

Cuisinart[®] INSTRUCTION & RECIPE BOOKLET



Cuisinart Elite Collection 4-Cup Chopper/Grinder

CH-4A Series

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

IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart Elite Collection Chopper/Grinder and the standard parts for it: SmartPower® metal chopping/grinding blade with BladeLock System, spatula, and instruction/recipe booklet.

CAUTION: THE CUTTING BLADE HAS VERY SHARP EDGES.

To avoid injury when unpacking, please follow these instructions:

1. Place the box on a table or kitchen counter. Be sure the box is right side up.
2. Lift and remove the cardboard lid from the work bowl cover.
3. Grasping the work bowl handle, lift the unit up and out of the box and place on the tabletop.
4. Turn the work bowl cover clockwise to unlock it from the unit base. Lift up and remove.
5. **CAREFULLY REMOVE THE METAL BLADE BY GRASPING THE CENTER WHITE HUB AND LIFTING IT STRAIGHT UP. NEVER TOUCH THE BLADE, AS IT IS RAZOR SHARP.**
6. Read the instructions thoroughly before using the machine.

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

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IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be adhered to, including the following:

1. **Read all instructions.**
2. To protect against risk of electric shock, do not put motor base in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. **Always unplug unit from outlet when not in use, before putting on or taking off parts, before cleaning, and before removing food from bowl. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug after the appliance malfunctions, or if appliance has been dropped or damaged in any manner. Return the appliance to the nearest authorized Customer Service (see Warranty for details) for examination, repair, and electrical or mechanical adjustment.

7. The use of attachments not recommended or sold by Cuisinart may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
9. Do not use outdoors.
10. Keep hands and utensils away from moving blade while processing, to prevent the risk of severe injury to persons or damage to the chopper/grinder. A scraper may be used, but must only be used when the chopper/grinder is not running.
11. **Blade is extremely sharp. Handle carefully when removing, inserting or cleaning. Always allow blade to stop moving before removing cover.**
12. To reduce the risk of injury, never place cutting blade on base without first putting work bowl properly in place.
13. Be certain cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.
14. Do not attempt to defeat the cover interlock mechanism, as serious injury may result.
15. Before using, check work bowl for presence of foreign objects.
16. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
17. Children should be supervised to ensure that they do not play with the appliance.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

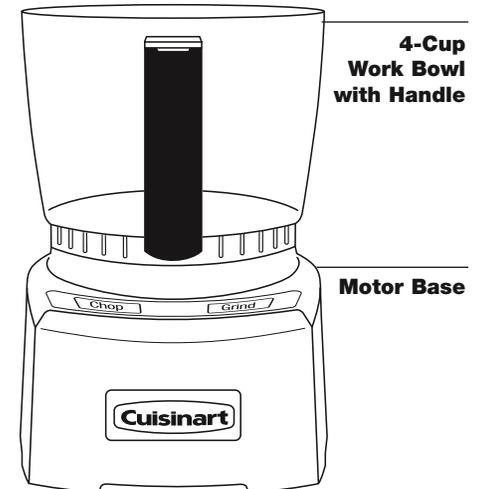
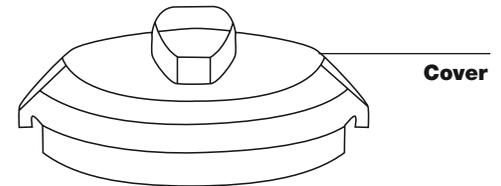
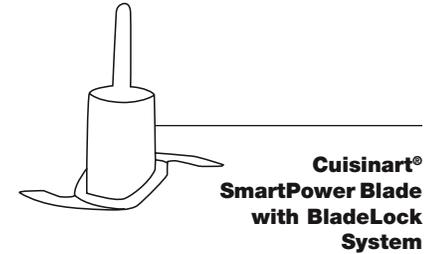
INTRODUCTION

Congratulations on your new Cuisinart Elite Collection Chopper/Grinder! It handles a variety of food preparation tasks, such as chopping, grinding, puréeing, emulsifying, and blending. The patented SmartPower auto-reversing blade features an incredibly sharp edge for delicate chopping and puréeing soft foods. The reverse edge is blunt, to grind through spices and harder foods. And the exclusive BladeLock System enables the blade to lock into the bowl, so you can now pour ingredients out of the bowl without first having to remove the blade.

The powerful high-speed motor works hard and fast to accomplish small jobs with ease. Chop herbs, onions, garlic; grind spices, hard cheese; purée baby foods; blend homemade mayo and flavoured butter – all in this one compact machine. You have virtually unlimited options with the Cuisinart Elite Collection Chopper/Grinder. Enjoy!

ASSEMBLY INSTRUCTIONS

1. With the base unit on the tabletop, place the work bowl firmly on the motor base. Opening at back of bowl must face column at back of chopper/grinder.
2. Turn the work bowl counterclockwise to lock onto base.
3. CAREFULLY pick up the blade by its hub and place on the centre stem until it drops to the bottom of the stem. Firmly push to ensure that the blade is locked into position. **IMPORTANT: HANDLE WITH CARE – THE BLADE IS NOT PERMANENT.**
4. Add food ingredients.
5. Place the cover on the work bowl with the long tab to the right of the rear column.
6. Turn cover counterclockwise (toward column) to securely lock into locking post.
7. Plug unit into wall socket.
8. You are ready to Chop/Grind.



Spatula (not shown)

TIPS FOR PROCESSING FOOD

Preparing the Food

Size

Always cut large pieces of food into smaller pieces of even size – about ½ inch (12mm) to a side or as specified under Operation/Technique on pages 6 and 7. If you don't start with pieces that are small and uniform, you will not get an even chop.

Quantity

Do not overload the work bowl. Overloading causes inconsistent results and it strains the motor. Use the quantities given in the recipe section as a guide. As a rule of thumb, remember that after being processed, food should not reach more than ¾ of the way up the workbowl.

Note: Due to the powerful motor provided with this unit, it is recommended to use one hand to support the Cuisinart Elite Collection Chopper/Grinder during operation.

Selecting the Right Operating Control

Use the **Chop** function for chopping, puréeing and mixing. It is the right choice, for example, for chopping soft, fragile food such as herbs, celery, onions, garlic and most cheeses. It is also the right choice for puréeing cooked vegetables, making mayonnaise, and mixing salad dressing.

Pulse action is best when you are using the Chop function. Two or three pulses are often enough. Be sure to check the food frequently to prevent overprocessing. If you overprocess, you are likely to get a watery paste instead of a fine chop.

Use the **Grind** function for grinding spices, and for chopping hard food such as peppercorns, seeds, chocolate and nuts.

Continuous-hold action is best when you are using the Grind function. You may have to operate the Cuisinart Elite Collection Chopper/Grinder for several seconds with some food to achieve the desired results – or as long as 20 seconds for some seeds.

When you operate the unit for more than 10 seconds, use a pulse action every 10 seconds or so to allow food to drop to the bottom of the work bowl. This provides more consistent results.

Never operate the Cuisinart Elite Collection Chopper/Grinder continuously for longer than 1 minute at a time.

Note: The work bowl and cover may become scratched when you use them for grinding grain and spices. This does not affect the performance of the Cuisinart Elite Collection Chopper/Grinder. However, you may want to reserve the original bowl for grinding, and purchase an additional bowl and cover set for other uses. These are available from the Cuisinart Customer Service Department, which you can reach by dialing our toll-free number: 1800 808 971 (AUST) or 0800 435 000 (NZ).

Adding Liquid

You can add liquids such as water, oil or flavouring while the machine is running. For example, you might want to add oil when making mayonnaise or salad dressing, or you could add vanilla or alcohol when making frozen yoghurt. Pour the liquid through one of the two openings in the cover.

IMPORTANT: Add liquid through only one opening at a time. The other opening must be left free to allow air to escape. If both openings are blocked, liquid cannot flow smoothly into the bowl.

Removing Food from the Sides of the Bowl
Occasionally food will stick to the sides of the bowl as you process. Stop the machine to clear food away. **AFTER THE BLADE HAS STOPPED**

MOVING, remove the cover, and use the spatula to scrape the food from the sides of the bowl back into the centre. Do not put hands into bowl unless unit is unplugged.

Note: Handle with care – the blade is not permanent.

PROCESSING FOOD

1. **Place the work bowl firmly on the motor base.** Opening at back of bowl must face column at back of the Cuisinart Elite Collection Chopper/Grinder. Turn bowl counterclockwise to lock in place.
2. **Insert the blade assembly.** Carefully pick up the blade by its hub and place on the centre stem until it drops to the bottom of the stem. Firmly push to lock the blade into position. **NEVER TOUCH THE BLADE ITSELF AND NOTE THE BLADE IS NOT PERMANENTLY LOCKED.**
3. **Place food in the work bowl.** Be sure the food is cut into small pieces, and the bowl is not overloaded.
4. **Lock the cover into position.**
5. **Press the appropriate Chop or Grind control,** depending on the food you are processing.
6. When you have finished processing the food, **stop the machine by releasing the control button.**
7. **WHEN THE BLADE STOPS MOVING, unplug the unit.**
8. **Remove cover and work bowl**
 - a. Turn work bowl cover clockwise to remove.
 - b. Turn work bowl clockwise to unlock it and lift it off base.

NOTE: Thicker ingredients can be removed while work bowl is still on base.

9. **To remove liquids and sauces from bowl:**

Simply pour ingredients out of work bowl. Our convenient BladeLock System keeps blade safely in place.

10. **To remove thicker ingredients from bowl:**

Carefully remove the blade assembly by holding the handle on the top of the sheath and gently pulling up to disengage blade lock. Remove food with spatula.

NOTE: HANDLE WITH CARE – THE BLADE IS NOT PERMANENT.

Tips: Always process foods in order, from dry to wet, to avoid having to clean bowl and blade between each task.

Never operate the Cuisinart Elite Collection Chopper/Grinder without ingredients in the work bowl.

CLEANING AND STORAGE

To simplify cleaning, rinse the work bowl, cover, and blade immediately after each use, so that food won't dry on them. Wash blade assembly, work bowl, cover, and spatula in warm soapy water. Rinse and dry. Wash the blade carefully.

Avoid leaving blade in soapy water where it may disappear from sight. The work bowl, cover, blade assembly, and spatula can be washed on the top rack of a dishwasher. Insert the work bowl upside down and the cover right side up. Put the blade and spatula in the cutlery basket. Unload the dishwasher carefully to avoid contact with the sharp blade. Wipe the motor base clean with a damp sponge or cloth. Dry it immediately. Never submerge the motor base or the plug in water or other liquid.

The Cuisinart Elite Collection Chopper/Grinder stores neatly on the countertop in a minimum of space. When it is not in use, be sure to leave it unplugged. The hidden cord storage underneath the motor base will help to keep excess cord off the countertop. Store the unit assembled to pre-

vent loss of parts. Store the blades as you would sharp knives – out of the reach of children.

The Cuisinart Elite Collection Chopper/Grinder is intended for HOUSEHOLD USE ONLY. Any service other than cleaning and normal user maintenance should be performed by an authorized Cuisinart® Service Representative.

TROUBLESHOOTING

Motor doesn't start or blade doesn't rotate.

- Check that plug is securely inserted into outlet.
- Check that work bowl and cover are securely locked into place.
- Be sure to press only one operation control button at a time.

Food is unevenly chopped.

- Try cutting food into smaller, even-sized pieces.
- Try processing smaller amounts of food per batch.

Food is chopped too fine or is watery.

- The food has been overprocessed. Use brief pulses, or process for a shorter time. Let blade stop completely between pulses.

Food collects on work bowl cover or sides of prep bowl.

- This is normal; turn machine off. When blade stops rotating, remove cover and clean bowl and cover with spatula.

Food catches on blade.

- You may be processing too much food. Carefully remove blade. Remove food from blade with spatula and start over again.

OPERATING TECHNIQUES

With the Cuisinart Elite Collection Chopper/Grinder you can chop, grind or purée small amounts of foods. See Operation/Technique Chart on the following pages.

Food	Operation/Technique	Comments/Notes
Anchovies	Chop. Pulse to desired consistency.	Drain first. Cut in half.
Baking chocolate/chocolate chunks/chips	Chop. Pulse to break up, then process continuously until desired chop size is achieved.	Process no more than 45 grams at a time. For best results, chill chocolate for 3–5 minutes in freezer before chopping. Cut baking chocolate squares into 12 millimetre pieces to chop.
Bread for crumbs	Chop. Pulse to break up, then process continuously until desired crumb size is reached.	Use day-old, hard bread for dry crumbs; fresh bread for moist crumbs. Cut or break into pieces no larger than 2.5 centimetre. For buttered crumbs, add 1 teaspoon of butter per slice after crumbs have started to form, and process to combine and coat.
Butter	Chop. Process continuously.	Cut into 12 millimetre pieces. Best at room temperature. Process up to ¼ cup at a time. Add freshly chopped citrus zest, garlic, herbs or shallots to create compound butters.
Celery	Chop. Pulse to desired size.	Cut into 12 millimetre long pieces.
Cheese – hard (Parmesan, Asiago, Romano, etc.)	Chop. Pulse 10 times, then process continuously until desired consistency.	Remove and discard rind or reserve for another use. Cut into 12 millimetre pieces. If possible, remove from refrigerator 20–30 minutes before processing. Process up to 120 grams at a time.
Cheese – soft (mozzarella, etc.)	Chop. Pulse to break up, then process continuously to “cream.”	Best at room temperature.
Chocolate	Chop. Pulse to chop to desired consistency. Or Grind. Pulse first then process continuously until desired consistency.	Cut chocolate into 2.5 centimetre pieces.
Cinnamon sticks, nutmeg, other hard spices	Grind. Pulse to break up, about 5 times, then process continuously until finely chopped.	Break cinnamon sticks into 2.5 centimetre pieces. Hard spices may cause scratches on the work bowl and cover.*
Citrus zest	Chop. Pulse to break up, then process continuously until finely chopped.	Use vegetable peeler to remove zest (colour only) from citrus; scrape off any white with sharp knife. Cut strips in half. Adding a small amount of sugar or salt will help achieve a finer texture.
Cookies, hard Amaretti or macaroons	Chop. Pulse 5 times to break up, then process continuously until finely chopped.	Hard cookies only. Break up into 2.5 centimetre or smaller pieces.
Fruits, cooked; fresh or frozen thawed berries	Chop. Pulse to break up, then process continuously until desired consistency.	Cooked fruits may be processed to make baby foods or purées; liquid may be added for consistency. To process fresh or frozen (thawed) berries for sauce, pulse to chop, then process until puréed (sugar may be added to taste).
Garlic	Chop. Pulse to chop roughly, then process continuously for fine chop.	Peel garlic cloves first. Scrape work bowl sides and bottom as needed.

*Surface scratches that may occur will not impair the function of the Cuisinart Elite Collection Chopper/Grinder. You may want to consider purchasing a second work bowl specifically for these tasks.

Food	Operation/Technique	Comments/Notes
Gingerroot, fresh	Chop. Pulse to break up, then process continuously to reach desired consistency.	Peel first; cut into 12 millimetre pieces or slices. Scrape work bowl sides and bottom as needed. Process up to 120 grams at a time.
Green onions, scallions	Chop. Pulse to chop to desired consistency.	Trim and cut into 18 millimetre pieces.
Herbs, fresh	Chop. Pulse to chop to desired consistency.	Rinse and dry completely. Remove leaves from stems to chop.
Horseradish	Chop. Pulse to chop to desired consistency.	Peel first. Cut into 12 millimetre pieces. Process up to 120 grams at a time.
Leeks	Chop. Pulse to chop to desired consistency.	Trim off root end and tough outer skin. Wash thoroughly to remove sand and grit; dry completely. Cut into 12 millimetre pieces.
Meats	Chop. Pulse to chop, or process continuously to purée (add liquid as needed).	Uncooked meats should be cold, but not frozen; cut up to 240 grams into 12 millimetre pieces, trimmed of gristle and soft fat; some hard fat may remain. Cooked meats can be cold or warm; cut up to 240 grams into 12 millimetre pieces. Add liquid (water, broth or from cooking) as needed to process to purée consistency.
Mushrooms	Chop. Pulse to chop to desired consistency.	Choose firm, fresh mushrooms. Cut into quarters or even-size pieces, no larger than 18 millimetre .
Nuts	Chop. Pulse to chop to desired consistency. Or Grind. Pulse first then process continuously until desired consistency.	Toast nuts first for maximum flavour. Allow to cool completely before chopping. Process up to 1 cup at a time.
Olives	Chop. Pulse to chop to desired consistency.	Use only pitted olives. Drain well for best results.
Onions	Chop. Pulse 5–10 times to chop to desired size.	Peel; cut into 18 millimetre or smaller pieces of similar size.
Peppercorns	Grind. Pulse first, then process continuously until desired consistency.	Combine peppercorns with dried herbs or spices or coarse salt to create rubs and seasonings. Hard peppercorns may scratch work bowl and cover.*
Peppers, fresh	Chop. Pulse to chop to desired consistency.	Core, seed and cut into 12 millimetre pieces. Do not overprocess.
Seeds, dried berries	Grind. Pulse to break up, then process continuously to desired consistency.	Coriander, cumin, dill, fennel, sesame, poppy, and juniper berries.
Shallots	Chop. Pulse 5–10 times to chop to desired consistency.	Peel first; cut into quarters, or pieces no larger than 18 millimetre.
Vegetables, cooked	Chop. Pulse 5–10 times to chop, then process continuously until desired consistency is reached.	Cook vegetables until tender. Process to a smooth purée for baby food or sauces; may need to add liquid for consistency.

*Surface scratches that may occur will not impair the function of the Cuisinart Elite Collection Chopper/Grinder. You may want to consider purchasing a second work bowl specifically for these tasks.

RECIPES

GUACAMOLE

This popular Mexican specialty is delicious with chips and vegetable crudité's, or as a topping for grilled chicken or fish.

Makes about 2 cups

- 2 garlic cloves, peeled
- 3 green onions, trimmed and cut into 12 millimetre pieces
- 1½ jalapeño peppers, cored, seeded and cut into 12 millimetre pieces
- 3 ripe avocados, peeled, pitted, and diced
- 3 tablespoons fresh lime juice (juice of 1½ medium limes)
- ¾ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¾ teaspoon kosher salt
- ¾ cup finely chopped tomatoes

Place the garlic, green onions and jalapeño peppers in the work bowl. Pulse on Chop 10 times; scrape the bottom and sides of the work bowl. Add the avocados, lime juice, cumin, coriander and salt. Pulse on Chop 10 times, then process on Chop continuously for 15 seconds; scrape the work bowl. Process on Chop for another 15 to 20 seconds until smooth and creamy.

Transfer to a serving bowl. Stir in chopped tomatoes before serving.

Nutritional information per serving (3 tablespoons):
Calories 90 (71% from fat) • carb. 6g • pro. 1g • fat 8g
• sat. fat 1g • chol. 0mg • sod. 180mg
• calc. 14mg • fibre 4g

TAPENADE

A favourite from the Provençal region of France.

Makes about 1½ cups

- 2 garlic cloves, peeled
- 1½ anchovy fillets
- 1½ cupspittedniçoise or other imported black olives
- ¼ cup drained and rinsed capers
- 2 tablespoons Dijon mustard
- 1½ tablespoons fresh lemon juice (from ½ medium lemon)
- 1 tablespoon herbes de Provence or thyme
- ¾ teaspoon freshly ground black pepper
- ¼ cup + 2 tablespoons extra virgin olive oil

Chop the garlic for 5 seconds; scrape the work bowl. Add the anchovies, olives and capers; pulse 10 times on Chop. Scrape the work bowl. Add the mustard, lemon juice, herbes and pepper. Process for 15 seconds on Chop; scrape the work bowl. Process for an additional 15 seconds; scrape the work bowl again then add the olive oil. Process until a thick paste forms, about 20 to 30 seconds.

Store in an airtight container in the refrigerator for up to a week.

Nutritional information per serving (2 tablespoons):
Calories 80 (88% from fat) • carb. 2g • pro. 1g • fat 9g
• sat. fat 1g • chol. 0mg • sod. 280mg
• calc. 27mg • fibre 1g

HUMMUS

Add a roasted red pepper and 1 teaspoon of herbes de Provence for a variation.

Makes about 2 cups

- ⅓ cup loosely packed Italian parsley leaves
- 1 garlic clove, peeled
- 1 can (570 grams) chickpeas, rinsed and drained
- 2 tablespoons tahini*
- 2 tablespoons fresh lemon juice
- ¼ cup water
- ½ teaspoon ground cumin
- ¼ cup extra virgin olive oil
- koshersaltandfreshlygroundblackpepperto taste

Chop the parsley for 5 seconds; remove and reserve. With machine running, drop garlic through feed tube. Process until finely chopped, about 5 seconds. Add chickpeas, tahini, lemon juice, water, cumin and reserved parsley to work bowl; process until smooth, 1½ to 2 minutes, stopping to scrape work bowl as needed one or two times. With the machine running, add the olive oil in a steady stream and process until the mixture is smooth and creamy.

Taste and season with kosher salt and freshly ground pepper.

*Tahini is a sesame seed paste available in most grocery stores.

Nutritional information per serving (2 tablespoons):
Calories 80 (56% from fat) • carb. 6g • pro. 2g • fat 5g
• sat. fat 1g • chol. 0mg • sod. 60mg
• calc. 21mg • fibre 2g

PESTO

A favourite for dressing pasta, and also wonderful on steamed potatoes and vegetables. You can vary your pesto by using other herbs such as cilantro, mint or parsley and by using other nuts such as almonds, pecans or walnuts.

Makes about $\frac{3}{4}$ cup

- 45 grams Reggiano Parmigiano, cut into 12 millimetre cubes
- $\frac{1}{3}$ cup toasted pine nuts
- 2 garlic cloves, peeled
- $\frac{3}{4}$ teaspoon kosher salt
- $1\frac{1}{2}$ cup packed fresh basil leaves
- $\frac{1}{2}$ cup extra virgin olive oil

Place the cheese in the work bowl; pulse on Chop 5 times; process continuously on Chop until finely ground, about 10 seconds. Remove and reserve.

Add nuts to the work bowl; pulse on Chop 5 times. Remove and reserve with the cheese.

Add the garlic and salt to the work bowl; process 5 seconds on Chop. Scrape the work bowl. Add the basil leaves and half of the olive oil. Pulse on Grind 10 times then grind continuously for about 15 seconds; scrape the bowl. With the machine running on Grind, add the remaining oil slowly, in a steady stream, through one of the holes in the recessed area of the cover. After all the oil has been added, process on Grind for an additional 10 seconds. Add the reserved cheese and nuts to the mixture; pulse 10 times on Chop to blend.

Transfer pesto to an airtight container. Pesto will keep in refrigerator for up to a week. It may also be frozen.

Nutritional information per serving (1 tablespoon):
Calories 120 (91% from fat) • carb. 1g • pro. 2g • fat 13g
• sat. fat 2g • chol. 5mg • sod. 200mg
• calc. 52mg • fibre 0g

ROASTED RED PEPPER SAUCE

Use this sauce for vegetables or meats, or try our creamy variation to use as a dip for fresh vegetable crudité's or pita chips.

Makes about 2 cups

- 3 garlic cloves, peeled
- 2 strips lemon zest (1 x 12 millimetre), white pith removed
- $1\frac{1}{2}$ teaspoons kosher salt
- $1\frac{1}{2}$ teaspoons herbes de Provence
- 2 tablespoons fresh lemon juice
- 2 tablespoons regular or white balsamic vinegar
- $\frac{1}{3}$ cup extra virgin olive oil
- 3 jars (360 grams each) roasted red peppers, drained but not rinsed

Add the garlic, zest, salt, and herbes to the work bowl; chop for 5 to 10 seconds. Scrape the bottom and sides of the work bowl. Add the lemon juice, vinegar, olive oil and peppers. Pulse on Chop, 10 times, then process for 15 to 20 seconds until smooth.

Transfer to a resealable container and refrigerate for at least 30 minutes to allow the flavours to blend. The sauce will keep up to 1 week refrigerated.

Roasted Red Pepper Dip Variation: Make half the recipe. Add 60 grams of regular or lowfat cream cheese and $\frac{1}{4}$ cup of sour cream or plain yogurt that has been drained; chop for 10 to 15 seconds until homogenous.

Nutritional information per serving (2 tablespoons):
Calories 21 (40% from fat) • carb. 3g • pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 1092mg
• calc. 28mg • fibre 1g

MANGO SALSA

Mango salsa is excellent served over grilled fish such as salmon, tuna, swordfish or scallops, and grilled chicken, duck or pork tenderloin. It can also be served like traditional tomato salsa with tortilla chips.

Makes 4 cups

- $\frac{1}{2}$ red bell pepper (about 30 grams), cut into 12 millimetre pieces ($\frac{1}{4}$ cup)
- 2 small garlic cloves, peeled
- 1 jalapeño pepper, stemmed and seeded, cut into 12 millimetre pieces
- 1 small red onion (about 45 grams), peeled, cut into 12 millimetre pieces
- 2 mango, peeled and pitted, cut into 12 millimetre pieces, divided
- 3 tablespoons fresh cilantro leaves
- 1 tablespoon fresh lime juice
- 3 tablespoons rice vinegar (may use raspberry or white balsamic vinegar)
- 1 teaspoon honey

Place the red pepper in the bowl of your Cuisinart® Chopper/Grinder fitted with the chopping blade. Pulse 4 to 6 times, or until roughly chopped. Transfer to a medium mixing bowl; reserve.

Add the garlic, jalapeño pepper and onion to the work bowl. Pulse 6 to 7 times to chop. Remove and add to the bowl with the reserved red pepper.

Add $\frac{1}{2}$ of the mango and cilantro to work bowl and pulse until mango is roughly chopped, about 10 pulses. Transfer to the bowl with the reserved vegetables; reserve. Repeat with the remaining mango. Combine the lime juice, vinegar and honey; stir well into the reserved mixture. Cover and let sit for 30 minutes to allow the flavours to blend.

If not using immediately, cover and refrigerate.

Nutritional information per 2 tablespoons serving:
Calories 11 (3% from fat) • carb. 3g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 5mg
• calc. 2mg • fibre 0g

BASIC VINAIGRETTE

This recipe may be easily modified by changing the oils and vinegars used.

Makes 1½ cups

- 1 garlic clove or small shallot, peeled (cut shallot into 12 millimetre pieces)
- 3 tablespoons wine vinegar
- 3 tablespoons white vinegar or lemon juice
- 2 teaspoons Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup extra virgin olive oil
- ½ cup vegetable oil or light flavoured olive oil

Place garlic or shallot in work bowl; pulse on Chop 5 times. Scrape the work bowl. Add the vinegars, mustard, salt and pepper. Process on Chop until smooth, about 5 seconds. With the machine running on Chop, add the oils slowly, in a steady stream, through one of the holes in the recessed area of the cover. After all the oil has been added, process on Grind for an additional 10 seconds. Taste and adjust seasonings as needed.

This dressing is best made at least ½ hour ahead of serving. Vinaigrette will keep well for one week in refrigerator, covered. Remove from refrigerator about 30 minutes before serving; it may need to be reprocessed if separation has occurred.

Nutritional information per serving (1 tablespoon):
Calories 80 (99% from fat) • carb. 0g • pro. 0g • fat 9g
• sat. fat 1g • chol. 0mg • sod. 55mg
• calc. 1mg • fibre 0g

CREAMY ROASTED GARLIC AND HERB DRESSING

Try this flavourful dressing on a crispy romaine salad.

Makes about 1 cup

- 9 garlic cloves, peeled
- ¾ teaspoon extra virgin olive oil
- ¾ cup loosely packed basil leaves
- ¾ cup loosely packed Italian parsley leaves
- ¾ cup fat-free plain yoghurt
- ½ cup light mayonnaise
- 1½ tablespoons balsamic vinegar

Preheat the oven to 190°C. Toss the garlic with the oil and wrap loosely in aluminum foil. Roast in the preheated oven for about 45 minutes, or until cloves have softened. Let cool 5 to 10 minutes.

Place the cooled garlic in the work bowl with the basil and parsley. Pulse on Grind 10 times; scrape the work bowl. Add the yoghurt, mayonnaise and vinegar. Process on Grind until smooth and blended, about 30 seconds. Scrape the work bowl; process 15 additional seconds.

Transfer to an airtight container. Dressing keeps for one week in refrigerator.

Nutritional information per serving (1 tablespoon):
Calories 35 (65% from fat) • carb. 2g • pro. 1g • fat 3g
• sat. fat 0g • chol. 5mg • sod. 60mg
• calc. 34mg • fibre 0g

ASIAN MARINADE

This marinade is equally good for pork, chicken or salmon.

Makes about 2 cups

- 25 grams peeled fresh gingerroot, cut into 12 millimetre pieces
- 2 garlic cloves, peeled
- ½ cup low-sodium soy sauce
- ⅓ cup canola or other vegetable oil
- ¼ cup + ½ tablespoon hoisin sauce
- ¼ cup + ½ tablespoon Asian sesame oil
- ¼ cup + ½ tablespoon rice wine vinegar
- ½ teaspoon cayenne pepper

Place the gingerroot and garlic in the work bowl. Pulse on Chop 5 times. Scrape the sides and bottom of the work bowl. Add the remaining ingredients; chop until smooth, about 15 seconds.

Transfer to a container, cover and refrigerate if not using immediately. Marinate meat or seafood for approximately 2 hours before roasting or grilling.

Cooking Suggestion: Pour ⅔ of the marinade into a resealable plastic bag and add two 450 grams trimmed pork tenderloins. Coat the meat thoroughly with the marinade and refrigerate for 2 hours. Remove the tenderloins from the marinade and place on a rack; discard the marinade. Roast in a preheated 245°C oven for 20 to 22 minutes, turning after 10 minutes. Remove from oven. The temperature of the meat should be about 65°C; it will rise to 70°C - 75°C while resting. Let rest for 10 minutes; slice and serve with remaining reserved marinade drizzled over the meat.

Nutritional information per serving (1 tablespoon):
Calories 45 (84% from fat) • carb. 2g • pro. 0g • fat 5g
• sat. fat 0g • chol. 0mg • sod. 170mg
• calc. 2mg • fibre 0g

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