

# Cuisinart®

## INSTRUCTION BOOKLET

Recipe  
Booklet  
Included



**Cook Central™ 4-in-1 Multicooker**

**MSC-800C Series**

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

IB-10299-CAN

# IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces; use handles. Always use oven mitts when handling hot material.
3. To protect against risk of electrical shock, do not immerse the multicooker housing in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately. **DO NOT reach into the liquid.**
4. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the Customer Service Centre (see Warranty for details) for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors or anywhere the cord or unit housing might come into contact with water while in use.
9. Do not use the multicooker for anything other than its intended use.
10. This unit is not a deep fryer.
11. To avoid the possibility of the multicooker being accidentally pulled off work area, which could result in damage to the cooker or personal injury, do not let cord hang over edge of table or counter.
12. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
13. Extreme caution must be used when moving the multicooker containing hot oil or other hot liquids.
14. Do not place on or near a hot gas or electric burner, or in a heated oven.
15. Do not operate multicooker in water or under running water.

16. Avoid sudden temperature changes, such as adding refrigerated foods to a heated pot.
17. **CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE POT PROVIDED OR IN CONTAINERS PLACED ON THE COOKING RACK IN THE PROVIDED POT.**
18. **CAUTION:** A heated pot may damage countertops or tables. When removing the hot pot from the multicooker, **DO NOT** place it directly on any unprotected surface. Always set the hot pot on a trivet or a rack.
19. To disconnect, turn any control to off, then remove plug from wall outlet.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

### SPECIAL CORD SET INSTRUCTIONS

A short power supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord. Extension cords may be used if care is exercised.

If an extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

### NOTICE

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into 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.

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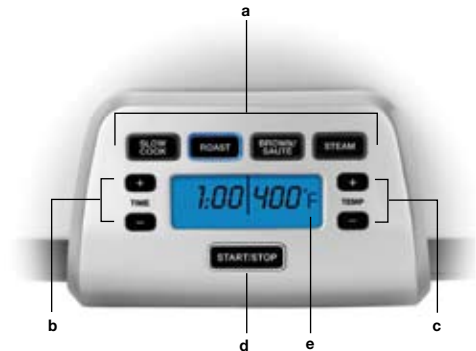
## FEATURES AND BENEFITS

1. **Glass Lid with Handle**  
Check the progress of a dish without releasing heat.
2. **Reversible Steaming/Roasting Rack**  
Elevates ingredients to steam or lifts ingredients off pan bottom to roast.
3. **Cast Aluminum Nonstick Cooking Pot**  
Spreads heat evenly to perfectly brown, sear and sauté ingredients right in unit. Extra-large 7-qt (6.6 L) capacity.
4. **Retractable Cord (not shown)**  
For convenient, easy storage.
5. **BPA Free (not shown)**  
All parts that come into contact with food are BPA free.



## GETTING TO KNOW YOUR CONTROL PANEL

- a. **Cooking Function Buttons**  
Use to select SLOW COOK, ROAST, BROWN/SAUTÉ or STEAM.
- b. **Time Directionals**  
Use to set cooking time. Press and hold to scroll quickly; press and release to advance more slowly.
- c. **Temperature Directionals**  
Use to set cooking temperatures. Press and hold to scroll quickly; press and release to advance more slowly.
- d. **Start/Stop Button**  
Starts and stops cooking function.
- e. **Blue Backlit LCD Display**  
Side-by-side display shows cooking time and temperature.



## OPERATION

Cooking is simple with the Cook Central™ 4-in-1 Multicooker. Use the slow cooker as you would a normal slow cooker, the roaster as you would a normal oven and brown/sauté as you would a skillet.

1. Select your cooking function.
2. Set your desired cooking time and temperature.
3. Press START/STOP to begin cooking.
4. To turn off the heater at any time during cooking, press START/STOP.

**NOTE:** Always use pot holders during and after cooking, and always lift the lid away from you – the unit is hot.

## CHANGING SETTINGS DURING COOKING

Switching functions during cooking is easy. Press the new cooking function button and the unit will adjust to the default settings for your selection. Set your desired time and temperature as needed.

You can adjust cooking time or temperature at any point with the Time/Temperature Directionals.

There is no need to press START/STOP to select new settings.

## COOKING WITHOUT A TIMER

If you do not wish to program a time, the unit will cook at the selected temperature until you manually turn the heater off. The heater will turn off after the maximum allowable cooking time for the selected function has been reached.

**NOTE:** Do not leave the unit on 500°F for over 1 hour – prolonged heat at this high temperature can harm the nonstick coating or overheat the unit.

## SLEEP MODE

The multicooker is equipped with a power-saving Sleep mode that will turn off the lights if there is no use. The unit will also enter this mode if you manually stop cooking. Press any button to “wake up” the unit and operate as normal.

## PROGRAMMING

### BROWN, SAUTÉ, SEAR

1. Press BROWN/SAUTÉ. A preset temperature of 350°F will flash, as this is the most commonly used Brown/Sauté temperature.
2. Press Temperature Directionals to select a different temperature (from 250°F to 500°F).
3. Press the START/STOP button to begin preheating. Selected temperature will flash during heatup.
4. When selected temperature is reached, two beeps will sound. Add ingredients to cooking pot—for best results, do not crowd pot.
5. Once cooking is complete, press START/STOP to stop cooking, or if you’ve browned ingredients as a first step in your recipe, switch to the next function in your recipe. There is no need to press START/STOP again, as the unit is already cooking.

**NOTE:** Though browning is usually a hands-on task, you can set a cooking time if you wish with the Time Directionals. If time is selected, countdown will start when selected temperature is reached. Unit will automatically shut off when countdown is complete.

### SLOW COOK

1. Fill cooking pot with ingredients and cover with lid.
2. Press SLOW COOK. A preset temperature setting of Low will flash, as this is the most commonly used Slow Cook setting.
3. Press Temperature Directionals to select High, Low, Simmer or Warm, displayed along the bottom of the LCD.
4. Set desired cooking time (up to 24 hours) with Time Directionals.
5. Press the START/STOP button to begin cooking. Selected time and temperature setting (High, Low, Simmer or Warm) will be displayed.

**NOTE:** If you brown ingredients before switching to slow cooking, the unit is already on, so Step 5 is not necessary.

6. When slow cooking on High, Low or Simmer, the unit will beep five times at the end of the cooking time and will automatically switch to the Keep Warm setting for 8 hours.
7. When Keep Warm time elapses, one beep will sound and heater will turn off.
8. To turn the heater off manually at any time, press the START/STOP button.

### ROAST

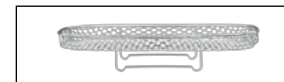
1. Put cooking rack in pot in Roast position, as shown below. Place ingredients on rack and cover pot with lid for faster heatup.
2. Press ROAST. A preset temperature of 350°F will flash, as this the most commonly used Roast temperature.
3. Use Temperature Directionals to select a different temperature (from 250°F to 450°F).
4. Set desired cooking time (up to 6 hours) with Time Directionals.
5. Press the START/STOP button to begin preheating. Selected time and temperature will flash as unit heats up.

**NOTE:** If you brown ingredients before switching to roasting, the unit is already on, so Step 5 above is not necessary.

6. When selected roasting temperature is reached, the unit will beep two times and the timer will begin counting down cooking time.
7. When cooking time has elapsed, the unit will beep five times and the heater will automatically turn off.
8. Carefully remove food from pot with spoon, fork or tongs. **Do not use rack as handles; they will be hot.**
9. To turn the heater off manually at any time, press the START/STOP button.

### STEAM

1. Place about 1 quart (4 cups) of water or other liquid in cooking pot and place cooking rack in steam position, as shown below; cover with lid. For best results, do not add ingredients to pot until steaming temperature is reached (preheating is complete).



2. Press STEAM. Steaming temperature cannot be changed.
3. Set desired cooking time (up to 1½ hours) by pressing Time Directionals.
4. Press the START/STOP button to start preheating. Selected time and temperature will flash as unit heats up.
5. When steaming temperature is reached, the unit will beep two times and the timer will begin counting down cooking time. With pot holders, carefully lift lid away from you and place food on rack, starting in the middle and working your way out. Be sure to cover pot with lid again.
6. When cooking time is completed, the unit will beep five times and the heater will turn off automatically.
7. Carefully remove food from pot with spoon, fork or tongs.
8. To turn the heater off manually at any time, press the START/STOP button.

**NOTE:** The unit is equipped with a boil-dry protection. If all water has boiled out, the unit will shut off to avoid damaging the heater.

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## CLEANING & CARE

All removable parts are dishwasher safe.

1. Unplug unit and allow it to cool completely before cleaning.
2. Never immerse unit in water or other liquids.
3. To clean the housing and control panel, simply wipe with a clean damp cloth.
4. Wash cooking pot, lid and rack with warm soapy water and rinse thoroughly. Or, clean in the dishwasher.
5. Dry all parts after every use.
6. Any servicing should be performed by an authorized service representative.

**NOTE:** If food residue sticks to cooking pot surface, fill pot with warm soapy water and allow to soak before cleaning. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.

## TIPS & HINTS

- Heatup times may vary in different cooking modes, based on a number of factors. The selected temperature, the current temperature of the cooking pot, the contents of the pot, and other factors can all affect heatup time. For example, you may reach the set temperature in the Brown/Sauté mode, but require additional heatup time if you switch to the Roast mode, even though your temperature selection is the same. For an idea of how long it takes to reach a temperature in different modes, see below:
- Brown/Saute (350°F [176°C], empty pot) - 5 min
- Roast (400°F [204°C], with 4-lb [1.8 Kg] roast) - 9½ min
- Steam (1 quart [0.95 L] of water) - 8½ min
- Always use nonstick utensils in your cooking pot. Metal utensils may damage the nonstick coating.

## BROWN/SAUTÉ TIPS

- Use Brown/Sauté as you would a skillet or sauté pan on the stove – from quickly sautéed skillet dishes to the first step in many braised or slow-cooked dishes.
- Brown/Sauté also works well to brown foods on all sides before roasting.
- For even browning, it is important not to crowd the pan. Foods should be cooked in an even layer on the bottom of the pan, so it is good to cook foods in batches when necessary.
- Many recipes call for browning and sautéing foods before slow cooking or roasting. Some items produce more grease and fat than is desirable in the finished dish. To remove the excess grease, using pot holders, very carefully remove the cooking pot from the base and pour out the grease from the corner of the cooking pot. Return the cooking pot to the base and finish cooking the dish as desired.
- When browning meats, any brown bits that are left in the bottom of the pan can be used to flavour the dish. Simply add a small amount of liquid (like wine or broth) to the pan and scrape up the browned bits with a wooden spoon – leave in pot. Incorporate into the dish or sauce.
- Foods can be reheated with the Brown/Sauté function. Put precooked foods into the cooking pot. Set on Brown/Sauté at 350°F [176°C]. Stir ingredients while heating so that all ingredients are warmed through. Once food is simmering, switch to Warm on the Slow Cook function for serving.

## ROASTING TIPS

- For roasting, foods should first be placed on the roasting rack and then into the multicooker pot. The pot should then be covered during preheating and cooking.
- There are some recipes that do not require the use of the rack – some dishes benefit from direct heat.
- Be careful removing foods after roasting, as the sides of the pot can still be very hot. Allow foods like roasted

meats to rest for about 10 minutes for juices to distribute evenly. Remove foods from rack and arrange on a cutting board or platter for serving.

- Foods like meats and poultry benefit by browning first on all sides to caramelize the exterior and lock in flavors.
- For easy food release, spray roasting rack with nonstick cooking spray before roasting.
- Baked goods like cakes and breads can also be prepared using the Roast function. An 8-inch (20 cm) round or square pan or a loaf pan fits well on top of the roasting rack. For baking, the roasting temperature should be set the same as you would your oven.

## SLOW COOKING TIPS

- Slow cooking is perfect for foods that require long, slow simmering, such as soups, stocks, stews, and dried beans.
  - Slow cooking is ideal for tougher and less expensive cuts of meat like shoulder and pot roast.
  - We encourage browning foods before slow cooking as it adds much depth and flavor to the finished dish. However, if time is short this step can be skipped and all ingredients can be added to your cooking pot to slow cook.
  - When converting a traditional slow cook recipe for the multicooker that incorporates the Brown/Sauté or Roast function first the liquid amount will need to be increased. This is because the cooking pot will start at a higher temperature than it would in a traditional slow cooker. Every recipe is different and we've created our recommended recipes accordingly, but our approximate guideline is to double the liquid for a long braise and increase it by about 50% for a soup or stew. Also, set the slow cook timer to the lower end of the recommended time range.
  - Ground meats should always be browned before slow cooking.
  - Slow cook up to 24 hours, with an 8 hour Keep Warm. Certain foods benefit from a long, slow cook time on either
- Low or Simmer, but may be finished and served much sooner. Some included recipes have a range of cooking times – adjust the recommended time to suit yours.
- For best cooking results, fill multicooker at least one-quarter full but not more than three-quarters full.
  - To ensure that root vegetables such as carrots and potatoes are cooked through, they should be cut no larger than 1-inch (2.5 cm) pieces. This is most important for slow-cooked dishes under 6 hours.
  - “Crisp-tender” vegetables should be added during the last 30 minutes of cooking time to prevent overcooking. Fresh herbs should be stirred into dishes immediately before serving.
  - In general, cooking for 1 hour on High is the equivalent of cooking for 2 hours on Low.
  - The Keep Warm function keeps foods at perfect serving temperature after they are finished cooking on the Slow Cook function.
  - We do not recommend removing the lid when slow cooking as heat will escape, requiring extra cooking time. Each time the lid is removed, about 15 to 20 minutes of cooking time should be added.
  - A fat mop can be used to remove separated fat from slow-cooked food by brushing it over the top. Alternatively, the food may be refrigerated and the congealed fat can then be lifted off and discarded before reheating and serving.
  - Many slow-cooked foods such as stews benefit from cooling and refrigerating, then reheating – as the saying goes, stew or chili is always better the second day.
  - A great way to reheat slow-cooked foods is to bring them to a simmer on the Brown/Sauté function at 350°F (176°C). Stir to ensure all ingredients are warmed through and then switch to Warm on the Slow Cook function for serving.
  - If using frozen foods, thaw completely before slow cooking.

- Recipes can be assembled the night before cooking. Brown ingredients if necessary and then combine with remaining ingredients in cooking pot. Cover and refrigerate. When ready to cook, place the cooking pot in the cold multicooker and add 30 minutes to your projected cooking time.
- To decrease the amount of fat in recipes, remove as much of the visible fat as possible from meats and poultry. Remove skin from poultry and drain any fat from browned meats.
- Dried beans should be soaked overnight, then brought to a boil, drained and rinsed before cooking. Do not add salt or any acid to beans when cooking, as it will prevent them from softening completely. Dried beans can be cooked ahead, drained and frozen. Thaw to add to your favorite recipes.

#### Adapt your own recipes to slow cook:

- For recipes that do not require Brown/Sauté or Roast function before slow cooking, reduce the cooking liquid by at least 50% (soups are the exception). Liquids do not evaporate as they do in traditional cooking, and most often you will end up with much more liquid than you began with.
- When converting a traditional slow cook recipe that incorporates the Brown/Sauté or Roast function first, the liquid amount will need to be increased. Every recipe is different. Our approximate guideline is to double the liquid for a long braise and increase it by about 50% for a soup or stew. Also, set the slow cook time to the lower end of the recommended time range.
- Certain cuts of meat are more appropriate for slow cooking. Lean cuts such as boneless, skinless chicken breast or pork tenderloin may seem dry if slow cooked. See our suggestions on page 9 for more information.
- Dairy products (milk, sour cream, some cheeses) will break down and curdle during slow cooking. Substitute canned evaporated milk, nonfat dry milk, or add dairy products during the last 30 minutes of cooking.

- When making soups, add solid ingredients to multicooker and then liquid to cover. If a thinner soup is desired, add more liquid to taste when finished.
- If your recipe calls for precooked pasta, UNDERCOOK it and add to the pot in the last 30 minutes of slow cooking. The same goes for rice. Add precooked rice in the last 30 minutes of cooking.

#### STEAMING TIPS:

- Steaming is one of the healthiest methods of cooking, as the smallest amount of nutrients are lost in the cooking process.
- To steam, fill the multicooker pot with 1 quart (0.95 L) of water unless otherwise indicated.
- When adding heavier foods like corn on the cob to the steaming rack, place them on the middle of the rack and work your way to the edges.
- There are some instances when it is best to add ingredients to the rack before preheating, such as delicate food like dumplings or tamales.
- Always use caution when removing lid. It is best to remove the lid away from you.

## COOKING GUIDELINES

### Slow Cooking Modes

Three cooking modes, Simmer, Low and High, give you the opportunity to prepare a wider variety of dishes. You will usually want to use the Simmer or Low setting for recipes that cook longer. If you're starting a dish later in the day, select the High setting to ensure that your food is cooked, warm, and ready when you'd like to eat.

SETTING	GUIDELINES	RECIPES	TEMP	TIMER
High	This is the setting to use when you don't have time for a long, slow cook. It's also the setting to select when "baking" in your slow cooker.	Potatoes, casseroles, puddings, rolls	212°F (100°C)	Programmable up to 24 hours, then 8 hours (Warm)
Low	Low is the standard slow cooker temperature, and is ideal for foods that you start in the morning before work and enjoy at the end of your day.	Braised foods, roasts, stews, ribs, casseroles, shanks, chops, less tender cuts of meat, soups	200°F (93°C)	Programmable up to 24 hours, then 8 hours (Warm)
Simmer	The longer the cooking time, the more flavours blend together and intensify.	Soups, stews, stocks	185°F (85°C)	Programmable up to 24 hours, then 8 hours (Warm)
Warm	Do not use this setting to cook food or as a cooking function. This setting is intended only for use with preheated foods.	----	165°F (74°C)	Defaults up to 8 hours. Or programmable up to 24 hours

### Suggested Cuts of Meat for Slow Cooking

BEEF/VEAL	PORK	LAMB	POULTRY	GAME
Choose cuts that are full of flavour and benefit from braising to tenderize.	Less tender cuts work best. Tenderloin will become tough if slow cooked.	Choose flavourful cuts that benefit from braising to tenderize.	Best choice – dark meat – bone-in and skinless. Breast meat can be cooked in Slow Cooker, but will become dry in texture.	Game generally tends to be less tender, therefore it is perfect for the Slow Cooker.
Arm pot roast; beef brisket or corned beef brisket; beef short ribs; bottom round roast; chuck or rump roast; chuck shoulder steak; veal shanks	Boston butt roast; pork shoulder pieces; sausages; country style pork ribs (bone-in); pork shoulder or blade roast	Lamb shoulder; lamb stew meat; lamb shanks	Chicken or turkey legs and thighs	Venison roasts or stew meat, pheasant, duck thighs and legs

## Steaming Chart

FOOD	AMOUNT	PREPARATION	COOKING TIME
<b>Artichokes</b>	6 individual	trimmed – see recipe page 26	40–50 minutes
<b>Asparagus</b>	1 pound (450g) medium	trimmed	4 minutes
<b>Broccoli</b>	1 bunch (about 16 to 20 oz. [453-566g])	2-inch (5 cm) florets	6–7 minutes
<b>Carrots, baby</b>	1 pound (450g)	whole	8 minutes
<b>Cauliflower</b>	1 medium head (about 20 oz. [566g])	2-inch (5 cm) florets	7–9 minutes
<b>Corn</b>	4 ears	husked	10–12 minutes
<b>Green Beans</b>	1 pound (450g)	trimmed	7 minutes
<b>Peas, snow</b>	1 pound (450g)	trimmed	4 minutes
<b>Potatoes, new</b>	1 pound (450 g)	quartered/halved	12–15 minutes
<b>Potatoes, yellow/gold</b>	16–20 ounces (453-566g)	slices or ¾-inch (1.9 cm) pieces	10–12 minutes
<b>Potatoes, sweet</b>	16–20 ounces (453-566g)	slices or ¾-inch (1.9 cm) pieces	8–10 minutes
<b>Squash, summer/zucchini</b>	1 pound (450g)	½-inch (1.25 cm) slices	5 minutes
<b>Chicken</b>	1 pound (450g [about 2 large breasts])	whole	12–15 minutes
<b>Shrimp*</b>	1 pound (450g [large])	peeled & deveined	2–4 minutes
<b>Fin Fish (salmon, swordfish, etc.)</b>	1 pound (450g)	cut into portion sizes	8–12 minutes

\*3 cups (750ml) of water should be used here

## TROUBLESHOOTING

### Error Codes

- - - - - (flashing) indicates that the pot has been removed from the unit or is not seated properly. The heater will turn off temporarily if the pot is removed to avoid damage. Once the pot is returned, the unit should resume cooking.

**Note:** If the pot is out of place for over 15 minutes, you will need to restart the program.

**Err** indicates the unit has overheated. Wait for the unit to cool down and try again. If the problem persists contact Customer

Service at 1-800-472-7606.

## Troubleshooting Chart

Subject	Question	Answer/Solution
<b>Power</b>	Why won't my unit turn on?	Check to make sure your unit is plugged into a functional outlet. Contact Customer Service at 1-800-472-7606.
	Why is my unit turning itself off?	If no cooking function has been started, the cooker will enter sleep mode after 5 minutes of no use. All lights will turn off. Press any button to "wake up" the unit and operate as normal.
		It is possible the unit overheated. Wait for the unit to cool down and try again. If it does not turn back on, contact Customer Service at 1-800-472-7606.
		If all of your water has boiled out during steaming, the unit will shut off as a safety precaution. To continue steaming, add water to the pot and restart the program.
		If the pot is out of place for more than 15 minutes, when the pot is replaced, the unit will not resume cooking. You will need to restart the program.
		If changing functions when the unit is already cooking, you do not need to hit the START/STOP button again to select. Doing so will turn the unit off. Simply press your new function and select your desired settings; the unit will switch automatically.
		The heater will turn off automatically after the cooking time and/or Keep Warm time have elapsed. This is normal.
		If you do not set a cooking time, the unit will cook for the maximum allowable cooking time before shutting off automatically. This is normal.
<b>Programming</b>	Can I set a timer for the Brown/Sauté function?	Yes. Setting a timer for brown/sauté is an optional step. Simply set your timer using the Time Directionals as you would any other function.
	Can I change my cooking function, time or temperature when the unit is already cooking?	Yes. Simply use the cooking function, Time and Temperature Directionals, to change your programming. Note: The unit is already on, so you do not need to hit the START/STOP button again to select. Doing so will turn the unit off. Simply press your new function or desired settings; the unit will switch automatically and adjust accordingly.
<b>Cooking</b>	When should I brown my meat before slow cooking/roasting?	Browning meat before slow cooking and roasting is an optional step. It is beneficial, as it adds flavor and color, but the step can be omitted if time is short. Exception: ground meats.
	Which position should the rack be in for steaming/roasting?	The rack is intended for steaming in the "up" position. The rack is intended for roasting in the "down" position (see page 5).
	Can I use the cooking pot on the stove/in the oven?	The cooking pot was designed specifically for use in this multi-cooker. We do not suggest using it on the stove or in the oven.
	Why is there not enough liquid in my slow cooked dish?	Recipe ingredient amounts may vary if using multiple functions. See page 8 for details.
<b>Cleaning</b>	Can I put my unit in the dishwasher?	All removable parts are top-rack dishwasher safe.
		Do not immerse or put the base of the unit in the dishwasher. Clean the base and control panel with a clean damp cloth.
	The pot is nonstick – why is food sticking?	While the pot does have a nonstick coating, it is possible for food residue to burn onto the pot, making it difficult to remove.
Food residue is sticking to the cooking pot surface. How do I clean it without damaging it?	If food has burned on, fill pot with warm soapy water and allow to soak before cleaning. If scouring is necessary, use a non-abrasive cleanser or liquid detergent with a nylon pad or brush.	

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# Recipe Booklet



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## RECIPES

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## Breakfast & Starters

### Spinach and Gruyère Breakfast Strata

This is a delicious dish to have at a brunch for a crowd. The flavours are rich and it only takes a few steps to complete.

Settings: Brown/Sauté  
Slow Cook

Makes twelve 1-cup (250 ml) servings

- ½ **tablespoon (7 ml) extra virgin olive oil**
- 1 garlic clove, finely chopped**
- ½ **large onion, chopped**
- 1 teaspoon (5 ml) sea or kosher salt, divided**
- 1 loaf (1 pound [500 g]) challah bread, cut into 1-inch (25 mm) cubes**
- 8 large eggs, beaten**
- 1 cup (250 ml) heavy cream**
- 1 cup (250 ml) whole milk**
- ¼ **teaspoon (1 ml) freshly ground black pepper**
- ¼ **teaspoon (1 ml) ground nutmeg**
- 1 teaspoon (5 ml) ground mustard**
- 6 ounces (170 g) Gruyère, shredded**
- 4 ounces (115 g) baby spinach**

1. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 350°F (180°C). Once the oil is hot, add the garlic, onion and a pinch of the salt. Sauté until golden and fragrant, about 3 to 5 minutes.
2. Switch from Brown/Sauté to Slow Cook set on Low for 3½ hours. Add the remaining ingredients; toss to combine and cover.
3. Once time has expired, the unit will automatically switch to Keep Warm.

*Nutritional information per serving:*  
Calories 307 (21% from fat) • carb. 21g • pro. 13g  
• fat 19g • sat. fat 9g • chol. 205mg • sod. 497mg  
• calc. 243mg • fiber 1g

### Maple Cinnamon Oatmeal

What a delightful aroma to wake up to in the morning! Prepare your oatmeal the night before so it will be ready for your family to start the day right.\*

Setting: Slow Cook

Makes eight 1-cup (250 ml) servings

- 2¼ **cups (550 ml) steel cut oats**
- 4 cups (1 L) water**
- 4 cups (1 L) milk (may use whole or lowfat), divided**
- 3 tablespoons (45 ml) pure maple syrup**
- 2 cinnamon sticks**
- ¼ **teaspoon (1 ml) kosher salt**
- pinch ground nutmeg**
- ¾ **cup (175 ml) raisins or any other dried fruit (for larger dried fruit varieties, chop into small, bite-size pieces)**

1. Put the oats, water, 2 cups (500 ml) of milk (substitute with water if preparing in advance), maple syrup, cinnamon sticks, salt, nutmeg and dried fruit into the cooking pot of the Cuisinart® Multicooker.
2. Select Slow Cook on Low and set time for 2½ hours.
3. Once unit switches to Keep Warm, stir the remaining 2 cups (500 ml) of milk into oatmeal. Remove cinnamon sticks and serve immediately.

*Nutritional information per serving:*  
Calories 319 (16% from fat) • carb. 56g • pro. 11g  
• fat 6g • sat. fat 2g • chol. 10mg • sod. 140mg  
• calc. 164mg • fiber 6g

\*If programming the oatmeal overnight, use all water for cooking. Stir 2 cups (500 ml) of milk into oatmeal as instructed once cooking time is finished and the unit has switched to Keep Warm.

### Turkey Swedish Meatballs

What was old is new and popular again, and that is true with this classic dish. These are sure to please everyone, Swedes and non-Swedes alike.

Setting: Brown/Sauté

Makes about 20 meatballs

- 1/3 **cup (75 ml) milk (whole or reduced fat)**
- 2 slices sandwich bread, torn into 1-inch (25 mm) pieces**
- 1 medium celery stalk, finely chopped**
- 2 pounds (1 Kg) ground turkey**
- 1 medium onion, finely chopped**
- 1½ **teaspoons (7 ml) sea or kosher salt**
- ¼ **teaspoon (1 ml) ground white pepper**
- 1 teaspoon (5 ml) baking powder**
- ¼ **teaspoon (1 ml) ground allspice**
- 2 pinches ground nutmeg**
- 1 large egg, beaten**
- 3½ **tablespoons (50 ml) unsalted butter, divided**
- 3 tablespoons (45 ml) unbleached, all-purpose flour**
- 4 cups (1 L) chicken broth, low sodium**
- 1/3 **cup (75 ml) sour cream**

1. Put the milk into a liquid measuring cup and add the bread. Let soak; reserve.
2. While the bread is soaking, combine the celery, turkey, onion, salt, pepper, baking powder, spices and egg in a large mixing bowl. Squeeze the milk out of the bread and add the bread to the turkey mixture. With gentle hands, mix together until fully combined. You want to mix as little as possible, because if you over-mix, the meatballs will be tough. Form into 1-inch (25 mm) meatballs.

3. Put ½ tablespoon (7 ml) of the butter into the cooking pot of the Cuisinart® Multicooker set to Brown/Sauté at 375°F (190°C). Once the butter melts and is hot and foamy, add the meatballs in about four batches so not to overcrowd the pan (overcrowding the pan will lead to poor browning and bring down the heat).

4. Turn the meatballs every minute or two until fully browned. Remove, reserve and repeat with remaining meatballs. Once all are browned, remove and reserve together.

5. Prepare the gravy. Add the remaining butter to the cooking pot. Once it is melted and foamy, whisk in the flour. Stirring constantly with a wooden spoon, cook until the butter/flour mixture is lightly browned. Once it is browned, slowly whisk in the broth. Bring to a boil and let cook until thickened, about 10 minutes. Reduce heat to 300°F (150°C) and stir in the sour cream.

6. Put all of the reserved meatballs into the cooking pot with the gravy. Raise heat to 350°F (180°C) and bring to a boil. Let boil for about 10 minutes to coat the meatballs with the thickened gravy.

7. Reduce heat to 250°F (120°C) and keep on this temperature until ready to serve. (Note: the meatballs can be served right after boiling in Step 6. This additional time is optional, but adds to the flavour and cohesiveness of the dish.)

*Nutritional information per meatball:*  
Calories 121 (53% from fat) • carb. 4g • pro. 10g  
• fat 7g • sat. fat 3g • chol. 90mg • sod. 390mg  
• calc. 28mg • fiber 0g



## Stocks & Sauces

### Rich Veggie Stock

This stock makes a delicious base for all soups and sauces.

Setting: Slow Cook

Makes about 8 cups (2 L)

- 1 large onion, cut into eighths
- 1 large leek, root end trimmed and washed, cut into 2-inch (50 mm) pieces
- 2 parsnips, peeled and cut into 2-inch (50 mm) pieces
- 1 plum tomato, cut into quarters
- 3 medium-to-large carrots, peeled and cut into 2-inch (50 mm) pieces
- 3 medium celery stalks, cut into 2-inch (50 mm) pieces
- 1 large handful fresh Italian parsley
- 1 small sprig fresh thyme
- 1 large garlic clove, crushed
- ½ teaspoon (2 ml) black peppercorns
- 8 cups (2 L) water

1. Put all ingredients into the cooking pot of the Cuisinart® Multicooker.
2. Set to Slow Cook on Low for 12 to 16 hours.
3. Once unit switches to Keep Warm, strain stock, discarding vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.\*

\*Stock will keep in refrigerator for up to one week, or two months in a freezer.

*Nutritional information per serving (½ cup [125 ml]):*  
Calories 24 (5% from fat) • carb. 6g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 17mg  
• calc. 25mg • fiber 1g

### Roasted Beef Stock

There is nothing more wholesome or economical than preparing your own homemade stocks.

Settings: Roast  
Slow Cook

Makes about 10 cups (2.5 L)

- 4 pounds (1.8 Kg) beef bones
- 1 large onion, cut into eighths
- 1 large leek, washed well with root end trimmed, cut into 2-inch (50 mm) pieces
- 4 medium carrots, peeled and cut into 2-inch (50 mm) pieces
- 2 medium celery stalks, cut into 2-inch (50 mm) pieces
- 1 large handful fresh Italian parsley
- 1 teaspoon (5 ml) black peppercorns
- 1 bay leaf
- 1 garlic clove, crushed
- 12 cups (3 L) cold water

1. Preheat the Cuisinart® Multicooker to Roast at 425°F (220°C). Put bones into the cooking pot, cover and roast for about 30 minutes, turning once during cooking until well browned. Remove the beef bones and carefully remove the pot and pour out any residual grease.
2. Return pot to unit. Add bones and remaining ingredients to the pot. Switch to Slow Cook on Simmer for 14 to 20 hours.
3. Once unit switches to Keep Warm, strain stock, discarding beef bones and vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.\*

\*Stock will keep in refrigerator for up to one week, or two months in a freezer.

*Nutritional information per serving (½ cup [125 ml]):*  
Calories 42 (15% from fat) • carb. 3g • pro. 3g  
• fat 2g • sat. fat 1g • chol. 7mg • sod. 28mg  
• calc. 20mg • fiber 0g

### Garden Vegetable Sauce

This sauce can be served chunky, or you can use an immersion blender to make it smooth.

Settings: Brown/Sauté  
Slow Cook

Makes about 6 cups (1.5 L)

- 1½ tablespoons (25 ml) extra virgin olive oil
- 2 medium-to-large onions, peeled and cut into ½-inch (12.5 mm) pieces
- 4 medium carrots, cut into ½-inch (12.5 mm) pieces
- 2 cups (500 ml) ½-inch (12.5 mm) cubed eggplant (not peeled)
- 2 medium celery stalks, cut into ½-inch (12.5 mm) pieces
- 4 garlic cloves
- 1½ teaspoons (7 ml) sea or kosher salt, divided
- 1½ teaspoons (7 ml) dried oregano
- 1½ teaspoons (7 ml) dried basil
- 4 roasted red bell peppers, cut into 1-inch (25 mm) pieces
- ½ cup (125 ml) dry white wine
- 3 tablespoons (45 ml) tomato paste
- 4 cans diced tomatoes, strained, reserving 1 cup (250 ml) of the juices
- ¼ teaspoon (1 ml) freshly ground black pepper
- 3 tablespoons (45 ml) granulated sugar

1. Put the oil into the cooking pot of the Cuisinart® Multicooker; set to Brown/Sauté at 350°F (180C). Once the oil is hot, add the onions, carrots, eggplant, celery, garlic and ½ teaspoon (2 ml) of the salt. Sauté ingredients together so that they gently cook and turn slightly golden.
2. Add the oregano, basil, red peppers and wine to the sautéed ingredients. Cook until the wine has reduced by at least half. Add the tomato paste, tomatoes

with the 1 cup (250 ml) of reserved juices, remaining salt, pepper and sugar. Bring mixture to a boil and then switch to Slow Cook on Low for 3 hours.

3. Once the 3 hours expire, the unit will automatically switch to Keep Warm. If you want to serve as a more rustic-style sauce, you can serve as is. If you want a smoother sauce, blend in the cooking pot by using an immersion blender.

*Nutritional information per serving (¼ cup [60 ml]):*  
Calories 55 (6% from fat) • carb. 11g • pro. 2g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 433mg  
• calc. 32mg • fiber 2g

## Bolognese

This Italian sauce is a classic. The longer it can simmer in the multicooker the better the flavours will be. It freezes beautifully, so it can be enjoyed again.

Settings: Brown/Sauté  
Slow Cook

Makes 12 cups (3 L)

- 1** **tablespoon (15 ml) olive oil**
- 1** **tablespoon (15 ml) unsalted butter**
- 2** **medium onions, finely chopped**
- 2** **medium carrots, finely chopped**
- 2** **medium celery stalks, finely chopped**
- 4** **garlic cloves, finely chopped**
- ¾** **pound (375 g) ground beef**
- ¾** **pound (375 g) ground veal**
- ¾** **pound (375 g) Italian sausage, casings removed**
- 1½** **teaspoons (7 ml) kosher salt, divided**
- 1** **cup (250 ml) whole milk**
- 1** **cup (250 ml) dry white wine**
- ½** **teaspoon (2 ml) freshly ground black pepper**
- 2** **cans (35-ounce [1 L]) tomatoes, roughly chopped**

1. Put the oil and butter into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). When the butter melts, stir in the chopped vegetables. Sauté vegetables until soft and fragrant, about 5 to 6 minutes, stirring occasionally. Stir in the ground meats and 1 teaspoon (5 ml) of salt. Cook until completely browned, breaking up meat with a wooden spoon as it cooks.
2. Once the meat is brown, stir in the milk. Allow the mixture to simmer until the milk is completely evaporated. Add the wine and also simmer until liquid has completely evaporated. Add the remaining salt, pepper and chopped tomatoes to the cooking pot. Stir ingredients together well.

3. Switch to Slow Cook on Low for 6 hours.
4. Once unit switches to Keep Warm, use immediately or cool to place in storage containers for refrigerator or freezer.

\*Sauce will keep up to five days in refrigerator or three months in the freezer.

*Nutritional information per serving (¼ cup [60ml]):*  
Calories 58 (36% from fat) • carb. 3g • pro. 5g  
• fat 2g • sat. fat 1g • chol. 16mg • sod. 220mg  
• calc. 20mg • fiber 1g

## Soups & Stews

### Rustic Tomato Soup

Sautéing the vegetables gives the soup a rich, sweet flavour.

Settings: Brown/Sauté  
Slow Cook

Makes about 8 cups (2 L)

- 3** **tablespoons (45 ml) olive oil, divided**
- 3½** **pounds (1.6 Kg) tomatoes, halved and seeded, divided**
- 3** **garlic cloves, smashed**
- 1** **medium to large onion, roughly chopped**
- 2** **medium carrots, roughly chopped**
- 2** **celery stalks, roughly chopped**
- 2** **pinches sea or kosher salt**
- 2** **pinch freshly ground black pepper**
- 2** **teaspoons (10 ml) dried basil**
- 1** **teaspoon (5 ml) marjoram**
- 6** **sun-dried tomatoes**
- ¼** **teaspoon (1 ml) baking soda**
- 4** **cups (1 L) vegetable broth or stock**
- 1½** **teaspoons (7 ml) sea or kosher salt**
- ¾** **teaspoon (3.75 ml) freshly ground black pepper**

1. Preheat the Cuisinart® Multicooker to Brown/Saute at 400°F (200°C). Once preheated, add 1 tablespoon (15 ml) of the olive oil and half of the tomatoes, skin side down. Brown for about 5 minutes. Turn and brown second side for another 5 minutes. Remove and reserve. Add the second tablespoon (15 ml) of oil and remaining tomatoes. Repeat as above, scraping the bottom as needed to prevent burning.
2. Reduce the heat to 350°F (180°C). Add the reserved tomatoes, garlic, onion, carrots, celery, salt, pepper and spices. Sauté until soft and golden, about 8 to 10 minutes, stirring occasionally.
3. Add remaining ingredients and stir to combine. Switch from Brown/Sauté to Slow Cook on Low. Cover and set timer for 4 hours.
4. Once unit switches to Keep Warm, use an immersion blender\* to blend soup in the cooking pot to finish. Taste and adjust seasonings as desired.

\*If you do not have an immersion blender, you can use a countertop blender. Divide the solids from the liquid and add some of the liquid to the blender, then follow by about 1/3 of the solids. Blend until smooth. Repeat with remaining ingredients.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 111 (43% from fat) • carb. 13g • pro. 4g  
• fat 6g • sat. fat 1g • chol. 0mg • sod. 808mg  
• calc. 53mg • fiber 4g

## Mushroom Barley Soup

A bowl of this deeply satisfying soup plus a slice of crusty French bread makes the perfect winter meal.

Settings: Brown/Sauté  
Slow Cook

Makes about 12 cups (3 L)

- 2 tablespoons (30 ml) unsalted butter**
- 1 medium leek, white and light green parts only, washed and dried well, finely chopped**
- 1 medium onion, finely chopped**
- 3 medium carrots, finely chopped**
- 4 garlic cloves, finely chopped**
- 24 ounces (0.7 L) mushrooms (a mix of button, cremini, and all wild varieties works nicely), sliced**
- 2 teaspoons (10 ml) kosher salt**
- 1 teaspoon (5 ml) fresh thyme**
- 1 bay leaf**
- ½ cup (125 ml) sherry**
- 1 cup (250 ml) pearl barley**
- 10 cups (2.5 L) vegetable broth**
- ¾ teaspoon (3.75 ml) freshly ground black pepper**
- 1 tablespoon (15 ml) chopped fresh Italian parsley**
- 1 teaspoon (5 ml) fresh lemon juice**

1. Put the butter into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 375°F (190°C). Once melted, stir in the chopped leek, onion and carrots. Sauté until vegetables are soft and fragrant, about 5 to 8 minutes. Stir in the garlic, mushrooms, salt, thyme and bay leaf. Cook until mushrooms release most of their moisture and have cooked down considerably, up to 10 minutes. Add sherry to the pot and cook until almost completely reduced.
2. Add the barley, broth and pepper and switch the unit to Slow Cook on High for 3½ hours.

3. Once unit switches to Keep Warm and right before serving, stir in fresh parsley and lemon juice.
4. Taste and adjust seasoning accordingly.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 126 (15% from fat) • carb. 22g • pro. 4g  
• fat 2g • sat. fat 1g • chol. 5mg • sod. 767mg  
• calc. 32mg • fiber 4g

## Beef Stew

This beef stew is one of the simplest you will ever find. No browning is required\* – just combine the ingredients and cook slowly.

Setting: Slow Cook

Makes about 10 cups (2.5 L)

- 3 pounds (1.5 Kg) beef chuck, cut into 1- to 2-inch (25 to 50 mm) cubes\***
- 1 teaspoon (5 ml) kosher salt**
- ½ teaspoon (10 ml) freshly ground black pepper**
- 1 medium leek, white and light green parts only, finely chopped**
- 1 medium onion, finely chopped**
- 2 medium carrots, cut into ½-inch (12.5 mm) rounds (halve rounds if carrots are on the larger side)**
- 1 medium parsnip, cut into ½-inch (12.5 mm) rounds**
- 1 medium celery stalk, thinly sliced**
- 1 pound new white or red potatoes, cut into 1-inch (25 mm) pieces**
- 8 garlic cloves, peeled, left whole**
- 6 ounces (170 g) cremini mushrooms, halved or quartered**
- ½ tablespoon (7 ml) herbes de Provence**
- 1 bay leaf**
- ¾ cup (175 ml) dry red wine**
- 3 tablespoons (45 ml) tomato paste**
- 2½ cups (625 ml) beef stock, low sodium**
- 1 cup (250 ml) green peas (thaw first if frozen)**
- ¼ cup (60 ml) chopped Italian parsley leaves**

1. Toss all ingredients together except the peas and parsley in the cooking pot of the Cuisinart® Multicooker.
2. Set the unit to Slow Cook on Low for 16 hours.
3. Once the unit switches to Keep Warm, stir in the peas and parsley.
4. Taste and adjust seasoning accordingly.

**\*Note:** If you have the time, you can brown the meat prior to slow cooking. Do this on Brown/Sauté at 400°F (200°C) as the first step. If you do this, use 4 cups (1 L) of beef stock. Your yield may be slightly less.

*Nutritional information per serving (1 cup [250ml]):*  
Calories 248 (28% from fat) • carb. 15g • pro. 26g  
• fat 8g • sat. fat 3g • chol. 64mg • sod. 324mg  
• calc. 36mg • fiber 3g

## Super Chili

Don't be intimidated by the amount of chili powder in the recipe; most store bought varieties lean on the side of mild. However spice lovers can turn up the heat by just increasing the cayenne or stirring in some puréed chipotle chiles.

Settings: Brown/Sauté  
Slow Cook

Makes about 12 cups (3 L)

- 1** **teaspoon (5 ml) vegetable oil**
- 1** **large onion, finely chopped**
- 2** **jalapeños, seeded and finely chopped**
- 2** **medium red peppers, cut into ¼-inch (6 mm) dice**
- 6** **garlic cloves, finely chopped**
- 2** **pounds (1 Kg) ground beef**
- ½** **cup (125 ml) chili powder**
- 1** **tablespoon (15 ml) dried oregano**
- 1** **tablespoon (15 ml) kosher salt**
- ¼** **teaspoon (1 ml) cayenne pepper**
- 1** **can (28-ounce [0.8 L]) crushed tomatoes**
- 1** **can (15-ounce [0.47 L]) diced tomatoes, drained**

1. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). Once hot, add the chopped onion, jalapeños, peppers and garlic and stir together until soft and fragrant, about 5 to 8 minutes.
2. Add the ground beef and break apart with a wooden spoon once it is added to the pot. Stir in the chili powder, oregano, salt and cayenne and continue cooking until the meat is completely cooked through.
3. Add the crushed and diced tomatoes. Switch the unit to Slow Cook on Low for 6 hours. When unit switches to Keep Warm, degrease the chili by either skimming any excess fat with a ladle or by gently blotting the surface with a paper towel.

4. Taste and adjust seasoning accordingly. Leave on Keep Warm until ready to serve.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 214 (53% from fat) • carb. 9g • pro. 15g  
• fat 13g • sat. fat 5g • chol. 51mg • sod. 895mg  
• calc. 54mg • fiber 3g

## Shrimp & Chorizo Gumbo

Not exactly a purist's version of gumbo, but a delicious one just the same!

Settings: Brown/Sauté  
Slow Cook

Makes about 14 cups (3.5 L)

- ¼** **teaspoon (1 ml) vegetable oil**
- 1** **pound (500 g) chorizo or andouille sausage cut into ½-inch (12.5 mm) dice**
- ½** **cup (125 ml) dry white wine, divided**
- ½** **cup (125 ml) unsalted butter**
- ¾** **cup (175 ml) unbleached, all-purpose flour**
- 1** **large onion, diced (approximately 2 cups [500 ml] dice)**
- 4 to 5** **large celery stalks, diced (approximately 2 cups [500 ml] dice)**
- 1** **large green pepper, diced (approximately 2 cups [500 ml] dice)**
- 4** **garlic cloves, finely chopped**
- 2** **tablespoons (30 ml) Creole seasoning**
- ½** **teaspoon (2 ml) kosher salt**
- 2** **cans (15-ounce [0.4 L]) diced tomatoes**
- 1** **bay leaf**
- 10** **cups (2.5 L) shrimp stock (see page 7)\***
- 10** **ounces (0.3 L) okra, sliced, fresh or frozen**
- 2** **pounds (1 Kg) large shrimp, peeled and rinsed**

1. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). Once the oil is hot, add the diced sausage and cook until browned all over, about 6 to 10 minutes. Stir in ¼ cup (60 ml) of the white wine in order to scrape up all the brown bits that may have accumulated on the bottom of the pot. Remove sausage and reserve. Carefully wipe out bottom of pan with a paper towel.

2. Lower the heat to 275°F (135°C) and add the butter. Once butter has melted, stir the flour into the butter with a wooden spoon so that the mixture comes together – this is called the roux. The roux will at first be very thick; continue stirring roux occasionally until it is smooth and resembles the colour of peanut butter, approximately 30 to 40 minutes. It is important to keep a close eye during this step as the roux could burn if it is not occasionally stirred and a low heat is not maintained.
3. Once the roux has reached the appropriate colour, raise temperature to 325°F (160°C), stir in the onion and celery; sauté for about 5 minutes. Stir in the pepper and garlic and continue to cook for another 5 minutes. Stir in the remaining ¼ cup (60 ml) of white wine, and again scrape any brown bits that may have accumulated on the bottom of the cooking pot. Stir in Creole seasoning and salt – stir over heat for 1 minute. Stir in diced tomatoes and bay leaf. Once all ingredients are well incorporated, slowly whisk in the shrimp stock, using a nonstick whisk. Continue whisking until all ingredients are incorporated.
4. Add the reserved cooked sausage and switch unit to Slow Cook on Low for 4 hours. Once unit switches to Keep Warm, stir in the okra; switch to Brown/Sauté at 375°F (190°C) to simmer for an additional 30 minutes. Taste and adjust seasoning.

5. The final step is to stir in the shrimp. The shrimp will take only 5 minutes to cook so wait until just before serving to add. If desired, set to Keep Warm for serving.

Tip: Gumbo is best served in shallow bowls over rice.

\* Shrimp stock is a key ingredient for this dish, plus it is easy to make with the shells from the shrimp used in the recipe. However, if necessary, vegetable broth can be substituted.

**Note:** Should there be excessive grease remaining in the bottom of the pot after browning sausage in Step 1, refer to the instructions on page 6 of the instruction book for removal.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 343 (65% from fat) • carb. 9g • pro. 20g  
• fat 25g • sat. fat 9g • chol. 126mg • sod. 488mg  
• calc. 74mg • fiber 1g

## Entrées

### Roasted Herb & Garlic Pork

The longer the pork is marinated, the more flavourful the end result will be.

Setting: Roast

Makes 6 servings

- 1** pork loin roast (approximately 2½ pounds [1.1 Kg])
- 3** garlic cloves, chopped
- 6** sage leaves
- 2** fresh rosemary sprigs, leaves only
- 4** tablespoons (60 ml) extra virgin olive oil
- ¾** teaspoon (3.75 ml) kosher salt
- ¼** teaspoon (1 ml) freshly ground black pepper

1. Put the pork in a bowl with the garlic, sage, rosemary and olive oil and toss together well. Let marinate in the refrigerator for at least 2 hours and up to overnight.
2. Remove pork from refrigerator about 30 minutes before roasting. Season the roast all over with the salt and pepper. Put the roasting rack into the cooking pot of the Cuisinart® Multicooker and set to Roast at 400°F (200°C). Put the marinated pork on the rack, cover, and set time for 1 hour.
3. Check the roast after 45 minutes; the internal temperature should read 140°F (60°C) at the thickest part.
4. Allow to rest 5 to 10 minutes before slicing.

*Nutritional information per serving:*  
Calories 457 (66% from fat) • carb. 1g • pro. 37g  
• fat 33g • sat. fat 10g • chol. 119mg • sod. 361mg  
• calc. 39mg • fiber 0g

## Roasted Stuffed Turkey Breast

When you are feeling nostalgic for Thanksgiving, get the same flavours in a fraction of the time with this all-encompassing dish. We took the dishes from the holiday and stuffed them into a turkey breast to satisfy the craving. While brining is an optional step, it is well worth the time, for it keeps the turkey from drying out.

Settings: Brown/Sauté  
Roast

Makes about 12 servings

**Brine (optional):**

- 8** cups (2 L) water
- 1** cup (250 ml) kosher salt
- ¼** cup (60 ml) granulated sugar

**Turkey:**

- 1** turkey breast (6 to 7 pounds [2.7 to 3.2 Kg]), de-boned
- 1** tablespoon (15 ml) unsalted butter
- 1** celery stalk, diced (about ¼ cup [60 ml])
- 1** small onion, diced (about ¾ cup [175 ml])
- 1** medium-to-large yam, peeled and diced
- 1** teaspoon (5 ml) sea or kosher salt, divided
- ¾** teaspoon (3.75 ml) freshly ground black pepper, divided
- ½** cup (125 ml) dried cranberries
- 1** tablespoon (15 ml) chopped fresh sage
- 1** cup (250 ml) cubed sourdough bread (or any rustic bread, like Italian or French)
- ⅔** cup (150 ml) chicken broth, low sodium
- 2** tablespoons (30 ml) unsalted butter, melted for brushing (you may substitute olive oil if you wish)

1. Prepare the brine (if using): Combine the water, salt and sugar in a mixing bowl large enough to accommodate the turkey breast. Whisk the water, salt and

sugar together and add the turkey breast. If the turkey breast is not fully submerged, add more water. Cover and refrigerate for 3 to 4 hours, or overnight (no more than 24 hours). Rinse well under cold water after brining or the turkey will be too salty.

2. Put 1 tablespoon (15 ml) of butter into the cooking pot of the Cuisinart® Multicooker, set to Brown/Sauté at 350°F (180°C). Once butter has melted, add the celery, onion, yam and a pinch each of the salt and pepper. Sauté until softened and fragrant, about 6 to 8 minutes. Remove and reserve in a large mixing bowl. Add remaining salt and pepper, cranberries, sage, bread cubes and broth to the sautéed vegetables. Toss to combine. Reserve.
3. Lay the brined turkey breast out flat. Pound to be sure that the turkey is even in thickness. Spread the stuffing evenly on top of the pounded turkey breast. Carefully roll the turkey breast, width-wise, pushing any stuffing that is falling out back in. Tie in six places with kitchen twine to secure tightly. Brush with the melted butter.
4. Increase the Brown/Sauté temperature to 450°F (230°C). Once the unit is hot, sear the stuffed turkey breast on all sides, about 3 minutes per side.
5. Insert the roasting rack into the cooking pot and place the stuffed turkey breast on top. Switch the unit to Roast at 325°F (160°C) and be sure to put the lid on. Let roast for about 2 hours, or until the internal temperature is 165°F (74°C).
6. Carefully remove the stuffed turkey breast and let rest for 10 minutes before slicing.

*Nutritional information per serving:*  
Calories 424 (40% from fat) • carb. 12g • pro. 50g  
• fat 18g • sat. fat 6g • chol. 152mg • sod. 808mg  
• calc. 53mg • fiber 4g

## Chicken with Three Peppers

The combination of hot and sweet peppers with olives makes this delicious chicken dish burst with flavour.

Settings: Brown/Sauté  
Slow Cook

Makes 4 to 6 servings

- 6 chicken thighs, any excess fat trimmed, about 3 pounds (1.5 Kg)**
- ¼ teaspoon (3.75 ml) kosher salt**
- ¼ teaspoon (1 ml) ground black pepper**
- 1 teaspoon (5 ml) olive oil**
- 3 to 4 Italian chicken sausages, about 9 to 12 ounces (0.26 to 0.35 L), cut into ½-inch (12.5 mm) slices**
- 1 medium yellow onion, finely diced**
- 1 small red bell pepper, about 5 ounces (145 g), cut into ½-inch (12.5 mm) dice**
- 1 small yellow bell pepper, about 5 ounces (145 g), cut into ½-inch (12.5 mm) dice**
- 1 small orange bell pepper, about 5 ounces (145 g), cut into ½-inch (12.5 mm) dice**
- ⅓ cup (75 ml) dry white wine**
- 1¼ cups (300 ml) chopped hot and sweet cherry peppers, seeds removed**
- ¾ cup (175 ml) green Italian olives (like Cerignola)**

1. Sprinkle the chicken thighs on both sides with salt and pepper.
2. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). Once unit is heated, put thighs into the cooking pot skin side down. Brown well, about 6 to 8 minutes per side. Chicken will release from the pot once it has browned. Remove thighs and reserve.

3. Add sausages and sauté until brown, about 6 to 8 minutes. Remove and reserve.
4. Add onion and all bell peppers to the cooking pot. Sauté until soft, about 5 minutes.
5. Stir in white wine, scraping any brown bits on bottom of pot with wooden spoon. Let liquid come to a boil and reduce by half.
6. Place chicken thighs back into cooking pot, along with cherry peppers and olives.
7. Cover unit and switch to Slow Cook on Low for 6 hours.
8. Once time has expired, unit will automatically switch to Keep Warm.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 432 (38% from fat) • carb. 9g • pro. 53g  
• fat 18g • sat. fat 3g • chol. 220mg • sod. 933mg  
• calc. 39 mg • fiber 1g

## Steak and Roast Rub

Steak rub can be purchased pre-made, but it is simple to make your own.

Makes about ¼ cup (60 ml)

- 2 tablespoons (30 ml) coarse sea salt**
- 1 tablespoon (15 ml) black peppercorns**
- ½ tablespoon (7 ml) whole coriander**
- ½ tablespoon (7 ml) dill seed**
- 2 teaspoons (10 ml) ancho chili powder**
- 2 teaspoons (10 ml) garlic powder**

1. Put all spices into the Cuisinart® Spice Grinder. Pulse to chop and blend, about 10 to 12 pulses.
2. Use immediately or contain in a sealed glass jar. Store in a dry, cool place.

## Rib-Eye Roast

We love using a homemade rub, any store bought one will do. You can even use salt, pepper and fresh herbs.

Setting: Roast

Makes 12 to 15 servings

- 1 boneless rib-eye roast, tied (about 4 pounds [1.8 Kg])**
- 2 tablespoons (30 ml) olive oil**
- 3 tablespoons (45 ml) steak and roast rub (previous recipe)**

1. Rub roast all over with the olive oil and the rub. Place in a stainless steel mixing bowl or a sealable plastic bag to marinate in the refrigerator for at least 3 hours and up to overnight.

2. Insert the roasting rack into the cooking pot of the Cuisinart® Multicooker and put the marinated roast on top. Set to Roast at 425°F (220°C) for 1½ hours. Check the roast after 1 hour and 10 minutes – the internal temperature should read 130°F (55°C) for medium rare. Let meat rest 10 to 15 minutes before slicing.

**\*Note:** If you have the time, we recommend browning the ribeye prior to roasting. Do this on Brown/Sauté at 400°F (200°C) before roasting.

*Nutritional information per serving (based on 15 servings):*  
Calories 192 (27% from fat) • carb. 0g • pro. 33g  
• fat 5g • sat. fat 2g • chol. 94mg • sod. 538mg  
• calc. 10mg • fiber 0g

## Guinness Braised Short Ribs

A perfect, comforting dish for a cold winter evening.

Settings: Brown/Sauté  
Slow Cook

Makes 8 to 10 servings

- 12** beef short ribs (about 3 to 4 pounds [1.5 to 1.8 Kg] total)
- 2** teaspoons (10 ml) kosher salt, divided
- ¼** teaspoon (1 ml) freshly ground black pepper
- 2** teaspoons (10 ml) extra virgin olive oil
- 1** medium onion, finely chopped
- 1** leek, white parts only, finely chopped
- 2** medium carrots, finely chopped
- 1** celery stalk, finely chopped
- 4** garlic cloves, finely chopped
- 1** teaspoon (5 ml) dried thyme
- 24** ounces (0.5 L) Guinness beer (two 12-ounce [0.35 L] bottles)
- 2** tablespoons (30 ml) tomato paste
- 4** fresh parsley sprigs, chopped

1. Season the beef well on all sides with ½ teaspoon (2 ml) of the salt, and all the pepper.
2. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 425°F (220°C). Once hot, add the short ribs (may need to cook in two batches). Cook for 5 to 6 minutes on each side, until very nicely browned. Remove and reserve (repeat with remaining if necessary). Carefully wipe up most fat, leaving only about 2 teaspoons (10 ml) behind.

3. Add the vegetables, thyme and remaining salt to the pot and reduce the temperature to 375°F (190°C). Cook until onion is translucent and vegetables are slightly softened, about 3 to 5 minutes. Stir in the Guinness and simmer to reduce slightly (about 3 to 5 minutes). Stir in the tomato paste. Nestle the ribs and any accumulated liquid into the vegetables. Be sure liquid comes halfway up the ribs.

4. Cover and switch unit to Slow Cook on Low for 10 hours.

5. When unit switches to keep warm, it is recommended to degrease the top of the liquid before serving. Either remove grease with a ladle or blot with a fat mop or paper towel.

6. Once ready to serve, stir in the chopped parsley. Taste and adjust seasoning accordingly.

**Note:** Should there be excessive grease in the bottom of the pot after browning the short ribs in Step 2, refer to the instructions on page 6 of the instruction book for removal.

*Nutritional information per serving  
(based on 10 servings):*  
Calories 574 (80% from fat) • carb. 6g • pro. 4g  
• fat 42g • sat. fat 22g • chol. 103mg • sod. 512mg  
• calc. 32mg • fiber 1g

## Primavera Shrimp Sauté

A colourful and light dish that takes very little time to prepare.

Setting: Brown/Sauté

Makes about 6 servings

- 1** pound (500 g) shrimp, peeled and deveined
- ½** teaspoon (2 ml) kosher salt
- ¼** teaspoon (1 ml) freshly ground black pepper
- 3** teaspoons (15 ml) extra virgin olive oil, divided
- 1** bunch broccolini (about 8 to 9 ounces [0.23 to 0.26 L])
- 3** garlic cloves, chopped
- 1** cup (250 ml) chicken broth, low sodium
- ¼** teaspoon (1 ml) crushed red pepper
- 1** medium red onion, halved and sliced lengthwise
- 1** cup (250 ml) snow peas, trimmed
- 1** cup (250 ml) sugarsnap peas, trimmed
- ½** cup (125 ml) frozen peas, thawed
- ½** teaspoon (2 ml) lemon zest
- ¾** ounce (20 g) fresh basil, sliced thinly

1. Season the shrimp on both sides with the salt and pepper.
2. Put 1 teaspoon (5 ml) of the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). When the oil is hot, add half of the shrimp. Lightly brown each side, about 2 minutes per side. Remove and reserve. Repeat with remaining shrimp.
3. Put another teaspoon of oil into the pot and add the broccolini and garlic. Stir well and sauté until garlic becomes just slightly golden – be careful not to burn. Add the chicken broth and crushed red pepper and simmer until the broccolini is crisp tender, about 10 to 15 minutes. Remove and reserve.

4. Add in the remaining teaspoon (5 ml) of oil. Sauté the onion until softened and slightly golden. Add all of the peas and stir until they become bright green, about 3 minutes.

5. Put all reserved ingredients back into the pot and toss together with the lemon zest and basil, until warmed through.
6. Taste and adjust seasoning accordingly. Serve immediately.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 149 (24% from fat) • carb. 10g • pro. 18g  
• fat 4g • sat. fat 1g • chol. 115mg • sod. 443mg  
• calc. 92mg • fiber 3g

## Asian Style Poached Salmon

Poached salmon is perfect served on its own or over a bed of mixed greens.

Setting: Brown/Sauté

Makes about 12 servings

- 6** garlic cloves, sliced
- ½** cup (125 ml) sliced ginger (about a 4- x 2-inch [100 mm x 50 mm] piece)
- ½** cup chopped celery (about 1½ medium stalks)
- 2** scallions, sliced
- 1** star anise pod
- 4** cups (1 L) chicken stock, low sodium
- 2½** cups (625 ml) water
- ¾** cup (175 ml) rice wine
- ¾** cup (175 ml) soy sauce, low sodium
- 2** tablespoons (30 ml) sesame oil
- pinch** freshly ground black pepper
- 3** pounds (1.5 Kg) salmon fillet

1. Put all ingredients except the salmon into the Cuisinart® Multicooker. Stir to combine; cover.
2. Set unit on Brown/Sauté at 400°F (200°C). Bring to a boil and then reduce heat to 300°F (150°C). Let heat for an additional 30 minutes.
3. Carefully put salmon into the poaching liquid. Let cook for about 15 minutes, or until fully cooked through – it should easily flake away with a fork.
4. Serve immediately.

*Nutritional information per serving  
(4 ounces [115 g] of fish):*

*Calories 229 (40% from fat) • carb. 5g • pro. 25g  
• fat 10g • sat. fat 2g • chol. 62mg • sod. 613mg  
• calc. 28mg • fiber 0g*

## Sides

### Buttery Dinner Rolls

The recipe below instructs to use a stand mixer, but of course the dough can be made in the food processor or by hand. Baking in the multicooker produces a soft and fluffy roll, perfect for sopping up gravy or sauces.

Setting: Roast

Makes 12 dinner rolls

- ½** cup (125 ml) whole milk
- 6** tablespoons (90 ml) unsalted butter (cut in 6 pieces)
- 3** tablespoons (45 ml) granulated sugar
- ¾** teaspoon (3.75 ml) salt
- 3** tablespoons (45 ml) warm water
- 1¾** teaspoons (9 ml) active dry yeast
- 1** large egg
- 3 to 3½** cups (750 to 875 ml) bread flour, divided butter for greasing pan
- 1** tablespoon (15 ml) whole milk
- 1** tablespoon (15 ml) unsalted butter

1. Scald milk (heat until just bubbling around edges – may be done in microwave). Stir in butter, sugar, and salt. Let cool until just warm (105°F to 115°F [40°C to 46°C]).
2. Mix the warm water and yeast with a pinch of the flour and put into the bowl of a stand mixer. Let stand until foamy, about 5 minutes.
3. Add the cooled milk mixture, egg and 2 cups (500 ml) of the flour. Insert the dough hook and mix on low for 2 minutes. Continuing on low, add the remaining flour, 1 tablespoon (15 ml) at a time, until a loose dough ball forms that clings to the dough hook and cleans the sides of the bowl. Raise the

speed slightly and knead until smooth, about 5 minutes.

4. Transfer to the cooking pot of the Cuisinart® Multicooker and let rise until doubled, about 45 to 60 minutes.
5. Lightly butter an 8-inch (203 mm) round baking pan. Punch down the dough and then divide into 12 equal pieces. Roll into balls and arrange in the prepared pan. Insert roasting rack into the cooking pot and put filled pan on top. Let rise until about doubled, about 30 to 40 minutes.
6. While dough is rising, combine remaining tablespoon (15 ml) of milk and butter and heat until butter is melted. Once rolls have risen, gently brush with melted butter and milk.
7. Set unit to Roast at 375°F (190°C) for 35 minutes. Check at 30 minutes. Rolls should be golden brown (internal temperature of rolls will be 205°F (96°C) when tested with an instant-read thermometer).
8. Remove pan and let cool for about 10 minutes before serving. For softer rolls, brush each with melted butter just after removing from the unit.

*Nutritional information per roll:*

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

## Garlic-Rosemary Beans

These are delicious served alongside lamb chops. You can also purée them in a food processor to make a white bean dip to serve with a crudité platter.\*

Settings: Brown/Sauté  
Slow Cook

Makes about 5 cups (1.25 L)

- 1** pound (500 g) navy or cannelloni beans, soaked in room-temperature water overnight
- 1½** teaspoons (7 ml) olive oil
- 6 to 8** garlic cloves, crushed
- 2** rosemary sprigs
- ½** teaspoon (2 ml) sea or kosher salt
- 2½** cups (625 ml) vegetable or chicken broth

1. Soak the beans overnight by covering with water by about 2 inches (50 mm). Once soaked, drain and rinse.
2. Put the rinsed beans into the cooking pot of the Cuisinart® MultiCooker and cover with water. Cover and set to Brown/Sauté at 500°F (260°C) to bring to a boil. Once a boil has been achieved, let boil for 10 minutes. Carefully drain beans and rinse under cold water; reserve. Dry cooking pot well and place pot back into unit with the oil.
3. Set unit to Brown/Sauté at 375°F (190°C). Once oil is hot, add the garlic. Sauté until the garlic is golden and fragrant.
4. Add the remaining ingredients (be sure to drain the beans). Stir to combine, cover and switch to Slow Cook on High. Set the timer to 3 hours.
5. Once the 3 hours have expired, the unit will automatically switch to Keep Warm.

\*If puréeing, more liquid will need to be added.

*Nutritional information per serving (½ cup [125 ml]):  
Calories 166 (8% from fat) • carb. 29g • pro. 11g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 252mg  
• calc. 83mg • fiber 11g*



## Roasted Corn on the Cob

The taste of corn changes throughout the year, depending on when it is in season. Obviously, it's much tastier at its peak of freshness, so you may not need any seasoning then.

Setting: Roast

Makes 4 servings

- 4 ears fresh corn on the cob, cleaned**
- 2 tablespoons (30 ml) unsalted butter, melted**
- ½ to 1 teaspoon (2 to 5 ml) sea or kosher salt (start with ½ teaspoon [2ml] and add more if desired)**
- ¼ teaspoon (1 ml) freshly ground black pepper**

1. Brush the corn with the butter and sprinkle with salt and pepper. Wrap in foil.
2. Put the wrapped corn on the roasting rack and place in the cooking pot of the Cuisinart® Multicooker. Cover and set to Roast at 425°F (220°C).
3. Roast corn for about 40 minutes, flipping halfway through (it is best and easiest to use tongs to flip the corn).
4. Serve immediately. Season as desired.

*Nutritional information per serving:*

Calories 113 (47% from fat) • carb. 14g • pro. 2g  
• fat 6g • sat. fat 4g • chol. 15mg • sod. 277mg  
• calc. 2mg • fiber 2g

## Roasted Red Potatoes

A quick and flavourful way to enjoy red potatoes. Be patient with flipping the potatoes – they brown best if they are not crowded and are left to sit in the hot cooking pot before turning.

Settings: Roast

Makes about 8 servings

- 1½ tablespoons (25 ml) extra virgin olive oil**
- 3 to 4 garlic cloves, smashed**
- 2 pounds (1 Kg) small red new potatoes, halved**
- ¼ teaspoon (1 ml) sea or kosher salt pinch freshly ground black pepper**
- 2 teaspoons (10 ml) chopped fresh rosemary**

1. Put all the ingredients into a large mixing bowl and toss to fully coat. Preheat the Cuisinart® Multicooker to Roast at 375°F (190°C).
2. Add the potatoes. Let the potatoes sit so they form a nice crust, and then toss after about 3 minutes.
3. Once the potatoes are browned, add the remaining ingredients.
4. Switch unit to Roast at 425°F (220°C). Cover and let potatoes cook for about 30 minutes, or until fully cooked.

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

Calories 106 (23% from fat) • carb. 19g • pro. 2g  
• fat 3g • sat. fat 0g • chol. 0mg • sod. 80mg  
• calc. 15mg • fiber 2g

## Steamed Artichokes

Trimming the bottoms of the artichokes ensures that they stand up straight, so do not skip that step. Also, in addition to adding flavour, the lemon slices prevent the artichokes from turning brown during cooking. Enjoy plain or dip in a nice lemon oil.

Setting: Steam

Makes 6 servings

- 1 quart (0.94 L) water**
- 6 medium-to-large artichokes**
- 6 to 12 garlic cloves, thinly sliced**
- 2 lemons, one juiced and the other cut into 6 slices**
- pinch freshly ground black pepper**
- pinch sea or kosher salt**

1. Put the water into the cooking pot of the Cuisinart® Multicooker fitted with the steaming rack and cover.
2. Cut the stems off the artichokes so they are able to stand. Using a serrated knife, cut the tops of the artichokes off, and with kitchen shears, trim the tips of the outer leaves. Pull leaves back to open the artichokes.
3. Evenly stuff the garlic slices in between the leaves of each artichoke. Season each with lemon juice, pepper and salt. Place one lemon slice on top of each artichoke.
4. Set the unit to Steam for 45 minutes.
5. Once tone sounds, stand the artichokes upright in the rack and cover.
6. Artichokes are done when the leaves are able to be pulled off easily.

*Nutritional information per artichoke:*

Calories 73 (3% from fat) • carb. 17g • pro. 5g  
• fat 0g • sat. fat 0g • chol. 25mg • sod. 122mg  
• calc. 78mg • fiber 8g

## Desserts

### Applesauce

When fall comes around, nothing is better than the aroma of applesauce being made in the home. Our recipe is quite versatile – you can leave it as a chunky sauce or purée it for the more common smooth version.

Setting: Slow Cook

Makes about 8 cups (2 L)

- 4 pounds (1.8 kg) apples, cored and cut into two-inch (50 mm) pieces (peeled or unpeeled)**
- 2 cinnamon sticks**
- 2 pinches freshly ground nutmeg**
- pinch ground cloves**
- pinch sea or kosher salt**
- ¾ cup (175 ml) water**
- ¼ cup (60 ml) fresh lemon juice (from about 2 medium lemons)**

1. Put all of the ingredients into the cooking pot of the Cuisinart® Multicooker.
2. Select Slow Cook on Low for 4 hours.
3. Once unit switches to Keep Warm, remove the cinnamon sticks. If a chunky sauce is desired, use a potato masher to mash cooked apples to desired consistency. If a smooth sauce is preferred, transfer apples to a fine mesh strainer and press through with the help of a ladle. Once the apples have passed through the strainer, discard the skins (if necessary) and return smooth apples to the cooking pot. Keep sauce on Keep Warm for serving, or cool to room temperature and store in the refrigerator.

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

Calories 61 (3% from fat) • carb. 16g • pro. 0g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg  
• calc. 9mg • fiber 3g

## Cannoli Cheesecake

We make many cheesecakes in the Test Kitchen, and still one of our favourite methods (which happens to be the easiest and most foolproof) is slow cooked. To offer the palate some new, fun flavours, we made a cheesecake that is nice and creamy with the flavour of cannoli filling.

Setting: Slow Cook

Makes one 7-inch (180 mm) cheesecake (springform pan)

- 1 tablespoon (15 ml) unsalted butter, room temperature (for pan)**

### Crust:

- ¼ cup (60 ml) graham cracker crumbs**
- ¼ cup (60 ml) toasted pine nuts, finely ground**
- 1 tablespoon (15 ml) granulated sugar pinch sea or kosher salt**
- ½ tablespoon (7 ml) unsalted butter, melted and cooled to room temperature**

### Filling:

- 4 ounces (115 g) (½ package) cream cheese, quartered and at room temperature**
- ½ cup (125 ml) granulated sugar**
- ¼ teaspoon (1 ml) sea or kosher salt**
- ¼ teaspoon (1 ml) ground cinnamon**
- 3 large eggs, at room temperature**
- 2 large egg whites, at room temperature**
- 1 teaspoon (5 ml) pure vanilla extract**
- 12 ounces (340 g) whole-milk ricotta, at room temperature**
- 2 ounces (60 g) bitter or semisweet chocolate, finely chopped**

- Put the steaming rack into the cooking pot of the Cuisinart® Multicooker.

- Lightly brush the springform pan with the tablespoon (15 ml) of room temperature butter. Reserve.
- Prepare the crust. Put all of the crust ingredients into a small mixing bowl. Using a hand or stand mixer, beat on low until the mixture comes together. Pat crumb crust evenly into prepared springform pan. Reserve.
- Prepare the filling. Mix cream cheese, sugar, salt and cinnamon using a hand or stand mixer on a medium speed until very smooth (you cannot over-mix at this stage. Be sure there are no lumps in the batter). Scrape bowl and beaters/paddle with a spatula. Add eggs and whites, one at a time, making sure each is incorporated into the batter before adding the next. Mix in vanilla. Reduce to low and carefully mix in the ricotta, being sure the batter is homogenous, but do not over-mix. Stir in the chopped chocolate.
- Pour batter into the prepared pan. Put pan onto the rack in the unit.
- Select Slow Cook on High for 2 hours.
- Once the time has elapsed, allow cake to rest on Keep Warm in the unit for an additional 30 minutes to an hour (you want it to be just set).
- Remove cheesecake and place on a cooling rack. Once completely cool, wrap well with plastic and refrigerate for at least 6 hours before serving.

*Nutritional information per serving:*

*Calories 235 (54% from fat) • carb. 19g • pro. 8g • fat 14g • sat. fat 7g • chol. 91mg • sod. 191mg • calc. 127mg • fiber 1g*

## Fall Fruit Crisp

Comfort is at the forefront in this simple dessert. This is great recipe to make when you seem to have a surplus of fall fruits that need to be used – the rest of the ingredients are basic pantry staples. If you prefer pears to apples, you can change the ratios.

Setting: Roast

Makes 8 to 10 servings

- ½ cup (125 ml) unbleached, all-purpose flour**
- ¼ cup (60 ml) rolled oats (old-fashioned oats, not quick-cooking)**
- ⅓ cup (75 ml) packed light brown sugar**
- pinch table salt**
- pinch ground cinnamon**
- pinch freshly ground nutmeg**
- 2 tablespoons (30 ml) unsalted butter, melted**
- 1 pound (500 g) apples (any baking variety), peeled, cored and cut into ½-inch (12.5 mm) slices**
- ½ pound (250 g) pears (any baking variety), peeled, cored and cut into ½-inch (12.5 mm) slices**
- ¼ cup (60 ml) granulated sugar**
- 2 tablespoons (30 ml) unbleached, all-purpose flour**
- pinch table salt**
- ¼ teaspoon (1 ml) pure vanilla extract**

- Put the first 7 ingredients into a small mixing bowl. Toss to fully combine; reserve.
- Put the remaining ingredients into a large mixing bowl. Toss to combine. Transfer apple/pear mixture to an 8-inch (203 mm) round baking pan. Top with the oat mixture.

- Put the roasting rack into the Cuisinart® Multicooker and put the filled baking pan on top of that. Cover and set to Roast at 375°F (190°C) for 45 minutes. Let cook until top is browned and fruit is just tender – start checking the doneness of the fruit around 30 minutes. Add more time if necessary. Apples and pears vary in composition, so some might need more time to cook than others.

*Nutritional information per serving (based on 10 servings):*

*Calories 266 (16% from fat) • carb. 56g • pro. 2g • fat 5g • sat. fat 3g • chol. 12mg • sod. 28mg • calc. 10mg • fiber 4g*

## Rice Pudding

What better ending to a meal than a cup (250 ml) of rice pudding? The great thing about this dessert is that it can be served warm out of the cooking pot or chilled. Chilled rice pudding does set up and has a different consistency than when served warm. If not serving immediately, stir some extra milk or water into the rice pudding to make it creamier.

Setting: Slow Cook

Makes 5 cups (1.25 L)

- 2 cups (500 ml) Arborio rice**
- 3 cans (12-ounce [0.35 L]) fat-free evaporated milk**
- 1 can (14-ounce [0.41 L]) light coconut milk**
- ¼ cup (60 ml) water**
- 1 vanilla bean, halved and seeds scraped**
- 1½ cups (375 ml) granulated sugar**
- ¼ teaspoon (1 ml) sea salt**
- 1 tablespoon (15 ml) pure vanilla extract**
- 2 whole cinnamon sticks**
- pinch freshly ground nutmeg**

1. Put all of the ingredients into the pot of the Cuisinart® Multicooker. Stir to combine.
2. Select Slow Cook on High for 3 hours.
3. Once the cooking time has elapsed, the unit will automatically switch to Keep Warm. Let rest on Keep Warm for 30 minutes to 1 hour, depending on desired consistency. The longer it sits, the stiffer the pudding gets.
4. Remove and discard vanilla bean and cinnamon sticks.
5. If not serving immediately, stir in more liquid (any type of milk or water) before reheating.

*Nutritional information per serving (½ cup [125 ml]):*  
Calories 367 (7% from fat) • carb. 73g • pro. 11g  
• fat 3g • sat. fat 2g • chol. 5mg • sod. 198mg  
• calc. 343mg • fiber 1g

## Steamed Mocha Pudding

Serve immediately for the best results. This recipe is more of a warm cake-like pudding and is delicious on a cold day. Scoop out into individual cups, if you can resist eating it out of the baking dish!

Setting: Slow Cook

Makes about 10 servings

- ½ cup (1 stick [125 ml]) unsalted butter, cut into 8 pieces**
- ½ cup (125 ml) packed light brown sugar**
- 1 large egg, room temperature**
- 1 cup (500 ml) semi or bittersweet chocolate chips (about 7 ounces [0.2 L])**
- ½ cup (125 ml) brewed coffee, hot**
- 2 tablespoons (30 ml) cocoa powder**
- ½ teaspoon (2 ml) pure vanilla extract**
- pinch ground cinnamon**
- pinch table salt**
- ¼ cup (60 ml) unbleached, all-purpose flour**

1. Using a hand or stand mixer, mix the butter and sugar until light and creamy. Add the egg and mix until just combined. Reserve.
2. Put the chocolate into a separate heat-proof bowl, pour the hot coffee over it and stir to fully melt the chocolate. Stir in the cocoa powder, vanilla, cinnamon and salt.
3. Fold the chocolate mixture into the butter/sugar/egg mixture. Stir in the flour.
4. Put the steaming rack into the Cuisinart® Multicooker. Pour the batter into a 2-quart (1.89 L) baking dish and put on the rack.
5. Select Slow Cook on High for 2 hours.

6. Once unit switches to Keep Warm, turn the unit off and serve immediately.

*Nutritional information per serving:*  
Calories 218 (59% from fat) • carb. 22g • pro. 2g  
• fat 15g • sat. fat 9g • chol. 45mg • sod. 23mg  
• calc. 11mg • fiber 2g

# WARRANTY

## 3-YEAR LIMITED WARRANTY

We warrant that this Cuisinart product will be free of defects in material or workmanship under normal home use for 3 years from the date of original purchase.

This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners.

If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary.

For warranty purposes, please register your product online at [www.cuisinart.ca](http://www.cuisinart.ca) to facilitate verification of the date of original purchase or keep your original receipt for the duration of the limited warranty.

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

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

**Toll-free phone number:**  
1-800-472-7606

**Address:**

Cuisinart Canada  
100 Conair Parkway  
Woodbridge, Ont. L4H 0L2

**Email:**

[consumer\\_Canada@conair.com](mailto:consumer_Canada@conair.com)

**Model:**

MSC-800C

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code\*/copy of original proof of purchase
- Any other information pertinent to the product's return

\* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

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To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606.

For more information, please visit our website at [www.cuisinart.ca](http://www.cuisinart.ca)

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Mélangeurs



Ice Cream Makers  
Sorbetières

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100 Conair Parkway  
Woodbridge, ON L4H 0L2  
Consumer Call Centre E-mail:/  
Centre d'appel des consommateurs  
[Consumer\\_Canada@Conair.com](mailto:Consumer_Canada@Conair.com)  
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