

Cuisinart®

INSTRUCTION & RECIPE BOOKLET



Cuisinart® Rice and Grain Multicooker

FRC-1000C

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

IMPORTANT SAFEGUARDS

When using an electrical appliance, especially when children are present, basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces; use handles or knobs.
3. To protect against risk of electric shock, do not immerse the Rice and Grain Multicooker housing, cord or plug in water or any other liquids. If housing falls into liquids, unplug the cord from outlet immediately. DO NOT reach into the liquid.
4. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
5. **Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.**
6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock, or risk of injury.
8. Do not use outdoors.
9. Do not use the Rice and Grain Multicooker for anything other than its intended use.
10. To avoid the possibility of the Rice and Grain Multicooker being accidentally pulled off work area, which could result in damage to it or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
12. Extreme caution must be used when moving any appliance containing hot oil or other hot liquids.
13. Do not place on or near a hot gas or electric burner, or in a heated oven.
14. Do not operate the Rice and Grain Multicooker in water or under running water.
15. To reduce the risk of electric shock, cook only in removable container. Do not immerse the container in water.
16. Always attach plug to appliance first, then plug cord to the wall outlet. To disconnect, press Start/Stop to stop cooking cycle, then remove plug from wall outlet.
17. Intended for countertop use only.
18. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is used to reduce the risk resulting from it being grabbed by children, becoming entangled in, or tripping over a longer cord.

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INTRODUCTION

The Cuisinart® Rice and Grain Multicooker benefits from the use of Fuzzy Logic, a technology that senses moisture levels to accurately cook food. All Rice and Grain programs are automatic. Cooking time and temperature are defined by the appliance. Whether you are cooking rice, quinoa, oatmeal or risotto, our highly intelligent Rice and Grain Multicooker automatically adjusts the heat and timing for perfect results every time. It's easy to use, has an extra-large capacity and is beautiful to look at. Now that's a smart way to cook!

NOTE: Do not open lid during cooking as steam will escape and will affect cooking time and taste. Additionally, no time is displayed on the control panel for automatic presets. In the last 10 to 15 minutes of cooking, a countdown will appear for most preset functions.

ASSEMBLY INSTRUCTIONS

1. After unpacking your Cuisinart® Rice and Grain Multicooker, wash the nonstick cooking pot, steaming tray, rice paddle, inner lid, steam release vent and measuring cup in warm, soapy water. Rinse well and dry thoroughly.
2. Wipe all interior and exterior surfaces of the unit with a soft, damp cloth.
3. Place the cooking pot in the base of the unit.
4. Place the steaming tray (open side up), if using, in the cooking pot.
5. Close the lid.
6. Insert the removable cord into the back of the unit.
7. Your Rice and Grain Multicooker is now ready for use.

FEATURES AND BENEFITS

- 1. Locking Lid with Removable Inner Lid**
- 2. Handles**
Stay cool during use
- 3. Steam Release Vent** – removes for easy cleaning
- 4. Steaming Tray**
Allows you to steam a variety of foods
- 5. Aluminum Cooking Pot**
Nonstick for easy cleaning
- 6. Rice Cooker Measuring Cup**
Designed specifically for your Cuisinart® Rice and Grain Multicooker.

1 rice cooker cup = $\frac{3}{4}$ standard dry measure

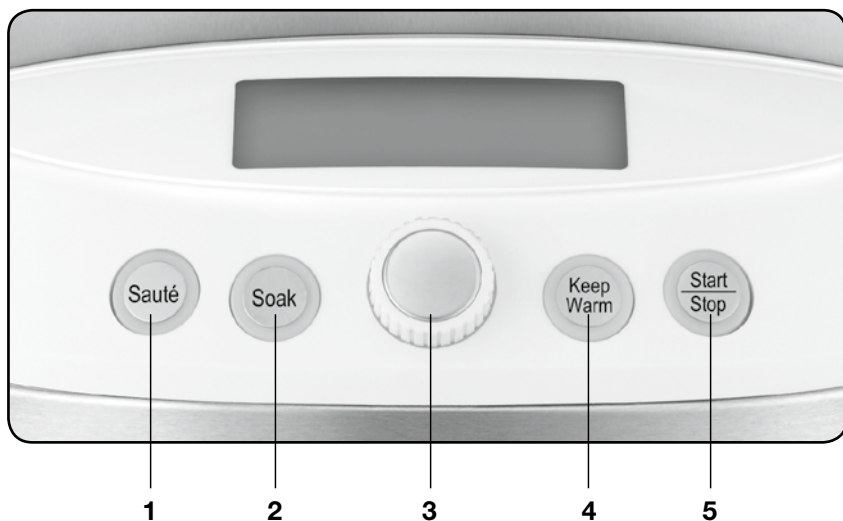
- 7. Rice Paddle**
- 8. Integrated Reference Guide**
Behind unit
- 9. Lid Release Button (not shown)**
- 10. Power Cord (not shown)** – detaches for storage
- 11. Control Panel**
See detail on the next page



GETTING TO KNOW YOUR CONTROL PANEL

Detailed programming instructions begin on the following page.

- 1. Sauté**
30 minutes of time to sauté ingredients alone, or before using a preset function
- 2. Soak**
Soak rice, grains, or beans in unit, timed, for up to 24 hours
- 3. Selector Knob**
Use to select and confirm preset functions on control panel
- 4. Keep Warm**
Keep newly prepared food warm for up to six hours (unit will automatically keep warm for up to three hours after some preset functions)
- 5. Start/Stop**
Use to start or stop cooking



OPERATION

REMINDER

Your Rice and Grain Multicooker comes with a 6-ounce (12 tablespoons or $\frac{3}{4}$ cup [175 ml] standard measure) measuring cup. Most recipes in this Instruction & Recipe Booklet are written with the rice/grain measured with the cooker measuring cup. The liquid is measured with a standard liquid measuring cup (1 cup = 8 ounces = 16 tablespoons [250 ml]).

Most rice and grains can be cooked to the maximum amount of the Rice and Grain Multicooker (10 rice cooker cups). See cooking charts starting on page 11 for more information.

COOKING RICE OR GRAINS

1. Fill cooking pot with desired ingredients (see page 9 for tips and hints on cooking guidelines).
2. Close lid.
3. Using the Selector Knob, scroll to Rice or Grains.
4. Press the center of the Selector Knob to confirm Rice or Grain category.
5. Use the Selector Knob to scroll through Rice or Grain options (e.g. white, brown, small, chewy).
6. When correct option is flashing, use the flashing Start/Stop button to start the cooking program.
7. Sequential lighting will appear on the screen to show unit is in cooking mode. (Countdown timer will appear for last 10 minutes of cooking.)
8. After time has expired, unit will beep 4 times and go into automatic Keep Warm mode for up to three hours (LED Keep Warm will appear on screen).
9. To turn the unit off at any time, press the Start/Stop button.
10. Once you are ready to serve, press the Lid Release button to open the lid.
11. Lift and remove the cooking pot using the stay-cool handles.

COOKING “ONE POT” OR BEANS

1. Fill cooking pot with ingredients (see page 10 for tips and hints on cooking guidelines).
2. Close lid.
3. Using the Selector Knob, scroll to One Pot or Beans. Press Knob to confirm, then use Selector Knob to set time.
4. Press Start/Stop button to confirm selection.
5. After time has expired, unit will beep 4 times and go into automatic Keep Warm mode for up to three hours (LED Keep Warm will appear on screen).
6. To turn the unit off at any time, press the Start/Stop button.
7. Once you are ready to serve, press the Lid Release button to open the lid.
8. Lift and remove the cooking pot using stay-cool handles.

COOKING RISOTTO

1. Most risotto recipes suggest sautéing aromatics and vegetables as well as toasting the rice. To do so, simply use the Sauté program to prepare as you would on the stovetop.
2. After sautéing, press Start/Stop to return to the Main Menu. Add the remaining ingredients (as directed in the recipe that is being used).
3. Close lid.
4. Using the Selector Knob, scroll to Risotto.
5. Press Start/Stop button to accept selection.
6. Sequential lighting will appear on the screen to show unit is in cooking mode.
7. Countdown timer will appear for last 15 minutes of cooking. At this time, open the lid and stir the risotto. If it is done to your liking, press Start/Stop (or switch to the Keep Warm function). If the risotto needs additional liquid, stir it in at this time (best if the liquid is room temperature). This also allows

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- you to add additional ingredients that only require a short cooking time, such as tender vegetables and delicate seafood.
- After time has expired, unit will beep 4 times and go into automatic Keep Warm mode for up to three hours (LED Keep Warm will appear on screen).
 - To turn the unit off at any time, press the Start/Stop button.
 - Once you are ready to serve, press the Lid Release button to open the lid.
 - Lift and remove the cooking pot using the stay-cool handles.

COOKING PASTA

- Add dry pasta to cooking pot.
- Add liquid to the PASTA line on the cooking pot.
- Close lid.
- Using the Selector Knob, scroll to Pasta.
- Press the Selector Knob to confirm selection.
- Adjust the time as desired (Preset time, 18 minutes, cooks most medium cuts of pasta to al dente).
- Press Start/Stop button to accept selection.
- Unit will beep 4 times when timer has expired.
- To turn the unit off at any time, press the Start/Stop button.
- Once you are ready to serve, press the Lid Release button to open the lid.
- Lift and remove the cooking pot using stay-cool handles and drain pasta.

STEAMING

- Add liquid to the STEAM line on the cooking pot.
- Place steaming tray in pot.
- Put food to be steamed onto tray.
- Close lid.
- Using the Selector Knob, scroll to Steam.

- Press the Selector Knob to accept selection.
- Adjust the time as desired (see page 14 for recommended steaming times).
- Press Start/Stop button to start steaming.
- To turn the unit off at any time, press the Start/Stop button.
- Unit will beep 4 times when timer has expired.
- Remove food immediately to avoid overcooking.

PRE-WASH

- Add liquid to the PRE-WASH line on the cooking pot.
- Place steaming tray in pot, if desired, to pre-wash with cooking pot.
- Close lid.
- Using the Selector Knob, scroll to Pre-Wash.
- Press the Selector Knob to accept selection.
- Press Start/Stop button to start.
- Unit will beep 5 times when timer has expired.
- To turn the unit off at any time, press the Start/Stop button.
- Once unit is finished pre-washing, press the Lid Release button to open the lid.
- Lift and remove the cooking pot using stay-cool handles.

SAUTÉ

- Select the Sauté function by pressing the Sauté button.
- Press the Start/Stop button to accept selection and start unit.

NOTE: Unit will need a few minutes to preheat.

- Add ingredients to be sautéed (keep lid open).
- Unit will function for 30 minutes. If more time is desired, press the Sauté

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- button for an additional 30 minutes of cooking time.
5. To turn the unit off at any time, press the Start/Stop button.
 6. When finished cooking, remove the ingredients or follow recipe instructions to the next program.

SOAK

1. Add dry ingredients to cooking pot to be soaked and water to cooking pot.
2. Close lid.
3. Select the Soak function by pressing the Soak button.
4. Timer will appear.
5. Adjust the time using the Selector Knob. Timer will adjust in 30-minute increments up to 24 hours.
6. Press the Start/Stop button to accept selection.

NOTE: When the timer expires, the unit will go into standby mode. To go back to the Main Menu, press any button.

7. To turn the unit off at any time, press the Start/Stop button.
8. When finished soaking, press Lid Release button.
9. Remove the ingredients and liquids from cooking pot.

NOTE: Heaters will not turn on for the Soak function.

KEEP WARM

1. Add prepared hot ingredients to cooking pot to be kept warm.
2. Close lid.
3. Select the Keep Warm function by pressing the Keep Warm button.
4. Timer will appear with a default of three hours.
5. Adjust the time using the Selector Knob. Timer will adjust in 30-minute increments up to six hours.
6. Press the Start/Stop button to accept selection.

7. When the timer expires, the unit will beep 5 times and automatically turn to Keep Warm.
8. To turn the unit off at any time, press the Start/Stop button.
9. When finished using the Keep Warm program, press Lid Release button.
10. Remove the ingredients from cooking pot.
11. Remove the cooking pot using stay-cool handles.

NOTE: This function is only for the purpose of keeping food warm, not cooking or heating up food. This feature keeps already hot food warm. This function will not be automatic for all cooking functions.

CLEANING, CARE AND MAINTENANCE

1. Unplug your cooker and allow it to cool before cleaning.
2. Cooking pot, steaming tray, steam release vent, measuring cup and paddle can be washed in warm, soapy water and rinsed thoroughly, or washed in the dishwasher. Dry all parts after every use.

NOTE: To prevent discoloration, inner lid should be washed by hand. If food sticks to the surface of the cooking pot, fill it with warm, soapy water and allow it to soak before cleaning it or use Pre-Wash function.

3. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.
4. Wipe base of unit with a soft, damp cloth or microfiber towel. **NEVER IMMERSE BASE OF UNIT IN WATER.**
5. Make sure all parts are cool and dry before storing. Store unit in a clean, dry place.
6. Any other servicing should be performed by an authorized service representative.

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7. Steam Release Vent (Features and Benefits #3) has a removable lower cavity. Unlock lower cavity using (arrow symbol) and turn clockwise to (unlock symbol). Wash the vent and lower cavity with warm water and soap after every use.

TIPS AND HINTS

RICE

- Do not open lid during cooking, as steam will escape and this will affect the cooking time and taste.
- We recommend rinsing all imported rice (except for risotto rice). Place rice in a medium bowl and cover with water. Do not use the cooking pot. Swirl until the water appears cloudy, then drain in a fine mesh strainer. Fill the bowl with fresh water and repeat until water is clear or nearly clear.
- Some people wash domestic rice, which is often vitamin enriched. This removes the starch and makes it less sticky, but it also washes away some of those vitamins.
- Sushi rice and most brown rice should always be rinsed before cooking. Follow the directions on your package of rice.
- When measuring rice with your rice cooker cup, level it off with a knife or spatula.
- Adding a teaspoon of vegetable oil to rice or coating the cooking pot lightly with nonstick cooking spray will result in rice with separated, less sticky grains.
- After adding rice to the cooking pot, level it off to cover the entire bottom of the pot so it cooks evenly.
- The taste of the water will affect the taste of the rice. If you do not like the taste of your tap water, use filtered water.
- Rice can be cooked in liquids other than water. Use low-fat, low-sodium meat or vegetable stocks/broths. Fish stock or clam broth may be used for

seafood-flavoured rice.

- When making rice, open the rice cooker as soon as the audible tone sounds to indicate cooking cycle is complete. Stir rice with the rice paddle or a wooden spoon – this prevents rice from hardening or getting sticky.
- For combination dishes of rice, steamed vegetables, seafood, poultry and/or meats, use our recipes as a guide and then create your own.

GRAINS

- We recommend rinsing most grains prior to cooking. This process removes excess starch and produces a cooked result that has more separated grains.
- Some people have sensitivities to grains and rinsing them can help remove some of those aggravating triggers.
- While grains can stay on Keep Warm in the unit up to 6 hours, it is recommended that upon finishing cooking, that the lid is opened and grains are fluffed with a paddle or fork. They can then sit on Keep Warm for longer.
- Some grains contain high starch content. The Steam Release Vent may need to be occasionally wiped with a cloth to prevent excess foaming and dripping.
- Always use cold, filtered water when cooking grains for the best flavor.
- Always refer to the cooking charts on page 12 for grain-to-water ratios – rice cookers require different measurements than standard stovetop preparations.

OATS

- Oatmeal can be cooked with either water, milk, alternative milks, or a combination of those listed.
- Adding a pinch of salt and warm spices enhances the flavor of the cooked oats.
- Finished oatmeal should be stirred well prior to serving.

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- For rolled oats, cooking is complete in approximately 15 minutes. A 4 beep tone will sound when ready.

RISOTTO

- Use the Sauté program to sauté aromatics and/or vegetables, toasting rice, and reducing liquid.
- The Risotto program is uniquely programmed to gently cook risotto rice and liquid to a creamy product without the constant stirring. Use our recipes as a guideline to adapt your favourite recipes.
- It is recommended to use Arborio rice, but other, similar-type rice can be used (Carnaroli, Vialone, Nano, and Baldo).
- Countdown timer will appear for last 15 minutes of cooking and a tone will sound. At this time, open the lid and stir the risotto. If it is done to your liking, press Start/Stop (or switch to the Keep Warm function). If the risotto needs additional liquid, stir it in at this time (best if the liquid is room temperature). This also allows you to add additional ingredients that only require a short cooking time, such as tender vegetables and delicate seafood.

ONE POT

- This program can get you dinner on the table in as little as 30 minutes or can be used as a slow-cooking function. Just put your ingredients in the pot, choose your cooking time and press Start/Stop.
- Need to brown meat or steam chicken first? Combine with other programs, such as Sauté or Steam functions.
- One Pot is also perfect for making homemade soups. See our recipes for a few quick ideas.

PASTA

- Any pasta variety (up to ½ pound [227 g]) can be cooked using the Pasta function.
- 18 minutes, the default time, produces an al dente pasta. Add more time, or

reduce time, to desired doneness.

- Always use filtered, salted water when cooking.
- Drain pasta immediately after cooking.

BEANS

- All beans should be soaked prior to cooking (use the Soak program to soak a minimum of 8 hours).
- Always rinse beans well prior to and after soaking.
- Use the cooking chart on page 13 for cooking time guidelines (if the exact bean is not on the cooking chart, use one of similar size and shape).
- Only cook up to ½ pound (227 g) of beans at one time.
- Add a small amount, about ½ teaspoon (2.5 ml), of baking soda to tenderize beans while they are cooking.
- Add fresh herbs or aromatics, such as a quartered onion, to enhance flavour of the beans.
- Drain beans immediately after cooking.

SOAK

- The Soak program is a way to prepare rice, grains or beans prior to cooking.
- Soaking rice and grains prior to cooking makes them easier to digest for many people who have food sensitivities.
- Always soak beans prior to cooking.

PRE-WASH

- Use immediately after cooking starchy grains or dishes with strong aromatic flavours to help clean pot and inner lid.

KEEP WARM

- The Keep Warm function is a great way to keep already heated foods warm for serving.
- It is not meant as a cooking function.
- Raw meats or foods under the temperature of 140°F (60°C) should not be cooked using this function.

STEAMING

- When steaming vegetables, clean them and trim to a consistent size so they cook evenly.
- When steaming meats, such as poultry or sausage, cut into consistent-sized pieces (such as “finger strips” or ½-inch [1.25 cm] slices) and arrange in a single layer on the steaming tray.
- Refer to the chart on page 14 for suggested steaming times. Note that the chart is only a guide and that times may vary based on the size of the pieces, quantity, freshness of food and personal taste.
- Steamed foods should be removed immediately after cooking to avoid overcooking.

COOKING CHARTS

GUIDE FOR COOKING RICE

Use these charts and the water level markings in the cooking pot as guidelines. There are variables in the texture of cooked rice, from subtle differences between brands, to rinsing or not rinsing to personal taste. Let your taste and preference serve as your best guide. **If your rice/grain is too hard or chewy, increase water amounts by ¼ cup at a time. If rice/grain is too soft, reduce the water by ¼ cup [60 ml] until your desired texture is achieved.**

WHITE RICE

RICE/GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE COOKING TIME	COOKED YIELD
Long-Grain White Medium-Grain Aromatic (Jasmine, Basmati)	For these grains, use the cooker cup (provided) up to a maximum of 10 cooker cups [2.37 L].	Corresponding Water Level marking in the cooking pot. Example: 1 cooker cup [250 ml], add water up to the 1 cup [250 ml] line.	White: 40 minutes Quick White: 30 minutes Hard White: 35 minutes	Approximate cooked yield of white rice varieties is about 1½ cups ([375 ml] US Standard) cooked rice per 1 cooker cup [250 ml] dry rice.

BROWN

RICE/GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE COOKING TIME	COOKED YIELD
Long-Grain Medium-Grain Short-Grain Aromatic (Jasmine, Basmati) Wild	For these grains, use the cooker cup (provided) up to a maximum of 10 cooker cups [2.37 L].	Corresponding Water Level marking in the cooking pot. Example: 1 cooker cup [250 ml], add water up to the 1 cup [250 ml] line.	Brown: 2 hours Quick Brown: 80 minutes	Approximate cooked yield of brown rice varieties is about 1½ cups ([375 ml] US Standard) cooked rice per 1 cooker cup [250 ml] dry rice (Wild rice yields 3 cooked cups [750 ml] per 1 cooker cup [250 ml] dry rice).

SUSHI RICE

RICE/GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE COOKING TIME	COOKED YIELD
White Sushi Brown Sushi	For these grains, use the cooker cup (provided) up to a maximum of 10 cooker [2.37 L] cups.	Corresponding Water Level marking in the cooking pot. Example: 1 cooker cup [250 ml], add water up to the 1 cup [250 ml] line.	45 minutes	Approximate cooked yield of sushi rice is about 1½ cups ([375 ml] US Standard) cooked rice per 1 cooker cup [250 ml] dry rice.

SMALL GRAINS

RICE/GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE COOKING TIME	COOKED YIELD
Quinoa	1 cooker cup [250 ml] (maximum 10 cooker cups [2.37 L])	Level 1	20 minutes	3 cups [750 ml]
Couscous	1 cooker cup [250 ml] (maximum 6 cooker cups [1.5 L])	1 cup ([250 ml] US Standard)	20 minutes	2 cups [500 ml]
Bulgur	1 cooker cup [250 ml] (maximum 4 cooker cups [1 L])	1 cup ([250 ml] US Standard)	20 minutes	1½ cups [375 ml]
Amaranth	1 cooker cup [250 ml] (maximum 8 cooker cups [2 L])	1 cup ([250 ml] US Standard)	20 minutes	1½ cups [375 ml]
Buckwheat	1 cooker cup [250 ml] (maximum 6 cooker cups [1.5 L])	Level 2	20 minutes	3 cups [750 ml]
Teff	1 cooker cup [250 ml] (maximum 6 cooker cups [1.5 L])	Level 1	20 minutes	2 cups [500 ml]

CHEWY GRAINS

RICE/GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE COOKING TIME	COOKED YIELD
Wheat/Rye/Spelt Berries	1 cooker cup [250 ml] (maximum 4 cooker cups [1 L])	Level 2	45 minutes	3 cups [750 ml]
Farro (soaked overnight)	1 cooker cup [250 ml] (maximum 4 cooker cups [1 L])	Level 1	45 minutes	3 cups [750 ml]
Freekeh	1 cooker cup [250 ml] (maximum 4 cooker cups [1 L])	1¾ cups ([425 ml] US Standard)	45 minutes	3 cups [750 ml]
Barley (soaked overnight)	1 cooker cup [250 ml] (maximum 4 cooker cups [1 L])	Level 2	45 minutes	2½ cups [625 ml]
Black Rice	1 cooker cup [250 ml] (maximum 6 cooker cups [1.5 L])	Level 1	30 minutes	2 cups [500 ml]

OATS

GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE COOKING TIME	COOKED YIELD
Steel Cut	1 cooker cup [250 ml] (maximum 6 cooker cups [1.5 L])	1½ cups ([375 ml] US Standard)	30 minutes	1½ cups [375 ml]
Rolled (not quick cooking)	1 cooker cup [250 ml] (maximum 6 cooker cups [1.5 L])	1 cup ([250 ml] US Standard)	15 minutes	1½ cups [375 ml]
Hot Cereals (Oat Bran; Cream of Wheat®; etc.)	1 cooker cup [250 ml] (maximum 6 cooker cups [1.5 L])	Level 2	15 minutes	1½ cups [375 ml]

BEANS

Soak overnight. Drain, rinse and then cook to proportions. After cooking, drain beans.

BEANS	DRY AMOUNT	LIQUID AMOUNT	COOK TIME	COOKED YIELD
Black Beans	½ pound [227 g]	Level 4	90 minutes	About 4 cups [1 L]
Red Kidney Beans	½ pound [227 g]	Level 4	90 minutes	About 4 cups [1 L]
Great Northern Beans	½ pound [227 g]	Level 4	90 minutes	About 4 cups [1 L]
Navy Beans	½ pound [227 g]	Level 4	60 minutes	About 4 cups [1 L]
Garbanzo Beans (Chickpeas)	½ pound [227 g]	Level 4	90 minutes	About 4 cups [1 L]
Lentils	½ pound [227 g]	Level 4	45 minutes	About 3 cups [750 ml]

GUIDE FOR STEAMING VEGETABLES, POULTRY AND SEAFOOD

Put water into the cooking pot to the STEAM line. Arrange foods in a single layer on the steaming tray. Vegetables should be cut in similar sizes as indicated. Cooking times are approximate and will yield cooked, but crisp/tender vegetables. Add more time for more tender/softer vegetables or cut back on time for crispier vegetables to taste.

Foods must be removed immediately after steaming to prevent overcooking. If cooking vegetables over rice, use chart to determine approximately when to add steaming tray to rice cooker.

FOOD	AMOUNT	PREPARATION	COOKING TIME
Asparagus	4 ounces ([113 g] about 15 spears)	trimmed and halved	8 minutes
Baby Bok Choy	2 whole	halved	17 minutes
Broccoli	10 ounces (283 g)	2-inch [5 cm] florets	15 minutes
Cabbage Leaves	4 leaves	cored	6 minutes
Carrots - Baby	12 ounces (340 g)	whole	18 minutes
Carrots - Sliced	6 ounces ([170 g] about 1½ cups)	sliced (½-inch [1.25 cm] thick)	16 minutes
Green Beans	5 ounces (141 g)	trimmed	9 minutes
Lettuce Leaves, Butter Variety	6 leaves	cored	6 minutes
Peas, Snow	4 ounces (113 g)	trimmed	8 minutes
Potatoes, New	12 ounces (340 g)	quartered	16 minutes
Potatoes, Yellow/Gold	12 ounces (340 g)	¾-inch (1.9 cm) pieces	16 minutes
Potatoes, Sweet	1 pound (454 g)	¾-inch (1.9 cm) cubes	17 minutes
Squash, Summer/Zucchini	6 ounces ([170 g] 2 cups, sliced)	sliced (½-inch [1.25 cm] thick)	8 minutes
Chicken	1 pound (454 g)	2-inch (5 cm) strips	25 minutes
Shrimp	1 pound (454 g)	peeled and deveined	15 minutes
Fin Fish (salmon, swordfish, etc.)	12 ounces (340g)	cut to fit steaming tray	18 minutes
Eggs	up to 12	pierce pinhole in bottom of each egg	15 minutes – soft cooked 24 minutes – hard cooked

TROUBLESHOOTING

PROBLEM	CAUSE	SOLUTION
Liquid boiled over	Liquid/Rice amounts were incorrect	Refer to page 11.
	Rice was not washed thoroughly	Certain rices need to be washed thoroughly prior to cooking. Refer to page 9 for more information.
	Steam release vent was not inserted	Be sure that the steam release vent is properly assembled and in place before cooking.
	Rice/Grains starch content is high	You can add a pinch of salt or a drop of oil to your recipe to counteract the high starch content of your rice. Some benefit from soaking overnight and rinsing.
Rice is undercooked or too hard/soft	Liquid/Rice amounts were incorrect	Refer to page 11.
	Wrong program selected	Refer to pages 6 and 11 for information and charts.
Risotto is overcooked	Cooking time was too long	Check the risotto 15 minutes before finished cooking time, when tone sounds and countdown timer appears.
	Liquid/Rice amounts were incorrect	Refer to page 11.
Rice is scorched/burned	Rice was not washed thoroughly	Certain rices need to be washed thoroughly prior to cooking. Refer to page 9 for more information.
	Cooking Pot was not washed thoroughly after last use	Be sure to clean your cooking pot thoroughly after each use. Refer to page 8 for cleaning and care instructions.
Rice is dry	Steam release vent was not inserted	Be sure that the steam release vent is in place before cooking.
	Rice was kept on Keep Warm for over 12 hours	We do not suggest leaving rice in the cooker on Keep Warm for more than 12 hours.
	Rice was reheated	If your rice comes out too dry when reheated, add additional liquid to your cooking pot when reheating in the future.
	Lid was not closed completely	Be sure the lid is closed completely during rice cooking.
The cooker will not turn on	The unit is not plugged in	Be sure that unit is plugged in.
	The unit has malfunctioned and needs repair	Contact Consumer Service at 1-800-472-7606.
The cooker turned itself off	There has been a power failure	Wait for your power to resume and try again.
	The power cord was not inserted correctly/has fallen out	Be sure that the unit is plugged in. Since the cord is removable, it is important to be sure the plug is fully inserted at both ends.
	The unit has overheated	Be sure that your ingredients have been added to the cooking pot and that the cooking pot is in place. Wait a few minutes for the unit to cool down and try again.
	The unit has finished cooking/Keep Warm	For most functions, the unit will automatically turn off after the programmed Keep Warm time has elapsed. For functions that do not have Keep Warm, the unit will automatically turn off after the cooking time has elapsed. This is normal.

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BREAKFAST & STARTERS

CINNAMON MAPLE OATMEAL

A quick and easy breakfast any day of the week.

Function: Oats

Makes about 4 cups (1 L)

- 3 cooker cups (50 ml) old-fashioned rolled oats (not quick cooking)
- 3½ cups (875 ml) water
- ¼ teaspoon (1 ml) kosher salt
- 1 teaspoon (5 ml) ground cinnamon
- 3 tablespoons (45 ml) pure maple syrup

1. Put all ingredients in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Oats function and press Start/Stop. COOK ONLY 15 MINUTES.

2. Once the audible tone has sounded to indicate the end of cooking, open the lid, stir and serve.

Nutritional information per serving (1 cup [250 ml]):
Calories 210 (14% from fat) • carb. 41g • pro. 6g
fat 4g • sat. fat 1g • chol. 0mg • sod. 140mg
calc. 22mg • fiber 5g

CRANBERRY OAT BRAN

The Oats function is for more than just oatmeal.

Function: Oats

Makes about 4½ cups (1.06 L)

- 2 cooker cups (500 ml) oat bran
- Water (to the 4-cup [1 L] rice marking in cooking pot)
- ¼ teaspoon (1 ml) kosher salt
- 1 cup (250 ml) dried cranberries

1. Put the oat bran, water and salt in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Oats function and press Start/Stop. COOK ONLY 15 MINUTES.
2. Once the audible tone has sounded to indicate the end of cooking, open the lid and stir in the cranberries and serve.

Nutritional information per serving (1 cup [250 ml]):
Calories 150 (9% from fat) • carb. 38g • pro. 5g
fat 2g • sat. fat 0g • chol. 0mg • sod. 120mg
calc. 21mg • fiber 6g

CREAMY IRISH OATMEAL WITH BLUEBERRIES

Steel-cut oats in 30 minutes
and no stirring needed.

Function: Oats

Makes about 5 cups (1.25 L)

- 2 cooker cups (500 ml) steel-cut oats
- 3 cups (750 ml) nonfat milk
- Pinch kosher salt
- 2 whole cinnamon sticks
- Pinch ground nutmeg
- 3 tablespoons (45 ml) pure maple syrup
- 2 cups (500 ml) fresh blueberries

1. Put the oats, milk, salt, cinnamon sticks, nutmeg and syrup in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Oats function and press Start/Stop. COOK ONLY 30 MINUTES.
2. Once the audible tone has sounded to indicate the end of cooking, open the lid and remove the cinnamon sticks. Stir in the blueberries and serve.

Nutritional information per serving (1 cup [250 ml]):
Calories 300 (10% from fat) • carb. 56g • pro. 11g
fat 4g • sat. fat 1g • chol. 5mg • sod. 110mg
calc. 198mg • fiber 6g

DEVEILED EGGS

Steaming is an easy way to cook eggs,
and having a built-in timer alerts you
when they are ready.

Function: Steam

Makes 24 servings

- Water
- 12 large eggs*
- 6 tablespoons (90 ml) mayonnaise
- 2 tablespoons (30 ml) olive oil
- 2 teaspoons (10 ml) Dijon mustard
- 2 teaspoons (10 ml) fresh lemon juice
- ⅓–¼ teaspoon (0.5 ml - 1 ml) hot sauce
- ¼ teaspoon (1 ml) kosher salt

- 1/8 teaspoon (0.5 ml) freshly ground black pepper**
- 2 tablespoons (30 ml) fresh herbs (chives, parsley or tarragon are best) Paprika, for garnish**

1. Prepare an ice-water bath by putting ice cubes and cold water into a mixing bowl; reserve.
2. Add water to the Steam level in the cooking pot of the Cuisinart® Rice and Grain Multi-Cooker. Insert the steaming tray and put eggs onto the tray. Close lid.
3. Select the Steam function, set timer for 24 minutes and press Start/Stop.
4. Once the audible tone has sounded to indicate the end of cooking, immediately transfer eggs to the ice-water bath to stop the cooking process.
5. Peel and carefully slice eggs in half lengthwise.
6. Remove the yolks and put into the work bowl of a Cuisinart® food processor fitted with the chopping blade. Process until smooth. Pulse in the remaining ingredients, except for the herbs and paprika, and then process again until smooth. Pulse in the herbs to roughly chop and incorporate. Taste and adjust seasoning as desired. (This mixture can also be mashed with a fork if a food processor is not available.)
7. Spoon or pipe the yolk filling into the center of each egg white. Sprinkle with paprika before serving.

*It is advised to pierce a small hole in the bottom (wider part) of the eggshell to prevent the eggshells from cracking while cooking. This is best done with the tip of a safety pin.

Nutritional Information per serving (one-half egg):
Calories 71 (80% from fat): • carb. 0g • pro. 3g
fat 6g • sat. fat 1g • chol. 96mg • sod. 89mg
calc. 14mg • fiber 0g

MIXED GRAIN HOT MUESLI

A new way to eat oatmeal in the morning. This hearty breakfast is full of protein to get you going and keep you feeling full.

Function: Oats

Makes about 8 cups (2 L)

- 2 cooker cups (500 ml) steel-cut oats**
1 cooker cup (250 ml) short-grain brown rice
1 cooker cup (250 ml) quinoa
1 cooker cup (250 ml) chopped pecans
1 cooker cup (250 ml) raisins
1/3 cup (75 ml) unsweetened shredded coconut
2 to 4 tablespoons (30 ml to 60 ml) pure maple syrup
3 tablespoons (45 ml) coconut oil
2 cinnamon sticks
1/4 teaspoon (1 ml) kosher salt
Pinch ground nutmeg
Water (to the 4-cup [1 L] marking)

1. Put all of the ingredients in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Oats function and press Start/Stop.
2. Once the audible tone has sounded to indicate the end of cooking, open the lid, remove the cinnamon sticks, and stir well before serving.

Nutritional information per serving (1/2 cup [125 ml]):
Calories 88 (41% from fat) • carb. 12g • pro. 2g
fat 4g • sat. fat 1g • chol. 0mg • sod. 54mg
calc. 41mg • fiber 3g

OATMEAL BREAKFAST BOWL

Function: Oats

Makes 4 servings

- 2 cups (500 ml) cooked steel-cut oats, warm**
1/4 cup (60 ml) seedless raspberry jam
1/4 cup (60 ml) plain Greek yogurt (any fat variety)
1/2 cup (125 ml) fresh raspberries
1/4 cup (60 ml) chopped pecans

1 **teaspoon (5 ml) chia seeds**

1. Divide the oatmeal among four serving bowls. Stir in an even amount of raspberry jam and yogurt to each bowl. Top with the fresh raspberries, pecans, and chia seeds.

Nutritional Information per serving
Calories 271 (26% from fat) • carb. 44g • pro. 8g
fat 8g • sat. fat 1g • chol. 0mg • sod. 16mg
calc. 39mg • fiber 6g

SALADS, SIDES & SOUP

BAKED BEANS

Functions: Sauté & Beans

Makes about 4 cups (1 L)

- ½ pound (227 g) navy beans, soaked overnight**
- 4 ounces (113 g) thick-cut bacon, diced**
- ½ medium onion, finely chopped**
- 1 garlic clove, finely chopped**
- 2 cups (500 ml) water or low-sodium chicken broth**
- ¼ cup (60 ml) pure maple syrup**
- 2 tablespoons (30 ml) packed brown sugar (light or dark)**
- 1 tablespoon (15 ml) Dijon mustard**
- 1 tablespoon (15 ml) tomato paste**
- ½ teaspoon (2.5 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**

1. Select the Sauté function of the Cuisinart® Rice and Grain Multicooker, and press Start/Stop. Once hot, add the bacon. Cook until browned and crisp. Carefully remove the cooked bacon, leaving the grease in the cooking pot. Add the onion and garlic and sauté until softened, about 2 to 3 minutes. Press Start/Stop to stop the Sauté function.
2. Drain and rinse the beans and then add to the cooking pot, along with the remaining ingredients, including the reserved bacon. Select the Beans function for 4 hours and press Start/Stop.
3. Once the audible tone has sounded to indicate the end of cooking, open the lid and

stir to mix. Taste and adjust seasoning and serve immediately.

Nutritional information per serving (1 cup [250 ml]):
Calories 470 (21% from fat) • carb. 77g • pro. 18g
fat 11g • sat. fat 9g • chol. 0mg • sod. 420mg
calc. 141mg • fiber 13g

BASMATI RICE WITH INDIAN SPICES

Functions: Sauté & Quick White Rice

Makes about 9 cups (2.25 L)

- 3 tablespoons (45 ml) olive oil**
 - 1½ tablespoons (25 ml) finely chopped ginger (about 1 x ½-inch [2.5 x 1.25 cm] piece, peeled)**
 - 3 garlic cloves, finely chopped**
 - ¾ teaspoon (3.75 ml) kosher salt, divided**
 - ¼ teaspoon (1 ml) freshly ground black pepper, divided**
 - ½ medium onion, chopped**
 - 1 large white potato, peeled and cut into ½-inch (1.25 cm) cubes**
 - 1½ teaspoons (7.5 ml) ground cumin**
 - 1½ teaspoons (7.5 ml) ground coriander**
 - 1 teaspoon (5 ml) ground cinnamon**
 - ¼ teaspoon (1 ml) ground turmeric**
 - 4 cooker cups (1 L) basmati rice**
 - Water (to the 4-cup [1 L] marking in the cooking pot)**
 - 1 cup (250 ml) frozen peas**
 - ⅓ cup (75 ml) chopped fresh cilantro**
 - 2 teaspoons (10 ml) lemon zest**
1. Put the oil in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot and shimmering, about 2 minutes, add the ginger and garlic with a pinch each of the salt and pepper. Sauté until fragrant, about 1 minute. Add the onion; sauté about 1 to 2 minutes, or until softened and translucent. Add the potato and the remaining salt and pepper and all of the spices. Stir well so that the vegetables are well coated, cooking until the potato is just tender, about 5 minutes. Press Start/Stop to stop the Sauté function.

2. Add the rice and water. Close the lid of the cooker and select Quick White Rice and press Start/Stop.
3. When there are about 5 minutes remaining in the cooking time, stir in the peas, cilantro and zest. Close lid again and let the rice finish cooking.
4. Once the audible tone has sounded to indicate the end of cooking, open the lid and stir to mix. Taste and adjust seasoning as desired and serve.

Nutritional information per serving (1 cup [250 ml]):
 Calories 220 (21% from fat) • carb. 40g • pro. 5g
 fat 5g • sat. fat 1g • chol. 0mg • sod. 105mg
 calc. 13mg • fiber 3g

BEET SALAD WITH ROASTED WALNUTS AND RICOTTA SALATA

The saltiness of the cheese combines nicely with the sweetness of the beets and walnuts in this eye-catching salad; plus, steaming makes peeling whole beets a breeze.

Function: Steam

Makes about 6 cups (1.5 L)

Water

- 1 pound (454 g) trimmed beets (about 3 medium), scrubbed well**
- 2 cups (500 ml) baby arugula**
- ½ cup (125 ml) toasted walnuts**
- 2 ounces (57 g) crumbled ricotta salata**
- 3 to 4 tablespoons (45 to 60 ml) Champagne Vinaigrette (recipe follows)**

1. Add water to the Steam level in the cooking pot of the Cuisinart® Rice and Grain Multi-cooker. Insert the steaming tray and put beets onto the tray. Close lid.
2. Select the Steam function, set timer for 30 minutes, and press Start (large beets may take up to 35 minutes).
3. Once the audible tone has sounded to indicate the end of cooking, open the lid and test the beets for doneness – they should be able to be easily pierced with the tip of a knife. Add additional time if necessary.

4. Peel the beets with a paring knife (this is best done while wearing gloves to prevent any staining of your hands); the skin of the beets should easily pull away from the flesh of the beet. Once peeled, cut the beets into small wedges.
5. Place wedges into a mixing bowl and toss with the remaining ingredients.
6. Taste and adjust seasoning as desired. Serve immediately.

Nutritional Information per serving (1 cup [250 ml]):
 Calories 182 (68% from fat) • carb. 9g • pro. 6g
 fat 15g • sat. fat 3g • chol. 10mg • sod. 196mg
 calc. 133mg • fiber 3g

CHAMPAGNE VINAIGRETTE

This all-purpose dressing is incredibly versatile as a salad topper, marinade or finishing drizzle for vegetables.

Makes about 1 scant cup (250ml)

- 2½ tablespoons (40 ml) champagne vinegar**
- 1 teaspoon (5 ml) Dijon mustard**
- 1 small shallot**
- ¼ teaspoon (1 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- ¾ cup (175 ml) extra virgin olive oil**

1. Put the vinegar, mustard, shallot, salt and pepper into a Cuisinart® blender jar. Blend on Low until processed. Slowly add the oil through the opening while running on Low (hold the cap or even a dishtowel in place over the opening to prevent any splattering).
2. Let mixture blend an additional 20 seconds after all the oil has been added.
3. Taste and adjust seasoning as desired.

Nutritional Information per serving (1 tablespoon [15 ml]):
 Calories 91 (96% from fat) • carb. 0g • pro. 0g
 fat 11g • sat. fat 2g • chol. 0mg • sod. 45mg
 calc. 0mg • fiber 0g

ITALIAN FARRO AND ARUGULA SALAD

A showstopper of a salad and ready in 30 minutes.

The farro can be tossed warm into the other ingredients, but if you prefer it chilled, it can be prepared a day ahead.

Functions: Soak & Chewy Grains

Makes about 4 cups (1 L)

- 2 cooker cups (500 ml) farro
Water (to the 2-cup [500 ml]
marking in the cooking pot)
- 2 cups (500 ml) baby arugula
- 1 cup (250 ml) artichoke hearts,
quartered or halved
- 1 cup (250 ml) thinly sliced radicchio
(about ¼ average head)
- ¼ cup (60 ml) extra virgin olive oil
- 1 to 2 teaspoons (5 ml to 10 ml) fresh lemon
juice
- ¼ teaspoon (1 ml) kosher salt
- 1/8 teaspoon (0.5 ml) freshly ground
black pepper
- 2 tablespoons (30 ml) shaved Parmesan

1. Put the farro and then the water into the cooking pot of the Cuisinart® Rice and Grain Multicooker. Close lid. Select the Chewy Grains function and press Start/Stop.
2. Once the audible tone sounds to indicate the end of cooking, transfer the farro to a large serving bowl. Add the remaining ingredients, except for the Parmesan, and toss to combine. Top with the shaved Parmesan and serve immediately.

Nutritional Information per serving (½ cup [125 ml]):
Calories 156 (43% from fat) • carb. 19g • pro. 4g
fat 6g • sat. fat 1g • chol. 1mg • sod. 200mg
calc. 21mg • fiber 4g

JASMINE THAI-SCENTED RICE

This rice can be a base to many different dishes.
Try it with grilled chicken or shellfish.

Function: White Rice

Makes about 8 cups (2 L)

- 3 cooker cups (750 ml) jasmine rice
Water (to the 3-cup (750 ml) rice
marking in cooking pot)
- 1 1 x 1-inch (2.5 cm) piece fresh ginger,
halved
- 2 garlic cloves, thinly sliced
- 5 1 x ½-inch (1.25 cm) pieces
lemon peel
- 3 large fresh basil leaves
- ¼ teaspoon (1 ml) kosher salt
- 2 to 3 green onions, thinly sliced
- 2 tablespoons (30 ml) chopped fresh
cilantro

1. Put the rice, water, ginger, garlic, lemon peel and basil in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the White Rice function and press Start/Stop.
2. Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to taste and combine.
3. Taste and adjust seasoning as desired and serve immediately.

NOTE: This rice freezes well. Portion out into 1-cup (250 ml) servings.

Nutritional information per serving (1 cup [250 ml]):
Calories 250 (0% from fat) • carb. 55g • pro. 5g
fat 0g • sat. fat 0g • chol. 0mg • sod. 50mg
calc. 12mg • fiber 1g

PERFECT SUSHI RICE

To achieve the same flavours and consistency of the Japanese restaurant staple, use this recipe and you will not be disappointed.

Function: Sushi

Makes about 8 cups (2 L)

- 3 cooker cups (750 ml) sushi rice, rinsed
three times and pressed to reduce
moisture
Water (to the 3-cup [750 ml] rice
marking in cooking pot)
- ¼ cup (60 ml) rice vinegar
- 3 tablespoons (45 ml) mirin
- ¼ teaspoon (1 ml) kosher salt

1. Put the rinsed and pressed rice in the cooking pot of the Cuisinart® Rice and Grain

Multicooker. Add the remaining ingredients; stir to combine. Select the Sushi Rice function and press Start/Stop.

2. Once the audible tone has sounded to indicate the end of cooking, either keep warm on the automatic Keep Warm function or turn the unit off, fluff and remove rice to cool for making sushi.

Nutritional information per serving (½ cup [125 ml]):
Calories 92 (0% from fat) • carb. 22g • pro. 2g
fat 0g • sat. fat 0g • chol. 0mg • sod. 58mg
calc. 0mg • fiber 1g

TIPS ON MAKING SUSHI ROLLS:

Sushi is very versatile and can be made with just about any filling you wish. If using raw fish, be sure that it is sushi-grade fish from a reputable fishmonger. Cooked fish and vegetables are simple alternatives.

A sushi mat is very helpful in rolling sushi. You can also hand-roll sushi if using nori (seaweed paper).

Following are some suggestions for fillings to give guidelines on amounts – substitute your favourite flavours.

AVOCADO, SCALLION & BASIL ROLL

Function: Sushi

Makes 1 roll

Equipment needed: sushi rolling mat

- 1½ cups (375 ml) Perfect Sushi Rice (preceding recipe)
- ¼ avocado, peeled, pitted and thinly sliced
- 1 green onion, thinly sliced
- 6 to 7 fresh basil leaves

Bowl of cold water (to help in rolling sushi)

Pickled ginger, wasabi and soy sauce, for serving

1. Cover the sushi mat with plastic wrap (to prevent sticking). Wet hands with cold water and press sushi rice onto covered mat. Place the avocado, scallion and basil leaves in a thin horizontal line across the middle of the rice. Wet hands again with the water and, with the help of the sushi mat, roll the rice toward you in a jelly-roll fashion. Be sure to roll tightly, but

without too much pressure, to ensure an even sushi roll.

2. Unwrap the sushi mat and then, with a clean and sharp knife, cut into 8 pieces.
3. Serve with pickled ginger, wasabi and soy sauce.

Nutritional information per roll:
Calories 353 (16% from fat) • carb. 71g • pro. 8g
fat 7g • sat. fat 1g • chol. 0mg • sod. 179mg
calc. 22mg • fiber 5g

SHRIMP & ASPARAGUS ROLL

Functions: Sushi & Steam

Makes 1 roll

Equipment needed: sushi rolling mat

- 1 sheet nori
- 1 cup (250 ml) Perfect Sushi Rice (page 22)
- 4 steamed shrimp, halved (see steaming chart on page 14)
- 2 asparagus spears, steamed for 4 minutes
- 1 to 2 tablespoons (15ml to 30 ml) toasted sesame seeds
- Bowl of cold water (to help in rolling sushi)**
- Pickled ginger, wasabi and soy sauce, for serving**

1. Cover the sushi mat with plastic wrap (to prevent sticking). Lay the nori on top of the covered mat. Wet hands with cold water and press sushi rice on top of the nori, leaving a 1-inch (2.5 cm) space on the bottom of the nori, closest to you. Place the shrimp and asparagus spears in a thin horizontal line across the middle of the rice. Wet hands again with the water and, with the help of the sushi mat, roll the rice toward you in a jelly-roll fashion. Be sure to roll tightly, but without too much pressure, to ensure an even sushi roll.
2. Unwrap the sushi mat. Place the toasted sesame seeds on a clean plate. Roll the sushi roll in the toasted sesame seeds to cover. Using a clean and sharp knife, cut into 8 pieces.

3. Serve with pickled ginger, wasabi and soy sauce.

Nutritional information per roll:
Calories 270 (14% from fat) • carb. 47g • pro. 13g
fat 4g • sat. fat 1g • chol. 43mg • sod. 165mg
calc. 27mg • fiber 3g

SUSHI CUPS/BOWL

Think outside the roll with these fun sushi cups (or bowl, if you are looking for a quick and easy alternative). They take a lot less precision and you can fill them with your favourite fillings. Here we give a colourful selection of vegetables and fruit to make an impressive presentation. This recipe is easily adaptable – add in marinated tofu, steamed shrimp or salmon, etc.

Function: Sushi

Makes 6 servings (for sushi cups) or 3 servings (for sushi bowl)

Nori strips

- 1½ cups (375 ml) Perfect Sushi Rice (page 22)**

Bowl of cold water (to help in forming the sushi cups – not necessary if making a Sushi Bowl)

- 1 tablespoon (15 ml) rice vinegar**
¼ medium carrot, cut into matchsticks
1 radish, cut into matchsticks
½ small cucumber, seeded and cut into matchsticks
1 green onion, thinly sliced
¼ mango, peeled, pitted and cut into small cubes
¼ avocado, pitted and thinly sliced
Sesame oil
Soy sauce, reduced sodium
Rice vinegar
Wasabi
Pickled ginger
Furikake (Japanese seasoning found in the spice or Asian section of most grocery stores)

1. Line each cup in a 6-cup muffin pan with plastic wrap. Line each cup with two pieces of the nori, making a cross or “x” in the bottom/sides of the cup. Scoop ¼ cup (60 ml) of rice into each lined cup and, using wet hands,

press down to fill the bottom and up the sides (to make a rice cup).

2. Fill each cup with a selection of the suggested foods above, finishing with a drizzle of each of the sesame oil, soy sauce, and rice vinegar, a pinch of wasabi, a piece of ginger and a sprinkle of the furikake.

3. Serve immediately.

NOTE: If making a sushi bowl, omit the nori and divide the rice among three individual bowls. Fill each with a selection of the vegetables and fruit and then drizzle each of the sauces, a dash of wasabi (to taste), pickled ginger and ½ teaspoon of the furikake.

Nutritional information per sushi cup:
Calories 123 (12% from fat) • carb. 26g • pro. 3g
fat 2g • sat. fat 0g • chol. 0mg • sod. 96mg
calc. 12mg • fiber 2g

Nutritional information per sushi bowl:
Calories 247 (12% from fat) • carb. 52g • pro. 5g
fat 3g • sat. fat 0g • chol. 0mg • sod. 193mg
calc. 25mg • fiber 3g

POSOLE ROJO

A traditional Mexican stew, melding flavours of slow simmered pork, hominy and the rich smokiness of dried chili peppers.

Functions: Soak, Sauté & One Pot

Makes about 14 cups (3.31 L)

Yield: 10 to 12 servings

- 8 ounces (227 g) dried hominy, soaked overnight (see instructions below)**
2 teaspoons (10 ml) olive oil
1½ pounds (750 g) pork shoulder, trimmed and cut into 2-inch (5 cm) pieces
Kosher salt
Freshly ground black pepper
1 medium to large onion, quartered (keep root intact)
5 garlic cloves, crushed and divided
1 teaspoon (5 ml) ground cumin
2 bay leaves
2 large pinches of dried Mexican oregano, crumbled
8 cups (2 L) chicken broth, low sodium
2 dried ancho chiles
2 dried guajillo chiles
2 dried chiles de arbol

- 2** **teaspoons honey**
½ **lime, juiced**
½ **teaspoon (2.5 ml) kosher salt**
For serving: lime wedges, cilantro
leaves, cotija queso, sliced radishes,
chopped romaine or cabbage,
diced onion

1. The night before: Put the hominy in the cooking pot of the Cuisinart® Rice and Grain Multicooker and add enough cold water to cover by 2 to 3 inches (5 to 7.5 cm). Close the lid and select the Soak function. Set the timer for a minimum of 12 hours and up to 18 hours and press Start/Stop. After the hominy has soaked, drain and transfer to separate bowl and reserve. Wash and dry the cooking pot and return to the unit.
2. Put the olive oil in the cooking pot and select the Sauté function. Generously season the meat with the salt and pepper. When the oil is hot and shimmering, add half the meat and brown on all sides, about 8 to 10 minutes. Transfer the browned meat to the bowl with the soaked hominy. Repeat with the remaining.
3. Once all the meat has browned, add the first batch back along with the reserved hominy, to the cooking pot. Add the onion, 3 crushed garlic cloves, cumin, bay leaves, oregano and chicken stock. Close the lid. Select the One Pot function, set the timer for 3 hours and press Start/Stop.
4. Meanwhile, make the chile purée. Rinse the dried chiles and pat dry. Remove the stems and shake out the seeds. Toast the chiles and remaining 2 crushed garlic cloves in a dry skillet over medium-low heat, until aromatic (careful not to burn). Add water to cover and bring to a simmer. Remove from heat and allow to steep for 30 minutes. Add the softened chiles to the jar of a blender, along with the honey, lime juice, salt and 1 cup (250 ml) of the steeping liquid. Process to a smooth purée. Reserve.

5. When there are 30 minutes of cooking time remaining, open the lid and skim the fat from the top. Transfer the meat to a bowl. Discard the onion, garlic and bay leaves. Shred the meat into bite-size pieces and return to the pot along with the reserved chile purée. Close the lid again and let the unit complete its cooking program.
6. Once the audible tone sounds to indicate the end of cooking, transfer to individual serving bowls and top with the suggested garnishes.

Nutritional information per serving
 (based on 12 servings):
 Calories 188 (44% from fat) • carb. 11g • pro. 15g
 fat 9g • sat. fat 2g • chol. 42mg • sod. 211mg
 calc. 13mg • fiber 2g

RED BEANS AND RICE

The Cuisinart® version of the Jamaican staple brings out the flavours of Jamaican jerk seasoning.

Functions: Soak, Sauté & One Pot

Makes about 8 cups (2 L)

- | | |
|----------|---|
| 3 | cooker cups (750 ml) dried red kidney beans, soaked overnight* |
| 1 | tablespoon (15 ml) extra virgin olive oil |
| 2 | garlic cloves, finely chopped |
| ½ | jalapeño, seeded and finely chopped |
| 1 | can (13.5 ounces [382 g]) unsweetened coconut milk |
| 2 | cups (500 ml) chicken or vegetable broth, low sodium |
| 4 | stems fresh thyme |
| 1 | bay leaf |
| 1 | teaspoon (5 ml) kosher salt, divided |
| 1 | ½ x ½-inch (1.25 x 1.25 cm) piece fresh ginger, peeled |
| 3 | cooker cups (750 ml) medium-grain white rice |
| 1 | cup (250 ml) water |
| ½ | teaspoon (2.5 ml) ground cinnamon |
| 4 | green onions, sliced |
1. Put the olive oil in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot and shimmering, about 2 minutes, add the garlic and jalapeño. Sauté until

softened and fragrant, about 1 to 2 minutes. Press Start/Stop.

2. Add the beans, coconut milk, broth, thyme, bay leaf, ½ teaspoon salt and ginger. Select the One Pot function for 1 hour and 20 minutes and press Start/Stop.
3. When 40 minutes are remaining, open the lid and add the rice and water. Close the lid again and let the unit complete its cooking program.
4. Once the audible tone has sounded to indicate the end of cooking, open the lid, remove the thyme stems, and add the remaining ingredients, including the remaining ½ teaspoon (2.5 ml) of salt; toss to combine.
5. Taste and adjust seasoning and serve immediately.
- * Use the Soak function to soak the kidney beans, a minimum of 8 hours and up to 18 hours. Drain and rinse prior to using in recipe.

Nutritional information per serving (1 cup [250 ml]):
Calories 470 (21% from fat) • carb. 77g • pro. 18g
fat 11g • sat. fat 9g • chol. 0mg • sod. 420mg
calc. 141mg • fiber 13g

UDON NOODLE SOUP

This recipe highlights the versatility of the Cuisinart® Rice and Grain Multicooker. Sautés, simmers and steams all in one unit!

Functions: Sauté & One Pot

Makes about 10 cups (2.5 L)

- 1 **tablespoon (15 ml) olive oil**
- 1 **garlic clove, sliced**
- 1 **2 x ½-inch (1.25 cm) piece ginger, peeled and finely chopped**
- 8 **cups (2 L) chicken or vegetable broth, low sodium**
- 1 **baby bok choy (about 6 ounces), sliced**
- 3 **ounces (85 g) shiitake mushrooms, sliced**
- 1 **tablespoon (15 ml) reduced-sodium soy sauce**
- ¼ **teaspoon (1 ml) freshly ground black pepper**

Pinch crushed red pepper
cup (250 ml) peeled and cubed kabocha or butternut squash
ounces (170 g) chicken breast cut into 2-inch (5 cm) strips, optional
ounces (227 g) udon noodles (or soba)
green onions, thinly sliced
cup (250 ml) bean sprouts (about 3 ounces [85 g])
tablespoon (15 ml) sesame oil
Fresh lime wedges

1. Put the oil in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot and shimmering, about 2 minutes, add the garlic and ginger. Sauté until softened and fragrant, about 1 to 2 minutes. Press Start/Stop.
2. Add the broth, bok choy, mushrooms, soy sauce, pepper and crushed red pepper. Select the One Pot function for 1 hour and 30 minutes and press Start/Stop.
3. When there are 20 minutes remaining on the timer, add the squash to the soup and insert the steaming tray with the chicken pieces into the steamer position. Close the lid and allow the chicken to cook above the soup for the remainder of the time.
4. Once the audible tone has sounded to indicate the end of cooking, open the lid, and add the steamed chicken to the soup with the noodles. Close the lid and allow to "cook" in the Keep Warm setting for 10 minutes (noodles should be softened, but not mushy).
5. Open the lid of the cooker again and stir in the green onions, bean sprouts, sesame oil, and a squeeze of lime. Taste and adjust seasoning as desired and serve.

Nutritional information per serving
(1 cup [250 ml] with chicken):
Calories 119 (36% from fat) • carb. 11g • pro. 9g
fat 5g • sat. fat 1g • chol. 35mg • sod. 263mg
calc. 27mg • fiber 1g

SOUTHWESTERN BLACK BEAN SALAD

A colourful side dish that is bright and fresh.

Functions: Soak & Beans

Makes about 5 cups (1.25 L)

- 2 cooker cups (500 ml) dry black beans, soaked overnight*
- Water (to the 4-level marking)
- ½ medium red bell pepper, chopped
- 1 garlic clove, finely chopped
- 1 green onion, thinly sliced
- ½ jalapeño, seeded and finely chopped
- ¾ cup (175 ml) corn kernels
- 1 tablespoon (15 ml) extra virgin olive oil
- 2 teaspoons (10 ml) fresh lime juice
- ¾ teaspoon (3.75 ml) kosher salt
- 2 pinches freshly ground black pepper
- ½ avocado, diced
- Pinch granulated sugar

1. Put the drained beans and then add the fresh water into the cooking pot of the Cuisinart® Rice and Grain Multicooker. Close lid.
2. Select the Beans function, set timer for 1 hour and 30 minutes, and press Start/Stop.
3. Once the audible tone sounds to indicate the end of cooking, drain the beans and transfer to a large serving bowl. Add the remaining ingredients and toss to combine.
4. Serve immediately, or cover and allow to rest in the refrigerator to meld the flavours.

Nutritional Information per serving (½ cup [125 ml]):
Calories 147 (22% from fat) • carb. 22g • pro. 7g
fat 4g • sat. fat 1g • chol. 225mg • sod. 39mg
calc. 39mg • fiber 5g

*Use the Soak function to soak the black beans for a minimum of 8 hours and up to 18 hours. Drain and rinse prior to cooking.

SPANISH RICE

An easy side dish to incorporate into your weekly rotation.

Function: Sauté & White Rice

Makes 6 cups (1.5 L)

- 1 teaspoon (5 ml) olive oil
- 1 medium onion, finely chopped
- 1 small red bell pepper, finely chopped
- 2 garlic cloves, finely chopped
- 1 celery stalk, finely chopped
- 1 teaspoon (5 ml) kosher salt
- 1 teaspoon (5 ml) chili powder
- ½ teaspoon (2.5 ml) paprika
- ½ teaspoon (2.5 ml) dried oregano
- ½ teaspoon (2.5 ml) freshly ground black pepper
- 1 can (14.5 ounces [411 g]) diced tomatoes, drained
- 2 cooker cups (500 ml) long-grain white rice
- Water (to the 2-level marking)

1. Put the olive oil in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function. Once the oil is hot and shimmering, add the onion, red pepper, garlic and celery and sauté until soft and fragrant, about 2 to 3 minutes. Stir in the dried spices and cook until fragrant. Add the drained, diced tomatoes and stir to incorporate. Stir in the rice so that it is well coated.
2. Add the water and stir ingredients together. Close lid and select White Rice function and press Start/Stop.
3. When the audible tone sounds to indicate the end of cooking, open and stir rice together. Taste and adjust seasoning as desired. Serve immediately.

Nutritional information per serving (½ cup [125 ml]):
Calories 99 (4% from fat) • carb. 21g • pro. 2g
fat 0g • sat. fat 0g • chol. 0mg • sod. 252mg
• calc. 22mg • fiber 1g

TABBOULEH

This recipe is great for entertaining.

Function: Small Grains

Makes about 4 cups (1 L)

- 1 cooker cup (250 ml) bulgur wheat
- 1 cup (250 ml) water
- 2 cups (500 ml) fresh parsley, chopped
- ½ cup (125 ml) fresh mint, chopped
- 2 cups (500 ml) halved grape or cherry tomatoes

- 3 green onions, thinly sliced**
- 2 tablespoons (30 ml) extra virgin olive oil**
- ¼ cup (60 ml) fresh lemon juice**
- ¼ teaspoon (1 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- Pinch ground cumin**

1. Put the bulgur and water in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Small Grains function and press Start/Stop.
2. Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to combine.
3. Taste and adjust seasoning and serve immediately.

Nutritional information per serving (½ cup [125 ml]):
 Calories 88 (41% from fat) • carb. 12g • pro. 2g
 fat 4g • sat. fat 1g • chol. 0mg • sod. 54mg
 calc. 41mg • fiber 3g

WHEAT BERRY AND VEGETABLE SALAD

A crowd-pleasing dish that is perfect for any party or cookout.

Function: Chewy Grains

Makes about 7 cups (1.75 L)

- 2 cooker cups (500 ml) wheat berries**
- 3 cups (750 ml) water**
- ½ teaspoon (2.5 ml) kosher salt**
- ½ medium red onion, chopped**
- 1⅓ cups (325 ml) corn kernels, fresh or frozen (thawed)**
- 1 cup (250 ml) shredded zucchini (about ½ medium-large zucchini)**
- 1 cup (250 ml) chopped red bell pepper (about 1 medium pepper)**
- ½ cup (125 ml) chopped green onions (about 4 medium green onions)**
- ½ cup (125 ml) chopped sun-dried tomatoes**
- ½ cup (125 ml) Red Onion Vinaigrette (recipe follows)**
- ⅓ cup (75 ml) chopped fresh parsley**

1. Put the wheat berries, water and salt in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Chewy Grains function and press Start/Stop.
2. Once the audible tone has sounded to indicate the end of cooking, turn the unit off and open the lid. Spread the wheat berries on a baking sheet to cool.
3. When wheat berries are cooled, place in a medium bowl with the corn, zucchini, red pepper, green onions, and sun-dried tomatoes. Toss gently to combine. Add the dressing and the parsley; toss to combine.
4. Adjust seasoning and serve.

Nutritional information per serving (½ cup [125 ml]):
 Calories 155 (28% from fat) • carb. 25g • pro. 4g
 fat 5g • sat. fat 1g • chol. 0mg • sod. 194mg
 calc. 14mg • fiber 4g

RED ONION VINAIGRETTE

This dressing stores well in the refrigerator up to 2 weeks. Re-blend prior to serving.

Makes about 1 cup (250 ml)

- ¼ medium red onion, cut into 1-inch (2.5 cm) pieces**
- 1½ teaspoons (7.5 ml) Dijon mustard**
- 1 teaspoon (5 ml) granulated sugar**
- ½ teaspoon (2.5 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- ¼ cup (60 ml) white balsamic vinegar**
- ½ cup (125 ml) extra virgin olive oil**

1. Put the red onion, mustard, sugar, salt, pepper, and vinegar in a Cuisinart® Food Processor or Blender. Process until smooth. Slowly add the oil through the feed tube in a steady stream – do not add it too fast or the oil will not be able to incorporate itself into the vinegar mixture.
2. Keep vinaigrette in a covered container in the refrigerator until ready to use.

Nutritional information per serving
 (1 tablespoon [15 ml]) • Calories 64 (93% from fat) •
 carb. 1g pro. 0g • fat 7g • sat. fat 1g • chol. 0mg •
 sod. 79mg calc. 1mg • fiber 0g

WHITE BEAN SALAD

A perfect mix of flavours, textures and colours, this is a great side dish or a delicious vegetarian entrée.

Functions: Soak & Beans

Makes about 4 cups (1 L)

- 2** **cooker cups ([500 ml] about ½ pound)**
dry white beans, soaked overnight*
Water (to the 4-level marking)
- ½** **medium red onion, finely chopped**
- ½** **medium red bell pepper, finely**
chopped
- ¾** **cup (175 ml) fresh parsley leaves,**
chopped
- 1½** **tablespoons (25 ml) extra virgin**
olive oil
- 2** **teaspoons (10 ml) fresh lemon juice**
- ½** **teaspoon (2.5 ml) kosher salt**
Pinch freshly ground black pepper
- 1 to 2** **pinches crushed red pepper (optional)**
- 3** **tablespoons (45 ml) goat cheese,**
crumbled

1. Put the drained beans and then add the fresh water into the cooking pot of the Cuisinart® Rice and Grain Multicooker. Close lid.
2. Select the Beans function and set the timer for 1 hour and 30 minutes. Press Start/Stop.
3. Once the audible tone sounds to indicate the end of cooking, drain the beans and transfer to a large serving bowl. Add the remaining ingredients, except for the goat cheese, into the serving bowl. Toss to fully combine. Sprinkle with the goat cheese and gently stir to combine.
4. Taste and adjust seasoning as desired.

Nutritional Information per serving (½ cup [125 ml]):
Calories 163 (19% from fat) • carb. 24g • pro. 10g
fat 4g • sat. fat 1g • chol. 1mg • sod. 162mg
calc. 105mg • fiber 6g

- * Use the Soak pfuction to soak the white beans for a minimum of 8 hours and up to 18 hours. Drain and rinse prior to using in recipe.

MAINS

BROWN RICE BURRITO BOWL

Burrito Bowls are popular for a reason – they are quick, simple, healthy, and filling! Think of it as a blank canvas and change or add your favourite items.

Function: Brown Rice

Makes 4 servings

- 3** **cups (750 ml) cooked short-grain**
brown rice, warm
- 1** **cup (250 ml) cooked black beans**
- ½** **cup (125 ml) corn kernels**
- ½** **cup (125 ml) grape tomatoes, halved**
- 2** **green onions, thinly sliced**
- 1** **avocado, sliced**
Kosher salt
Salsa
Chopped fresh cilantro
Lime wedges
Tortilla chips

1. Divide all of the measured ingredients among four serving bowls. Top each with a pinch of salt, a dollop of salsa, a pinch of chopped cilantro. Serve each with a lime wedge and tortilla chips.

Nutritional Information per serving:
Calories 411 (15% from fat) • carb. 76g • pro. 11g
fat 7g • sat. fat 1g • chol. 0mg • sod. 199mg
calc. 63mg • fiber 9g

BUTTERNUT SQUASH RISOTTO

While the Rice and Grain Multicooker makes risotto an easy weeknight dinner, it is also the perfect tool for the holidays!

Functions: Sauté & Risotto

Makes about 8 cups ([2 L] 8 entrée
servings, 16 first-course servings)

- 1½** **tablespoons (25 ml) unsalted butter**
- ½** **medium onion, finely chopped**
- 1** **garlic clove, finely chopped**
- 1¼** **teaspoons (6 ml) kosher salt, divided**
- ¼** **teaspoon (1 ml) freshly ground black**
pepper, divided

- 2** **cooker cups Arborio rice**
- ½** **cup (125 ml) dry white wine**
- 3** **cups (750 ml) peeled and ½-inch**
(1.25 cm) cubed butternut squash
- Pinch ground nutmeg**
- 4** **cups (1 L) chicken stock, room**
temperature
- 1** **teaspoon (5 ml) fresh thyme**
- ¼** **cup (60 ml) grated Parmesan**
- 2** **tablespoons (30 ml) chopped fresh**
parsley
- 1** **teaspoon (5 ml) fresh lemon juice**

1. Put the butter in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function and press Start/Stop. Once butter is melted and hot, about 2 minutes, add the onion and garlic and a pinch each of the salt and pepper. Sauté until softened, about 2 minutes. Add the rice and sauté, while stirring occasionally, until edges are just translucent, about 2 minutes. Pour in the wine and cook until almost completely evaporated and then add the squash and nutmeg. Stir to coat. Add the stock and thyme. Close the lid of the cooker. Press Start/Stop and then select the Risotto function. Press Start/Stop.
2. When there are 15 minutes remaining, a tone will sound. At this point, open the lid, stir mixture and determine if the risotto is done to your liking. If the consistency is desirable (should be easily stirred and creamy), press Start/Stop. If it is too dry or stiff, stir in additional stock (best if it is room temperature or warm). Close the lid and allow it to cook for the remaining 15 minutes.
3. Once the audible tone has sounded to indicate the end of cooking, open the lid and stir in the remaining salt and pepper, Parmesan, parsley, and lemon juice.
4. Serve immediately. If you desire a creamier texture, stir in additional hot stock at the end of cooking. If you wish to use the Keep Warm function, more stock will need to be added before serving to ensure a creamy consistency.

Nutritional information per serving (1 cup [250 ml]):
 Calories 355 (10% from fat) • carb. 66g • pro. 10g
 fat 4g • sat. fat 3g • chol. 11mg • sod. 813mg
 calc. 124mg • fiber 3g

A TIP ON LEFTOVERS:

Arancini

Leftover risotto should not go to waste. It is perfect for the Italian appetizer, arancini (which translated means “little orange”).

Simple to make, try them next time you prepare risotto.

Take your leftover risotto, plain or from any recipe, and form into 2-inch (5 cm) diameter balls (or smaller if you are making a more delicate hors d’oeuvre). They are great stuffed with a ½-inch (1.25 cm) piece of fresh mozzarella. If you’re using plain risotto, stir in a little marinara sauce with the rice before forming.

Prepare a classic breading: 1 bowl of flour, 1 bowl of beaten eggs, and 1 bowl of breadcrumbs (seasoned or plain). Lightly bread and either bake in a 375°F (190°C) oven or pan-fry in hot vegetable or olive oil in a large skillet set over medium heat. Bake/cook until evenly browned. These are best served immediately.

SPRING PEA RISOTTO

Bright and fresh tasting, this risotto stands up nicely on its own, but it can easily be adapted by adding chopped prosciutto or ham.

Functions: Sauté & Risotto

Makes about 6 cups ([1.5 L] 4 entrée servings; 12 first-course servings)

- 1½** **tablespoons (25 ml) unsalted butter**
- ½** **medium onion, finely chopped**
- 1** **garlic clove, finely chopped**
- 1¼** **teaspoons (6 ml) kosher salt**
- ¼** **teaspoon (1 ml) freshly ground**
black pepper
- 2** **cooker cups (500 ml) Arborio rice**
- ½** **cup (125 ml) dry white wine**
- 3½** **cups (875 ml) chicken stock, low**
sodium, room temperature
- 2** **sprigs fresh thyme**
- 2** **cups (500 ml) frozen green peas,**
not thawed
- ¼** **cup (60 ml) grated Pecorino Romano**
- 2** **tablespoons (30 ml) chopped fresh**
parsley
- 1** **teaspoon (5 ml) grated lemon zest**
- 1** **teaspoon (5 ml) fresh lemon juice**
- Pea shoots and/or microgreens,**
for serving

1. Put the butter in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function and press Start/Stop.

Once butter is melted and hot, about 2 minutes, add the onion and garlic and a pinch each of the salt and pepper, Sauté until softened, about 2 minutes. Add the rice and sauté while stirring occasionally, until edges are just translucent, about 2 minutes. Pour in the wine and cook until almost completely evaporated and then add the stock and thyme. Stir and then close the lid of the cooker. Press Start/Stop and then select the Risotto function. Press Start/Stop.

- When there are 15 minutes remaining, a tone will sound. At this point, open the lid, stir mixture and determine if the risotto is done to your liking. If the consistency is good, add the peas and then close the lid and allow to cook for an additional 5 minutes to warm through. Open the lid again and then stir in the remaining ingredients, except for the pea shoots and/or microgreens.
- At the 15-minute mark, if the risotto is too stiff or dry, stir in additional liquid (best if it is room temperature) and add the peas as well. Allow to cook for 5 minutes. After the 5 minutes have elapsed, add the remaining ingredients, as instructed in Step 2.
- This risotto is best when served immediately. Divide the risotto into serving bowls and top with a pinch of pea shoots and/or microgreens.

Nutritional information per serving (based on 1 cup [250 ml]): Calories 197 (14% from fat) • carb. 33g • pro. 6g fat 3g • sat. fat 2g • chol. 8mg • sod. 675mg calc. 34mg • fiber 2g

MEDITERRANEAN COUSCOUS WITH MOROCCAN VEGETABLES

A warm and colourful comfort food, delicious on its own or when paired with roast chicken.

Functions: Sauté & Small Grains

Makes about 7 cups (1.75 ml)

- 1½ teaspoons (7.5 ml) extra virgin olive oil**
- ½ medium onion, sliced**
- 2 cups (500 ml) peeled and ½-inch (1.25 cm) cubed butternut squash**

- 1 medium peeled and ½-inch (1.25 cm) cubed white potato (about 8 ounces [227 g])**
- 1½ cups peeled and ½-inch (1.25 cm) cubed eggplant (about 6 ounces)**
- ¾ teaspoon (3.75 ml) kosher salt, divided**
- ½ teaspoon (2.5 ml) freshly ground black pepper, divided**
- 3 cooker cups (750 ml) pearl (also known as Israeli or Mediterranean) couscous cups (625 ml) low-sodium chicken broth**
- 1 whole cinnamon stick**
- ½ teaspoon (2.5 ml) ground cumin**
- ½ teaspoon (2.5 ml) lemon zest**
- ½ cup (125 ml) dried apricots, chopped**

- Put the oil in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot and shimmering, about 2 minutes, add the onion. Sauté until softened, about 2 minutes. Add the remaining vegetables with a pinch each of the salt and pepper. Cook until squash and potatoes are just tender, about 4 to 5 minutes.
- Press Start/Stop and add the couscous, broth, cinnamon stick, remaining salt and pepper, cumin, and zest. Close the lid of the cooker. Select the Small Grains function and press Start/Stop.
- Once the audible tone has sounded to indicate the end of cooking, open the lid and remove the cinnamon stick. Stir in the apricots and serve.

Nutritional information per serving (1 cup [250 ml]): Calories 360 (2% from fat) • carb. 77g • pro. 11g fat 1g • sat. fat 0g • chol. 0mg • sod. 440mg calc. 55mg • fiber 7g

QUINOA AND LENTIL BOWL WITH STEAMED VEGETABLES AND EGG

This bowl is packed full of fresh, colourful vegetables and protein-rich quinoa and eggs. You can top with some crunchy seeds or sprouts prior to serving.

Functions: Small Grains & Steam**Makes 4 servings**

- 2 cups (500 ml) cooked tri-color quinoa, warm
- 1 cooker cup (250 ml) green lentils
- 4 cups (1 L) water
- 2 medium carrots, sliced
- 1 small beet, peeled and sliced
- 2 large eggs, in shell
- 2 radishes, thinly sliced
- ½ cup (125 ml) baby arugula
- ¼ cup (60 ml) grape tomatoes, quartered
- ½ avocado, thinly sliced
- Olive oil, for serving
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- Lemon wedges, for serving

1. Put the lentils and water into the cooking pot of the Cuisinart® Rice and Grain Multicooker. Insert the steaming tray with the carrots and beets. Close the lid and select Steam for 16 minutes and press Start/Stop. With 6 minutes remaining, add the two eggs.
2. Once the audible tone has sounded to indicate the end of cooking, remove the steamer basket and drain the lentils.
3. Divide the cooked quinoa and the lentils among four serving bowls. Top with the vegetables. Peel the two eggs, halve and put one half in each bowl. Drizzle each with olive oil and season to taste with salt and pepper. Serve with a lemon wedge.

Nutritional information per serving:

Calories 317 (24% from fat) • carb. 4g • pro. 16g
fat 9g • sat. fat 1g • chol. 93mg • sod. 149mg
calc. 64mg • fiber 10g

SAUSAGE AND SHRIMP JAMBALAYA

An easy rice dish to jazz up any weeknight.

Functions: Sauté & One Pot**Makes about 8 cups (2 L)**

- 6 ounces (170 g) fully cooked andouille sausage (can use chicken or turkey), cut into ½-inch (1.25 cm) slices

- 1 small onion, chopped
- 1 celery stalk, chopped
- ½ red bell pepper, chopped
- ½ jalapeño finely chopped
- 2 teaspoons (10 ml) finely chopped garlic
- 2 cooker cups (500 ml) long-grain white rice
- ½ teaspoon (2.5 ml) kosher salt
- 1 teaspoon (5 ml) paprika
- 1 teaspoon (5 ml) dried thyme
- 1 teaspoon (5 ml) dried oregano
- 2 cups (500 ml) low-sodium chicken stock
- 1 cup (250 ml) fire-roasted diced tomatoes, in their juices
- 1 bay leaf
- 12 ounces (340 g) peeled and deveined shrimp
- ¼ cup (60 ml) chopped fresh parsley
- ¼ cup (60 ml) thinly sliced green onions
- Lemon wedges and hot sauce to taste

1. Put the sausage in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function and press Start/Stop. Brown the sausage on all sides, about 8 to 10 minutes. (If using chicken or turkey, 1 to 2 teaspoons (10 ml) of olive oil may be required for this process.) Remove the sausage from the pot and reserve. Add the onion, celery, pepper, jalapeño and cook for 6 to 8 minutes, stirring often. Add the garlic and cook until fragrant, about 1 to 2 minutes. Add the rice, salt, paprika, thyme and oregano. Stir until rice is translucent, about 2 to 3 minutes. Press Start/Stop.
2. Add the stock, diced tomatoes and bay leaf. Close the lid and select the One Pot function, set the timer to 40 minutes and press Start/Stop.
3. When there are about 10 minutes of cooking time remaining, add the reserved sausage along with the shrimp to the cooking pot. Give a quick stir, close the lid again, and let the unit complete its cooking program.
4. Once the audible tone has sounded to indicate end of cooking, open the lid and add parsley and scallions; toss to combine. Serve

immediately with lemon wedges and additional hot sauce.

Nutritional information per serving (1 cup):
Calories 165 (33% from fat) • carb. 14g • pro. 14g
fat 6g • sat. fat 2g • chol. 82mg • sod. 366mg
calc. 80mg • fiber 1g

SHRIMP AND VEGETABLES

Light and simple – this dish goes from freezer to table in about 15 minutes. To make it a larger meal, serve over a bed of white rice.

Function: Steam

Makes 1 to 2 servings

- 6 asparagus spears, cut on the bias into 1½-inch (3.75 cm) pieces**
- ½ medium carrot, cut into julienne strips**
- ½ cup (125 ml) snow peas**
- ½ pound (227 g) large frozen shrimp**
- Fresh lemon juice**
- Chopped fresh parsley leaves**
- Kosher salt**
- Freshly ground black pepper**

1. Add water to the Steam level in the cooking pot of the Cuisinart® Rice and Grain Multicooker.
2. Mix the vegetables together and then place them on the Steaming Tray. Top with the shrimp, insert steaming tray into cooking pot and close lid.
3. Select the Steam function and set timer for 15 minutes. Press Start/Stop.
4. Once the audible tone sounds, immediately transfer steamed shrimp and vegetables to a serving bowl and toss with the lemon juice, parsley and season to taste with the salt and pepper.

Nutritional Information per serving
(based on 2 servings):
Calories 105 (11% from fat) • carb. 6g • pro. 17g
fat 1g • sat. fat 0g • chol. 143mg • sod. 726mg
calc. 88mg • fiber 2g

TOFU WITH WATERCRESS AND MUSHROOMS

A delicious vegetarian or vegan entrée that builds on a favourite side dish by adding steamed tofu. This stands up on its own, but is also delicious on a bed of warm rice.

Functions: Sauté & Steam

Makes 2 servings

- 2 tablespoons (30ml) toasted sesame oil**
 - 1 tablespoon (15 ml) sesame seeds**
 - 2 garlic cloves, finely chopped**
 - 1 tablespoon (15 ml) low-sodium soy sauce**
 - Pinch red pepper flakes**
 - Water**
 - 4 ounces (113 g) baby bella (cremini) mushrooms, sliced**
 - 7 to 8 ounces [198 g to 226 g] (medium-firm tofu, cut into 6 pieces (this is about ½ of a standard tofu package)**
 - 2 packed cups watercress (about 1½ ounces [43 g])**
 - Pinch kosher salt**
1. Put the sesame oil into the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function and press Start/Stop. Once hot, add the sesame seeds and garlic. When garlic just starts to brown, about 2 minutes, press Start/Stop and transfer the sesame seeds and garlic to a small bowl. Add the soy sauce and red pepper flakes; reserve.
 2. Put water into the cooking pot to the Steam level. Put the mushrooms and tofu onto the steaming tray and insert into cooking pot. Close lid. Select the Steam function, set timer for 10 minutes and press Start/Stop.
 3. When the audible tone sounds to indicate the end of cooking, add the watercress to the tray with the mushrooms and tofu. Select the Steam function again for an additional 5 minutes, and press Start/Stop.
 4. Once timer expires, immediately transfer to a serving bowl and toss with the reserved sauce. Taste and adjust seasoning as desired.

Nutritional Information per serving (1 cup)
Calories 224 (68% from fat) • carb. 7g • pro. 10g
fat 16g • sat. fat 2g • chol. 0mg • sod. 423mg
calc. 59mg • fiber 1g

VEGETARIAN BEAN CHILI

The smokiness of the chipotle in this recipe not only adds flavour (and some heat), but an unexpected richness, making this dish a filling and healthy chili.

Functions: Soak, Sauté & One Pot
Makes about 5 cups (1.25 L)

- 3 cooker cups (750 ml) dried beans, soaked overnight (a mixture of beans works well for this dish – black, kidney, navy, adzuki, garbanzo, etc.)*
- 1 tablespoon (15 ml) extra virgin olive oil
- 1 ½-inch (1.25 cm) piece fresh ginger, peeled and finely chopped
- 2 garlic cloves, finely chopped
- ½ medium onion, finely chopped
- 1 teaspoon (5 ml) kosher salt, divided
- ¼ teaspoon (1 ml) freshly ground black pepper, divided
- 1 medium bell pepper (yellow or green preferably for color), cored, seeded and diced
- 2 teaspoons (10 ml) chili powder
- ¼ teaspoon (1 ml) ground cumin
- ¼ teaspoon (1 ml) ground cinnamon
- 1 can (28 ounces [793 g]) diced tomatoes, drained
- 2 tablespoons (30 ml) tomato paste
- 1 chipotle (left whole) in adobo sauce, with additional ½ teaspoon (2.5 ml) adobo sauce
- 2 cups (500 ml) low-sodium vegetable or chicken broth (or water)
- 1 to 2 tablespoons (15 to 30 ml) pure maple syrup
- Shredded Cheddar or Monterey Jack, for garnish
- Fresh cilantro, roughly chopped, for garnish

1. Put the olive oil in the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot and shimmering, about 2 minutes, add the ginger, garlic and onion with a pinch each of the salt and pepper. Sauté until softened and the onion is translucent, about 2 minutes. Add the bell pepper and the spices and cook to meld the flavours and cook the pepper, about 3 to 4 minutes. Press Start/Stop.

2. Add the beans, tomatoes, tomato paste, chipotle and sauce, broth/water and remaining salt and pepper. Select the One Pot function for 2 hours and 30 minutes and press Start/Stop.

3. Once the audible tone has sounded to indicate the end of cooking, open the lid, remove the chipotle, and stir in the maple syrup. Taste and adjust seasoning as desired and serve with the shredded cheese and pinch of cilantro.

- * Use the Soak function to soak the beans for a minimum of 8 hours and up to 18 hours. Drain and rinse prior to using in recipe.

Nutritional information per serving
(based on 1 cup [250 ml]):
Calories 470 (21% from fat) • carb. 77g • pro. 18g
fat 11g • sat. fat 9g • chol. 0mg • sod. 420mg
calc. 141mg • fiber 13g

SWEETS

TRADITIONAL RICE PUDDING

The Risotto function is not only for risotto. Treat yourself to some homemade rice pudding.

Function: Risotto

Makes 5 cups (1.25 L)

- 2 cooker cups (500 ml) Arborio rice
- 3 cups (750 ml) whole milk
- 2 cups (500 ml) heavy cream
- 1 whole vanilla bean, halved and seeds scraped
- ¾ cup (150 ml) granulated sugar
- ¼ teaspoon (1 ml) kosher salt
- 2 whole cinnamon sticks

¼ teaspoon (1 ml) ground nutmeg

1. Add all ingredients to the cooking pot of the Cuisinart® Rice and Grain Multicooker. Select the Risotto function and press Start/Stop.
2. When there are 15 minutes remaining, a tone will sound. At this point, open the lid, stir mixture and determine if the pudding is done to your liking. If the consistency is desirable, press Start/Stop. If, at this point, the pudding is too stiff or dry, stir in additional milk or water, close lid, and allow to cook for the remainder of the function time.
3. Once the audible tone has sounded to indicate the end of cooking, open the lid, remove the cinnamon sticks and stir well. This pudding can be served warm or chilled.

Nutritional analysis per serving

(based on ½ cup [125 ml]):

Calories 553 (33% from fat) • carb. 84g • pro. 9g
fat 20g • sat. fat 13g • chol. 76mg • sod. 115mg
calc. 124mg • fiber 1g

RICE & GRAIN BOWLS

Once a vegetarian restaurant and health-food store staple, the rice/grain bowls are now ubiquitous in restaurants across the globe. It seems as though each ethnicity has their own version, and with the help of the Cuisinart® Rice and Grain Multicooker, you can now replicate those dishes in your own home. On the following pages we provide you with a guide of how to build your own bowl. There are no rules – so have fun!

1 First...rice, grain, or both?

- Rice (brown, white, wild, and black)
- Quinoa
- Couscous
- Farro
- Wheat/Rye/Spelt Berries
- Bulgur
- Rice Noodles
- Udon Noodles



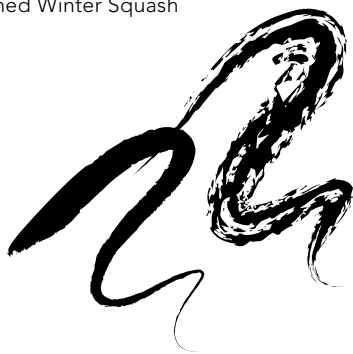
2 OK – now what? A protein to fill you up!

- Shrimp (sautéed or steamed)
- Steamed Chicken Breast
- Steamed Salmon
- Browned and Steamed Tofu
- Ground Turkey or Chicken
- Soft-Boiled Eggs
- Beans and Legumes



3 This is healthy, right? Add some vegetables

- Julienned Zucchini and Summer Squash (steamed or raw)
- Shredded Carrots and Parsnips
- Sugar Snap Peas
- Snow Peas
- Steamed Baby Potatoes
- Steamed or Sautéed Kale
- Steamed Corn Slices
- Sautéed Cabbage
- Grape or Cherry Tomatoes
- Avocado – Diced or Sliced
- Steamed Green Beans
- Fresh Mixed Greens
- Sliced Celery
- Steamed Winter Squash



4 Sauce it up

The sauce will really seal the deal on what ethnic cuisine you're featuring in your rice/grain bowl. These can be easily found in your local grocery store, and many of them can be made at home as well – visit cuisinart.com for recipes for the basics such as basil pesto, salsa verde, chimichurri and more.

- Honey (make it hot!)
- Hot Sauce (Buffalo, Asian-style, sriracha)
- Pesto
- Tapenade
- Miso-Ginger Dressing
- Salsa Verde
- Yogurt-Tahini Sauce
- Aioli
- Hummus
- Harissa
- Chimichurri
- Peanut Sauce
- Teriyaki

5 Now, for some tasty toppers:

- Olives
- Sesame Seeds (also – check out the sesame seed spice blends in your grocery store's spice aisle – some have nori and other delicious flavour boosters in them)
- Sliced Scallions
- Chopped Fresh Herbs
- Crumbled or Shredded Cheese
- Puffed Rice
- Pepitas
- Chopped Nuts
- Microgreens
- Pea Shoots or Sprouts
- Chia Seeds
- Hulled Hemp Seeds

WARRANTY

LIMITED THREE-YEAR

WARRANTY

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

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty.

This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

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

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

Toll-free phone number:

1-800-472-7606

Address:

Cuisinart Canada
100 Conair Parkway
Woodbridge, ON L4H 0L2

Email:

consumer_Canada@conair.com

Model:

FRC-1000C

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
- * The date code format we are using on unit is WWYY, representing week, and year.
eg.2420 = manufactured in 24th week of the year 2020.

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

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606. For more information, please visit our website at www.cuisinart.ca

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