

Cuisinart®



Food Processor

DLC-XP

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including these.

1. **READ ALL INSTRUCTIONS.**
2. Blades are sharp. Handle carefully.
3. Do not use pusher assembly if sleeve becomes detached from pusher.
4. To avoid injury, never place cutting blade or disc on base without first putting the bowl properly in place.
5. Keep hands, as well as spatulas and other utensils, away from moving blades or discs while processing food to prevent the possibility of severe personal injury or damage to the food processor. A plastic scraper may be used but must be used only when the food processor is not running.
6. To protect against risk of electrical shock, do not put base in water or other liquid.
7. Close supervision is necessary when any appliance is used by or near children.
8. Always unplug from outlet when not in use, before putting on or taking off parts, before removing food from bowl and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.
9. Avoid contacting moving parts. Never insert food by hand when slicing or shredding. Always use food pusher.
10. Make sure motor has completely stopped before removing the lid. If the machine does not stop instantly when you turn the lid, do not use it. Call 1-800-726-0190 for assistance.
11. Do not operate any appliance with a damaged cord or plug, or after appliance has been dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
12. The use of attachments not recommended or sold by Cuisinart may cause fire, electric shock or injury.
13. Do not use outdoors.
14. Do not let cord hang over edge of table or counter, or touch hot surfaces.

15. This processor is UL listed for household and commercial use. Use it only for food preparation as described in this book.
16. Do not attempt to defeat the cover interlock mechanism.
17. Be certain cover is securely locked in place before operating appliance.
18. Maximum rating of 6.0 amperes is based on the attachment that draws the greatest current. Other recommended attachments may draw significantly less current.

SAVE THESE INSTRUCTIONS

IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart® food processor, and the standard parts for it:

Dough blade, metal chopping blade, 3 slicing discs, shredding disc, detachable stem for discs, spatula, cleaning tool and instruction book.

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

1. Place the box on a low table or on the floor next to the kitchen counter or table where you intend to keep the food processor. Be sure the box is right side up.
2. Remove the instruction book.
3. Remove the cardboard insert. You will see a rectangular block of plastic foam that holds the processor parts, each fitted into a cavity of the foam.
4. The dough blade and detachable stem for the discs are in cavities on one short side of the foam block. Remove them first.
5. The plastic spatula and cleaning tool are on the adjacent long side of the foam block. Remove them next.

6. The slicing disc is on the edge of one of the long sides of the foam block; the shredding disc is on the other side. Two additional slicing discs are on the edge of one of the short sides of the foam block. Slide them out of their grooves **WITH GREAT CARE; THE BLADES ARE VERY SHARP.**
7. Only the work bowl cover and pusher assembly now remain in the foam block. Grasp an edge of the work bowl cover and pull it straight up. The pusher assembly will slide away from the work bowl and remain in place. Lift it straight up to remove.
8. Lift out the plastic foam block.
9. Lift out the cardboard frame.
10. The machine base and work bowl with metal blade are at the bottom of the box. **CAREFULLY REMOVE THE METAL BLADE BY GRASPING THE CENTER WHITE HUB AND LIFTING IT STRAIGHT UP. NEVER TOUCH THE BLADES AS THEY ARE RAZOR SHARP.**
11. Remove the base and bowl together by grasping the plastic bowl at the top with both hands and lifting the bowl straight up. Do not rotate the bowl clockwise on the base. This will cause the bowl to separate from the base.
12. Place the food processor on a counter or table and read the instructions thoroughly before using the machine.
13. Save the shipping cartons and plastic foam blocks. You may want to use them at a later date.

NOTE: Remember to return your warranty card complete with all information carefully filled out.

INTRODUCTION

The Cuisinart DLC-X Plus features Cuisinart's world-renowned food processing technology plus the largest work bowl on the consumer market. This is the best food processor for the big jobs. The 20-cup work bowl holds enough processed foods to make big batches, and the extra large feed tube is designed to make those sizeable processing jobs fast and efficient. The 1-1/2 pint capacity feed tube is wide enough to hold whole fruits and vegetables for perfect slices of tomatoes, potatoes, onions and oranges. This feed tube also saves valuable prep time by eliminating the need for much of the precutting.

To keep the big jobs running smoothly, Cuisinart uses a powerful,

heavy-duty motor that handles high volume processing with ease. The DLC-X Plus is a true workhorse, capable of mixing, slicing, shredding, and chopping batch after batch of the heaviest ingredients without stalling. Expert engineering guarantees reliable operation and professional performance – even on the biggest jobs – for many years to come. Count on Cuisinart to let you Savor the Good Life™ with family and friends!

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THE PARTS

The Cuisinart® DLC-X Plus food processor, a compact and versatile appliance, has a large feed tube that is easy to use. The machine chops, minces, shreds, grates, slices, blends, purées, emulsifies, mixes and kneads – all with great efficiency and speed.

Completely assembled, it is only 17 inches high (43 cm) and stores conveniently under most kitchen cabinets. With the cover inverted, it is 12½ inches high (32 cm). It includes:

1. A motor base with a vertically projecting shaft and two control levers.
2. A work bowl with an 8-inch diameter (20 cm).
3. A cover with a large feed tube 5 inches long x 3¼ inches wide (13x 8cm).
4. An easy to use pusher assembly that slides over the feed tube.
5. A sharp metal blade.
6. A plastic dough blade.
7. Three serrated slicing discs, to produce slices 2 mm, 4 mm or 6 mm thick.
8. A shredding disc.
9. A detachable stem that fits all discs.
10. A plastic spatula.
11. A plastic cleaning tool.

THE PROCESSING TOOLS

The metal blade is the master tool, the one you'll use most often. It chops raw and cooked fruits, vegetables, meat, fish and cheese to the exact consistency you want — from coarse to fine, even to a purée. You control the texture. It chops nuts, makes nut butters, makes mayonnaise and Hollandaise sauce, and mixes tender, flaky pastry.

The dough blade mixes and kneads yeast doughs more efficiently than the metal blade. Use it for all yeast dough unless the recipe calls for less than 3½ cups of flour (17½ ounces, 500g).

Both the metal blade and the dough blade have locking devices that prevent heavy, sticky mixtures from driving the blade upward on the shaft. See page 5 for details.

Each slicing disc has a long blade that makes beautiful whole slices with no torn edges. In addition to slicing whole fruits and vegetables, these discs slice cooked meat, semi-frozen raw meat, slender loaves of bread and even sticks of butter, if they are very cold.

The medium shredding disc processes most firm and hard cheese into long, attractive shreds. It also shreds vegetables like carrots, onions, radishes and zucchini, and it processes nuts and chocolate to a uniform fine texture. The single detachable stem fits all the slicing discs and the shredding disc, making storage easy in limited space. Stem locks securely to the underside of any disc. See page 5 for assembly instructions.

ASSEMBLING THE PARTS

Place the base on a counter or table near a 3-prong electrical outlet. Position it so you look at the front of it. Do not plug it in until the processor is completely assembled.

Pick up the transparent work bowl, holding it in both hands with the handle toward you.

Place the bowl on the base, fitting its central tube over the motor shaft on the base and placing its handle slightly to the left of front-center (at about a 7 o'clock position).

Turn the bowl counterclockwise as far as it will go. It will lock into position.

Pick up the metal blade, noting the outline on top. It matches the shape of the motor shaft.

Place the blade over the motor shaft, lining up the outline with the shaft. It should easily drop into place. Be sure it is pushed down as far as it will go. If it is not all the way down, it may become damaged. Push only on the center section; never touch the cutting blade. Check to be sure the blade is all the way down by turning it back and forth while pushing it down.

See page 5 for complete instructions on connecting the detachable stem to a slicing or shredding disc.

Place the cover on the bowl, with the feed tube at the rear, slightly to the right of rear center. The locking devices on the cover should be at the left of the locking tabs on the front rim of the work bowl. Turn the cover counterclockwise to lock it into place.

Pick up the pusher assembly in your left hand, with the two descending tabs away from you. Slide the assembly over the feed tube on the work bowl cover and push it down as far as it will go. It will click into a locked position. The motor will not start unless the pusher assembly is locked in place.

USING THE PUSHER ASSEMBLY

The pusher assembly has 3 parts:

1. A small removable pusher that fits into a central tube in a large pusher. The small pusher is for processing food like single carrots or cucumbers, for continuous feeding of small, hard food like garlic, onions and chunks of cheese, and for adding liquid while the machine is running. A funnel helps when adding dry ingredients like flour and sugar through the small feed tube.
2. A larger pusher that is permanently mounted within a sleeve. The pusher moves freely within the sleeve to allow slicing and shredding large pieces of food.
3. A sleeve, with two descending tabs. One locks the sleeve to the work bowl; the other pushes down the activating rod at the back of the work bowl, permitting the processor motor to start. A white slide lock on the back of the sleeve locks the large pusher so it cannot slide up and down. Always lock it when using the small feed tube.

When you use the large feed tube, the small pusher must always be locked into place. To lock it, turn it counterclockwise until the tabs on its rim slide under ridges on the rim of the large pusher.

The pusher assembly slides over the feed tube on the processor cover. A downward push locks it into position.

When you are using the metal blade or the dough blade, move the slide lock on the back of the pusher assembly to the locked position. Push down the large pusher to lock it. Now you can remove the cover and pusher assembly in one motion. Hold the pusher assembly with your fingers away from the locking tabs and turn it clockwise. Lift it off and the cover will come with it.

When you are using a slicing or a shredding disc, move the slide lock on the back of the pusher assembly to the unlocked position so the large pusher can move up and down freely. To remove it, hold it in your left hand with your fingers on the wide locking tab. Press firmly and lift up. The pusher assembly will come off easily; your right hand is free to reload the feed tube.

IMPORTANT CAUTION:

Always be sure the machine is unplugged before you practice locking and unlocking the pusher assembly. A special circuit stops the motor as soon as the pusher assembly is unlocked. Rapid and repeated locking and unlocking when the machine is plugged in is never necessary with normal use; it will make the machine inoperable.

CONNECTING THE STEM TO A DISC

Place the disc, cutting side down, on a flat, stable surface. Be careful when handling it; its cutting blade is very sharp. Note the semicircular plastic connector in the center, with the symbols • and Δ on its outer rim. These symbols will guide you in connecting the disc to the stem. Hold the disc firmly with your index finger near the • and your thumb near the Δ, (or the reverse, if you are left-handed).

Pick up the stem, holding it with the connector down. Note that the tab on one end of the connector is marked • and the center tab is marked Δ. Line up the symbols with matching symbols on the disc.

Push the stem down and turn it clockwise, sliding the tabs on the stem under metal clamps on the disc. Turn it as far as it will go, to lock it into position. Now try to turn it counterclockwise. If it is properly locked, it will not move.

The disc and stem assembly can now be inserted in the work bowl.

Note the shape outlined on top of the disc, which matches the shape of the motor shaft. Place the disc over the motor shaft, lining up the outline with the shaft. It should easily drop into place. Be sure it is pushed down as far as it will go. Push down on the outside rim only; never touch the cutting blades.

To disconnect the stem, place the disc on a flat, stable surface, stem up. Hold it firmly with your index finger and thumb. Be careful not to touch the cutting blade. Slide the stem release button at the side of the stem up as far as it will go and hold it up as you turn the stem counterclockwise. Lift the stem from the disc.

OPERATING THE CONTROLS

Plug the machine into an electrical outlet. (First, make sure that your household voltage matches that shown on the label on the bottom of the base.)

The plug is a 3-prong grounding plug that must be connected to a properly grounded 3-prong outlet with an electrical rating of at least 20 amperes. If you don't have a 3-prong grounded outlet, use an adapter to connect the processor to household electricity.

An adapter is included with machines that operate from 120 volts. Connect the grounding tab on the adapter to ground. If you use an adapter that is not connected to ground, you risk personal injury and damage to the food processor.

Never use an adapter with a 3-prong grounded outlet. Never use a 2-wire extension cord or an extension cord longer than 12 ft. (3.6 m). If you must use an extension cord, be sure it is properly rated and plugged into a properly grounded outlet.

Another feature of the power plug is its right-angle construction. The heavy-duty electrical cord for this processor is less flexible than lighter wiring. The plug is designed to prevent the cord from projecting awkwardly from the electrical outlet.

If you are plugging the processor into a vertical duplex outlet, we suggest using the lower connection and leaving the upper one for another appliance.

There are two levers on the base of the machine. They give you fingertip control of processing.

For continuous processing, use the ON lever, at the left. Press it to start the motor. To turn the motor off, press the PULSE/OFF lever at the right. Try it a few times.

For rapid on-off operation called pulsing, use the PULSE/OFF lever at the right. Press the lever down, then release it. The motor runs as long as you hold the lever down; it stops when you release the lever. Try it a few times.

Notice that you control pulsing. You control the duration of each pulse by the amount of time you hold the lever down. You control the frequency of pulses by the rate at which you press the lever. The interval between pulses must be long enough to allow everything in the work bowl to fall to the bottom.

Pulsing gives you precise control over chopping, mincing, blending and mixing. You can process food to any texture or consistency you want, from coarse to fine.

One of the most surprising things to new users is how fast the processor does its job. It takes a little practice to get used to its exceptional speed.

Always use the PULSE/OFF lever for pulsing. Never move the pusher assembly on and off to control pulses. For your protection, the machine has a fast-stop circuit that operates as soon as the pusher assembly is unlocked. Rapid and repeated locking and unlocking of the pusher assembly will strain that circuit and damage the processor.

Always turn the machine off with the PULSE/OFF lever and wait until the blade or disc comes to a complete stop before removing the pusher assembly. The motor stops within seconds after the machine has been turned off.

IMPORTANT: To keep its powerful motor well ventilated, fans in the food processor base provide a stream of cooling air. To ensure proper ventilation of the motor during heavy use, place the machine so there are at least 4 inches of clear space on all sides.

PRACTICING WITH FOOD

After trying continuous operation with the ON lever and pulsing with the PULSE/OFF lever, practice with some food. A raw zucchini or potato is a good choice. Cut it in 2 inch (5 cm) pieces.

Insert the metal blade and put the pieces in the work bowl. Put on the cover and the pusher assembly; press the pusher assembly down to lock it into place. Press and release the PULSE/OFF lever two or three times and see what happens. Each time the blade stops, let the pieces of food drop to the bottom of the bowl before you pulse again. This puts the food in the path of the blade each time the motor starts.

Using the on-off pulsing technique, you can get an even chop without danger of overprocessing. Check the texture frequently by looking through the cover of the work bowl. If you want a finer chop, press and release the PULSE/OFF lever until you achieve the desired texture. Onions and other food with a high water content will quickly end up as a purée unless examined through the cover of the work bowl after each pulse to make sure they are not overprocessed.

Try chopping other food, like meat for hamburger or breakfast sausage. Refer to section on page 8, “Chopping and Puréeing Meat” for correct procedure. Some important factors in obtaining consistent results are:

- ▶ The size of the pieces you add to the work bowl or through the feed tube.
- ▶ The amount of food you process at one time.
- ▶ The type of processing you choose — continuous or on-off pulsing.

As in all food preparation, the quality of your results with the food processor depends on the freshness and quality of your ingredients.

To become familiar with the operation of the slicing and shredding discs, try slicing an apple or shredding some carrots. Then make mayonnaise, pastry or bread, as described in the recipes at the end of this book. You will be surprised and delighted at how quickly and easily they all can be prepared with the food processor.

REMOVING PROCESSED FOOD

Before you do anything, wait for the blade or disc to stop spinning. When it does, remove the cover first. Never try to remove the cover and the work bowl together; this can damage the work bowl. You can set the cover on your work surface upside down, to minimize drips and spills.

Metal Blade and Dough Blade

Remove the bowl from the base of the machine before removing the blade. (This causes the blade to drop down on the bowl, creating a seal to prevent food from leaking.) Turn the bowl clockwise to unlock it from the base and lift it straight up to remove it.

Locking devices on both the metal blade and the dough blade prevent heavy, sticky mixtures from driving the blades up the motor shaft. If food around the blade holds the bowl locked when the motor stops, move the handle of the bowl rapidly back and forth —first clockwise, then counterclockwise, then clockwise again. Always be sure to prevent the blade from falling out of the work bowl onto your hand. Remove it before tilting the bowl, using a spatula to scrape off any food sticking to it. Or hold the blade in place with your finger or spatula while pouring out processed food. You can also insert your index finger through the hole in the bottom of the work bowl and place your thumb on the outside of the work bowl, gripping the blade from the bottom. Never empty the work bowl with your free hand underneath it, as it could be injured if the blade falls out of the work bowl.

SLICING AND SHREDDING DISCS

Remove the disc before removing the work bowl. Place two fingers under each side of the disc and lift it straight up. (You can place the disc on top of the inverted work bowl cover.) Then turn the bowl clockwise to unlock it from the base, and lift it straight up to remove it.

CHOPPING AND PURÉEING FRUITS AND VEGETABLES

THE METAL BLADE

To chop raw fruits and vegetables

First cut the food into 2 inch (5 cm) pieces. You get a more even chop when all pieces are approximately equal in size.

Put up to 6 cups (1.4 L) in the work bowl. Lock the cover and pusher assembly into place. Press the PULSE/OFF lever at the rate of 1 second on and 1 second off until the food is coarsely chopped. Then hold down the PULSE/OFF lever, letting the machine run continuously until the food is chopped as fine as you want. Check frequently to avoid overprocessing. Use the spatula to scrape down any pieces that stick to the sides.

To purée fruit and cooked vegetables*

First, cut the food into 2 inch (5 cm) pieces. You get a smooth purée faster when all pieces are approximately equal in size. Put up to 6 cups (1.4 L) in the work bowl. Pulse to chop coarsely, then press the ON lever, and process continuously until puréed.

**Potatoes are an exception. They develop a gluey texture when processed with the metal blade.*

To chop hard foods like garlic, hard cheese and coconut

Remove the small pusher, turn on the machine and drop the food through the small feed tube while the machine is running. Small foods like garlic or shallots can be dropped in whole.

Larger foods like hard cheese or coconut should first be cut into 2 inch (5 cm) pieces.

Processing this way minces garlic, shallots and onions. Hard cheese and coconut will have the same texture as if they had been hand grated.

IMPORTANT: Never try to process cheese that is too hard to cut with a knife. You may damage the blade or the machine. See the cheese processing chart on page 17.

To chop parsley and other fresh herbs

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

To chop peel from citrus fruit or to chop sticky fruit like dates and raisins, add sugar or flour.

For citrus, remove the peel with a vegetable peeler. Leave the white part on the fruit; this is the pith, which is bitter tasting. Cut the peel into lengths of 2 inches (5 cm) or less and process with 1/2 cup (100 g) of sugar until finely chopped. (This may take a long time – 2 minutes or longer, depending on how fine you want the peel.)

For sticky fruit like dates, raisins, prunes and candied fruit, put the fruit in the freezer for about 10 minutes before processing. Add some of the flour called for in the recipe to the work bowl with the fruit. Use no more than 1 cup (5 ounces, 140 g) of flour for each cup (240 ml) of fruit.

WORTH KNOWING

- The finer the chop you want, the more you can process at a time. The exact amount depends on the texture of the food. Pulse repeatedly until the food is chopped moderately fine, then switch to continuous processing.
- For a coarse chop, process a few pieces at a time and check texture often.
- Occasionally, when you chop hard vegetables like carrots, potatoes or turnips, a piece may become wedged between the blade and the side of the bowl. If that happens, remove the cover, lift the blade out carefully and remove the wedged piece. Empty the bowl, reinsert the blade and lock the cover and pusher assembly into place, first removing the small pusher. Press the ON lever and drop the vegetable pieces through the feed tube while the machine is running. After you've added a cupful this way, stop the machine, remove

the cover and add the remaining vegetable pieces. Replace cover and continue processing.

- When making soup, you will often want to purée vegetables that have cooked in liquid. Don't add liquid to the work bowl – just the vegetables. They will purée faster and smoother without liquid. Add enough liquid to make the purée pourable, return it to the soup liquid and stir.

CHOPPING AND PURÉEING MEAT, POULTRY AND FISH

THE METAL BLADE

To chop uncooked or cooked meat, poultry, fish and seafood

The food should be very cold, but not frozen. Cut it into 2 inch (5 cm) pieces to ensure an even chop. Process up to 5 cups (2-1/2 pounds) at a time. Press the PULSE/OFF lever 3 or 4 times at a rate of about 1 second on and 1 second off. If the food is not chopped fine enough, let the processor run continuously for a few seconds. Check the texture often to avoid overprocessing. Use a spatula to scrape food from the sides of the bowl as necessary.

Remember, you control the texture by the length of time you process. By varying processing time, you can get a range of textures suitable for hamburgers, hash, stuffing for peppers, cannelloni, tortillas, etc.

To purée uncooked and cooked meat, poultry, fish and seafood

Cut the food into 2-inch (5 cm) pieces. Pulse until it is evenly chopped, then process continuously until it reaches the texture you want. Scrape the sides of the bowl with a spatula as necessary.

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

CHOPPING NUTS, MAKING FLAVORED BUTTER AND DIPS

THE METAL BLADE

To chop nuts

Chop up to 4 cups (16 ounces, 1L) of nuts at a time, pressing and releasing the PULSE/OFF lever and checking frequently to avoid letting powdered nuts clump together and form a nut butter. When the nuts are to be mixed with flour or sugar in a recipe, add some of the flour or sugar to the nuts before you chop them – about 1/2 cup of flour (2½ ounces, 70 g) of sugar (3¼ ounces, 105 g) for each cup of nuts. This allows you to chop the nuts as fine as you wish without turning them into a nut butter.

You can also process nuts with a shredding disc or medium slicing disc. The optional Fine Shredding Disc (DLC-334) is particularly good for this application.

To make peanut butter and other nut butters

Process up to 3 cups of nuts (12 ounces, 340 g) at a time. Let the machine run continuously. After 2 or 3 minutes, the ground nuts will form a ball that will gradually smooth out. Scrape the sides of the bowl and continue processing until drops of nut oil are visible. Taste for consistency. The longer you process the nuts, the softer the butter will be. For chunk-style nut butter, add a handful of nuts just after the ball of nut butter begins to smooth out. To make butter from cashew nuts, add a little bland vegetable oil.

Processor-made nut butters contain no preservatives. They will keep indefinitely without separating when stored in the refrigerator.

To make flavored butters with anchovies, cheese, garlic, herbs, etc.

The butter should be at room temperature and cut into tablespoon-size pieces. Process the flavoring ingredients first, chopping them fine. Always process fresh herbs first, when the work bowl and metal blade are clean and dry. Add small, hard ingredients like garlic and pieces of cheese through the small feed tube while the machine is running.

Next, add the butter and process until smooth. Add any liquid ingredients last, while the processor is running, and process only long enough to blend.

To make cheese spreads and flavored dips

Process exactly as you would for flavored butters. Use sour cream, crème fraîche or soft cheese – at room temperature – instead of butter. Cut cream cheese into 1 inch (2.5 cm) cubes; add cottage cheese by tablespoons.

- Flavored butters freeze very well. Roll into a sausage shape about 1-1/2 inches (3.75 cm) in diameter and wrap airtight in plastic wrap. To use, simply slice as much as you want from the frozen roll and return the remainder to the freezer. Add to sauces, soups or casseroles or put on hot steaks, chops or grilled fish.

BEATING EGG WHITES, WHIPPING CREAM AND MAKING MAYONNAISE

THE METAL BLADE

To beat egg whites

Best results are obtained from the following method: use 3 or more egg whites that are part of a recipe that can be done almost entirely by processor. If the beaten egg whites are to be used in meringues, this method will not give good results. Use conventional methods instead, like a hand-held electric mixer.

The work bowl must be absolutely clean. Add 3 or more egg whites and turn on the machine. While the machine is running, pour a little vinegar or lemon juice through the feed tube, about 1 tablespoon for every 3 whites. Vinegar produces the stiffest results and its flavor is not detectable in cakes, soufflés or ice creams. Continue processing until the egg whites hold their shape – about 1¼ to 2½ minutes, depending on their number. They are ready when the surface develops ridges and the mass of whites almost stops moving.

To whip cream

Processor whipped cream is best for decorations or as a topping for gingerbread, berries or other desserts. Because no air is incorporated into it during processing, it will hold its shape very well, although it will not whip to a consistency as light and fluffy as that obtained by methods that beat air into the cream.

Chill the cream well before starting. Process up to 4 cups (960 ml) at a time. Process continuously until the cream begins to thicken. Then add sugar as desired and process continuously, watching carefully until the cream reaches the desired consistency.

For consistently reliable results, add 2 tablespoons of non-fat dried milk for every cup of cream, before processing.

To make mayonnaise

The DLC-X Plus can be used to make foolproof mayonnaise. Use the metal blade to process eggs. For safe food procedures, we recommend using pasteurized liquid eggs, or making a “cooked” mayonnaise such as the one on page 34 of this Instruction/Recipe Book. The work bowl and blade must be clean and dry.

You should be able to incorporate 2/3 cup (160 ml) of oil for every egg yolk, or up to 1¼ cups oil for every whole egg when making mayonnaise. A mayonnaise made with egg yolks alone will be almost as thick as butter.

To make a “two egg” batch of mayonnaise made with a liquid pasteurized egg product takes less than 5 minutes. Insert the metal blade and process 1/2 cup liquid pasteurized eggs (such as EggBeaters® or Simply Eggs®), 4 tablespoons vinegar or lemon juice, 2 teaspoons dry mustard, and 1 teaspoon kosher or sea salt with 4 tablespoons of vegetable oil for 45 seconds. Then, while the machine is running, pour 1/2 cup of vegetable oil into the small pusher. When the oil has dribbled through the small hole at the bottom of the pusher, remove the small pusher and gradually add 1½ cups vegetable oil with the machine running. Process until a thick emulsion is formed. See Basic Mayonnaise recipes, page 33.

MAKING CRUMBS, CRUMB CRUSTS, PASTRY AND QUICK BREADS

THE METAL BLADE

To make bread or cracker crumbs

Cut or break the bread or crackers into pieces and put them in the work bowl. Process continuously to as fine a texture as you want. For parsleyed or seasoned crumbs, chop parsley or other fresh herbs with the crumbs. For buttered crumbs, process until the dry crumbs are of the desired texture, then dribble melted butter through the small feed tube while the machine is running.

To make graham cracker or cookie crumb crusts

Process the crackers or cookies as described above. Add sugar, spices and butter, cut into pieces, as specified by your recipe. Process until well combined.

To prepare pastry

A recipe giving exact ingredients is in the recipe section at the end of this book. The following information describes the general procedure.

Combine unbleached all-purpose flour, salt, and pieces of very cold or frozen butter in the work bowl. Process until the mixture has the consistency of cornmeal.

Turn on the machine, and while it is running, start pouring ice water through the feed tube. Stop processing as soon as the dough begins to form a ball, to ensure tender, flaky pastry.

Use the dough immediately, or form it into a round disc about 1 inch (2.5 cm) thick. Wrap it in plastic wrap and refrigerate or freeze it for later use.

To prepare quick breads and cakes that use baking powder and/or soda

These doughs are soft and the ingredients should be cold. The most important rule for success is not to overmix after the flour has been added.

If the recipe calls for chopped ingredients like lemon peel as flavoring or nuts for a topping or crust, chop them first while

the work bowl is clean and dry. Then set them aside until needed. (Always use sugar when chopping lemon peel; see page 8.)

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

Add the eggs and sugar to the work bowl and process to mix, letting the machine run about 1 minute. Next, add the butter, at room temperature and cut into 1-inch (2.5 cm) pieces. Let the machine run continuously for a minute, until the butter is thoroughly mixed with the sugar and eggs. Then add flavorings and liquid — vanilla, spices, cocoa, etc. Process until mixed. Add the dry ingredients to the work bowl. Process by pulsing, looking down after each pulse. Stop pulsing as soon as the dry ingredients have almost disappeared into the batter. Overprocessing the dry ingredients will cause quick breads and cakes to be tough. (If your recipe calls for ingredients that are to be coarsely chopped, like nuts or raisins, add them last with the mixed dry ingredients.)

PROCESSING YEAST DOUGH FOR BREAD AND COFFEE CAKE

THE DOUGH BLADE

A fresh and fragrant loaf of bread is one of the most satisfying of foods. With the food processor to mix and knead the dough for you, it's easy to produce perfect loaves every time.

There are two general types of yeast dough.

Typical bread dough:

- Is made with a flour mix that contains at least 50% white flour.
- Is uniformly soft, pliable and slightly sticky when properly kneaded.
- Always cleans the inside of the work bowl completely when properly kneaded.

Typical sweet dough:

- Contains a higher proportion of sugar, butter and/or eggs than typical bread dough.

- Is rich and sticky.
- Does not clean the inside of the work bowl.
- Requires less kneading after the ingredients are mixed. Although 30 seconds is usually sufficient, 60 to 90 seconds gives better results if the machine does not slow down.

Except for kneading, the procedures are the same for both types of dough.

Machine capacity

If a bread dough calls for more than 10 cups of all-purpose flour (50 ounces, 1.4 kg), or 6 cups of whole grain flour (30 ounces, 850 g), mix and knead the dough in equal batches. Do the same for sweet doughs that call for more than 6 cups of flour (30 ounces, 850 g).

Using the right blade

Use the plastic dough blade for any recipe that calls for more than 3½ cups of flour measured by the “stir-scoop-and-sweep” method (17½ ounces, 495 g). See the explanation under “Measuring the flour.”

Because the dough blade does not extend to the outside rim of the work bowl, it cannot pick up all the flour when small amounts of dough are being processed. Use the metal blade for recipes that call for less than 3-1/2 cups of flour (17½ ounces, 495 g).

Always push the blade down as far as it will go on the motor shaft.

Measuring the flour

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

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

Proofing the yeast

The expiration date is marked on the package. It is usually, but not always, reliable. To be sure your yeast is active, dissolve it in a small amount of warm liquid (about 1/3 cup for one package of dry yeast). If the recipe calls for a sweetener like sugar or honey, add a tablespoonful with the yeast. If no sugar is called for, add a half teaspoonful of the flour. The yeast won't foam without it. Let the mixture stand until it foams – up to 10 minutes.

Processing dry ingredients

Put the flour in the work bowl with all the other dry ingredients. If the recipe calls for herbs, oil or solid fats like butter, add them with the flour. Turn the machine on and let it run for about 20 seconds. Cheese, nuts and raisins may be added with the dry ingredients or during the final kneading. To leave them almost whole, add them 5 seconds before you stop kneading. For finer texture, add them sooner.

Adding liquids

All liquid should be added through the feed tube while the machine is running. The temperature of liquids used to dissolve and activate yeast must be between 105° and 120°F (40° and 49°C). Yeast cells are not activated at temperatures lower than this and they die when exposed to temperatures higher than 130°F (54°C).

All liquid except that used to activate the yeast should be cold, to minimize the possibility of overheating the dough.

Kneading bread dough

After the dough starts to clean the inside of the work bowl completely, process it for 80 seconds to knead it. Stop the machine and test the dough to be sure it's properly kneaded. Typical bread dough should have a soft, pliable texture and it should feel slightly sticky. Stretch the dough with your hands to test. If it feels hard, lumpy or uneven, continue processing until it feels uniformly soft and pliable.

Kneading dough for coffee cakes, batter bread and brioche

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

Rising

Put the dough in a large, lightly floured, plastic bag, squeeze out all the air, and close the end with a wire twist, allowing space for the dough to rise.

Or put the ball of dough in a large bowl coated with soft butter or vegetable oil. Roll the dough around to coat the entire surface. Cover it with a damp towel or a piece of oiled plastic wrap.

Let it rise in a warm, draft-free place about 80°F (27°C). The rising time will vary from 45 minutes to several hours, depending on the type of flour and the humidity of the air. To test if the dough has risen enough, stick a finger into it.

An indentation should remain when you withdraw your finger. If it doesn't, let the dough rise more and test again.

Punch the dough down.

Shaping, finishing and baking

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

Making large quantities

You can make several batches of bread dough in a row. To avoid overheating the motor, use less than the maximum capacity for each batch. For example, using 9 cups of flour (45 ounces, 1.3kg) instead of 10 cups (50 ounces, 1.4kg), you can make 5 successive batches of typical bread dough. That's 4-1/2 pounds (2 kg) of bread dough per batch – a total of 22½ pounds (10 kg) of dough!

PROBLEMS AND SOLUTIONS WITH TYPICAL BREAD DOUGH

Motor slows down:

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in 2 batches.
- Dough may be too wet. As soon as machine starts to slow down, add 2 tablespoons flour through feed tube.

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

Blade doesn't incorporate ingredients:

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

Blade rises in work bowl:

- Blade may not have been pushed down as far as possible before processing was started.

Dough doesn't clean inside of work bowl:

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in 2 batches.
- Dough may be too dry. If it feels crumbly, add water – 1 tablespoon at a time – while machine is running, until dough becomes moist and cleans inside of work bowl. Wait 10 seconds between additions of water.
- Dough may be too wet. While machine is running, add 1 tablespoon of flour. If necessary, add more – 1 tablespoon at a time – until dough cleans inside of work bowl.
- Plastic dough blade is intended only for recipes calling for at least 3-1/2 cups of flour (17-1/2 ounces, 495 g). If your recipe calls for less flour, remove plastic dough blade and insert metal blade. Always use metal blade for recipes calling for less than 3½ cups of flour (17-1/2 ounces, 495 g).

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

- Stop machine, carefully remove dough, divide it into 3 pieces and redistribute them evenly in work bowl. Continue processing until dough is uniformly soft and pliable.

Dough feels tough after kneading:

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

Soft dough or liquid leaks onto base of food processor:

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

Dough is too dry:

- While machine is running, add water – 1 tablespoon at a time – until dough is sufficiently moist to clean inside of bowl.

Dough is too wet and sticky:

- While machine is running, add 2 tablespoons of flour and process 10 seconds. If necessary, add more flour – 1 tablespoon at a time – waiting 10 seconds after each addition, until dough cleans inside of bowl.

Motor stops:

- Pusher assembly may have become unlocked. Push down pusher sleeve to lock it into place and continue processing.
- Cover may have become unlocked. Lock cover and continue processing.
- Power cord may have become unplugged. Plug in machine and continue processing.
- Excessive strain may have caused motor to overheat and stop. Wait for motor to cool off, divide dough into 2 batches, and complete processing.

Dough doesn't rise:

- We recommend that you always test activity of yeast before using it by stirring it and at least 1/2 teaspoon sugar into about 1/3 cup (80ml) warm liquid 105°F to 120°F (40° to 49°C). Within 10 minutes foam should develop, indicating yeast is active. Do not use dry yeast after expiration date on package.
- Avoid killing yeast cells by dissolving yeast in too warm water or overheating dough by excessive kneading. Dissolve yeast in about 1/3 cup (80ml) warm water at 105° to 120°F (40° to 49°C). All other liquid should be cold.
- Let dough rise in draft-free environment of about 80° to 90°F (26° to 32°C). (For most predictable environment, use oven that has been turned on briefly to lowest temperature, then turned off before placing dough in it. Cushion bottom of bowl with pot holder or towel.)
- Dough containing whole grain flour will take longer to rise than dough made of white flour only.

Baked bread too heavy:

- Next time, feel dough to be sure it is uniformly soft, pliable and slightly sticky before setting it aside to rise. Let dough fully double in bulk in bowl or bag, punch it down, then let it double again after it has been shaped. Always bake bread in oven preheated to 400°F (205°C) unless recipe indicates otherwise.

PROBLEMS AND SOLUTIONS WITH TYPICAL SWEET DOUGHS**Motor slows down:**

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process 2 batches.
- Don't process too long after all the ingredients have been incorporated. These rich doughs will give you good results after only 30 seconds of kneading.

Blade doesn't incorporate ingredients:

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

Blade rises in work bowl:

- Blade may not have been pushed down as far as possible before processing was started.

Motor stops:

- See comments under "Typical Bread Dough."

Dough doesn't rise:

- See comments under "Typical Bread Dough."

SLICING FRUITS AND VEGETABLES**THE SLICING DISC****To slice round fruits and vegetables**

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

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

Be sure the small pusher is locked and the slide lock on the large pusher is unlocked. Slide the pusher assembly over the feed tube and push the sleeve down to lock it into place.

Apply pressure to the pusher while pressing down on the PULSE/OFF lever. Release the PULSE/OFF lever as soon as the food is sliced.

To prepare whole peppers

Prepare them by removing the stem and cutting the stem end flat. Remove the center core and scoop out the seeds. Leave the end opposite the stem whole, to keep the structure stiff. This ensures round, even slices.

Insert the pepper, stem side down, into the feed tube.

If the fruit or vegetable doesn't fit in the top of the feed tube

Try inserting it from the bottom. The opening there is slightly larger. Always remove large, hard pits and seeds from fruits before processing. Seeds from citrus fruits need not be removed.

For best slicing results, choose fruits that are firm and not too ripe. Citrus fruits should not be soft or mushy. You may remove the rind before slicing, or slice fruits with the rind on.

To slice large fruits like cantaloupe and pineapple, first cut them in half and remove the seeds or core. If necessary, cut the halves into smaller pieces to fit into the feed tube. Remember to cut the ends flat.

To prepare cabbage

Turn the cabbage on its side and slice off the top and bottom to leave a center section about 3 inches (7.5 cm) deep. Remove the core from the center section and cut it in wedges to fit the feed tube vertically. Use the 2 mm slicing disc or the optional 1 mm slicing disc (DLC-341) to slice the cabbage for coleslaw. Apply medium pressure to the pusher, and press the PULSE/OFF lever until the cabbage is sliced. Remove the core from the bottom piece, and cut it and the top piece into wedges to fit the feed tube. Process as described.

To slice small round fruits and vegetables

For large berries, radishes and mushrooms, use this procedure. Trim the opposite ends flat with a knife. Insert them through the feed tube, standing each piece on a flat end. You can fill the tube to about 1 inch (2.5 cm) from the top. The bottom layer gives you perfect slices for garnish.

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

To slice long fruits and vegetables

Trim bananas, celery, carrots, cucumbers and zucchini before putting them in the feed tube. Cut them into pieces about 3 inches (7.5 cm) long – a little shorter than the height of the feed tube. Place a ruler on your cutting board as a guide, or lay the pusher assembly on the board with the pusher pulled out as far as it will go. Cut both ends flat.

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

Slide the pusher assembly over the feed tube and press the sleeve down to lock it into place. Be sure the small pusher is locked and the slide lock on the sleeve is unlocked.

To slice a small amount of food

Use the small feed tube and the small pusher. Remove the small pusher from the pusher assembly. Slide the pusher assembly over the feed tube and press the sleeve down to lock it into place. Be sure the slide lock on the sleeve is locked.

Cut the food in 3-inch (7.5 cm) lengths – a little shorter than the height of the feed tube. If you are slicing one or two long, thin vegetables like carrots, push them against the left side of the tube.

If you are slicing a few vegetables that are long at one end and narrow at the other – like celery, carrots or scallions – cut them in half and pack them in pairs alternating one wide end up and one narrow end up.

Press down with the small pusher while pressing down on the PULSE/OFF lever, until the food is sliced.

To prepare French-cut green beans

Trim fresh green beans to 4-inch (10 cm) lengths. Stack them in the feed tube horizontally to about 1 inch (2.5 cm) from the top. Be sure the small pusher is locked and the slide lock on the sleeve is unlocked.

Slide the pusher assembly over the feed tube and push the sleeve down to lock it into place. Apply light pressure to the pusher and press down on the PULSE/OFF lever until the beans are sliced.

To make long, horizontal slices of zucchini and carrots, use the same procedure. You can make julienne strips from leeks in the same way. Remove the root end and the green ends. Cut the leeks in half and wash them well to remove all sand. Place them in the feed tube flat side down.

To make julienne or matchstick strips

Process the food twice or “double-slice” it. Insert any large vegetable or fruit, like potatoes, turnips, zucchini or apples, in the feed tube horizontally. You may want to wedge large vegetables or fruits in from the bottom of the feed tube, which is slightly larger than the top.

Apply pressure to the pusher while pressing down on the PULSE/OFF lever until the food is sliced. You will get long slices.

Remove the slices from the work bowl and reassemble them as shown. Reinsert them in the feed tube, from the top or bottom, wedging them in tightly so they won't fall over or tilt. Slice them again. You will obtain long julienne strips.

With either of two optional julienne discs, you can obtain square julienne strips in a single operation. The DLC-332 Square Julienne Disc makes strips that measure 2x2 mm in cross section; the DLC-333 Square Julienne Disc makes 3x3 mm strips. For larger strips, use the DLC-336 Fruit, Vegetable and French-Fry Cut Disc; it makes sticks that measure 6x6 mm (about 1/4 inch square) in cross section.

To slice cooked meat and poultry

In general, the food must be very cold. If possible, use a single chunk of food just large enough to fit the feed tube. To make julienne strips of ham, bologna or luncheon meat, stack slices of them. Then roll them or fold them double and stand them upright in the feed tube, wedging in as many rolls as possible. This technique works better with square or rectangular pieces than with round ones.

To slice uncooked meat and poultry

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

To slice sausage

Freeze the sausage until it is hard to the touch, but can be easily pierced with the tip of a sharp knife. If a single sausage does not fit snugly in the feed tube, cut it into pieces to fit the small or the large feed tube. Process, using firm pressure.

To slice salami and other hard sausage

If the sausage is thin enough so one or two of them will fit in the small feed tube, use that tube. Or cut the sausage into enough pieces to fit the large feed tube completely. Stand the pieces vertically, packing them in tightly so they cannot tilt sideways as they are sliced.

SHREDDING FRUITS AND VEGETABLES

THE SHREDDING DISC

To shred round fruits and vegetables

Before processing apples, potatoes, onions and other round food, trim with a knife. Cut one end flat, to make food lie stable on the shredding disc.

Place the food in the pusher, one flat side down. Position it in the tube as far left as possible, to prevent it from tilting. Make sure the small pusher is locked and the slide lock on the sleeve is unlocked. Slide the pusher assembly over the feed tube and push the sleeve down to lock it into place. Apply pressure to the pusher while pressing the PULSE/OFF lever until the food is sliced.

To shred long vegetables

Trim carrots, zucchini and other long vegetables into the long-est lengths that will fit the feed tube when laid in horizontally (about 4 inches, 10 cm). Stack the pieces to about 1 inch (2.5 cm) from the top of the feed tube.

Apply medium to firm pressure on the pusher – depending on the texture of the food – while pressing the PULSE/OFF lever until the food is shredded. Do not overload work bowl, or shredded food may force disc upward. Never force pusher when shredding food.

To shred cabbage for coleslaw

Prepare in wedges. Place a wedge in the feed tube vertically. Apply medium pressure to the pusher and press the PULSE/OFF lever until the cabbage is shredded. For longer shreds, prepare the same way, but process with one of the optional thin slicing discs.




To shred hard cheese like Parmesan

The cheese must be at room temperature. If a sharp knife cannot easily pierce the cheese, do not try to shred it; it may damage the shredding disc. Cut the cheese into pieces to fit the feed tube and process with light pressure on the pusher.

Never force the pusher. Press down on the PULSE/OFF lever and hold it down until the cheese is shredded, releasing pressure on the pusher momentarily if the motor slows.

To slice firm cheese like Swiss and cheddar

Cut the cheese into pieces to fit the feed tube. Put cheese in the freezer until it is semi-frozen – hard to the touch but easily pierced through with the tip of a sharp knife. Stand the pieces in the feed tube and apply light pressure to the pusher while pressing the PULSE/OFF lever until they are sliced.

<p>PROCESSING CHEESE Find the name of the cheese you want to process in a box below. For processing information, check the box under the appropriate disc at right.</p>			
<p>SOFT CHEESES Brie, Camembert, Mozzarella, Ricotta, Liederkranz, Cottage, Cream</p>	<p>YES temperature not critical</p>	<p>NO except mozzarella which must be well chilled</p>	<p>NO</p>
<p>SEMI-SOFT CHEESES Blue, Fontina, Bel Paese</p>	<p>YES temperature not critical</p>	<p>NO well chilled</p>	<p>NO</p>
<p>SEMI-HARD CHEESES Cheddar, Monterey Jack, Colby, Longhorn, Swiss, Gruyère, Emmenthaler, Jarlsberg, Edam, Gouda, Provolone</p>	<p>YES temperature not critical</p>	<p>YES well chilled</p>	<p>YES well chilled</p>
<p>HARD CHEESES Parmesan, Romano, Pecorino, Sapsago</p>	<p>YES temperature not critical</p>	<p>YES room temperature</p>	<p>NO</p>

MAKING BABY FOOD

The food processor ends concern about additives or preservatives in your baby's diet. When you prepare the food yourself, you know exactly what's in it.

Process enough for several meals at one time and freeze in serving-size portions. You can process as little as 2 ounces (55 g) at a time – a real time-saver that allows you to serve the baby the same food you're preparing for the rest of the family.

Vegetables

Simmer or steam fresh vegetables in a little water, drain them well and purée them with the metal blade.

Fruit

Poach it in water and purée it with the metal blade.

Meat, Poultry and Fish

Cook it first, then chop finely with the metal blade. Add a little broth or milk to soften, and purée as fine as desired.

ADAPTING RECIPES FOR THE FOOD PROCESSOR

You can use your food processor to

make almost all your food preparation tasks easier. To work most efficiently, organize all the steps involved in planning a recipe or a meal. Then decide on the best order for processing materials, using the information below as a guide.

Process dry ingredients being used as a garnish, like parsley and nuts, first. They should be chopped when the bowl and the blade are completely dry. Usually you will just have to wipe out the bowl and proceed to the next processing task without washing it.

IMPORTANT: Never try to slice soft cheese like Mozzarella or hard cheese like Parmesan. You may damage the slicing disc or the processor itself. See the guide for processing cheese.

Special Diets

If anyone in your family is on a restricted diet, you already know how difficult it is to obtain canned, frozen or other prepared foods that are salt-free, low-fiber — or whatever the special diet requires. Your food processor will enable you to fill the diet requirements.

Always use a dry bowl for chopping. Process small, hard ingredients like garlic and ginger root first. Then proceed to the larger solid ingredients like onion or peppers. Always add the hardest solid ingredient first and go on to the softer ones.

Generally, you should do the slicing and shredding after the chopping, since a clean bowl may not be necessary for sliced and shredded ingredients that are being added to the same dish as the chopped ones.

To avoid spattering liquids, add them through the small feed tube while the machine is running. When you are puréeing ingredients for a soup or sauce, strain out the solid ingredients and reserve the liquid. Purée the solid ingredients alone. Add 1/2 cup (120 ml) of the liquid and purée another 30 seconds. Then return the purée to the reserved liquid.

When making quick breads, cakes and cookies, add the dry ingredients last. Mix them into the other ingredients by pulsing just until they disappear. If the recipe calls for nuts or raisins, add them with the dry ingredients to avoid overchopping.

You can easily adapt your favorite recipes from standard cookbooks for faster preparation in the food processor. Follow the guidelines outlined above. If there is a similar recipe in the recipe section at the end of this book, review the order in which ingredients are processed and proceed accordingly with your own recipe.

CLEANING AND STORING

Keep your food processor ready for use on a kitchen counter. When it's not being used, leave it unplugged. Don't leave it with the pusher assembly in the locked position; this could damage the on/off mechanism.

Store the blades and discs in a safe, convenient place, as you would sharp knives – out of reach of children. The DLC-077 Disc Holder, an optional accessory, offers safe and convenient storage for seven discs.

All parts except the motor base are dishwasher safe, and we recommend washing them in the dishwasher. Insert the work

bowl upside down. Remember where you place sharp blades and discs, and unload the dishwasher carefully.

To simplify cleaning, rinse the work bowl, cover, pusher assembly and blade or disc immediately after use so food won't dry on them. Openings at the bottom of the large pusher provide drainage and make cleaning easy. If food lodges in the pusher, remove it by running water through pusher or by using a bottle brush.

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

The work bowl is made of Lexan[®] polycarbonate plastic, which is shatter resistant and heat resistant. The tube at the back houses the rod that activates the motor.

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

The base housing is also made of polycarbonate, a tough plastic with high impact resistance. Its smooth surface will look new for years. Keep a sponge handy as you work, and wipe spills from the base.

Four rubber feet on the underside keep the base from moving on most work spaces when the machine is processing heavy loads. If the feet leave spots on the counter, spray them with a spot remover like Fantastik[®] and wipe with a damp sponge. If any trace of the spot remains, repeat the procedure and wipe the area with a damp sponge and nonabrasive cleaning powder.

Use the plastic tool to clean the underside of the metal blade and the dough blade, and to clean around the top of the small feed tube. A narrow bottle brush is also useful.

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

IMPORTANT: Never store any blade or disc on the motor shaft. No blade or disc should be placed on the shaft except when the processor is in use.

TROUBLESHOOTING GUIDE

These are some problems along with solutions that beginners with a food processor sometimes experience.

Food is unevenly chopped:

- Either you are trying to process too much food at one time, or you are running the machine continuously instead of pulsing it on and off until the pieces of food are no larger than 1/2-inch (1.25cm) cubes.

Liquid leaks from bottom of bowl onto motor base:

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

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

- You added too much liquid. Never use more than 4 cups (950 ml) of a very thin liquid. The thicker the liquid, the more you can use. With thick mixtures like pancake or cake batter, for example, you can process much more.

Slices are uneven or slanted:

- Pack the feed tube more carefully, as described in this book. Maintain an even pressure on the pusher.

Carrot or similar food falls over in the feed tube:

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

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

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

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

- This is normal. Cut the remaining bits by hand or save them in a plastic bag for later use. Vegetable scraps can be puréed for soups or used to thicken sauces or stews. In every case, there would be more waste if you sliced or shredded the food by hand.

Soft cheeses like mozzarella spread out and collect on top of the shredding disc:

- The cheese was not cold enough, or the pressure on the pusher was too great. Always use light pressure when processing cheese.

FOR YOUR SAFETY

These are some procedures that will protect you and your family from any injury caused by misuse.

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

- Do not use the pusher assembly if the sleeve becomes detached from the pusher. Call Cuisinart Customer Service right away. Our toll-free number is given in the back of this book.

TECHNICAL INFORMATION

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

An automatic, temperature-controlled circuit breaker in the motor ensures complete protection against motor burnout. If the processor runs for an exceptionally long time when chopping, mixing or kneading a thick or heavy mixture in successive batches, the motor may overheat. If this happens, the processor will stop. Turn it off and wait for the motor to cool off before proceeding. It will usually cool off within 10 minutes; in extreme cases, it could take an hour.

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

Recipe Notes:

Preparation times are approximate and are based on the time it takes to assemble the ingredients, once they have been gathered from the refrigerator and cupboard and placed on the counter. Cooking times are additional as noted.

Nutritional analyses are based on number of servings indicated. If a recipe produces a range of servings, the nutritional analyses are based on the highest serving yield for that particular recipe.

RECIPES

SALSA

Yield: 10 cups

Preparation: 10 – 15 minutes

- 6 cloves garlic, peeled
- 6 jalapeño peppers, cored, seeded and quartered
- 1 large red onion (12 ounces), peeled, cut in 1-inch pieces
- 3/4 cup medium packed fresh cilantro leaves, to taste
- 4 pounds ripe, firm tomatoes, cored and cut in eighths
- 1 tablespoon kosher salt
- 1-1/2 teaspoons ground cumin
- 4 tablespoons freshly squeezed lime juice

Insert the metal blade. With the machine running, drop the garlic and jalapeño peppers through the small feed tube and process to chop, about 10 seconds. Scrape the work bowl. Add the onion cubes and cilantro leaves to the work bowl; pulse to chop, 8-10 times. Scrape the work bowl. Add the tomatoes; pulse to chop, 10-12 times. Scrape the work bowl. Add the salt, cumin and lime juice; pulse to combine, 5 times. Transfer to a medium bowl and refrigerate for at least 30 minutes to allow the flavors to blend. Salsa is best when made the day it is to be served, but will keep for a day or two when refrigerated. Stir if it separates.

Note: Salsa is best made with fresh, ripe summer and early autumn tomatoes. If they are not available, use equal amounts of ripe Italian plum tomatoes and drained, canned Italian plum tomatoes (weigh after draining).

*Nutritional analysis per 4 tablespoon serving:
Calories 14 (0% from fat) • carbo. 3g • pro. 1g • fat 0g •
sat. fat 0g • chol. 0mg • sod. 47mg • fiber 1g*

GUACAMOLE

Yield: 9 cups

Preparation: 10 - 15 minutes

- 1 cup tightly packed cilantro leaves
- 6 plum tomatoes, cored, halved and seeded
- 4 cloves garlic, peeled
- 5 medium jalapeño peppers, stemmed, quartered and seeded
- 4 ounces red onion, peeled and cut in 1-inch pieces
- 12 ripe avocados, peeled, pitted and cut in 1-inch pieces – reserve several pits
- 1/2 cup freshly squeezed lime juice
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 teaspoon kosher salt

Insert the metal blade in the processor and process to chop the cilantro leaves, 10 seconds; remove and reserve. Pulse to chop the tomatoes 10-15 times; remove and reserve. With the machine running, drop the garlic cloves and jalapeños through the feed tube; process until minced, 10 seconds. Add the onion to the work bowl; process to chop, 10 seconds. Add the avocados, lime juice, chili powder, cumin and salt to the work bowl; process 30 seconds. Scrape the work bowl. Process for 30 seconds longer. Add the reserved chopped cilantro and tomato to the work bowl; pulse until just combined. Transfer to a bowl. If not serving immediately, place a sheet of plastic wrap directly on the guacamole, pressing out any air bubbles on the surface. Refrigerate until ready to serve.

Nutritional analysis per 2 tablespoon serving:

Calories 54 (77% from fat) • carbo. 3g • pro. 1g • fat 5g • sat. fat 1g • chol. 0mg • sod. 31mg • fiber 2g

HERBED CHÈVRE SPREAD

Yield: 6 cups

Preparation time: 10 minutes

- 4 cloves garlic, peeled
- 1/2 cup fresh herbs, loosely packed*
- 24 ounces cream cheese (may use reduced fat), cut in 1 inch pieces
- 24 ounces chèvre or other goat cheese, chilled, cut in 1-inch pieces
- 1/2 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon Tabasco® - to taste

In a small Cuisinart® saucepan, blanch the garlic in boiling water for 1 minute; drain and let cool.

Insert the metal blade. With the machine running, drop the cooled garlic through the feed tube and process 5 seconds to chop. Scrape the work bowl. Process to chop the herbs, 15 seconds. Add the cream cheese to the work bowl; process until smooth, about 30 seconds. Add the chèvre, kosher salt, freshly ground pepper and Tabasco®; pulse to combine 10 times. Scrape the work bowl and pulse 10 times. Transfer to a serving dish or bowl and chill at least 10 minutes before serving. May be made up to 4 days ahead. Allow to come to room temperature for 30-40 minutes before serving. For a fancier presentation, line a 6-cup mold with plastic wrap. Spoon the Herbed Chèvre Spread into the mold, spreading as evenly as possible. Tap the mold on the counter several times to remove air bubbles. Cover tightly with plastic wrap and chill. To serve, invert the mold on a serving platter, lift off mold, then carefully pull off plastic wrap.

* You may use all Italian parsley leaves, or a combination of herbs. Try 1/4 cup Italian parsley leaves, 2 tablespoons basil leaves, and 2 tablespoons fresh thyme leaves.

Nutritional analysis per 2 tablespoon serving:

Calories 69 (69% from fat) • carbo. 1g • pro. 4g • fat 6g • sat. fat 4g • chol. 12mg • sod. 152mg • fiber 0g

ASIAGO CHEESE PUFFS

Yield: 9 dozen 1-inch puffs

Preparation: 15 minutes, plus baking time

12 ounces Asiago cheese, cut in 1 inch pieces
3 cups water
1-1/4 teaspoons kosher salt
1 tablespoon Tabasco®
1-1/2 cups (3 sticks) unsalted butter, cut in tablespoons
3 cups unbleached all-purpose flour
12 large eggs, at room temperature*

Generously grease baking sheets, using solid shortening.

Preheat the oven to 425°F.

Insert the metal blade in the processor. With the machine running, drop the cheese through the small feed tube and process to chop until grated in appearance, about 30-40 seconds. Remove and reserve.

Bring the water, salt, and Tabasco® to a boil in a Cuisinart® 2-3/4 quart saucepan. Add the butter. When the butter is melted, and the mixture is ready to return to a boil, take the pan off the heat, and add the flour and all but 3/4 cup of the cheese all at once. Over very low heat, stir the mixture with a sturdy wooden spoon until it holds together in one mass, then continue to stir for 2 minutes to cook the flour. Take off heat and let cool for 5-10 minutes.

Transfer the dough to the work bowl fitted with the metal blade. Process for 1 minute to cool further, then with the machine running, add the eggs one at a time, taking care to incorporate each egg completely before adding the next. Spoon (you may use a small ice cream scoop) or pipe the dough in 1 inch balls onto the prepared sheets, about 1-1/2 inches apart. Use a fork to flatten them slightly. Sprinkle each with about 1/3 teaspoon of the reserved cheese. Bake until golden and puffed, about 20-25 minutes. For crispier puffs, cut a small slit in the side with the tip of a knife to allow the steam to escape. Serve hot or warm.

Asiago Cheese Puffs can be made ahead and frozen. Place them on baking sheets and reheat in a 300° F oven for 10 minutes.

* Remove eggs from refrigerator about 30 minutes before using them, or put them in a bowl of warm water while you assemble other ingredients.

Nutritional analysis per puff:

Calories 54 (68% from fat) • carbo. 3g • pro. 2g • fat 4g • sat. fat 0g • chol. 31mg • sod. 74mg • fiber 0g

SPICY GARDEN GAZPACHO

Yield: About 20 cups

Preparation: 15-20 minutes

4 medium celery stalks, peeled, cut to fit feed tube
6 scallions, trimmed to about 6 inches in length
2 Kirby cucumbers, quartered lengthwise, seeds removed
1 medium green bell pepper, cored, seeded and cut in eighths lengthwise
1 medium yellow bell pepper, cored, seeded and cut in eighths lengthwise
4 cloves garlic, peeled
4 jalapeño peppers, halved, cored and seeded
6 ounces radishes, trimmed
6 large tomatoes (3 pounds total) cored, quartered and seeded
1 jar (7 ounce) roasted red peppers, drained
2 cans (46 ounces each) V-8 or tomato juice, low-sodium preferred
3 tablespoons balsamic or sherry vinegar
1-1/2-2 tablespoons light brown sugar
1-2 teaspoons kosher salt
3/4 teaspoon freshly ground black pepper

Insert the 2 mm slicing disc in the processor. Arrange the celery in the large feed tube; use medium pressure to slice. Arrange the

scallions in the small feed tube; use light pressure to slice. Insert the 4 mm slicing disc; use medium pressure to slice the cucumbers and red and yellow peppers. Transfer the vegetables to a large bowl.

Insert the metal blade in the processor. With the machine running, drop the garlic and jalapeños through the feed tube and process to chop, about 5 seconds. Scrape the work bowl. Add the radishes to the work bowl; pulse to chop, 10-15 times. Add the tomatoes to the work bowl; pulse to chop, 10-15 times. Add the vegetables to those already in the large bowl and stir to combine.

Transfer half the chopped/sliced vegetables to the work bowl. Add the drained roasted peppers and 3 cups of the juice. Pulse to combine, 10 times, then process until smooth, about 2 minutes. Return the puréed vegetable mixture to the large bowl and stir to incorporate. Stir in the vinegar, brown sugar, salt and pepper. Refrigerate until well chilled; adjust seasonings to taste before serving.

Serve chilled. May be garnished with sliced or chopped avocado, freshly chopped cilantro or Italian parsley, and a small dollop of sour cream. To turn this into a summertime meal, top each serving with 4-6 ounces cooked (poached or grilled) shrimp and scallops.

Nutritional analysis per 1 cup serving:

Calories 61 (7% from fat) • carbo. 13g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 342mg • fiber 2g

BLACK BEAN SOUP

Yield: 3 quarts

Preparation: 15-20 minutes, 2 hours cooking

2 pounds dried black beans
1 red bell pepper
1 yellow bell pepper

1/2 pound carrots, peeled, cut to fit large feed tube
4 large ribs celery, trimmed, cut to fit large feed tube
6 cloves garlic, peeled
1-1/2 pounds Spanish onions, peeled, cut in 1-inch pieces
2 tablespoons extra virgin olive oil
1 tablespoon oregano
1 tablespoon ground cumin
1-1/2 teaspoons thyme
1 teaspoon ground coriander
1 bay leaf
2 quarts vegetable stock*
3 cups water
kosher salt
freshly ground black pepper

Sort the beans and discard any dirt and/or stones. Place in a medium bowl and cover with cold water by 3 inches. Allow to soak, covered, for 8 hours/overnight.

Insert the 6 mm slicing disc. Arrange the peppers in the large feed tube and use medium pressure to slice; remove and reserve. Insert the 4 mm slicing disc. Arrange the carrots and celery in the large feed tube; use medium pressure to slice. Remove and reserve. Insert the metal blade. With the machine running, drop the garlic through the small feed tube and process to chop, 5 seconds. Scrape the work bowl. Add the onions; pulse to chop, 10 times.

In a 6-quart Cuisinart® stockpot, heat the olive oil over medium heat. When hot, add the sliced and shredded vegetables and garlic. Cook over medium heat until softened and translucent. Add the oregano, cumin, thyme, coriander and bay leaf; cook over medium low heat until aromatic, about 5 minutes.

Drain and rinse the beans. Add the beans to the stockpot along with the stock and water. Bring the soup to a boil, then reduce the heat to low, cover loosely and simmer for 1-1/2 - 2 hours, until the beans are tender and the soup has thickened. Allow to cook slightly. Remove the bay leaf and discard. Insert the metal blade. Process the soup in three batches until creamy and

smooth. (For a more “rustic” soup, process only two thirds of the soup and stir in the remaining “chunky” soup.) Transfer to a clean stockpot as soup is processed. Reheat over low heat as necessary. Stir in vinegar; season to taste. Serve hot with garnishes of sour cream, chopped green onions, chopped red and yellow bell peppers, chopped tomatoes, and chopped fresh cilantro or parsley. Black bean soup freezes well.

* For a non-vegetarian version, you may use chicken stock or ham broth. A smoked turkey leg or ham hock may be added for additional flavor. Remove before serving, allow to cool enough to handle, shred meat, discard bones, fat and skin, and return shredded meat to the soup.

Nutritional analysis per 1 cup serving:

Calories 168 (16% from fat) • carbo. 29g • pro. 8g • fat 3g • sat. fat 0g • chol. 0mg • sod. 210mg • fiber 7g

YUKON GOLD POTATO & CHEESE SOUP WITH BROCCOLI

Yield: 20 cups

Preparation: 35 to 40 minutes

- 1 cup loosely packed Italian parsley leaves
- 8 ounces sharp cheddar cheese
- 2 tablespoons cornstarch
- 3 tablespoons unsalted butter
- 3 ribs celery (4 ounces), cut in 1-inch pieces
- 3 carrots (8 ounces, peeled), cut in 1-inch pieces
- 1 pound onions, peeled, cut in 1-inch pieces
- 1 teaspoon thyme
- 1/4 cup all-purpose flour
- 3 pounds Yukon gold potatoes, peeled and quartered lengthwise
- 8 cups vegetable broth
- 2 cups lowfat milk
- 4 cups broccoli florets (about 12 ounces), cut in bite-sized pieces
- 1-1/2 teaspoons kosher salt

- 1/2 teaspoon freshly ground black pepper
- 1-3 teaspoons Tabasco®, to taste

Insert metal blade. Pulse to chop parsley; remove and reserve. Insert shredding disc. Use medium pressure to shred cheese. Remove and toss with cornstarch; refrigerate until ready to use.

Insert the metal blade. Pulse to chop onions and celery, 10 times; remove and reserve. Pulse to chop the carrots, 15 times; remove and reserve. Insert the 6 mm slicing disc. Arrange potatoes upright in large feed tube; use medium pressure to slice.

In an 8 or 9 quart Cuisinart® stockpot, heat butter over medium heat. Add the vegetables and sauté until they begin to soften, about 5 minutes. Sprinkle with flour and cook, stirring constantly for 4 – 5 minutes; do not allow to brown. Whisk in vegetable broth and milk. Add the potatoes and bring to a boil. Reduce heat and simmer for about 20 minutes, until the potatoes are tender. While the potatoes are cooking, blanch (for 1 minute) or steam (for 2 – 3 minutes) the broccoli florets until crisp-tender. Plunge immediately into iced water to stop the cooking, then drain well.

Remove the soup from the heat and strain the solids from the liquid, reserving the cooking liquid. Return the liquid to the stockpot; keep warm over low heat. Place the solids in the work bowl and process 30 seconds. Scrape the work bowl. Process until fairly smooth and creamy, about 30 seconds longer. Return the puréed vegetables to hot liquid in the pot. Reheat over medium low heat. Add the reserved shredded cheese that has been tossed with the cornstarch, about 1/2 cup at a time, stirring until melted and smooth after each addition. Stir in the reserved broccoli florets; heat until broccoli is warmed through.

Season with salt, pepper, and Tabasco® to taste. Serve in warmed bowls and sprinkle with the chopped parsley.

Nutritional analysis per 1 cup serving:

Calories 151 (31% from fat) • carbo. 21g • pro. 6g • fat 5g • sat. fat 0g • chol. 16mg • sod. 264mg • fiber 2g

MUSHROOM BARLEY SOUP

Yield: 16 cups

Preparation: 35-40 minutes

- 1/2 cup loosely packed Italian parsley leaves
- 2 cloves garlic, peeled
- 1 pound Spanish onions, peeled, cut in 1-inch pieces
- 2 pounds cremini or white mushrooms, cleaned and stemmed, stems reserved
- 1/2 pound shiitake mushrooms, tough stems removed and discarded
- 1/2 pound celery, cut to fit the feed tube
- 1/2 pound carrots, peeled, cut to fit the feed tube
- 1 pound potatoes, scrubbed, peeled if desired, cut in quarters lengthwise
- 2 tablespoons extra virgin olive oil
- 2/3 cup barley
- 1-1/2 teaspoons thyme or herbs de Provence
- 2 quarts chicken broth or stock (no salt, no fat) or vegetable broth/stock
- 1 bay leaf
- 2 cups water
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Insert the metal blade and pulse the parsley 10 times to chop; remove and reserve. With the machine running, drop the garlic down the small feed tube and process to chop, 5 seconds; scrape the work bowl. Add the onions; pulse to chop, 10 times; remove and reserve. Pulse to chop the mushroom stems, 10 times; remove and reserve.

Insert the 4 mm slicing disc. Use medium pressure to slice the mushrooms and shiitakes; remove and reserve. Use medium pressure to slice the carrots and celery; remove and reserve. Arrange the potatoes in the large feed tube vertically; use medium pressure to slice.

Heat the olive oil in a Cuisinart® 6-quart stockpot over medium

heat. Add the chopped garlic, onions and mushroom stems; cook until tender, about 5 minutes. Raise the heat to medium high and add the sliced mushrooms, celery, and carrots, barley, and thyme. Stir over medium high heat for about 5 minutes, until the herbs become fragrant. Add the sliced potatoes, stock, bay leaf and water. Bring to a boil, then reduce the heat to low and simmer until the barley is tender, 25-30 minutes. Remove and discard the bay leaf. Season with salt and pepper. Serve in warmed bowls sprinkled with the chopped parsley.

Nutritional analysis per 1 cup serving:

Calories 110 (21% from fat) • carbo. 18g • pro. 5g • fat 3g • sat. fat 0g • chol. 0mg • sod. 178mg • fiber 4g

CHILI FOR A CROWD

Yield: 4 quarts

Preparation: 30 minutes; 3 hours to cook

- 1 red bell pepper, cored, seeded and cut in quarters
- 1 yellow bell pepper, cored, seeded and cut in quarters
- 1 green bell pepper, cored, seeded and cut in quarters
- 6 cloves garlic, peeled
- 2 large onions (1-1/2 pounds total), peeled, cut in 1-inch pieces
- 1 can (35-ounce) peeled plum tomatoes, drained, juices reserved
- 3-1/2 pounds boneless beef chuck (trimmed yield, 3 pounds), trimmed, cut in 1-1/2 – 2 inch cubes, well chilled
- 2 tablespoons vegetable oil
- 1/3-1/2 cup chili powder, to taste
- 1-1/2 tablespoons ground cumin
- 1 tablespoon paprika
- 1-1/2 tablespoons oregano
- 3 tablespoons red wine vinegar
- 1 teaspoon kosher salt
- 1 can (6-ounce) tomato paste
- 3 cans (15 – 16 ounce) beans, drained, rinsed and drained again (for variety, use one each black beans, pinto beans, and red kidney beans)

Insert the 4 mm slicing disc and arrange the peppers in the feed tube. Use medium pressure to slice; remove and reserve. Insert the metal blade and with the machine running, drop the garlic cloves down the small feed tube; process 5 seconds to chop. Scrape the work bowl and add the onions; pulse to chop, 10 times; remove and reserve. Use the metal blade and pulse to chop the drained canned tomatoes, 5 times; remove and reserve. Wipe the work bowl and blade dry with a paper towel. Add half the chilled beef cubes to the work bowl and pulse to chop 10 times; remove and reserve. Repeat with the remaining beef.

In an 8 or 9-quart Cuisinart® stockpot, heat 2 teaspoons of the oil over medium heat. When hot, add the garlic and onions; cook until translucent, 3-5 minutes. Stir in the chili powder (to taste), ground cumin, oregano, and paprika. Cook over low heat until the spices are aromatic, 5-10 minutes. While the onion mixture is cooking, heat half the remaining oil over medium high heat in a Cuisinart® 12 inch nonstick skillet; when hot, add half the ground beef. Allow to brown on one side, then turn and break up, browning completely; add to the stockpot with the onion mixture, and repeat with the remaining oil and ground beef. After adding all the browned beef to the stockpot, stir in the reserved peppers, chopped tomatoes and reserved juices, wine vinegar, salt, and tomato paste. Bring the chili to a boil, then reduce the heat to low, cover loosely and simmer for 2-3 hours, until the meat is tender. If serving immediately, stir in the drained beans and stir to heat through.

Like many stews, chili is best made a day ahead. Transfer to a glass or stainless container; cover and refrigerate. Reheat over low – medium heat and stir in the beans. Chili may be frozen.

Nutritional analysis per 1 cup serving:

Calories 205 (27% from fat) • carbo. 21g • pro. 20g • fat 7g • sat. fat 2g • chol. 43mg • sod. 316mg • fiber 7g

HEART SMART TURKEY CHILI

Yield: About 4 quarts

Preparation: 30 minutes; 2 hours cooking

- 2 bell peppers
- 6 cloves garlic, peeled
- 1-1/2 pounds Spanish onions, peeled, cut in 1-inch pieces
- 4 pounds boneless, skinless turkey breast (about a 7 pound turkey breast bone in, skin on), cut in 1 inch pieces, chilled
- 1/3 cup chili powder
- 1 tablespoon ground cumin
- 1-1/2 teaspoons ground allspice
- 1-1/2 teaspoons ground cinnamon
- 1-1/2 teaspoons ground coriander
- 1-1/2 teaspoons oregano
- 1 bay leaf
- 1 can (28 ounce) crushed tomatoes
- 4 cups unsalted, nonfat chicken stock/broth
- 2 cups water
- 2 tablespoons wine vinegar
- 1-2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

Insert the 6 mm slicing disc, arrange the peppers in the large feed tube, and use medium pressure to slice; remove and reserve. Insert the metal blade and with the machine running, drop the garlic through the feed tube; process 5 seconds to chop. Scrape the work bowl. Add the onions; pulse to chop, 10 times. Remove and reserve. Add one third of the turkey cubes to the work bowl; pulse to chop, 10 times; remove and reserve. Repeat with the remaining turkey cubes in two more batches.

In an 8 or 9 quart Cuisinart® stockpot, heat 2 teaspoons of the oil over medium heat, add the garlic and onion, and cook until translucent and softened, about 5 minutes. Add the chili powder, cumin, allspice, cinnamon, coriander, oregano and bay leaf; cook over low heat until fragrant, about 10 minutes. While the onion mixture is cooking, add half the remaining oil to a Cuisinart

12-inch nonstick skillet and heat over medium high heat. Add one third of the ground turkey to the skillet and brown well, stirring to break up after turning; as the turkey browns, add to the onion mixture. Repeat with the remaining turkey in two more batches. Stir in the crushed tomatoes, chicken stock, water, and wine vinegar. Bring the chili to a boil, then reduce the heat, cover loosely and simmer for 2 hours, until the turkey is tender. May be served immediately, but like most stews and chilis, it is better the second day. May be frozen.

Nutritional analysis per 1 cup serving:

Calories 266 (8% from fat) • carbo. 24g • pro. 40g • fat 2g • sat. fat 0g • chol. 94mg • sod. 521mg • fiber 6g

CUISINART RAGU BOLOGNESE

Yield: 15 – 16 cups sauce, enough for 2 pounds of pasta – 12 to 16 servings

Preparation: 25 minutes; 2 1/2 hours to cook

- 1 can (35 - ounce) whole peeled plum tomatoes, drained, juices reserved
- 6 cloves garlic, peeled
- 2 medium onions (12 ounces total), peeled, cut into 1 inch pieces
- 4 large stalks celery, cut into 1-inch pieces
- 2 carrots, peeled, cut into 1-inch pieces
- 2 pounds beef chuck, cut into 1-inch pieces (trimmed of fat and gristle), chilled
- 1-1/2 pounds veal, cut into 1-inch pieces (trimmed of fat and gristle), chilled
- 1-1/2 pounds pork, cut into 1-inch pieces (trimmed of fat and gristle), chilled
- 2 tablespoons extra virgin olive oil
- 2 tablespoons unsalted butter
- 1 cup milk (whole or reduced fat)
- 1 cup dry white wine
- 2-3 cups beef broth or stock (preferably no salt, no fat)
- 2 teaspoons kosher salt

- 3/4 teaspoon freshly ground pepper
- 1/4 teaspoon freshly ground nutmeg

Insert the metal blade and pulse to chop the tomatoes, 5 times. Remove and reserve. With the machine running, drop the garlic through the small feed tube and process to chop, 5 seconds. Scrape the work bowl. Add the onions and celery, pulse to chop, 15 - 20 times. Remove and reserve. Pulse to chop the carrots, 15 times; remove and reserve. Pulse to chop the beef cubes, 8 – 10 times; remove and reserve. Pulse to chop the veal cubes, 8 – 10 times; remove and reserve. Pulse to chop the pork cubes, 8 – 10 times; remove and reserve.

In a Cuisinart® 5-1/2 quart sauté pan, heat the oil and butter together over medium heat. Add the garlic, onion, celery and carrots; cook, stirring for 2 minutes. Remove and reserve. Raise the heat to medium high and add the ground meats. Cook until nicely browned, stirring to keep meat from sticking together, about 10 minutes. Return the cooked vegetables to the pan. Add the milk and simmer until reduced, about 10 minutes. Add the tomatoes and reserved juices; simmer for 15 minutes. Stir in the wine and broth. Bring the mixture to a boil, then lower the heat, cover loosely, and simmer for 2 –2-1/2 hours. Season with salt, pepper and freshly ground nutmeg.

This sauce may be made ahead and kept in the refrigerator for 2 days or frozen for up to a month. Serve tossed with freshly cooked fettuccine or tagliatelle or a large shaped pasta that will trap the sauce. Add 1/2 – 1 cup of the pasta cooking water to the pasta and ragu when tossing.

Nutritional analysis per serving: (Sauce only)

Calories 419 (47% from fat) • carbo. 8g • pro. 46g • fat 21g • sat. fat 7g • chol. 158mg • sod. 490mg • fiber 1g

PASTA WITH ZUCCHINI AND RICOTTA SAUCE

Yield: 12 servings

Preparation time: 25 minutes or less

- 8 ounces Reggiano Parmesan, cut in 1-inch pieces
- 3 pounds zucchini, cut to fit the feed tube horizontally
- 8 cloves garlic, peeled
- 1 pound onions, peeled, cut into 1-inch pieces
- 1/3 cup extra virgin olive oil
- 1 teaspoon red pepper flakes
(may use more or less to taste)
- 2 pounds fettuccine or tagliatelle
- 2-1/4 cups fat-free ricotta cheese
- 8 fresh basil leaves
- 1/4-1/2 teaspoon freshly grated nutmeg
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Insert the metal blade. With the machine running, drop the cheese cubes through the feed tube and process until finely chopped. Remove and reserve.

Bring enough water to cook the pasta to a boil in a Cuisinart® 7-quart pasta set.

Insert the shredding disc. Arrange the zucchini in the feed tube horizontally and use medium pressure to shred; remove and reserve. Insert the metal blade. With the machine running, drop the garlic through the feed tube and process to chop, 10 seconds; scrape the work bowl. Add the onions and pulse to chop, 10 times; remove and reserve. Do not wash work bowl or metal blade.

Heat the olive oil in a Cuisinart® 10 inch skillet over medium heat. Add the garlic and onions and cook until tender and translucent, about 5 minutes; do not brown. Stir in the red pepper flakes. Add salt to the boiling water and cook the pasta according to package instructions; add the reserved long shreds of zucchini during the last 30 seconds.

While the pasta cooks, process the ricotta cheese and fresh basil leaves with the cooked onion and garlic mixture until smooth, about 15 seconds. Scrape the work bowl. Drain the pasta; reserving the pasta cooking water. With the machine running, add 1 cup of the hot pasta water through the feed tube; process 10 seconds; scrape the work bowl. In a large bowl, toss the hot pasta and zucchini with the ricotta mixture and 2 tablespoons of the reserved Parmesan. Garnish with fresh basil leaves and pass the remaining Parmesan cheese.

Nutritional analysis per serving:

Calories 425 (33% from fat) • carbo. 52g • pro. 25g • fat 15g • sat. fat 5g • chol. 19mg • sod. 67mg • fiber 2g

PEPPERONI & CHEESE PIZZA

Yield: Five 12 to 14-inch pizzas, twenty 2-slice servings

Preparation: 10-15 minutes; 8-12 minutes to bake

One recipe Pizza Dough, p. 38

- 3 ounces Reggiano Parmesan, cut in 1-inch cubes
- 12 ounces part skim, low-moisture mozzarella, well chilled
- 12 ounces reduced-fat Monterey Jack cheese, well chilled
- 12 ounces stick pepperoni, paper casing peeled off, cut to fit feed tube
- 4 cups boiling water
- 3 tablespoons extra virgin olive oil
- 3 cups reduced Simple Tomato Sauce, p. 32

Prepare the pizza dough and let rise. Position the top rack of the oven about 8 inches from the top. If using a baking stone, place it on the rack. Preheat the oven to 500°F.

Insert the metal blade. With the machine running, drop the Parmesan cheese cubes down the feed tube and process 15 seconds; leave in work bowl. Insert the shredding disc. Use medium pressure to shred the mozzarella and Monterey Jack cheeses. Remove the cheeses to a bowl; toss to combine and reserve. Insert the slicing disc. Place the pepperoni stick in the

small feed tube; use medium pressure to slice. Stack the slices, cut in half with a knife, and place in a heatproof bowl. Pour the boiling water over the pepperoni; let sit for 15-20 minutes. Drain the pepperoni, discarding the fatty water; rinse and dry the pepperoni.

When the dough has risen, punch down and divide into 5 equal balls. Let rest 10 minutes. On a lightly floured surface, roll dough into rounds, 12 to 14 inches in diameter. Place on a baker's peel that has been sprinkled with corn meal, or on a perforated pizza pan, a pizza screen or baking sheet without sides that has been sprinkled with corn meal. Brush the edges with the olive oil, then using an offset spatula, spread the pizza to 3/4 inch of the edges with 1/2 cup of the tomato sauce. Resist the urge to use more tomato sauce – it will make a soggy pizza; less is better. Divide the cheeses and sprinkle over the pizzas. Arrange the pepperoni evenly over the pizzas.

Carefully slide the pizza onto the stone (position the peel over the back edge of the stone, and use a rocking motion to shake and slide the pizza off the peel onto the stone), or place the pan into the hot oven. Bake the pizza for 5 minutes, then rotate it front to back for even baking. Bake for another 3 to 6 minutes, until the pizza is bubbly, and the edges of the dough are golden brown, puffed and crispy. Remove from the oven and let rest on a rack for 2 to 3 minutes before slicing.

Nutritional analysis per serving:

Calories 367 (32% from fat) • carbo 44g • pro. 18g • fat 13g • sat. fat 4g • chol. 20mg • sod. 1022mg • fiber 2g

**FRENCH CUT GREEN BEANS
WITH TOASTED HAZELNUTS**

Yield: Makes 12 servings
Preparation: 15-20 minutes

Zest of 2 lemons, bitter white pith removed
3/4 cup (5 ounces) hazelnuts, lightly toasted

4 ounces shallots, peeled, cut in 1-inch pieces
3-1/2 pounds fresh green beans, trimmed,
cut to fit feed tube horizontally
3 tablespoons extra virgin olive oil
1 teaspoon kosher salt
1/2 teaspoon freshly ground pepper

Insert the metal blade and with the machine running, drop the lemon zest through the feed tube and chop, 10 seconds. Scrape the work bowl. Add the kosher salt; process to chop finely, 30-40 seconds; remove and reserve. Pulse to chop the hazelnuts, 10-15 times; remove and reserve. Pulse to chop the shallots, 10 times; remove and reserve.

Insert the 4 mm slicing disc. Arrange the green beans horizontally in the large feed tube and process using light pressure.

Cook the green beans in lightly salted boiling water for 3 to 8 minutes, until they are desired tenderness; alternatively they may be steamed. (This may be done ahead. If done ahead, refresh in ice water to stop cooking; drain well, wrap and refrigerate until ready to use.) In a 5-1/2 quart Cuisinart® sauté pan, warm the oil over medium heat. Add the chopped shallots and sauté until softened, about 3 minutes. Add the green beans and stir to heat through. Stir in the reserved chopped nuts and lemon zest. Season with freshly ground pepper. Serve warm.

Nutritional analysis per serving:

Calories 134 (55% from fat) • carbo. 13g • pro. 4g • fat 9g • sat. fat 1g • chol. 0mg • sod. 166mg • fiber 5g

**TWICE BAKED POTATOES
WITH SPINACH AND CHEDDAR**

Yield: 12 servings
Preparation: 15 minutes; 1 1/2 hours to bake

12 large (about 10 ounces each) baking potatoes,
scrubbed
1 tablespoon olive oil

- 8 ounces sharp cheddar cheese, cut to fit feed tube (low fat may be used)
- 8 scallions, trimmed and cut into 1-inch pieces
- 1-1/4 cups evaporated fat free milk
- 3 packages (10 oz. each) frozen chopped spinach, thawed and squeezed very dry
- 6 tablespoons unsalted butter, at room temperature, cut in 1-inch pieces
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground white or black pepper

Preheat the oven to 400° F. Pierce each potato several times with a fork or knife tip; rub each potato with 1/4 teaspoon of the olive oil. Bake the potatoes in the preheated oven until fork tender, about 1 hour. When cool enough to handle, cut off the top third of each potato and scoop out the flesh, leaving a 1/2 inch shell. Reserve flesh and potato shells.

Insert the shredding disc in the processor. Shred the cheddar cheese using light pressure. Remove and reserve. Insert the metal blade. Add the scallions and process until finely chopped, about 5 seconds. Add the milk, spinach, butter, kosher salt, and pepper. Process until just combined, about 10-15 seconds. Add the reserved potato flesh and shredded cheddar cheese; pulse in short, quick pulses until just combined. Generously fill the potato shells with the potato-spinach mixture. Potatoes may be made ahead to this point, covered, and refrigerated until ready to bake.

Preheat oven to 375° F. Arrange the potatoes on a jelly roll type pan that has been lined with parchment. Bake, uncovered until potatoes are hot and tops are golden brown, about 25-30 minutes (add 5-10 minutes for cold potatoes). Serve hot.

Nutritional analysis per serving:

Calories 488 (25% from fat) • carbo. 78g • pro. 16g • fat 14g • sat. fat 4g • chol. 36mg • sod. 382mg • fiber 7g

TWO POTATO GRATIN WITH LEEKS

Yield: 16 servings

Preparation time: 15 - 20 minutes, plus 1-1/2 hours baking time

Cooking spray

- 4 ounces Reggiano Parmesan cheese, cut in 1-inch pieces
- 6 ounces good quality white or wheat bread, cut in quarters
- 4 tablespoons unsalted butter, divided
- 6 cloves garlic
- 3 medium onions (6 ounces each), peeled, cut in 1 inch pieces
- 6 medium leeks (2 pounds), trimmed to just above the green part
- 2-1/2 cups vegetable broth
- 2 pounds russet potatoes, peeled, cut in half crosswise
- 2 pounds sweet potatoes, peeled, cut in half crosswise
- 1-1/2 teaspoons herbes de Provence
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground white or black pepper

Evenly coat a Cuisinart® 9 x 13 inch Roast Bake Pan with cooking spray. Preheat the oven to 425°F.

Insert the metal blade in the processor. With the machine running, drop the Parmesan pieces through the small feed tube and process to chop finely, 30-40 seconds; remove and reserve. Process the bread until it is fine crumbs, about 10 seconds. With the machine running, add 2 tablespoons of the butter and 1/4 cup of the Parmesan cheese; process to combine, 10 seconds; remove and reserve.

With the machine running, drop the garlic cloves through the small feed tube and process 10 seconds to chop; scrape the work bowl. Add the onions to the work bowl; pulse to chop, 10 times. Remove and reserve. Insert the 6 mm slicing disc; cut the leeks to fit the feed tube vertically and arrange in the large feed tube. Slice using medium pressure. Transfer to a bowl of cold water and swirl rinse well; let grit settle, then lift the sliced leeks from the water and transfer to a colander to drain.

Over medium heat, melt 2 tablespoons of the butter in a Cuisinart® 3-quart sauté pan. Add the chopped garlic and onions and the drained, sliced leeks; cook until tender and wilted, about 5 minutes. Stir in the vegetable broth, herbs, salt, and pepper; bring to a boil, then reduce the heat and simmer for 3 minutes. Drain, reserving the vegetables and broth separately.

Insert the 4 mm slicing disc. Slice the russet potatoes using firm pressure; remove and reserve. Slice the sweet potatoes using firm pressure; remove and reserve.

Arrange half the sliced russet potatoes in the prepared pan; top with half the sliced sweet potatoes; distribute half the leek/onion mixture over the sweet potatoes, and sprinkle with the remaining Parmesan cheese. Repeat the layers, ending with sweet potatoes. Pour the reserved broth over the potatoes. Top evenly with the buttered crumb and cheese mixture. Cover with a sheet of foil that has been coated with cooking spray and bake in the preheated oven for 45 minutes. Uncover and continue to bake until the potatoes are tender, 20 – 30 minutes longer. Let the potatoes rest for 10 – 15 minutes before serving.

Note: If you wish to prepare this dish ahead, blanch both types of potatoes separately for 3 minutes in boiling water to which 1 teaspoon of vinegar has been added; this will prevent them from darkening.

Nutritional analysis per serving:

Calories 226 (23% from fat) • carbo. 38g • pro. 7g • fat 6g • sat. fat 1g • chol. 13mg • sod. 488mg • fiber 4g

SPICY COLESLAW

Yield: 3 pounds – twelve 4-ounce servings
Preparation: 15-20 minutes

- 1-1/2 pounds green cabbage, cored, cut to fit large feed tube
- 3/4 pound red cabbage, cored, cut to fit large feed tube
- 1 small red bell pepper, cored and seeded, cut in quarters

- 1 small green bell pepper, cored and seeded, cut in quarters
- 8 ounces carrots, cut to fit the feed tube horizontally
- 1 small red onion, peeled, cut in 1-inch pieces
- 1 clove garlic, peeled
- 1 cup mayonnaise, p. 34
- 1/2 cup drained fat-free plain yogurt *
- 1/4-1/3 cup granulated sugar, to taste
- 2 tablespoons cider vinegar
- 1/2 tablespoon Tabasco®
- 2 teaspoons kosher salt
- 1/2 teaspoon cumin
- 1/2 teaspoon freshly ground black pepper

Insert the 2 mm slicing disc. Arrange the cabbages in the large feed tube, cut side down; use medium pressure to slice. Transfer to a large bowl. Arrange the peppers in the large feed tube; use light pressure to slice. Insert the shredding disc. Arrange the carrots in the feed tube horizontally; use medium pressure to shred. Transfer the vegetables to the bowl with the cabbage; toss to combine.

Insert the metal blade. Chop the onion, 5-10 seconds. Add the chopped onion to the bowl of vegetables. With the machine running, drop the garlic through the feed tube; process 5 seconds to chop. Scrape the work bowl. Add the mayonnaise, drained yogurt, sugar, vinegar, Tabasco®, salt, cumin, and pepper to the work bowl. Process until smooth and creamy, 15-20 seconds. Pour the dressing over the vegetables in the bowl and mix well to combine. Allow to sit, refrigerated, for 30-60 minutes before serving to allow the flavors to blend.

Coleslaw may be made up to 1 day ahead, covered and refrigerated. As with all products containing mayonnaise, follow safe food handling and refrigeration procedures for storing and serving.

* To drain yogurt, place yogurt (without gelatin in the ingredients) in a yogurt strainer or strainer lined with a coffee filter and allow the liquid (whey) to drain out. After about 12 hours, the yogurt will be thickened and reduced in volume by about half. It may

be used to spread as cream cheese, or as an ingredient in dressings or sauces.

Nutritional analysis per serving:

Calories 130 (47% from fat) • carbo. 16g • pro. 3g • fat 7g • sat. fat 1g • chol. 0mg • sod. 499mg • fiber 3g

SIMPLE TOMATO SAUCE

Yield: 10 cups tomato sauce for pasta / 5 cups tomato sauce for pizza

Preparation: 10 minutes; 1 to 1 3/4 hours to cook

- 1 cup loosely packed sun-dried tomatoes (dry, not oil packed)
- 12 ounces onions, peeled and cut in 1-inch pieces
- 8 cloves garlic, peeled
- 2 teaspoons dried oregano
- 1 tablespoon extra virgin olive oil
- 3 cans (28 ounce) plum tomatoes, with juices
- 5 sprigs fresh basil (10-12 large leaves each)
- 1/2 cup dry white wine or vermouth
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4-3/4 teaspoon crushed red pepper flakes (optional, to taste, for a spicier sauce)

In a heat-proof bowl, pour 1-1/2 cups boiling water over the sun-dried tomatoes and let sit 30 minutes to rehydrate.

Insert the metal blade in the processor. Pulse to chop the onion and garlic with the oregano, about 10 times. Heat the oil over medium heat in a 4-3/4 quart saucepan. Add the onion, garlic, and oregano. Cook, stirring for 2 to 3 minutes, until the onions begin to soften and the oregano becomes fragrant. Add the canned tomatoes with their juices, basil sprigs, wine and salt. Stir in the rehydrated sun-dried tomatoes and their liquid. Bring to a boil, then reduce the heat to low, cover loosely and simmer for 50-60 minutes. Turn off the heat and let cool in the pan for 10 minutes. Stir in the black pepper and optional red pepper flakes.

Insert the metal blade and add half the sauce to the work bowl. Pulse the sauce 15 times for a rustic, chunky sauce, or process for 2 minutes for a smooth sauce. Repeat with the remaining sauce. The sauce is now ready to use for pasta. If you want a sauce for pizza, return the sauce to the pan. Simmer, uncovered, for 45-50 minutes to reduce, stirring now and then. Transfer the reduced sauce to a bowl to cool before using as a pizza topping. The sauce may be frozen.

Nutritional analysis per serving:

Calories 111 (28% from fat) • carbo. 18g • pro. 3g • fat 4g • sat. fat 0g • chol. 0mg • sod. 765mg • fiber 1g

BASIL PESTO

Yield: 5 cups

Preparation: 10 minutes

- 15 ounces Reggiano Parmesan cheese
- 12 cloves garlic, peeled
- 10 cups tightly packed fresh basil leaves, unblemished (about 20 ounces)
- 2-3 teaspoons kosher or sea salt
- 1-1/4 cups extra virgin olive oil
- 1-1/4 cups pine nuts or walnuts, lightly toasted

Insert the metal blade in the processor. With the machine running, drop the cheese cubes through the small feed tube and process until finely chopped, about 30-45 seconds. Remove and reserve the cheese. With the machine running, drop the garlic through the small feed tube and process to chop, 5 seconds. Scrape the work bowl. Add the basil leaves to the work bowl; pulse to chop, 10-15 times; scrape the work bowl. Add the salt. With the machine running, add the olive oil in a slow, steady stream through the small feed tube, processing until combined and emulsion is formed, about 1 minute. Scrape the work bowl. Add the cheese and pine nuts; pulse until combined.

To store the pesto, transfer it to a glass jar or bowl, tap to remove all air bubbles and even out the surface. Float a layer of olive oil on top; cover with plastic wrap and refrigerate. The pesto will

keep for 5 days in the refrigerator, or it may be frozen. If desired, the cheese and pine nuts may be added just before serving.

Nutritional analysis per tablespoon:

Calories 136 (79% from fat) • carbo. 2g • pro. 5g • fat 3g • sat. fat 3g • chol. 7mg • sod. 265mg • fiber 1g

CREAMY BLUE CHEESE DRESSING

Yield: About 4 cups

Preparation: 10 minutes

1 clove garlic, peeled
1 shallot, peeled
1 cup lowfat buttermilk
3-1/4 cups nonfat yogurt
1-1/2 teaspoons dry mustard
1 teaspoon Worcestershire sauce
1/2 teaspoon white pepper
8 ounces crumbled blue cheese
Dash Tabasco® – to taste

Blanch the garlic in boiling water for 1 minute to remove the sharpness. Insert the metal blade. With the machine running, drop the garlic clove and shallot through the feed tube and process to chop, 10 seconds. Scrape the work bowl. Add the buttermilk, yogurt, dry mustard, Worcestershire, and pepper; process to blend, 10 seconds. Scrape the work bowl. Sprinkle the crumbled blue cheese over the top. For a chunky dressing, pulse in the blue cheese, 5-10 pulses. For a smooth dressing, process for 10-15 seconds. Add Tabasco® to taste. Chill until ready to serve; cover and refrigerate any unused portions. For a richer dressing, substitute 1 cup of mayonnaise for 1 cup of the yogurt.

Nutritional analysis per 2 tablespoons:

Calories 40 (48% from fat) • carbo. 2g • pro. 3g • fat 0g • sat. fat 0g • chol. 1mg • sod. 25mg • fiber 0g

BASIC MAYONNAISE

For food safety, mayonnaise should not be made with raw eggs. It may be made using pasteurized egg products such as Egg Beaters® or Simply Eggs®, or by using a cooked egg method. With either recipe, take care to properly refrigerate any unused portions.

COOKED MAYONNAISE

Yield: About 5 cups

Preparation: 5 minutes

8 egg yolks
1/2 cup wine vinegar or lemon juice (may use some of each)
1/2 cup water
3 tablespoons granulated sugar
3 tablespoons dry mustard
1 tablespoon all-purpose flour
4 teaspoons kosher salt
1/2 teaspoon ground white pepper
4 cups canola or other flavorless oil

In a Cuisinart® 2-quart Non-Stick Saucier, stir together the egg yolks, vinegar, water, sugar, dry mustard, salt, and pepper. Over very low heat, stir the mixture constantly until it bubbles in 1 or 2 places. Remove from the heat; let stand 5 minutes. Insert the metal blade; add the egg mixture to the work bowl. Process for 10 seconds; scrape the work bowl. With the machine running, add the oil in a very slow, steady stream. (*Adding the oil very slowly is essential to forming a successful emulsion. If the oil is added too quickly, the emulsion may break down or separate.*) Process until the mixture is thick and emulsified. Remove from work bowl, cover and chill completely until ready to use. Keeps from 3-5 days when properly refrigerated.

Nutritional analysis per serving:

Calories 214 (96% from fat) • carbo. 1g • pro. 1g • fat 23g • sat. fat 2g • chol. 43mg • sod. 190mg • fiber 0g

MAYONNAISE
(MADE WITH EGG SUBSTITUTE)

Yield: 3-3/4 cups

Preparation: 5 minutes

- 6 tablespoons Eggbeaters® or Simply Eggs®
- 3 tablespoons freshly squeezed lemon juice
- 3 tablespoons Dijon mustard
- 3 tablespoons wine vinegar (red or white – may also use herb or fruit flavored)
- 1 tablespoon sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground white pepper
- 3 cups flavorless oil (such as Canola oil)

Insert the metal blade in the processor. Put the egg substitute, lemon juice, mustard, wine vinegar, sugar, salt, and pepper in the work bowl. Process 10 seconds to blend. Scrape the work bowl. With the machine running, add the oil in a slow steady stream, processing until the mixture thickens and an emulsion is formed.

Nutritional analysis per serving:

Calories 200 (97% from fat) • carbo. 1g • pro. 1g • fat 22g • sat. fat 2g • chol. 0mg • sod. 103mg • fiber 0g

JALAPEÑO CRANBERRY RELISH WITH TOASTED WALNUTS

Yield: 12 cups

Preparation: 5 -10 minutes, plus 10 minutes to toast the walnuts

- 1-1/2 cup walnut halves or pieces, shells removed
- zest of 3 oranges, bitter white pith removed
- 3 cups sugar
- 3-6 jalapeño peppers, stemmed, halved and seeded, to taste
- 12 cups fresh whole cranberries
(may use frozen – do not thaw)
- 2 navel oranges, peeled, cut into quarters

Preheat oven to 350°F. Place walnuts in a baking pan and toast until golden brown and fragrant, about 8-10 minutes. Cool slightly.

Insert metal blade. Process the zest with 1 cup of the sugar until finely chopped, about 45 seconds. Add cranberries, jalapeños, oranges and reserved nuts; pulse until coarsely chopped, about 10 – 12 times. Add remaining sugar; pulse to blend, 10 times. Pulse several more times if a finer consistency is desired. This relish may be made in advance and stored in the refrigerator until ready to use.

Nutritional analysis per serving:

Calories 101 (31% from fat) • carbo. 17g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg • fiber 2g

VERY BERRY SAUCE

Yield: 6 cups

Preparation: 10 minutes

- 12 ounces fresh or frozen strawberries (not in syrup, thawed)
- 12 ounces fresh or frozen raspberries (not in syrup, thawed)
- 12 ounces fresh or frozen blueberries (not in syrup, thawed)
- 1-1/4 cups good quality strawberry or raspberry preserves
- Superfine or turbinado sugar to taste

Insert the metal blade. Process the strawberries and raspberries until smooth, 30 seconds. Add the preserves and process until smooth, 20 seconds. Taste and add sugar if needed. Strain through a chinois or fine mesh sieve, pressing on the solids. Discard the seeds. Refrigerate until ready to use.

Nutritional analysis per 1/4 cup serving:

Calories 32 (3% from fat) • carbo. 7g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 0mg • fiber 1g

CUISINART WHITE BREAD

Yield: 4 loaves, about 1-1/4 pounds each

Preparation: 10 minutes; 2-1/2 to 3-1/2 hours to rise and bake

2 teaspoons instant yeast
2 tablespoons sugar
1/3 cup warm (105-115° F) water
10 cups unbleached all-purpose flour or bread flour
1 stick (8 tablespoons) unsalted butter, at room temperature, cut in 8 pieces
1 tablespoon salt
3 cups cool water
cooking spray
milk for brushing

Dissolve the yeast, sugar and water together in a 4-cup measure; let stand for 2 to 10 minutes to proof (if it does not bubble or foam, the yeast is not active; discard and begin again with fresh yeast). Insert the dough blade. Add the flour, butter and salt to the work bowl; process for 20 seconds. Scrape the work bowl.

Add the cool water to the proofed yeast mixture; stir to combine. With the machine running, pour the liquid through the feed tube in a steady stream as fast as the flour absorbs it (it should take 35 – 40 seconds). Continue processing until the dough starts to clean the inside of the work bowl and forms a ball. Let the machine run for 80 seconds to knead the dough.

With lightly floured hands, carefully remove the dough from the work bowl and shape into a smooth ball. Place in a lightly floured jumbo resealable bag. Squeeze the air out and seal the bag. Let rise in a warm (80° F), draft-free place until doubled in bulk, about 1-1½ hours. Coat 4 loaf pans (6 cup: 8-1/2 x 4-1/2 x 2-1/2 inch) with cooking spray.

Punch the dough down, divide into 4 equal parts (use a Cuisinart® scale for best measurements), cover loosely and let rest for 10 minutes. Shape into 4 loaves and place each in one of the prepared loaf pans. Cover with plastic wrap that has been

sprayed with cooking spray, and let rise in a warm, draft-free place until the center of the loaf is slightly higher than the pan, about 1 – 1½ hours. Fifteen minutes before baking, arrange the rack in the center of the oven, and preheat the oven to 375°F. Lightly brush the loaves with milk.

Bake in the preheated oven for 30 – 35 minutes. Bread will be golden and sound hollow when tapped. Remove from the pans and allow to cool completely before cutting.

*Nutritional analysis per 2 ounce serving:
Calories 123 (20% from fat) • carbo. 22g • pro. 3g • fat 3g •
sat. fat 0g • chol. 6mg • sod. 2mg • fiber 0g*

CUISINART HONEY WHEAT BREAD

Yield: 3 loaves, 1-2/3 pounds each

Preparation: 10 minutes; 2-1/2 to 3-1/2 hours to rise and bake

2 teaspoons instant yeast
3 tablespoons honey
1/3 cup warm (105-115° F) water
6 cups unbleached all-purpose flour or bread flour
4 cups whole wheat flour
1 stick (8 tablespoons) unsalted butter, at room temperature, cut in 8 pieces
1 tablespoon salt
3 cups cool water

Dissolve the yeast and honey in a 4-cup measure; let stand for 2 to 10 minutes to proof (if it does not bubble or foam, the yeast is not active; discard and begin again with fresh yeast). Insert the dough blade and process the white and wheat flours with the butter and salt for 20 seconds.

Add the cool water to the proofed yeast mixture; stir to combine. With the machine running, pour the liquid through the feed tube in a steady stream as fast as the flour absorbs it (it should take 35-40 seconds). Continue processing until the dough starts to

clean the inside of the work bowl and forms a ball. Let the machine run for 80 seconds to knead the dough.

With lightly floured hands, carefully remove the dough from the work bowl and shape into a smooth ball. Place in a lightly floured jumbo resealable food storage bag. Squeeze the air out and seal the bag. Let rise in a warm (80°F), draft-free place until doubled in bulk, about 1 - 1½ hours. Coat 3 loaf pans (8 cup: 9 x 5 x 3 inch) with cooking spray.

Punch the dough down, divide into 3 equal parts (use a Cuisinart scale for best measurements), cover loosely and let rest for 10 minutes. Shape into 4 loaves and place each in one of the prepared loaf pans. Cover with plastic wrap that has been sprayed with cooking spray, and let rise in a warm, draft-free place until the center of the loaf is slightly higher than the pan, about 1-1½ hours. Fifteen minutes before baking, arrange the rack in the center of the oven, and preheat the oven to 375°F. Lightly brush the loaves with milk.

Bake in the preheated oven for 30 to 35 minutes. Bread will be golden and sound hollow when tapped. Remove from the pans and allow to cool completely before cutting.

Nutritional analysis per 2 ounce serving:

Calories 126 (20% from fat) • carbo. 22g • pro. 3g • fat 3g • sat. fat 0g • chol. 6mg • sod. 173mg • fiber 0g

EASY ITALIAN BREAD

Yield: 6 loaves, about 13 ounces each

Preparation: 10 minutes; 1 3/4 to 2 1/2 hours to rise and bake

2 tablespoons instant yeast (1/2 ounce)
1 cup warm water
10 cups all-purpose flour (3 pounds, 4 ounces)
4 tablespoons kosher salt (1 ounce)
3 cups cool water

In a 4-cup glass measure with a spout, dissolve the yeast in one cup of warm water along with a generous pinch of the flour and let stand until foamy, about 5 to 10 minutes. (If there is no foaming or bubbling, the yeast is not active – discard and begin again with fresh yeast.) Insert the dough blade. Process to combine the remaining flour and salt, 15 seconds. Add the cool water to the yeast mixture. With the machine running, pour the mixture through the feed tube in a steady stream as fast as the flour will absorb it (it should take about 50 seconds). Once the dough has formed a single mass, continue to process for 1 minute to knead. With lightly floured hands, carefully remove the dough from the work bowl and place in a lightly floured jumbo resealable plastic storage bag. Squeeze the air out and seal. Let the dough rise in a warm (about 80°F) place until doubled in bulk, about 45-60 minutes.

With lightly floured hands, remove the dough from the bag and place on a lightly floured counter. Divide the dough into 6 equal pieces (about 14.5 ounces each), let rest for 5 – 10 minutes. Working with one piece at a time, flatten into a 6 x 10 inch rectangle. Working with the long edges, fold the dough in thirds. Press together and pinch to seal the seam. Use the palms of your hands to roll the dough into a cylinder about 14 inches in length. Arrange the loaves seam side down on parchment lined baking sheets (not air-bake), two loaves per sheet. Cover loosely with plastic wrap and let rise in a warm (80°F) place until nearly doubled in bulk, about 30-45 minutes. Preheat the oven to 450°F.

Rub each loaf lightly with 1 tablespoon of flour. Use a serrated knife to make 4 diagonal slits in each loaf, about 1/4 inch deep. Bake the loaves in the preheated oven for 20-25 minutes, until well-browned and hollow sounding when tapped. For best texture, allow to cool for 20-30 minutes on a rack before serving, or cool completely and reheat if warm bread is desired.

Nutritional analysis per 2 ounce serving:

Calories 104 (2% from fat) • carbo. 23g • pro. 3g • fat 0g • sat. fat 0g • chol. 0mg • sod. 579mg • fiber 0g

CINNAMON RAISIN BREAD

Yield: 4 loaves, about 1-1/2 pounds each

Preparation: 15 minutes; 2-1/2 to 3-1/2 hours to rise and bake

2 teaspoons instant yeast
3 tablespoons honey
1/3 cup warm (105-115°F) water
7 cups unbleached all-purpose flour or bread flour
2 cups whole wheat flour
1 cup uncooked oatmeal
1 stick (8 tablespoons) unsalted butter,
 at room temperature, cut in 8 pieces
1 tablespoon salt
3 cups cool water
6 tablespoons brown sugar
2 teaspoons ground cinnamon
2 cups raisins (may also use dried cranberries, cherries,
 or blueberries)
3 tablespoons unsalted butter
Milk for brushing the tops of the loaves

Dissolve the yeast and honey in a 4-cup measure; let stand for 2-10 minutes to proof (if it does not bubble or foam, the yeast is not active; discard and begin again with fresh yeast). Insert the dough blade and process the white and wheat flours with the butter and salt for 20 seconds.

Add the cool water to the proofed yeast mixture; stir to combine. With the machine running, pour the liquid through the feed tube in a steady stream as fast as the flour absorbs it (it should take 35 – 40 seconds). Continue processing until the dough starts to clean the inside of the work bowl and forms a ball. Let the machine run for 80 seconds to knead the dough.

With lightly floured hands, carefully remove the dough from the work bowl and shape into a smooth ball. Place in a lightly floured jumbo resealable bag. Squeeze the air out and seal the bag. Let rise in a warm (80°F), draft-free place until doubled in bulk, about 1-1½ hours. Coat 4 loaf pans (6 cup: 8-1/2 x 4-1/2 x 2-1/2 inch) with cooking spray.

Punch the dough down, divide into 4 equal parts (use a Cuisinart® scale for best measurements), cover loosely and let rest for 10 minutes. Melt the butter. Combine the brown sugar and cinnamon.

Working with one piece of dough at a time, roll each into a rectangle about 9 x 15 inches. Leaving a 1 inch edge all around, brush the interior with one quarter of the melted butter, then sprinkle evenly with one quarter of the brown sugar and cinnamon. Distribute one half cup of the raisins over the brown sugar. Starting at a short end, roll tightly to form a loaf. Pinch the seam, then pinch and fold the ends under towards the seam. Place in a prepared pan and repeat with the remaining dough. Cover with plastic wrap that has been sprayed with cooking spray, and let rise in a warm, draft-free place until the center of the loaf is slightly higher than the pan, about 1-1½ hours. Fifteen minutes before baking, arrange the rack in the center of the oven, and preheat the oven to 375°F. Lightly brush the loaves with milk.

Bake in the preheated oven for 30-35 minutes. Bread will be golden and sound hollow when tapped. Remove from the pans and allow to cool completely before cutting.

*Nutritional analysis per 2 ounce serving:
Calories 134 (21% from fat) • carbo. 25g • pro. 3g • fat 3g •
sat. fat 0g • chol. 7mg • sod. 147mg • fiber 1g*

ROSEMARY WALNUT RAISIN BREAD

Yield: Makes 4 loaves, 18 ounces each

Preparation: 15 minutes, 2 1/2 - 3 1/2 hours to rise and bake

2 teaspoons instant yeast
1 tablespoon honey
3/4 cup warm (105-115°F) water
2 cups cool water
3 tablespoons fresh rosemary leaves
7-1/2 cups unbleached all-purpose flour
1-1/2 cups whole wheat flour
1 tablespoon kosher salt
1 tablespoon olive oil
1 cup walnuts
1-1/2 cups golden raisins

Cornmeal for dusting the pans

Flour for dusting the loaves

In a 4-cup glass measure with a spout, dissolve the yeast in one cup of warm water along with a generous pinch of the flour and let stand until foamy, about 5-10 minutes. (If there is no foaming or bubbling, the yeast is not active – discard and begin again with fresh yeast.)

Insert the metal blade; process to chop the rosemary leaves, about 20 seconds. Leave in work bowl. Insert the dough blade. Process to combine the flours, salt, and olive oil, 15 seconds. Scrape the work bowl. Add the cool water to the yeast mixture. With the machine running, pour the mixture through the feed tube in a steady stream as fast as the flour will absorb it (it should take about 50 seconds). Once the dough has formed a single mass, continue to process for 1 minute to knead. With lightly floured hands, carefully remove the dough from the work bowl and place on a lightly floured surface; flatten into a large rectangle. Sprinkle with the walnuts and raisins, then fold the dough over onto itself. Press and fold several times until the walnuts and raisins are kneaded evenly into the dough. Place in a lightly floured jumbo resealable plastic storage bag. Squeeze the air out and seal. Let the dough rise in a warm (about 80°F) place until doubled in bulk, about 60-90 minutes.

With lightly floured hands, remove the dough from the bag and place on a lightly floured counter. Divide the dough into 4 equal pieces; let rest for 5-10 minutes. Working with one piece at a time, flatten into a 6 x 10 inch rectangle. Working with the long edges, fold the dough in thirds. Press together and pinch to seal the seam. Use the palms of your hands to roll the dough into an oval about 12 inches in length, somewhat football shaped.

Arrange the loaves seam side down on parchment lined baking sheets (not air-bake) that have been dusted with cornmeal, two loaves per sheet. Cover loosely with plastic wrap and let rise in a warm (80°F) place until nearly doubled in bulk, about 30-45 minutes. Preheat the ovens to 450°F. Arrange the upper rack so that it is about 10 inches from the top of each oven. Place a metal baking pan with at least 1 inch of hot water in it on the lower rack.

Lightly rub each of the loaves with about 1 tablespoon of flour. Use a serrated knife to score 3 diagonal slashes on top of each loaf. Bake in the preheated oven for 20 minutes at 450°F, then lower the heat to 375° F and bake for an additional 15-20 minutes, until the loaves sound hollow when tapped on the bottom. Remove the loaves from the oven and place on a rack to cool completely before slicing or storing.

Nutritional analysis per 2 ounce serving:
Calories 145 (16% from fat) • carbo. 2g • pro. 4g • fat 3g • sat. fat 0g • chol. 0mg • sod. 158mg • fiber 1g

PIZZA DOUGH

Yield: 5 pounds 5 ounces of pizza dough, enough for five 12 to 14 inch pizzas

Preparation: 5 minutes, 45-60 minutes to rise

2-1/2 teaspoons instant yeast
1 tablespoon honey or sugar
3/4 cup warm (105-115° F) water
10 cups unbleached all-purpose flour*

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- 1 tablespoon kosher or sea salt
 - 2 tablespoons extra virgin olive oil
 - 3 cups cool water
- additional olive oil to coat the dough

Dissolve the yeast, honey (or sugar) and water together in a 4-cup measure; let stand for 2-10 minutes to proof (if it does not bubble or foam, the yeast is not active – discard and begin again with fresh yeast). Insert the dough blade. Add the flour and salt to the work bowl; process 10 seconds to combine. With the machine running, add the olive oil to the flour; process 10 seconds. Add the cool water to the yeast mixture. With the machine running, add the liquid through the small feed tube as fast as the flour will absorb it, about 45 seconds. Process until the dough cleans the side of the bowl and forms a ball, then continue to process for an additional 60 seconds to knead.

Lightly coat the dough with olive oil, then place in a jumbo, resealable storage bag and press out the air. Let rise until doubled in bulk, about 45-60 minutes. If you do not wish to use all the dough, you may freeze it in pizza-sized portions. Divide the dough into 6 equal balls. Wrap extra balls individually in plastic wrap very tightly, then place in a resealable freezer weight bag. Freeze for up to 6 weeks.

To use, unwrap, coat lightly with olive oil, and place in a resealable food storage bag. Let thaw at room temperature (or overnight in the refrigerator), then allow to rise at room temperature until doubled in bulk. If you take a ball of dough out in the morning, you may let it thaw and rise during the day, and it will be ready to use for dinner.

*To make Whole Wheat Pizza Dough, substitute 2-4 cups of whole wheat flour for an equal amount of unbleached all-purpose flour.

Nutritional analysis per serving:

Calories 199 (5% from fat) • carbo. 41g • pro. 6g • fat 1g • sat. fat 0g • chol. 0mg • sod.439mg • fiber 2g

BASIC SWEET DOUGH

Yield: 5 1/4 pounds, enough for 6 Cinnamon Sugar Rings or 36 Sticky Buns

Preparation: 10 minutes; 1 – 1 1/2 hours to rise

- 2 teaspoons active dry yeast
- 1/2 cup granulated sugar
- 1/3 cup warm (105-115° F) water
- 10 cups unbleached all-purpose flour
- 1/2 cup instant nonfat dry milk
- 1 stick unsalted butter, room temperature, cut in 8 pieces
- 1 teaspoon salt
- 2 large eggs, beaten
- 2-1/2 cups cold reduced fat milk

In a 4-cup measure with a spout, combine the yeast with 1 tablespoon of the sugar and the warm water; let stand for 5-10 minutes, until foamy (if mixture does not foam or bubble, discard and begin again with fresh yeast). Insert the dough blade; process to combine the flour, dry milk, butter, and salt, about 20-30 seconds. Add the beaten eggs and cold milk to the yeast mixture. With the machine running, pour the liquid through the small feed tube in a steady stream, as fast as the flour will absorb it (it should take about 45 seconds). After the mixture forms a mass, process for an additional 60 seconds to knead.

With lightly floured hands, carefully lift the dough from the work bowl and transfer to a jumbo resealable food storage bag that has been lightly floured. Let dough rise in a warm (80°F) place, until doubled in bulk, about 1 to 1-1/2 hours. Punch the dough down, remove from the bag, and cut into desired amounts. Let rest for 10 minutes before continuing with sweet dough recipes.

If you do not wish to use the dough immediately, allow the dough to rise overnight in the refrigerator. The next day, allow the dough to return to room temperature, then proceed with recipes. Alternatively, all or part of the dough may be frozen before the first rise. Divide the dough into desired amounts, wrap tightly in

plastic wrap, then place in a resealable bag and freeze. To use, unwrap, flour lightly and place in clean resealable bag. Allow to thaw, then to rise before proceeding.

Nutritional analysis per serving:

Calories 144 (20% from fat) • carbo. 18g • pro. 2g • fat 4g • sat. fat 0g • chol. 18mg • sod. 72mg • fiber 0g

CINNAMON SWIRL COFFEE RINGS

Yield: Six 9 inch rings (8 - 12 slices each)

Preparation: 20-25 minutes; 2 - 2 1/2 hours to rise and bake

1 recipe Sweet Dough, after first rising
2-1/2 cups sugar
1/2 cup cinnamon
12 tablespoons unsalted butter, melted
1 large egg
2 tablespoons water
cooking spray
2 cups confectioner's sugar
4-6 tablespoons milk
optional: 1/3 cup raisins or chopped nuts per coffee ring

Punch the dough down and divide into 6 equal portions, cover loosely with plastic wrap and let rest for 10 minutes. Make the filling.

Insert the metal blade in the processor. Process to combine the sugar with the cinnamon. Remove and reserve. Beat the egg with a fork or whisk until foamy. Beat in the water to make an egg wash, then reserve and refrigerate until ready to use. Spray six 9 inch pie pans (may use disposable) with cooking spray.

On a lightly floured surface, working with one piece of dough at a time, roll out the dough to a rectangle, 8 x 20 inches. Brush with 2 tablespoons of the melted butter, leaving a 1-inch border all around. Sprinkle the buttered area of the coffee cake evenly with 1/3 cup of the cinnamon sugar mixture; top with optional raisins

or nuts as desired. Beginning at one long end, roll up the dough jelly-roll style; gently pinch to seal. Arrange in a ring; seam side down, and tuck one end of the dough into the other to form a ring; gently pinch to seal. Cover loosely with plastic wrap and repeat with the remaining dough and filling ingredients. Let the coffee rings rise in a warm place until doubled in bulk, about 1-1/2 to 2 hours. Meanwhile, preheat the ovens to 350°F.

Brush each ring with the egg wash. Bake the rings for about 25-30 minutes, until browned and hollow sounding when tapped. Remove the rings from the pans and let cool on a rack. Just before serving, combine the confectioner's sugar with the milk until smooth. Drizzle over the rings. Slice and serve.

Nutritional analysis per slice:

Calories 114 (31% from fat) • carbo. 18g • pro. 2g • fat 4g • sat. fat 0g • chol. 18mg • sod. 42mg • fiber 0g

MAPLE WALNUT RAISIN STICKY BUNS

Yield: 36 sticky buns

Preparation: 25-30 minutes; 1 1/2 hours to rise and bake

1 recipe Basic Sweet Dough, made with brown sugar in place of granulated sugar, after first rising
Cooking spray
zest of 1 orange, bitter white pith removed
1-1/2 cups brown sugar
6 tablespoons cinnamon, divided
2 cups pure maple syrup (not pancake syrup)
3/4 cup fresh orange juice
1-1/2 sticks unsalted butter, melted
1 tablespoon vanilla
3 cups raisins
2 cups walnut pieces, lightly toasted

Punch the dough down and divide into 4 equal pieces. Cover loosely with plastic wrap and let rest 10 minutes. Evenly coat four 9-inch (8-cup) square or round baking pans with cooking spray. Make the filling and topping.

Insert the metal blade in the processor. Process the zest with the brown sugar until finely chopped, about 20-30 seconds. Remove and reserve. Add 4 tablespoons of the cinnamon to the work bowl with the maple syrup, orange juice, melted butter and vanilla; process 10 seconds. Remove and reserve, pouring 1 cup of the mixture into one bowl/cup and dividing the rest among the 4 prepared baking pans.

Working with one ball of dough at a time, roll out the dough on a lightly floured surface to a 10 x 12 inch rectangle. Leaving a 1/2 inch border all around, sprinkle with one quarter of the cinnamon mixture, and top evenly with 3/4 cup of the raisins and 1/2 cup of the walnuts. Starting from a short end, roll the dough tightly, jelly-roll style. Use a serrated knife to cut into 9 even slices. Arrange the slices cut side down in one of the prepared pans. Repeat with the remaining dough and filling ingredients. Cover and let rise in a warm place until doubled in volume, about 45-60 minutes. Alternatively, the covered buns may be placed in the refrigerator to rise. About 30 minutes before baking, preheat the oven to 350°F. Heat the unused syrup mixture if the butter has solidified. Drizzle 1/4 cup of the maple syrup mixture evenly over each pan of buns. Bake for 25-30 minutes, until the buns are browned on the top and spring back when pressed. Let cool in the pans for 5 minutes, then invert on a plate to serve. The sticky buns are best served warm.

Nutritional analysis per bun:

Calories 358 (24% from fat) • carbo. 77g • pro. 6g • fat 12g • sat. fat 1g • chol. 29mg • sod. 88mg • fiber 1g

PUMPKIN STREUSEL MUFFINS

Yield: 30 regular size muffins

Preparation: 20 minutes; 25 minutes to bake

For the streusel topping:

1/3 cup all-purpose flour
1/2 cup granulated sugar
1 teaspoon cinnamon
1 tablespoon unsalted butter

For the muffins:

Cooking spray
3-1/4 cups all-purpose flour
1 cup pecan halves
1-1/2 teaspoons baking soda
3/4 teaspoon salt
1-1/2 teaspoons cinnamon
1 teaspoon ginger
1/2 teaspoon ground allspice
1/4 teaspoon freshly ground nutmeg
2 cups pumpkin purée
(solid pack pumpkin, not pumpkin pie filling)
3 cups granulated sugar
3 large eggs
2/3 cup vegetable oil
1/3 cup milk (regular, reduced fat, lowfat or fat-free)
1 cup chocolate chips

To make the streusel topping:

Insert the metal blade. Process the flour, sugar and cinnamon for 5 seconds to combine. Add the unsalted butter; pulse until the mixture resembles crumbs, about 10 times. Remove and reserve. Do not wash work bowl or blade.

To make the muffins:

Evenly coat 30 standard muffin cups with cooking spray. Preheat the oven to 375°F.

With the metal blade, pulse to combine the flour, pecan halves, baking soda, salt, cinnamon, ginger, allspice, and nutmeg, 10 times; remove and reserve. Combine the pumpkin purée and sugar and process 10 seconds; scrape the work bowl. Add the eggs, vegetable oil and milk; process until smooth, 10-15 seconds; scrape the work bowl. Add the reserved flour mixture and chocolate chips; pulse until just combined, about 10 pulses. Divide the mixture evenly among the prepared muffin cups. Top each muffin with a well-rounded teaspoon of the streusel mixture. Bake in the preheated oven for 20-25 minutes, until a tooth pick inserted into a muffin comes out clean. Let cool in the pan for 5 minutes, then remove from the pans and cool on a rack. May be served warm or cool.

Nutritional analysis per muffin:
Calories 297 (46% from fat) • carbo. 29g • pro. 3g • fat 16g •
sat. fat 2g • chol. 23mg • sod. 114mg • fiber 1g

ALMOND CHERRY OATMEAL COOKIES

Yield: 6 pounds dough, about 126 cookies
Preparation: 15 minutes; 12-14 minutes to bake

3 cups all-purpose flour
1-1/2 teaspoons baking soda
3/4 teaspoon salt
3 cups oatmeal
2 cups dried tart cherries
1-1/2 cups slivered almonds
3 cups + 2 tablespoons unsalted butter, at room temperature
1-1/4 cups granulated sugar
1-1/4 cups brown sugar
3 large eggs
1 tablespoon vanilla extract
1 teaspoon almond extract
Preheat oven to 325°F. Line baking sheets with parchment paper.

Insert the metal blade. Pulse to combine the flour, baking soda and salt, 5 times. Add the oatmeal, dried tart cherries and slivered almonds; pulse to combine, 5 times. Remove and reserve.

Add the butter and sugars to the work bowl. Process until creamy, 10 seconds; scrape the work bowl. Process 10 seconds longer; scrape the work bowl. Add the eggs and extracts. Process to combine, 5 seconds. Add half the reserved flour mixture to the work bowl. Pulse to combine, 5 times. Add the remaining flour/oat mixture to the work bowl. Pulse to combine, 5 times. Transfer the dough to a large bowl and stir by hand to combine thoroughly. (Dough may be made up to a day ahead and refrigerated; cover tightly with plastic wrap or transfer to a resealable plastic bag.)

Drop the batter on the prepared pans in 1-inch mounds; allow

room for the cookies to spread. Bake for 12-14 minutes, until the cookies are golden. Let cool on pan for 2-3 minutes, then remove to a rack to cool completely. Store in an airtight container between sheets of waxed paper.

Nutritional analysis per cookie:
Calories 90 (54% from fat) • carbo. 9g • pro. 1g • fat 6g •
sat. fat 0g • chol. 17mg • sod. 23mg • fiber 1g

HAZELNUT THUMBPRINTS

Yield: 5 pounds dough, about ninety 2 inch cookies
Preparation: 10 minutes; 23 minutes to bake

2-1/2 cups blanched whole hazelnuts, toasted
1-1/4 cups sugar
5 cups all-purpose flour
1-1/4 cups powdered sugar
1-1/4 teaspoons baking powder
3/4 teaspoon salt
2-1/2 cups unsalted butter, at room temperature
3 egg yolks
1 tablespoon vanilla extract
2 cups fruit preserves

Insert the metal blade. Process the hazelnuts and half the sugar until the nuts are finely chopped, about 10-15 seconds. Add the flour, powdered sugar, baking powder and salt; pulse to combine, 10 times. Remove and reserve.

Add the butter and remaining granulated sugar to the work bowl. Process until well combined, about 10 seconds. Scrape the work bowl. Add the egg yolks, and vanilla; process to combine, 5 seconds. Scrape the work bowl. Add half the reserved flour/nut mixture. Pulse to combine, 10 times. Scrape the work bowl. Add the remaining flour/nut mixture; pulse to combine, 10 times. Transfer the dough to a bowl and cover, or to a resealable plastic bag and refrigerate until firm, about 1 hour.

Preheat oven to 350°F. Line baking sheets with parchment. With hands, roll a well-rounded tablespoon of dough for each cookie into a 1-1/4 inch ball. Place the cookies on the prepared baking sheets, 2 inches apart. Make a depression in the center of each cookie with fingertip or the handle of a wooden spoon. Bake cookies for 10 minutes.

Remove cookie sheets from oven. Use the back to a round 1 teaspoon measuring spoon to re-form the depressions in the cookies. Fill each depression with 1/2 teaspoon preserves. Continue baking cookies until light golden brown around the edges, about 8 minutes longer. Cool on baking sheets for 2 minutes, then transfer to rack to cool completely. Can be made ahead. Store in airtight container at room temperature between sheets of waxed paper.

Nutritional analysis per cookie:

Calories 124 (59% from fat) • carbo. 11g • pro. 1g • fat 8g • sat. fat 0g • chol. 20mg • sod. 25mg • fiber 0g

WHITE CHOCOLATE MACADAMIA NUT COOKIES

Yield: 5-1/4 lbs. cookie dough, 75 - 80 cookies.
Preparation: 10-15 minutes; 12 minutes to bake

- 2 cups toasted macadamia nuts, preferably unsalted
- 1 pound white chocolate (such as Callebaut, Lindt, or Ghirardelli), cut in 1-inch pieces, well chilled
- 3-1/3 cups all-purpose flour
- 3/4 cup unsweetened cocoa
- 1-1/4 teaspoons baking soda
- 1 teaspoon baking powder
- 2 teaspoons instant coffee granules
- 3/4 teaspoon salt
- 1-1/2 cups unsalted butter, at room temperature, cut in 1-inch pieces
- 1-1/4 cups granulated sugar
- 1-1/4 cups brown sugar, firmly packed

- 3 large eggs
- 1 tablespoon vanilla extract

Preheat oven to 375°F. Line baking sheets with parchment.

Insert the 4 mm slicing disc. Put the macadamia nuts in the feed tube; use medium pressure to "slice." Remove and reserve. Insert the metal blade; pulse to chop the chocolate, about 5-10 times, until pieces are approximately 1/2-inch chunks. Remove and reserve.

Add the flour, cocoa, baking soda, and instant coffee to the work bowl. Pulse to combine and sift, 10 times; remove and reserve. Add the butter and sugars to the work bowl; process to combine, 10 seconds. Scrape the work bowl. Process until creamy, about 20 seconds. Scrape the work bowl. Add the eggs and vanilla; process until smooth, about 10 seconds. Scrape the work bowl. Add the dry mixture to the work bowl; pulse to combine, 5-10 times. Transfer the dough to a large mixing bowl and stir in the white chocolate chunks and macadamia nuts.

Drop by well-rounded teaspoons (3/4 ounce each, about the size of a walnut – for ease, use an ice cream scoop if available) onto the prepared baking sheets about 3 inches apart. Bake for 12 minutes. Cool on baking sheets for 2 minutes, then transfer to rack to cool completely. Store in an airtight container with waxed paper between the layers.

Nutritional analysis per cookie:

Calories 133 (53% from fat) • carbo. 15g • pro. 2g • fat 8g • sat. fat 0g • chol. 17mg • sod. 49mg • fiber 1g

FRESH LEMON CHEESECAKE

Yield: Makes two 10 inch cheesecakes, 16 slices each
Preparation: 30 minutes, 65 minutes to bake

For the crust:
Cooking spray

Zest of 1 lemon, bitter white pith removed
4 ounces toasted slivered almonds
6 tablespoons granulated sugar
1 stick unsalted butter, cut in 8 pieces, at room temperature
1 cup all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt
2 egg yolks

For the topping:

2 cups lowfat sour cream
1/4 cup granulated sugar
2 teaspoons vanilla

For the filling:

Zest of 2 lemons, bitter white pith removed
3 cups granulated sugar
4 pounds lowfat cream cheese, at room temperature
5 tablespoons freshly squeezed lemon juice
8 large eggs, at room temperature*

Preheat oven(s) to 350°F. Spray two 10 inch springform or cheesecake pans with cooking spray.

Insert the metal blade. Process the lemon zest and almonds with the granulated sugar until the almonds are pulverized and the zest is finely chopped. Add the butter and process until smooth, 10 seconds. Add the flour, baking powder and salt; pulse to combine, 10 times. Scrape the work bowl. Add the egg yolks; pulse to combine, 5 times. Place half of mixture in each of the prepared pans. Press firmly and evenly onto the bottoms of the pans. Bake in the preheated oven for 15-20 minutes, until golden brown. Let cool completely; while the crust is cooling, prepare the topping and filling. Leave the oven on. Wipe the work bowl and metal blade clean of crumbs with a paper towel.

Insert the metal blade; process the lemon zest with 1 cup of the sugar until finely chopped, 20-30 seconds. Add the remaining sugar and cream cheese and process 30 seconds; scrape the work bowl. Add the lemon juice and process 30 seconds; scrape

the work bowl. Add the eggs and process 20 seconds; scrape the work bowl. Process 20 seconds longer. Scrape the work bowl; if there are still visible lumps of cream cheese, process for an additional 20 seconds.

Pour half of the cream cheese mixture into each of the prepared pans over the cooled crusts. Bake in the preheated oven for 45 minutes. While the cheesecakes are in the oven, make the topping. With the metal blade, process the sour cream with the quarter cup of sugar and vanilla until smooth, 10 seconds; remove and reserve.

After 45 minutes, remove the cheesecakes from oven; let stand for 10 minutes on a cooling rack. After 10 minutes, spread each evenly with half the sour cream mixture. Bake for an additional 10 minutes. Remove from the oven and let cool completely on a rack, then cover with plastic wrap and refrigerate 8 hours or overnight before serving. May be served plain, with fresh fruit, or with a fruit/berry sauce. If you plan on freezing the cheesecakes, do not use the sour cream topping, and bake for 55 minutes total.

* Remove eggs from the refrigerator about 20 to 30 minutes before you use them or put them in a bowl of warm water while you assemble other ingredients.

Nutritional analysis per serving:

Calories 310 (57% from fat) • carbo. 30g • pro. 9g • fat 18g • sat. fat 8g • chol. 100mg • sod. 367mg • fiber 0g

APPLE CAKE

Yield: 2 standard size (12 cup) Bundt cakes, 16 servings each
Preparation: 20-25 minutes; 70-80 minutes to bake

6 cups all-purpose flour
2 tablespoons baking powder
1 teaspoon salt
6 apples (about 2-1/2 pounds), peeled, cored and cut in eighths

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- 5 cups granulated sugar
 - 4 teaspoons cinnamon
 - zest of 1 orange, bitter white pith removed
 - zest of 1 lemon, bitter white pith removed
 - 1 cup applesauce
 - 1 cup vegetable oil
 - 8 large eggs
 - 3/4 cup orange juice
 - 1 tablespoon vanilla

Preheat the oven to 350°F. Grease and lightly flour 2 standard size (12 cup) Bundt or tube pans.

Insert the metal blade in the processor. Process to combine and sift the flour, baking powder and salt, 10 seconds; remove and reserve. Insert the 6 mm slicing disc. Arrange the apple wedges in the large feed tube and use medium pressure to slice. Transfer sliced apples to a bowl and toss gently with 1/2 cup of the sugar and the cinnamon; reserve.

Insert the metal blade again. Process the zests with 1 cup of the remaining sugar until finely chopped, about 30 seconds. Add the applesauce and oil; process 1 minute; scrape the work bowl. Add the eggs; process until smooth and pale yellow, about 45 seconds. Scrape the work bowl. Distribute the flour mixture and orange juice over the egg mixture. Pulse to combine, 10-12 times. Scrape the work bowl.

Divide and spread half the batter evenly between the 2 prepared pans (one quarter of the total batter per pan). Distribute half the sliced apples evenly over each cake. Top each cake with other half of the remaining batter. Bake in the preheated oven for 70-80 minutes until a tester inserted in the center comes out clean. Transfer the cakes to a rack to cool completely. When completely cool, loosen around the edges, and invert onto a plate. This cake is best made a day ahead, or may be made ahead and frozen. Thaw at room temperature before slicing. If desired, sprinkle with powdered sugar before slicing.

Nutritional analysis per serving:

Calories 300 (25% from fat) • carbo. 54g • pro. 4g • fat 8g • sat. fat 1g • chol. 54mg • sod. 163mg • fiber 1g

CHOCOLATE ZUCCHINI CAKE

Yield: Four 9 inch cakes, 12 servings each

Preparation: 15 minutes; 35-40 minutes to bake

For the topping:

- 1/4 cup granulated sugar
- 2/3 cup pecan or walnut halves
- 1 teaspoon cinnamon
- 1 cup chocolate chips
(semi-sweet, milk or white – may be mixed)

For the cake:

- 1/2 cup unsweetened cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 6 ounces zucchini
- 1/2 cup unsalted butter, at room temperature
- 1/2 cup applesauce
- 3/4 cup granulated sugar
- 3/4 cup brown sugar
- 2 large eggs
- 1 teaspoon vanilla
- 1/2 cup buttermilk
- 1-1/2 cups all-purpose flour

Spray four 9 inch round or square baking pans (or two 13 x 9 x 2 inch baking pans) with cooking spray. Preheat oven to 350°F.

Insert the metal blade. Pulse to combine and chop the sugar, nuts and cinnamon, 5 times. Transfer to a bowl; stir in the chocolate chips; reserve.

Insert the metal blade. Pulse to combine and sift the flour, cocoa, baking soda, baking powder and salt, 5 times; remove and reserve. Insert the shredding disc; use medium pressure to shred the zucchini; remove and reserve. Insert the metal blade; process to combine the butter, applesauce and sugars until smooth, 10 seconds; scrape the work bowl. Add the eggs and vanilla; process 5 seconds; scrape the work bowl. Add flour mixture and shredded zucchini; pulse to combine, about 5 times – do not overprocess.

Pour the mixture into the prepared pans. Bake in preheated oven for 35 – 40 minutes, until a tester inserted in the center comes out clean. Cool completely before cutting.

Nutritional analysis per serving:

Calories 79 (39% from fat) • carbo. 11g • pro. 1g • fat 4g • sat. fat 0g • chol. 14mg • sod. 45mg • fiber 0g

BIG BATCH OF FUDGY BROWNIES

Yield: Three 13 x 9 inch pans, 72 brownies

Preparation: 10-15 minutes; 20-25 minutes to bake

Cooking spray

- 8 ounces unsweetened chocolate, cut in 1 inch pieces
- 2 ounces semi-sweet chocolate, cut in 1 inch pieces
- 3 sticks (1-1/2 cups) unsalted butter
- 2 cups granulated sugar
- 2 cups brown sugar
- 3/4 teaspoon salt
- 8 large eggs
- 1 tablespoon vanilla
- 2 cups all-purpose flour
- 2 cups nuts (lightly toasted walnuts, pecans, or almonds)

Preheat the oven(s) to 350°F. Lightly coat three 13 x 9 inch baking pans with cooking spray.

Insert the metal blade; pulse to chop the chocolates, 15 times. Melt the butter. While the butter is hot, with the machine running, carefully pour the butter through the small feed tube in a steady stream. Process until the chocolate is completely melted and smooth, 30-40 seconds. Add the sugars and salt; process until smooth, 10 seconds. Scrape the work bowl. Add the eggs and vanilla; process until smooth, 5 seconds; scrape the work bowl. Distribute the flour, then the nuts, evenly over the chocolate mixture in the work bowl. Use 8-10 short pulses to incorporate. Scrape the work bowl.

Divide the chocolate batter evenly among the three prepared pans. Bake in the preheated oven for 20-25 minutes, until shiny and slightly crackled on the tops. Place the pans on racks to cool. Allow to cool completely before cutting.

Nutritional analysis per serving:

Calories 129 (62% from fat) • carbo. 11g • pro. 9g • fat 9g • sat. fat 0g • chol. 31mg • sod. 11mg • fiber 0g

BASIC FLAKY PASTRY DOUGH

This recipe makes ample crust for a 9 to 11 inch regular or deep dish pie or tart. Leftover pastry may be rolled out and cut into shapes to garnish the pie, or brushed with milk, sprinkled with sugar or cinnamon and sugar, and baked until lightly browned.

Preparation: 10 minutes, plus 30 minutes resting time

For a single-crust pie:

- 1-1/2 cups all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon baking powder
- 8 tablespoons (1 stick) unsalted butter, cut in 1/2-inch pieces, well chilled
- 2 tablespoons shortening (Crisco®), cut in 1/2-inch pieces, well chilled
- 2 to 4 tablespoons ice water

For a double-crust pie:

- 3 cups all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1 cup (2 sticks) unsalted butter, cut in 1/2-inch pieces, well chilled
- 4 tablespoons shortening (Crisco®), cut in 1/2-inch pieces, well chilled
- 5 to 8 tablespoons ice water

For two double-crust pies:

- 6 cups all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 2 cups (4 sticks) unsalted butter, cut in 1/2-inch pieces, well chilled
- 8 tablespoons shortening (Crisco®), cut in 1/2-inch pieces, well chilled
- 10 to 16 tablespoons ice water

Insert the metal blade. Process the flour, salt and baking powder to quick sift, 10 seconds. Add the well-chilled butter and shortening. Use short rapid pulses until the mixture resembles coarse corn meal and no pieces of butter larger than a “pea” remain visible, 15 to 20 pulses. Sprinkle half the maximum ice water on the flour and butter mixture, then pulse 5 or 6 times. The dough will be crumbly, but should begin to hold together when a small amount is picked up and pressed together. Sprinkle on more water, a teaspoon (two for the double-crust recipe, four for the largest recipe) at a time, with 2 to 3 quick pulses after each addition, adding just enough water for the dough to hold together easily when pressed into a ball. (Do not allow the dough to form a ball in the processor!) Add the liquid sparingly so that the dough is not sticky. Do not overprocess or the pastry will be tough, not tender and flaky.

Turn the dough out onto a lightly floured surface. Press together into a ball, and then flatten into a disk about 6 inches in diameter (two disks for the double-crust recipe, four disks for the large

recipe). Wrap in plastic wrap and refrigerate for 1 hour before continuing to allow the gluten in the flour to rest. The dough will keep refrigerated for up to 3 days, or may be frozen (double wrapped) for up to a month. Thaw at room temperature for an hour before using. Use as directed in recipe.

To bake the pastry blind for a single-crust filled pie or tart, roll out pastry 1/8 inch thick to fit pan; crimp and seal edges. Prick bottom all over with a fork. Chill for 30 minutes. Preheat the oven to 400°F. Line with a sheet of aluminum foil or parchment paper and fill with pie weights, dry rice or beans. Bake for 15 minutes.

Nutritional analysis based on 12 servings per pie: single-crust pie
Calories 138 (65% from fat) • pro. 1g • carbo. 11g • fat 10g • sat fat 1g • chol 20mg • sod. 48mg • fiber 0g

Nutritional analysis based on 12 servings per pie:
double-crust pie
Calories 277 (65% from fat) • pro 3g • carbo 22g • fat 20g • sat. fat 1g • chol. 40mg • sod. 104mg • fiber 0g

DEEP DISH APPLE PIE

Yield: 10-inch deep dish pie - 12 servings
Preparation: 15 – 20 minutes, plus 40 minutes for preparing the pastry and 2-2½ hours baking and cooling

Pastry for a 2 crust pie, p.47 – Ingredients may be easily doubled to make 2 pies

- 6 Granny Smith or Golden Delicious apples, about 8 ounces each, peeled, cored, and quartered
- Juice of 1 lemon
- 4 tablespoons unbleached all-purpose flour
- 3/4 cup dried cranberries, raisins, dried cherries or dried blueberries
- 1 tablespoon freshly squeezed lemon juice
- 1/4 cup brown sugar
- 1-1/2 teaspoons vanilla

Preheat the oven to 400°F.

On a lightly floured surface, roll out half the dough until it is 1/8-inch thick and about 3 inches larger in diameter than a 10 inch deep dish pie plate. Lift carefully, using a dough scraper to help lift the pastry. Loosely fold in half, then into quarters, to form a wedge shape. Position the point of the wedge in the center of the pie plate and carefully unfold the dough into the pan. Make sure there are no air pockets between the dough and the pan. (If any tears in the crust occur, mend them by brushing lightly with water and pinching together, or patching with a scrap of rolled dough.) Trim evenly, leaving a 1/2 inch overhang. Refrigerate until ready to use. Roll the trimmings into a flat disk, wrap, and refrigerate.

Insert the 4 mm slicing disc. Arrange the apple quarters in the feed tube. Use medium pressure to slice. Transfer to a bowl and toss with half the lemon juice. Insert the metal blade. Process the remaining lemon juice, brown sugar, and vanilla to combine. Remove and reserve.

Layer 1/4 of the apples in the prepared piecrust; sprinkle with 1 tablespoon of the flour and 3 tablespoons of the dried cranberries. Repeat until all the apples are in the pie. Drizzle the maple syrup mixture evenly over the top of the fruit. Take care not to spill any on the edges of the pastry. Refrigerate the pie while continuing with recipe.

Roll out the remaining dough about 1/8 inch thick and about 2 inches larger than the diameter of the top of the pie plate. Brush the edges of the bottom crust with a little water. Fold the dough gently as before, center over the pie, and carefully lay the top on the pie. Press gently to seal. Trim to the edge of the pie plate; crimp or flute decoratively. Make about 10 to 12 slits in the top crust decoratively with the tip of a very sharp knife. If desired, roll out some of the leftover crust and cut with small decorative cookie cutters. For this pie, you could make apples and leaves. Brush the bottoms of the shapes with a little water and lay atop the crust as desired.

Bake the pie in the bottom third of the preheated oven for 60 to 70 minutes, covering the edges with foil if they begin to get too browned after about 35 to 40 minutes. Let the pie rest on a cooling rack for at least an hour before serving.

Nutritional analysis per serving:

Calories 400 (45% from fat) • carbo. 54g • pro. 4g • fat 21g • sat. fat 1g • chol. 40mg • sod. 107mg • fiber 3g

WARRANTY

THREE-YEAR LIMITED WARRANTY

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If your food processor should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Center toll-free at 800-726-0190 or write to:

Cuisinart

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East Windsor, NJ 08520

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01CU13053

G IB-1210B

Version No.: IB-1210B
Size: 179MM(W)X216MM(H) SADDLE STITCHED(52PP)
Material: COVER:157GSM MATT ARTPAPER INSIDE:120GSM GLOSS ARTPAPER
Coating: NO COATING
Color (COVER): 4C(CMYK)+1C(BLACK) (INSIDE): 1C(BLACK)+1C(BLACK)
Date: 2004-11-20
Hugo Description: IB-1210B(1,1) BOOK OPERATOR: SHENG
Huog Code: CIL0417IB-1-1

