

Cuisinart®

INSTRUCTION &
RECIPE BOOKLET



Deluxe 11™ Food Processor

DFP-11

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

IMPORTANT UNPACKING INSTRUCTIONS

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

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

1. Place the box on a low table or on the floor next to the kitchen counter or table where you plan to keep the food processor. Be sure the box is right side up.
2. Remove the cardboard inserts which contain the video.
3. Remove the cardboard panel and the instruction book.
4. Remove the polyfoam to remove the bowl cover (F) and pusher assembly (G). The plastic spatula (C) is on one long side of the foam block. The dough kneading (A) and detachable stem (B) for the discs are in the cavities at one short side of the foam block.

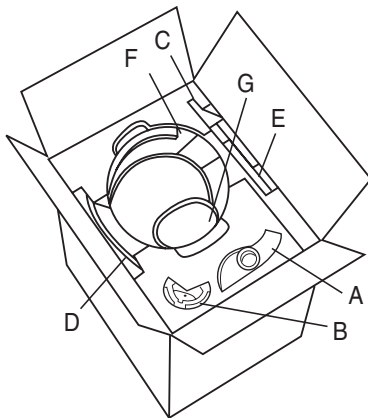
The slicing disc (D) is on one long side and the shredding (E) is on the other. Slide them out of the grooves with great care; **THE BLADES ARE VERY SHARP.**

5. The machine base and work bowl with the metal blade are at the bottom right of the box. **CAREFULLY REMOVE THE METAL BLADE BY GRASPING THE CENTER WHITE HUB AND LIFTING IT STRAIGHT UP. NEVER TOUCH THE BLADES, WHICH ARE RAZOR SHARP.**

6. Remove the base and bowl together by grasping the plastic bowl at the top with both hands and lifting the bowl straight up. Do not rotate the bowl clockwise on the base. This will cause the bowl to separate from the base.
7. Place the processor on a counter or table and read the instructions thoroughly before using the machine.
8. Save the shipping cartons and plastic foam blocks. You may want to use them in shipping the processor at a later date.

Please watch the enclosed How-to Video before using the food processor.

NOTE: Remember to return your completed product registration card with all information carefully filled out.



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IMPORTANT SAFEGUARDS

Always follow these safety precautions when using this appliance.

Getting Ready

1. Read all instructions.
2. Blades are very sharp. Handle them carefully.
3. Unplug from outlet when not in use, before putting on or taking off parts 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 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. Do not use pusher assembly if sleeve becomes detached from pusher.
2. Keep hands as well as spatulas and other utensils away from moving blades or discs while processing food, to prevent possibility of severe personal injury or damage to food processor. A plastic scraper may be used but must be used only when food processor motor is stopped.
3. Avoid contact with moving parts. Never push food down by hand when slicing or shredding. Always use pusher.
4. Make sure motor has completely stopped before removing cover. (If machine does not stop within 2 seconds when you turn the cover, call 1-800-726-0190 for assistance. Do not use machine).
5. 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.

6. Be sure cover is securely locked in place before operating food processor.
7. Do not try to override cover interlock mechanism.

Cleaning

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

General

1. Close supervision is necessary when any appliance is used by or near children.
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. The food processor is UL listed for household use. Use it only for food preparation as described in the accompanying recipe and technique book.
4. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock, 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 5.2 amperes is based on attachment that draws greatest current. Other recommended attachments may draw significantly less current.

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

INTRODUCTION

Cuisinart is about to change the way you think about cooking! Your 11-cup food processor is designed to do all those time-consuming food prep tasks, like chopping, mincing, mixing, slicing and shredding. Now you can try those dishes you never had time to make, or create whole new gourmet menus! Your Cuisinart® Food Processor even has its own dough blade, so be sure to put bread and pizza on the menus!



THE MACHINE INCLUDES:

1. Housing base
2. 11-cup work bowl
3. Cover with extra-large feed tube
4. Pusher assembly
5. Dough blade
6. Metal chopping/mixing blade
7. Medium slicing disc
8. Medium shredding disc
9. Detachable disc stem
10. Plastic spatula
11. Instruction booklet
12. How-to Video

The **metal blade** chops raw and cooked fruits, vegetables, meat, fish and cheese to the exact consistency you want – from coarse to fine, even to a purée. You control the texture. It chops nuts, makes nut butters, mayonnaise and sauces, and mixes tender, flaky pastry. The metal blade also mixes cakes, frosting, cookies, quick breads, muffins and biscuits.

The **dough blade** mixes and kneads more efficiently than the metal blade when your recipe calls for more than 3½ cups of flour. A locking device prevents heavy dough from driving the blade up on the shaft.

The **medium slicing disc** makes beautiful whole slices. It slices whole fruits and vegetables, cooked meat, semi-frozen raw meat and thin loaves of bread.

The **medium shredding disc** processes most firm and hard cheese into long, attractive shreds. It also shreds vegetables like potatoes, carrots and zucchini, and processes nuts and chocolate to a grated texture.

The **detachable stem** fits all discs, making storage easy in limited space.

The **pusher assembly** has 3 parts:

1. The small removable white pusher fits into the small feed tube. This tube is for narrow food like carrots, for adding liquid, and for continuous feeding of small hard food like garlic.
2. The large pusher is permanently attached to the sleeve, but moves freely within it – except when the slide lock on the sleeve is locked in place over the large feed tube.
3. The bottom sleeve has two descending tabs. One locks the sleeve to the work bowl (white lock); the other pushes down an activating rod at the back of the bowl, permitting the motor to start.

Recommended work bowl capacity for various foods

FOOD	CAPACITY
Chopped and puréed fruits and vegetables	2 cups
Chopped or puréed meat, poultry, fish or seafood	1¾ pounds
Bread dough (5 cups flour, yielding two 1½-pound loaves)	2½ pounds

FOOD	CAPACITY
Nuts for nut butters	2 cups
Sliced or shredded fruit, cheese, or vegetables	11 cups
Cake batter	3 lbs. (four 8-inch layers)
Cookie dough	2¾ lbs. (65 cookies)

ASSEMBLY INSTRUCTIONS

Blade Operation

1. Plug in the housing base and place the work bowl on top, with the work bowl handle just to the left of center. Turn the work bowl counterclockwise to lock it onto the housing base.
2. Carefully lift and place the chosen blade over the work bowl center hub. Line up the markings on the blade hub with the motor shaft. It should fit snugly and rest on the bottom of the work bowl.
3. Add desired ingredients to work bowl.
4. Place work bowl cover onto work bowl, with the handle area just to the left of center. Turn counterclockwise to lock onto work bowl.
5. Align pusher assembly and activating rod with the feed tube opening on the work bowl cover and slide the activating rod down to the bottom.
6. You are now ready to operate the machine.

Disc Operation

1. Plug in the housing base and place the work bowl on top, with the work bowl handle just to the left of center. Turn the work bowl counterclockwise to lock it onto the housing base.
2. Choose desired disc and place underside-up on tabletop. Pick up detachable disc stem and align it with the raised plastic crescent on the disc underside. The raised 'lock' indicator on the left corner of the stem should be to the left of the mounting plate on disc.
3. Turn the stem to the right, so the locking tabs are covered by the metal supports and a 'click' locks the stem in place.
4. With the stem facing down, place the assembly over the center hub. It should fit snugly and rest on the bottom of the work bowl.
5. Place work bowl cover onto work bowl, with the handle area just to the left of center. Turn counterclockwise to lock onto work bowl.
6. Align pusher with the feed tube opening on the work bowl cover and slide the activating rod down to the bottom.
7. Use the cord wrap on the housing base underside to add or remove cord.

8. You are now ready to operate the machine.

MACHINE FUNCTIONS

PULSE

1. With the machine properly assembled and engaged, and ingredients in the work bowl, press the PULSE button repeatedly, as needed.

ON (Continuous)

1. Properly assemble and engage the machine.
2. To add ingredients through the feed tube, remove the pusher and fill the feed tube as directed (see **Preparing Food for Slicing or Shredding, page 14**).
3. Engage the pusher and press the ON button. The button light will turn on and the motor will start.
4. Press the pusher firmly down until all ingredients have passed into the work bowl. Remove the pusher and refill ingredients as needed. When you engage the pusher again, the unit and light will automatically turn ON.
5. Press the OFF button when finished.

OPERATING INSTRUCTIONS

Practice chopping some foods such as a zucchini or potato before you process food to eat. First, cut the ingredients into 1-inch pieces of even size and length.

- Place the work bowl over the center stem and turn counterclockwise to lock in place.
- Insert the metal chopping blade and put ingredient pieces in the work bowl. Put on the cover and turn counterclockwise to lock onto work bowl. Align the pusher and the pusher's activating rod with the corresponding openings on the feed tube, and push all the way down.
- Press and release the PULSE button two or three times. Each time the blade stops, let the pieces drop to the bottom of the bowl before you pulse again. This puts them in the path of the blade each time the motor starts.
- Using the pulse/chopping technique, you get an even chop without overprocessing. Check

the texture frequently by looking through the cover. If you want a finer chop, press and release the PULSE button until you achieve the desired texture. Onions and other food with a high water content will quickly end up as a purée unless examined through the work bowl after each pulse to make sure they are not overprocessed.

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

- Be sure all the pieces you add to the bowl are about the same size.
- Be sure the amount you process is no larger than recommended on the inside cover of this booklet.

Before you do anything, wait for the blade to stop spinning. Once it does, remove the pusher assembly. Then turn the cover clockwise to unlock and remove by lifting it off.

Never try to remove the pusher, lid and work bowl together; as a safety feature, the pusher assembly must be removed before the lid and work bowl can be unlocked. They can then both be unlocked at the same time.

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

To prevent the blade from falling from the work bowl onto your hand when emptying the work bowl, use one of the following methods.

Be sure your hands are dry.

Grab the blade hub, and remove the metal blade before tilting the bowl, using a spatula to scrape off any food. Or insert your finger through the hole in the bottom of the work bowl, gripping the blade from the bottom, and grip the outside of the work bowl with your thumb. Or hold the blade in place with your finger or spatula while pouring out food.

REMOVING PROCESSED FOOD

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

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

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

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

To prevent the blade from falling out of the work bowl onto your hand, use one of the three methods that follows. Be sure your hands are dry. Remove the metal blade before tilting the bowl using a spatula to scrape off any food. Or insert your finger through the hole in the bottom of the work bowl, gripping the blade from the bottom, and grip the outside of the work bowl with your thumb. Or hold the blade in place with your finger or a spatula while pouring out processed food.

CHOPPING AND PURÉEING WITH THE METAL BLADE

To chop raw fruits and vegetables:

Cut the food into 1-inch pieces. You get a more even chop when all pieces are about the same size.

Put no more than the recommended amount of food into the work bowl. (See page 6.) Lock the cover in place. Press the OFF/PULSE lever at the rate of 1 second on, 1 second off until the food is coarsely chopped. Then hold down the OFF/PULSE lever, letting the machine run continuously until the food is chopped. Check frequently to avoid overprocessing. Use the spatula to scrape down any pieces that stick to the sides.

To purée fruit and cooked vegetables:

Cut the food into 1-inch pieces. You get a smooth purée faster when all pieces are about equal in size. Put no more than the recommended amount of food in the work bowl. (See page 6.) Lock the cover in place. Pulse to chop coarsely, then press

the ON lever and process continuously until the food is puréed. (NOTE: Cooked potatoes are an exception to this procedure. They develop a gluey texture when processed with the metal blade. See the recipe for mashed potatoes at the end of the book.)

- * When making soup, you will want to purée vegetables that have cooked in liquid. Don't add the liquid to the work bowl – just the cooked vegetables; remove them with a slotted spoon. They will purée faster and smoother without liquid. Then add just enough liquid to make the purée pourable, return it to the soup liquid and stir to combine.
- * Occasionally, a piece of food may become wedged between the blade and the work bowl. If this happens, remove the cover, lift the blade out carefully and remove the wedged piece. Empty the bowl, reinsert the blade and lock the cover into place, first removing the small pusher. Press the ON lever and drop the food pieces through the small feed tube while the machine is running. After adding a cupful this way, add the remaining food to the bowl and process in the usual way.

To chop hard food like garlic, hard cheese:

Small foods like garlic can be dropped in whole. Larger foods like hard cheese should be cut into 1-inch pieces. Remove the small pusher, press the ON lever and drop the food through the small feed tube while the machine is running.

This method of processing minces garlic, shallots and onions. Hard cheese and coconut will have the same texture as if they had been hand grated.

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

To chop parsley and other fresh herbs:

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

refrigerator. They may be frozen for months, stored in an airtight container or bag.

To chop peel from citrus fruit (zest):

To chop sticky fruit like dates or raisins:

For citrus, remove only the peel (zest) with a vegetable peeler. Do not remove the white pith, which is bitter tasting. Cut the peel into lengths of 2 inches or less and process with ½ cup of granulated sugar from the recipe until finely chopped. This may take 2 minutes or longer.

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

To chop meat, poultry, and seafood:

The food should be very cold, but not frozen. Cut it into 1-inch pieces to ensure an even chop. Process no more than the recommended amount at a time. (See page 6.) Press the OFF/PULSE lever 3 or 4 times at a rate of 1 second on, 1 second off. If the food is not chopped fine enough, let the processor run continuously for a few seconds. Check the texture often to avoid overprocessing. Use a spatula to scrape food from the sides of the bowl as necessary.

To purée meat, poultry, and seafood:

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

Leave the purée in the work bowl and add eggs, cream and seasonings as called for by the recipe. Process to combine thoroughly.

Remember you control texture by the length of time you process.

To chop nuts:

Chop no more than the recommended amount at one time. (See page 6.) Press and release the OFF/PULSE lever and check frequently to avoid letting powdered nuts clump together in a nut butter.

When a recipe calls for flour or sugar, add some to the nuts before you chop them— about ½ cup for each cup of nuts. This allows you to chop the

nuts as fine as you want without turning them into a nut butter.

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

To make peanut butter and other nut butters:

Process up to the recommended amount of nuts. (See page 6.) Let the machine run continuously. After 2 or 3 minutes, the ground nuts will form a ball that will gradually smooth out. Scrape the sides of the bowl and continue processing until drops of oil are visible. Taste for consistency. The longer you process, the softer the butter will be. For chunk style, add a handful of nuts just after the ball of nut butter begins to smooth out. To make cashew butter, add a little bland vegetable oil. Processor nut butters contain no preservatives. Store in the refrigerator to keep them from separating.

To make flavored butter, spreads and dips:

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

To make mayonnaise:

The work bowl and metal blade must be clean and dry. Use one large whole egg, or the yolks from two large eggs. Mayonnaise made from yolks will be almost as thick as butter. You should be able to add $\frac{1}{2}$ cup of oil for each yolk or $1\frac{1}{4}$ cups for a whole egg.

Process the yolks or egg with salt, mustard and 2 tablespoons of vegetable oil for at least 30 seconds. Then, while the machine is running, pour $\frac{1}{4}$ cup of oil into the small pusher. After it dribbles through the pinhole at the bottom, remove the small pusher and slowly add the remaining oil while the machine runs. See the recipe on page 30.

To beat egg whites:

The work bowl and metal blade must be absolutely clean. Add 3 or more egg whites and press the ON lever. Add about 1 teaspoon of lemon juice or vinegar for every egg white. Vinegar makes stiffer whites; its flavor is hardly detectable in cakes or soufflés. Continue processing until the egg whites hold their shape – about $1\frac{1}{2}$ to $2\frac{1}{2}$ minutes.

To whip cream:

Processor-whipped cream holds its shape very well. It is good for decoration or as a topping for gingerbread, berries and other desserts.

Chill the cream well before starting. Using the metal blade, process continuously until it begins to thicken; add sugar as desired and continue processing. Watch carefully until the cream reaches the desired consistency. For consistently reliable results, add 2 tablespoons of nonfat dried milk for every cup of cream, before whipping.

Processor-whipped cream does not whip to the light, fluffy consistency obtained by methods that beat in more air. Use the optional Whisk Attachment for the fluffiest whipped cream.

To make bread, cracker and cookie crumbs and crumb crusts:

Cut or break bread, crackers or cookies into 1-inch pieces and put them in the work bowl. Process continuously until they reach the desired texture. For seasoned crumbs, chop parsley or other fresh herbs with the crumbs. For buttered crumbs, process until the dry crumbs are of the desired texture, then dribble melted butter through the small feed tube while the machine is running.

For crumb crusts, process crackers or cookies as described above. Add sugar, spices and butter, cut into 1-inch pieces, as specified by your recipe. Process until well combined.

To make pastry:

This describes the general procedure. A recipe giving exact proportions is on page 32.

Combine unbleached all-purpose flour, salt and 1-inch pieces of very cold butter in the work bowl. Process to the consistency of cornmeal. While the machine is running, pour ice water through the feed tube. Stop processing as soon as the dough

begins to form a ball, to ensure tender, flaky pastry. Use the dough immediately or form it into a round disc about 1-inch thick. Wrap it in plastic wrap and refrigerate or freeze for later use.

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

The most important rule for success is not to overmix after the flour is added. The ingredients for these soft doughs should be cold. If the recipe calls for chopped ingredients like lemon peel or nuts, chop them first while the work bowl is clean and dry. Then set them aside until needed. (Always use sugar when chopping lemon peel; see page 9.)

Put dry ingredients like flour, salt and leavening in the work bowl and process with the metal blade for 5 seconds to mix them. Remove and reserve the dry ingredients.

Add the eggs and sugar to the work bowl and process to mix, letting the machine run about 1 minute. Next, add 1-inch pieces of butter, at room temperature. Let the machine run continuously for a minute, until the butter is thoroughly mixed with the sugar and eggs. Then add flavoring and liquid – vanilla, spices, cocoa, etc. Process until mixed. Add the dry ingredients to the work bowl. Process by pulsing, inspecting after each pulse. Stop pulsing as soon as the dry ingredients have almost disappeared into the batter. Overprocessing will cause quick breads and cakes to be tough. (If your recipe calls for ingredients that are to be coarsely chopped – like raisins or nuts – add them last with the mixed dry ingredients.)

To make cake mix:

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

Insert the metal blade and add the cake mix to the work bowl. While the machine is running, add the eggs and liquid through the small feed tube and process for 5 seconds. Scrape down the side of the work bowl and process again for 1 minute for maximum volume. Remove the work bowl from the base but do not remove the metal blade. Insert your finger into the underside of the blade

from the bottom of the work bowl to hold the blade in place while emptying the batter.

Tip:

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

KNEADING YEAST DOUGH WITH THE DOUGH BLADE

The Deluxe 11™ Food Processor can mix and knead dough in a fraction of the time it takes to do it by hand. You will get perfect results every time if you follow these directions. NEVER TRY TO PROCESS DOUGH THAT IS TOO STIFF TO KNEAD COMFORTABLY BY HAND.

There are two general types of yeast dough.

1. **Typical bread dough** is made with a flour mix that contains at least 50% white flour. It is uniformly soft, pliable and slightly sticky when properly kneaded. It always cleans the inside of the work bowl completely when properly kneaded.
2. **Typical sweet dough** contains a higher proportion of sugar, butter and/or eggs than typical bread dough. It is rich and sticky, and it does not clean the inside of the work bowl. It requires less kneading after the ingredients are mixed. Although 30 seconds is usually sufficient, 60 to 90 seconds gives better results if the machine does not slow down. Except for kneading, described below, the processing procedures are the same for both types of dough.

Machine capacity

Typical bread dough:

5 cups all-purpose flour
3 cups whole-grain flour

Typical sweet dough:

3½ cups all-purpose flour

If a bread dough recipe calls for more than the recommended amount of flour, mix and knead it in equal batches.

Using the right blade:

Use the plastic dough blade when the recipe calls for more than 3½ cups of flour. Use the metal blade when a recipe calls for less than 3½ cups of flour. Because the dough blade does not extend to the outside rim of the work bowl, it cannot pick up all the flour when small amounts are processed.

Whichever blade you use, always push it down as far as it will go on the motor shaft.

Measuring the flour:

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

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

Proofing the yeast:

The expiration date is marked on the packages. To be sure your yeast is active, dissolve it in a small amount of warm liquid (about ⅓ cup for one package of dry yeast). The temperature of liquids used to dissolve and activate yeast must be between 105°F and 120°F. Yeast cells are not activated at temperatures lower than this, and they die when exposed to temperatures higher than 130°F. If the recipe includes a sweetener like sugar or honey, add a tablespoon with the yeast. If no sweetener is called for, add a pinch. The yeast won't foam without it. Let the mixture stand until it foams—up to 10 minutes.

Processing dry ingredients:

Put the flour and other dry ingredients in the work bowl. If the recipe calls for herbs, oil or solid fats like butter, add them with the flour. Turn the machine on, and let it run for about 20 seconds.

Adding liquids:

All liquid should be added through the feed tube while the machine is running. Add liquid in a slow,

steady stream, only as fast as dry ingredients absorb it. If liquid sloshes or splatters, stop adding it but do not turn off machine. Wait until ingredients in bowl have mixed, then add remaining liquid slowly. Pour liquid onto dough as it passes under feed tube opening. Do not pour liquid directly onto bottom of bowl.

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

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

Kneading bread dough:

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

Kneading typical bread dough:

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

Kneading typical sweet dough:

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

Adding other ingredients:

Cheese, nuts and raisins may be added with the dry ingredients or during the final kneading. To leave them almost whole, add them through the feed tube 5 seconds before you stop kneading. For a finer texture, add them with the dry ingredients.

Rising:

Put the dough in a large, lightly floured plastic

food storage bag. Squeeze out the air and close the bag, allowing space for the dough to rise. Or put the ball of dough in a large bowl coated with soft butter or vegetable oil. Roll the dough around to coat its entire surface. Cover it with a damp towel or a piece of oiled plastic wrap.

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

Shaping, finishing and baking:

If you shape the dough in loaf pans, coat them with vegetable oil cooking spray and fill them only half full. Let rise until dough is just slightly above the top of the pan. If shaping free-form loaves, let them rise on an oiled baking sheet until at least doubled in bulk.

Making consecutive batches:

You can make several batches of bread dough in a row.

The motor in the Deluxe 11™ Food Processor is extremely efficient. Follow the recipe for White Bread, page 30.

BREAD DOUGH PROBLEMS AND SOLUTIONS

Problems and Solutions with Bread Doughs

Blade doesn't incorporate ingredients:

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

Blade doesn't incorporate ingredients:

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

Blade rises in work bowl:

Blade may not have been pushed down as far as it will go before processing started. Machine may be overloaded. Stop it, remove half the dough and process in 2 batches. Excessively sticky dough can cause blade to rise even though it cleans inside of work bowl. If dough feels very sticky, reinsert blade and immediately add 2 tablespoons flour through feed tube while machine is running.

Dough doesn't clean inside of work bowl:

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in 2 batches. See page 6 for machine capacity.
- Dough may be too dry. If it feels crumbly, add water – 1 tablespoon at a time – while machine is running, until dough becomes moist and cleans inside of work bowl. Wait 10 seconds between additions of water.
- Dough may be too wet. While machine is running, add 1 tablespoon of flour. If necessary, add more – 1 tablespoon at a time – until dough cleans inside of work bowl and forms a ball.
- Plastic dough blade is intended only for recipes calling for at least 3½ cups of flour. If your recipe calls for less flour, remove plastic dough blade and insert metal blade. Always use metal blade for recipes calling for less than 3½ cups of flour, such as pizza dough.

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

Stop machine, carefully remove dough, divide it into 3 pieces and redistribute them evenly in work bowl. Make sure that blade is firmly pressed back into place after removing the dough. Continue processing until dough is uniformly soft and pliable.

Dough feels tough after kneading:

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

Soft dough or liquid leaks onto base of food processor:

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

Motor stops:

- If using large feed tube cover, the pusher assembly may have come unlocked. Push down pusher sleeve to lock it into place and continue processing.
- Cover may have come unlocked. Lock cover and continue processing.
- Power cord may be unplugged.
- Excessive strain may have caused motor to overheat and stop. Wait for the motor to cool, 5–10 minutes. A safety protector in the motor protects it against excessive overheating. If the motor stops, turn the machine off. After 5–10 minutes, divide dough into 2 batches and complete processing. Pinch dough to make sure it is not too stiff to knead comfortably by hand. If it is, add liquid – 1 teaspoon at a time – until dough is sufficiently moist to clean bowl.

Dough doesn't rise:

We recommend that you always test activity of yeast before using it. See instructions for proofing yeast on page 12. Do not use dry yeast after expiration date on package.

Avoid killing yeast cells by dissolving yeast in water that is too warm. Dissolve yeast in about ½ cup of warm liquid at 105°–120°F. All other liquid should be cold.

Don't knead so long that dough becomes overheated. The ideal temperature for kneaded dough is 80°F; it should never exceed 110°F.

Let dough rise in draft-free environment of about 80°–90°F.

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

Baked bread too heavy

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

PROBLEMS AND SOLUTIONS WITH TYPICAL SWEET DOUGHS

Motor slows down:

- Amount of dough may exceed maximum

capacity of your food processor. Remove half and process in 2 batches.

- Don't process too long after all the ingredients are incorporated. These rich doughs will give you good results after only 30 seconds of kneading.

PREPARING FOOD FOR SLICING AND SHREDDING

Round fruits and vegetables:

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

Place the food in the feed tube, flat side down. Position it as far left as possible, to prevent it from tilting when being processed.

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

Whole peppers are an exception:

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

Large fruits like pineapple and cantaloupe:

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

Cabbage and iceberg lettuce:

Turn the head on its side and slice off the top and bottom, leaving a center section about 3 inches deep. Remove the core and cut the center section into wedges to fit the feed tube. Remove the core from the bottom piece and cut it and the top piece into wedges to fit the feed tube. The 4mm Slicing Disc or the optional 1mm Slicing Disc are excellent for slicing cabbage for coleslaw.

If the fruit or vegetable doesn't fit:

Try inserting it from the bottom of the feed tube. The opening there is slightly larger. Do not force any food into the feed tube.

Pack the feed tube for desired results:

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

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

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

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

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

PRACTICING SLICING AND SHREDDING

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

REMOVING SLICED OR SHREDDED FOOD

Before you do anything, wait for the disc to stop spinning:

When it does, remove the cover first. Hold the pusher assembly with your fingers away from the locking tabs on back and turn it clockwise. Lift, and the pusher assembly and cover will come off together.

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

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

SLICING AND SHREDDING TECHNIQUES

Small, round fruits and vegetables:

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

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

Long fruits and vegetables:

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

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

Small amounts of food:

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

into place. Be sure the slide lock on the sleeve is locked.

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

French-cut green beans:

Trim fresh green beans to feed-tube widths. Blanch them for 60 seconds in boiling salted water. Plunge them immediately into cold water to stop the cooking. When they are cold to the touch, drain and dry them. Stack them in the feed tube horizontally to about 1 inch from the top. Use the standard 4mm Slicing Disc.

Be sure the small pusher is locked and the slide lock in the sleeve is unlocked. Apply light pressure to the pusher and press the lever down to PULSE until beans are sliced. To make long, horizontal slices or shreds of raw zucchini or carrots, use the same procedure.

Matchsticks or julienne strips:

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

SLICING MEAT AND POULTRY

Cooked meat and poultry:

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

This technique works better with square or rectangular pieces than with round ones.

Uncooked meat and poultry:

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

Frankfurters, salami and other sausages:

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

SLICING AND SHREDDING CHEESE

Firm Cheeses like Swiss and Cheddar:

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

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

Therefore, only attempt to shred mozzarella or Parmesan when at the appropriate temperature, otherwise the cheeses will not shred well or damage to the machine could occur.

ADDITIONAL INFORMATION

IF YOU HAVE A PROBLEM

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

Food is unevenly chopped:

Do not process too much food at one time. Food should be in uniform pieces. Pulse several times and the run continuously.

Liquid leaks from bottom of bowl onto motor base:

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

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

You added too much liquid. Never use more than 2½ cups thin or 5 cups thick liquid. The thicker the liquid, the more you can use. Examples of thick liquids include pancake or cake batter.

Slices are uneven or slanted:

Pack feed tube more carefully as described on pages 14 through 16. Maintain even pressure on pusher.

Carrots, or similar food, falls over in feed tube:

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

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

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

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

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

Type of cheese	Chop	Shred	Slice
Soft	yes	no	no

Brie, Camembert, ricotta, Liederkranz, cottage, cream

mozzarella (exception) yes/chill yes no

Semi-Soft	yes	yes/chill	no
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Blue, Fontina, Bel Paese

Semi-Hard	yes	yes/chill	yes/chill
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Cheddar, Monterey Jack, Longhorn, Swiss, Jarlsberg, Edam, Gouda, Provolone

Hard	yes	yes/ room temp	no
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Parmesan, Romano, Pecorino, Sapsago

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

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

CLEANING AND STORAGE

Keep your food processor ready to use on the kitchen counter. When not in use, leave unplugged. Don't leave the pusher assembly in locked position; this could damage the on-off mechanism.

Store the blades and discs as you would sharp knives — out of the reach of children. The Disc and Blade Holder (optional accessory) offers safe and convenient storage.

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

To simplify cleaning, rinse the work bowl, cover, pusher assembly and blade or disc immediately after use. Openings at the bottom of the large pusher provide drainage and make cleaning easy. If food lodges in the pusher, remove it by running through water, or use a bottle brush.

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

The work bowl is made of Lexan® plastic, which is shatter-resistant and heat-resistant. It should not be placed in a microwave oven, as the tube at the back of the bowl houses the metal rod that activates the motor.

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

The base housing is made of a durable, high-impact resistant plastic. Its smooth surface will look new for years. Keep a sponge handy as you work to wipe spills from the base.

Four rubber feet under the base help keep it stable on most work surfaces even when processing heavy loads. If the feet leave spots on the counter, spray them with a spot remover like Fantastik® or K2-R® and wipe with a damp sponge. If any trace of the spot remains, repeat the procedure and wipe the area with a damp sponge and non-abrasive cleaning powder.

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

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.

FOR YOUR SAFETY

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

- * Handle metal blade and discs carefully. Their cutting edges are very sharp.
- * Always place discs on flat, stable surface before connecting detachable stem.
- * Never put blade or disc on motor shaft until work bowl is locked in place.
- * Always be sure that the blade or disc is down on motor shaft as far as it will go.
- * Always insert metal blade in work bowl before putting ingredients in bowl.
- * When slicing or shredding food, always use pusher. Never put your fingers or spatula into feed tube.
- * Always wait for blade or disc to stop spinning before you remove pusher assembly or cover from work bowl.
- * Always remove work bowl from base of machine before you remove metal blade or dough blade.
- * Be careful to prevent metal blade from falling out of work bowl when emptying bowl. Remove blade before tilting bowl, or hold it in place with your finger, a spatula or spoon.
- * Never use pusher assembly if sleeve becomes detached from pusher. Call Cuisinart Customer Service immediately at 1-800-726-0190.

TECHNICAL DATA

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

An automatic, temperature-controlled circuit breaker in the motor ensures complete protection against motor burnout. If the processor runs for an exceptionally long time when chopping, mixing or kneading a thick or heavy mixture in successive batches, the motor may overheat. If this happens,

the processor will stop. Turn it off and wait for the motor to cool off before proceeding. It will usually cool off within 10 minutes. In extreme cases, it could take an hour.

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

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on the Cuisinart® Deluxe 11™ Food processor.

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Deluxe 11™ Food Processor that was purchased at retail for personal, family or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Deluxe 11™ Food Processor will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

We suggest that you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration is not a condition of these warranties.

If your Cuisinart® Deluxe 11™ Food Processor should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to:

Cuisinart
150 Milford Road
East Windsor, NJ 08520

To facilitate the speed and accuracy of your return, please also enclose \$10.00 for shipping and handling of the product (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions). Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by check or money order.

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held

responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® Deluxe 11™ Food Processor has been manufactured to strict specifications and has been designed for use with the Cuisinart® Deluxe 11™ Food Processor accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts or repair service other than those that have been authorized by Cuisinart.

These warranties do not cover any damage caused by accident, misuse, shipment or other than ordinary household use.

These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart® products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options does not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair,

replacement, and shipping and handling for such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART® PRODUCT

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center to ensure that the problem is properly diagnosed, the product serviced with the correct parts, and to ensure that the product is still under warranty.

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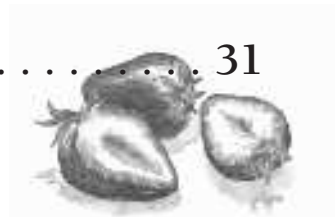
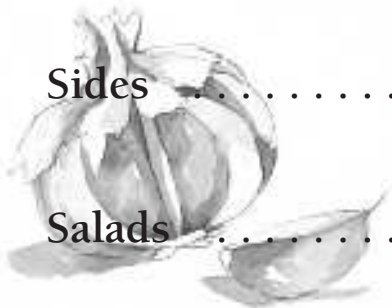
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APPETIZERS

GUACAMOLE

Serve with tortillas or crisp vegetables.
For a less pungent taste, use flat-leaf
parsley instead of cilantro.

Makes 2½ cups

- 1 large garlic clove, peeled**
- 1 medium jalapeño pepper,
halved and seeded**
- ½ cup tightly packed cilantro leaves**
- 1 medium scallion, white part and
2 inches of green, cut into 1-inch pieces**
- 3 ripe medium avocados (½ pound each)
peeled, halved and pitted**
- 3 tablespoons lemon juice**
- pinch cumin**
- ¼ teaspoon salt**
- ¼ teaspoon chili powder**
- 1 medium tomato, quartered,
seeds removed**

Use metal blade to chop garlic, pepper, cilantro, and scallion until minced, about 15 seconds; scrape work bowl. Add avocados and all remaining ingredients, except tomato. Process until smooth, about 1 minute, scraping bowl as necessary. Add tomato and pulse about 6 to 8 times, until finely chopped. Adjust salt if necessary.

Nutritional information per serving:

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

BLEU CHEESE AND PECAN SPREAD

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

Makes 1½ cups

- ½ cup shelled pecans**
- 8 ounces cream cheese, cut in
1-inch pieces**
- 3 tablespoons bleu cheese**

Process nuts with metal blade until finely
chopped, about 10 seconds. Add cream cheese
and bleu cheese. Process until well mixed and
smooth, about 10 seconds. (If substituting
cottage cheese, process until smooth, about
90 seconds.)

Nutritional information per serving:

*Calories 292 (86% from fat) • carb. 4g • pro. 7g
• fat 29g • sat. fat 13g • chol. 69mg • sod. 343mg
• calc. 99mg • fiber 1g*

CHEESE COINS

These tender and flavorful appetizers are
easy to make, convenient to serve, and
they can be refrigerated or frozen.

Makes 100 cheese coins

- 8 ounces Cheddar cheese, cut into
1-inch pieces**
- 4 ounces unsalted butter, at room
temperature, cut into 1-inch pieces**
- ¼ teaspoon salt**
- ¼ teaspoon Tabasco® sauce**
- 1 cup flour**
- vegetable oil cooking spray**

Use metal blade to chop cheese until it
resembles coarse meal, about 30 seconds. Add
butter, salt and Tabasco® sauce. Process until
smooth, about 60 seconds; scrape bowl. Add
flour and process until just mixed in. Chill dough
until firm, about 1 hour.

Divide dough into 3 equal parts and roll each
into a cylinder about 1½ inches in diameter. Chill
until firm, about 2 hours.

Preheat oven to 400°F and coat baking sheets
with vegetable oil cooking spray. Cut dough
into ⅛-inch slices and place 1½ inches apart
on baking sheets. Bake until lightly colored,
about 10 minutes; do not brown. Transfer to
wire rack to cool.

Unbaked, plastic-wrapped cylinders keep
for about a week in the refrigerator. Cooked
cheese coins can be frozen and reheated for
6 to 8 minutes in a 300°F oven.

Nutritional information per serving:

*Calories 22 (69% from fat) • carb. 1g • pro. 1g
• fat 2g • sat. fat 1g • chol. 5mg • sod. 21mg
• calc. 17mg • fiber 0g*

SOUPS

CHUNKY GAZPACHO

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

Makes 4½ cups

- ½ small jalapeño pepper*
- 4 scallions
- 1 celery stalk
- 1 medium cucumber
- 1 small garlic clove, peeled
- ½ medium bell pepper, cut into 3 pieces
- 2 tomatoes, seeds removed
- 2 cups tomato or V-8® juice
- 2 tablespoons lemon juice
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper

Halve jalapeño pepper and remove seeds. Trim scallions and celery and cut into 1-inch pieces. Peel cucumber and cut in half lengthwise. Remove seeds and cut to fit feed tube vertically.

Use metal blade to process garlic and jalapeño pepper until finely chopped. Add scallion, celery and bell pepper. Pulse/chop to medium chop. Put in large mixing bowl. Pulse/chop half of the tomatoes until coarsely chopped. Add to mixing bowl. Purée remaining tomatoes until smooth, about 1 minute. With machine running, pour in ½ cup of tomato juice. Add to mixing bowl with remaining tomato juice and stir.

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

* Handle hot peppers carefully. The oil can irritate the skin and eyes. Wash your hands after preparing them.

Nutritional information per serving:

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

LEEK AND POTATO SOUP/VICHYSOISE

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

Makes 4 cups Leek and Potato Soup or 6 cups Vichyssoise

- 2 medium leeks, white part only, thoroughly cleaned
- 1 small onion, peeled and halved
- 1 tablespoon unsalted butter
- 2 medium all-purpose potatoes, peeled
- 1½ cups chicken stock
- 1 cup water
- salt and freshly ground black pepper to taste

For Vichyssoise

- 1 cup milk
- ¼ cup heavy cream
- chopped chives for garnish

Cut leeks to fit feed tube. Use standard slicing disc to slice leeks and onions. Melt butter in large saucepan over medium heat. Add leeks and onions; sauté, stirring often, until soft but not brown, about 10 minutes.

Cut potatoes in half crosswise, and use standard slicing disc to slice them. Add potatoes, stock and water to saucepan. Bring to boil, over medium-high heat. Reduce heat to low, cover and simmer gently, stirring occasionally, until vegetables are very tender, about 25 minutes. Adjust seasoning and serve hot as Leek and Potato Soup, or proceed as follows for cold Vichyssoise.

For Vichyssoise:

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

Nutritional information per serving:

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

LENTIL SOUP

This hearty winter soup is a meal on its own, accompanied by crusty bread and a salad.

Makes 6 cups

- 8 ounces lentils**
- 1 garlic clove, peeled**
- ½ small onion, peeled and halved**
- ½ medium celery rib, cut into 1-inch pieces**
- ½ medium carrot, peeled, cut into 1-inch pieces**
- 2 medium tomatoes, quartered**
- 2½ cups beef broth**
- 2½ cups water**
- 2 teaspoons white wine vinegar**
- ½ teaspoon paprika**
- ½ teaspoon salt***
- ½ teaspoon freshly ground black pepper**
- ½ pinch dried thyme**
- ½ pound Polish kielbasa or other smoked sausage**

Wash lentils under cold running water, drain and place in large saucepan.

Use metal blade to pulse/chop garlic, onion, celery and carrot until finely chopped. Put in pot with lentils. Add tomatoes to work bowl, and chop into fine pieces. Add to pot with all remaining ingredients, except sausage. Cover and cook over medium heat for about 1 hour.

Freeze sausage until firm to the touch but easily pierced with tip of sharp knife, about 30 minutes.

Drain and reserve soup liquid. Purée solids with metal blade. Return purée to broth and stir to combine. Use standard slicing disc to slice sausage. Add sausage to soup and reheat gently over medium-low heat until sausage is warm, stirring occasionally, about 20 minutes.

*Optional; omit salt if using salty sausage.

Nutritional information per serving:

*Calories 126 (29% from fat) • carb. 14g • pro. 9g
• fat 4g • sat. fat 0g • chol. 0mg • sod. 417mg
• calc. 19mg • fiber 6g*

SPILT PEA SOUP

A perfect family lunch or supper.

Makes 6 cups

- ¾ pound split green peas**
- 1 garlic clove**
- ¾ large onion, quartered**
- 1 pound smoked ham hocks**
- 5¼ cups water**
- 2 medium carrots, peeled**
- 1 large celery rib**
- 1 medium potato, peeled**
- salt to taste**
- freshly ground black pepper**

Rinse peas and place in large saucepot. Use metal blade to chop garlic fine, about 10 seconds. Add onion and pulse until coarsely chopped, about 6 to 8 pulses. Transfer to saucepot with peas. Add ham hocks and water. Bring to a boil over medium-high heat. Reduce heat, cover and simmer for 1 hour, stirring occasionally. Uncover and simmer until hocks are tender, about 30 to 40 minutes. Stir occasionally and add more water if necessary. Remove hocks and let them cool while preparing vegetables.

Cut carrots in feed-tube lengths, then halve lengthwise. Cut celery into feed-tube lengths, then halve lengthwise. Cut potato in half crosswise, then quarter the halves lengthwise. Insert standard slicing disc. Stand vegetables upright in feed tube and slice with medium to firm pressure. Reserve.

Purée soup with metal blade until smooth, about 15 seconds. Return to saucepot. Remove meat from hocks and pulse until coarsely chopped, 4 to 6 pulses. Add to vegetables. Cover and simmer over medium-low heat until tender, stirring occasionally to prevent sticking. This will take about 20 minutes. Season to taste.

Nutritional information per serving:

*Calories 116 (4% from fat) • carb. 21g • pro. 8g
• fat 1g • sat. fat 0g • chol. 1mg • sod. 46mg
• calc. 23mg • fiber 8g*

ENTRÉES

MEATLOAF

For a spicier meat loaf, add a few drops of Tabasco® sauce and a teaspoon of Worcestershire sauce.

Makes 1½ pounds of meatloaf

- 1 small onion, quartered
- ½ cup parsley leaves, loosely packed
- 1½ slices day-old bread, broken into pieces
- 1½ pounds boneless chuck, cut into 1-inch pieces*
- 3 tablespoons milk*
- 1 teaspoon salt
- ½ teaspoon dried thyme leaves
- 1 large egg

Preheat oven to 375°F. Put all ingredients except egg in work bowl and pulse/chop 4 to 6 times. Then process continuously until chopped fine. Add egg and pulse 4 or 5 times or until desired consistency is reached, watching carefully to avoid overprocessing. Pack mixture into loaf pan and bake at 375°F until cooked through, about 40 to 50 minutes.

*You can vary these ingredients by using a mixture of beef, veal and pork or by replacing the milk with tomato juice.

Meatball Variation: Instead of making a meat loaf, shape mixture into balls of 2 tablespoons each, arrange them in single layer in baking dish and bake at 375°F for about 25 minutes.

Nutritional information per serving:

Calories 194 (30% from fat) • carb. 7g • pro. 26g
• fat 6g • sat. fat 2g • chol. 105mg • sod. 527mg
• calc. 30mg • fiber 1g

CHILI

Kids love chili and it's a versatile dish. Serve it on hot dogs, fill tacos or eat it plain. It freezes well for about 6 months.

Makes 4½ cups

- 3 medium garlic cloves
- 1 medium onion, quartered
- 1 pound boneless beef chuck, chilled, fat trimmed, cut into 1-inch cubes

- 1½ teaspoons whole cumin seed
- 2 tablespoons vegetable oil
- 2 tablespoons chili powder
- 2 tablespoons paprika
- 1 teaspoon salt
- ½ teaspoon crushed red pepper
- 1 8-oz. can whole tomatoes
- 1 cup water
- 2 cups red kidney beans
- Cheeddar or Monterey Jack cheese for garnish (optional)

Process garlic and onion with metal blade until finely chopped, about 15 seconds. Reserve. Process beef cubes until coarsely chopped, about 10 to 12 pulses.

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

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

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

Use metal blade to coarsely chop tomatoes. Add to saucepot with water and bring to boil, covered, over medium-high heat. Reduce heat to low and simmer, partially covered, for 45 minutes, stirring occasionally. Stir in the beans and cook until heated through.

Nutritional information per serving:

Calories 373 (34% from fat) • carb. 29g • pro. 33g
• fat 14g • sat. fat 4g • chol. 68mg • sod. 1119mg
• calc. 81mg • fiber 11g

CHICKEN AND VEGETABLE STIR-FRY

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

Makes 8 servings

- 3 pounds boneless/skinless chicken breasts
- 2 red peppers, cored, seeded, stemmed and cut vertically into 3 slabs

- 8 scallions, cut to fit feed
tube horizontally
3 zucchini, cut to fit feed
tube horizontally
1 yellow squash, cut to fit feed
tube horizontally
½ cup water
3 tablespoons dry sherry
3 tablespoons soy sauce
1 tablespoon sesame oil
¼ teaspoon freshly ground black pepper
1 tablespoon cornstarch
1½ garlic cloves, peeled
1 1-inch piece fresh ginger
¼ cup vegetable oil

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

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

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

Use metal blade to mix water, sherry, soy sauce, sesame oil, ground pepper and cornstarch until smooth, about 15 seconds. Reserve.

Use metal blade to finely chop garlic and ginger. Do not empty work bowl. Insert standard slicing disc. Unwrap chicken pieces and cut to fit feed tube vertically. Stand chicken pieces tightly in feed tube and slice, using firm pressure. Leave in work bowl.

Heat vegetable oil in skillet over medium heat. Add chicken mixture and cook, stirring vigorously until chicken is opaque, about 3–5 minutes.

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

Nutritional information per serving:

*Calories 250 (35% from fat) • carb. 7g • pro. 34g
• fat 10g • sat. fat 3g • chol. 85mg • sod. 922mg
• calc. 42mg • fiber 2g*

CRAB CAKES

These delicate seafood cakes are perfect with drinks. If you're feeling festive, substitute cooked lobster meat for half of the crabmeat.

Makes fifty-four ½-ounce crab cakes

- 4 slices white bread, lightly toasted
1 medium garlic clove, peeled
1 small onion, peeled and quartered
1 tablespoon unsalted butter
1 tablespoon parsley leaves
1 pound lump crabmeat, picked over to remove cartilage
¼ cup mayonnaise
1 large egg
1 tablespoon lemon juice
¼ teaspoon salt
tartar sauce (for recipe, see variation of Basic Mayonnaise, page 30)

Preheat oven to 375°F. Break bread slices in quarters and process with metal blade to fine crumbs, about 40 seconds. Reserve ¼ of crumbs and put remainder in pie plate.

With machine running, drop garlic through feed tube and process until finely chopped, about 10 seconds. Add onion and chop fine, about 10 seconds. Melt butter in a medium skillet over medium heat. Add garlic/onion mixture and cook until golden brown, stirring, about 10 minutes.

Using metal blade, chop parsley fine, about 5 seconds. Add cooked onion mixture, crabmeat, mayonnaise, egg, lemon juice, salt and reserved bread crumbs; pulse until combined, about 8 times.

Form mixture into 1½-inch cakes (about ½ ounce each). Coat them with crumbs in the pie plate and place on buttered baking sheet. (Recipe may be prepared ahead to this point and refrigerated up to 4 hours.) Bake in preheated oven until golden brown, about 10 to 15 minutes. Serve with tartar sauce.

Nutritional information per serving:

*Calories 25 (48% from fat) • carb. 1g • pro. 2g
• fat 1g • sat. fat 0g • chol. 13mg • sod. 55mg
• calc. 12mg • fiber 0g*

SIDES

MASHED POTATOES

The shredding disc processes cooked potatoes to the right texture. Be careful not to overprocess when you mix them with the other ingredients.

Makes 4 servings

- ¼ cup hot milk**
- 2 tablespoons unsalted butter, cut into 1-inch pieces**
- 3 large potatoes, peeled, boiled and drained**
- ½ teaspoon salt**
- freshly ground black pepper**
- pinch of nutmeg (optional)**

Put all ingredients except potatoes in work bowl and insert shredding disc. Place potatoes in large feed tube and process. Leave in work bowl. Remove shredding disc and carefully insert metal blade. Pulse 2 or 3 times, until liquid is absorbed. Potatoes will become gluey if you overprocess.

Wonderfully light, fluffy mashed potatoes can also be made with the optional Whisk Attachment (DLC-855).

Nutritional information per serving:

*Calories 63 (44% from fat) • carb. 8g • pro. 1g
• fat 3g • sat. fat 2g • chol. 9mg • sod. 153mg
• calc. 13mg • fiber 1g*

POTATOES AU GRATIN

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

Makes 16 servings

- 3 ounces Gruyère cheese, cut into 1-inch cubes**
- 1 medium onion, peeled and quartered**
- 2 medium garlic cloves**
- 2½ cups milk or half-and-half**
- 1 teaspoon salt**
- freshly ground white pepper**
- 3 large potatoes (about 10 ounces each), peeled and cut flat at ends**

Preheat oven to 400°F and butter an 8-quart baking dish. Process cheese with metal blade until it is finely grated. Reserve. With machine running, drop onion and garlic through feed tube and process until finely chopped. Put onion/garlic mixture in a medium saucepan with milk, salt and pepper.

Insert shredding disc and shred potatoes, one at a time, using firm pressure on pusher. Add shredded potatoes to saucepan and bring mixture to a boil over medium-high heat, stirring continuously to prevent scorching.

Spread potato mixture in prepared baking dish and sprinkle with reserved cheese. Bake for 25 minutes, or until potatoes are tender and cheese is golden. Let stand for 10 minutes before serving.

Nutritional information per serving:

*Calories 65 (43% from fat) • carb. 6g • pro. 3g
• fat 3g • sat. fat 2g • chol. 11mg • sod. 148mg
• calc. 103mg • fiber 0g*

SHREDDED CARROTS AND ZUCCHINI

Because shredded vegetables cook so quickly, all their natural flavor and crispness is preserved.

Makes 4 servings

- 3 medium carrots, peeled**
- 2 medium zucchini**
- ¼ cup unsalted butter**
- salt to taste**
- freshly ground black pepper to taste**
- ½ teaspoon chopped fresh tarragon or ¼ teaspoon if dried**

Cut carrots and zucchini to fit feed tube horizontally. Process with shredding disc.

Melt butter in large skillet over medium-high heat. Add shredded vegetables, salt and pepper. Cover and cook until crisp, about 2 or 3 minutes.

Season with tarragon.

Nutritional information per serving:

*Calories 128 (78% from fat) • carb. 6g • pro. 1g
• fat 12g • sat. fat 7g • chol. 31mg • sod. 19mg
• calc. 24mg • fiber 2g*

SLICED TOMATOES ON SHREDDED LETTUCE

You can prepare all the elements of this salad in the work bowl.

Makes 6 servings

- $\frac{1}{4}$ cup parsley leaves, loosely packed
- 1 medium shallot, peeled
- $\frac{4}{5}$ tablespoons safflower oil
- $\frac{1}{5}$ tablespoons red wine vinegar
- $\frac{1}{2}$ teaspoon Dijon-style mustard
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon salt
- 4 firm, ripe, medium tomatoes, cored and cut flat at ends
- 1 medium head romaine lettuce, washed
- freshly ground black pepper

Use metal blade to finely chop parsley and shallot. Add oil, vinegar, mustard, sugar and salt through the feed tube while the machine is running. Leave in work bowl. Remove metal blade and insert standard slicing disc. Slice tomatoes, using light pressure.

Cut lettuce into sections to fit feed tube. Insert standard slicing disc and slice lettuce, using medium pressure.

Transfer contents of work bowl to platter, arranging tomatoes over lettuce in an attractive pattern.

TIP: When preparing a meal, make the dishes with the smallest amount of wet ingredients first. In many cases, wiping the bowl with a paper towel between recipes is sufficient.

Nutritional information per serving:
Calories 113 (72% from fat) • carb. 7g • pro. 2g
• fat 10g • sat. fat 1g • chol. 0mg • sod. 219mg
• calc. 29mg • fiber 2g

SALADS

CREAMY COLE SLAW

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

Makes 5 cups

- $\frac{1}{4}$ cup parsley leaves, loosely packed
- 1 1-oz. piece onion, peeled
- $\frac{1}{5}$ cup mayonnaise
- $\frac{1}{2}$ tablespoon red wine vinegar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ large carrot, peeled
- $\frac{1}{2}$ medium head green cabbage

Process parsley with metal blade until minced. Add onion and process until minced. Add all remaining ingredients except carrot and cabbage; process 5 seconds to combine. Remove metal blade.

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

Nutritional information per serving:
Calories 137 (76% from fat) • carb. 7g • pro. 2g
• fat 12g • sat. fat 2g • chol. 6mg • sod. 221mg
• calc. 50mg • fiber 3g

SHREDDED CARROT SALAD

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

Makes 8 servings

- 2 pounds young carrots, peeled
- 3 large scallions, trimmed in 1-inch pieces
- $\frac{1}{4}$ cup fresh lemon juice
- $\frac{1}{4}$ cup vegetable oil
- 1 teaspoon salt
- 1 teaspoon sugar
- pinch of allspice
- pinch of cinnamon
- freshly ground black pepper
- $\frac{1}{2}$ cup cooked peas, fresh or frozen

Cut carrots to fit feed tube horizontally. Parboil them in salted water until you can just pierce them with the tip of a sharp knife, about 3 to 5 minutes. Drain and rinse under cold water. When cool, blot dry with paper towels.

Process scallions with metal blade until they are finely chopped. Add lemon juice, oil, salt, sugar, allspice, cinnamon, and pepper; process for about 3 seconds. Leave the dressing in the work bowl.

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

Nutritional information per serving:
Calories 110 (48% from fat) • carb. 14g • pro. 2g
• fat 6g • sat. fat 2g • chol. 0mg • sod. 285mg
• calc. 40mg • fiber 4g

SAUCES

PESTO

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

Makes 1½ cups

- 4 ounces imported Parmesan cheese, at room temperature, cut into 1-inch pieces**
- 4 small garlic cloves**
- 2½ cups fresh basil leaves, tightly packed**
- ½ cup pine nuts**
- ¾ teaspoon salt**
- ½ cup olive oil**

Use metal blade to chop cheese and garlic, about 30 seconds. Add remaining ingredients, except oil, and process until combined, about 8 pulses. With machine running, pour oil through feed tube. Process until combined, about 10 seconds. Scrape bowl and continue processing until smooth, about 20 seconds.

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

Nutritional information per serving:
Calories 261 (79% from fat) • carb. 4g • pro. 11g
• fat 24g • sat. fat 6g • chol. 15mg • sod. 556mg
• calc. 290mg • fiber 1g

NO-COOK CRANBERRY-ORANGE RELISH

Only 1 cup of sugar sweetens 1 pound of cranberries. Most cooked relishes call for 2 cups of sugar.

Makes 1¾ cups

- 2 cups fresh cranberries**
- ½ navel orange, unpeeled and quartered**
- ½ cup sugar**

Use metal blade to coarsely chop fruit, about 8 to 10 pulses. Add sugar and process to combine, about 20 seconds. Store in refrigerator.

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

MEXICAN SALSA

Serve this sauce as a topping for tacos, or with grilled fish or chicken. It is best when fresh; it may become slightly bitter after standing a day.

Makes 2½ cups

- 2 jalapeño peppers***
- ½ cup packed cilantro leaves****
- 1 tablespoon lime juice**
- ½ teaspoon salt**
- 5 medium tomatoes, cored and quartered**
- 1 medium onion**

Use metal blade to process peppers and cilantro until finely chopped, about 20 seconds. Scrape bowl. Add lime juice and salt; pulse twice to combine.

Add tomatoes and onions; pulse until coarsely chopped, about 10 to 12 times.

Transfer to serving dish. Stir and serve within 1 or 2 hours.

*Handle hot peppers with care. Their oil may irritate your skin and cause your eyes to sting. Wash hands after handling them.

**Substitute flat-leaf parsley if cilantro is not available.

Nutritional information per serving:
Calories 23 (10% from fat) • carb. 5g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 106mg
• calc. 10mg • fiber 1g

BASIC MAYONNAISE

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

Makes 1½ cups mayonnaise

- 1 large egg
- 1 tablespoon fresh lemon juice
- 1 tablespoon mustard, preferably Dijon-style
- 1¼ cups vegetable oil, divided

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

Low cholesterol variation: Substitute 2 tablespoons of Egg Beaters® for the egg, omit lemon juice and add pepper. Proceed as above.

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

Tartar Sauce: Triple the amount of lemon juice. When mayonnaise is finished, add these ingredients: 3 small gherkins, ¼ small onion, 1 tablespoon capers, 1 tablespoon bottled horseradish and 3 drops Tabasco® sauce. Process until gherkins and onion are chopped fine, about 10 seconds.

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

BREADS

CORN BREAD

This a particularly moist and flavorful corn bread which is best served warm.

Makes 8 servings

- 5 tablespoons unsalted butter,

- melted, divided
- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 2 tablespoons sugar
- ½ tablespoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1½ cups buttermilk
- 2 large eggs
- ½ cup fresh, frozen or canned corn kernels

Preheat oven to 425°F. Brush a 9"x 9" baking pan with 1 tablespoon melted butter. Reserve.

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

Pour into prepared pan and bake until a toothpick inserted in center comes out clean, about 25 minutes.

Muffin Variation: For corn muffins, pour batter into greased, standard-size muffin tins. Fill them ¾ full. Bake in preheated 425°F oven for about 25 minutes.

Nutritional information per serving:
Calories 261 (34% from fat) • carb. 37g • pro. 7g
• fat 10g • sat. fat 5g • chol. 74mg • sod. 226mg
• calc. 68mg • fiber 2g

WHITE BREAD

We used unbleached all-purpose flour and had great results.

Makes two 1¼ pound loaves

- 1 package dry yeast
- 1 tablespoon sugar
- ½ cup warm water
- 5 cups all-purpose flour
- 4 tablespoons unsalted butter, cut into 1-inch size pieces
- 1½ teaspoons salt
- 1½ cups ice water
- vegetable oil for pans

Stir yeast and sugar into warm water in 2-cup measure and let stand until foamy, 3 to 5 minutes. Use dough blade to process flour,

butter and salt for 20 seconds. Add ice water to yeast mixture.

With machine running, pour liquid through feed tube in steady stream, only as fast as flour absorbs it. Continue processing until dough cleans inside of work bowl and forms a ball. Then let machine run for 60 seconds to knead dough.

Shape dough into ball and place in lightly floured plastic storage bag. Squeeze out air and close end with wire twist, allowing space for dough to rise. Let rise in warm place until dough has doubled in size, about 1 to 1½ hours.

Fifteen minutes before baking, preheat oven to 375°F.

Punch dough down and shape into 2 loaves. Place each in greased 6-cup loaf pan. Cover with oiled plastic wrap and let rise in warm place until dough rises just above top of pan, about 45 minutes. Bake until top is browned, about 35 to 40 minutes. Remove from pan and cool on wire rack.

Whole Wheat Variation: Replace ½ of all-purpose flour with an equal amount of whole wheat flour.

Nutritional information per serving:
Calories 92 (17% from fat) • carb. 16g • pro. 1g
• fat 2g • sat. fat 1g • chol. 4mg • sod. 118mg
• calc. 4mg • fiber 1g

BASIC PIZZA DOUGH

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

- 1 package active dry yeast
- 1 teaspoon sugar
- ¾ cup warm water
- 1½ cups all-purpose flour
- ¾ teaspoon salt
- 2 teaspoons olive oil
- 1½ tablespoons cornmeal for pan
- vegetable oil for pan

Stir yeast and sugar into warm water and let stand until foamy, about 10 minutes. Insert metal blade, put flour and salt in work bowl and turn on machine. Pour yeast mixture through feed tube and process about 45 seconds, until dough

pulls away from sides of bowl. Add oil through feed tube and process 60 seconds longer.

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

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

Nutritional information per serving:
Calories 32 (12% from fat) • carb. 7g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 74mg
• calc. 2mg • fiber 0g

DESSERTS

FUDGY BROWNIES

These easy-to-make brownies are always a favorite in lunch boxes or for after school snacks.

Makes 24 brownies

- 4 ounces unsweetened chocolate
- 1½ cups light brown sugar, divided
- ½ cup unsalted butter, melted and still hot
- 4 large eggs
- 1½ teaspoons vanilla extract
- 1 cup flour
- ¼ teaspoon salt
- 1½ teaspoons baking powder
- ¾ cup pecan halves
- vegetable oil cooking spray

Preheat oven to 350°F. Spray 9x9" pan with vegetable oil cooking spray.

Use metal blade to coarsely chop chocolate with half the sugar, about 6 to 8 pulses. Then process continuously until finely chopped, about 20 seconds.

With machine running, pour hot butter through feed tube. Process until smooth, about 30 seconds. Add remaining sugar, eggs and vanilla. Pulse twice, then process 10 seconds more.

Add dry ingredients and nuts. Pulse/chop until just mixed, about 6 to 8 times. Spread in prepared pan.

Bake until outside is lightly crusty and inside is still moist, about 20 minutes. Cool completely and cut into squares.

Nutritional information per serving:

*Calories 169 (51% from fat) • carb. 20g • pro. 3g
• fat 10g • sat. fat 5g • chol. 50mg • sod. 68mg
• calc. 23mg • fiber 1g*

APPLE PIE

Makes one 9-inch pie

**Pastry for two 9-inch pie shells
(see Basic Pastry recipe this page)**

½ cup sugar
3 tablespoons flour
¼ teaspoon cinnamon
⅓ teaspoon nutmeg
2 pounds apples, peeled and cored

Preheat oven to 375°F. Roll out 2 pastry shells as directed in Basic Pastry recipe. Place one in a 9-inch pie plate and reserve remaining pastry shell.

Use the metal blade to process the sugar, flour, cinnamon and nutmeg, about 5 seconds. Leave in work bowl.

Insert the standard slicing disc. Slice apples, using medium pressure. Gently combine apples and spice mixture. Transfer mixture to the pie plate. Place second crust over apples.

Pinch crust edges together and form a decorative edge. With a sharp knife, make 6 to 8 small cuts in top crust to allow steam to escape. Place pie on a baking sheet and bake until juices bubble, about 45 minutes.

Nutritional information per serving:

*Calories 258 (14% from fat) • carb. 41g • pro. 2g
• fat 11g • sat. fat 6g • chol. 27mg • sod. 132mg
• calc. 14mg • fiber 4g*

BASIC PASTRY

This is the basic dough for pies, tarts and quiches.

Makes three 9-inch pie shells

2½ cups all-purpose flour

**2 sticks very cold unsalted butter,
cut into 1-inch pieces**
1 teaspoon salt
½ cup ice water

Use metal blade to process flour, butter and salt until mixture is like coarse meal, about 8 seconds. Add ice water and pulse until dough begins to clump together. Do not let it form a ball. Divide dough into three equal parts and put each in a plastic food storage bag. Work through each bag to press dough together into a ball, then flatten into a disc. Refrigerate dough for at least 1 hour.

Roll each disk of dough on lightly floured surface into a circle about ⅓ inch thick. Press into place in pie pan. Use kitchen shears to trim dough, leaving 1-inch overlap beyond pan. Fold overlap under and pinch crust to form decorative edge. Prick bottom and sides with fork and refrigerate crust for 30 minutes, or until firm.

Fifteen minutes before baking, preheat oven to 400°F.

Line pie shell with parchment paper and fill it with uncooked beans or rice. Bake for 12 minutes. Remove paper, beans or rice. Prick shell again and bake it 6 minutes longer, or until it is lightly browned. Remove shell from pan and let cool on wire rack.

Fruit Tart Variation:

Use a 9-inch tart pan instead of a pie pan. Bake shell according to above directions. When cooked shell is thoroughly cool, fill with about 1 cup of pastry cream (see recipe on page 35.) Arrange sliced, fresh fruit (kiwi, peaches, raspberries, etc.) decoratively on top and serve immediately.

Nutritional information per serving:

*Calories 79 (3% from fat) • carb. 7g • pro. 1g
• fat 5g • sat. fat 3g • chol. 14mg • sod. 66mg
• calc. 3mg • fiber 0g*

CHOCOLATE CHIP OATMEAL COOKIES

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

Makes forty-eight 2½ inch cookies

¾ cup quick-cooking oatmeal
1 cup pecans

1 cup unsalted butter, in 1-inch pieces
½ cup sugar
¾ cup light brown sugar, firmly packed
2 large eggs
1 teaspoon vanilla extract
1½ cups flour
1 teaspoon baking soda
¾ teaspoon salt
9 ounces semisweet chocolate chips
vegetable oil cooking spray

Preheat oven to 350°F and place rack in center. Toast oatmeal and pecans separately on baking sheet until lightly browned, about 10 minutes. Remove and reserve. Turn oven up to 375°F.

Use metal blade to process butter and both sugars until smooth, about 2 minutes. Scrape work bowl as necessary. Add eggs and vanilla; pulse until just mixed, about 6 times.

Add toasted pecans, flour, baking soda, salt and half the toasted oatmeal. Pulse until mixed, about 8 times. Remove to large bowl, add remaining oatmeal and chocolate chips and stir to mix. Drop by rounded teaspoonfuls onto greased baking sheets one inch apart and bake until golden brown, about 11 minutes.

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

CARROT CAKE

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

Makes 8 to 10 servings

½ pound carrots, peeled
½ cup granulated sugar
½ cup dark brown sugar, firmly packed
2 large eggs
½ cup corn oil
1 teaspoon vanilla extract
¾ cup walnut pieces
1 cup all-purpose flour
½ tablespoon unsweetened cocoa
1 teaspoon baking powder
1 teaspoon cinnamon

½ teaspoon baking soda
½ teaspoon salt
½ cup raisins, steamed over boiling water for 10 minutes
Cream Cheese Frosting (recipe follows)
butter for pans
fine, dry bread crumbs for dusting pans

Preheat oven to 350°F. Butter two 8-inch round cake pans, line bottoms with parchment paper and butter paper. Dust pans with bread crumbs.

Cut carrots into lengths to fit tube horizontally. Use shredding disc to shred carrots; reserve.

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

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

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

Nutritional information per serving:
Calories 347 (51% from fat) • carb. 39g • pro. 4g
• fat 20g • sat. fat 3g • chol. 43mg • sod. 221mg
• calc. 38mg • fiber 2g

CREAM CHEESE FROSTING

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

Frosts two 8-inch layers

½ pound cream cheese, in 1-inch pieces
stick unsalted butter, in 1-inch pieces
1 cup confectioners' sugar
½ teaspoon vanilla extract

Use metal blade to process cream cheese and butter until combined, about 10 seconds. Add sugar and process until smooth, about 5 seconds. Add vanilla and process until smooth, about 15 seconds.

Nutritional information per serving:
Calories 166 (66% from fat) • carb. 13g • pro. 2g
• fat 13g • sat. fat 7g • chol. 36mg • sod. 81mg
• calc. 17mg • fiber 0g

PEAR FROZEN YOGURT

Makes 6 servings

- 4** medium pears, peeled and cored
- $\frac{1}{2}$ cup confectioners' sugar
- $\frac{3}{4}$ cup yogurt
- $1\frac{1}{2}$ tablespoons lemon juice

At least 5 hours before serving, prepare fruit by cutting it into 1-inch pieces. Freeze all of fruit in a single layer on baking sheet.

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

Add yogurt and lemon juice; process just until mixture becomes smooth and creamy, scraping down work bowl as necessary. Taste for sweetness, adding more sugar if necessary.

Serve immediately, or freeze for later use. To prepare frozen mixture for serving, cut into 1-inch chunks. Process with metal blade just until mixture becomes smooth and creamy.

Nutritional information per serving:

*Calories 107 (6% from fat) • carb. 25g • pro. 2g
• fat 1g • sat. fat 0g • chol. 2mg • sod. 18mg
• calc. 58mg • fiber 3g*

COFFEE CAKE

This makes an excellent breakfast or brunch cake. Also serve as a sweet addition to lunch or supper.

Makes 16 servings

- 1** package dry yeast
- 2** tablespoons sugar, divided
- $\frac{1}{4}$ cup warm water
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{4}$ cup cold milk
- 1** large egg
- 1** teaspoon vanilla
- 3** cups flour
- 4** tablespoons cold unsalted butter, in 1-inch pieces
- $\frac{1}{2}$ teaspoon salt
- 2** tablespoons melted unsalted butter, divided

- $\frac{1}{2}$ cup light brown sugar
- $\frac{1}{2}$ cup dates, cut into 1-inch pieces
- $\frac{1}{2}$ cup pecans
- 1** teaspoon cinnamon

In a 2-cup liquid measure, dissolve yeast and 1 tablespoon sugar in warm water. Let stand until foamy. Stir together the sour cream, milk, egg and vanilla and add to the yeast mixture.

Using the metal blade, process flour, cold butter, salt and remaining sugar for 10 seconds. With machine running, add yeast mixture through feed tube in steady stream as fast as flour absorbs it. After dough cleans inside of work bowl, continue processing 40 seconds more to knead it.

Shape dough into ball and place it in lightly floured plastic food storage bag. Squeeze out air and close top with wire twist, allowing space for dough to rise. Let rise in warm place until double in size, about 1 hour.

Roll dough on lightly floured surface into 20x12-inch rectangle. Brush with 1 tablespoon of melted butter. With remaining butter, brush inside of a 9x13-inch pan.

Use metal blade to combine brown sugar, dates, pecans and cinnamon until coarsely chopped, about 45 seconds. Spread over dough. Roll dough up, jelly-roll fashion, from long side.

Use sharp knife to cut rolled dough into $\frac{3}{4}$ -inch slices. Place slices in pan, cut side up, and let rise until doubled in size.

Fifteen minutes before baking preheat oven to 375°F. Bake coffee cake until golden and bubbly, about 20 to 25 minutes. Serve warm.

Nutritional information per serving:

*Calories 204 (33% from fat) • carb. 33g • pro. 4g
• fat 8g • sat. fat 3g • chol. 22mg • sod. 84mg
• calc. 28mg • fiber 1g*

PASTRY CREAM

Spread about one cup of this cream in a cooked 9-inch tart shell and arrange sliced fresh fruit on top.

Makes $1\frac{1}{2}$ cups

- $1\frac{1}{4}$ cups milk
- 2** large egg yolks
- $\frac{1}{4}$ cup sugar

- $\frac{1}{2}$ **teaspoon vanilla extract**
3 **tablespoons all-purpose flour**
2 **tablespoons unsalted butter, softened**

Bring milk to boil in small saucepan over medium heat. Insert metal blade and add egg yolks, sugar, vanilla and flour. Process until just combined. With the machine running pour hot milk through feed tube in steady stream. Return mixture to saucepan and whisk over medium heat until it boils. Reduce heat to low and simmer for 2 minutes, whisking constantly. Remove from heat and stir in butter. Cool to lukewarm before using.

Nutritional information per serving:
Calories 131 (49% from fat) • carb. 14g • pro. 3g
• fat 7g • sat. fat 4g • chol. 88mg • sod. 28mg
• calc. 70mg • fiber 0

CHOCOLATE SAUCE

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

Makes $\frac{7}{8}$ cup

- 5** **ounces semisweet chocolate,**
broken into $\frac{1}{2}$ -inch pieces
 $\frac{1}{4}$ **cup superfine sugar**
 $\frac{1}{8}$ **cup very hot water**

Use metal blade to coarsely chop chocolate and sugar, about 6 pulses. Then process continuously until chopped to a fine powder, about 60 seconds. With machine running, slowly pour hot water through feed tube. Process until chocolate melts, about 45 seconds, stopping once to scrape bowl.

Mint variation: Add 1 tablespoon of peppermint extract, crème de menthe or peppermint schnapps to water after it is heated.

Nutritional information per serving:
Calories 125 (40% from fat) • carb. 19g • pro. 0g
• fat 5g • sat. fat 3g • chol. 0mg • sod. 0mg
• calc. 0mg • fiber 3g

RASPBERRY SAUCE

A fine finish for ice cream, sherbet or cake. You can substitute strawberries for the raspberries.

Makes 1 cup

- 1** **10-oz. package frozen**
raspberries in syrup, thawed
1 **tablespoon honey**

Use metal blade to purée raspberries and honey for 30 seconds. Transfer to fine sieve placed over a mixing bowl. Press solids through the sieve with back of spoon and discard seeds. Serve at room temperature or warm slightly to serve over ice cream.

Nutritional information per serving:
Calories 45 (1% from fat) • carb. 11g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 5mg • fiber 2g

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