, fill tacos with it or eat it plain.

This one freezes well for about 6 months, so make it in batches.

Makes 8½ cups (2 L)

- 4 garlic cloves
 - 2 medium onions, quartered
 - 2 pounds (907 g) boneless beef chuck, chilled
 - 3 teaspoons (15 ml) cumin seeds
 - 4 tablespoons (60 ml) vegetable oil
 - 4 tablespoons (60 ml) chili powder
 - 4 tablespoons (60 ml) paprika
 - 1½ teaspoons (7.5 ml) kosher salt
 - ¼ teaspoon (1 ml) crushed red pepper
 - 2 cans (8 ounces [227 g] each) whole tomatoes
 - 2 cups (500 ml) water
 - 4 cups (1 L) red kidney beans
- Suggested garnishes – see end of recipe

Insert metal blade. Put garlic and onion into the work bowl. Process until finely chopped, about 15 seconds. Remove and reserve. Trim beef of all fat and cut it into 1-inch (2.5 cm) cubes. Process until coarsely chopped, about 10 to 12 pulses.

Brown cumin seeds in saucepot over medium heat. Shake pan constantly and cook until cumin begins to smoke, about 1 minute. Remove and reserve.

Heat vegetable oil in same saucepot over medium heat. Add garlic and onions and cook for 2 minutes. Add beef and cook, stirring often, until no pink colour remains, about 5 minutes.

Reduce heat to low, stir in cumin, chili powder, paprika, salt and red pepper, and cook uncovered for 5 minutes, stirring occasionally.

Use metal blade to coarsely chop tomatoes, pulsing 4 to 5 times. Add to saucepot with water and bring to boil. Reduce heat and simmer, partially covered over medium-low heat for 45 minutes, stirring occasionally. Stir in the beans and cook until heated through. Taste and add salt, if needed.

Try some of these garnishes with the chili: shredded Cheddar or Monterey Jack cheese, shredded lettuce, sliced jalapeño peppers, sliced scallions, sliced black olives, chopped tomato or chopped avocado.

Nutritional information per serving:
Calories 273 (34% from fat) • carb. 29g • pro. 33g • fat 14g • sat. fat 4g • chol. 68mg • sod. 1119mg • calc. 81mg • fiber 11g

CHICKEN AND VEGETABLE STIR-FRY

Stir-frying and the food processor are one of the most effective combinations to put a meal on the table in no time.

Makes 12 servings

- 4 pounds (1.8 kg) boneless chicken breasts
- 3 red bell peppers, cored, seeded and cut vertically into 3 pieces
- 12 scallions, trimmed and cut to fit feed tube horizontally
- 4 zucchini, cut to fit feed tube horizontally
- 2 yellow squash, cut to fit feed tube horizontally
- 2 garlic cloves
- 2 1-inch (2.5 cm) pieces fresh ginger
- ¾ cup (150 ml) water
- 4 tablespoons (60 ml) dry sherry
- 6 tablespoons (90 ml) soy sauce
- 4 teaspoons (20 ml) sesame oil
- ½ teaspoon (2.5 ml) freshly ground black pepper
- 4 teaspoons (20 ml) cornstarch
- 6 tablespoons (90 ml) vegetable oil

Split chicken breasts lengthwise. Tuck ends under to form compact shapes of uniform thickness. Wrap individually and freeze on baking sheet until firm to the touch, but easily pierced with the tip of a sharp knife.

Stand peppers on long ends and use slicing disc to slice them, using light pressure. Lay scallion pieces in feed tube horizontally and slice into slivers, using light pressure.

Insert shredding disc and insert zucchini and yellow squash, using light pressure. Remove and reserve vegetables.

Insert metal blade. With the machine running, drop garlic and ginger through small feed tube to finely chop. Insert slicing disk. Stand chicken pieces tightly in feed tube and slice, using firm pressure. Remove and reserve on a plate, loosely covered with plastic wrap.

Insert metal blade. Put water, sherry, soy sauce, sesame oil, ground pepper and cornstarch into the workbowl and process until smooth, about 14 seconds. Remove metal blade, leaving contents in work bowl.

Heat vegetable oil in skillet over high heat until very hot. Add chicken pieces and cook, stirring vigorously until chicken is opaque, about 3 minutes.

Add vegetable mixture and stir-fry over medium-high heat until crisp-tender, about 2 minutes. Add sauce mixture. Cook, stirring, until sauce thickens, about 1 minute. Serve over brown or white rice.

Nutritional information per serving:

Calories 250 (35% from fat) • carb. 7g • pro. 34g • fat 10g • sat. fat 2g • chol. 85mg • sod. 922mg • calc. 42mg • fiber 2g

SPINACH-STUFFED PORTOBELLOS

Spinach-Stuffed Portobellos can be served as a side dish or as a vegetarian entrée.

Makes 6

- 6 large portobello mushrooms, about 5 inches (12.5 cm) in diameter
- Extra virgin olive oil
- 2 ounces (57 g) Parmesan, cut in 1-inch (2.5 cm) pieces
- 1 garlic clove
- 1 shallot (2 ounces [57 g])
- 10 ounces (283 g) fresh spinach, stems removed, washed and dried

- 2 tablespoons (30 ml) sour cream (may use lowfat)
- 1 teaspoon (5 ml) Dijon mustard
- ½ teaspoon (2.5 ml) kosher salt
- ½ teaspoon (2.5 ml) freshly ground black pepper
- ¼ cup (60 ml) pine nuts, lightly toasted

Preheat oven to 375°F (190°C). Clean portobellos with a damp cloth. Remove and reserve stems; scrape out (use the bowl of a spoon) and discard black gills. Lightly brush outside of mushrooms with extra virgin olive oil. Line a large jelly roll pan with parchment.

Insert metal blade. Put Parmesan into the workbowl. Pulse to finely chop, about 6 to 8 times. Add garlic and shallot; process until finely chopped, about 30 seconds. Add mushroom stems and spinach; process to finely chop, about 20–30 seconds. Add sour cream, mustard, salt and pepper; process until blended. Add pine nuts and pulse to combine, 10–15 times.

Divide spinach mixture evenly among portobellos; spread filling evenly. Arrange on baking sheet, filling side facing up, and bake until mushrooms are tender and filling is hot, about 25 minutes. Serve hot.

Nutritional information per serving:

Calories 117 (44% from fat) • carb. 10g • pro. 9g • fat 7g • sat. fat 1g • chol. 8mg • sod. 327mg • calc. 169mg • fiber 3g

SIDE DISHES

CAULIFLOWER PURÉE

Serve in place of high-carb potatoes.

Makes 6 servings

- 1 head large cauliflower
- 6 garlic cloves
- 1 medium onion, quartered
- ¼ cup (60 ml) reduced-fat sour cream
- 3 tablespoons (45 ml) unsalted butter

Cut cauliflower into florets. Place in a 3¾-quart (3.6 L) saucepan with the garlic and onion. Cover with water and bring to a boil over high heat. Reduce heat to low, cover loosely and cook until cauliflower is tender, 15 to 20 minutes. Drain.

Insert metal blade. Place the drained vegetables in the work bowl. Pulse 5 times to chop. Add the sour cream and butter. Process until smooth and creamy, about 2 minutes. Serve hot.

May be prepared ahead and reheated in a gratin dish that has been lightly coated with butter or olive oil. Bake in a 350°F (180°C) oven until hot, about 20–25 minutes.

Nutritional information per serving:

Calories 121 (56% from fat) • carb. 11g • pro. 4g • fat 8g • sat. fat 5g • chol. 20mg • sod. 52mg • calc. 55mg • fiber 4g

POTATOES AU GRATIN

You can use baking or boiling potatoes for this hearty, yet elegant dish.

Makes 6 servings

- 6 ounces (170 g) Gruyère cheese, cut into 1-inch (2.5 cm) pieces
- 4 medium garlic cloves
- 2 medium onions, quartered
- 5 cups (1.25 L) whole milk or half-and-half
- 1½ teaspoons (6 ml) kosher salt
- Freshly ground white pepper
- 6 large potatoes (about 10 ounces [283 g] each), peeled and cut flat at ends
- Butter for baking dish

Preheat oven to 400°F (200°C) and butter a 4-quart baking dish. Insert metal blade. Put cheese in food processor and pulse until finely chopped, about 6 to 8 times. Remove and reserve. With the machine running, drop garlic through feed tube to finely chop. Add onions and pulse to finely chop, about 3 to 4 times. Put onion/garlic mixture in saucepan with milk, salt and pepper.

Shred potatoes with shredding disc, one at a time, using firm pressure on pusher. Add shredded potatoes to saucepan and bring mixture to a boil, stirring continuously to prevent scorching.

Remove saucepan from heat and spread potato mixture into prepared baking dish. Sprinkle with reserved cheese and bake for 25 minutes or until potatoes are tender and cheese is golden. Let stand for 10 minutes before serving.

Nutritional information per serving:

Calories 347 (41% from fat) • carb. 34g • pro. 18g • fat 16g • sat. fat 10g • chol. 59mg • sod. 789mg • calc. 549mg • fiber 3g

STIR-FRIED GREEN BEANS WITH RED PEPPERS

The time-consuming “french cut” can be done in seconds with a Cuisinart® Food Processor.

Makes 6 servings

- 1 garlic clove
- 1 red bell pepper, cored and seeded, quartered
- 1½ pounds (680 g) fresh green beans, trimmed, cut to fit feed tube horizontally
- 1 tablespoon (15 ml) olive oil
- ¼ cup (60 ml) water or chicken stock
- ½ teaspoon (2.5 ml) kosher salt
- ¼ teaspoon (1 ml) freshly ground black pepper

Insert the metal blade. With the machine running, drop garlic through the feed tube to finely chop. Remove and reserve. Insert the slicing disc, slice red bell pepper using light pressure; remove and reserve. Arrange green beans in feed tube horizontally, slice to “French cut” using medium light pressure; reserve.

Place oil in a 3½-quart nonstick sauté pan and heat over medium-high heat. Add garlic and cook until lightly golden; about 15–20 seconds. Add sliced red peppers, cook until tender, 2–3 minutes; remove and reserve. Add green beans and water or stock to pan, cover and steam until crisp tender, about 4–6 minutes. Stir in reserved red peppers, salt and pepper. Serve hot.

Nutritional information per serving:

Calories 86 (47% from fat) • carb. 10g • pro. 2g • fat 5g • sat. fat 1g • chol. 0mg • sod. 164mg • calc. 55mg • fiber 4g

SALADS/SAUCES

CREAMY COLE SLAW

Cole slaw only takes minutes to prepare when you don’t have to slice the cabbage by hand.

Makes 10 cups (2.5 L)

- ⅓ cup (75 ml) loosely packed parsley leaves
- 1 2-ounce (57 g) onion, cut into pieces
- ⅔ cup (150 ml) mayonnaise
- 1 tablespoon (15 ml) red wine vinegar
- ½ teaspoon (2.5 ml) kosher salt
- ½ teaspoon (2.5 ml) freshly ground black pepper
- 1 large carrot, peeled and halved lengthwise

- 1 medium head green cabbage,
about 2 pounds (907 g), quartered and
cored

Process parsley with metal blade until minced. Add onion and process until minced. Add the mayonnaise, vinegar, salt and pepper and process 5 seconds to combine. Remove metal blade.

Cut carrot in half crosswise. Insert shredding disc and shred carrot, using firm pressure. Insert slicing disc and slice cabbage, using firm pressure. Add contents of work bowl to mixing bowl and toss to combine. Adjust seasoning. Serve immediately or refrigerate for up to 24 hours. Before serving, drain excess liquid and adjust seasoning. Serve chilled.

Nutritional information per serving:

Calories 69 (76% from fat) • carb. 3g • pro. 1g
• fat 6g • sat. fat 1g • chol. 3mg • sod. 111mg
• calc. 25mg • fiber 1g

SHREDDED CARROT SALAD

The brilliant colours of carrots and peas make this fresh and simple salad a welcome addition to a party buffet table.

Makes 12 servings

- 3 pounds (1.36 kg) young carrots, peeled and halved lengthwise
5 scallions, trimmed and cut into 1 inch (2.5 cm) pieces
 $\frac{1}{3}$ cup (75 ml) fresh lemon juice
 $\frac{1}{3}$ cup (75 ml) vegetable oil
 $1\frac{1}{4}$ teaspoons (6 ml) kosher salt
 $1\frac{1}{4}$ teaspoons (6 ml) granulated sugar
 $\frac{3}{4}$ cup (175 ml) cooked peas, fresh or frozen (thawed)
Pinch ground cinnamon
Pinch ground allspice
Freshly ground black pepper

Bring a large pot of salted water to a boil. Add carrots and cook until you can just pierce them with the tip of a sharp knife, about 3 to 5 minutes. Drain carrots and rinse under cold water. When they are cool, blot dry with paper towels.

Insert metal blade. Put scallions into the work bowl and pulse until finely chopped, about 5 to 6 times. Add lemon juice, oil, salt, sugar, cinnamon, allspice and pepper and process for about 3 seconds. Leave this dressing in work bowl.

Insert shredding disc, pack carrots lengthwise in feed tube and shred, using medium pressure. Transfer contents of work bowl to serving bowl, add peas and toss gently to coat all ingredients with dressing. Serve cold or at room temperature. Adjust seasoning just before serving.

Nutritional information per serving:

Calories 111 (48% from fat) • carb. 14g • pro. 2g •
fat 6g • sat. fat 2g • chol. 0mg • sod. 285mg
• calc. 40mg • fiber 4g

PESTO

A classic pasta sauce from Italy. One cup is enough for 1 pound (454 g) of pasta. It's also good on boiled potatoes or in soups.

Makes 2 cups (500 ml)

- 6 ounces (170 g) Parmesan cheese, at room temperature, cut into 1-inch (2.5 cm) pieces
6 small garlic cloves
4 cups (1 L) tightly packed fresh basil leaves
 $\frac{1}{2}$ cup (125 ml) pine nuts
1 teaspoon (5 ml) kosher salt
 $\frac{1}{2}$ cup (125 ml) olive oil

Insert metal blade. Add cheese and garlic to the work bowl and process until finely chopped, about 30 seconds. Add remaining ingredients except oil and pulse 8 times to combine. With machine running on low, pour oil through feed tube. Process until combined, about 10 seconds. Scrape down bowl and continue processing until smooth, about 20 seconds.

Pesto keeps for up to 5 days in the refrigerator and it also freezes well. Some people prefer to omit the cheese when freezing, adding it just before serving.

Nutritional information per serving:

Calories 262 (79% from fat) • carb. 4g • pro. 11g •
fat 24g • sat. fat 6g • chol. 15mg • sod. 558mg •
calc. 291mg • fiber 1g

NO-COOK CRANBERRY-ORANGE RELISH

Only 1 cup (250 ml) of sugar sweetens 1 pound (454g) of cranberries. Most cooked relishes call for 2 cups (500 ml).

Makes 3½ cups (875 ml)

- 4 cups (1 L) fresh cranberries
1 navel orange, unpeeled and quartered
1 cup (250 ml) granulated sugar

Insert metal blade. Put the fruits in work bowl and pulse to chop coarsely, about 8 to 10 times. Add sugar and process about 20 seconds. Taste and add more sugar if desired.

Nutritional information per serving:

Calories 73 (1% from fat) • carb. 19g • pro. 0g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 6mg • fiber 1g

BASIC MAYONNAISE

For classical mayonnaise, as thick as butter, substitute 2 egg yolks for each whole egg.

Makes 3 cups (750 ml)

2 eggs
2 tablespoons (30 ml) fresh lemon juice or wine vinegar
2 tablespoons (30 ml) Dijon mustard
2½ cups (625 ml) vegetable oil, divided

Insert metal blade to process eggs, lemon juice or vinegar, mustard and 1 tablespoon (15 ml) oil in work bowl for 60 seconds. While machine is running, pour ¼ cup (60 ml) of oil into small pusher. (Do not put in more than this or it will dribble through too quickly.) When it has dribbled through hole in the bottom of small pusher, remove small pusher from feed tube and gradually add remaining oil, while machine continues to run. Mayonnaise will thicken as oil is added. Taste and adjust seasoning if necessary.

Low-Cholesterol Variation: Substitute 2 tablespoons (30 ml) of egg substitute for each egg, omit vinegar, increase salt and add pepper. Proceed as above.

Herb Mayonnaise: Add ¼ cup (60 ml) tightly packed fresh green herbs for each egg, when you put in the egg. Recommended herbs are parsley, dill and tarragon, with stems removed.

Tartar Sauce: Triple the amount of lemon juice. When mayonnaise is finished, add these ingredients for each egg: 3 small gherkins, ¼ small onion, 1 tablespoon (15 ml) capers, 1 tablespoon (15 ml) bottled horseradish and 3 drops hot sauce. Process until gherkins and onion are chopped fine, about 10 seconds.

Nutritional information per serving:

Calories 103 (98% from fat) • carb. 0g • pro. 0g
• fat 11g • sat. fat 3g • chol. 1mg • sod. 18mg
• calc. 1mg • fiber 0g

BREADS

CORNBREAD

This is a particularly moist and flavourful cornbread, which is best served warm.

Makes 1, 9 x 13-inch (23 x 33 cm) pan or 12 muffins of cornbread

6 tablespoons (90 ml) unsalted butter
1½ cups (375 ml) yellow cornmeal
1½ cups (375 ml) unbleached, all-purpose flour
3 tablespoons (45 ml) granulated sugar
4 teaspoons (20 ml) baking powder
½ teaspoon (2.5 ml) baking soda
½ teaspoon (2.5 ml) kosher salt
1¾ cups (425 ml) buttermilk
2 large eggs
¾ cup (150 ml) fresh, frozen or canned corn kernels

Preheat oven to 425°F (220°C). Melt butter in a 9 x 13-inch (23 x 33 cm) baking pan. Spread to coat bottom of pan.

Use metal blade to process all dry ingredients until combined, about 10 seconds. Add remaining melted butter and remaining ingredients except corn kernels process until mixed, about 5 seconds. Scrape down work bowl and gently stir in corn.

Pour into buttered pan and bake until a cake tester inserted in center comes out clean, about 25 minutes.

Muffin Variation: For corn muffins, pour batter into greased, standard-size muffin tins, filling them three-quarters full. Bake in preheated 425°F (220°C) oven for about 25 minutes. Makes 12 muffins.

Nutritional information per serving:

Calories 210 (33% from fat) • carb. 30g • pro. 5g • fat 8g
• sat. fat 4g • chol. 52mg • sod. 276mg
• calc. 51mg • fiber 2g

BASIC PIZZA DOUGH

With this dough, you can make large pizza crusts to serve several, or small ones to serve a few.

Makes two 14-inch (35 cm) pizza crusts OR four 9-inch (23 cm) pizza crusts

1 package (2¼ teaspoons [11 ml]) active dry yeast
1 teaspoon (5 ml) granulated sugar
1½ cups (325 ml) warm water
3½ cups (825 ml) unbleached, all-purpose flour
1¼ teaspoons (6 ml) kosher salt
3 tablespoons (15 ml) olive oil
3 tablespoons (45 ml) cornmeal for pan
Vegetable oil for pan

Stir yeast and sugar into warm water. Let rest 3–10 minutes until foamy. If the yeast does not foam, it is not active; discard and begin again with fresh yeast. Insert metal blade. Put flour and salt in work bowl and turn on machine. Pour yeast mixture through feed tube and process about 45 seconds, until dough pulls away from sides of bowl. Add oil through feed tube and process 60 seconds longer.

If dough sticks to sides of bowl, add more flour, 1 tablespoon (15 ml) at a time, processing for 10 seconds after each addition, until dough leaves sides of bowl, but remains soft.

Roll dough on floured surface into circle, rotating and turning dough often and using enough flour so it doesn't stick. If dough resists rolling, let it rest for a few minutes and try again. Roll dough into 15-inch (38 cm) circle for flat 14-inch (35 cm) pizza pan, or into 10-inch (25 cm) circles for flat 9-inch (20 cm) pizza pans.

Oil pan(s) lightly and sprinkle with cornmeal. Fold rolled dough in half loosely and then in half again. Position point at center of pan and gently unfold. Press into place from center outward, turn under the 1-inch (2.5 cm) overhang and shape it into a rim. Crust(s) are now ready to bake and fill.

Nutritional information per serving:
Calories 73 (16% from fat) • carb. 14g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 123mg
• calc. 3mg • fiber 1g

PIZZA IN A HURRY

In the time it takes to order takeout, you can make this fresh pizza to feed your whole family.

Makes two 14-inch (35 cm) pizzas

- 2 14-inch (35 cm) pizza crusts
(see previous recipe)
- 6 ounces (170 g) Parmesan cheese,
at room temperature
- 3 ounces (85 g) pepperoni, peeled, in 3 pieces
- 16 ounces (453 g) mozzarella cheese, very cold
- 2 small onions, ends cut flat
- 2 medium green bell peppers, cored and
seeded, cut flat at stem
- 2 medium tomatoes, cored and cut flat at ends
- 2 cups (500 ml) Tomato Pizza Sauce
(see following recipe)
- 1 teaspoon (5 ml) dried basil or
2 teaspoons (10 ml) fresh
- 1 teaspoon (5 ml) dried oregano or
2 teaspoons (10 ml) fresh
- Pinch of granulated sugar
- Freshly ground black pepper

Preheat oven to 425°F (220°C) and place rack in lower third. Bake pizza crust(s) for 6 minutes. In the meantime, prepare filling.

Insert metal blade. Put Parmesan cheese and

pepperoni into the work bowl and process until coarsely chopped. Reserve.

Insert shredding disc and process mozzarella cheese. Reserve.

Insert slicing disc and slice onions. Reserve. Slice green peppers and reserve. Slice tomatoes, using light pressure. Reserve on paper towels to drain.

Use rubber spatula to spread Tomato Pizza Sauce evenly over crust, leaving 1-inch (2.5 cm) rim exposed. Separate each onion slice into rings and distribute them over sauce. Distribute shredded mozzarella over onions. Arrange tomato slices over cheese and sprinkle with pinch of sugar and pepper.

Distribute Parmesan cheese and pepperoni mixture, then green pepper slices, over tomatoes. Sprinkle evenly with basil and oregano. Return pizza to oven and bake for 18 minutes, or until rim of crust is golden and bottom is deep brown.

Nutritional information per serving:
Calories 185 (75% from fat) • carb. 18g • pro. 9g • fat 8g
• sat. fat 4g • chol. 23mg • sod. 420mg
• calc. 194mg • fiber 1g

TOMATO PIZZA SAUCE

When this sauce stands, liquid may accumulate on surface. Pour off all but 2 tablespoons (30 ml), then stir well before using.

Makes 2 cups (500 ml)

- 2 large tomatoes, peeled, seeded and quartered
- 1 cup (250 ml) canned tomato sauce
- ¼ cup (60 ml) canned tomato paste
- ¾ teaspoon (3.75 ml) dried oregano or
1½ teaspoons (7.5 ml) fresh
- ¾ teaspoon (3.75 ml) dried basil or 1½ teaspoons
(7.5 ml) fresh
- 1 teaspoon (5 ml) granulated sugar
- Kosher salt
- Freshly ground black pepper

Insert the metal blade. Put tomatoes into the work bowl and pulse until coarsely chopped, about 6 times. Add remaining ingredients and pulse 4 times to mix.

Nutritional information per serving:
Calories 25 (7% from fat) • carb. 6g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 194mg
• calc. 13mg • fiber 1g

EASY FOCACCIA

Makes 8 servings

15 x 10-inch (38 x 25 cm) rectangle
or 14-inch (35 cm) round

- ⅓ cup warm water (105°F – 115°F [40°C - 46°C])
- 1 package active dry yeast (2¼ teaspoons [11 ml])
- 4 cups (1 L) unbleached, all-purpose flour

- 7 tablespoons (105 ml) extra virgin olive oil, divided
- 2 teaspoons (10 ml) kosher salt
- 1 cup (250 ml) cold water
- 1 teaspoon (5 ml) kosher salt
- 1 Chopped fresh or dried herbs, sun-dried tomatoes, olives, etc. (optional)

Combine the $\frac{1}{3}$ cup (75 ml) warm water with the yeast and a pinch of the flour in a 2-cup (500 ml) measure with pouring spout. Stir to dissolve yeast; let rest 3–10 minutes until foamy. If the yeast does not foam, it is not active; discard and begin again with fresh yeast.

Insert the metal blade. Place the flour with 3 tablespoons (45 ml) of the olive oil and 2 teaspoons (10 ml) of salt in the work bowl. Process to blend, 10 seconds. Add the cold water to the yeast mixture, stir to blend. With the machine running, add the liquid through the small feed tube in a slow, steady stream, as fast as the flour will absorb it. When liquid is absorbed and mixture has formed a ball of dough that has cleaned the sides of the work bowl, process for an additional 45 seconds to knead. Coat dough with $\frac{1}{2}$ tablespoon (7.5 ml) of the olive oil. Place in a bowl. Cover bowl with plastic wrap or a dry dishtowel. Allow the dough to rise in a warm, draft-free spot until doubled, about 1 hour.

Spread 1 tablespoon (15 ml) of the remaining olive oil in a 15x10-inch (38 x 25 cm) jelly roll pan. Punch the dough down and let rest for 5 minutes. Press the dough into the prepared pan until it fills it completely. Cover with a sheet of oiled plastic wrap and let rise again in a warm, draft-free place until doubled in bulk, about 1 hour. After 45 minutes, arrange the oven rack in the lower third of the oven, and preheat the oven to 450°F (230°C).

Make dimples in the surface of the dough with your fingers. Drizzle with the remaining olive oil, spreading gently with hands. Sprinkle with coarse salt and herbs if using.

Bake in the preheated 450°F (230°C) oven for about 25 minutes, until a deep golden colour. Transfer to a cutting board, slice and serve warm, or transfer to a wire rack and cool if serving at another time. For longer storage, wrap and freeze.

Nutritional information per serving:

Calories 334 (34% from fat) • carb. 48g • pro. 7g • fat 12g • sat. fat 2g • chol. 0mg • sod. 754mg • calc. 11mg • fiber 2g

DESSERTS

FUDGY BROWNIES

These easy-to-make brownies are always a favourite in lunchboxes or for after-school snacks.

Makes 32 brownies

- 6 ounces (170 g) unsweetened chocolate
- 2 cups (500 ml) packed light brown sugar, divided
- $\frac{3}{4}$ cup (150 ml) unsalted butter, melted and hot
- 6 large eggs
- 2 teaspoons (10 ml) pure vanilla extract
- $1\frac{1}{3}$ cups (325 ml) unbleached, all-purpose flour
- $\frac{1}{2}$ teaspoon (2.5 ml) kosher salt
- 2 teaspoons (10 ml) baking powder
- 1 cup (250 ml) pecan halves

Preheat oven to 350°F (180°C). Butter two 8-inch (20 cm) square baking pans.

Break chocolate into 1-inch (2.5 cm) pieces. Insert the metal blade. Put chocolate into the work bowl with half the sugar. Pulse until coarsely chopped, 6 to 8 times. Then process continuously until finely chopped, about 20 seconds.

With machine running, pour hot butter through feed tube. Process until smooth, about 30 seconds. Add remaining sugar, eggs and vanilla. Pulse twice, then process 10 seconds more. Add dry ingredients and nuts. Pulse until mixed, 6 to 8 times. Spread into prepared pans.

Bake until slightly crusty and moist inside, about 20 minutes. Cool and cut into squares.

Nutritional information per serving:

Calories 168 (90% from fat) • carb. 20g • pro. 3g • fat 10g • sat. fat 5g • chol. 50mg • sod. 68mg • calc. 23mg • fiber 1g

CHOCOLATE CHIP OATMEAL COOKIES

Toasted nuts and oatmeal make these cookies good for you as well as delicious.

Makes 70 cookies

- 1 cup (250 ml) quick-cooking oats
- $1\frac{1}{2}$ cups (375 ml) pecan halves
- $1\frac{1}{2}$ cups (375 ml) unsalted butter, room temperature, cut into $\frac{1}{2}$ -inch (1.25 cm) pieces
- $\frac{3}{4}$ cup (150 ml) granulated sugar
- 1 cup (250 ml) packed light brown sugar
- 2 large eggs
- $1\frac{1}{2}$ teaspoons (7.5 ml) pure vanilla extract
- 2 cups (500 ml) unbleached, all-purpose flour
- 1 teaspoon (5 ml) kosher salt
- $1\frac{1}{2}$ teaspoons (7.5 ml) baking soda
- 12 ounces (340 g) semisweet chocolate chips

Preheat oven to 350°F (180°C) and place rack in center. Toast quick-cooking oats and pecans on baking sheet until lightly browned, about 10 minutes. Remove and reserve. Turn oven up to 375°F (190°C). Insert the metal blade. Place butter and sugars in work bowl. Process with both sugars until smooth, about 2 minutes. Scrape work bowl as necessary. Add eggs and vanilla and pulse until just mixed, about 6 times.

Add pecans, flour, salt, baking soda and half of the oats. Pulse until mixed, about 8 times. Remove to large bowl, add remaining oatmeal and chocolate chips and stir to mix. Drop by rounded teaspoonfuls onto buttered baking sheets, 1 inch (2.5 cm) apart, and bake until golden brown, about 11 minutes.

Nutritional information per serving:

Calories 114 (55% from fat) • carb. 12g • pro. 1g • fat 7g
• sat. fat 3g • chol. 17mg • sod. 60mg
• calc. 7mg • fiber 1g

CHOCOLATE SAUCE

You can make a delicious chocolate sauce in your work bowl in 1 minute! No more worries about melting chocolate on top of the stove.

Makes about 2 cups (500 ml)

10 ounces (283 g) semisweet chocolate, broken into ½-inch (1.25 cm) pieces
½ cup (125 ml) superfine sugar
⅔ cup (150 ml) water, heated to boiling

Insert metal blade. Put chocolate and sugar in work bowl. Pulse until coarsely chopped, about 6 times. Then process continuously until chopped to a fine powder, about 60 seconds. With machine running, slowly pour hot water through feed tube. Process until chocolate melts, about 45 seconds, stopping once to scrape down bowl.

Mint Variation: Add 1 tablespoon (15 ml) of peppermint extract, crème de menthe or peppermint schnapps to water after it is heated.

Nutritional information per serving:

Calories 125 (39% from fat) • carb. 19g • pro. 0g • fat 5g
• sat. fat 3g • chol. 0mg • sod. 0mg
• calc. 0mg • fiber 3g

APPLE CRUMB PIE

An all-American dessert favourite.

To prepare without washing the work bowl, make Basic Pastry Dough first, then continue with the crumb topping and then the apple filling.

For the crust:

½ use your own recipe for Basic Pastry Dough

For the crumb topping:

½ cup (125 ml) packed light brown sugar
½ cup (125 ml) unbleached, all-purpose flour
½ cup (125 ml) rolled oats (old-fashioned, not quick-cooking)
½ cup (125 ml) sugar
5 tablespoons (75 ml) cold unsalted butter, cut into ½-inch (1.25 cm) pieces
½ cup (125 ml) pecan halves
1 teaspoon (5 ml) pure vanilla extract

For the apple filling:

⅔ cup (150 ml) granulated sugar
¼ cup (60 ml) unbleached, all-purpose flour
1 teaspoon (5 ml) ground cinnamon
½ teaspoon (2.5 ml) ground ginger
¼ teaspoon (1 ml) freshly ground nutmeg
2 pounds (907 g) apples*, peeled, cored and quartered
1½ tablespoons (25 ml) fresh lemon juice

For the crumb topping:

Insert the metal blade. Put brown sugar into the workbowl. Pulse to break it up, 4–5 times. Add flour, oats and sugar to work bowl; pulse 5 times. Add cold butter pieces, nuts and vanilla, pulse for 15 one-second pulses. Transfer to a small bowl and work the mixture with fingers until it forms large crumbs. Reserve.

For the apple filling:

Sprinkle sugar, flour and spices into the work bowl. Insert the medium slicing disc. Place the apple quarters in the feed tube. Use medium pressure to slice. Repeat to slice all apples. Toss with lemon juice.

To assemble and bake the pie:

Arrange rack in lower third of oven. Preheat oven to 400°F (200°C). Dust the chilled dough with flour and place on a lightly floured surface. Roll the dough into a 15-inch (38 cm) round, rolling from one edge to the opposite edge, rotating the dough as you go, adding just enough flour to keep it from sticking to the counter or pin. Do not roll back and forth. When it has been rolled to size, gently fold it in half, then in half again. Lift carefully and center it in a 9-inch (23 cm) deep-dish pie plate. Unfold, and let the pastry settle into the pan. Trim edges to an even ½-inch (1.25 cm) overhang. Brush rim of pastry with water and fold in; press and seal. Use fingers or fork to crimp decoratively.

Turn the apples and flour mixture out of the work bowl directly into the prepared pie crust. Spread apples evenly and sprinkle with reserved crumb topping. Place pie on rack in preheated oven (may place foil or baking sheet on rack underneath to catch drips). Bake until browned and bubbly, about 55 to 60 minutes. If crust or topping appears to

brown too quickly, cover loosely with a sheet of foil. Let cool for at least 1 hour on a rack before serving.

Nutritional information per serving:

Calories 346 (41% from fat) • carb. 49g • pro. 3g • fat 16g • sat. fat 8g • chol. 34mg • sod. 165mg • calc. 21mg • fiber 3g

* Use apples that hold their shape when baking such as Jonathan, Stayman-Winesap, Cox's Orange Pippin, Jonagold (these are all sweet-tart); Braeburn, Fuji, Golden Delicious, Mutsu (Crispin), Pink Lady, Suncrisp, Rome Beauty, Empire (all sweet apples); IdaRed, Macoun, Newton Pippin, Northern Spy, Granny Smith (all tart apples).

You may mix types of apples for a more complex flavour.

CARROT CAKE

To make this delicious, moist cake look really professional, put a marzipan carrot in the center. You can buy them at many pastry or candy shops.

Three 9-inch (23 cm) round cake pans
Makes 20 servings

- 1 pound (454 g) carrots, peeled and cut lengthwise to fit into feed tube horizontally
- 1 cup (250 ml) granulated sugar
- 1 cup (250 ml) packed dark brown sugar
- 4 large eggs
- 1½ cups (375 ml) corn oil
- 2 teaspoons (10 ml) pure vanilla extract
- 1½ cups (375 ml) walnut pieces
- 1½ cups (400 ml) unbleached, all-purpose flour
- 1 tablespoon (15 ml) unsweetened cocoa
- 2 teaspoons (10 ml) baking powder
- 2 teaspoons (10 ml) ground cinnamon
- 1 teaspoon (5 ml) baking soda
- 1 teaspoon (5 ml) kosher salt
- 1 cup (250 ml) raisins
- Cream Cheese Frosting (recipe follows)

Preheat oven to 350°F (180°C). Butter cake pans, line bottoms with parchment paper and butter the paper. Dust pans with bread crumbs.

Insert shredding disc to shred carrots and reserve.

Insert metal blade. Process sugars, eggs, oil and vanilla until smooth, about 15 seconds. Add walnuts and dry ingredients and pulse until combined, about 6 times, stopping once to scrape down work bowl. Use spatula to stir in raisins and carrots.

Divide batter among prepared pans and bake in preheated oven until cake tester inserted in center comes out clean, about 35 to 40 minutes. Cool in pans for 2 to 3 minutes and turn out onto wire racks to cool completely. Remove paper.

Spread frosting between layers and on top and sides of cakes.

Nutritional information per serving (unfrosted):

Calories 346 (51% from fat) • carb. 40g • pro. 4g • fat 21g • sat. fat 3g • chol. 43mg • sod. 221mg • calc. 38mg • fiber 2g

CREAM CHEESE FROSTING

This quick and easy frosting is delicious on carrot cake, but it's also good on many other cakes.

Frosts three 9-inch (23 cm) layers

- 1 pound (454 g) cream cheese, room temperature, cut into pieces
- ½ cup (125 ml) butter (1 stick) cut into pieces
- 2 cups (500 ml) confectioners' sugar, sifted
- 1 teaspoon (5 ml) pure vanilla extract

Insert metal blade. Put cream cheese and butter into the work bowl. Process until combined, about 10 seconds. Add sugar and process until smooth, about 5 seconds. Add vanilla and process until incorporated, about 15 seconds.

Nutritional information per serving:

Calories 166 (65% from fat) • carb. 13g • pro. 1g • fat 12g • sat. fat 8g • chol. 37mg • sod. 73mg • calc. 22mg • fiber 0g

SHERBETS AND FROZEN YOGURTS

At least 5 hours before serving, prepare fruit by cutting it into 1-inch (2.5 cm) pieces. For frozen yogurts, freeze all of the fruit in a single layer on a baking sheet. For sherbets, freeze three-quarters of fruit in same way and refrigerate remaining fruit.

A few minutes before serving, process frozen fruit and desired amount of sugar with metal blade, pulsing about 8 times, then processing continuously until fruit is finely chopped, scraping down work bowl and cover as necessary.

Add refrigerated fruit or yogurt and any additional ingredients called for in recipe. Process just until mixture becomes smooth and creamy, scraping down work bowl as necessary. Taste for sweetness, adding more sugar if necessary.

Sherbets and frozen yogurts are best when served immediately, but they may be frozen for later use. To prepare frozen mixture for serving, cut it into 1-inch (2.5 cm) chunks. Process with metal blade just until mixture becomes smooth and creamy.

WARRANTY

LIMITED 5-YEAR MOTOR WARRANTY

LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

Toll-free phone number:

1-800-472-7606

Address:

Cuisinart Canada
100 Conair Parkway
Woodbridge, Ont. L4H 0L2

Email:

consumer_Canada@conair.com

Model:

DFP-14NC SERIES

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code*/copy of original proof of purchase
- Any other information pertinent to the product's return

* Product date code can be found on the underside of the base of the product. Date code: WWYY, representing week, and year. eg. 5018 = manufactured in 50th week of the year 2018.

Note: We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606.

For more information, please visit our website at www.cuisinart.ca

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