

Cuisinart®

INSTRUCTION
BOOKLET
AND RECIPE
BOOKLET



7-Cup Cuisinart® Elite Collection™ Food Processor

MFP-108C Series

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

RECOMMENDED MAXIMUM WORK BOWL CAPACITY

FOOD	CAPACITY
Sliced or shredded fruit, vegetables or cheese	5 cups (1.25 L)
Chopped fruit, vegetables or cheese	2 cups (500 ml)
Puréed fruit, vegetables or cheese	2 cups (500 ml) cooked; 1 cup (250 ml) puréed
Chopped or puréed meat, fish or seafood	¾ pound (375 g)
Thin liquid (e.g. dressing, soups, etc.)	5 cups (1.25 L)
Cake batter	8-inch (20 cm) cheesecake batter; 1 box [15.25 ounce (442 g)] cake mix
Cookie dough	2½ dozen (based on average chocolate chip cookie recipe)
White bread/pizza dough	3 cups (750 ml) (all-purpose or bread flour)
Nuts for nut butter	2 cups (500 ml)

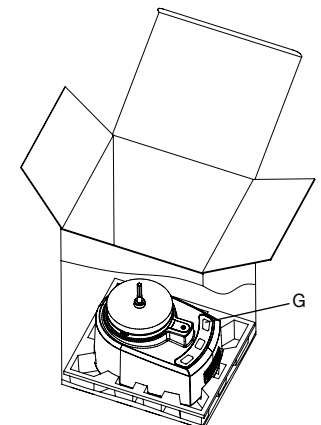
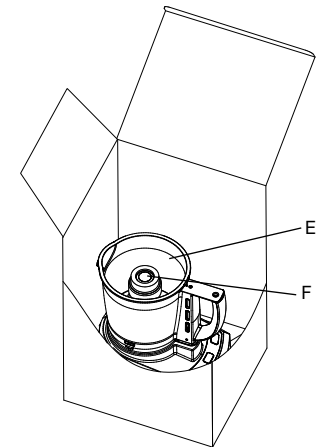
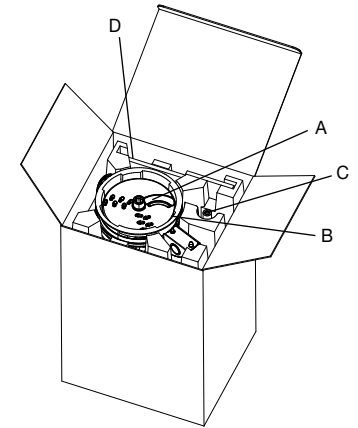
IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart Elite Collection® 7-Cup (1.75 L) Food Processor and the accessories for it:

7-cup (1.75 L) work bowl, work bowl cover, metal chopping/mixing/kneading blade, reversible slicing/shredding disc, stem adapter, pusher, spatula and instruction/recipe book.

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 intend to keep the food processor. Be sure the box is right side up.
2. Open top flaps – you will see a rectangular block of packing material that holds the processor parts, each fitted into cavity.
3. Remove the instruction/recipe book first.
4. **WITH GREAT CARE, THE BLADE IS VERY SHARP,** lift out the slicing/shredding disc (A), bowl cover (B), detachable stem (C) and spatula (D).
5. Lift out the top packing material.
6. Lift out the bowl (E), Remove the packing material. **CAREFULLY REMOVE THE METAL CHOPPING BLADE (F) BY GRASPING THE CENTER HUB.**
7. Only the housing base (G) remains in the box. Use both hands to lift the base out of the box and place on the table or counter.
8. Assemble the bowl onto the base by positioning the handle to the left of center and turning it counterclockwise to lock it into the base. Read the instructions thoroughly before using the machine.
9. Save the shipping cartons and packing material. You will find them very useful if need to repack the processor for moving or other shipment. Keep bags away from children.



IMPORTANT SAFEGUARDS

Always follow these safety precautions when using this appliance.

Getting Ready

1. Read all instructions.
2. **Blades and discs are sharp.** Handle them carefully.
3. **Always unplug from outlet when not in use, before putting on or taking off parts, before removing food and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**
4. Do not use outdoors.
5. Do not let cord hang over edge of table or counter, or touch hot surfaces.
6. Do not operate any appliance with a damaged cord or plug, or after appliance has been dropped or damaged in any way. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.

Operation

1. Keep hands as well as spatulas and other utensils away from moving blades or discs while processing food, to prevent the possibility of severe personal injury or damage to food processor. A plastic scraper may be used, but only when the food processor motor is stopped.
2. Avoid contact with moving parts. Never push food down by hand when slicing or shredding. Always use pusher.
3. Make sure motor has completely stopped before removing cover. (If machine does not stop within 4 seconds after you remove the bowl cover assembly, call 1-800-472-7606 for assistance. Do not use the machine.)
4. Never store any blade or disc on motor shaft. To reduce the risk of injury, no blade or disc should be placed on the shaft except when the bowl is properly locked in place and the processor is in use. Store blades and discs, as you would sharp knives, out of reach of children.
5. Be sure cover and feed tube are securely locked in place before operating food processor.

6. Never try to override or tamper with cover interlock mechanism.

Cleaning

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

General

1. This appliance should not be used by or near children or individuals with certain disabilities.
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 UL listed for household use. Use it only for food preparation as described in the accompanying recipe and instruction book. Do not use this appliance outside of its intended use.
4. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock or personal injury, or damage to your food processor.
5. To avoid possible malfunction of work bowl switch, never store processor with pusher assembly in locked position.
6. Maximum rating of 350 watts is based on attachment that draws 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.

NOTICE: If your food processor has a plastic case, it 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.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

WARNING: RISK OF FIRE OR ELECTRIC SHOCK



The lightning flash with arrowhead symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated dangerous voltage within the product's enclosure that may be of sufficient magnitude to constitute a risk of fire or electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the appliance.

SPECIAL CORD SET INSTRUCTIONS

NOTICE

If you have a die-cast metal unit, for your protection, it is equipped with a 3-conductor cord set that has a molded 3-prong grounding-type plug, and should be used in combination with a properly connected grounding-type outlet as shown in Figure A.

If a grounding-type outlet is not available, an adapter, shown in Figure B, may be obtained so that a 2-slot wall outlet can be used with a 3-prong plug. As shown in Figure C, the adapter must be grounded by attaching its grounding plug under the screw of the outlet cover plate.

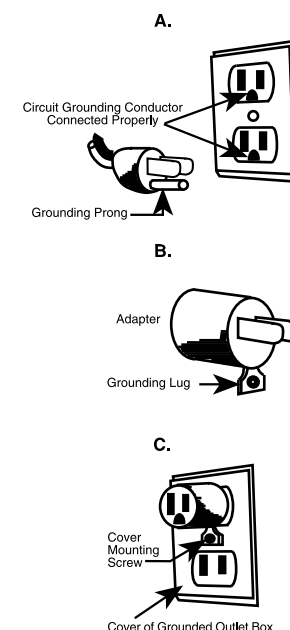
NOTE: Do not remove the grounding prong.

CAUTION: Before using an adapter, it must be determined that the outlet cover plate screw is properly grounded. If in doubt, consult a licensed electrician. Never use an adapter unless you are sure it is properly grounded.

Note: Use of an adapter is not permitted in Canada.

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WARNING
RISK OF FIRE OR ELECTRIC SHOCK
DO NOT OPEN



WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK,

DO NOT REMOVE COVER (OR BACK)

NO USER-SERVICEABLE PARTS INSIDE

REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY

FEATURES AND BENEFITS

1. Housing Base and Motor

With a vertically projecting motor shaft, this powerful base will easily process a variety of recipes.

2. Touchpad Control Panel

These easy-to-clean, touchpad buttons feature On, Pulse and Off with blue LED light.

3. Work Bowl

7-cup (1.75 L) capacity with SealTight™ Advantage technology, which maximizes processing capacity.

The work bowl is made of durable material with convenient measurement markings and pour spout.

4. Work Bowl Cover with Feed Tube

Work bowl cover with SealTight™ Advantage feature allows for maximum bowl capacity during processing and pouring. To remove the work bowl cover, push in the release buttons on either side of the handle interlock.

5. Pusher

Secured with a snap-fit, the pusher allows you to process the ingredients that go in the feed tube. Small drizzle hole for emulsifying is also provided.

6. Chopping/Mixing/Kneading Blade

This stainless steel blade will chop, mix or knead dough. It also features the BladeLock System to keep the blade in place while pouring.

7. Reversible Slicing and Shredding Disc

Provides the versatility of either slicing or shredding with the convenience of one disc.

8. Stem Adapter

This user-friendly tool easily attaches to the disc to engage the motor shaft.

9. Spatula

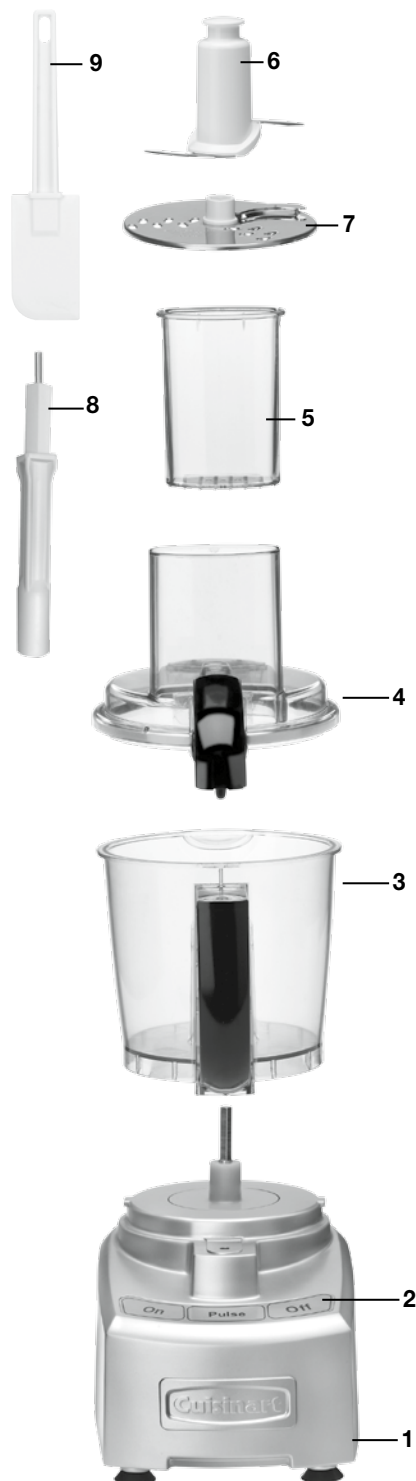
Uniquely designed to scrape the work bowl.

10. Cord Storage (not shown)

Keeps countertops safe and clean by conveniently wrapping excess cord under the unit.

11. BPA Free (not shown)

All materials that come in contact with food or liquid are BPA free.



ASSEMBLY INSTRUCTIONS

Before first use

Before using your Cuisinart Elite Collection® 7-Cup (1.75 L) Food Processor for the first time, wash the work bowl, work bowl cover, pusher, blade, disc, and spatula (see Cleaning Instructions on page 10).

1. Place the food processor base on a dry, level countertop with the controls facing you. Do not plug the unit in until it is fully assembled.
2. With the bowl on the base, use the handle to turn the work bowl counterclockwise to lock it onto the housing base.

Blade Operation

The BladeLock feature is designed to keep the blade in place during processing, pouring, lifting, and handling tasks – but is not permanently engaged. **Handle with care. Always check to be sure the blade is securely locked before turning the bowl upside down.**

Note: The chopping/mixing/kneading blade should not be removed when liquid contents are above the hub of the blade in the bowls, as this will defeat the SealTight™ system.

Blade Operation

3. With the work bowl assembled on the base, grasp the chopping/mixing/kneading blade by its hub, align it over the center of the bowl, place it on the shaft and turn it until it slides into place. Firmly push down to lock. **Always check to be sure the blade is securely locked before turning the bowl upside down.** (To remove, first take the bowl off the base and put it on a flat surface. Rest the heel of your hand on the rim of the bowl and pull up gently and carefully.)

Disc Operation

4. Position the stem adapter over the center of the bowl, and slide it down the motor shaft. Select which disc side to use for slicing or shredding, and place over the stem adapter.

Cover Operation

5. Put the work bowl cover on the work bowl by latching the back on first and then

pushing down on the front to lock into place. Be sure both front and back locks are fully engaged.

Another way to put the cover on is by positioning it directly over the bowl, and pushing down on the front and back.

To remove the cover, push in both sides of the release button (located on the cover interlock) and lift up to remove.

Note: The work bowl cover fits, locks and seals on the bowl. The work bowl cover will become easier to engage with repeated use. The seal is removable for cleaning, but must be replaced for each operation.

6. Align pusher over the feed tube opening on the work bowl cover and slide it down completely.
7. Plug the food processor into a proper electrical outlet. It is now ready for use.

Note: The bowl and lid must be securely in place for the unit to operate.



MACHINE CONTROLS

On Button

The On control is a continuous button that allows the machine to run until Off is selected.

1. Properly assemble and engage the machine.
2. Add ingredients to the work bowl, either through the feed tube or directly into the bowl.
3. Press the On button. The blue LED light will illuminate and the motor will start.
4. Press the Off button when finished.

Pulse Button

The Pulse control is a button that allows the machine to run only while it is being pressed. This capability provides more accurate control of the duration and frequency of processing. Unless otherwise specified, a pulse is about one second.

1. With the machine properly assembled and engaged, and ingredients in the work bowl, press the Pulse button repeatedly as needed. The blue LED On light will be illuminated upon activation.

MACHINE FUNCTIONS

Using the Metal Blade

Chopping

- For raw ingredients: peel, core and/or remove seeds and pits. Food should be cut into even, ½ to 1-inch (1.25 to 2.5 cm) pieces. Foods cut into same size pieces produce the most even results.
- Pulse food in 1-second increments to chop. For the finest chop, either hold the pulse down or press ON to run the machine continuously. Watch ingredients closely to achieve desired consistency and scrape the work bowl as necessary.

Puréeing

- To purée fresh fruits or cooked fruits/vegetables: Ingredients should be cut into 1-inch (2.5 cm) pieces; a smooth purée is achieved easiest when all the pieces are equal in size. Pulse to initially chop and then process ON until food is puréed; scrape the work bowl as necessary. Do not use this method to purée cooked white potatoes.

- To purée solids for a soup or sauce: Strain the solids from the liquid and process the solids alone. Add cooking liquid and process as needed.

Reversible Slicing/Shredding Disc

- **Use caution when slicing or shredding and do not exceed capacity beyond the Max Liquid fill line indicated on the work bowl.**
- Always pack food in the feed tube evenly for slicing and shredding. The food will dictate the amount of pressure: Use light pressure for soft foods, medium pressure for medium foods, and firm pressure for harder foods. Always process with even pressure.
- For round fruits or vegetables: Remove a thick slice on the bottom of the food so that it sits upright in the feed tube. If food does not fit in the feed tube, cut in half or quarters to fit. Process with even pressure.
- For small ingredients, like mushrooms, radishes or strawberries: Trim the ends so the food sits upright in the feed tube.
- When slicing or shredding cheese, be sure that the cheese is well chilled before slicing.
- To shred leafy vegetables like lettuce or spinach: Roll leaves together and stand up in feed tube. Process with even pressure.

USER GUIDE & CAPACITY CHART (facing page)

You can slice, shred and chop a multitude of vegetables and fruits in the Cuisinart Food Processor. What you may not know is that the food processor is the perfect tool for a number of other tasks, such as softening butter, making bread crumbs, making baby food, etc. Here is a guide that will help you in preparing just about anything!

FOOD	TOOL	DIRECTIONS
Soft Cheeses (ricotta, cream cheese, cottage cheese, etc.)	Chopping, Mixing, Kneading Blade	Have cheese at room temperature. When applicable, cut into 1-inch (2.5 cm) pieces. Process until smooth, stopping to scrape down the sides of the bowl as needed. Perfect for making cheesecakes, dips, pasta fillings, etc.
Firm Cheeses (Cheddar, Swiss, Edam, Gouda, etc.)	Slicing/Shredding Disc	Have cheese sit at room temperature for about 10 minutes before slicing/shredding. Cut to fit feed tube. Use light to medium pressure when slicing/shredding.
Hard Cheeses (Parmesan, Romano, etc.)	Chopping, Mixing, Kneading Blade	Chill cheese(s). If using the metal blade, cut into ½-inch (1.25 cm) pieces. Pulse to break up and then process until finely grated. This will produce a nice grated cheese. If slicing or shredding, cut to fit feed tube. Use light to medium pressure when slicing/shredding.
Baby Food	Chopping Mixing, Kneading Blade	As for all fruit and cooked vegetable purées, cut ingredients into 1-inch (2.5 cm) pieces. Steam cooked ingredients until completely soft. Pulse to chop, then process until completely smooth (add steaming liquid through the feed tube as processing if necessary). To ensure there are no lumps, press mixture through a fine mesh strainer. Keeps well frozen in ice cube trays for individual 1-ounce (30g) portions.
Butter	Chopping, Mixing, Kneading Blade Slicing/Shredding Disc	<i>For creaming:</i> Have at room temperature. Cut into 1-inch (2.5 cm) pieces. Process, scraping bowl as necessary. For compound (flavoured) butters, process flavouring ingredients, such as herbs, zest, vegetables, etc, before adding butter: <i>For shredding/slicing:</i> Freeze briefly. Use light to medium pressure to shred or slice. Shredded butter is perfect for preparing certain pastry doughs. Sliced butter is great for serving alongside corn on the cob or freshly made rolls.
Grating Chocolate	Chopping, Mixing, Kneading Blade	Chill chocolate. Cut into ½ - to 1-inch (1.25 to 2.5 cm) pieces, or use chocolate chips. Pulse to break up, and then process until desired consistency is achieved.
Bread/Cookie/Cracker/Chip Crumbs	Chopping, Mixing, Kneading Blade	If larger than the size of a potato chip, break into smaller pieces. Pulse to break up, and then process until desired consistency. This will make perfect breads/cracker/chip crumbs for breading meats and fish. Processing cookies makes for delicious pie and cake crusts!
Milk Shakes/Smoothies	Chopping, Mixing, Kneading Blade	For milk shakes, first add ice cream. While unit is running, add milk through the feed tube until desired consistency. For smoothies, add fruit first, then add the liquid through the feed tube while unit is running.
Fresh Herbs	Chopping, Mixing, Kneading Blade	Wash and dry herbs VERY well. Pulse to roughly chop. Process to finely chop.
Nuts	Chopping, Mixing, Kneading Blade	Pulse to chop to desired consistency. To make a nut butter, pulse to break up, and then process until smooth, stopping to scrape down as needed.
"Ice Cream"	Chopping, Mixing, Kneading Blade	Put frozen fruit cut into 1-inch (2.5 cm) pieces into the work bowl, with liquid (juice or milk), any desired sweeteners, such as sugar, honey, simple syrup, and other flavours. Process until smooth.
Whipped Cream	Chopping, Mixing, Kneading Blade	Process well-chilled cream until cream begins to thicken. Add sugar as desired; process continuously until cream reaches desired consistency. This cream is dense and perfect as a whipped topping for cake or ice cream.
Superfine Sugar	Chopping, Mixing, Kneading Blade	Process granulated sugar for about 1 minute until finely ground. Excellent for using in meringues and some baked goods.
Ground Meat	Chopping, Mixing, Kneading Blade	Cut into ½-inch (1.25 cm) pieces. About 14 long pulses, or until desired consistency. If a purée is desired, continue to process. Never chop/purée more than ¾ pound (375 g) at one time.

CLEANING, STORAGE AND MAINTENANCE

Keep your Cuisinart Elite Collection® 7-Cup Food Processor ready to use on the kitchen counter. When not in use, leave it unplugged.

Keep the blades and discs out of the reach of children.

All parts except the housing base are dishwasher safe, and we recommend washing them in the dishwasher on the **top rack only**. Due to intense water heat, washing the work bowl, cover and accessories on the bottom rack may cause damage over time. Insert the cover with the feed tube facing up to ensure proper cleaning of the seal. The seal also can be removed for cleaning, but must be replaced for every operation. Insert the work bowl and pusher upside down for drainage. Remember to unload the dishwasher carefully wherever you place sharp blades and discs.

To simplify cleaning, rinse the work bowl, cover, pusher and blade or disc immediately after use so food won't dry on them. Be sure to place the pusher upside down for drainage. If food lodges in the pusher, remove it by running water through it, or use a bottle brush.

If you wash the blade and disc by hand, do it carefully. When handling, use the plastic hubs. 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 durable plastic, that is shatter resistant and heat resistant. It should not be placed in a microwave oven, as the aperture at the front of the pusher houses the metal rod that activates the motor.

The housing base may be wiped clean with a soapy, non-abrasive material. Be sure to dry once clean.

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 nonabrasive cleaning powder.

IMPORTANT: Never store any blade or disc on the motor shaft. No blade or disc should be placed on the shaft except when the processor

is about to be used.

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

FOR YOUR SAFETY

Like all powerful electrical appliances, a food processor should be handled with care. Follow these guidelines to protect yourself and your family from misuse that could cause injury.

Handle and store metal blades and discs carefully. Their cutting edges are very sharp.

Always place the stem adapter on the motor shaft before assembling the disc.

Never put blade or disc on the motor shaft until the work bowl is locked in place.

Always be sure that the blade or disc is down on motor shaft as far as it will go.

Always insert the metal blade in the work bowl before putting ingredients in bowl.

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

Always wait for the blade or disc to stop spinning before you remove the pusher assembly or cover from the work bowl.

Always unplug the unit before removing food, cleaning, or putting on or taking off parts.

Always remove work bowl from base of machine before you remove chopping blade or dough blade.

TECHNICAL DATA

The motor in your food processor operates on a standard line operating current. The appropriate voltage and frequency for your machine are shown on a label on the bottom of 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 before proceeding. It will usually cool within 30 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 when the pusher assembly is removed, a fast-stop circuit also enables the motor to stop within seconds.

Cuisinart offers a Limited One-Year Warranty on the entire machine.

TROUBLESHOOTING

Food Processing

1. **Problem:** The food is unevenly processed.

Solution:

- The ingredients should be cut evenly into ½- to 1-inch (1.25 cm to 2.5 cm) pieces before processing.
- Process in batches to avoid overloading.

2. **Problem:** Slices are uneven or slanted.

Solution:

- Place evenly cut food into the feed tube.
- Apply even pressure on the pusher.

3. **Problem:** Food falls over in feed tube.

Solution:

- Feed tube must be packed full for best results.

4. **Problem:** Some food remains on top of the disc.

Solution:

- It is normal for small pieces to remain; cut remaining bits by hand and add to processed ingredients.

Dough Kneading

1. **Problem:** Motor slows down.

Solution:

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in two batches.
- Dough may be too wet (see number 8). If motor speeds up, continue processing. If not, add more flour, 1 tablespoon (15 ml) at a time until the motor speeds up. Process until dough cleans the sides of the work bowl.

2. **Problem:** Blade doesn't incorporate ingredients.

Solution:

- Always start the food processor before adding liquid. Add liquid in a slow, steady stream, allowing the dry ingredients to absorb it. If too much liquid is added, wait until ingredients in the work bowl have mixed, then add remaining liquid slowly (do not turn off the machine). Pour liquid onto dough as it passes under feed

tube opening; do not pour liquid directly onto bottom of the work bowl.

3. **Problem:** Blade rises in work bowl.

Solution:

- Excessively sticky dough can cause blade to rise. Reinsert blade and immediately add 2 tablespoons (30ml) of flour through the feed tube while the machine is running.

4. **Problem:** Dough doesn't clean inside of the work bowl.

Solution:

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in two batches.
- Dough may be too dry (see number 7).
- Dough may be too wet (see number 8).

5. **Problem:** Nub of dough forms on top of blade and does not become uniformly kneaded.

Solution:

- Stop machine, carefully remove dough, divide it into 3 pieces and redistribute them evenly in the work bowl.

6. **Problem:** Dough feels tough after kneading.

Solution:

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

7. **Problem:** Dough is too dry.

Solution:

- While machine is running, add water 1 tablespoon (15 ml) at a time until dough cleans the inside of the bowl.

8. **Problem:** Dough is too wet.

Solution:

- While machine is running, add flour 1 tablespoon (15 ml) at a time until dough cleans the inside of the bowl.

Technical

1. **Problem:** The motor does not start.

Solution:

- There is a safety interlock to prevent the motor from starting if it is not properly assembled. Make sure the work bowl and work bowl cover are securely locked into position.
- If the motor still will not start, check the power cord and outlet.

2. **Problem:** The food processor shuts off during operation.

Solution:

- The cover may have become unlocked; check to make sure it is securely in position.
- A safety protector in the motor prevents the motor from overheating, which is caused by excessive strain. Press the Off control button and wait 20 to 30 minutes to allow the food processor to cool off before resuming.

3. **Problem:** The food processor cover becomes unlatched in the back and/or makes a loud noise.

Solution:

- If the back of the cover becomes unlatched, and there is any related noise, it will not prevent the unit from working. Simply push down to lock the back into position.

4. **Problem:** The motor slowed down during operation.

Solution:

- This is normal as some heavier loads (e.g., slicing/shredding cheese) may require the motor to work harder. Simply reposition the food in the feed tube and try again.
- The maximum load capacity may have been exceeded. Remove some of the ingredients and continue processing.

5. **Problem:** It is difficult to remove the chopping/mixing/kneading blade from the work bowl.

Solution:

- This innovative blade has been designed to lock in the work bowl to prevent them from falling out when emptying the contents of the bowl. Using extreme care, use a little extra force to remove the blade.

6. **Problem:** The food processor vibrated/moved around the countertop during processing.

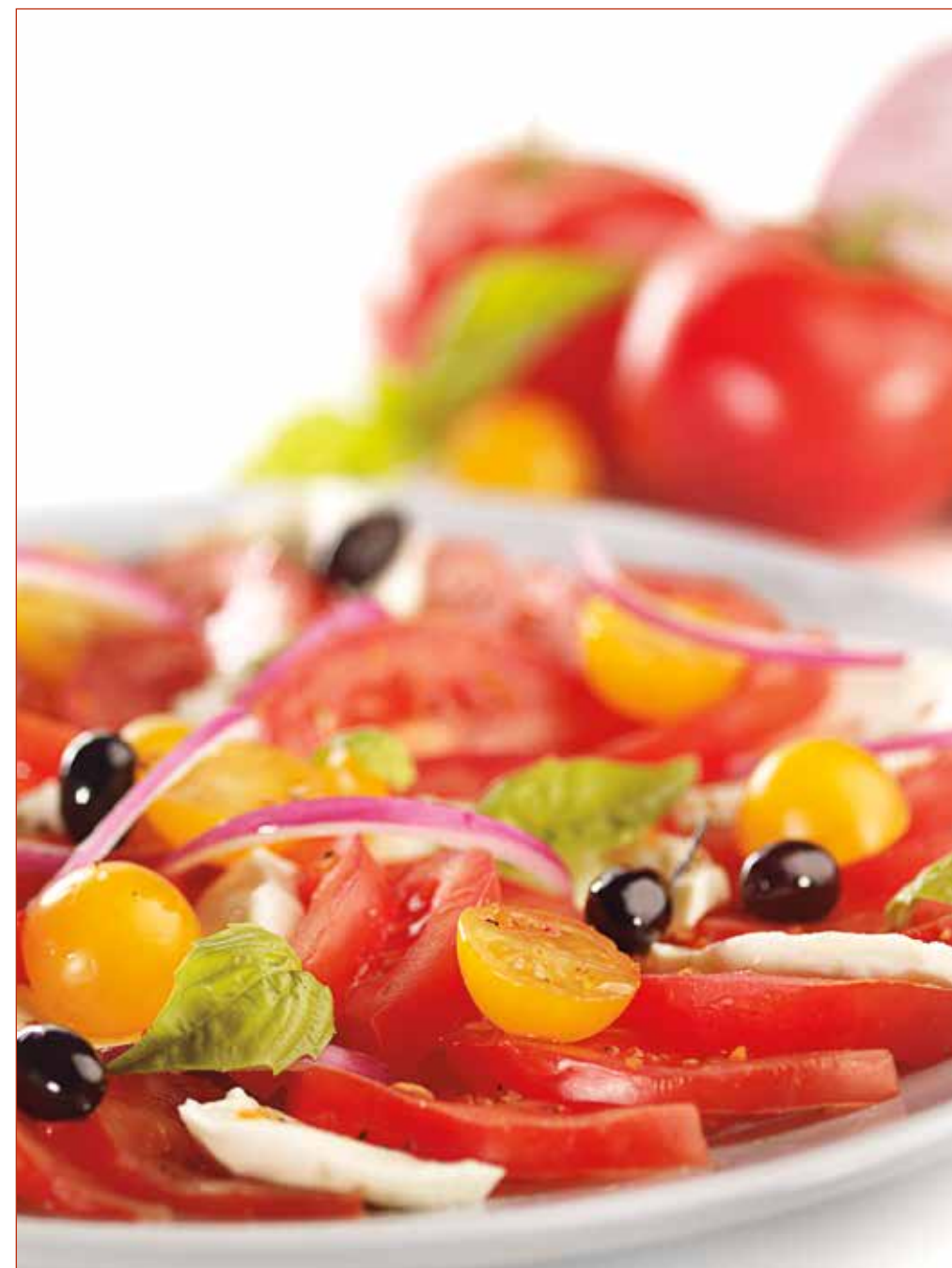
Solution:

- Make sure the rubber feet at the bottom of the unit are clean and dry. Also make sure that the maximum load capacity is not being exceeded.
- This is normal as some heavier loads (e.g., slicing/shredding cheese) may require the motor to work harder.

7. **Problem:** The pusher falls out when the cover is turned upside down.

Solution:

- The pusher lock feature, located above the handle, should be pulled out.



Cuisinart
ELITE COLLECTION® *Recipe Booklet*
7-CUP (1.75L) FOOD PROCESSOR

RECIPES

To help you feel right at home with your new Cuisinart Elite Collection® 7-Cup (1.75L) Food Processor in your kitchen, we've assembled a variety of delicious recipes to get you started – from quick and easy to more complex gourmet dishes. Breakfast and brunch through dinner and dessert, every meal is covered with these easy-to-follow recipes.

Look for the chef's whisks above the ingredients for the degree of difficulty (1=easy, 2=medium, 3=challenging), and the convenient clock icons that point you to each recipe's time commitment so you can allocate your time accordingly.

In addition, the detailed nutritional information lets you know exactly what you're eating! Bon appétit!

BASICS

Basic Fresh Breadcrumbs
Dill Butter
Vegetable Cream Cheese
Salmon Cream Cheese
Peanut Butter
Basic Vinaigrette
Tahini Dressing
Caesar Dressing
Basic Mayonnaise
Basil Pesto
Simple Tomato Sauce
Rémoulade Sauce
Tomato Salsa
Chunky Guacamole

BREAKFAST & BRUNCH

Morning-Glory Muffins
Zucchini Spice Bread
Pepper, Onion and Potato Frittata
Mushroom, Leek and Gruyère Quiche

APPETIZERS

Ten-Layer Nachos
Refried Beans
Hummus
Tea Sandwiches – 2 varieties (Radish-Dill; Cucumber-Salmon)
Stuffed Breads – 2 varieties (Sausage; Broccoli Rabe)

SOUPS/SALADS/SIDES

Gazpacho
Creamy Sweet Potato Soup
Spring Vegetable Minestrone
Coleslaw
Chopped Salad
Shredded Brussels Sprouts
Zucchini-Carrot-Potato Cakes

ENTRÉES

Falafel
Chicken Pot Pie
Vegetable Stir-Fry
Tacos Americanos
Fish Sticks

DOUGHS/BREADS

Pizza Dough
Pâte Brisée
Pâte Sucrée
Buttery Dinner Rolls
Buttermilk Biscuits

DESSERTS

Carrot Cake with Cream Cheese Frosting
Pumpkin Cheesecake
Classic Apple Pie

BASIC FRESH BREADCRUMBS

There is no need to buy breadcrumbs when you can make them with your Cuisinart® Food Processor in no time at all.



4

SLICES WHITE BREAD

Makes 1¼ cups (300 ml)

1. Preheat oven to 325°F (160°C). Bake slices of bread in a single layer for about 20 minutes or until bread is completely dried out.
2. Insert the chopping blade into the work bowl of the food processor. Directly into the work bowl, break the bread into pieces and pulse 10 times, then process until desired texture is achieved; about 30 seconds to 1½ minutes for coarse crumbs and 3 to 4 minutes for fine crumbs.

TIP: For seasoned breadcrumbs, add ¼ teaspoon (1 ml) each dried oregano, dried basil, garlic powder, and ground onion flakes to toasted bread and process as above.

Nutritional information per serving [2 tablespoons (30 ml)]:

Calories 48 (11% from fat) | carb. 9g | pro. 2g | fat 1g
sat. fat 0g | chol. 0mg | sod. 72mg | calc. 8mg | fiber 1g

NOTE: Breadcrumbs can also be processed from day-old bread. Simply break into uniform pieces and follow above instruction until finely chopped.

DILL BUTTER

Using a high quality, European-style butter makes a difference, so splurge!

We feature it in our Dill-Radish Tea Sandwich, page 35,

but a pat on top of grilled or roasted salmon is another great use for it.



¼

CUP (60 ML) FRESH DILL

4

OUNCES (115 G) GOOD QUALITY BUTTER (LIKE KERRYGOLD OR PLUGRA), ROOM TEMPERATURE AND CUT INTO 4 PIECES

2

PINCHES KOSHER SALT
PINCH FRESHLY GROUND BLACK PEPPER

Makes ½ cup (125 ml)

1. Insert the chopping blade into the work bowl of the food processor.
2. Put the dill into the work bowl and process to chop, about 20 seconds.
3. Scrape down sides of bowl if necessary, and then add the butter. Process, scraping down as needed, for about 10 seconds.
4. Add salt and pepper and process to incorporate, an additional 5 seconds. Taste and adjust seasonings accordingly.

Nutritional information per serving [2 tablespoons (30 ml)]:

Calories 67 (100% from fat) | carb. 0g | pro. 0g | fat 7g
sat. fat 5g | chol. 20mg | sod. 24mg | calc. 0mg | fiber 0g

VEGETABLE CREAM CHEESE

Vibrant with colour and texture, this spread isn't just for schmearing on your morning bagel – serve with crackers, in sandwiches, or even as a topping to a baked potato.



½

MEDIUM CARROT, PEELED AND CUT INTO ½-INCH (1.25 CM) PIECES [HEAPING ¼ CUP (60 ML)]

½

MEDIUM RED BELL PEPPER, CUT INTO ½-INCH (1.25 CM) PIECES [HEAPING ¼ CUP (60 ML)]

1

SCALLION, CHOPPED INTO ½-INCH (1.25 CM) PIECES [ABOUT ¼ CUP (60 ML)]

1

TABLESPOON (15 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED

8

OUNCES (230 G) PLAIN CREAM CHEESE (1 STANDARD PACKAGE), ROOM TEMPERATURE AND CUT INTO 8 PIECES

½ TO 1

TEASPOON (2 TO 5 ML) FRESH LEMON JUICE

½

TEASPOON (2 ML) KOSHER SALT

Makes 1½ cups (375 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the carrot, red pepper, scallion, and parsley and pulse about 6 to 7 times to chop.
2. Add the cream cheese, lemon juice and salt to the bowl and pulse about 10 to 12 times, until the all ingredients have been fully incorporated and cream cheese is smooth. Scrape down the sides of the bowl between pulses if needed.

Nutritional information per serving [1 tablespoons (15 ml)]:

Calories 35 (85% from fat) | carb. 1g | pro. 1g | fat 3g
sat. fat 2g | chol. 10mg | sod. 79mg | calc. 1mg | fiber 0g

SALMON CREAM CHEESE

Delicious topping for any roasted bagel.

Try the zestier version with a crudité or as a spread for tea sandwiches.



- 8 OUNCES [230 G (1 STANDARD PACKAGE)] PLAIN CREAM CHEESE, ROOM TEMPERATURE AND CUT INTO 8 PIECES
- 1 TO 2 PINCHES KOSHER SALT, DIVIDED
- PINCH FRESHLY GROUND BLACK PEPPER
- 3 OUNCES (85 G) SMOKED SALMON, CUT/TORN INTO 1-INCH (2.5 CM) PIECES
- 3 2-INCH (5 CM) STRIPS LEMON ZEST (BITTER WHITE PITH REMOVED), OPTIONAL
- 2 TEASPOONS (10 ML) DRAINED CAPERS, OPTIONAL
- 3 SPRIGS FRESH DILL, OPTIONAL

Makes about 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the cream cheese, pinch of salt and pepper. Pulse a few times to break up, and then process until smooth.
2. Add the smoked salmon and pulse until fully combined, about 20 times. Taste and add additional pinch of salt if desired.

NOTE: To add even more flavour to the cream cheese, add the lemon, capers and dill. First add the lemon zest and process to break up. Then add the cream cheese, salt and pepper, processing until combined. Add the capers, dill and salmon and pulse until fully combined. Taste and adjust seasoning as desired. With this version, the extra pinch of salt is most likely not necessary because of the briny flavour of the capers.

Nutritional information per serving [1 tablespoon (15 ml)]:

*Calories 56 (83% from fat) | carb. 1g | pro. 2g | fat 5g
sat. fat 3g | chol. 16mg | sod. 160mg | calc. 1mg | fiber 0g*

PEANUT BUTTER

You'll be pleasantly surprised at how easy it is to make your own nut butter; be sure to use unsalted nuts so you can control the amount of seasoning in the final product.



- 2 CUPS (500 ML) UNSALTED, DRY ROASTED PEANUTS
- ¾ TEASPOON (3.75 ML) KOSHER SALT

Makes about 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. Pulse peanuts about 10 times and then process until drops of oil are visible and the mixture is very smooth, about 3½ to 4½ minutes. (You may need to stop to scrape down periodically.)
2. Add salt and pulse 2 to 3 times to incorporate. Adjust seasoning as desired.

TIP: This method can be done with any of your favourite nuts; try adding sweet or savory spices to the spread for more complex flavour.

Nutritional information per serving [1 tablespoon (15 ml)]:

*Calories 116 (71% from fat) | carb. 4g | pro. 5g | fat 10g
sat. fat 1g | chol. 0mg | sod. 105mg | calc. 11mg | fiber 2g*

BASIC VINAIGRETTE

Classic vinaigrette – tossed with mixed greens or drizzle over grilled chicken, this works great as a marinade, too.



- ¼ CUP (60 ML) CHAMPAGNE VINEGAR
- ½ SMALL SHALLOT, PEELED AND HALVED
- 1 TEASPOON (5 ML) DIJON MUSTARD
- ½ TEASPOON (2 ML) KOSHER SALT
- ¼ TEASPOON (1 ML) GROUND WHITE PEPPER
- ¾ CUP (175 ML) EXTRA VIRGIN OLIVE OIL

Makes 1 cup (250ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the vinegar, shallot, mustard, salt and pepper to the bowl and process to combine and finely chop.
2. With machine running, slowly pour the olive oil through the feed tube until all ingredients are homogenous, about 1½ minutes.

Nutritional information per serving [1 tablespoon (15 ml)]:

*Calories 93 (97% from fat) | carb. 1g | pro. 0g | fat 11g
sat. fat 2g | chol. 0mg | sod. 80mg | calc. 1mg | fiber 0g*

TAHINI DRESSING

Tahini (a paste of ground sesame seeds) can now be found in most grocery stores. Be sure to stir well before measuring out, as it naturally separates in its jar. This dressing is a perfect match for our falafel on page 46, but is also just as delicious on a salad of mixed greens.



- 1 GARLIC CLOVE, PEELED
- 1/3 CUP (75 ML) TAHINI
- 1/4 TO 1/2 CUP (60 TO 125 ML) WATER, DIVIDED
- 2 TABLESPOONS (30 ML) FRESH LEMON JUICE
- 1 TEASPOON (5 ML) HONEY
- 3/4 TEASPOON (3.75 ML) KOSHER SALT
- 1/4 TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- 1/2 CUP (125 ML) EXTRA VIRGIN OLIVE OIL

Makes about 1 1/4 cups (300 ml)

1. Insert the chopping blade into the work bowl of the food processor. With the machine running, drop the garlic through the feed tube. Allow to process until finely chopped. Stop machine to scrape down sides. Add the tahini, 1/4 cup (60 ml) of water, lemon juice, honey, salt and pepper.
2. Turn machine on to process and while mixing, slowly add the oil through the feed tube. Continue to process until desired consistency. If dressing seems too thick, process in additional water.

Nutritional information per serving [1 tablespoon (15 ml)]:

*Calories 72 (88% from fat) | carb. 2g | pro. 1g | fat 8g
sat. fat 1g | chol. 0mg | sod. 89mg | calc. 17mg | fiber 0g*

CAESAR DRESSING

There are many versions of this recipe, but our take is pretty close to the classic. If you'd prefer not to use raw egg yolks, egg substitute can easily be used.



- 2 GARLIC CLOVES, PEELED
- 6 ANCHOVY FILLETS
- 2 LARGE EGG YOLKS
- 2 TEASPOONS (10 ML) DIJON MUSTARD
- 4 TEASPOONS (20 ML) FRESH LEMON JUICE
- 4 TEASPOONS (20 ML) RED WINE VINEGAR
- 2 TEASPOONS (10 ML) WORCESTERSHIRE SAUCE
- 1/2 TEASPOON (2 ML) FRESHLY GROUND BLACK PEPPER
- 3/4 CUP (150 ML) EXTRA VIRGIN OLIVE OIL

Makes 1 cup (250 ml)

1. Insert the chopping blade into the work bowl of the food processor. With the machine running, drop the garlic through the feed tube and process until finely chopped. Add the anchovies, egg yolks, mustard, lemon juice, vinegar, Worcestershire sauce and pepper to the work bowl. Process until well blended.
2. With the machine running, slowly pour olive oil through the feed tube in a steady stream until the dressing is emulsified, about 30 seconds to 1 minute.

TIP: For the perfect accompanying Caesar Salad, we love to make elegant Parmesan crisps. The shredding disc makes it easy. Shred about 2 ounces (60 g) of Parmesan, and then portion out by the tablespoon (15 ml) 2 inches (5 cm) apart, on to a baking pan lined with a nonstick baking sheet (such as the Silpat brand). Bake in a 400°F (204°C) oven for about 8 minutes, or until melted and slightly golden. Allow to cool on the sheet for a few minutes. While crisps are baking, toss together 4 to 6 cups (1 to 1.5 L) of torn or shredded romaine lettuce, 2 cups (500 ml) of garlicky croutons, a bit of dressing and then top each portion with a Parmesan crisp. 2 ounces (60 g) of cheese will make 8 crisps. This will definitely impress your guests!

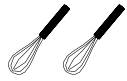
Nutritional information per serving

[1 tablespoon (15 ml) dressing]:

*Calories 91 (95% from fat) | carb. 1g | pro. 1g | fat 10g
sat. fat 2g | chol. 24mg | sod. 68mg | calc. 4mg | fiber 0g*

BASIC MAYONNAISE

Taste the difference in homemade mayonnaise.



- 4 LARGE EGG YOLKS
- $\frac{3}{4}$ TEASPOON (3.75 ML) KOSHER SALT
- 1 TEASPOON (5 ML) DIJON MUSTARD
- 1 TABLESPOON (15 ML) FRESH LEMON JUICE
- 1 TABLESPOON (15 ML) WATER
- $\frac{3}{4}$ CUP (175 ML) GRAPESEED OR VEGETABLE OIL

Makes $1\frac{1}{4}$ cups (300 ml)

1. Insert the chopping blade into the work bowl of the food processor. Process the egg yolks, salt, mustard, lemon juice and water until smooth, about 30 seconds.
2. With the machine running, add the first $\frac{1}{4}$ cup (60 ml) of the oil through the feed tube in a very slow stream, being sure each drop is incorporated into the yolks before adding the next. This step should take about 1 minute. Once the mixture is emulsified and homogenous, slowly add the remaining oil until thick, about 4 minutes. Taste and adjust seasoning accordingly.

NOTE: For fresh herb mayonnaise: process $\frac{1}{2}$ cup (75 ml) firmly packed fresh herbs (i.e., parsley, dill, tarragon, basil, etc.), stems removed, with the yolks before adding the oil.

* Raw egg warning: Caution is suggested in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

For lower-cholesterol mayonnaise, and to avoid using raw eggs, Egg Beaters® may be substituted for the egg yolks.

*Nutritional information per serving
[1 tablespoon (15 ml), using egg yolks]:*

*Calories 93 (96% from fat) | carb. 0g | pro. 1g | fat 10g
sat. fat 1g | chol. 41mg | sod. 104mg | calc. 5mg | fiber 0g*

BASIL PESTO

This is a slightly cheesier version of the standard pesto, so adjust the amount of cheese if desired. Try any combination of herbs or nuts in this recipe.



- 2 OUNCES (60 G) PARMESAN OR PECORINO CHEESE, CUT INTO $\frac{1}{2}$ -INCH (1.25 CM) CUBES
- 1 GARLIC CLOVE, PEELED
- $\frac{1}{4}$ CUP (60 ML) PINE NUTS, LIGHTLY TOASTED
- 3 CUPS (750 ML) TIGHTLY PACKED FRESH BASIL LEAVES [ABOUT 3 OUNCES (85 G)]
- $\frac{1}{4}$ TEASPOON (1ML) KOSHER SALT
- $\frac{1}{2}$ TO $\frac{2}{3}$ CUP (125 TO 150 ML) EXTRA VIRGIN OLIVE OIL

Makes about $1\frac{1}{4}$ cups (300 ml)

1. Insert the chopping blade into the work bowl of the food processor. With the machine running, drop the cheese and garlic through the feed tube to process until finely chopped, about 30 seconds. Add the nuts and pulse to chop, about 5 to 6 times. Add the basil and using 10 to 15 long pulses, chop. Scrape the bowl and add the salt. With the machine running, add the olive oil in a slow, steady stream through the feed tube, processing until combined and an emulsion is formed, about 1 minute. Scrape down the sides of the work bowl.
2. To store the pesto, transfer to a glass jar or airtight container; tap to remove all air bubbles and even out the surface. Cover the surface directly with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen.

Nutritional information per serving [1 tablespoon (15 ml)]:

*Calories 72 (80% from fat) | carb. 0g | pro. 1g | fat 8g
sat. fat 1g | chol. 2mg | sod. 74mg | calc. 40mg | fiber 0g*

SIMPLE TOMATO SAUCE

This sauce comes together in no time but tastes like it has been simmering all day long. When reduced, it makes a tasty topping for homemade pizzas.



- ½ TABLESPOON (7 ML) OLIVE OIL
- 4 GARLIC CLOVES, PEELED
- 1 SMALL ONION, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
- ¾ TEASPOON (3.75 ML) DRIED OREGANO
- 1 CAN [28 OUNCES (794 G) WHOLE PLUM TOMATOES, WITH JUICES
- ¼ CUP (60 ML) DRY WHITE WINE
- ½ TEASPOON (2 ML) KOSHER SALT
- 2 SPRIGS FRESH BASIL (10 TO 12 LARGE LEAVES)
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- ¼ TO ¾ TEASPOON (1 TO 3.75 ML) RED PEPPER FLAKES (OPTIONAL, TO TASTE, FOR A SPICIER SAUCE)

Makes about 4 cups (1 L)

1. Put the olive oil into a large saucepan set over medium heat.
2. While oil is heating, insert the chopping blade into the work bowl of the food processor. With the machine running, drop the garlic through the feed tube to chop. Turn unit off, scrape down the sides of the bowl and add the onion. Pulse to chop, about 10 times.
3. When the oil is hot add the garlic, onion and oregano to the pan. Sauté until onion is softened and the garlic is fragrant.
4. While the onion mixture is cooking, add the tomatoes to the work bowl and pulse to chop. Add the tomatoes, wine and salt to the pan with the basil. Bring to a boil and then reduce the heat to low.

Cover the pan loosely and simmer for about 1 hour. Turn off the heat and let the sauce cool in the pan for 10 minutes. Stir in the black pepper and optional red pepper flakes. Taste and adjust seasoning accordingly.

If you would like a sauce for pizza, continue to simmer, uncovered, for 40 additional minutes to reduce, stirring now and then. Transfer the reduced sauce to a bowl to cool before using as a pizza topping.

Nutritional information per serving [¼ cup (60 ml)]:

*Calories 22 (20% from fat) | carb. 3g | pro. 1g | fat 0g
sat. fat 0g | chol. 0mg | sod. 191mg | calc. 13mg | fiber 1g*

RÉMOULADE SAUCE

This sauce not only complements seafood but also pairs well with freshly steamed vegetables. For a richer, thick consistency, use Greek yogurt in place of regular.



- ½ MEDIUM TO LARGE SHALLOT, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 3 TO 4 DRAINED SWEET GHERKIN PICKLES, CUT INTO 1-INCH (2.5 CM) PIECES
- ¼ CUP (60 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 1 TABLESPOON (15 ML) FRESH DILL
- 1 TABLESPOON (15 ML) DIJON MUSTARD
- 3 TABLESPOONS (45 ML) DRAINED CAPERS
- 1¼ CUPS (300 ML) MAYONNAISE (PAGE 22) OR STORE-BOUGHT
- ½ CUP (125 ML) NONFAT PLAIN YOGURT (REGULAR OR GREEK STYLE)
- ⅛ TEASPOON (0.5 ML) FRESHLY GROUND BLACK PEPPER

Makes: 1½ cups (375 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the shallot, gherkins, parsley and dill; pulse to chop, about 15 pulses. Scrape down the sides of the bowl and add the mustard and capers and pulse 5 to 10 times to chop.
2. Add the mayonnaise, yogurt and black pepper; use 5 long pulses to combine. Do not over-process. Refrigerate until ready to use.

Nutritional information per serving [1 tablespoon (15 ml)]:

*Calories 103 (87% from fat) | carb. 2g | pro. 1g | fat 10g
sat. fat 1g | chol. 41mg | sod. 181mg | calc. 13mg | fiber 0g*

TOMATO SALSA

Serve warm tortilla chips alongside this fresh and tangy salsa.



- 1 GARLIC CLOVE, PEELED
- 1 JALAPEÑO, SEEDED AND CUT INTO ½-INCH (1.25 CM) PIECES
- ½ SMALL ONION, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 1 TEASPOON (5 ML) KOSHER SALT
- 2 CUPS (500 ML) GRAPE TOMATOES
- 2 TABLESPOONS (30 ML) FRESH CILANTRO, STEMS DISCARDED
- 1 TEASPOON (5 ML) FRESH LIME JUICE

Makes about 2 cups (500 ml)

1. Insert the chopping blade into the work bowl of the food processor. With the machine running, drop the garlic and jalapeño through the feed tube to finely chop. Add the onion, and pulse to chop, about 3 pulses. Add the salt, tomatoes, cilantro and lime juice and pulse to chop until desired consistency is reached, about 8 to 10 pulses.
2. Taste and adjust seasoning accordingly. Depending on desired consistency, strain salsa to remove excess liquid.

Nutritional information per serving [¼ cup (60 ml)]:

*Calories 11 (7% from fat) | carb. 2g | pro. 0g | fat 0g
sat. fat 0g | chol. 0mg | sod. 287mg | calc. 7mg | fiber 1g*

CHUNKY GUACAMOLE

Our fresh guacamole is perfect for the Sunday game or served alongside quesadillas for a festive dinner. It is also a component in our Ten-Layer Nachos!



- 1 GARLIC CLOVE, PEELED
- ½ JALAPEÑO, SEEDED, AND CUT INTO 1-INCH (2.5 CM) PIECES
- ½ SMALL ONION, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 1 TABLESPOON (15 ML) FRESH CILANTRO, STEMS DISCARDED
- 3 RIPE AVOCADOS, HALVED, PITS REMOVED
- 2 TABLESPOONS (30 ML) FRESH LIME JUICE
- ½ TEASPOON (2 ML) KOSHER SALT

Makes about 2½ cups (625 ml)

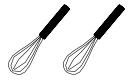
1. Insert the chopping blade into the work bowl of the food processor. With the machine running, drop the garlic and jalapeño through the feed tube to finely chop. Add the onion and cilantro and pulse 5 times to chop. Scrape down the sides of the bowl.
2. Scoop out the insides of the avocados in pieces directly into the work bowl and add the lime juice and salt. Pulse until desired consistency is achieved, about 10 to 15 pulses.

Nutritional information per serving [¼ cup (60 ml)]:

*Calories 71 (73% from fat) | carb. 4g | pro. 1g | fat 6g
sat. fat 1g | chol. 0mg | sod. 118mg | calc. 7mg | fiber 3g*

MORNING-GLORY MUFFINS

A delicious yet healthy way to start the day.



	NONSTICK COOKING SPRAY
¼	CUP (60 ML) UNBLEACHED, ALL-PURPOSE FLOUR
⅓	CUP (75 ML) WHOLE-WHEAT FLOUR
½	TEASPOON (2 ML) KOSHER SALT
¾	TEASPOON (3.75 ML) BAKING SODA
½	TEASPOON (2 ML) GROUND CINNAMON
¼	CUP (60 ML) ROLLED OATS (NOT INSTANT)
½	TEASPOON (2 ML) GRATED ORANGE ZEST
⅓	CUP (75 ML) WALNUTS, LIGHTLY TOASTED
2	LARGE CARROTS, PEELED AND TRIMMED
⅓	CUP (75 ML) PACKED LIGHT BROWN SUGAR
2	LARGE EGGS, ROOM TEMPERATURE
⅓	CUP (75 ML) GRAPESEED OR VEGETABLE OIL
½	TEASPOON (2 ML) PURE VANILLA EXTRACT
⅓	CUP (75 ML) SHREDDED, UNSWEETENED COCONUT
2	TABLESPOONS (30 ML) SUNFLOWER SEEDS

Makes 6 muffins

1. Preheat the oven to 350°F (180°C). Lightly coat a six-cup muffin pan with nonstick cooking spray and set aside.
2. Insert the chopping blade into the work bowl of the food processor. Add the flours, salt, baking soda, cinnamon, oats and zest to the work bowl; process for 10 seconds to sift. Transfer ingredients to a medium mixing bowl; reserve.
3. Add the walnuts and pulse to chop, about 5 times. Leaving the nuts in the bowl, remove the chopping blade and insert the shredding disc. Cut the carrots to fit the feed tube snugly and shred. Add to the bowl with the dry ingredients and stir to combine; reserve.
4. Reinsert the chopping blade and add the brown sugar, eggs, oil and vanilla to the work bowl and process for 5 seconds, until combined. Add the flour/carrot mixture, and pulse three times to combine. Scrape down the sides of the bowl and add the coconut and sunflower seeds. Pulse 3 to 4 more times to incorporate.
5. Divide the batter among the prepared muffin cups and bake for 18 to 20 minutes, until a toothpick or cake tester comes out clean.

Nutritional information per muffin:

*Calories 306 (60% from fat) | carb. 26g | pro. 6g | fat 21g
sat. fat 4g | chol. 62mg | sod. 372mg | calc. 27mg | fiber 3g*

ZUCCHINI SPICE BREAD

This moist, quick bread is perfect for breakfast or for an afternoon snack.



	NONSTICK COOKING SPRAY
2¼	CUPS (560 ML) UNBLEACHED, ALL-PURPOSE FLOUR
1½	TEASPOONS (7 ML) GROUND CINNAMON
¾	TEASPOON (3.75 ML) GROUND ALLSPICE
¼	TEASPOON (1 ML) GROUND NUTMEG
1	TEASPOON (5 ML) KOSHER SALT
1	TEASPOON (5 ML) BAKING POWDER
½	CUP (125 ML) WALNUTS, LIGHTLY TOASTED
1	LARGE ZUCCHINI, APPROXIMATELY 8 TO 10 OUNCES (230 TO 290 G)
½	CUP (125 ML) GRAPESEED OR VEGETABLE OIL
1	CUP (250 ML) GRANULATED SUGAR
2	LARGE EGGS
½	CUP (125 ML) DRIED CHERRIES OR CRANBERRIES

Makes one 2-pound (1kg) loaf (16 servings)

1. Preheat oven to 325°F (160°C). Coat a 9 x 5 x 3-inch (22.5 x 12.5 x 7.5 cm) loaf pan with cooking spray.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, spices, salt and baking powder and process for 10 seconds to sift. Transfer ingredients to a large bowl; reserve. Add the walnuts to the work bowl and chop, 5 pulses.
3. Leaving the nuts in the work bowl, remove the chopping blade and insert the shredding disc. Trim the zucchini to fit the feed tube and shred. Transfer the walnuts and zucchini to the bowl with the dry ingredients. Stir to mix.
4. Reinsert the chopping blade and add the vegetable oil, the sugar, and the eggs. Process for 5 seconds until combined. Add the dry ingredient/zucchini mixture and scrape down the bowl. Alternating between short and long pulses, scrape down the bowl as necessary until fully incorporated (about 12 to 15 pulses total). Add the dried fruit, and pulse about 4 to 5 times to combine. Scrape down the bowl.
5. Pour the batter into the prepared pan and bake in the middle of the oven for 1½ hours, until a toothpick or cake tester comes out clean.
6. Cool on a wire rack for 5 minutes, and then turn the loaf out onto a wire rack to cool completely.

Nutritional information per serving:

*Calories 194 (37% from fat) | carb. 28g | pro. 3g | fat 8g
sat. fat 1g | chol. 23mg | sod. 183mg | calc. 14mg | fiber 1g*

PEPPER, ONION AND POTATO FRITTATA

Frittatas are simple and delicious. This is also tasty with some crumbled, cooked Italian sausage mixed into it.



- 2 GARLIC CLOVES, PEELED
- 1 SMALL ONION, PEELED AND HALVED
- 1 MEDIUM RED BELL PEPPER, QUARTERED, CORED AND SEEDED
- 1 SMALL TO MEDIUM RUSSET POTATO [4 TO 6 OUNCES (115 TO 170 G)], PEELED AND HALVED, RESERVED IN COLD WATER
- 1 OUNCE (30 G) PARMESAN
- 1 TABLESPOON (15 ML) OLIVE OIL, DIVIDED
- ½ TEASPOON (2 ML) KOSHER SALT, DIVIDED
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER, DIVIDED
- 12 LARGE EGGS, BEATEN

Makes 10 servings

1. Preheat oven to 350°F (180°C).
2. Insert the metal chopping blade into the work bowl of the Food Processor. With the unit running, drop the garlic through the feed tube and process to finely chop.
3. Keeping the garlic in the bowl, remove the chopping blade and insert the slicing disc assembly. Slice the onion and pepper. Remove vegetables and reserve. Slice the potato; remove and reserve in cold water.
4. Remove the slicing disc, and flip to the shredding side. Shred the Parmesan; reserve.
5. Place a 10-inch (25 cm) nonstick skillet* over medium heat. Add 2 teaspoons (10 ml) of the olive oil and swirl the pan to coat the surface evenly. Add the garlic, onion and pepper, with a pinch each of the salt and pepper; sauté until softened, about 6 to 8 minutes. Remove and reserve.
6. Add the remaining oil to the pan. Remove the potatoes from the water and dry well on a towel. Add to the pan with 2 pinches each of the salt and pepper. Sauté until browned and tender.
7. Once potatoes have browned, add the onion/pepper mixture back to the pan, stir to combine, then top with the eggs, remaining salt and pepper and shredded parmesan. Leave skillet on the heat so that the bottom and sides of the frittata begin to set, about 6 to 8 minutes. Place skillet into oven and bake until the top of the frittata is golden and puffed, about 20 to 25 minutes.
8. Carefully remove skillet from oven and invert onto a cutting board. Cut the frittata and serve immediately.

* If not using a nonstick pan, coat the pan with a nonstick cooking spray before adding the eggs. Once the vegetables are sautéed, stir them into beaten eggs; and add to the coated pan.

Nutritional information per serving:

Calories 127 (56% from fat) | carb. 5g | pro. 9g | fat 8g | sat. fat 3g | chol. 225mg | sod. 248mg | calc. 73mg | fiber 1g

MUSHROOM, LEEK AND GRUYÈRE QUICHE

Quiche works for any meal, from an elegant weekend brunch, to a light lunch or dinner when paired with salad.



- ½ RECIPE PÂTE BRISÉE DOUGH (PAGE 52)
- 1 GARLIC CLOVE, PEELED
- 1 SMALL TO MEDIUM LEEK, TRIMMED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 4 OUNCES (115 G) MUSHROOMS, CLEANED
- 1 TEASPOON (5 ML) OLIVE OIL
- ¼ TEASPOON (1 ML) KOSHER SALT, DIVIDED
- 1 TEASPOON (5 ML) FRESH THYME [OR ¼ TO ½ TEASPOON (1 TO 2 ML) DRIED]
- 2 OUNCES (60 G) GRUYÈRE
- 1 CUP (250 ML) WHOLE MILK*
- ⅔ CUP (150 ML) HEAVY CREAM*
- 3 LARGE EGGS
- 2 LARGE EGG YOLKS
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER

Makes 12 servings

1. Preheat oven to 350°F (180°C).
2. Roll out dough to ⅛-inch (0.5 ml) thick circle and fit into a 9-inch (22.5 cm) tart pan. Chill in refrigerator for about 20 minutes. Using a fork, prick the chilled dough evenly all over but make sure not to go entirely through the dough. Line the shell with parchment and weigh it down with dried beans or rice. Bake for 15 to 20 minutes, or until the dough under the parchment is no longer wet. Remove the beans/rice and parchment and continue baking until the shell is golden brown, an additional 10 to 15 minutes. Remove and reserve. Reduce the oven temperature to 325°F (160°C).
3. While shell is baking, prepare the filling. Insert the chopping blade into the work bowl of the food processor. Put the garlic and leek into the bowl and process until finely chopped. Remove and reserve. Remove the chopping blade and insert the slicing disc and slice the mushrooms.
4. Put oil in a medium skillet over medium-low heat. Once oil is hot, add the chopped garlic and leek with a pinch of the salt. Sauté until softened, about 4 minutes. Add the mushrooms and thyme. Sauté until mushrooms are softened and have picked up some colour, about 6 to 10 minutes.
5. While the mushrooms are cooking, flip the slicing disc to the shredding side and shred the Gruyère. Remove and reserve.
6. Replace the shredding disc with the chopping blade. Put the milk, cream, eggs, yolks, remaining salt and the pepper in the work bowl. Process to fully combine.
7. To assemble the quiche, scatter the garlic, leek and mushrooms evenly along the bottom of the baked tart shell. Pour the egg mixture over the vegetables and scatter the Gruyère on the top.
8. Bake for 25 to 30 minutes until quiche is just set.
9. Remove from oven and let sit for 5 to 10 minutes before serving.

* You may substitute half & half for the milk and cream.

Nutritional information per serving:

Calories 217 (71% from fat) | carb. 10g | pro. 6g | fat 17g | sat. fat 5g | chol. 102mg | sod. 191mg | calc. 90mg | fiber 0g

TEN-LAYER NACHOS

These nachos are stacked high with delicious ingredients. Try using different cheeses or substituting your own favourite nacho toppings.



- 1 STANDARD BAG TORTILLA CHIPS (ENOUGH TO COVER THE BOTTOM OF RIMMED BAKING SHEET)
- $\frac{3}{4}$ CUP (175 ML) REFRIED BEANS, HOMEMADE (RECIPE FOLLOWS) OR CANNED
- 2 LARGE OR 4 SMALL SCALLIONS, TRIMMED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 1 JALAPEÑO, SEEDED AND CUT INTO 1-INCH (2.5 CM) PIECES
- $\frac{1}{2}$ CUP (125 ML) GRAPE TOMATOES
- $\frac{3}{4}$ CUP (175 ML) WHOLE, PITTED BLACK OLIVES
- 6 TO 8 OUNCES (170 TO 230 G) MONTEREY JACK OR CHEDDAR, OR A MIX OF THE TWO, CHILLED
- $\frac{2}{3}$ CUP (150 ML) SALSA (PAGE 26)
- $\frac{2}{3}$ CUP (150 ML) GUACAMOLE (PAGE 15)
- $\frac{1}{2}$ CUP (125 ML) SOUR CREAM OR PLAIN YOGURT

Makes 10 to 12 servings

1. Preheat oven to 375°F (190°C). Line a rimmed baking sheet with foil. Evenly distribute the chips on the prepared baking pan.
2. Evenly distribute dollops of the refried beans on top of the chips. Reserve.
3. Insert the chopping blade into the work bowl of the food processor. Put the scallions and jalapeño in the bowl and pulse to roughly chop, about 5 times. Remove and evenly distribute on the chips and beans.
4. Put the tomatoes into the work bowl and pulse to chop. Again, remove and distribute on the chips.
5. Remove the chopping blade and insert the slicing disc. Slice the olives. Remove and distribute on top of the nachos. Flip the slicing disc to the shredding side. Shred the cheese(s). Remove and evenly distribute over the rest of the assembled nacho ingredients.
6. Bake in the preheated oven for about 15 minutes, or until the cheese is fully melted. Serve immediately with salsa, guacamole and sour cream.

Nutritional information per serving (based on 12 servings):

Calories 249 (48% from fat) | carb. 25g | pro. 7g | fat 13g
sat. fat 3g | chol. 13mg | sod. 421mg | calc. 174mg | fiber 4g

NOTE: These nachos are a breeze to make, especially if you have all the ingredients prepped and ready to go.

REFRIED BEANS

It is easy enough to buy canned, but making your own is just as simple and much more delicious!

Makes about 2 cups (500 ml)



- 2 GARLIC CLOVES, PEELED
- $\frac{1}{2}$ MEDIUM ONION, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
- $\frac{1}{2}$ JALAPEÑO, SEEDED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 2 TABLESPOONS (30 ML) GRAPESEED OR VEGETABLE OIL, DIVIDED
- 1 TABLESPOON (15 ML) TOMATO PASTE
- $\frac{1}{2}$ TEASPOON (2 ML) KOSHER SALT, DIVIDED
- 1 TO 2 PINCHES GROUND CUMIN
- 1 PINCH CAYENNE
- 1 CAN [15.5 OUNCES (440 G)] PINTO BEANS, DRAINED
- 1 TO 1½ CUPS (250 TO 375 ML) WATER

1. Insert the chopping blade into the work bowl of the food processor. Put the garlic, onion and jalapeño in the bowl and process to finely chop.
2. Put 1 tablespoon (15 ml) of the oil in a medium nonstick skillet set over medium heat. Once oil is hot, add the chopped vegetables, tomato paste, a pinch of salt, cumin and cayenne. Sauté until softened, about 4 minutes. Add the drained beans and cook until hot and softened a bit more, about 6 to 8 minutes.
3. Transfer all ingredients to the food processor, still fitted with the chopping blade. Pulse until desired consistency is reached, adding water through the feed tube as you go to achieve a nice creamy texture. Add salt to taste.
4. Put the remaining 1 tablespoon (15 ml) of oil in the same skillet and set over medium-high heat. Once hot, add the puréed bean mixture to the pan and cook, stirring frequently, until slightly darkened in colour, no more than 4 minutes. Serve warm.

Nutritional information per serving [$\frac{1}{4}$ cup (60 ml)]:

Calories 83 (41% from fat) | carb. 10g | pro. 3g | fat 4g
sat. fat 0g | chol. 0mg | sod. 311mg | calc. 28mg | fiber 3g

HUMMUS

Serve this brightly flavoured dip with warm pita for a satisfying snack.



- ¼ CUP (60 ML) FRESH ITALIAN PARSLEY, LEAVES ONLY
- ½ TEASPOON (2 ML) LEMON ZEST
- 1¼ TEASPOONS (6 ML) KOSHER SALT
- 1 GARLIC CLOVE, PEELED
- 2 CANS [15.5 OUNCES (440 G)] CHICKPEAS, DRAINED AND RINSED
- 2 TABLESPOONS (30 ML) TAHINI
- ¼ CUP (60 ML) FRESH LEMON JUICE
- ¼ CUP (60 ML) WATER
- ½ TEASPOON (2 ML) GROUND CUMIN
- ¼ CUP (60 ML) EXTRA VIRGIN OLIVE OIL, PLUS 1 TABLESPOON (15 ML) FOR SERVING
- ⅛ TEASPOON (0.5 ML) PAPRIKA (OPTIONAL)
- PINCH ZA'ATAR (OPTIONAL)

Makes about 2½ cups (625 ml)

1. Insert the chopping blade into the work bowl of the food processor. Add the parsley, lemon zest, salt and garlic and process to chop, about 10 seconds. Scrape down the sides of the bowl and repeat. Add remaining ingredients and process until smooth, about 5 minutes, stopping to scrape down the sides of the bowl as needed.
2. For serving, transfer hummus to a shallow bowl. Make a slight indentation in the center of the dip and fill with the remaining tablespoon of oil. Sprinkle the paprika and za'atar, if using, over the oil.

Nutritional information per serving [1 tablespoon (15 ml)]:

*Calories 43 (41% from fat) | carb. 5g | pro. 1g | fat 2g
sat. fat 0g | chol. 0mg | sod. 138mg | calc. 11mg | fiber 1g*

DILL-RADISH TEA SANDWICHES

An elegant sandwich to serve for light lunch or afternoon tea.



- 6 TO 8 SMALL RADISHES (ABOUT 1 SMALL BUNCH), TRIMMED
- 1 LOAF SLICED RYE COCKTAIL BREAD*
- ½ CUP (125ML) DILL BUTTER (PAGE 7), SOFTENED
- SEA SALT

Makes about 22 sandwiches

1. Fit the slicing disc into the work bowl of the food processor. Fill the feed tube with the radishes and slice.
 2. Lay the slices of bread on a clean work surface. Spread 1 teaspoon (5 ml) of butter on one side of each piece of bread. Top half of the buttered pieces with 3 radish slices and a pinch of salt. Top with another piece of bread, buttered side down. Continue with the remaining bread.
 3. Halve the sandwiches on the diagonal and serve immediately.
- * If you cannot find cocktail bread, extra-thin-sliced bread, such as Pepperidge Farm brand, is a good substitute. Just cut each slice in quarters to make them cocktail size.

Nutritional information per sandwich:

*Calories 72 (56% from fat) | carb. 7g | pro. 1g | fat 4g
sat. fat 3g | chol. 11mg | sod. 198mg | calc. 10mg | fiber 1g*

CUCUMBER-SALMON TEA SANDWICHES

Be sure to have these sandwiches front and center on your lunch buffet – they are not only delicious, but they will also bring lots of colour to your table.



- 1 SMALL TO MEDIUM CUCUMBER, HALVED LENGTHWISE AND WIDTHWISE
- ½ CUP (125 ML) SALMON CREAM CHEESE (PAGE 18), LEMON-DILL-CAPER VARIETY, SOFTENED
- 1 LOAF PUMPERNICKEL COCKTAIL BREAD*
- 3.5 OUNCES (100 G) SMOKED SALMON, TORN OR CUT INTO 22 PIECES

Makes about 22 sandwiches

1. Insert the slicing disc into the work bowl of the food processor. Slice the cucumber (you will have half-moon shapes).
2. Lay the slices of bread on a clean work surface. Spread 1 teaspoon (5 ml) of cream cheese on one side of each piece of bread. Top half of the slices with 3 cucumber slices and a piece of smoked salmon each. Top with another piece of bread, cream cheese side down.
3. Halve the sandwiches on the diagonal and serve immediately.

* If you cannot find cocktail bread, extra-thin sliced bread, such as Pepperidge Farm brand, is a good substitute. Just cut each slice in quarters to make them cocktail size.

Nutritional information per sandwich:

Calories 85 (48% from fat) | carb. 7g | pro. 4g | fat 5g
sat. fat 2g | chol. 13mg | sod. 360mg | calc. 12mg | fiber 1g

SAUSAGE BREAD (STROMBOLI STYLE)

This recipe is great for a hungry crowd and can easily be doubled. We use a combination of sweet and hot sausage in this bread but feel free to use whatever suits your taste.



- 1 RECIPE PIZZA DOUGH (PAGE 51)
- 2 TABLESPOONS (30 ML) GRAPESEED OR VEGETABLE OIL, DIVIDED
- 1 SMALL FENNEL BULB, FRONDS REMOVED, QUARTERED AND CORED
- 2 GARLIC CLOVES, PEELED AND SMASHED
- ¼ TO ½ TEASPOON (1 TO 2 ML) KOSHER SALT, DIVIDED
- 4 OUNCES (115 G) LOW-MOISTURE MOZZARELLA, DIVIDED
- ½ POUND (250 G) SWEET ITALIAN SAUSAGE, CASINGS REMOVED
- ¼ POUND (125 G) HOT ITALIAN SAUSAGE, CASINGS REMOVED
- 2 TABLESPOONS (30 ML) WHITE WINE UNBLEACHED, ALL-PURPOSE FLOUR, FOR ROLLING DOUGH
- EGG WASH [1 LARGE EGG LIGHTLY BEATEN WITH 1 TEASPOON (5 ML) WATER]

Make one 14-inch (35 cm) roll

1. Preheat oven to 400°F (200°C) with rack in the middle of the oven. Lightly coat a baking sheet with 1 tablespoon (15ml) of the oil.
2. Heat remaining oil in a 10-inch (25 cm) skillet over medium heat.
3. While the oil is heating, insert the slicing disc into the work bowl of the food processor and slice the fennel. Add fennel to the hot skillet with the garlic and ¼ teaspoon (1 ml) of the salt. Sauté for about 8 to 10 minutes until the fennel is softened and lightly browned. While fennel and garlic are cooking, remove the slicing disc and flip to the shredding side. Shred mozzarella; reserve in bowl.
4. Once the fennel has cooked, reserve in a separate bowl. Return pan to the heat and break sausage up into medium-size chunks directly into the pan. Cook until sausage is browned with no pink, about 5 to 7 minutes. Add fennel and stir. Add the wine and scrape any bits on the bottom of the pan with a wooden spoon. Cook until wine has evaporated, about 1 minute, and remove pan from heat. Discard garlic and stir in ½ cup (125 ml) of the mozzarella. Set aside to cool slightly.
5. Punch down pizza dough on a lightly floured surface. With the tips of your fingers, gently press out into a 14 x 8-inch (35.5 x 20.5 cm) rectangle, turning and stretching as needed. Gently lift dough onto prepared baking sheet and reshape if necessary. If any tears appear, pinch the dough back together.
6. Evenly spread sausage mixture all over the dough in a single layer, leaving a 1-inch (2.5 cm) border around the outside. Sprinkle remaining cheese evenly over the sausage mixture.
7. Brush the border of the dough with the egg wash. Starting with the long end farthest from you, roll the dough into a log (like a jelly roll) to the center of the rectangle. Take the long end closest to you and tightly pull it over the dough in the center to cover and complete the roll. Pinch to seal all along the seam. Fold the ends of the dough in on each side and pinch to seal. Roll the dough over so it is seam side down and arrange in the center of the baking sheet. Brush all over with egg wash, and with a paring knife cut 3 evenly spaced slits in the top.
8. Bake for 30 minutes or until golden brown and cooked through, rotating the pan halfway through cooking. Remove and allow bread to rest 5 minutes before slicing. Serve warm.

Nutritional information per serving (based on 14 servings):

Calories 204 (54% from fat) | carb. 16g | pro. 8g | fat 13g
sat. fat 4g | chol. 36mg | sod. 406mg | calc. 73mg | fiber 2g

BROCCOLI RABE BREAD

Sweet ricotta complements the slight bitterness of broccoli rabe in this version.



Makes one 14-inch (35 cm) roll

- | | |
|--|---|
| <p>1 RECIPE PIZZA DOUGH (PAGE 51)</p> <p>2 TABLESPOONS (30 ML) GRAPESEED OR VEGETABLE OIL, DIVIDED</p> <p>1 BUNCH BROCCOLI RABE [NO MORE THAN 1 POUND (500 G)], TRIMMED AND CUT INTO 2-INCH (5 CM) PIECES</p> <p>¾ TEASPOON (3.75 ML) KOSHER SALT, DIVIDED</p> <p>⅛ TEASPOON (0.5 ML) CRUSHED RED PEPPER FLAKES</p> <p>2 GARLIC CLOVES, PEELED</p> <p>½ CUP (125 ML) WHOLE MILK RICOTTA</p> <p>¼ OUNCE (7 G) PECORINO</p> <p>PINCH NUTMEG</p> <p>¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER</p> <p>UNBLEACHED, ALL-PURPOSE FLOUR, FOR ROLLING DOUGH</p> <p>EGG WASH [1 EGG BEATEN WITH 1 TEASPOON (5 ML) WATER]</p> | <p>1. Preheat oven to 400°F (200°C) with rack in the middle of the oven. Lightly coat a baking sheet with 1 tablespoon (15 ml) of the oil and set aside.</p> <p>2. Heat the remaining oil in a 10-inch (25cm) sauté pan over medium heat until shimmering.</p> <p>3. While the oil is heating, insert the chopping blade into the work bowl of the food processor. With the unit running, drop the garlic through feed tube to chop.</p> <p>4. Add broccoli rabe to the skillet – it will look like a lot but will shrink as it cooks. Season with salt and sauté for about 7 to 8 minutes, or until just tender. Halfway through cooking, stir in the garlic and red pepper flakes. Remove from the heat and set aside to cool slightly.</p> <p>5. While the vegetables are cooking, put the pecorino into the work bowl, still fitted with the chopping blade, and process to finely grate. Put into a medium mixing bowl with the ricotta, nutmeg, remaining salt and pepper. Add to broccoli rabe and stir to completely combine.</p> |
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6. Punch down pizza dough on a lightly floured surface. With the tips of your fingers, gently press out dough into a 14 x 8 inch (35.5 x 10.5 cm) rectangle, turning and stretching as needed. Gently lift dough onto prepared baking sheet and reshape if necessary. If any tears appear, pinch the dough back together.
 7. Evenly spread the broccoli-cheese mixture all over the dough in a single layer, leaving a 1-inch (2.5 cm) border around the outside.
 8. Brush the border of the dough with the egg wash. Starting with the long end farthest from you, roll the dough into a log (like a jelly roll) to the center of the rectangle. Take the long end closest to you and tightly pull it over the dough in the center to cover and complete the roll. Pinch to seal all along the seam. Fold the ends of the dough in on each side and pinch to seal. Roll the dough over so it is seam side down and arrange in the center of the baking sheet. Brush all over with egg wash, and with a paring knife cut 3 evenly spaced slits in the top.
 9. Bake for 30 to 35 minutes or until golden brown and cooked through, rotating the pan halfway through cooking. Remove and allow bread to rest 5 minutes before slicing. Serve warm.

Nutritional information per serving:

Calories 204 (54% from fat) | carb. 16g | pro. 8g | fat 13g
sat. fat 4g | chol. 36mg | sod. 406mg | calc. 73mg | fiber 2g

GAZPACHO

This bright and vibrant soup is perfect all summer long.



Makes 3½ cups (875 ml)

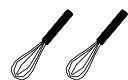
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| <p>1 GARLIC CLOVE, PEELED</p> <p>1 JALAPEÑO, SEEDED AND CUT INTO 1-INCH (2.5 CM) PIECES</p> <p>¼ CUP (60 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED</p> <p>2 SCALLIONS, TRIMMED AND CUT INTO 1-INCH (2.5 CM) PIECES</p> <p>¼ LARGE CUCUMBER, CUT INTO 1-INCH (2.5 CM) PIECES</p> <p>¼ YELLOW BELL PEPPER, CUT INTO 1-INCH (2.5 CM) PIECES</p> <p>¼ RED BELL PEPPER, CUT INTO 1-INCH (2.5 CM) PIECES</p> <p>2 MEDIUM VINE-RIPE TOMATOES, CORED AND CUT INTO 1-INCH (2.5 CM) PIECES</p> <p>1 TEASPOON (5 ML) KOSHER SALT</p> <p>¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER</p> <p>1 TEASPOON (5 ML) RED WINE VINEGAR</p> <p>1 TEASPOON (5 ML) FRESH LIME JUICE</p> <p>3 DASHES HOT SAUCE</p> <p>1½ CUPS (375 ML) VEGETABLE JUICE, LOW SODIUM</p> | <p>1. Insert the chopping blade into the work bowl of the food processor. With the machine running, drop the garlic, jalapeño, and parsley down the feed tube to chop. Pulse an additional 4 to 5 times if necessary. Add the scallions, cucumber, bell peppers and tomatoes, and pulse 7 to 8 times to rough chop.</p> <p>2. Add the remaining ingredients and pulse another 6 to 7 times to incorporate. Taste and adjust seasoning as desired. Serve.</p> |
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Nutritional information per serving [½ cup (125 ml)]:

Calories 24 (5% from fat) | carb. 5g | pro. 1g | fat 0g
sat. fat 0g | chol. 0mg | sod. 361mg | calc. 17mg | fiber 2g

CREAMY SWEET POTATO SOUP

This velvety soup is perfect for a brisk fall day.



- 2 TABLESPOONS (30 ML) UNSALTED BUTTER
- 1 GARLIC CLOVE, PEELED
- 1 ½-INCH (1.25 CM) PIECE GINGERROOT, PEELED
- 1 LEEK, TRIMMED AND CUT INTO 2-INCH (5 CM) PIECES
- ½ TEASPOON (2 ML) KOSHER SALT, DIVIDED
- PINCH FRESHLY GROUND BLACK PEPPER
- 2 MEDIUM SWEET POTATOES [ABOUT 1 POUND (500 G)], PEELED AND CUT TO FIT THE FEED TUBE (RESERVE IN COLD WATER IF NOT USING IMMEDIATELY)
- ¼ TEASPOON (1 ML) GROUND CINNAMON
- PINCH CAYENNE
- 2 CUPS (500 ML) CHICKEN OR VEGETABLE BROTH, LOW SODIUM
- ½ TO ¾ CUP (125 TO 175 ML) HEAVY CREAM

Makes about 10 cups (2.5 L)

1. Put the butter in a medium pot set over low heat.
2. While butter is heating, prepare the vegetables. Insert the chopping blade into the work bowl of the food processor. Add the garlic, ginger and leek and pulse until finely chopped, about 8 to 10 times. Put into the pot with a pinch each of the salt and pepper. Sauté until softened, about 8 minutes (you want the heat to be low so the vegetables do not pick up any color).
3. While the vegetables are cooking, prepare the potatoes. Remove the chopping blade and insert the slicing disc. Slice the potatoes. Add to the softened vegetables in the pot and stir to fully coat. Add the cinnamon, cayenne and broth and raise heat to bring mixture to a boil. Once boiling, reduce heat to maintain a simmer. Allow to simmer until potatoes are tender, about 15 minutes.
4. Using a slotted spoon, transfer the soup solids to the food processor and transfer liquid to a measuring cup (this will make it easier to add to the food processor while puréeing). Process to purée and while processing, slowly add the hot cooking liquid through the feed tube. Add ½ cup (125ml) of the cream until smooth (this will take about 2 minutes to reach a nice consistency). If a thinner soup is desired, add the remaining cup (250ml).
5. Serve immediately.

Nutritional information per serving [1 cup (250 ml)]:

Calories 221 (66% from fat) | carb. 17g | pro. 1g | fat 16g
sat. fat 11g | chol. 55mg | sod. 598mg | calc. 29mg | fiber 2g

SPRING VEGETABLE MINESTRONE

Pesto stars in this brightly flavored springtime soup.



- ½ TABLESPOON (7 ML) OLIVE OIL
- 1 GARLIC CLOVE, PEELED
- 1 SMALL LEEK, TRIMMED AND CUT INTO 2-INCH (5 CM) PIECES
- ¾ TEASPOON (3.75 ML) KOSHER SALT, DIVIDED
- ½ TEASPOON (2 ML) FRESHLY GROUND BLACK PEPPER, DIVIDED
- 3 MEDIUM CARROTS, PEELED AND TRIMMED
- 1 CELERY STALK, TRIMMED
- ½ SMALL FENNEL BULB, TRIMMED
- 6 OUNCE (170 G) RED POTATOES, (NOT PEELED), QUARTERED
- 6 CUPS (1.5 L) CHICKEN OR VEGETABLE STOCK, LOW SODIUM
- 1 SMALL ZUCCHINI, TRIMMED AND HALVED LENGTHWISE
- 1 SMALL YELLOW SQUASH, TRIMMED AND HALVED LENGTHWISE
- 1 CAN [15 OUNCES (425 G)] CHICKPEAS, DRAINED AND RINSED
- 1 CAN [15 OUNCES (425 G)] RED KIDNEY BEANS, DRAINED AND RINSED
- 2 CUPS (500 ML) COOKED DITALINI PASTA (OPTIONAL) (OR OTHER SMALL VARIETY)
- 2 TO 4 TABLESPOONS (30 TO 60 ML) BASIL PESTO (PAGE 23), FOR SERVING

Makes about 12 cups (3 L)

1. Put the olive oil in a large pot set over medium heat.
2. While oil is heating, prepare the vegetables. Insert the chopping blade into the work bowl of the food processor. Add the garlic and leek; pulse until finely chopped. Transfer to the pot with a ¼ teaspoon (1 ml) of the salt and pinch of pepper and begin to sauté.
3. While the garlic and leek are cooking, remove the chopping blade and insert the slicing disc. Fit the carrots and celery into the feed tube so they are snug and slice. Slice the fennel. Add to the pot, with the remaining salt and pepper, and sauté until slightly soft, about 10 minutes.
4. Slice the zucchini and squash, reserve in bowls. Once the vegetables have cooked, stir in the potatoes and broth. Increase temperature to bring mixture to just a boil. Reduce to maintain a simmer and add the zucchini, squash, chickpeas and beans. Continue to simmer until all vegetables are tender, about 20 to 30 minutes. Stir in the cooked ditalini, if using, and simmer for an additional 5 to 10 minutes or until heated through. Taste and adjust seasoning accordingly.
5. Serve in individual bowls topped with a dollop of pesto. The pesto is best stirred into soup before eating.

Nutritional information per serving [1 cup (250 ml)]:

Calories 127 (19% from fat) | carb. 20g | pro. 7g | fat 3g
sat. fat 0g | chol. 0mg | sod. 659mg | calc. 57mg | fiber 5g

COLESLAW

A mayonnaise-free version of the classic barbecue dish, this is nice and light, with the same tang.



- 1 CUP (250 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 1 LARGE CARROT, PEELED AND TRIMMED
- 1 MEDIUM-LARGE RADISH, TRIMMED
- ¼ MEDIUM HEAD RED CABBAGE, CORED
- ¼ MEDIUM HEAD SAVOY CABBAGE, CORED
- ¼ TEASPOON (1 ML) KOSHER SALT
- ⅛ TEASPOON (0.5 ML) FRESHLY GROUND BLACK PEPPER
- 2 TO 3 TEASPOONS (10 TO 15 ML) CIDER VINEGAR
- 2½ TABLESPOONS (40 ML) EXTRA VIRGIN OLIVE OIL

Makes about 4 cups (1 L)

1. Insert the chopping blade into the work bowl of the food processor. Add parsley and pulse to finely chop, about 6 to 8 pulses.
2. Keeping the parsley in the bowl, remove the chopping blade and insert the shredding disc. Shred the carrot and the radish. Remove the shredding disc and flip to the slicing side. Slice the cabbage.
3. Transfer ingredients to a large mixing or serving bowl. Toss vegetables together with the salt, pepper, vinegar and oil. Taste and adjust seasoning as desired.

Nutritional information per serving [½ cup (125 ml)]:

Calories 55 (68% from fat) • carb. 4g • pro. 1g • fat 4g
sat. fat 1g • chol. 0mg • sod. 89mg • calc. 25mg • fiber 1g

CHOPPED SALAD

This delicious, garden-fresh salad is always a big hit – even among non-salad eaters!



- ¼ LARGE RED ONION, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
- ¼ CUP (60 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- ½ MEDIUM CUCUMBER, SEEDED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 1 CELERY STALK, TRIMMED AND CUT TO FIT THE FEED TUBE
- 1 MEDIUM CARROT, PEELED AND CUT TO FIT THE FEED TUBE
- 1 PINT (473 ML) OF GRAPE TOMATOES, HALVED LENGTHWISE
- ½ CUP (125 ML) CORN, FRESH OR FROZEN (THAWED)
- 1 CUP (250 ML) CANNED CHICKPEAS, DRAINED AND RINSED
- ½ TEASPOON (2 ML) KOSHER SALT
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- 2½ TABLESPOONS (40 ML) BASIC VINAIGRETTE (PAGE 7)

Makes about 4 cups (1 L)

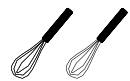
1. Insert the chopping blade into the work bowl of the food processor. Add the onion and parsley; pulse to chop, about 5 pulses.
2. Add the cucumber to the work bowl and pulse to roughly chop, 5 pulses, add to mixing bowl.
3. Remove the chopping blade and insert the slicing disc. Fit the celery and carrot together in the feed tube and slice. Add to the bowl along with the tomatoes, corn and chickpeas. Toss all ingredients together with salt, pepper and vinaigrette. Taste and adjust seasoning accordingly. Serve immediately.

Nutritional information per serving [½ cup (125 ml)]:

Calories 87 (38% from fat) | carb. 12g | pro. 2g | fat 4g
sat. fat 1g | chol. 0mg | sod. 271mg | calc. 25mg | fiber 2g

SHREDDED BRUSSELS SPROUTS

The sweetness of the brussels sprouts comes out nicely in this simple side dish. For an upscale take on it, drizzle a small amount of white truffle oil over the sprouts just before serving.



- 3 TABLESPOONS (45 ML) OLIVE OIL
- 1 POUND (500 G) BRUSSELS SPROUTS, TRIMMED
- ½ TEASPOON (2 ML) KOSHER SALT
- 2 PINCHES FRESHLY GROUND BLACK PEPPER
- ½ TEASPOON (2 ML) GRATED LEMON ZEST
- 1½ TEASPOONS (7 ML) FRESH LEMON JUICE
- 2 PINCHES CRUSHED RED PEPPER (OPTIONAL)
- SHREDDED PARMESAN (OPTIONAL)

Makes about 3 cups (750 ml)

1. Put the oil in a large skillet set over medium/medium-low heat.
2. Insert the slicing disc into the work bowl of the food processor. Slice the brussels sprouts. Add to the pan with the salt and pepper, and sauté until very tender, about 20 to 25 minutes.
3. Add the remaining ingredients and toss to combine. Sprinkle with a few pinches of shredded Parmesan if desired. Serve immediately.

Nutritional information per serving [½ cup (125 ml)]:

*Calories 93 (63% from fat) | carb. 7g | pro. 3g | fat 7g
sat. fat 1g | chol. 0mg | sod. 209mg | calc. 32mg | fiber 3g*

ZUCCHINI-CARROT-POTATO CAKES

A twist on the traditional potato latkes.



- 1 TABLESPOON (15 ML) FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 1 MEDIUM RUSSET POTATO, PEELED AND CUT TO FIT THE FEED TUBE
- 1 SMALL ZUCCHINI, TRIMMED
- 1 SMALL TO MEDIUM CARROT, PEELED
- 1 SMALL ONION, PEELED
- 1 TEASPOON (5 ML) KOSHER SALT
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- 2 TABLESPOONS (30 ML) UNBLEACHED, ALL-PURPOSE FLOUR, OR MATZO MEAL
- 1 LARGE EGG, LIGHTLY BEATEN (MAY NOT NEED ENTIRE EGG)
- 2 TABLESPOONS (30 ML) GRAPESEED OR VEGETABLE OIL, PLUS MORE AS NEEDED

Makes ten to twelve 3-inch (7.5 cm) cakes

1. Insert the chopping blade into the work bowl of the food processor. Add the parsley and finely chop, 3 to 4 pulses. Leaving the parsley in the bowl, remove the chopping blade and replace with the shredding disc assembly. Laying the vegetables horizontally in the feed tube (trim to fit as needed), shred the potato, zucchini, carrot and onion. Squeeze all excess liquid out of vegetables by wrapping up in a clean towel and gently wringing. Transfer all to a large mixing bowl. Add the salt, pepper and flour and gently mix to fully combine. Gradually add the beaten egg until the mixture just holds together. You do not want the mixture to be too wet or the final cakes will be too dense.
2. Put the oil into a large skillet set over medium-high heat. When hot, drop pancake mixture by scant ¼-cup (60 ml) spoonfuls evenly spaced in pan. Press down on top to flatten to about ¼-inch (0.6 cm) thickness. Cook about 4 to 6 minutes on each side or until crispy and light brown. Repeat adding oil as needed, until all mixture has been cooked off. Keep warm on a baking sheet lined with a rack in a 200°F (95°C) oven.
3. Serve with warm applesauce, sour cream or crème fraîche.

Nutritional information per cake:

*Calories 48 (48% from fat) | carb. 5g | pro. 7g | fat. 3g
sat. fat 0g | chol. 12mg | sod. 200mg | calc. 9mg | fiber 1g*

FALAFEL

The Middle-Eastern street food staple can now be found in just about every city. The food processor makes it possible to whip it up in your own home!



- ½ CUP (125 ML) DRIED CHICKPEAS, SOAKED OVERNIGHT; RINSED AND DRAINED
- 1 GARLIC CLOVE, PEELED
- 1 SMALL SHALLOT, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 1 TEASPOON (5 ML) KOSHER SALT
- ⅛ TEASPOON (0.5 ML) FRESHLY GROUND BLACK PEPPER
- ¾ TEASPOON (3.75 ML) GROUND CUMIN
- ¼ TEASPOON (1 ML) GROUND CORIANDER
- ⅛ TEASPOON (0.5 ML) CHILI POWDER
- ⅓ CUP (75 ML) PACKED FRESH ITALIAN PARSLEY, STEMS AND LEAVES
- 1 TABLESPOON (15 ML) UNBLEACHED, ALL-PURPOSE FLOUR
- ¼ TEASPOON (1 ML) BAKING SODA
- 1 TABLESPOON (15 ML) WATER
- GRAPESEED OR VEGETABLE OIL, FOR COOKING

Makes 12 falafel patties

1. Insert the chopping blade into the work bowl of the food processor. Add the garlic and shallot and pulse to chop, about 10 to 15 times. Add the chickpeas, salt, pepper, spices, parsley and flour. Pulse 10 to 15 times to break up, and then process for about 30 seconds to finely grind.
2. Dissolve the baking soda in the tablespoon of water, and then with unit running, pour through the feed tube and process 20 to 25 seconds to incorporate.
3. Using a ¼-cup (60 ml) scoop, form into 12 balls. Press balls into ¼-inch (0.6 cm) high patties, about 1½ to 2 inches (3.75 to 5 cm) in diameter. Place on a wax paper-lined tray or plate, cover with plastic wrap and chill overnight.
4. **To pan fry:** Put ¼-inch (0.6 cm) of oil into a medium sauté pan set over medium heat. While oil is heating, lightly dust falafel with flour. Once the oil is hot (you want it to be 375°F (190°C) – use a candy/deep-fat thermometer to monitor temperature), place no more than 4 falafel patties in the pan at one time. Cook about 4 to 5 minutes, turning halfway through to evenly brown. Remove and transfer to a cooling rack set over a paper towel-lined pan. Repeat with remaining patties.

To bake: Preheat oven to 400°F (200°C). Place falafel patties on a parchment-lined rimmed baking pan; brush a small amount of oil over the parchment. Drizzle 1 tablespoon (15 ml) of oil over the patties, turning to coat both sides. Bake for 30 minutes, turning halfway through.

Serving suggestions: The falafel patties are best when served in a pita, topped with chopped cucumber and tomato, lemon juice, salt and pepper and a good amount of tahini dressing (page 20).

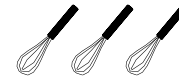
* To soak, place chickpeas in a bowl and cover with water by 2 inches (5 cm). Allow to soak overnight, and then drain and rinse before using.

Nutritional information per patty:

Calories 61 (55% from fat) | carb. 5g | pro. 2g | fat 4g | sat. fat 0g | chol. 0mg | sod. 220mg | calc. 11mg | fiber 1g

CHICKEN POT PIE

The ultimate comfort food.



- 6 TABLESPOONS (90 ML) UNSALTED BUTTER
- 1 MEDIUM CARROT, PEELED AND TRIMMED
- 1 CELERY STALK, TRIMMED
- 1 SMALL ONION, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
- 1 ROASTED CHICKEN, APPROXIMATELY 2 TO 3 POUNDS (1 TO 1.5 KG), ROOM TEMPERATURE AND CUT INTO 1-INCH (2.5 CM) PIECES (SKIN AND CARCASS DISCARDED)
- ½ CUP (125 ML) ALL-PURPOSE FLOUR, DIVIDED
- 4 TO 5 CUPS (1 TO 1.25 L) CHICKEN BROTH, LOW SODIUM
- 1 MEDIUM WAXY POTATO, CUT INTO ½-INCH (1.25 CM) CUBES
- 1 MEDIUM SWEET POTATO, PEELED AND CUT INTO ½-INCH (1.25 CM) CUBES
- ¾ TEASPOON (3.75 ML) KOSHER SALT
- ¼ TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
- ⅓ CUP (75 ML) FROZEN PEARL ONIONS
- ⅓ CUP (75 ML) FROZEN PEAS
- ½ RECIPE BUTTERMILK BISCUIT DOUGH (PAGE 55)

Makes 8 to 10 servings

1. Preheat oven to 400°F (200°C).
2. Put the butter in a medium stockpot over medium-low heat.
3. While pan is heating, prepare the vegetables. Insert the slicing disk into the work bowl of the food processor and slice the carrot and celery together and reserve.
4. Remove the slicing disc and insert the chopping blade. Add the onion and pulse about 10 times to chop. Add the onion, carrot and celery to the pot to sauté. Sauté until vegetables are softened, about 8 to 10 minutes.
5. In two to three batches, roughly chop the chicken by pulsing 2 to 3 times. Remove and reserve in a separate bowl.
6. Stir the flour into the vegetable mixture and cook for about 3 minutes to eliminate any raw flour taste. Slowly whisk in 4 cups (1 L) of the chicken broth, increase heat to medium high to bring to a boil, and then reduce heat slightly to maintain a healthy simmer. Stir in the potato, salt and pepper and let simmer for about 20 minutes, until vegetables are tender. (Add more broth if necessary so vegetables stay submerged.) Stir in the reserved chicken and frozen onions. Simmer for an additional 35 to 40 minutes to thicken slightly. Once stew-like, stir in the peas.
7. While filling is cooking, prepare the biscuit dough. Cut into 9 pieces. Reserve, covered loosely with plastic.
8. Pour filling into a 9-inch (23.5 cm) square pan. Evenly distribute the biscuits over the top of the filling so there is about ¼ inch (0.6 cm) of space between biscuits.
9. Bake until biscuits are fully cooked through and golden brown, about 15 minutes. Allow pot pie to rest at least 15 minutes before serving.

Nutritional information per serving (based on 8 servings):
Calories 459 (49% from fat) | carb. 30g | pro. 27g | fat 25g
sat. fat 11g | chol. 103mg | sod. 791mg | calc. 41mg | fiber 3g

VEGETABLE STIR-FRY

A quick and simple stir-fry. This is just a base – add cooked chicken, beef, or cubed tofu to the dish to make it a bit heartier.



- 2 GARLIC CLOVES, PEELED
- 1 1-INCH (2.5 CM) PIECE GINGER, PEELED AND HALVED
- 1 MEDIUM RED BELL PEPPER, HALVED AND CORED
- 1 STALK BROCCOLI, FLORETS AND STEM SEPARATED
- 1 BUNCH BABY BOK CHOY, LEAVES TRIMMED AND RESERVED
- 3½ TO 4 OUNCES (100 TO 115 G) SHIITAKE MUSHROOMS, CLEANED
- ½ MEDIUM TO LARGE RED ONION, PEELED AND TRIMMED TO FIT FEED TUBE
- 1½ TABLESPOONS (25 ML) PEANUT OR VEGETABLE OIL, DIVIDED
- 1 CUP (250 ML) VEGETABLE OR CHICKEN BROTH, LOW SODIUM
- 3 TABLESPOONS (45 ML) SOY SAUCE, REDUCED SODIUM
- 2 TEASPOONS (10 ML) CORNSTARCH
- ½ CUP (125 ML) SNAP OR SNOW PEAS, TRIMMED
- 1 TEASPOON (5 ML) HOT SESAME OIL
- 2 DROPS FISH SAUCE
- 2 TABLESPOONS (30 ML) SESAME SEEDS

Makes 4 servings

1. Insert the chopping blade into the work bowl of the food processor. With the unit running, add the garlic and ginger through the feed tube and process to finely chop, about 10 to 15 seconds. Remove and reserve.
2. Remove the chopping blade and replace with the slicing disc. Slice the red pepper, broccoli stalk, bok choy, mushrooms and onion. Reserve.
3. Put 1 tablespoon (15 ml) of the oil into a large skillet over medium heat. Once oil is hot, add the garlic and ginger. Sauté until softened and very fragrant, about 2 minutes. Add the remaining oil and increase heat to medium-high. Add ½ of the sliced vegetables. Sauté for about 3 to 5 minutes, and then add the remaining sliced vegetables. Sauté until softened, about an additional 5 minutes. Add the broccoli stalks and cook for a few minutes more.
4. While the vegetables are cooking, stir the broth, soy sauce and cornstarch together. Add broth mixture to the pan. Stir and cook until slightly thickened, a few minutes. Stir in the reserved bok choy leaves and broccoli florets. Cook until broccoli is tender and sauce nicely coats the vegetables.
5. Once the mixture has achieved desired consistency, stir in the sesame oil and fish sauce. Taste and adjust seasonings as desired. Serve immediately with white rice.

Nutritional information per serving [1 cup (250 ml)]:

Calories 123 (52% from fat) | carb. 12g | pro. 3g | fat 7g
sat. fat 1g | chol. 0mg | sod. 433mg | calc. 49mg | fiber 4g

TACOS AMERICANOS

A bit spicy and full of flavour, this is a great recipe to have in your arsenal – kids especially will love assembling their own tacos.



- GARNISH:**
- 3 OUNCES (85 G) MONTEREY JACK
 - ¼ HEAD ROMAINE OR ICEBERG LETTUCE
 - 1 PLUM TOMATO, QUARTERED
- TACO FILLING:**
- 1 GARLIC CLOVE, PEELED
 - ½ TO 1 JALAPEÑO, SEEDED (SOME PEPPERS TEND TO BE HOTTER THAN OTHERS, SO USE YOUR OWN JUDGMENT/PREFERENCE ON HOW MUCH JALAPEÑO TO USE)
 - ½ MEDIUM ONION, PEELED AND CUT INTO 1-INCH (2.5 CM) PIECES
 - ¾ POUND (375 G) STEW MEAT, CUT INTO ½-INCH (1.25 CM) PIECES
 - 1 TEASPOON (5 ML) GRAPESEED OR VEGETABLE OIL
 - 1 TEASPOON (5 ML) CHILI POWDER
 - ⅛ TEASPOON (0.5 ML) GROUND CUMIN
 - ⅛ TEASPOON (0.5 ML) DRIED OREGANO
 - PINCH CAYENNE
 - ¾ TEASPOON (3.75 ML) KOSHER SALT
 - 1 TEASPOON (5 ML) TOMATO PASTE
 - ½ CUP (125 ML) CHICKEN BROTH, LOW SODIUM
 - 12 SMALL [3-TO 5-INCH (7.5 TO 12.5 CM)] SOFT CORN TORTILLOS, KEPT WARM
 - SOUR CREAM OR PLAIN YOGURT, FOR SERVING
 - TOMATO SALSA (PAGE 26), FOR SERVING
 - CHUNKY GUACAMOLE (PAGE 15), FOR SERVING

Makes twelve tacos (6 servings)

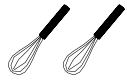
1. Insert the shredding disc into the work bowl of the food processor. Shred the Monterey Jack. Remove and reserve, keeping it loosely covered so it doesn't dry out.
2. Flip the shredding disc to the slicing side. Slice the lettuce, remove and reserve. Slice the plum tomato into wedges. Reserve.
3. Remove the slicing disc and insert the chopping blade. With the machine running, drop the garlic and jalapeño through the feed tube and finely chop. Stop the machine, scrape down the sides and add the onion. Pulse to chop, about 7 times. Scrape down the sides once more, then add the stew meat. Using long pulses, chop the meat, pausing between pulses to allow meat to drop back down before pulsing again. This will take about 10 pulses to properly chop.
4. Put the oil in a large skillet over medium-high heat. Add the meat-vegetable mixture, spices and salt. Stir to combine and cook until meat is no longer pink. Add the tomato paste, and cook for about 1 minute; then add the broth, cooking until the broth has evaporated. Remove pan from heat and set aside.
5. To assemble tacos, put about 2 tablespoons (30 ml) of warm taco meat in the center of each shell. Top with a bit of lettuce, tomato and cheese. Garnish with sour cream, salsa and guacamole.

Nutritional information per taco:

Calories 110 (57% from fat) | carb. 4g | pro. 8g | fat 7g
sat. fat 3g | chol. 25mg | sod. 264mg | calc. 67mg | fiber 1g

FISH STICKS

Crushed tortilla chips make crisp fish sticks, which are perfect in fish tacos, but for a more traditional coating, use the breadcrumbs on page 16.



- 3 CUPS (750 ML) TORTILLA CHIPS
- ½ POUND (250 G) WHITE FISH, LIKE LEMON SOLE OR COD
- JUICE OF 1 LEMON OR LIME, FOR SEASONING
- KOSHER SALT, FOR SEASONING
- FRESHLY GROUND BLACK PEPPER, FOR SEASONING
- ½ CUP (125 ML) UNBLEACHED, ALL-PURPOSE FLOUR, MIXED WITH A PINCH EACH OF KOSHER SALT AND BLACK PEPPER
- 1 LARGE EGG, LIGHTLY BEATEN
- ¼ CUP (60 ML) GRAPESEED OR VEGETABLE OIL

Makes about 20 fish sticks

1. Insert the chopping blade into the work bowl of the food processor. Add the tortilla chips and pulse about 5 times to break up, and then process to finely chop, about 20 to 30 seconds. Remove and reserve in a shallow baking dish.
2. Cut the fish into 4x1-inch (10x2.5 cm) "sticks." Season on all sides with the citrus juice, salt and pepper.
3. Put the flour and egg into separate shallow bowls or baking dishes.
4. First lightly coat the fish in the flour, then in the egg and then in the ground chips. Set on a clean platter. Repeat with remaining fish.
5. Put the oil in a large skillet over medium heat. Once hot, cook fish, putting no more than 5 pieces into the pan at one time, until golden brown and crisp. Remove and reserve on a cooling rack set over a paper towel-lined tray.
6. Serve immediately, paired with the Rémoûlade on page 25.

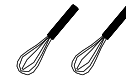
Note: These fish sticks also make delicious fish tacos! Prepare as is, and then put in warmed soft tortillas, topped with a cabbage slaw and a squeeze of lime juice. To prepare slaw: Mix together 2 tablespoons (30 ml) of chopped cilantro with 1 cup (250 ml) of shredded green cabbage, ½ teaspoon (0.5 ml) each of kosher salt and black pepper and 1 teaspoon (5 ml) of olive oil.

Nutritional information per fish stick:

Calories 67 (53% from fat) | carb. 5g | pro. 3g | fat 4g
sat. fat 0g | chol. 14mg | sod. 39mg | calc. 10mg | fiber 0g

PIZZA DOUGH

This dough can be used for more than just the obvious – just check out our recipes for Sausage Bread or Broccoli Rabe Bread on pages 37 and 38.



- 2¼ TEASPOONS (13 ML) [1 STANDARD PACKET, ¼ OUNCE (7 G)] ACTIVE DRY YEAST
- 1 TEASPOON (5 ML) GRANULATED SUGAR
- ⅔ CUP (150 ML) WARM WATER [105°–115°F (40.5°–46°C)]
- 1⅔ CUPS (400 ML) BREAD FLOUR (YOU MAY SUBSTITUTE UNBLEACHED, ALL-PURPOSE FLOUR)
- 1 TEASPOON (5 ML) OLIVE OIL, PLUS MORE FOR COATING BALL OF DOUGH
- ¾ TEASPOON (3.75 ML) KOSHER SALT

Makes ¾ pound (375 g) dough [two 9-inch (22.5 cm) crusts, or one 14-inch (35.5 cm) crust]

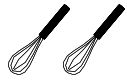
1. In a liquid measuring cup dissolve yeast and sugar in warm water. Let stand until foamy, about 5 minutes.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, olive oil and salt. With the machine running, pour the liquid mixture through the feed tube as fast as the flour absorbs it. Process until the dough cleans the sides of the work bowl and forms a ball. Continue to process for 30 seconds to knead the dough. Dough may be slightly sticky.
3. Lightly coat the inside of a large bowl with olive oil. Add dough, turn to coat in oil and cover bowl tightly with plastic wrap. Let rise in a warm place for about 1 hour.
4. Place dough on a lightly floured surface and punch down. Form into desired crust size(s) as directed by appropriate recipe.

Nutritional information per serving (based on 12 servings):

Calories 62 (6% from fat) | carb. 13g | pro. 2g | fat 0g
sat. fat 0g | chol. 0g | sod. 143mg | calc. 0mg | fiber 0g

PÂTE BRISÉE

This versatile dough can be used for sweet or savory treats.



- 2 CUPS (500 ML) UNBLEACHED, ALL-PURPOSE FLOUR
- 1 TEASPOON (5 ML) KOSHER SALT
- 16 TABLESPOONS (240 ML) UNSALTED BUTTER, COLD AND CUT INTO ½-INCH (1.25 CM) CUBES
- ¼ CUP (60 ML) ICE WATER

Makes two single-crust 9-inch (22.5 cm) pies or one 9-inch (22.5 cm) double-crust pie

1. Insert the chopping blade into the work bowl of the food processor. Add the flour and salt and process for 10 seconds to sift. Add the butter and pulse until the mixture resembles coarse crumbs.
2. Pour in water 1 tablespoon (15 ml) at a time, and pulse until mixture just forms a dough – you may not need all of the water. Divide dough equally into two pieces and form each into a flat disc; wrap in plastic and refrigerate until ready to use.

NOTE: As long as it is well wrapped, this pastry freezes well for up to 6 months.

Nutritional information per double-crust serving (based on 12 servings):

Calories 200 (66% from fat) | carb. 15g | pro. 2g | fat 15g
sat. fat 9g | chol. 40mg | sod. 190mg | calc. 0mg | fiber 0g

Nutritional information per single-crust serving (based on 12 servings):

Calories 100 (66% from fat) | carb. 7g | pro. 1g | fat 7g
sat. fat 5g | chol. 20mg | sod. 95mg | calc. 0mg | fiber 0g

PÂTE SUCRÉE

Use any leftovers from this “sweet” dough for easy cookies. Just roll, cut into your favorite shape and bake.



- 2 CUPS (500 ML) UNBLEACHED, ALL-PURPOSE FLOUR
- 2 TABLESPOONS (30 ML) GRANULATED SUGAR
- ½ TEASPOON (2 ML) KOSHER SALT
- 12 TABLESPOONS (180 ML) UNSALTED BUTTER, ROOM TEMPERATURE AND CUBED
- 2 LARGE EGG YOLKS
- 1 TABLESPOON (15 ML) ICE WATER
- ¼ TEASPOON (1 ML) LEMON ZEST (OPTIONAL)
- ½ TEASPOON (2 ML) PURE VANILLA EXTRACT

Makes two 9-inch (22.5 cm) single crust pies or one 9-inch (22.5 cm) double-crust pie

1. Insert the chopping blade into the work bowl of the food processor. Add the flour, sugar and salt and process for 10 seconds to sift. Add the butter and process until combined, about 30 seconds. With the machine running add the yolks, one at a time, and process until incorporated. Add the water, zest (if using) and vanilla; pulse 3 to 4 times, until combined.
2. Divide dough evenly and form it into 2 flat discs. Wrap in plastic; chill in refrigerator until ready to use. Dough should be firm enough to roll.

Nutritional information per double-crust serving (based on 12 servings):

Calories 200 (66% from fat) | carb. 15g | pro. 2g | fat 15g
sat. fat 9g | chol. 40mg | sod. 190mg | calc. 0mg | fiber 0g

Nutritional information per single-crust serving (based on 12 servings):

Calories 92 (58% from fat) | carb. 8g | pro. 1g | fat 6g
sat. fat 4g | chol. 40mg | sod. 48mg | calc. 2mg | fiber 0g

BUTTERY DINNER ROLLS

Fresh from the oven, warm rolls make any dinner extra-special.



6	TABLESPOONS (90 ML) WHOLE MILK, PLUS 1 TABLESPOON (15 ML) FOR BRUSHING
4	TABLESPOONS (60 ML) UNSALTED BUTTER, PLUS 1 TABLESPOON (15 ML) FOR BRUSHING
3	TABLESPOONS (45 ML) GRANULATED SUGAR
1¼	TEASPOONS (9 ML) ACTIVE DRY YEAST
3	TABLESPOONS (45 ML) WARM WATER [105°F- 110°F (40.5-43.3°C)]
3	CUPS (750 ML) BREAD FLOUR
¾	TEASPOON (3.75 ML) KOSHER SALT
1	LARGE EGG, LIGHTLY BEATEN

Makes 12 rolls

- In a small saucepan combine the milk, butter and sugar. Warm over low heat until the butter is melted. Remove from heat and set aside.
- In a large measuring cup, dissolve the yeast in the warm water. Let stand 5 minutes, or until mixture is foamy. Insert the chopping blade into the work bowl of the food processor. Add the flour and salt; process for 10 seconds. Add the milk mixture and egg to the yeast mixture. Gently stir to combine. With the machine running, slowly add the liquid through the feed tube and process until a dough ball forms. Continue processing 45 seconds to knead the dough. Shape the dough into a smooth ball and place in a 1-gallon (3.8 L) sealable plastic bag or large bowl. Squeeze the air out and seal the bag or tightly cover bowl with plastic wrap. Let rise in a warm place until the dough has doubled in size, about 45 to 60 minutes.
- Preheat oven to 450°F (230°C). Lightly butter a 9-inch (22.5 cm) round baking pan. Divide the dough into 12 equal pieces, about 2 ounces (60 g) each. Roll into smooth rounds and arrange in the prepared pan. Cover with plastic wrap and let rise until the rolls have doubled in size, about 30 to 40 minutes. Combine remaining tablespoon of milk and tablespoon (15 ml) of butter and heat until the butter has melted. Just before baking, gently brush the rolls with the butter/milk mixture. Bake until golden brown or an internal temperature of 200°F (95°C) is reached, about 12 to 15 minutes. Remove from pan and let cool on a rack for about 10 minutes for serving.

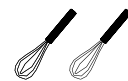
For a softer roll, brush each with melted butter just after removing from the oven.

Nutritional information per roll:

Calories 144 (28% from fat) | carb. 7g | pro. 4g | fat 2g
sat. fat 1g | chol. 22mg | sod. 157mg | calc. 17mg | fiber 1g

BUTTERMILK BISCUITS

These biscuits are so light and tender, you will want to make them every night.



2¼	CUPS (550 ML) UNBLEACHED, ALL-PURPOSE FLOUR
¾	CUP (185 ML) CAKE FLOUR
1	TABLESPOON (15 ML) CREAM OF TARTAR
2	TEASPOONS (10 ML) BAKING SODA
¼	TEASPOON (1 ML) GRANULATED SUGAR
1	TEASPOON (5 ML) KOSHER SALT
¼	TEASPOON (1 ML) FRESHLY GROUND BLACK PEPPER
9	TABLESPOONS (135 ML) UNSALTED BUTTER, COLD AND CUBED
1	CUP (250 ML) BUTTERMILK
2	TABLESPOONS (30 ML) UNSALTED BUTTER, MELTED

Makes 12 biscuits

- Preheat oven to 500°F (260°C). Line a baking sheet with parchment paper.
- Insert the chopping blade into the work bowl of the food processor. Add both flours, cream of tartar, and baking soda and process for 10 seconds. Add the sugar, salt and pepper and process again for 5 seconds. Add the cold butter and pulse to incorporate until the size of the butter resembles peas.
- While pulsing, pour the buttermilk (you may not need all of it) through the feed tube until just incorporated – the dough will be quite sticky. Remove dough from work bowl and place onto a well floured surface. Knead dough by hand about two to three times, form into a log and cut into 12 equal pieces. Form each piece into a round and place evenly spaced onto the prepared baking sheet.
- Bake 10 minutes, until golden brown. Remove from oven and brush with melted butter. Serve immediately.

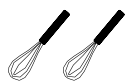
TIP: For more rustic-style biscuits, bake the pieces of dough without shaping once you've portioned them out.

Nutritional information per biscuit:

Calories 210 (45% from fat) | carb. 25g | pro. 4g | fat 10g
sat. fat 7g | chol. 29mg | sod. 437mg | calc. 26mg | fiber 1g

CARROT CAKE WITH CREAM CHEESE FROSTING

A cake that is moist, sweet and a bit tangy. Garnish the top of the cake with toasted almonds, or finely chop walnuts and press around the lower sides of the cake for a picture-perfect presentation.



NONSTICK COOKING SPRAY
**¾ CUP (175 ML) PLUS 2 TABLE-
 SPOONS (30 ML) UNBLEACHED,
 ALL-PURPOSE FLOUR**
**1 TEASPOON (5 ML) GROUND
 CINNAMON**
**1 TEASPOON (5 ML) BAKING
 POWDER**
½ TEASPOON (2 ML) BAKING SODA
½ TEASPOON (2 ML) KOSHER SALT
**1 CUP (250 ML) WALNUTS,
 LIGHTLY TOASTED**
**½ POUND (250 G) CARROTS (ABOUT
 4 MEDIUM-SMALL
 CARROTS), PEELED**
**½ CUP (125 ML) GRANULATED
 SUGAR**
**½ CUP (125 ML) PACKED LIGHT OR
 DARK BROWN SUGAR**
**½ CUP (125 ML) PLUS 2 TABLE-
 SPOONS (30 ML) GRAPESEED OR
 VEGETABLE OIL**
2 LARGE EGGS
**1 TEASPOON (5 ML) PURE VANILLA
 EXTRACT**

FROSTING:

**8 OUNCES (230 G) (1 STANDARD
 PACKAGE) CREAM CHEESE,
 ROOM TEMPERATURE AND CUT
 INTO 8 PIECES**
**1 STICK [4 OUNCES (115 G)]
 UNSALTED BUTTER, ROOM
 TEMPERATURE AND CUT INTO
 4 PIECES**
**2 OUNCES (60 G) GOAT CHEESE,
 ROOM TEMPERATURE (OR YOU
 CAN SUBSTITUTE SOUR CREAM
 OR PLAIN YOGURT)**
**¾ CUP (150 ML) CONFECTIONERS'
 SUGAR**
¼ TEASPOON (1 ML) KOSHER SALT
**½ TEASPOON (2 ML) PURE
 VANILLA EXTRACT**

Makes one 8- or 9-inch (20 or 22.5 cm) cake,
 about 10 servings

- Preheat oven to 350°F (180°C). Lightly coat either an 8- or 9-inch (20 or 22.5 cm) round baking pan with nonstick cooking spray; reserve.
- Insert the chopping blade into the work bowl of the food processor. Add the flour, cinnamon, baking powder, baking soda and salt. Process to combine, about 10 seconds. Transfer to a large mixing bowl; reserve.
- Put the walnuts into the work bowl and pulse 2 to 3 times to coarsely chop. Leaving the nuts in the bowl, remove the chopping blade and replace with the shredding disc. Shred the carrots. Add the nuts and carrots to the bowl with the dry ingredients; reserve.
- Remove the shredding disc and replace with the chopping blade. Add the sugars to the work bowl. Put the oil, eggs and vanilla in a large measuring cup. While unit is running, gradually add the wet ingredients to the sugars. Process until well mixed, about 45 to 60 seconds. Add to the mixing bowl with the dry ingredients; stir until just combined.
- Pour into the prepared pan and carefully place in the oven. Bake for about 25 minutes, or until a cake tester inserted in the center comes out clean. Cool in the pan.
- While cake is cooling, prepare the frosting. After cleaning it well, insert the chopping blade into the work bowl. Add the cream cheese and butter and process until smooth, stopping to scrape down as needed, about 40 to 60 seconds. Add the goat cheese and process until combined, another 10 to 15 seconds. Add the sugar, salt and vanilla. Process until completely smooth, again stopping to scrape down the sides of the bowl as needed.
- Once the cake has cooled, remove from pan. **For a 9-inch (22.5 cm) cake:** Frost the entire cake as one layer, spreading evenly on the top and sides with a spatula. **For an 8-inch cake (20 cm):** You can make it into a two-layer cake by carefully using a serrated knife to halve the cake horizontally. Spread a thin layer of frosting on the top of the lower half, and then place the top half on the lower. Then spread a thin layer of frosting to cover all sides and top (this is called a "crumb coat"). Chill for about 30 to 60 minutes to let that set. After chilling, finish with the remaining frosting. This will ensure a very clean presentation. This cake tends to be a bit crumbly so by doing the crumb coat, your cake will be perfectly smooth.

Nutritional information per serving:

Calories 495 (62% from fat) | carb. 41g | pro. 7g | fat 35g
 sat. fat 11g | chol. 74mg | sod. 405mg | calc. 58mg | fiber 2g

PUMPKIN CHEESECAKE

Change up the Thanksgiving table with this pumpkin pie-inspired dessert.



NONSTICK COOKING SPRAY

CRUST:

24 GINGERSNAP COOKIES
**3 TABLESPOONS (45 ML)
 UNSALTED BUTTER,
 SOFTENED AND CUBED**

FILLING:

**16 OUNCES [(460 G) 2 STANDARD
 PACKAGES] CREAM CHEESE,
 SOFTENED AND CUT INTO
 12 PIECES, ROOM TEMPERATURE**
**½ CUP (125 ML) PACKED LIGHT
 BROWN SUGAR**
¼ CUP (60 ML) GRANULATED SUGAR
**1 TEASPOON (5 ML) PURE
 VANILLA EXTRACT**
**4 LARGE EGGS, ROOM
 TEMPERATURE**
1 CUP (250 ML) PUMPKIN PURÉE
PINCH KOSHER SALT
**½ TEASPOON (2 ML) GROUND
 CINNAMON**
**⅛ TEASPOON (0.5 ML) GROUND
 ALLSPICE**
**⅛ TEASPOON (0.5 ML) GROUND
 NUTMEG**
**8 OUNCES (230 G) CRÈME FRAÎCHE,
 OR PLAIN GREEK YOGURT, ROOM
 TEMPERATURE**

Makes one 8-inch (20cm) cake, about 12 servings

- Preheat the oven to 325°F (160°C). Place a baking pan on the bottom rack of the oven and fill with water. Position the other rack in the middle of the oven, directly over the water-filled pan. Lightly coat the inside of a springform pan with nonstick spray; reserve.
- Prepare the crust. Insert the chopping blade into the work bowl of the food processor. Add the cookies and pulse about 10 times to chop, then process to finely grind, about 20 seconds. Add the butter and pulse about 5 times to combine. Remove and press into the bottom of the prepared pan. Reserve.
- Prepare the filling. Remove the chopping blade to wipe out work bowl, and then replace the chopping blade. Add the cream cheese. Pulse about 5 times, scrape down sides of bowl, and then process for 30 to 35 seconds until creamy. Add the sugars and pulse a few times, and then process until homogenous, stopping to scrape down the sides of the bowl as needed. With the unit running, add the vanilla and eggs, one at a time, until combined.
- Stop the unit to add the pumpkin, salt and spices. Pulse until combined, scraping down as needed. Pulse in the crème fraîche until combined.
- Pour the cream cheese mixture into the prepared pan. Open the oven; if any of the water has evaporated from the baking pan in the oven, add some more. Place the cheesecake on the middle rack. Bake for 1 hour and then turn the oven off and let rest in the oven for an additional hour. Cool cheesecake completely on a cooling rack, then cover and refrigerate for at least 8 hours.

Nutritional information per serving:

Calories 334 (60% from fat) | carb. 27g | pro. 6g | fat 22g
 sat. fat 12g | chol. 122mg | sod. 258mg | calc. 36mg | fiber 1g

CLASSIC APPLE PIE

Everyone needs a fail-proof apple pie recipe – here is our favourite to share with you and your family.



- 1 RECIPE PÂTE BRISÉE DOUGH (PAGE 52)
- 4 LARGE APPLES (GOLDEN DELICIOUS, GINGER GOLD, OR PINK LADY TEND TO BE THE TASTIEST), PEELED, CORED, AND HALVED
- JUICE OF ½ MEDIUM LEMON
- ½ TEASPOON (2 ML) GROUND CINNAMON
- PINCH GROUND NUTMEG
- ¼ TEASPOON (1 ML) KOSHER SALT
- 1 TEASPOON (5 ML) PURE VANILLA EXTRACT
- ½ CUP (125 ML) GRANULATED SUGAR
- EGG WASH (1 LARGE EGG LIGHTLY BEATEN WITH A TEASPOON OF WATER)

Makes one 10-inch (25 cm) pie, 8 to 12 servings

1. Preheat oven to 450°F (230°C) with the rack in the lower third of the oven.
2. Roll out dough to ⅛-inch (0.3 cm) thick circle and fit into a 10-inch (25 cm) pie plate. Chill in refrigerator for about 20 minutes.
3. While dough is chilling, prepare the filling. Insert the slicing disc into the work bowl of the food processor. Stand the apple halves upright in the feed tube and slice. Transfer to a large bowl and toss gently with the lemon juice, spices, salt, vanilla and sugar.
4. Using a fork, prick the chilled dough evenly all over but make sure not to go entirely through the dough. Transfer the apple mixture into the pie shell.
5. Roll out the remaining dough into a 10-inch (25 cm) disc. Brush the outer rim of the pie shell with the egg wash. Press the dough disc on top of the filled pie, pressing down the sides to seal. Using a paring knife, trim any excess dough and discard (or save for another use). Cut four ½-inch (1.25 cm) vents in the center of the top of the pie crust (in a circular pattern, similar to a clock's 12, 3, 6 and 9 o'clock positions). Brush the top with the remaining egg wash, and sprinkle with granulated sugar.
6. Bake the pie for 15 minutes, then reduce the temperature to 350°F (180°C) and continue to bake until golden brown, another 30 to 35 minutes. Let the pie rest on a cooling rack at least 40 minutes before serving.

Nutritional information per serving (based on 12 servings):

*Calories 263 (51% from fat) | carb. 30g | pro. 2g | fat 15g
sat. fat 9g | chol. 48mg | sod. 241mg | calc. 5mg | fiber 1g*

WARRANTY 1-YEAR MOTOR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 12 months 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:
MFP-108C 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. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

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