

# Cuisinart®

INSTRUCTION  
AND RECIPE  
BOOKLET



**Cuisinart® Elemental 11 Food Processor**

**FP-11 Series**

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

---

## RECOMMENDED MAXIMUM WORK BOWL CAPACITY

<b>FOOD</b>	<b>CAPACITY</b>
Sliced or shredded fruit, vegetable or cheese	10 cups
Chopped fruit, vegetable or cheese	4 cups
Puréed fruit or vegetable	3 cups cooked; 1½ cups puréed
Chopped or puréed meat, fish or seafood	1½ pounds
Thin liquid (e.g., dressings, soups, etc.)	7 cups
Cake batter	8-inch cheesecake batter; 1 box (15.25 ounce) cake mix
Cookie dough	2½ dozen (based on average chocolate chip cookie recipe)
White bread/pizza dough	2.5 cups (all-purpose or bread flour)
Nuts for nut butter	3 cups

---

# IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart Food Prep Series 11-Cup Food Processor and the accessories for it:

11-cup work bowl, work bowl cover with large and small pushers, metal chopping/mixing blade, reversible metal shredding disc, adjustable metal slicing disc, removable stem, base and instruction/recipe book.

## **CAUTION:**

### **THE CUTTING TOOLS HAVE VERY SHARP EDGES.**

To avoid injury when unpacking the parts, please follow these instructions.

1. Place the box on a low table or on the floor next to the kitchen counter where you intend to keep the food processor. Be sure the box is right side up.
2. Open top flaps—there will be a rectangular block of packing material that holds the processor parts, each fitted into a cavity.
3. Remove the instruction/recipe book.
4. Remove the reversible metal shredding disc and adjustable metal slicing disc from top of the block.
5. Lift out the packing material.
6. Remove the base and bowl; and place it on the counter or table. Read the instructions thoroughly before using the machine.
7. Save the shipping cartons and packing material. You will find them very useful if you need to repack the processor for moving or other shipment.

We recommend that you visit our website, **[www.cuisinart.com](http://www.cuisinart.com)**, for a fast, efficient way to complete your product registration.

---

# IMPORTANT SAFEGUARDS

Always follow these safety precautions when using this appliance.

## Getting Ready

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

## Operation

1. Keep hands as well as spatulas and other utensils away from moving blade or discs while processing food to prevent the possibility of severe personal injury or damage to food processor. A plastic scraper may be used, but only when the food processor motor is stopped.
2. Avoid coming into contact with moving parts. Never push food down by hand when slicing or shredding. Always use pusher.
3. Make sure motor has completely stopped before removing cover. (If machine does not stop within 4 seconds after you remove the bowl cover assembly, call 1-800-762-0190 for assistance. Do not use the machine.)
4. Never store any blade or disc on motor shaft. To reduce the risk of injury, no blade or disc should be placed on the shaft except when the bowl is properly locked in place and the processor is in use. Store blades and discs as you would sharp knives, out of reach of children.
5. Be sure cover and feed tube are securely locked in place before operating food processor.
6. Never try to override or tamper with cover interlock mechanism.

## Cleaning

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

## General

1. This appliance should not be used by or near children or individuals with certain disabilities.
2. Do not operate this, or any other motor-driven appliance, while under the influence of alcohol or other substances that affect your reaction time or perception.
3. This food processor is ETL listed for household use. Use it only for food preparation as described in the accompanying recipe and instruction book. Do not use this appliance for anything but its intended use.
4. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock or personal injury, or damage to your food processor.
5. To avoid possible malfunction of work bowl switch, never store processor with cover assembly in locked position.
6. Maximum rating of 550 watts is based on Shredding disc that draws greatest current. Other recommended attachments may draw significantly less current.
7. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

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

# SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY.

## WARNING: RISK OF FIRE OR ELECTRIC SHOCK



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



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

## CONTENTS

Important Unpacking Instructions.....	3
Important Safeguards.....	4
Parts .....	6
Assembly Instructions .....	7
Machine Controls .....	7
Machine Functions .....	7
User Guide .....	9
Cleaning, Storage and Maintenance.....	10
For Your Safety.....	10
Technical Data.....	10
Troubleshooting.....	11
Warranty Information.....	12-13
Recipes.....	15-54

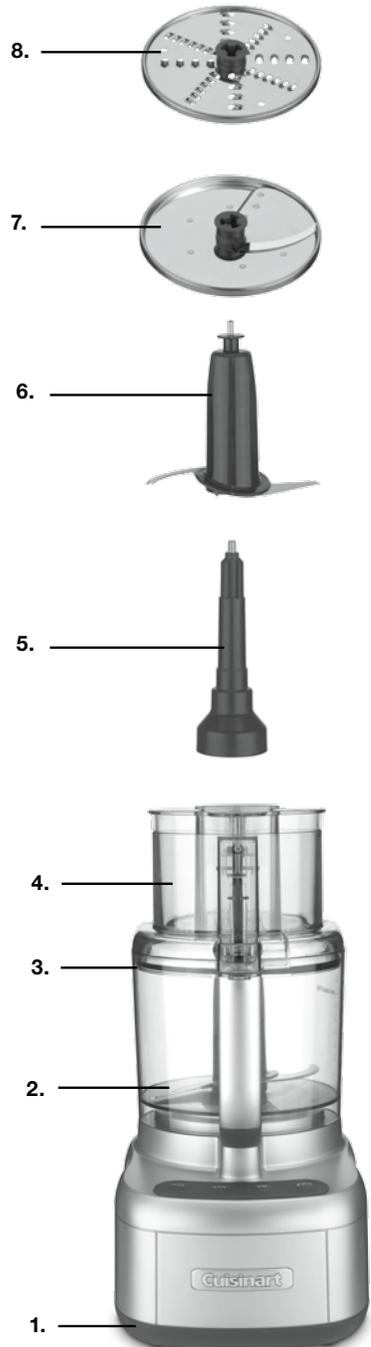
	<b>WARNING</b> RISK OF FIRE OR ELECTRIC SHOCK DO NOT OPEN	
<p><b>WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT REMOVE COVER (OR BACK) NO USER-SERVICEABLE PARTS INSIDE REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY</b></p>		

---

# PARTS

The machine includes:

1. Housing base with a fixed stem adapter and convenient button controls
2. 11-cup work bowl
3. Cover with feed tube
4. Pusher that slides inside the feed tube
5. Stem adapter
6. Metal chopping/mixing/dough blade
7. Adjustable slicing disc (1 to 7mm)
8. Fine and medium reversible shredding disc
9. BPA free (not shown)  
All materials that come in contact with food or liquid are BPA free



---

# ASSEMBLY INSTRUCTIONS

## Before First Use

Before using your Cuisinart Elemental 11 Food Processor for the first time, wash the work bowl, work bowl cover, pusher, blade and discs (see Cleaning instructions on page 10).

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

## CHOPPING/MIXING/DOUGH BLADE

1. Place the work bowl on top, with the work bowl handle just to the right of center. Turn the work bowl clockwise to lock it onto the housing base.
2. Carefully lift and place the blade over the work bowl accessory adapter. Blade should rest on the bottom of the work bowl.
3. Plug in the housing base.
4. Add desired ingredients to work bowl.
5. Place work bowl cover on work bowl, with the feed tube just to the right of center. Turn clockwise to lock onto work bowl.
6. Align pusher with the feed tube opening on the work bowl cover and slide down to the bottom.
7. You are now ready to operate the machine.

## ADJUSTABLE SLICING AND REVERSIBLE SHREDDING DISCS

1. Place the work bowl on top of the base, with the work bowl handle just to the right of center. Turn the work bowl clockwise to lock it onto the housing base.
2. Choose desired disc.
3. Insert stem adapter.
4. Carefully place disc over stem adapter, with the side being used facing up. If using slicing disc, adjust to desired thickness.
5. Place work bowl cover onto work bowl, with the feed tube just to the right of center. Turn clockwise to lock onto work bowl.
6. Align pusher with the feed tube opening on the work bowl cover and slide down to the bottom.
7. Plug in the housing base.
8. You are now ready to operate the machine.

# MACHINE CONTROLS

## High and Low Control Buttons

The High and Low controls are buttons that allow the machine to run until Off is selected.

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

## Pulse Button

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

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

# MACHINE FUNCTIONS

## Using the Chopping/Mixing/Dough Blade

### Chopping

- For raw ingredients: Peel, core and/or remove seeds and pits. Food should be cut into even, 1/2- to 1-inch pieces. Foods cut into same size pieces produce the most even results.
- Pulse food in 1-second increments to chop. For the finest chop, either hold the Pulse button down or press High or Low to run the machine continuously. Watch ingredients closely to achieve desired consistency and scrape the work bowl as necessary. Low speed is recommended for making doughs and batters. High speed is recommended for most other chopping, processing and slicing/shredding tasks.

### Puréeing

- To purée fresh fruits or cooked fruits/vegetables: Ingredients should be cut into 1-inch pieces; a smooth purée is best achieved when all the pieces are equal in size. Pulse to initially chop and then process High or Low until food is puréed; scrape the work bowl as necessary. Do not use this method to purée cooked white potatoes.
- To purée solids for a soup or sauce: Strain the solids from the liquid and process the solids alone. Add cooking liquid and process as needed.

---

## Using the Adjustable Slicing and Reversible Shredding Discs

- The slicing disc makes whole slices. It slices fruits and vegetables, cooked meat and semi-frozen raw meat. The shredding disc shreds most firm and hard cheeses. It also shreds vegetables like potatoes, carrots and zucchini.
- Always pack food in the feed tube evenly for slicing and shredding. The food will dictate the amount of pressure: Use light pressure for soft foods, medium pressure for medium foods and firm pressure for harder foods. Always process with even pressure.
- For round fruits or vegetables: Remove a thick slice on the bottom of the food so that it sits upright in the feed tube. If food does not fit in the feed tube, cut in half or quarter to fit. Process with even pressure.
- For small ingredients like mushrooms, radishes or strawberries: Trim the ends so the food sits upright in the feed tube.
- When slicing or shredding cheese, be sure that the cheese is well chilled.
- To shred leafy vegetables like lettuce or spinach: Roll leaves together and stand them up in feed tube. Process with even pressure.

**NOTE: Always use the pusher when slicing or shredding. Never put your hands in the feed tube while unit is running.**

# USER GUIDE

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

FOOD	TOOL	SPEED	DIRECTIONS
Soft Cheeses (ricotta, cream cheese, cottage cheese, etc.)	Chopping/Mixing/Dough Blade	Low or High	Have cheese at room temperature. When applicable, cut into 1-inch pieces. Process until smooth, stopping to scrape down the sides of the bowl as needed. Perfect for making cheesecakes, dips, pasta fillings and more.
Firm Cheeses (Cheddar, Swiss, Edam, Gouda, etc.)	Slicing or Shredding Disc	High	Cheese should be well chilled before slicing/shredding. Cut to fit feed tube. Use light to medium pressure when slicing/shredding.
Hard Cheeses (Parmesan, Romano, etc.)	Chopping/Mixing/Dough Blade Slicing or Shredding Disc	Low	If using the chopping blade, cut into ½-inch pieces. Pulse to break up and then process until finely grated. This will produce a nice grated cheese. If slicing or shredding, cut to fit feed tube. Use light to medium pressure when slicing/shredding.
Baby Food	Chopping/Mixing/Dough Blade	Pulse and Low or High	As for all fruit and vegetable purées, cut ingredients into ½- to 1-inch pieces. Steam ingredients until completely soft. Pulse to chop, then process until completely smooth (add steaming liquid through the feed tube when processing if necessary). To ensure there are no lumps, press mixture through a fine mesh strainer. Keeps frozen in ice cube trays for individual 1-ounce portions.
Butter	Chopping/Mixing/Dough Blade Slicing or Shredding Disc	High	<i>For creaming:</i> Have butter at room temperature. Cut into 1-inch pieces. Process, scraping bowl as necessary. For compound (flavored) butters, process flavoring ingredients, such as herbs, zest, vegetables, etc., before adding butter. <i>For shredding/slicing:</i> Freeze briefly. Use light to medium pressure to shred or slice. Shredded butter is great for preparing certain pastry doughs. Sliced butter is great for serving alongside corn on the cob or freshly made rolls.
Crumbs (Bread, Cookie, Cracker, Chip)	Chopping/Mixing/Dough Blade	High	Break into pieces. Pulse to break up, and then process until desired consistency. This will make perfect bread/cracker/chip crumbs for coating meats and fish. Processed cookies make delicious pie and cake crusts!
Fresh Herbs	Chopping/Mixing/Dough Blade	Pulse	Wash and dry herbs VERY well. Pulse to roughly chop. Continue pulsing until desired consistency is achieved.
Ground Meat	Chopping/Mixing/Dough Blade	Pulse and High	Cut meat into ½-inch pieces. Pulse to chop, about 14 long pulses, or until desired consistency is achieved. If a purée is desired, continue to process. Never chop/purée more than 1½ pounds at one time.
“Ice Cream”	Chopping/Mixing/Dough Blade	High	Put frozen fruit cut into 1-inch pieces into the work bowl, with liquid (juice or milk), any desired sweeteners, such as sugar, honey, simple syrup and other flavors. Process until smooth.
Milk Shakes/Smoothies	Chopping/Mixing/Dough Blade	Low	For milk shakes, first add ice cream. While unit is running, add milk through the feed tube until desired consistency is achieved. For smoothies, add fruit first, then add the liquid through the feed tube while unit is running.
Nuts	Chopping/Mixing/Dough Blade	Pulse and High	Pulse to chop to desired consistency. To make a nut butter, pulse to break up, and then process until smooth, stopping to scrape down as needed.
Superfine Sugar	Chopping/Mixing/Dough Blade	High	Process granulated sugar for about 1 minute until finely ground. Excellent for using in meringues and other baked goods.
Whipped Cream	Chopping/Mixing/Dough Blade	Low	Process well-chilled cream until cream begins to thicken. Add sugar as desired; process continuously until cream reaches desired consistency. This cream is dense and perfect as a whipped topping for cake or ice cream.

---

## CLEANING, STORAGE AND MAINTENANCE

- Keep your Cuisinart® Elemental 11 Food Processor ready to use on the kitchen counter. When not in use, leave it unplugged.
- Keep the blade and discs out of the reach of children.
- All parts except the housing base are dishwasher safe, and we recommend washing them in the dishwasher on the **top rack only**. Due to intense water heat, washing the work bowl, cover and accessories on the bottom rack may cause damage over time. Insert the cover with the feed tube facing up to ensure proper cleaning. Insert the work bowl and pusher upside down for drainage. Remember to unload the dishwasher carefully wherever you have placed sharp blades and discs.
- To simplify cleaning, rinse the work bowl, cover, pusher and blade or disc immediately after use so food won't dry on them. Be sure to position the pusher upside down for drainage. If food lodges in the pusher, remove it by running water through it, or use a bottle brush.
- If you wash the blade and discs by hand, do it carefully. When handling, use the plastic hubs. Avoid leaving them in soapy water where they may disappear from sight. To clean the metal blade, fill the work bowl with soapy water, hold the blade by its plastic center and move it rapidly up and down on the center shaft of the bowl. Use of a spray attachment is also effective. If necessary, use a brush.
- The work bowl is made of SAN plastic. It should not be placed in a microwave oven.
- The housing base may be wiped clean with a soapy, nonabrasive material. Be sure to dry it thoroughly.
- If the feet leave spots on the counter, spray them with a spot remover and wipe with a damp sponge.
- If any trace of the spot remains, repeat the procedure and wipe the area with a damp sponge and nonabrasive cleaning powder.

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

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

## FOR YOUR SAFETY

- Like all powerful electrical appliances, a food processor should be handled with care. Follow these guidelines to protect yourself and your family from misuse that could cause injury.
- Handle and store metal blade and discs carefully. Their cutting edges are very sharp.
- Never put blade or discs on the motor shaft until the work bowl is locked in place.
- Always be sure that the blade or disc is down on the motor shaft as far as it will go.
- Always insert the metal blade in the work bowl before putting ingredients in bowl.
- When slicing or shredding food, always use the pusher. Never put your fingers or spatula into feed tube.
- Always wait for the blade or disc to stop spinning before you remove the pusher assembly or cover from the work bowl.
- Always unplug the unit before removing food, cleaning or putting on or taking off parts.
- Always remove work bowl from base of machine before you remove the chopping/mixing/dough blade.
- Be careful to prevent the chopping blade from falling out of the work bowl when emptying the bowl. Remove it before tilting the work bowl.

## TECHNICAL DATA

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

An automatic, temperature-controlled circuit breaker in the motor ensures complete protection against motor burnout. If the processor runs for an exceptionally long time when chopping, mixing or kneading a thick or heavy mixture in successive batches, the motor may overheat. If this happens, the processor will stop. Turn it off and wait for the motor to cool before proceeding. It will usually cool within 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 when the pusher assembly is removed, a fast-stop circuit also enables the motor to stop within seconds.

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

---

# TROUBLESHOOTING

## Food Processing

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

**Solution:**

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

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

**Solution:**

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

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

**Solution:**

- Feed tube should be packed full for best results.

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

**Solution:**

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

## Dough Kneading

- 1. Problem:** Motor slows down.

**Solution:**

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

If motor speeds up, continue processing. If not, add more flour, 1 tablespoon at a time, until the motor speeds up. Process until dough cleans the sides of the work bowl.

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

**Solution:**

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

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

**Solution:**

- Excessively sticky dough can cause blade to rise. Carefully reinsert blade and immediately add 2 tablespoons of flour through the feed tube while the machine is running.

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

**Solution:**

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

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

**Solution:**

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

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

**Solution:**

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

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

**Solution:**

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

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

**Solution:**

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

## Technical

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

**Solution:**

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

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

**Solution:**

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

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

**Solution:**

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

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

**Solution:**

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

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product.

Please pay by check or money order (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

**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. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase and any other information pertinent to the product's return.

Your Cuisinart® Elemental 11 Food Processor has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

**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 that sells Cuisinart products of the same type.

The retail store shall then, at its discretion, 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 the above options do 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

## LIMITED THREE-YEAR WARRANTY

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

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

We recommend that you visit our website, [www.cuisinart.com](http://www.cuisinart.com) for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Elemental 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, simply call our toll-free number 1-800-726-0190 for additional information from our Customer Service Representatives, or send the defective product to Customer Service at Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

---

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 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

### **BEFORE RETURNING YOUR CUISINART PRODUCT**

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product to be serviced.

If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

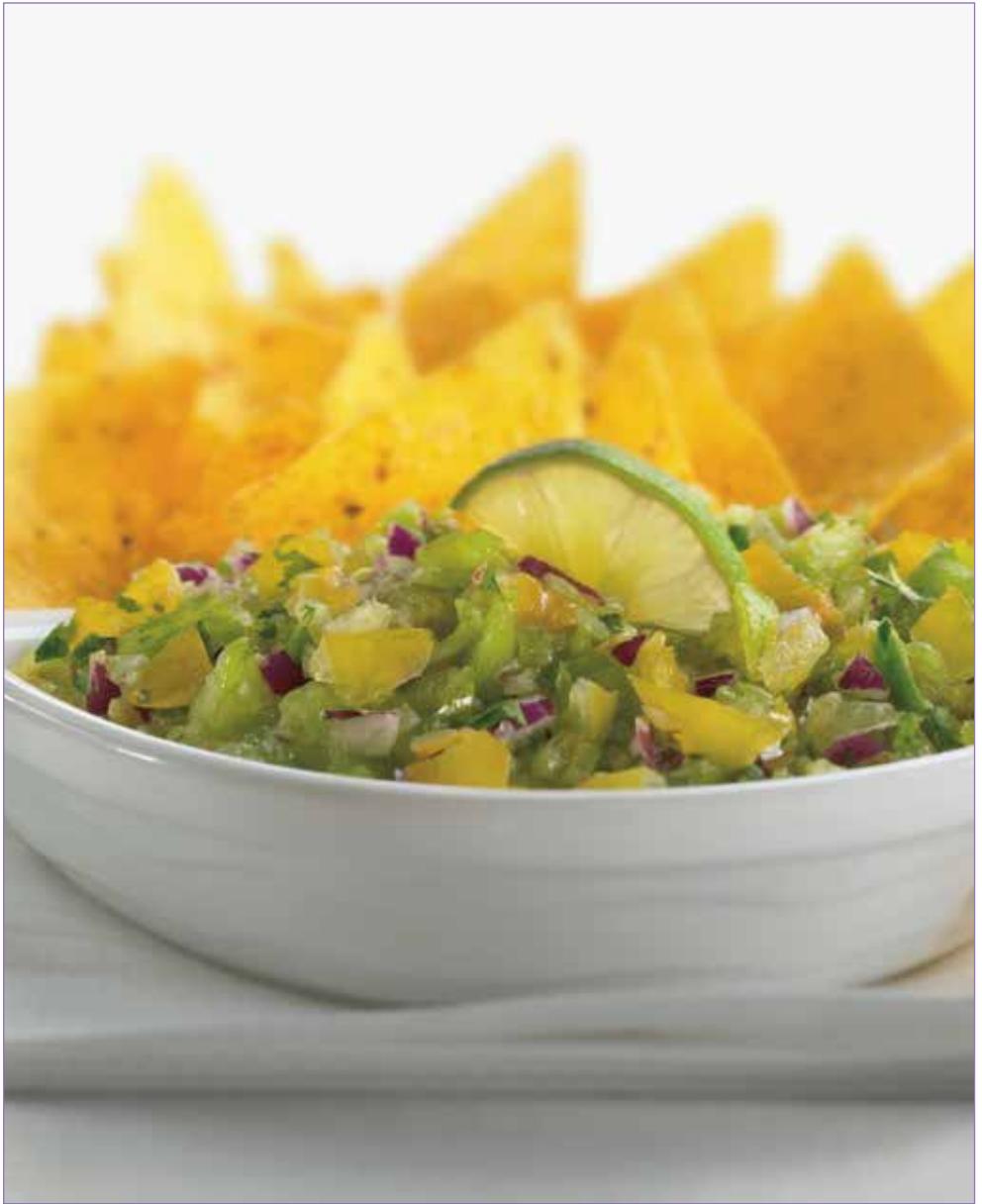
**Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

©2015 Cuisinart  
150 Milford Road  
East Windsor, NJ 08520  
Printed in China

15CE008343

**F IB-12836-ESP**





**Cuisinart**

*Recipe Booklet*  
11-CUP FOOD PROCESSOR

# RECIPES

To help your Cuisinart Elemental 11 Food Processor feel right at home in your kitchen, we've assembled a variety of delicious recipes to get you started, from quick and easy to more complex gourmet dishes. Breakfast and brunch through dinner and dessert, these easy-to-follow recipes make sure every meal is covered.

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

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

Bon appétit!

## BASICS

Breadcrumbs (Plain and Seasoned) .....	18
Scallion Butter .....	19
Sweet and Spiced Peanut Butter .....	20
Vegetable Cream Cheese .....	20
Basil Pesto .....	21
Caesar Dressing .....	22
Guacamole .....	23
Hummus .....	24
Mayonnaise .....	25
Simple Tomato/Pizza Sauce .....	26
Tarragon Dressing .....	27
Tomato Salsa .....	27

## BREAKFAST/BRUNCH

Almond-Pear Cake .....	28
Sausage and Kale Quiche .....	30

## SOUPS/SALADS/SIDES

Black Bean Soup .....	31
Vegetarian Chili .....	32
Celery Root Salad .....	33
Fresh Herb Salad.....	34
Cauliflower Gratin .....	35
Crab Cakes .....	36
Latkes (Potato Pancakes).....	37
Pickled Vegetables.....	38
Pineapple Fried Rice.....	39
Sliced Brussels Sprouts "Caesar" Salad.....	40

## ENTRÉES

Chicken Parmesan .....	41
Pasta Primavera.....	42
Pesto Pizza .....	44
Olive and Tomato Pizza.....	45
Burgers with Pickled Slaw .....	46
Rustic Zucchini Tart .....	47

## DOUGHS/BREADS

Pâte Brisée .....	48
Pâte Sucrée.....	49
Pizza Dough.....	50

## DESSERTS

Almond Paste .....	51
Apple Crisp.....	52
Carrot Cake with Cream Cheese Frosting .....	53
Earl Grey Shortbread.....	54

# BREADCRUMBS (PLAIN AND SEASONED)

There is no need to buy breadcrumbs when you can make them fresh in your Cuisinart® Food Processor.



8

SLICES WHITE BREAD

Makes about 1⅔ cups

Active Time: 5 minutes

Inactive Time: 30 minutes

1. Preheat oven to 325°F. Bake slices of bread in a single layer (either directly on the oven racks or on a baking pan) until bread is completely dried out, about 20 minutes. Cool, 5 to 10 minutes.
2. Insert the chopping blade into the work bowl of the food processor. Break toasted bread into medium-size pieces and add to work bowl. Pulse 6 to 8 times, then process on High until desired texture is achieved, about 30 to 60 seconds.

**Note:** Breadcrumbs can also be made from day-old bread without baking. Simply break into pieces and follow above instruction until finely chopped.

Seasoned Breadcrumbs: Add ¼ teaspoon each kosher salt, dried oregano, dried basil, garlic powder and onion powder to work bowl with bread pieces and process as above.

## Plain

*Nutritional information per serving (2 tablespoons):*

Calories 43 (6% from fat) • carb. 9g • pro. 1g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 92mg • calc. 92mg • fiber 0g

## Seasoned

*Nutritional information per serving (2 tablespoons):*

Calories 44 (6% from fat) • carb. 9g • pro. 1g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 138mg • calc. 94mg • fiber 0g

# SCALLION BUTTER

Use this butter on anything from grilled steaks and burgers, to toasted bagels or crostini. It is even perfect on a bowl of plain pasta.



- 2** SCALLIONS, TRIMMED AND CUT INTO 2-INCH PIECES (GREEN AND WHITE PARTS)
- 8** TABLESPOONS GOOD QUALITY BUTTER (EUROPEAN STYLE), ROOM TEMPERATURE AND CUT INTO 4 PIECES
- PINCH KOSHER SALT
- PINCH FRESHLY GROUND BLACK PEPPER

Makes ½ cup (8 tablespoons)

Active Time: 2 minutes

Inactive Time: 15 to 20 minutes (to bring butter to room temperature)

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

*Nutritional information per serving (1 tablespoon):*

*Calories 103 (99% from fat) • carb. 0g • pro. 0g • fat 11g  
• sat. fat 7g • chol. 30mg • sod. 18mg • calc. 3mg • fiber 0g*

# SWEET AND SPICED PEANUT BUTTER

Once you see how simple it is to make your own peanut butter at home, you will wonder why you ever purchased it. Here we give a sweeter version, but you can adjust the sugar and spices to whatever you wish, or just leave it plain with a bit of salt. Process fully for a creamy version, or if a chunky style is preferred, add additional peanuts after processing and pulse to combine.



- 2 CUPS UNSALTED, DRY ROASTED PEANUTS
- 1 TABLESPOON GRANULATED SUGAR
- 1 TEASPOON GROUND CINNAMON
- ¼ TEASPOON GROUND ALLSPICE
- ½ TEASPOON PURE VANILLA EXTRACT
- KOSHER SALT, TO TASTE

Makes about 1 cup

Active Time: 15 minutes

Inactive Time: n/a

1. Insert the chopping blade into the work bowl of the food processor.
2. Pulse all of the ingredients to break up, about 10 times, and then process on Low until drops of oil are visible and the mixture is very smooth, or until desired consistency. (You may need to stop to scrape down the sides of the bowl periodically.)
3. Taste and adjust seasoning as desired.

*Nutritional information per serving (1 tablespoon):*

*Calories 108 (70% from fat) • carb. 4g • pro. 5g • fat 9g  
• sat. fat 1g • chol. 0mg • sod. 12mg • calc. 19mg • fiber 2g*

# VEGETABLE CREAM CHEESE

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



- ½ MEDIUM CARROT, PEELED AND CUT INTO ½-INCH PIECES
- ½ SMALL RED BELL PEPPER, CUT INTO ½-INCH PIECES
- 1 SCALLION, CUT INTO ½-INCH PIECES (WHITE AND GREEN PARTS)
- 1 TABLESPOON FRESH ITALIAN PARSLEY, STEMS DISCARDED
- 8 OUNCES PLAIN CREAM CHEESE (1 STANDARD PACKAGE), ROOM TEMPERATURE AND CUT INTO 8 PIECES
- ½ TO 1 TEASPOON FRESH LEMON JUICE
- ½ TEASPOON KOSHER SALT

Makes 1½ cups

Active Time: 15 minutes

Inactive Time: n/a

1. Insert the chopping blade into the work bowl of the food processor. Add the vegetables and parsley and pulse about 5 times to chop. Add the remaining ingredients to the bowl and pulse about 10 to 12 times, until fully incorporated and cream cheese is smooth. Scrape down the sides of the bowl between every few pulses if needed.

*Nutritional information per serving (1 tablespoon):*

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

# BASIL PESTO

Once you taste how vibrant homemade pesto is you will never buy it pre-made again.



- 1½ OUNCES PARMESAN OR PECORINO CHEESE, CUT INTO ½-INCH CUBES
- ¼ CUP PINE NUTS, LIGHTLY TOASTED
- 1 GARLIC CLOVE, PEELED
- 2 CUPS TIGHTLY PACKED FRESH BASIL LEAVES (ABOUT 2 OUNCES)
- ¼ TEASPOON KOSHER SALT
- ½ CUP EXTRA VIRGIN OLIVE OIL, PLUS MORE AS DESIRED

Makes about 1 cup

Active Time: 20 minutes

Inactive Time: n/a

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

*Nutritional information per serving (1 tablespoon):*

*Calories 86 (92% from fat) • carb. 1g • pro. 1g • fat 9g  
• sat. fat 2g • chol. 2mg • sod. 78mg • calc. 37mg • fiber 0g*

# CAESAR DRESSING

There are many versions of this recipe, but ours is pretty close to the classic. If you would prefer not to use raw egg yolks, use an egg substitute.



2	GARLIC CLOVES, PEELED
6	ANCHOVY FILLETS
2	LARGE EGG YOLKS
2	TEASPOONS DIJON MUSTARD
4	TEASPOONS FRESH LEMON JUICE
4	TEASPOONS RED WINE VINEGAR
2	TEASPOONS WORCESTERSHIRE SAUCE
½	TEASPOON FRESHLY GROUND BLACK PEPPER
⅔	CUP EXTRA VIRGIN OLIVE OIL

Makes 1 cup

Active Time: 10 to 15 minutes

Inactive Time: n/a

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

*Nutritional information per serving (1 tablespoon):*

*Calories 91 (95% from fat) • carb. 1g • pro. 1g • fat 10g  
• sat. fat 2g • chol. 24mg • sod. 60mg • calc. 4mg • fiber 0g*

# GUACAMOLE

Our fresh guacamole is perfect for the Sunday game or served alongside quesadillas for a fun dinner.



- 1 GARLIC CLOVE, PEELED
- ½ JALAPEÑO, SEEDED AND CUT INTO 1-INCH PIECES
- ½ SMALL ONION, CUT INTO 1-INCH PIECES
- 1 TABLESPOON FRESH CILANTRO, STEMS REMOVED
- 3 RIPE AVOCADOS, HALVED AND PITTED
- 1 TABLESPOON FRESH LIME JUICE
- ½ TO 1 TEASPOON KOSHER SALT

Makes about 2 cups

Active Time: 10 minutes

Inactive Time: n/a

1. Insert the chopping blade into the work bowl of the food processor. With the machine running on High, drop the garlic and jalapeño through the feed tube to finely chop. Add the onion and cilantro and chop using quick pulses until evenly chopped. Scrape down the sides of the bowl.
2. Scoop out the insides of the avocados in pieces directly into the work bowl and add the lime juice and salt. Pulse until desired consistency is achieved. If a smooth texture is desired run on High until completely smooth. Taste and adjust seasoning as desired. Serve immediately.

*Nutritional information per serving (2 tablespoons):*

*Calories 88 (74% from fat) • carb. 5g • pro. 1g • fat 8g  
• sat. fat 1g • chol. 0mg • sod. 147mg • calc. 9mg • fiber 4g*

# HUMMUS

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



- 2** CANS (15.5 OUNCES EACH)  
CHICKPEAS, RINSED AND DRAINED
- $\frac{2}{3}$  CUP TAHINI
- $\frac{1}{3}$  CUP COLD WATER, PLUS MORE AS  
NEEDED
- 3** TABLESPOONS FRESH LEMON JUICE
- 2** GARLIC CLOVES, PEELED
- $\frac{3}{4}$  TEASPOON KOSHER SALT
- $\frac{1}{2}$  TEASPOON GROUND CUMIN
- EXTRA VIRGIN OLIVE OIL,  
FOR FINISHING
- PINCH ZA'ATAR (OPTIONAL),  
FOR FINISHING

Makes about 3 cups

Active Time: 10 to 15 minutes

Inactive Time: n/a

1. Insert the chopping blade into the work bowl of the food processor. Process all of the ingredients on High, until smooth and creamy, about 2 minutes. Add additional water through the feed tube, as needed, until desired consistency has been achieved.
2. Taste and adjust seasoning as desired. To serve, drizzle with olive oil and sprinkle with za'atar (if using).

*Nutritional information per serving (2 tablespoons):*

*Calories 71 (38% from fat) • carb. 2g • pro. 2g • fat 3g  
• sat. fat 0g • chol. 0mg • sod. 159mg • calc. 35mg • fiber 2g*

# MAYONNAISE

Taste the difference in homemade mayonnaise.



- 4 LARGE EGG YOLKS
- $\frac{3}{4}$  TEASPOON KOSHER SALT
- $\frac{1}{2}$  TEASPOON DIJON MUSTARD
- 1 TEASPOON FRESH LEMON JUICE
- 1 TABLESPOON WATER
- $\frac{3}{4}$  CUP VEGETABLE OIL

Makes 1 cup

Active Time: 10 minutes

Inactive Time: n/a

1. Insert the chopping blade into the work bowl of the food processor. Process the egg yolks, salt, mustard, lemon juice and water on Low until smooth, about 30 seconds. With the food processor still running on Low, add the oil through the drizzle hole in the pusher until all oil is incorporated and the mayonnaise is emulsified and homogenous.
2. Scrape down sides; taste and adjust seasoning accordingly.

**Note:** For fresh herb mayonnaise: Process  $\frac{1}{3}$  cup firmly packed fresh herbs (e.g., parsley, dill, tarragon, basil, etc.), stems removed, with the yolks before adding the oil.

For a bolder-flavored mayonnaise, increase the salt by  $\frac{1}{4}$  teaspoon, the Dijon by  $\frac{1}{2}$  teaspoon and lemon juice to 1 tablespoon.

*Nutritional information per serving  
(1 tablespoon, using egg yolks):*

Calories 104 (97% from fat) • carb. 0g • pro. 1g • fat 12g  
• sat. fat 1g • chol. 46mg • sod. 113mg • calc. 6mg • fiber 0g

# SIMPLE TOMATO/PIZZA SAUCE

This sauce is quick and easy, and can be cooked down into a tasty pizza sauce in no time.



- 1 TABLESPOON OLIVE OIL
- 4 GARLIC CLOVES, PEELED
- 3/4 TEASPOON DRIED BASIL
- 1/2 TEASPOON DRIED OREGANO
- 2 TABLESPOONS DRY WHITE WINE (OPTIONAL)
- 1 CAN (28 OUNCE) WHOLE PLUM TOMATOES, WITH JUICES
- 1/2 TEASPOON KOSHER SALT
- 1/4 TEASPOON FRESHLY GROUND BLACK PEPPER
- 1 TO 2 TABLESPOONS GRANULATED SUGAR
- 1/4 TEASPOON RED PEPPER FLAKES (OPTIONAL, TO TASTE, FOR A SPICIER SAUCE)

Makes about 2½ cups (Tomato Sauce);  
2 cups (Pizza Sauce)

Active Time: 15 to 20 minutes

Inactive Time: 30 to 60 minutes

1. Put the olive oil into a large saucepan set over medium-low heat.
2. While oil is heating, insert the chopping blade into the work bowl of the food processor. With the machine running on High, drop the garlic through the feed tube to chop. Process until finely chopped.
3. When the oil is hot, add the garlic, basil and oregano to the pan. Sauté until the garlic is fragrant, about 1 minute. Add the wine to the pan and increase heat to medium; cook until completely evaporated, about 3 to 4 minutes.
4. While the wine is cooking, put the tomatoes into the work bowl and pulse to chop, about 6 to 8 times. Add to the pan with the salt and pepper.
5. Bring sauce to a boil and then reduce the heat to low. Stir in sugar (start with 1 tablespoon – add more if needed) and partially cover the pan loosely and simmer for about 30 minutes, until slightly reduced. If pizza sauce is the goal, allow to simmer for an additional 30 minutes.
6. Once the desired consistency has been achieved, stir in the optional red pepper flakes. Taste and adjust seasoning as desired.

## Tomato Sauce

Nutritional information per serving (1/4 cup)

Calories 38 (33% from fat) • carb. 5g • pro. 0g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 286mg • calc. 17mg • fiber 1g

## Pizza Sauce

Nutritional information per serving (2 tablespoons)

Calories 24 (33% from fat) • carb. 3g • pro. 0g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 179mg • calc. 11mg • fiber 0g

## TARRAGON DRESSING

Use this green, herby dressing to brighten up any salad. It also goes great with grilled chicken or a white fish.



- 1 SHALLOT (ABOUT 2 OUNCES),  
CUT INTO 1/2-INCH PIECES
- 1/4 CUP PACKED FRESH TARRAGON
- 1/4 CUP APPLE CIDER VINEGAR
- 1 TEASPOON FRESH LEMON JUICE
- 1 TEASPOON DIJON MUSTARD
- 3/4 TEASPOON KOSHER SALT
- 1/4 TEASPOON FRESHLY GROUND  
BLACK PEPPER
- 3/4 CUP EXTRA VIRGIN OLIVE OIL

Makes 1 cup

Active Time: 15 minutes

Inactive Time: n/a

1. Insert the chopping blade into work bowl of the food processor. Add the shallot and tarragon and pulse to roughly chop, about 2 to 3 times.
2. Add the vinegar, lemon juice, Dijon mustard, salt and pepper to work bowl. Process on Low to fully blend, about 20 seconds.
3. While food processor is running on Low, slowly pour the olive oil through the drizzle hole in the pusher. Continue to process on Low until emulsified, about 40 seconds.

*Nutritional information per serving (1 tablespoon):*

*Calories 93 (97% from fat) • carb. 1g • pro. 0g • fat 11g  
• sat. fat 1g • chol. 0mg • sod. 111mg • calc. 3mg • fiber 0g*

## TOMATO SALSA

Serve warm tortilla chips alongside this fresh and tangy salsa.

Makes about 1 1/2 cups

Active Time: 15 minutes

Inactive Time: n/a



- 1 GARLIC CLOVE, PEELED
- 1 JALAPEÑO, SEEDED AND CUT INTO  
1/2-INCH PIECES
- 1/2 SMALL ONION, CUT INTO  
1-INCH PIECES
- 2 CUPS GRAPE TOMATOES
- 2 TABLESPOONS FRESH CILANTRO,  
STEMS REMOVED
- 1 TEASPOON KOSHER SALT
- 1 TEASPOON FRESH LIME JUICE

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

*Nutritional information per serving (2 tablespoons):*

*Calories 6 (7% from fat) • carb. 0g • pro. 1g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 192mg • calc. 4mg • fiber 0g*

# ALMOND-PEAR CAKE

Slice this beautiful cake to serve alongside coffee at your next breakfast table. This cake is best stored in the refrigerator, but should be served at room temperature.



## CAKE:

- 2 FIRM PEARS, SUCH AS ANJOU, HALVED AND CORED
- ½ LEMON, FOR SQUEEZING ON PEARS
- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ½ TEASPOON KOSHER SALT
- ½ TEASPOON BAKING SODA
- 2 STICKS (8 OUNCES) UNSALTED BUTTER, CUT INTO TABLESPOONS AND ROOM TEMPERATURE
- 1 CUP GRANULATED SUGAR
- ¾ CUP (7 TO 8 OUNCES) ALMOND PASTE, ROOM TEMPERATURE (PURCHASED OR USE RECIPE ON PAGE 51)
- 2 LARGE EGGS, ROOM TEMPERATURE
- 1 CUP PLAIN GREEK YOGURT
- 1 TEASPOON PURE ALMOND EXTRACT

## GLAZE:

- ½ CUP CONFECTIONERS' SUGAR, SIFTED
- 2 TABLESPOONS WATER
- ¼ CUP SLIVERED ALMONDS, TOASTED

Makes 2 cakes, about 24 servings

Active Time: 20 minutes (not including preparing almond paste)

Inactive Time: 40 to 45 minutes

1. Preheat oven to 350°F with the rack in the middle position. Lightly coat two loaf pans with softened butter or nonstick cooking spray. Reserve.
2. Insert the slicing disc at setting 3 into the work bowl of the food processor. Slice the pears on High; remove and reserve on a plate. Squeeze the lemon over the slices to prevent oxidation (browning).
3. Put the flour, salt and baking soda into a small mixing bowl; whisk to combine. Reserve.
4. Remove the slicing disc and replace with the chopping blade. Put the butter and sugar into the work bowl and process on Low for 40 seconds, or until fluffy and creamy. Scrape down sides and then break apart the almond paste and add the pieces evenly to the mixture. Pulse 2 to 3 times and then process on High until creamy and smooth, about 1 minute. If you notice that there are still clumps at this point, scrape down again and process for additional time.
5. While running on Low, add the eggs, 1 at a time, and process until incorporated. Scrape down.
6. Stir the yogurt and extract together. Add ⅓ of the dry ingredients to the work bowl and pulse 1 to 2 times to just incorporate. Add ½ of the yogurt mixture and pulse 1 to 2 times to just incorporate. Repeat in that fashion with the remaining dry ingredients and yogurt.

7. Once batter is sufficiently mixed, divide between the two prepared loaf pans. Top each with the sliced pears, overlapping slightly, in two columns from top to bottom.
8. Bake in the preheated oven until baked through and golden at the edges, about 40 to 45 minutes. Cool on wire rack for about 10 to 15 minutes.
9. While cakes are cooling, prepare the glaze. Whisk together the sifted confectioners' sugar with water, 1 teaspoon at a time, until desired consistency.
10. Remove slightly cooled cakes from pans. Brush or by using a spatula, spread the glaze onto the top of each cake. Sprinkle with slivered almonds. Allow to cool completely before serving.

*Nutritional information per serving (based on 1 slice 24 servings per cake):*

*Calories 209 (46% from fat) • carb. 25g • pro. 4g • fat 11g  
• sat. fat 5g • chol. 36mg • sod. 96mg • calc. 29mg • fiber 1g*

# SAUSAGE AND KALE QUICHE

Great for a Sunday brunch, this quiche will please any crowd.



**1** BLIND-BAKED 9-INCH TART SHELL  
BASED ON 1/2 OF THE PÂTE BRISÉE  
RECIPE (PAGE 48)

## FILLING:

**1** GARLIC CLOVE, PEELED  
**1** SMALL SHALLOT, CUT INTO  
1-INCH PIECES  
**4** LARGE LACINATO KALE STEMS,  
TOUGH STEM REMOVED  
**1 1/2** TEASPOONS OLIVE OIL  
**1/4** TEASPOON KOSHER SALT, DIVIDED  
PINCH FRESHLY GROUND BLACK  
PEPPER  
**1/4** TEASPOON FRESH THYME LEAVES  
**1** HOT ITALIAN SAUSAGE LINK  
(ABOUT 3 OUNCES), CASING  
REMOVED  
**1** OUNCE GRUYÈRE OR SWISS  
CHEESE  
**1/2** CUP WHOLE MILK  
**1/2** CUP HEAVY CREAM  
**4** LARGE EGGS

Makes one 9-inch quiche, 8 to 12 servings

Active Time: 30 minutes

Inactive Time: 40 minutes (including blind-baking shell)

1. Preheat oven to 350°F with the rack in the middle position.
2. Insert the chopping blade into the work bowl of the food processor. While running on High, drop the garlic and shallot through the feed tube to finely chop. Remove and reserve. Remove the chopping blade (set aside – it will be used again) and insert the slicing disc at setting 3. Roll the kale leaves together and slice. Reserve in bowl.
3. Put the oil into medium skillet (about 10-inch) set over medium/medium-low heat. Once oil is hot, add the garlic and shallot with a pinch of the salt and the pepper. Sauté until softened and fragrant, but has picked up no color. Add the sliced kale, remaining salt and the thyme. Sauté until the kale is bright and wilted. Remove and reserve.
4. Increase the heat to medium-high. Once hot, add the sausage, breaking it up with a heatproof utensil/spatula while cooking. Sauté until fully cooked (no pink present). Remove pan from heat and reserve.
5. Remove the slicing disc and replace with the medium shredding disc. Shred the Gruyère on High. Remove and reserve.

6. Remove the slicing disc and replace with the chopping blade. Process the milk, cream and eggs on Low until combined, about 20 seconds. Reserve custard in bowl.
7. Scatter the sausage over the bottom of the blind-baked pâte brisée shell and then top with the kale mixture. Pour the custard mixture over the sausage and vegetables and then sprinkle the cheese on top. (Depending on your tart/pie pan, all of the custard may or may not fit. Do not overfill.)
8. Carefully place the quiche in the preheated oven. Bake until just set, about 20 minutes.
9. Allow to cool for about 5 minutes before slicing and serving.

*Nutritional information per serving (based on 12 servings):*

Calories 224 (73% from fat) • carb. 9g • pro. 6g • fat 18g  
• sat. fat 10g • chol. 106mg • sod. 250mg • calc. 50mg • fiber 0g

# BLACK BEAN SOUP

This warming soup has just the right amount of spices. From start to finish, the Cuisinart® Food Processor makes this recipe a breeze.



- 1 GARLIC CLOVE, PEELED
- ½ SMALL JALAPEÑO, SEEDED
- 1 SMALL ONION, CUT INTO 1-INCH PIECES
- 1 SMALL BELL PEPPER, ANY COLOR, CORED, SEEDED AND CUT INTO 2-INCH PIECES
- 1 TABLESPOON OLIVE OIL
- ¾ TEASPOON KOSHER SALT, DIVIDED
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER, DIVIDED
- 2 CANS (15 OUNCES EACH) BLACK BEANS, DRAINED AND RINSED
- ½ TEASPOON GROUND CUMIN
- 1 BAY LEAF
- 2½ CUPS CHICKEN OR VEGETABLE BROTH, LOW SODIUM
- 1 TEASPOON FRESH LIME JUICE
- FRESH CILANTRO, FOR GARNISH

Makes about 4 cups

Active Time: 35 minutes

Inactive Time: 30 minutes

1. Insert the chopping blade into the work bowl of the food processor. While running on High, drop the garlic and jalapeño through the feed tube and allow to process until finely chopped. Scrape down the sides and add the onion and bell pepper. Using quick pulses, pulse about 6 to 7 times until finely chopped.
2. Put the olive oil into a 4- to 6-quart pot set over medium-low heat. Once the oil is hot, add the chopped vegetables to the pot with a pinch each of the salt and pepper. Sauté until softened and fragrant, about 5 minutes. Add the beans, cumin, bay leaf and broth, along with the remaining salt and pepper. Increase heat to medium-high to bring to a boil. Once boiling, reduce to a simmer and allow soup to cook for about 30 minutes to meld the flavors.
3. Once soup is ready, remove the bay leaf and discard. Allow the soup to cool for about 5 minutes and then transfer to the food processor, fitted with the chopping blade. Pulse about 5 times to combine and “mash” the beans a bit. If you prefer a completely smooth soup, process on High until desired consistency has been achieved (you may need to add a bit more broth). Transfer back to the pot and stir in the lime juice.
4. Serve immediately with chopped fresh cilantro.

*Nutritional information per serving (1 cup):*

Calories 216 (15% from fat) • carb. 36g • pro. 10g • fat 4g  
• sat. fat 1g • chol. 0mg • sod. 1g • calc. 77mg • fiber 9g

# VEGETARIAN CHILI

The spice and smoke of the chipotle and adobo sauce makes this chili rival traditional meat-packed versions.



- 1 TABLESPOON OLIVE OIL
- 1 ½-INCH PIECE FRESH GINGER, PEELED
- 2 GARLIC CLOVES, PEELED
- 1 SMALL ONION, CUT INTO 1-INCH PIECES
- 1 TEASPOON KOSHER SALT, DIVIDED
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER, DIVIDED
- 1 MEDIUM BELL PEPPER, YELLOW OR GREEN PREFERABLY (FOR COLOR), CORED, SEEDED AND CUT INTO 2-INCH PIECES
- 2 TEASPOONS CHILI POWDER
- ¼ TEASPOON GROUND CUMIN
- ¼ TEASPOON GROUND CINNAMON
- 1 CAN (28 OUNCE) WHOLE PLUM TOMATOES, WITH JUICES
- 3 CANS (15 OUNCES EACH) BEANS, DRAINED AND RINSED (USE A VARIETY, OR ONE OF YOUR FAVORITE TYPES. WE RECOMMENDED KIDNEY BEANS, GREAT NORTHERN BEANS, CHICKPEAS AND/OR BLACK BEANS)
- 2 TABLESPOONS TOMATO PASTE
- 1 CHIPOTLE (LEFT WHOLE) IN ADOBO SAUCE, WITH ADDITIONAL 1 TEASPOON ADOBO SAUCE
- 1 TO 2 TABLESPOONS MAPLE SYRUP
- SHREDDED CHEDDAR OR MONTEREY JACK, FOR GARNISH (TIP: SAVE MONEY AND SHRED USING THE MEDIUM SHREDDING DISC ON LOW SPEED)
- FRESH CILANTRO, FOR GARNISH

Makes about 8 cups

Active Time: 30 minutes

Inactive Time: 30 minutes

1. Put the olive oil in a 4- to 5-quart pot set over medium heat.
2. Insert the chopping blade into the work bowl of the food processor. Add the ginger, garlic and onion and pulse until finely chopped, about 6 to 8 pulses. Once the oil is hot, add this mixture, along with a pinch each of the salt and pepper, and cook until softened and fragrant, about 5 minutes. Return the work bowl to the base and add the bell pepper. Pulse to roughly chop, about 3 to 4 pulses. Add to the pot of sautéing vegetables. Stir in the spices and allow to cook to meld the flavors and cook the pepper, about 5 minutes.
3. While the vegetables are cooking, add the canned tomatoes to the work bowl. Pulse to chop, about 6 to 8 pulses – you want the tomatoes to be evenly chopped without any larger pieces. Once the vegetables are nicely sautéed, add the processed tomatoes along with the canned beans, tomato paste, chipotle and sauce. Decrease heat to medium-low and partially cover. Allow mixture to simmer (adjust as necessary to maintain a simmer) until mixture is slightly reduced but not thick and the flavors are fully developed (taste every 15 minutes or so, but it really should not be done until at least 30 minutes).
4. Once the chili is ready, stir in the maple syrup and allow to cook for an additional minute or two. Taste and adjust seasoning as desired. Remove the chipotle and top with shredded cheese and a sprig of cilantro.

*Nutritional information per serving (1 cup):*

*Calories 181 (10% from fat) • carb. 31g • pro. 10g • fat 2g • sat. fat 0g • chol. 0mg • sod. 819mg • calc. 50mg • fiber 8g*

## CELERY ROOT SALAD

This funny-looking root vegetable makes a great, refreshing side dish when shredded and tossed with a bright, herby dressing.



- 1 CUP RAW, UNSALTED PISTACHIOS, SHELLED
- 2 SMALL HEADS OR 1 LARGE HEAD CELERY ROOT, ABOUT 12 OUNCES TOTAL
- ½ LEMON (FOR RUBBING CELERY ROOT AND APPLE)
- 2 TEASPOONS FRESH LEMON JUICE, DIVIDED
- 1 GALA (OR SIMILAR) APPLE, UNPEELED AND CORED
- ½ CUP GOLDEN RAISINS
- ½ CUP TARRAGON DRESSING (PAGE 27)
- CHOPPED TARRAGON, FOR GARNISH

Makes about 8 cups

Active Time: 20 minutes

Inactive Time: n/a

1. Insert the chopping blade into the work bowl of the food processor. Pulse the pistachios, using 2-second pulses, to roughly chop. Remove and reserve.
2. Prep celery root by washing and peeling. Rub peeled celery root with lemon half. Cut celery root into pieces so that they will fit into the feed tube. Rub each piece with more lemon. Remove the chopping blade and insert the medium shredding disc; shred celery root on High. Transfer to a large mixing bowl. Toss with 1 teaspoon lemon juice.
3. Prep apple by halving, coring and rubbing with lemon half. Cut into quarters so that they will fit into the feed tube. Remove medium shredding disc and insert fine shredding disc; shred apple on High. Add to bowl with celery root. Toss mixture with additional teaspoon of lemon juice.
4. Add raisins and Tarragon Dressing; toss to coat. Sprinkle with chopped pistachios. Garnish with additional chopped tarragon if desired.

*Nutritional information per serving (1 cup):*

*Calories 147 (40% from fat) • carb. 20g • pro. 4g • fat 7g  
• sat. fat 1g • chol. 0mg • sod. 45mg • calc. 44mg • fiber 4g*

## FRESH HERB SALAD

The mix of fresh herbs and crunchy vegetables makes this salad an instant winner. The bonus — it doesn't get soggy while sitting!



- ¼ CUP FRESH PARSLEY
- ¼ CUP FRESH DILL
- ½ CUP FRESH MINT
- 4 CELERY STALKS, TRIMMED AND CUT TO FIT FEED TUBE
- 1 MEDIUM TO LARGE CUCUMBER, TRIMMED AND QUARTERED
- ¼ TO ½ HEAD ROMAINE LETTUCE, TRIMMED AND CUT TO FIT FEED TUBE
- 4 SMALL TO MEDIUM RADISHES, TRIMMED
- 2 MEDIUM CARROTS, TRIMMED AND PEELED
- ½ CUP GRAPE TOMATOES, HALVED
- ½ CUP TARRAGON DRESSING (PAGE 27)
- 1 TO 2 PINCHES KOSHER SALT

Makes about 8 cups

Active Time: 25 minutes

Inactive Time: n/a

1. Insert the chopping blade into the work bowl of the food processor. Add the parsley, dill and mint and pulse until roughly chopped. Leave the herbs in the bowl and remove the chopping blade.
2. Insert the slicing disc at setting 3 into the work bowl. Slice the celery, cucumber, romaine and radishes.
3. Remove the slicing disc and replace with the medium shredding disc. Shred the carrots on High. Transfer all vegetables to a large mixing bowl.
4. Toss with the tomatoes and enough dressing to coat the vegetables (you may want more or less than ½ cup, depending on preference). Add salt to taste and adjust seasoning as desired.

*Nutritional information per serving (½ cup):*

Calories 126 (88% from fat) • carb. 3g • pro. 1g • fat 13g  
• sat. fat 2g • chol. 0mg • sod. 156mg • calc. 21mg • fiber 1g

# CAULIFLOWER GRATIN

The crispy breadcrumb crust perfectly complements the soft, airy purée that's even better than the best mashed potatoes you've ever had.



- 1½ POUNDS CAULIFLOWER, CUT INTO SMALL FLORETS (ABOUT 8 CUPS)
- 4 OUNCES MOZZARELLA, WELL-CHILLED\*
- 1 TABLESPOON UNSALTED BUTTER
- ¾ CUP HEAVY CREAM
- 1½ TEASPOONS KOSHER SALT
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER
- ½ CUP SEASONED BREADCRUMBS (PAGE 18)

\* IT IS BEST TO PUT THE MOZZARELLA IN THE FREEZER FOR ABOUT 10 MINUTES, BUT NO MORE THAN 15 MINUTES PRIOR TO SHREDDING.

Makes about 3 cups

Active Time: 35 minutes

Inactive Time: 40 minutes

1. Preheat oven to 350°F with rack in middle position.
2. In a pot of salted water, bring cauliflower florets to a boil and cook until tender, about 12 minutes. Drain.
3. While cauliflower is cooking, insert the medium shredding disc into the work bowl of the food processor. Shred the mozzarella on High. Reserve.
4. Remove shredding disc and replace with the chopping blade. While cauliflower is still hot, add to work bowl along with the butter, heavy cream, salt and pepper. Pulse until cauliflower florets are broken up, about 4 to 5 times, then process on High until very smooth, about 2 minutes. Transfer cauliflower purée to a 1¼-quart baking dish.
5. Top with breadcrumbs and the shredded mozzarella. Bake until breadcrumbs are nicely browned and cheese is melted, about 40 minutes.
6. Serve immediately.

*Nutritional information per serving (½ cup):*

Calories 288 (53% from fat) • carb. 25g • pro. 9g • fat 17g  
• sat. fat 11g • chol. 59mg • sod. 1035 mg • calc. 282mg  
• fiber 2g

# CRAB CAKES

This recipe calls for panko (Japanese-style breadcrumbs) because they are coarser than standard breadcrumbs and crisp up well.



- 16 OUNCES LUMP CRABMEAT
- 1 TEASPOON EXTRA VIRGIN OLIVE OIL
- 1 GARLIC CLOVE
- 1 JALAPEÑO, HALVED AND SEEDED
- 3 SCALLIONS, CUT INTO 1-INCH LENGTHS (WHITE AND GREEN PARTS)
- 1 MEDIUM RED BELL PEPPER, CORED AND CUT INTO 1-INCH PIECES
- ¼ TEASPOON KOSHER SALT
- 1 EGG, LIGHTLY BEATEN
- 1½ CUPS PANKO BREADCRUMBS
- ½ CUP MAYONNAISE
- 1 TABLESPOON WORCESTERSHIRE SAUCE
- 1 TABLESPOON DIJON MUSTARD
- 1½ TEASPOONS SEAFOOD SEASONING HOT SAUCE (OPTIONAL)
- ¼ CUP VEGETABLE OIL, DIVIDED

Makes 15 crab cakes  
Active Time: 35 minutes  
Inactive Time: 15 minutes

1. Look through crabmeat to make sure there are no shells. Reserve in refrigerator.
2. Put the olive oil in a medium skillet and place over medium heat.
3. While the oil is heating, prep the vegetables. Insert the chopping blade into the work bowl of the food processor. While running on High, drop the garlic and jalapeño through the feed tube to finely chop. Scrape down the sides of the bowl and add the scallions and bell pepper. Pulse until finely chopped.
4. Once oil is hot, add the chopped vegetables and salt and sauté until the vegetables soften slightly. Remove the vegetables from the heat and allow them to cool for a few minutes. Once the vegetables are cool to the touch, add them to the crabmeat. To the mixture add the egg, panko, mayonnaise, Worcestershire, Dijon, seafood seasoning and dash or two of hot sauce, if using. Very gently mix all ingredients together. (The best way to mix the crab mixture is with clean hands. However, you can mix with a spoon. It is important to mix gently to keep the crabmeat intact.)
5. Form the mixture into ¼-cup oval cakes with your hands and place them on a clean plate, separating the layers of patties with wax paper.
6. Heat a large skillet over medium-high heat and add 2 tablespoons of the oil. When oil is hot, brown crab cakes in batches, approximately 2 to 4 minutes per side. Crab cakes should be a deep, golden brown on each side. Add more oil to the pan as needed — if the pan is dry the crab cakes will burn.
7. Serve immediately. Lemon wedges make a nice accompaniment.

*Nutritional information per crab cake:*

Calories 226 (65% from fat) • carb. 11g • pro. 9g • fat 16g • sat. fat 3g • chol. 83mg • sod. 824mg • calc. 28mg • fiber 1g

# LATKES (POTATO PANCAKES)

This no-fail recipe is great for the holidays or any time of the year.



- 1 POUND RUSSET POTATOES (ABOUT 2 MEDIUM-LARGE POTATOES), PEELED
- ½ MEDIUM ONION
- 2 TABLESPOONS UNBLEACHED ALL-PURPOSE FLOUR (YOU MAY USE MATZO MEAL)
- 1 TABLESPOON CHOPPED PARSLEY (LIGHTLY PACKED)
- 1 TEASPOON KOSHER SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER
- 1 LARGE EGG, LIGHTLY BEATEN
- 4 TO 6 TABLESPOONS EXTRA VIRGIN OLIVE OIL, DIVIDED

Makes twelve 3-inch pancakes

Active Time: 35 minutes

Inactive Time: n/a

1. Insert the medium shredding disc into the work bowl of the food processor. Shred potatoes and onion on High.
2. Put shredded potatoes and onion on a clean towel and wrap and squeeze all the liquid out. Place in a bowl; add the flour, parsley, salt and pepper; toss to mix thoroughly. Stir in the egg.
3. Set a large skillet over medium-high heat. Add 2 to 3 tablespoons oil and swirl to coat the inside of the pan. Once oil is hot, drop pancake mixture by scant ¼-cup amounts to form 4 cakes (continue to squeeze out any excess liquid) evenly spaced in skillet. Press down on top to flatten to about ¼-inch thickness. Cook for about 4 to 5 minutes, carefully flipping halfway through, or until crispy and light brown.
4. Repeat with remaining latke mixture, adding more oil as needed (you want to use plenty of oil, being sure that the pan is never dry, or your latke will burn).
5. Transfer to a paper-towel-lined tray or plate. You may also keep warm on a rack in a 200°F oven until ready to serve.

*Nutritional information per latke:*

Calories 78 (57% from fat) • carb. 7g • pro. 1g • fat 5g  
• sat. fat 1g • chol. 16mg • sod. 202mg • calc. 7mg • fiber 1g

# PICKLED VEGETABLES

These veggies are great to keep on hand when you want to add a kick to your lunch.



- 3 CUPS WATER
- 1 CUP WHITE DISTILLED VINEGAR
- 2 TABLESPOONS GRANULATED SUGAR
- 2 TEASPOONS KOSHER SALT
- 4 OUNCES (½ BULB) FENNEL, CORE REMOVED
- 4 OUNCES (¼ MEDIUM TO LARGE) CUCUMBER, ENGLISH OR PERSIAN (MINIMAL SEEDS), UNPEELED
- 4 OUNCES (2 MEDIUM) CARROTS, PEELED
- 4 OUNCES (½ MEDIUM) RED BELL PEPPER, TRIMMED AND CORED
- 4 OUNCES (½ MEDIUM) YELLOW BELL PEPPER, TRIMMED AND CORED
- 4 OUNCES (¼ SMALL HEAD) CAULIFLOWER, BROKEN INTO SMALL FLORETS
- 4 OUNCES (2 STALKS) CELERY, CUT INTO 3" MATCHSTICKS
- 1 TABLESPOON PICKLING SPICE

Makes 2 quarts

Active Time: 25 minutes

Inactive Time: 12 hours

1. In a small saucepan, combine water, vinegar, sugar and salt. Bring to a boil.
2. While the pickling mixture comes to a boil, insert the slicing disc at setting 6 into the work bowl of the food processor. Slice fennel, cucumber, carrots and peppers on High.
3. Divide the sliced vegetables, cauliflower florets, celery sticks and pickling spice equally between two quart-sized containers.
4. When pickling mixture comes to a boil, remove from heat and carefully pour over vegetables to cover. Cover and let cool at room temperature.
5. Place in refrigerator for at least 12 hours. The vegetables can last in the refrigerator for up to 1 month.

*Nutritional information per serving (¼ cup):*

*Calories 8 (8% from fat) • carb. 2g • pro. 0g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 81mg • calc. 8mg • fiber 1g*

# PINEAPPLE FRIED RICE

This take-out favorite has been simplified for even the most novice of home cooks.



Makes about 7 cups

Active Time: 30 minutes

Inactive Time: n/a

- 2 GARLIC CLOVES, PEELED
- 1 1-INCH PIECE FRESH GINGER, PEELED AND HALVED
- 1 SMALL ONION, CUT INTO 1-INCH PIECES
- 2 MEDIUM CARROTS, PEELED AND CUT INTO 1-INCH PIECES
- ¼ CUP GRAPESEED OIL, DIVIDED
- 1 TABLESPOON SAKE
- 4 CUPS COOKED AND COOLED JASMINE RICE
- 1 CUP ROASTED CASHEWS (OR TOASTED RAW CASHEWS)
- ¼ TEASPOON TURMERIC
- ¼ TEASPOON KOSHER SALT, PLUS MORE TO TASTE
- 2 LARGE EGGS, LIGHTLY BEATEN
- 2 CUPS CHOPPED PINEAPPLE (FRESH OR CANNED, WELL DRAINED AND DRIED)
- 1 TEASPOON FISH SAUCE
- 1 TABLESPOON SOY SAUCE, REDUCED SODIUM
- 2SCALLIONS, TRIMMED AND THINLY SLICED (WHITE AND GREEN PARTS)

1. Set a large nonstick skillet, or wok, over medium-high heat.
2. While pan is heating, prep ingredients. Fit the chopping blade into the work bowl of the food processor and add the garlic, ginger and onion. Pulse to finely chop, about 6 to 8 pulses. Remove and reserve. Put the carrots in the work bowl and finely chop using about 8 quick pulses.
3. Once pan is hot, add 2 tablespoons of the oil. Once hot, add the garlic, ginger and onion mixture. Sauté until vegetables are softened, about 30 seconds, being sure to keep them moving with a heat-proof spatula so they do not burn. Adjust heat as necessary for the particular pan and stove. Add the carrots and continue to stir fry, constantly stirring until carrots are slightly softened, about 1 to 2 minutes. Stir in sake and allow to reduce, use a heat-proof spatula to scrape any flavorful brown bits from the bottom of the pan into the dish.
4. Add the remaining oil and allow to heat for about a minute (continue to stir the vegetables once or twice). Once hot, add the rice and cashews; stir-fry, allowing rice to sit about 1 to 2 minutes between stirs, until rice has crisped and browned a bit. This should take about 6 to 8 minutes. Add the turmeric and salt, stirring to fully coat.

5. Push mixture to one side of the pan. Add eggs and let cover half of the pan, and cook, breaking up with a spatula while cooking. Once eggs have cooked, mix with rice.
6. Add pineapple and stir well. Cook until warmed through.
7. Reduce heat to low. Stir in fish sauce, soy sauce and scallions. Taste, adding additional salt if desired.
8. Serve immediately.

*Nutritional information per serving (1 cup):*

*Calories 358 (46% from fat) • carb. 42g • pro. 8g • fat 19g  
• sat. fat 3g • chol. 53mg • sod. 213mg • calc. 36mg • fiber 2g*

# SLICED BRUSSELS SPROUTS “CAESAR” SALAD

The different textures in this salad—crunchy Brussels sprouts and croutons, soft cheese and creamy dressing—will have you reaching for seconds and thirds.



## CROUTONS:

- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- 1 GARLIC CLOVE, SMASHED
- ¼ TEASPOON KOSHER SALT
- 4 OUNCES CRUSTY BREAD (ITALIAN OR FRENCH, FOR EXAMPLE), CUT INTO ½-INCH CUBES (4½ CUPS CUBED)

## SALAD:

- 1 POUND BRUSSELS SPROUTS, LOOSE LEAVES REMOVED AND STEMS TRIMMED
- 2 OUNCES PARMESAN

## DRESSING:

- 1 CUP CAESAR DRESSING (PAGE 22)

Makes 6 cups

Active Time: 30 minutes

Inactive Time: n/a

1. Heat oven to 350°F. Line baking pan with aluminum foil. Prepare the croutons by first combining the oil, garlic and salt in a medium mixing bowl, being sure to smash the garlic while stirring. Add the bread cubes and toss to fully coat the bread. Transfer to the prepared pan and bake until golden brown, about 10 to 12 minutes, tossing halfway through the baking process. Discard garlic.
2. Insert the slicing disc at setting 3 into the work bowl of the food processor. Slice Brussels sprouts on High. Reserve in a large mixing bowl.
3. Adjust slicing disc to setting 1. Slice Parmesan on Low. Add to mixing bowl with sliced Brussels sprouts.
4. Toss Brussels sprouts with croutons, sliced Parmesan and Caesar dressing. Serve immediately.

*Nutritional information per serving (½ cup):*

Calories 133 (63% from fat) • carb. 9g • pro. 4g • fat 1g  
• sat. fat 2g • chol. 19mg • sod. 242mg • calc. 77mg  
• fiber 2g

# CHICKEN PARMESAN

This recipe utilizes a number of components that can easily be prepared using your Cuisinart® Food Processor. Store-bought items such as breadcrumbs and marinara sauce will work just fine, but you will soon realize how much money you will save when making these items yourself.



- 1½ CUPS MARINARA SAUCE (STORE-BOUGHT OR USE RECIPE FOR SIMPLE TOMATO SAUCE ON PAGE 26), DIVIDED
- 2½ OUNCES PARMESAN
- 6 OUNCES MOZZARELLA, WELL-CHILLED\*
- 4 6- TO 8-OUNCE BONELESS, SKINLESS CHICKEN BREASTS, POUNDED TO ½-INCH THICKNESS
- ½ TEASPOON KOSHER SALT
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER
- ¼ CUP UNBLEACHED, ALL-PURPOSE FLOUR
- 2 LARGE EGGS
- 1 RECIPE (1⅔ CUPS) SEASONED BREADCRUMBS (PAGE 18)
- ¼ TO ½ CUP OLIVE OIL, DIVIDED
- 2 TABLESPOONS THINLY SLICED (CHIFFONADE) BASIL

\*IT IS BEST TO PUT THE MOZZARELLA IN THE FREEZER FOR ABOUT 10, BUT NO MORE THAN 15 MINUTES PRIOR TO SHREDDING.

Makes 4 servings

Active Time: 40 minutes

Inactive Time: 15 minutes

1. Preheat oven to 425°F with the rack in the middle position. Spread 1 cup of the sauce on the bottom of a nonreactive 13" x 9" baking pan; reserve.
2. Insert the fine shredding disc into the work bowl of the food processor. Shred the Parmesan on Low. Remove and reserve. Switch to the medium shredding disc and shred the mozzarella on High. Reserve.
3. Season the chicken with salt and pepper. In three shallow dishes, fill each with the flour, eggs and breadcrumbs. Be sure to lightly whisk the eggs together. Dredge the chicken first in the flour, shaking off any excess, then the egg and then the breadcrumbs, being sure that all sides of each piece of chicken are fully coated. Reserve on a clean plate or tray.
4. Put ¼ cup of the olive oil in a large skillet set over medium heat. Once the oil is hot, brown the chicken cutlets, in batches, until browned on both sides, adding additional oil as necessary – you do not want a dry pan or the chicken will burn. Transfer the browned chicken to the baking pan on top of the layer of sauce. Note: You are not cooking the chicken through at this point, just browning. It will finish cooking in the oven.
5. Top each browned cutlet with 2 tablespoons of sauce, 1 tablespoon of the Parmesan and 2 tablespoons of the mozzarella.
6. Transfer the pan to the preheated oven and cook for about 10 minutes, or until the cheese is nicely melted and the internal temperature of the chicken registers at 165°F.
7. Garnish with the basil and serve.

*Nutritional information per serving:*

Calories 709 (47% from fat) • carb. 36g • pro. 58g • fat 36g  
• sat. fat 12g • chol. 242mg • sod. 1832mg • calc. 579mg • fiber 3g

# PASTA PRIMAVERA

This is a lighter version of the old favorite pasta recipe. Here you achieve a filling meal without any cream.



- 1 POUND PASTA (WE FIND LINGUINE WORKS VERY WELL)
- 2 OUNCES PARMESAN
- 2 GARLIC CLOVES, PEELED
- 1 SMALL ONION, CUT TO FIT THE FEED TUBE
- 2 MEDIUM BELL PEPPERS (YELLOW AND/OR RED), HALVED AND CORED
- 4 MEDIUM CARROTS, TRIMMED, PEELED AND CUT TO FIT THE FEED TUBE HORIZONTALLY
- 1 SMALL TO MEDIUM ZUCCHINI, TRIMMED AND CUT TO FIT THE FEED TUBE HORIZONTALLY
- 1 SMALL TO MEDIUM YELLOW SQUASH, TRIMMED AND CUT TO FIT THE FEED TUBE HORIZONTALLY
- 1 TABLESPOON OLIVE OIL
- 1 TEASPOON KOSHER SALT
- ½ TEASPOON FRESHLY GROUND BLACK PEPPER, PLUS MORE FOR FINISHING
- JUICE AND ZEST OF ONE SMALL TO MEDIUM LEMON
- ¼ CUP THINLY SLICED (CHIFFONADE) FRESH BASIL

Makes 8 to 10 servings

Active Time: 35 minutes

Inactive Time: 15 minutes

1. In a large pot, cook pasta in salted water to al dente (you do not want it to be fully cooked – it will finish cooking with the vegetables). Once pasta has cooked, reserve 2 cups of the cooking liquid and drain pasta. Reserve in colander set inside the pot and keep covered.
2. While pasta is cooking, prepare the other ingredients. Insert the fine shredding disc into the work bowl of the food processor. Shred the Parmesan on Low; reserve.
3. Remove the shredding disc and replace with the chopping blade. While the unit is running on High, drop the garlic through the feed tube to chop. Remove and reserve.
4. Carefully remove the chopping blade and replace with the slicing disc at setting 3. Slice the onion; remove and reserve with the garlic. Adjust the slicing disc to setting 2 and slice the peppers (vertically), carrots (horizontally) and zucchini and squash (horizontally), all on High. Reserve each separately. Note: There is no need to dirty extra bowls – you will have time to cook in between each one of these steps so once one vegetable is transferred to the pan, you can slice the next and so on. You are slicing them in the order that they will be used.
5. Put the olive oil into a large sauté pan\* set over medium/medium-low heat. Once the oil is hot, add the garlic and onion, with a pinch or two of the salt and pepper. Sauté until softened and fragrant, but have picked up little to no color, about 2 to 4 minutes.

Next add the peppers to the pan and sauté until bright and softened, another 4 to 5 minutes. Add the zucchini and squash next, with additional salt and pepper, and cook until just softened. Finally, add in the carrot ribbons and cook until bright and just softened, another couple of minutes. Stir in the remaining salt and pepper, and sauté together for an additional minute.

6. Once the pasta has been cooked and the vegetables are ready, add the pasta to the vegetables, in two batches, and stir together to fully combine. Add the reserved pasta water,  $\frac{1}{4}$  cup at a time, to create a creamier consistency. You will probably only need about 1 cup of water, but it will depend on the type of pasta that you are using. Stir in the lemon zest and juice, and then finally the basil and the reserved Parmesan. Sprinkle additional ground black pepper and serve.

\*If you do not have a large sauté pan, about 5 quarts, then cook the vegetables in a large skillet instead. Once it comes time to combine all of the ingredients, you can do this either in the pasta pot or a large mixing bowl.

*Nutritional information per serving:*

Calories 229 (15% from fat) • carb. 41g • pro. 9g • fat 4g  
• sat. fat 1g • chol. 4 mg • sod. 343 mg • calc. 87mg • fiber 2g

# PESTO PIZZA

If you have not tried pesto on a pizza before, you are missing out! In place of the mozzarella, you can try a soft goat cheese for a tangy twist.



- 1 RECIPE PIZZA DOUGH (PAGE 50)
- 4 OUNCES MOZZARELLA (NOT "FRESH"), WELL-CHILLED\*
- 1 PLUM TOMATO, END CUT FLAT
- 1 CORNMEAL FOR SPRINKLING
- 1 TEASPOON OLIVE OIL, FOR BRUSHING
- 1/3 CUP BASIL PESTO (PURCHASED OR USE RECIPE ON PAGE 21)

\* IT IS BEST TO PUT THE MOZZARELLA IN THE FREEZER FOR ABOUT 10, BUT NO MORE THAN 15 MINUTES PRIOR TO SHREDDING.

Makes one 14-inch pizza (8 servings)

Active Time: 15 minutes

Inactive Time: 35 to 40 minutes

1. Prepare the Pizza Dough and allow to rise. Position the top rack of the oven about 8 inches from the top. If using a baking stone, place it on the rack. Preheat oven to 500°F for 30 minutes or longer.
2. Insert the medium shredding disc into the work bowl of the food processor. Shred the mozzarella on High; reserve.
3. Remove the shredding disc and insert the slicing disc at setting 4. Insert the tomato into the feed tube, with the flat end down, and slice on High.
4. On a lightly floured work surface, gently press the dough down with your fingertips to flatten slightly and then stretch into a 14-inch round. Place on a baker's peel that has been generously sprinkled with cornmeal, or on a perforated pizza pan, a pizza screen or baking sheet without sides that has been sprinkled with cornmeal. Brush the edges of the pizza dough with the olive oil. Spread the pesto on top of the dough, leaving about a 1/4-inch edge. Sprinkle with the mozzarella and then top with the tomato slices. Carefully slide the pizza onto the stone, if using (position the peel over the back edge of the stone, and use a rocking motion to shake and slide the pizza off the peel onto the stone), or place the pan into the hot oven.
5. Bake the pizza for 8 to 10 minutes, until the top is bubbly and the edges of the dough are golden brown, puffed and crispy. Remove from the oven and let rest on a rack for 2 to 3 minutes before slicing.

*Nutritional information per serving:*

Calories 198 (47% from fat) • carb. 20g • pro. 7g • fat 10g  
• sat. fat 3g • chol. 12mg • sod. 356mg • calc. 98mg • fiber 1g

# OLIVE AND TOMATO PIZZA

Another favorite pizza in the test kitchen, this pizza has a nice balance of flavors, from the sweet sauce to the briny olives to the spice of the crushed red pepper.



- 1 RECIPE PIZZA DOUGH (PAGE 50)
- 2 OUNCES PARMESAN  
CORNMEAL FOR SPRINKLING
- 1 TEASPOON OLIVE OIL, FOR BRUSHING
- 1/3 CUP PIZZA SAUCE (PURCHASED, OR SEE RECIPE ON PAGE 26)
- 1/3 TO 1/2 CUP PITTED KALAMATA OLIVES
- 1/2 CUP GRAPE TOMATOES, HALVED  
PINCH CRUSHED RED PEPPER  
PINCH FLAKED SEA SALT  
FRESH BASIL LEAVES, TORN, FOR GARNISH

Makes one 14-inch pizza (8 servings)

Active Time: 20 minutes

Inactive Time: 35 to 40 minutes

1. Prepare the Pizza Dough and allow to rise. Position the top rack of the oven about 8 inches from the top. If using a baking stone, place it on the rack. Preheat oven to 500°F for 30 minutes or longer.
2. Insert the fine shredding disc into the work bowl of the food processor. Shred the Parmesan on Low; reserve.
3. On a lightly floured work surface, gently press the dough down with your fingertips to flatten slightly and then stretch into a 14-inch round. Place on a baker's peel that has been generously sprinkled with cornmeal, or on a perforated pizza pan, a pizza screen or baking sheet without sides that has been sprinkled with cornmeal. Brush the edges of the pizza with the olive oil. Spread the sauce on top of the dough, leaving about a 1/4-inch edge. Sprinkle with the Parmesan and then top with the olives, grape tomatoes and crushed red pepper. Carefully slide the pizza onto the stone, if using (position the peel over the back edge of the stone, and use a rocking motion to shake and slide the pizza off the peel onto the stone), or place the pan into the hot oven.
4. Bake the pizza for 8 to 10 minutes, until the top is bubbly and the edges of the dough are golden brown, puffed and crispy. Remove from the oven, sprinkle with the salt and basil and let rest on a rack for 2 to 3 minutes before slicing.

*Nutritional information per serving:*

Calories 140 (27% from fat) • carb. 20g • pro. 5g • fat 4g  
• sat. fat 1g • chol. 5mg • sod. 432mg • calc. 87mg • fiber 1g

# BURGERS WITH PICKLED SLAW

You can transform any type of meat into a tender burger in your food processor. Just pulse to the desired consistency.



## PICKLED SLAW:

(MAKES ABOUT 3½ CUPS)

1/3	MEDIUM JALAPEÑO, TRIMMED
4	OUNCES RED CABBAGE (1/4 SMALL HEAD, CORED)
4	OUNCES GREEN CABBAGE (1/4 SMALL HEAD, CORED)
4	OUNCES CARROTS (ABOUT 2 MEDIUM CARROTS)
3	TABLESPOONS RED WINE VINEGAR
1	TABLESPOON GRANULATED SUGAR
1/2	TEASPOON KOSHER SALT
1	TABLESPOON MUSTARD SEEDS
1	TEASPOON WHOLE CORIANDER SEEDS

## BURGERS:

2	GARLIC CLOVES, PEELED
1	SHALLOT, CUT INTO 1-INCH PIECES
3/4	POUND BONELESS PORK SHOULDER, TRIMMED AND CUT INTO 1-INCH PIECES
3/4	POUND BEEF STEW MEAT, TRIMMED AND CUT INTO 1-INCH PIECES
1 1/2	TEASPOONS KOSHER SALT
1/2	TEASPOON FRESHLY GROUND BLACK PEPPER
1 1/2	TABLESPOONS DIJON MUSTARD
4	PRETZEL BUNS (IF NOT AVAILABLE, A BRIOCHE BUN OR PORTUGUESE ROLL WORKS WELL)

\* WE LIKE THE COMBINATION OF PORK AND BEEF, BUT YOU CAN USE 100% OF ONE OR THE OTHER.

Makes 4 burgers

Active Time: 25 minutes

Inactive Time: 16 minutes

1. Insert the slicing disc at setting 1 into the work bowl. Slice jalapeño on High (keep in the work bowl).
2. Adjust slicing disc to setting 3. Slice cabbages on High (keep in the work bowl).
3. Remove the slicing disc and replace with the medium shredding disc. Shred the carrots on High and transfer all of the vegetables to a large mixing bowl. Add the remaining slaw ingredients to the bowl of vegetables. Toss to evenly combine. Cover and reserve in the refrigerator until ready to use.
4. Preheat broiler on High with rack in upper position, about 6 to 8 inches from the top of the oven.
5. Insert the chopping blade into the work bowl of the food processor. With the food processor running on High, drop the garlic and shallot down the feed tube and process until finely chopped.
6. Add meat, salt, pepper and Dijon mustard to the work bowl. Pulse in 2-second bursts until meat is finely chopped, about 12 to 15 pulses.
7. Form the burger mixture into four patties (6 to 7 ounces each) and broil on High, 8 minutes per side (for medium).
8. Serve on a pretzel bun topped with Pickled Slaw.

*Nutritional information per burger with 1/4 cup slaw and bun:*

Calories 505 (29% from fat) • carb. 47g • pro. 44g • fat 16g  
• sat. fat 5g • chol. 107mg • sod. 1654mg • calc. 102mg  
• fiber 1g

# RUSTIC ZUCCHINI TART

This free-form tart takes all the fuss out of rolling out the perfect pie dough—couldn't be easier!



- ½ CUP RICOTTA
- 1 TEASPOON GRATED LEMON ZEST
- 1 TABLESPOON FRESH LEMON JUICE, DIVIDED
- 2 TEASPOONS KOSHER SALT, DIVIDED
- ¾ TEASPOON FRESHLY GROUND BLACK PEPPER, DIVIDED
- 2 SMALL GARLIC CLOVES, PEELED
- ¼ CUP PACKED FRESH MINT LEAVES
- 1 LARGE ZUCCHINI (ABOUT 12 OUNCES), TRIMMED
- 1 TABLESPOON OLIVE OIL
- ½ RECIPE PÂTE BRISÉE (FOLLOWING PAGE)
- 1 EGG WHITE LIGHTLY BEATEN, FOR EGG WASH

Makes 1 tart (8 servings)

Active Time: 30 minutes

Inactive Time: 45 minutes

1. Combine ricotta, lemon zest, 2 teaspoons lemon juice, ½ teaspoon salt and ¼ teaspoon freshly ground pepper in a small bowl. Reserve in the refrigerator.
2. Insert the chopping blade into the work bowl of the food processor. With food processor running on High, drop garlic cloves down the feed tube and process to finely chop. Add mint and pulse to roughly chop, about 3 or 4 times. Reserve garlic and mint in a large mixing bowl.
3. Remove chopping blade and insert the slicing disc at setting 3. Slice zucchini on High. Transfer to mixing bowl with garlic and mint. Toss with remaining salt, pepper, lemon juice and olive oil.
4. On a piece of lightly floured parchment paper, roll out pastry dough to form a 10-inch circle. Pile zucchini mixture into center of dough leaving a 1-inch edge. Dollop the ricotta mixture over the zucchini. Fold dough over the edges of the filling.
5. Carefully transfer the tart with parchment paper to a shallow baking pan or cookie sheet. Transfer to refrigerator to chill.
6. While tart is chilling, preheat oven to 375°F with the rack in the middle of the oven.
7. Once oven is hot, brush edges of the tart with the egg white wash. Bake until crust is golden and zucchini is soft, about 40 to 50 minutes.

*Nutritional information per serving:*

Calories 205 (65% from fat) • carb. 14g • pro. 4g • fat 15g  
• sat. fat 10g • chol. 38mg • sod. 762mg • calc. 47mg  
• fiber 1g

# PÂTE BRISÉE

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



- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- 1 TEASPOON KOSHER SALT
- 16 TABLESPOONS (2 STICKS) UNSALTED BUTTER, COLD AND CUT INTO ½-INCH CUBES
- ⅓ CUP ICE WATER

Makes two single-crust 9-inch pies/tarts or one 9-inch double-crust pie

Active Time: 5 minutes (for preparing dough)

Inactive Time: 30 minutes (minimum recommended resting time)

1. Insert chopping blade into work bowl of the food processor. Add the flour and salt and process on Low for 10 seconds to sift. Add the butter and pulse until the mixture resembles coarse crumbs, about 6 to 8 pulses.
2. Pour in water 1 tablespoon at a time and pulse until mixture starts to come together – you may not need all of the water. (To test if the dough is hydrated well, remove cover and pinch the mixture. If it holds, it is done.)
3. Transfer onto a lightly floured surface and knead once or twice to bring together. Divide dough equally into two pieces and form each into a flat disk; wrap in plastic and refrigerate until ready to use, a minimum of 30 minutes.

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

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

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

# PÂTE SUCRÉE

Have leftover dough? Use this “sweet” dough for simple cookies.



2	CUPS UNBLEACHED, ALL-PURPOSE FLOUR
2	TABLESPOONS GRANULATED SUGAR
½	TEASPOON KOSHER SALT
12	TABLESPOONS (1½ STICKS) UNSALTED BUTTER, COLD AND CUT INTO ½-INCH CUBES
2	LARGE EGG YOLKS
1	TABLESPOON ICE WATER
¼	TEASPOON GRATED LEMON ZEST (OPTIONAL)
½	TEASPOON PURE VANILLA EXTRACT

Makes two single-crust 9-inch pies/tarts or one 9-inch double-crust pie

Active Time: 5 minutes (for preparing dough)

Inactive Time: 30 minutes (minimum recommended resting time)

1. Insert chopping blade into the work bowl of the food processor. Add the flour, sugar and salt and process on Low for 10 seconds to sift. Add the butter and pulse until the mixture resembles coarse crumbs. Add the yolks, one at a time, and then add the water, zest (if using) and vanilla; pulse 4 to 5 times until combined. Dough should come together at this point.
2. Transfer dough to a lightly floured surface and knead 1 to 2 times to fully bring together. Divide dough equally into two pieces and form each into a flat disk; wrap in plastic and refrigerate until ready to use.

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

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

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

## PIZZA DOUGH

The food processor makes dough making a cinch. Pizza dough can also be used to make focaccia. Recipe ideas can be found on our website, [www.cuisinart.com](http://www.cuisinart.com).



1½	TEASPOONS ACTIVE DRY YEAST
1	TEASPOON GRANULATED SUGAR
⅔	CUP WARM WATER (105°F TO 110°F)
1⅔	CUPS BREAD FLOUR (YOU MAY SUBSTITUTE UNBLEACHED, ALL-PURPOSE FLOUR)
¾	TEASPOON KOSHER SALT
1	TEASPOON OLIVE OIL

Makes ¾ pound dough (one 14-inch pizza; two 9-inch pizzas)

Active Time: 30 minutes

Inactive Time: 1 hour

1. In a liquid measuring cup dissolve the yeast and sugar in warm water. Let stand until foamy, about 5 minutes. (Note: If the yeast does not get foamy within 10 minutes, that means that it is not active and you should toss it and start again with new yeast.)
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, salt and olive oil to the bowl and pulse a few times to combine. With the machine running on Low, pour the liquid mixture through the feed tube as fast as the flour absorbs it. Process until the dough cleans the sides of the work bowl and forms a ball. Continue to process for 30 seconds to knead the dough. Dough should be slightly sticky.
3. Lightly dust a large mixing bowl with flour. Add dough and cover bowl with plastic wrap. Let rise in a warm, draft-free place for about 1 hour; dough should double in size.
4. Place dough on a lightly floured surface and gently fold over to “punch” down. Form into desired crust size(s) as directed by recipe.

*Nutritional information per single-crust serving  
(based on 8 servings):*

Calories 92 (6% from fat) • carb. 19g • pro. 3g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 214mg • calc. 1mg • fiber 0g

# ALMOND PASTE

Almond paste is an ingredient frequently found in cookies, cakes and pastries. Here is a homemade version, so simple to make in your food processor.



- 1½ CUPS BLANCHED ALMONDS\*
- 1½ CUPS CONFECTIONERS' SUGAR,  
PLUS MORE FOR DUSTING
- 1 TABLESPOON HONEY
- 2 TABLESPOONS WATER
- 1 TEASPOON PURE ALMOND EXTRACT
- ¼ TEASPOON KOSHER SALT

Makes about 1½ cups, 1 pound

Active Time: 10 minutes (35 in total if blanching almonds)

Inactive Time: 5 minutes

1. Insert the chopping blade into the work bowl of the food processor. Add the almonds and pulse about 4 times to break up, and then process on High until finely ground, about 30 seconds. Add the remaining ingredients and allow to process, on High, until very well mixed. The goal is to get the mixture as finely ground and dough-like as possible.
2. Lightly dust a clean work surface with confectioners' sugar. Knead the almond paste a few times into the sugar and then wrap well in plastic wrap. Store at room temperature for up to 1 week. If not using for some time, store in the refrigerator for up to 1 month (bring to room temperature before using).

\*You can purchase blanched almonds, but those can be pricey, and they are not readily available in all stores. You can easily blanch your own almonds at home by following these few simple steps: 1. Put whole almonds (raw) into a heatproof mixing bowl. 2. Bring about 3 to 4 cups of water to a boil and then pour the boiling water over the almonds. Allow to sit for exactly 1 minute – no more than that or the almonds will be too soft. 3. Immediately drain into a colander or strainer and then rinse and cool with cold water. Return the almonds back to the empty mixing bowl. The skins of the almonds should be shriveled. Using your fingers, rub the almonds and the skins should easily come off. Discard the skins.

*Nutritional information per serving (2 tablespoons):*

*Calories 173 (47% from fat) • carb. 20g • pro. 4g • fat 10g  
• sat. fat 1g • chol. 0mg • sod. 51mg • calc. 43mg • fiber 0g*

# APPLE CRISP

One of the simplest desserts to prepare is a crisp. Here we feature apples paired with ground ginger and cinnamon.



## TOPPING:

- 2/3** CUP UNBLEACHED, ALL-PURPOSE FLOUR
- 2/3** CUP PACKED, LIGHT BROWN SUGAR
- 1/4** TEASPOON GROUND CINNAMON
- 1/4** TEASPOON GROUND GINGER
- 1/4** TEASPOON KOSHER SALT
- 6** TABLESPOONS UNSALTED BUTTER, COLD AND CUBED
- 1** CUP OLD-FASHIONED ROLLED OATS (NOT QUICK-COOKING)

## FILLING:

- 2** POUNDS APPLES, ABOUT 4 MEDIUM, PEELED, HALVED AND CORED
- JUICE FROM **1/2** SMALL TO MEDIUM LEMON, ABOUT **1** TABLESPOON
- 1** TEASPOON PURE VANILLA EXTRACT
- 1/2** CUP GRANULATED SUGAR
- 1/4** TEASPOON KOSHER SALT
- 1/4** TEASPOON GROUND GINGER

Makes one 9-inch square crisp, about 10 servings

Active Time: 20 minutes

Inactive Time: 25 to 30 minutes

1. Preheat oven to 350°F with the rack in the middle position.
2. Insert the chopping blade into the work bowl of the food processor. Prepare the topping: Put the flour, brown sugar, cinnamon, ginger and salt into the work bowl and process on Low for 10 seconds to combine. Add the butter and pulse, about 8 times, to create pea-size pieces. Add the oats and pulse about 3 times to combine. Remove and reserve in a separate bowl.
3. Prepare the filling. Remove the chopping blade and insert the slicing disc at setting 5. Slice apples on High and transfer to a 9-inch square baking dish. Add the remaining filling ingredients and stir gently to combine.
4. Sprinkle the topping over the apple mixture to evenly cover. Transfer to the hot oven and bake until top is golden, about 20 to 25 minutes. If more color is desired, broil for an additional 2 to 3 minutes.
5. Remove and allow to rest for a few minutes prior to serving. Top with whipped cream or vanilla ice cream.

*Nutritional information per serving:*

Calories 210 (30% from fat) • carb. 36g • pro. 2g • fat 7g  
• sat. fat 4g • chol. 18mg • sod. 114mg • calc. 5mg • fiber 2g

# CARROT CAKE WITH CREAM CHEESE FROSTING

A cake that is moist, sweet and a bit tangy. Garnish the top with finely chopped walnuts for a perfect presentation.



NONSTICK COOKING SPRAY

- $\frac{3}{4}$  CUP PLUS 2 TABLESPOONS UNBLEACHED, ALL-PURPOSE FLOUR
- 1 TEASPOON GROUND CINNAMON
- 1 TEASPOON BAKING POWDER
- $\frac{1}{2}$  TEASPOON BAKING SODA
- $\frac{1}{2}$  TEASPOON KOSHER SALT
- 1 CUP WALNUTS, TOASTED
- $\frac{1}{2}$  POUND CARROTS (3 TO 4 MEDIUM), PEELED
- $\frac{1}{2}$  CUP GRANULATED SUGAR
- $\frac{1}{2}$  CUP PACKED, LIGHT OR DARK BROWN SUGAR
- $\frac{1}{2}$  CUP PLUS 2 TABLESPOONS VEGETABLE OIL
- 2 LARGE EGGS
- 1 TEASPOON PURE VANILLA EXTRACT

## FROSTING:

- 8 OUNCES CREAM CHEESE (1 STANDARD PACKAGE), ROOM TEMPERATURE, CUT INTO 8 PIECES
- 8 TABLESPOONS (1 STICK) UNSALTED BUTTER, ROOM TEMPERATURE, CUT INTO 8 PIECES
- 2 OUNCES GOAT CHEESE, ROOM TEMPERATURE (SOUR CREAM OR PLAIN YOGURT CAN BE SUBSTITUTED)
- $\frac{2}{3}$  CUP CONFECTIONERS' SUGAR
- $\frac{1}{4}$  TEASPOON KOSHER SALT
- $\frac{1}{4}$  TEASPOON PURE VANILLA EXTRACT

Makes one 9-inch round cake, about 10 servings

Active Time: 35 minutes

Inactive Time: 35 minutes

1. Preheat oven to 350°F with the rack in the middle position. Coat a 9-inch round baking pan with nonstick cooking spray; set aside.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, cinnamon, baking powder, baking soda and salt. Process on Low for 10 seconds. Transfer to a large mixing bowl.
3. Put the walnuts into the work bowl and pulse 2 to 3 times to coarsely chop. Leaving the nuts in the bowl, remove the chopping blade and replace with the medium shredding disc. Shred the carrots on High. Add the nuts and carrots to the bowl with the dry ingredients.
4. Remove the shredding disc and replace with the chopping blade. Add the sugars to the work bowl. In a large measuring cup combine the oil, eggs and vanilla. While the unit is running on Low, gradually add the wet ingredients through the feed tube. Process until well mixed, about 30 to 45 seconds, stopping to scrape down the sides of the bowl as needed. Add the wet ingredients to the bowl of dry ingredients and stir until just combined.
5. Pour the batter into the prepared pan and bake for 35 minutes or until a cake tester inserted in the center comes out clean. Cool completely in the pan.
6. Prepare the frosting. Clean the chopping blade and insert into the cleaned work bowl. Add the cream cheese and butter and process on High until smooth, about 60 seconds, stopping to scrape down the sides of the bowl. Add the goat cheese; process another 10 to 15 seconds. Add the sugar, salt and vanilla and process until completely smooth, another 15 to 20 seconds.
7. Once the cake has cooled, remove from the pan and turn out onto a serving plate or cake stand. Frost the entire cake, spreading evenly on the top and sides with an offset spatula. Chill cake slightly before serving.

Nutritional information per serving:

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

# EARL GREY SHORTBREAD

A light and buttery cookie —the perfect companion to your afternoon tea.



Makes about 40 cookies

Active Time: 10 minutes

Inactive Time: 30 minutes, plus up to 25 minutes for baking

- 1 TABLESPOON LOOSE EARL GREY TEA LEAVES
- ¼ CUP GRANULATED SUGAR
- 16 TABLESPOONS (2 STICKS) UNSALTED BUTTER, CUT INTO 1-INCH PIECES
- ¼ CUP CONFECTIONERS' SUGAR, SIFTED
- ½ TEASPOON PURE VANILLA EXTRACT
- 2 CUPS UNBLEACHED, ALL-PURPOSE FLOUR
- ½ TEASPOON KOSHER SALT
- 2 TO 4 TABLESPOONS DEMERARA SUGAR (OR SIMILAR COARSE SUGAR)

1. Put the tea and granulated sugar into the work bowl fitted with the chopping blade. Process on High for 30 to 40 seconds, or until finely ground. Add the butter, confectioners' sugar and vanilla. Pulse 2 to 3 times and then process on High until creamy, about 1 minute.
2. Scrape down sides and add the flour and salt. Pulse to combine, using about 10 long pulses. Remove dough and transfer to a lightly floured piece of parchment or wax paper. Form the dough into a log, about 12 inches in length and 1½ inches in diameter. Wrap well in the parchment or wax paper, dusting off excess flour. Chill in the freezer for 30 minutes.\*

3. While dough is chilling, preheat oven to 350°F with the racks in the lower and upper middle positions.
4. Once dough has chilled, remove from freezer and allow to sit for 5 minutes. Put the demerara sugar into a shallow pan or plate and roll the dough so the sugar coats the surface of the long sides.
5. Slice the dough into ¼-inch slices and place onto a parchment-lined baking sheet, leaving about ½ inch between cookies. (Chill any dough in the refrigerator that is not being baked right away.)
6. Bake in the preheated oven until just golden at the edges, about 8 to 12 minutes. Repeat with remaining cookies.

\*If you are preparing the dough ahead of time, after forming the dough into the log it can chill in the refrigerator instead of the freezer for a minimum of 1 hour, or up to 2 days.

*Nutritional information per cookie:*

Calories 73 (55% from fat) • carb. 7g • pro. 1g • fat 4g  
• sat. fat 3g • chol. 12mg • sod. 29mg • calc. 1mg • fiber 0g



