

Cuisinart®

Recipe Booklet

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BREAKFAST & STARTERS

CINNAMON MAPLE OATMEAL

A quick and easy breakfast any day of the week.

Function: Oats

Makes about 4 cups

- 3** cooker cups old-fashioned rolled oats (not quick cooking)
- 3½** cups water
- ¼** teaspoon salt flakes please
- 1** teaspoon ground cinnamon
- 3** tablespoons pure maple syrup

1. Put all ingredients in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Oats function and press Start/Stop. **COOK ONLY 15 MINUTES.**
2. Once the audible tone has sounded to indicate the end of cooking, open the lid, stir and serve.

CREAMY IRISH OATMEAL WITH BLUEBERRIES

Steel-cut oats in 30 minutes and no stirring needed.

Function: Oats

Makes about 5 cups

- 2** cooker cups steel-cut oats
- 3** cups nonfat milk
- Pinch** salt flakes please
- 2** whole cinnamon sticks
- Pinch** ground nutmeg
- 3** tablespoons pure maple syrup
- 2** cups fresh blueberries

1. Put the oats, milk, salt, cinnamon sticks, nutmeg and syrup in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Oats function and press Start/Stop. Set independant **COOK FOR 30 MINUTES.**
2. Once the audible tone has sounded to indicate the end of cooking, open the lid and remove the cinnamon sticks. Stir in the blueberries and serve.

DEVILLED EGGS

Steaming is an easy way to cook eggs, and having a built-in timer alerts you when they are ready.

Function: Steam

Makes 24 servings

- Water**
- 12** large eggs (pre pricked)
- 6** tablespoons mayonnaise
- 2** tablespoons olive oil
- 2** teaspoons Dijon mustard
- 2** teaspoons fresh lemon juice
- ⅛ – ¼** teaspoon hot sauce
- ¼** teaspoon salt flakes please
- ⅛** teaspoon freshly ground black pepper
- 2** tablespoons fresh herbs (chives, parsley or tarragon are best)
- Ground paprika, for garnish**

1. Prepare an ice-water bath by putting ice cubes and cold water into a mixing bowl; reserve.
2. Add water to the Steam level in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Insert the steaming tray and put eggs onto the tray. Close lid.
3. Select the Steam function, set timer for 24 minutes and press Start/Stop.
4. Once the audible tone has sounded to indicate the end of cooking, immediately transfer eggs to the ice-water bath to stop the cooking process.
5. Peel and carefully slice eggs in half lengthwise.
6. Remove the yolks and put them into a mixing bowl add remaining ingredients, except for the herbs and paprika, and mash with a fork until smooth. Add herbs, taste and adjust seasoning as desired.
7. Spoon or pipe the yolk filling into the centre of each egg white. Sprinkle with paprika before serving.

*It is advised to pierce a small hole in the bottom (wider part) of the eggshell to prevent the eggshells from cracking while cooking. This is best done with the tip of a safety pin.

OATMEAL BREAKFAST BOWL

Function: Oats

Makes 4 servings

- 2** cups cooked steel-cut oats, warm
- ¼** cup seedless raspberry jam
- ¼** cup plain Greek yogurt (any fat variety)
- ½** cup fresh raspberries
- ¼** cup chopped pecans
- 1** teaspoon chia seeds

1. Divide the oatmeal among four serving bowls. Stir in an even amount of raspberry jam and yogurt to each bowl. Top with the fresh raspberries, pecans, and chia seeds.

SALADS, SIDES & SOUP

BAKED BEANS

Functions: Sauté & Beans

Makes about 4 cups

- 225g** kidney beans, soaked overnight
- 100g** sliced bacon, diced
- 1** small brown onion, finely chopped
- 1.** cups water or low salt chicken stock
- 2** tablespoons pure maple syrup
- 1** tablespoons packed brown sugar
- 1** tablespoon Dijon mustard
- 1** tablespoon tomato paste
- 1** tablespoon Worcestershire sauce
- ½** teaspoon flaked salt
- ¼** teaspoon freshly ground black pepper

1. Select the Sauté function of the Cuisinart® Super Grains & Rice Multicooker, and press Start/Stop. Once hot, add the bacon. Cook until lightly browned. Add the onion and sauté until softened, about 2 minutes. Press Start/Stop to stop the Sauté function.
2. Drain and rinse the beans and then add to the cooking pot, along with the remaining

ingredients. Select the Beans function for 3½ hours and press Start/Stop.

3. Once the audible tone has sounded to indicate the end of cooking, open the lid and stir to mix. Taste and adjust seasoning and serve immediately.

BASMATI RICE WITH INDIAN SPICES

Functions: Sauté & Quick White Rice

Makes about 9 cups

- 3** tablespoons olive oil
- 1½** tablespoons finely chopped ginger (about 1 x 1.5cm piece, peeled)
- 3** garlic cloves, finely chopped
- ¾** teaspoon salt flakes please, divided
- ¼** teaspoon freshly ground black pepper, divided
- ½** medium onion, chopped
- 1** large white potato, peeled and cut into 1.5cm cubes
- 1½** teaspoons ground cumin
- 1½** teaspoons ground coriander
- 1** teaspoon ground cinnamon
- ¼** teaspoon ground turmeric
- 4** cooker cups basmati rice
- Water (to the 4-cup marking in the cooking pot)**
- 1** cup frozen peas
- ⅓** cup chopped fresh cilantro
- 2** teaspoons lemon zest

1. Put the oil in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot and shimmering, about 2 minutes, add the ginger and garlic with a pinch each of the salt and pepper. Sauté until fragrant, about 1 minute. Add the onion; sauté about 1 to 2 minutes, or until softened and translucent. Add the potato and the remaining salt and pepper and all of the spices. Stir well so that the vegetables are well coated, cooking until the potato is just tender, about 5 minutes. Press Start/Stop to stop the Sauté function.

2. Add the rice and water. Close the lid of the cooker and select Quick White Rice and press Start/Stop.
3. When there are about 5 minutes remaining in the cooking time, stir in the peas, cilantro and zest. Close lid again and let the rice finish cooking.
4. Once the audible tone has sounded to indicate the end of cooking, open the lid and stir to mix. Taste and adjust seasoning as desired and serve.

BEET SALAD WITH ROASTED WALNUTS & RICOTTA SALATA

The saltiness of the cheese combines nicely with the sweetness of the beets and walnuts in this eye-catching salad; plus, steaming makes peeling whole beets a breeze.

Function: Steam

Makes about 6 cups

500g trimmed beetroot (about 3 medium), scrubbed well
150g baby spinach leaves
½ cup walnuts, toasted
60g fetta cheese, crumbled
½ cup extra virgin olive oil
2 tablespoons red wine vinegar
 Flaked salt and cracked pepper

1. Add water to the Steam level in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Insert the steaming tray and put beetroot onto the tray. Close lid.
2. Select the Steam function, set timer for 30 minutes, and press Start (large beets may take up to 35 minutes).
3. Once the audible tone has sounded to indicate the end of cooking, open the lid and test the beets for doneness – they should be able to be easily pierced with the tip of a knife. Add additional time if necessary.
4. Remove beetroot and cool for 15 minutes then peel with a paring knife (this is best done while wearing gloves to prevent any staining of your hands); the skin of the beetroot should

easily pull away from the flesh. Once peeled, cut into small wedges.

5. Place wedges into a mixing bowl and toss with the remaining ingredients.
6. Make dressing by combining oil and vinegar in a covered container, season to taste. Shake and drizzle over salad. Serve.

ITALIAN FARRO & ARUGULA SALAD

A showstopper of a salad and ready in 30 minutes. The farro can be tossed warm into the other ingredients, but if you prefer it chilled, it can be prepared a day ahead.

Functions: Soak & Chewy Grains

Makes about 4 cups

2 cooker cups farro **Water (to the 2-cup marking in the cooking pot)**
120g baby rocket leaves
1 cup artichoke hearts, quartered or halved
¼ head of radicchio lettuce, shredded
¼ cup extra virgin olive oil
2 teaspoons fresh lemon juice
 Flaked salt & cracked black pepper
¼ cup shaved Parmesan cheese

1. Put the farro and the water into the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Close lid. Select the Chewy Grains function and press Start/Stop.
2. Once the audible tone sounds to indicate the end of cooking, transfer the farro to a large serving bowl. Add the remaining ingredients, except for the Parmesan, and toss to combine. Top with the shaved Parmesan and serve immediately.

JASMINE THAI-SCENTED RICE

This rice can be a base to many different dishes. Try it with grilled chicken or shellfish.

Function: White Rice

Makes about 8 cups

- 2** **cooker cups jasmine rice**
Water (to the 3-cup rice marking in cooking pot)
- 1** **3cm piece fresh ginger, halved**
- 1** **garlic clove, thinly sliced**
- 1** **tablespoon finely chopped lemongrass**
- 6** **fresh Thai basil leaves**
- ¼** **teaspoon flaked salt**
- 3** **green shallots, thinly sliced**
- ¼** **cup picked fresh coriander leaves**

1. Put the rice, water, ginger, garlic, lemon peel and basil in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the White Rice function and press Start/Stop.
2. Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to taste and combine.
3. Taste and adjust seasoning as desired and serve immediately.

NOTE: This rice freezes well. Portion out into 1-cup servings.

PERFECT SUSHI RICE

To achieve the same flavors and consistency of the Japanese restaurant staple, use this recipe and you will not be disappointed.

Function: Sushi

Makes about 8 cups

- 3** **cooker cups sushi rice, rinsed three times and pressed to reduce moisture**
Water (to the 3-cup rice marking in cooking pot)
- ¼** **cup rice vinegar**
- 3** **tablespoons mirin**
- ¼** **teaspoon flaked salt**

1. Put the rinsed and pressed rice in the cooking pot of the Cuisinart® Super Grains & Rice

Multicooker. Add the remaining ingredients; stir to combine. Select the Sushi Rice function and press Start/Stop.

2. Once the audible tone has sounded to indicate the end of cooking, either keep warm on the automatic Keep Warm function or turn the unit off, fluff and remove rice to cool for making sushi.
3. Cover a flat tray with aluminium foil and spread rice in a flat layer on it to cool. The rice should be completely cool before using.

TIPS ON MAKING SUSHI ROLLS:

Sushi is very versatile and can be made with just about any filling you wish. If using raw fish, be sure that it is sushi-grade fish from a reputable fishmonger. Cooked fish and vegetables are simple alternatives.

A sushi mat is very helpful in rolling sushi. You can also hand-roll sushi if using nori (seaweed paper).

Following are some suggestions for fillings to give guidelines on amounts – substitute your favorite flavors.

AVOCADO, SCALLION & BASIL ROLL

Function: Sushi

Makes 1 roll

Equipment needed: sushi rolling mat

- 1½** **cups Perfect Sushi Rice (preceding recipe)**
- ¼** **avocado, peeled, pitted and thinly sliced**
- 3** **Lebanese cucumber, thinly sliced**
- 1** **green onion, thinly sliced**
- 4** **fresh basil leaves**
Bowl of cold water (to help in rolling sushi)
Pickled ginger, wasabi & soy sauce, for serving

1. Cover the sushi mat with plastic wrap (to prevent Continue rolling the mat forward to make a complete roll. With one hand on top,

gently roll mat back and forth a few times to make a nice round shape sticking). Wet hands with cold water and press sushi rice onto covered mat. Place the avocado, shallot and basil leaves in a thin horizontal line across the middle of the rice. Wet hands again with water and, with the help of the sushi mat. Gently lift the end of the mat closest to you, and roll it over the ingredients to enclose.

2. Continue rolling the mat forward to make a complete roll. With one hand on top, gently roll mat back and forth a few times to make a nice round shape.
3. Unwrap the sushi mat then, with a clean sharp knife, cut into about 8 x 2cm pieces. Serve with pickled ginger, wasabi and soy sauce.

PRAWN & ASPARAGUS ROLL

Functions: Sushi & Steam

Makes 1 roll

Equipment needed: sushi rolling mat

- 1 sheet nori
 - 1 cup Perfect Sushi Rice (page 22)
 - 4 steamed prawns, halved (see steaming chart on page 14)
 - 2 asparagus spears, steamed for 4 minutes
 - 1 to 2 tablespoons toasted sesame seeds
 - Bowl of cold water (to help in rolling sushi)
 - Pickled ginger, wasabi & soy sauce, for serving
1. Cover the sushi mat with plastic wrap (to prevent sticking). Lay the nori on top of the covered mat. Wet hands with cold water and press sushi rice on top of the nori, leaving a 2.5cm space on the bottom of the nori, closest to you. Place the prawns and asparagus spears in a thin horizontal line across the middle of the rice. Wet hands again with the water and, with the help of the sushi mat. Gently lift the end of the mat closest to you, and roll it over the ingredients to enclose. Continue rolling

the mat forward to make a complete roll. With one hand on top, gently roll mat back and forth a few times to make a nice round shape.

2. Unwrap the sushi mat. Place the toasted sesame seeds on a clean plate. Roll the sushi roll in the toasted sesame seeds to cover. Using a clean and sharp knife, cut into about 8 x 2cm pieces.
3. Serve with pickled ginger, wasabi and soy sauce.

SUSHI CUPS/BOWL

Think outside the roll with these fun sushi cups (or bowl, if you are looking for a quick and easy alternative). They take a lot less precision and you can fill them with your favourite fillings. Here we give a colourful selection of vegetables and fruit to make an impressive presentation. This recipe is easily adaptable – add in marinated tofu, steamed shrimp or salmon, etc.

Function: Sushi

- 4 servings (for sushi bowl)
- 2 cups Perfect Sushi Rice (page 22)
- Bowl of cold water (to help in forming the sushi cups – not necessary if making a Sushi Bowl)
- 1 tablespoon rice vinegar
- ½ medium carrot, cut into thin matchsticks
- 2 radishes, sliced & cut into thin matchsticks
- ½ Lebanese cucumber, seeded and cut into thin matchsticks
- 1 green shallot, thinly sliced
- ½ mango, peeled & cut into small cubes
- ½ avocado, thinly sliced
- Sesame oil
- Soy sauce, reduced salt
- Rice vinegar
- Wasabi
- Pickled ginger
- Furikake (Japanese seasoning found Asian section of most supermarkets)

1. Divide sushi rice between 3 bowls.
2. Top with a selection of the suggested foods above, finishing with a drizzle of each of the sesame oil, soy sauce, and rice vinegar, a pinch of wasabi, a piece of ginger and a sprinkle of the furikake.
3. Serve.

NOTE: If making a sushi bowl, omit the nori and divide the rice among three individual bowls. Fill each with a selection of the vegetables and fruit and then drizzle each of the sauces, a dash of wasabi (to taste), pickled ginger and ½ teaspoon of the furikake.

RED BEANS & RICE

The Cuisinart® version of the Jamaican staple brings out the flavours of Jamaican jerk seasoning.

Functions: Soak, Sauté & One Pot

Makes about 8 cups

- 3 cooker cups dried red kidney beans, soaked overnight***
- 1 tablespoon extra virgin olive oil**
- 2 garlic cloves, finely chopped**
- ½ jalapeño chilli, seeded & finely chopped**
- 1 can (400ml) unsweetened coconut milk**
- 2 cups chicken or vegetable stock, low salt**
- 4 stems fresh thyme**
- 1 bay leaf**
- 1 teaspoon flaked salt**
- 1 3cm piece fresh ginger, peeled**
- 3 cooker cups medium-grain white rice**
- 1 cup water**
- ½ teaspoon ground cinnamon**
- 4 green shallots, thinly sliced**

1. Put the olive oil in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot and shimmering, about 2 minutes, add the garlic and jalapeño. Sauté until softened and fragrant, about 1 to 2 minutes. Press Start/Stop.

2. Add the beans, coconut milk, broth, thyme, bay leaf, ½ teaspoon salt and ginger. Select the One Pot function for 1 hour and 20 minutes and press Start/Stop.
3. When 40 minutes are remaining, open the lid and add the rice and water. Close the lid again and let the unit complete its cooking program.
4. Once the audible tone has sounded to indicate the end of cooking, open the lid, remove the thyme stems, and add the remaining ingredients, including the remaining ½ teaspoon of salt; toss to combine.
5. Taste and adjust seasoning and serve immediately.

* Use the Soak function to soak the kidney beans, a minimum of 8 hours and up to 18 hours. Drain and rinse prior to using in recipe.

UDON NOODLE SOUP

This recipe highlights the versatility of the Cuisinart® Super Grains & Rice Multicooker. Sautés, simmers and steams all in one unit!

Functions: Sauté & One Pot

Makes about 10 cups

- 1 tablespoon olive oil**
- 1 garlic clove, sliced**
- 1 6cm x 3cm piece ginger, peeled and finely chopped**
- 8 cups chicken or vegetable stock, low sodium**
- 1 baby bok choy (about 200g), sliced**
- 100g shiitake mushrooms, sliced**
- 1 tablespoon reduced-sodium soy sauce**
- ¼ teaspoon freshly ground black pepper**
- Pinch red chilli flakes**
- 1 cup peeled & cubed butternut pumpkin**
- 180g chicken breast fillets cut into 2cm strips, optional**
- 240g udon noodles (or soba)**
- 3 green shallots, thinly sliced**
- 1 cup bean sprouts (about 100g)**
- 1 tablespoon sesame oil**
- Fresh lime wedges**

1. Put the oil in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot, about 2 minutes, add the garlic and ginger. Sauté until softened and fragrant, about 1 to 2 minutes. Press Start/Stop.
2. Add the stock, bok choy, mushrooms, soy sauce, pepper and chilli flakes. Select the One Pot function for 1 hour and 30 minutes and press Start/Stop.
3. When there are 20 minutes remaining on the timer, add the squash to the soup and insert the steaming tray with the chicken pieces into the steamer position. Close the lid and allow the chicken to cook above the soup for the remainder of the time.
4. Once the audible tone has sounded to indicate the end of cooking, open the lid, and add the steamed chicken to the soup with the noodles. Close the lid and allow to “cook” in the Keep Warm setting for 10 minutes (noodles should be softened, but not mushy).
5. Open the lid of the cooker again and stir in the green shallots, bean sprouts, sesame oil, and a squeeze of lime. Taste and adjust seasoning as desired and serve.

BLACK BEAN VEGGIE SALAD

A colourful side dish that is bright and fresh.

Functions: Soak & Beans

Makes about 5 cups

- 2 cooker cups dry black beans, soaked overnight*
- Water (to the 4-level marking)
- ½ medium red capsicum, chopped
- 1 garlic clove, finely chopped
- 1 green shallot, thinly sliced
- ½ jalapeño chilli, seeded and finely chopped
- ¾ cup fresh or frozen corn kernels
- 1 tablespoon extra virgin olive oil
- 2 teaspoons fresh lime juice
- ¾ teaspoon salt flakes please
- 2 pinches freshly ground black pepper
- 1 avocado, diced
- Pinch granulated sugar

1. Put the drained beans and fresh water into the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Close lid.
2. Select the Beans function, set timer for 1 hour and 30 minutes, and press Start/Stop.
3. Once the audible tone sounds to indicate the end of cooking, drain the beans and transfer to a large serving bowl. Add the remaining ingredients and toss to combine.
4. Serve immediately, or cover and allow to chill in the refrigerator.

*Use the Soak function to soak the black beans for a minimum of 8 hours and up to 18 hours. Drain and rinse prior to cooking.

SPANISH RICE

An easy side dish to incorporate into your weekly rotation.

Function: Sauté & White Rice

Makes 6 cups

- 1 medium brown onion, finely chopped
 - 1 small red capsicum, seeded & finely chopped
 - 1 small red bell pepper, finely chopped
 - 2 garlic cloves, finely chopped
 - 1 celery stalk, finely chopped
 - 1 teaspoon flaked salt
 - 1 teaspoon chilli powder
 - ½ teaspoon paprika
 - ½ teaspoon ground oregano leaves
 - ½ teaspoon freshly ground black pepper
 - 1 can (400g) diced tomatoes, drained
 - 2 cooker cups long-grain white rice
 - Water (to the 2-level marking)
1. Put the olive oil in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Sauté function. Once the oil is hot, add the onion, capsicum, garlic and celery and sauté until soft and fragrant, about 2 to 3 minutes. Stir in the dried spices and cook until fragrant. Add the drained, diced tomatoes and stir to incorporate. Stir in the rice so that it is well coated.

2. Add the water and stir ingredients together. Close lid and select White Rice function and press Start/Stop.
3. When the audible tone sounds to indicate the end of cooking, open and stir rice together. Taste and adjust seasoning as desired. Serve immediately.

TABBOULEH

This recipe is great for entertaining.

Function: Small Grains

Makes about 4 cups

- 1 **cooker cup bulgur wheat**
 - 1 **cup water**
 - 2 **cups chopped fresh flat leaf parsley**
 - ½ **cup fresh mint leaves, chopped**
 - 2 **cups halved grape or cherry tomatoes**
 - 3 **green shallots, thinly sliced**
 - 2 **tablespoons extra virgin olive oil**
 - ¼ **cup fresh lemon juice**
 - ¼ **teaspoon flaked salt**
 - ¼ **teaspoon freshly ground black pepper**
 - Pinch ground cumin**
1. Put the bulgur and water in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Small Grains function and press Start/Stop.
 2. Once the audible tone has sounded to indicate the end of cooking, open the lid and add the remaining ingredients; toss to combine.
 3. Taste and adjust seasoning and serve.

FREEKAH & VEGETABLE SALAD

A crowd-pleasing dish that is perfect for any party or cookout.

Function: Chewy Grains

Makes about 7 cups

- 2 **cooker cups freekah**
- 3 **cups water**
- ½ **teaspoon flaked salt**
- ½ **medium red onion, finely chopped**

- 1½ **cups corn kernels, fresh or frozen (thawed)**
 - 1 **cup grated zucchini**
 - 1 **cup chopped capsicum**
 - ½ **cup chopped green shallots**
 - ½ **cup chopped semi dried tomatoes**
 - ½ **cup Vinaigrette dressing of your choice**
 - ½ **cup roughly chopped flat leaf parsley**
1. Put the freekah, water and salt in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Chewy Grains function and press Start/Stop.
 2. Once the audible tone has sounded to indicate the end of cooking, turn the unit off and open the lid. Spread the freekah out on a baking sheet to cool.
 3. When the grains are cooled, place in a medium bowl and add remaining ingredients. Toss gently to combine. Add the dressing and the parsley; toss again to combine..
 4. Adjust seasoning and serve.

RED ONION VINAIGRETTE

This dressing stores well in the refrigerator up to 2 weeks. Re-blend prior to serving.

Makes about 1 cup

- ¼ **medium peeled red onion & sliced into 2.5cm pieces**
 - 1½ **teaspoons Dijon mustard**
 - 1 **teaspoon granulated sugar**
 - ½ **teaspoon salt flakes please**
 - ¼ **teaspoon freshly ground black pepper**
 - ¼ **cup white balsamic vinegar**
 - ½ **cup extra virgin olive oil**
1. Put the red onion, mustard, sugar, salt, pepper, and vinegar in a Cuisinart® Food Processor or Blender. Process until smooth. Slowly add the oil through the feed tube in a steady stream – do not add it too fast or the oil will not be able to incorporate itself into the vinegar mixture.
 2. Keep vinaigrette in a covered container in the refrigerator until ready to use.

WHITE BEAN SALAD

A perfect mix of flavours, textures and colours, this is a great side dish or a delicious vegetarian entrée.

Functions: Soak & Beans

Makes about 4 cups

- 2** cooker cups (about (about 230g) dry white beans, soaked overnight*
- Water (to the 4-level marking)**
- ½** medium red onion, finely chopped
- ½** medium red or yellow capsicum finely chopped
- ¾** cup fresh flat leaf parsley leaves, roughly chopped
- 1½** tablespoons extra virgin olive oil
- 2** teaspoons fresh lemon juice
- ½** teaspoon salt flakes please
- Pinch** freshly ground black pepper
- 1 to 2** pinches crushed red pepper (optional)
- 3** tablespoons goat cheese, crumbled

1. Put the drained beans and fresh water into the cooking pot of the Cuisinart® Super Grains & Rice then add the fresh water. Close lid.
2. Select the Beans function and set the timer for 1 hour and 30 minutes. Press Start/Stop.
3. Once the audible tone sounds to indicate the end of cooking, drain the beans and transfer to a large serving bowl. Add the remaining ingredients, except for the goat cheese, into the serving bowl. Toss to fully combine. Sprinkle with the goat cheese and gently stir to combine.
4. Taste and adjust seasoning as desired.

* Use the Soak pfunction to soak the white beans for a minimum of 8 hours and up to 18 hours. Drain and rinse prior to using in recipe.

MAINS

BROWN RICE BURRITO BOWL

Burrito Bowls are popular for a reason – they are quick, simple, healthy, and filling! Think of it as a blank canvas and change or add your favourite items.

Function: Brown Rice

Makes 4 servings

- 3** cups cooked short-grain brown rice, warm
- 1** cup cooked black beans
- ½** cup fresh or frozen corn kernels
- ½** cup grape tomatoes, halved
- 2** green shallots, thinly sliced
- 1** avocado, sliced
- Flaked salt**
- Salsa**
- Chopped fresh coriander**
- Lime wedges**
- Tortilla chips**

1. Divide all of the measured ingredients among four serving bowls. Top each with a pinch of salt, a dollop of salsa, a pinch of chopped coriander. Serve each with a lime wedge and tortilla chips.

CHICKEN, LEEK & THYME RISOTTO

While the Super Grains & Rice Multicooker makes risotto an easy weeknight dinner, it is also the perfect tool for the holidays!

Functions: Sauté & Risotto

Makes about 8 cups (8 entrée servings, 16 first-course servings)

- 1** tablespoon butter
- 2** teaspoons olive oil
- 1** leek thinly sliced to make 1 cup
- 1** garlic clove, finely chopped
- 1** cooker cup Arborio rice
- ¼** cup dry white wine
- 400g** chicken thigh fillet, cut into pieces about 3cm x 3cm

- 3 cups chicken stock, room temperature**
- 1 teaspoon fresh lemon thyme leaves**
- Flaked salt & cracked pepper**
- ½ cup sliced snow peas**
- ¼ cup grated Parmesan**
- 2 tablespoons chopped fresh flat-leaf parsley**

1. Put the butter and oil in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Sauté function and press Start/Stop. Once butter is melted and hot, about 2 minutes, add the onion and garlic and a pinch each of the salt and pepper. Sauté until softened, about 2 minutes. Add the rice and sauté, while stirring occasionally, until edges are just translucent, about 2 minutes. Pour in the wine and cook until almost completely evaporated then add the chicken. Stir to coat. Add the stock and thyme. Close the lid of the cooker. Press Start/Stop then select the Risotto function. Press Start/Stop.
2. When there are 15 minutes remaining, a tone will sound. At this point, open the lid, stir mixture and determine if the risotto is done to your liking. If the consistency is desirable (should be easily stirred and creamy), press Start/Stop. If it is too dry or stiff, stir in additional stock (best if it is room temperature or warm). Add snow peas and close the lid and allow it to cook for the remaining 15 minutes.
3. Once the audible tone has sounded to indicate the end of cooking, open the lid and add Parmesan and parsley. Season to taste with salt and pepper.
4. Serve immediately. If you desire a creamier texture, stir in additional hot stock at the end of cooking. If you wish to use the Keep Warm function, more stock will need to be added before serving to ensure a creamy consistency.

A TIP ON LEFTOVERS:

Arancini

Leftover risotto should not go to waste. It is perfect for the Italian appetizer, arancini (which translated means “little orange”).

Simple to make, try them next time you prepare risotto.

Take your leftover risotto, plain or from any recipe, and form into 5cm diameter balls (or smaller if you are making a more delicate hors d'oeuvre). They are great stuffed with a 1.5cm piece of fresh mozzarella. If you're using plain risotto, stir in a little marinara sauce with the rice before forming.

Prepare a classic breading: 1 bowl of flour, 1 bowl of beaten eggs, and 1 bowl of breadcrumbs (seasoned or plain). Lightly bread and either bake in a 190°C oven or pan-fry in hot vegetable or olive oil in a large skillet set over medium heat. Bake/cook until evenly browned.

These are best served immediately.

SPRING PEA RISOTTO

Bright and fresh tasting, this risotto stands up nicely on its own, but it can easily be adapted by adding chopped prosciutto or ham.

Functions: Sauté & Risotto

Makes about 6 cups (4 entrée servings; 12 first-course servings)

- 1 tablespoon butter**
- 1 tablespoon olive oil**
- 1 garlic clove, finely chopped**
- 1¼ teaspoons flaked salt**
- ¼ teaspoon freshly ground black pepper**
- 2 cooker cups Arborio rice**
- ½ cup dry white wine**
- 3½ cups chicken stock, low sodium, room temperature**
- 2 sprigs fresh thyme**
- 2 cups frozen green peas, not thawed**
- ¼ cup grated Pecorino Romano**
- 2 tablespoons chopped fresh parsley**
- 1 teaspoon finely grated lemon rind**
- 1 teaspoon fresh lemon juice**
- 1 teaspoon finely grated lemon rind, for serving**

1. Put the butter and oil in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Sauté function and press Start/Stop. Once butter is melted and

hot, about 2 minutes, add the onion and garlic and a pinch each of the salt and pepper. Sauté until softened, about 2 minutes. Add the rice and sauté while stirring occasionally, until edges are just translucent, about 2 minutes. Pour in the wine and cook until almost completely evaporated then add the stock and thyme. Stir then close the lid of the cooker. Press Start/Stop then select the Risotto function. Press Start/Stop.

- When there are 15 minutes remaining, a tone will sound. At this point, open the lid, stir mixture and determine if the risotto is done to your liking. If the consistency is good, add the peas then close the lid and allow to cook for an additional 5 minutes to warm through. Open the lid again then stir in the remaining ingredients, except for the pea shoots and/or microgreens.
- At the 15-minute mark, if the risotto is too stiff or dry, stir in additional liquid (best if it is room temperature) and add the peas as well. Allow to cook for 5 minutes. After the 5 minutes have elapsed, add the remaining ingredients, as instructed in Step 2.
- This risotto is best when served immediately. Divide the risotto into serving bowls and top with a snow pea sprouts.

MEDITERRANEAN COUSCOUS WITH MOROCCAN VEGETABLES

A warm and colourful comfort food, delicious on its own or when paired with roast chicken.

Functions: Sauté & Small Grains
Makes about 7 cups

- 2 teaspoons extra extra virgin olive oil
- 1 small brown onion, halved & thinly sliced
- 2 cups peeled pumpkin, 2cm cube-cut
- 1 medium peeled potato, 2cm cube-cut
- 1½ cups peeled eggplant, 2cm cube-cut
- ¾ teaspoon flaked salt
- ½ teaspoon freshly ground black pepper
- 3 cooker cups pearl (also known as Israeli or Mediterranean) couscous

- 2½ cups low-salt chicken stock
- 1 whole cinnamon stick
- ½ teaspoon ground cumin
- ½ teaspoon finely grated lemon rind
- ½ cup dried apricots, chopped
- ½ cup chopped fresh coriander leaves

- Put the oil in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot, about 2 minutes, add the onion. Sauté until softened, about 2 minutes. Add the remaining vegetables with a pinch each of the salt and pepper. Cook until pumpkin and potatoes are just tender, about 4 to 5 minutes.
- Press Start/Stop and add the couscous, stock, cinnamon stick, remaining salt and pepper, cumin, and rind. Close the lid of the cooker. Select the Small Grains function and press Start/Stop.
- Once the audible tone has sounded to indicate the end of cooking, open the lid and remove the cinnamon stick. Stir in the apricots and coriander. Serve.

QUINOA & LENTIL BOWL WITH STEAMED VEGETABLES & EGG

This bowl is packed full of fresh, colourful vegetables and protein-rich quinoa and eggs. You can top with some crunchy seeds or sprouts prior to serving.

Functions: Small Grains & Steam
Makes 4 servings

- 2 cups cooked tri-colour quinoa, warm
- 1 cooker cup green lentils
- 4 cups water
- 2 medium carrots, thinly sliced
- 2 large eggs, in shell (pricked)
- 2 radishes, thinly sliced
- ½ cup baby rocket leaves
- ¼ cup cherry tomatoes, quartered
- 1 small avocado, thinly sliced
- Olive oil, for serving
- Flaked salt, to taste
- Freshly ground black pepper, to taste
- Lemon wedges, for serving

1. Put the lentils and water into the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Insert the steaming tray with the carrots. Close the lid and select Steam for 16 minutes and press Start/Stop. With 6 minutes remaining, add the two eggs.
2. Once the audible tone has sounded to indicate the end of cooking, remove the steamer basket and drain the lentils.
3. Divide the cooked quinoa and the lentils among four serving bowls. Top with the vegetables. Peel the two eggs, halve and put one half in each bowl. Drizzle each with olive oil and season to taste with salt and pepper. Serve with a lemon wedge.

POKE BOWL WITH GRAINS, SALMON & EDAMAME

Function: Chewy grains

Makes 4 servings

- 3 cups cooked faro or freekah, cold**
- 200g edamame**
- 150g smoked salmon**
- 1 avocado, quartered & thinly sliced**
- 1 cup cherry tomatoes, halved**
- 4 radishes, thinly sliced**
- 100g baby spinach leaves**
- Pickled ginger**
- Toasted sesame seeds**
- Low salt soy sauce or ponzu sauce**

Divide the faro between 4 bowls then add the remaining ingredients to build a bowl of delicious colour. Top with some ginger, sesame seeds and drizzle with soy sauce to taste.

Note – Brown rice would also be ideal in this recipe. As would canned tuna, cooked chicken or tofu.

PRAWNS WITH SUMMER VEGETABLES

Light and simple – this dish goes from freezer to table in about 15 minutes. To make it a larger meal, serve over a bed of white rice.

Function: Steam

Makes 1 to 2 servings

- 6 asparagus spears, cut on the bias/on an angle into 3cm pieces**
- ½ medium carrot, cut into julienne strips**
- ½ cup sliced snow peas**
- 300g medium green prawns, peeled and slit along the back and lift out the vein with the tip of a knife**
- Fresh lemon juice**
- Extra virgin olive oil**
- Chopped fresh flat leaf parsley leaves**
- Flaked salt**
- Freshly ground black pepper**

1. Add water to the Steam level in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker.
2. Mix the vegetables together then place them on the Steaming Tray. Top with the shrimp, insert steaming tray into cooking pot and close lid.
3. Select the Steam function and set timer for 15 minutes. Press Start/Stop.
4. Once the audible tone sounds, immediately transfer steamed prawns and vegetables to a serving bowl and toss with a little lemon juice, oil and parsley. Season to taste with the salt and pepper.

TOFU WITH WATERCRESS & MUSHROOMS

A delicious vegetarian or vegan entrée that builds on a favourite side dish by adding steamed tofu. This stands up on its own, but is also delicious on a bed of warm rice.

Functions: Sauté & Steam

Makes 2 servings

- 2 tablespoons sesame oil**

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- 1 **tablespoon sesame seeds**
 - 2 **garlic cloves, finely chopped**
 - 1 **tablespoon low-salt soy sauce**
 - Pinch red chilli flakes**
 - Water**
 - 120g **Swiss brown mushrooms, thinly sliced**
 - 250g **medium-firm tofu, cut into 6 pieces**
(this is about ½ of a standard tofu package)
 - 2 **cups watercress leaves or baby spinach**
 - Pinch flaked salt**
1. Put the sesame oil into the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Sauté function and press Start/Stop. Once hot, add the sesame seeds and garlic. When garlic just starts to brown, about 2 minutes, press Start/Stop and transfer the sesame seeds and garlic to a small bowl. Add the soy sauce and red chilli flakes; reserve.
 2. Put water into the cooking pot to the Steam level. Put the mushrooms and tofu onto the steaming tray and insert into cooking pot. Close lid. Select the Steam function, set timer for 10 minutes and press Start/Stop.
 3. When the audible tone sounds to indicate the end of cooking, add the watercress to the tray with the mushrooms and tofu. Select the Steam function again for an additional 5 minutes, and press Start/Stop.
 4. Once timer expires, immediately transfer to a serving bowl and toss with the reserved sauce. Taste and adjust seasoning as desired.

VEGETARIAN BEAN CHILLI

The smokiness of the chipotle in this recipe not only adds flavour (and some heat), but an unexpected richness, making this dish a filling and healthy chilli.

Functions: Soak, Sauté & One Pot

Makes about 5 cups

- 3 **cooker cups dried beans, soaked overnight (a mixture of beans works well for this dish – black, kidney, navy, adzuki, garbanzo, etc.)***
- 1 **tablespoon extra virgin olive oil**
- 1 **2cm piece fresh ginger, peeled and finely chopped**

- 2 **garlic cloves, finely chopped**
- 1 **small brown onion, finely chopped**
- 1 **teaspoon flaked salt**
- ¼ **teaspoon freshly ground black pepper**
- 1 **medium red or yellow capsicum, cored, seeded and diced**
- 2 **teaspoons chilli powder**
- ¼ **teaspoon ground cumin**
- ¼ **teaspoon ground cinnamon**
- 1 **can (400g) diced tomatoes, drained**
- 2 **tablespoons tomato paste**
- 1 **chipotle chilli in adobo sauce (chopped), with additional ½ teaspoon adobo sauce**
- 2 **cups low-salt vegetable or chicken stock (or water)**
- 1 to 2 **tablespoons pure maple syrup**
- Shredded Cheddar, for garnish**
- Fresh coriander, roughly chopped, for garnish**

1. Put the olive oil in the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Sauté function and press Start/Stop. Once oil is hot and shimmering, about 2 minutes, add the ginger, garlic and onion with a pinch each of the salt and pepper. Sauté until softened and the onion is translucent, about 2 minutes. Add the capsicum and the spices and cook to meld the flavours and cook the capsicum, about 3 to 4 minutes. Press Start/Stop.
2. Add the beans, tomatoes, tomato paste, chipotle and sauce, stock/water and remaining salt and pepper. Select the One Pot function for 2 hours and 30 minutes and press Start/Stop.
3. Once the audible tone has sounded to indicate the end of cooking, open the lid, and stir in the maple syrup. Taste and adjust seasoning as desired and serve with the shredded cheese and coriander.

* Use the Soak function to soak the beans for a minimum of 8 hours and up to 18 hours. Drain and rinse prior to using in recipe.

SWEETS

TRADITIONAL RICE PUDDING

The Risotto function is not only for risotto.
Treat yourself to some homemade rice pudding.

Function: Risotto

Makes 5 cups

- 2** cooker cups Arborio rice
- 3** cups whole milk
- 2** cups cooking cream
- 1** whole vanilla bean, halved & seeds scraped
- $\frac{2}{3}$** cup granulated sugar
- $\frac{1}{4}$** teaspoon salt flakes please
- 2** whole cinnamon sticks
- $\frac{1}{4}$** teaspoon flaked nutmeg
- Maple syrup or honey to serve (optional)**

1. Add all ingredients to the cooking pot of the Cuisinart® Super Grains & Rice Multicooker. Select the Risotto function and press Start/Stop.
2. When there are 15 minutes remaining, a tone will sound. At this point, open the lid, stir mixture and determine if the pudding is done to your liking. If the consistency is desirable, press Start/Stop. If, at this point, the pudding is too stiff or dry, stir in additional milk or water, close lid, and allow to cook for the remainder of the function time.
3. Once the audible tone has sounded to indicate the end of cooking, open the lid, remove the cinnamon sticks and stir well. This pudding can be served warm or chilled.

RICE & GRAIN BOWLS

Once a vegetarian restaurant and health-food store staple, the rice/grain bowls are now ubiquitous in restaurants across the globe. It seems as though each ethnicity has their own version, and with the help of the Cuisinart® Super Grains & Rice Multicooker, you can now replicate those dishes in your own home. On the following pages we provide you with a guide of how to build your own bowl. There are no rules – so have fun!

1 First...rice, grain, or both?

- Rice (brown, white, wild, & black)
- Quinoa
- Couscous
- Farro
- Freekah
- Wheat/Rye/Spelt Berries
- Bulgur
- Rice Noodles
- Udon Noodles



2 OK – now what? A protein to fill you up!

- Green Prawns (sautéed or steamed)
- Steamed Chicken Breast
- Steamed Salmon
- Browned & Steamed Tofu
- Ground Turkey or Chicken
- Soft-Boiled Eggs
- Beans & Legumes



3 This is healthy, right? Add some vegetables

- Julienned Zucchini & Summer Squash (steamed or raw)
- Shredded Carrots & Parsnips
- Sugar Snap Peas
- Snow Peas
- Steamed Baby Potatoes
- Steamed or Sautéed Kale
- Steamed Corn Slices
- Sautéed Cabbage
- Grape or Cherry Tomatoes
- Avocado – Diced or Sliced
- Steamed Green Beans
- Fresh Mixed Greens
- Sliced Celery
- Steamed Winter Squash

4 Sauce it up

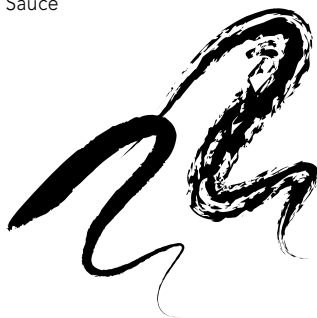
The sauce will really seal the deal on what ethnic cuisine you're featuring in your rice/grain bowl. These can be easily found in your local grocery store, and many of them can be made at home as well.

- Honey
- Hot Sauce (Buffalo, Asian-style, sriracha)
- Pesto
- Olive Tapenade
- Miso-Ginger Dressing
- Salsa Verde
- Yoghurt-Tahini Sauce
- Aioli
- Hummus
- Harissa
- Chimichurri
- Peanut Satay Sauce
- Soy and Teriyaki sauces



5 Now, for some tasty toppers:

- Olives
- Sesame Seeds (also – check out the sesame seed spice blends in your grocery store's spice aisle – some have nori and other delicious flavor boosters in them)
- Sliced green shallots
- Chopped Fresh Herbs
- Crumbled or Shredded Cheese
- Fried golden shallots
- Pepitas
- Chopped Nuts
- Microgreens
- Pea Shoots or Sprouts
- Chia Seeds
- Hulled Hemp Seeds

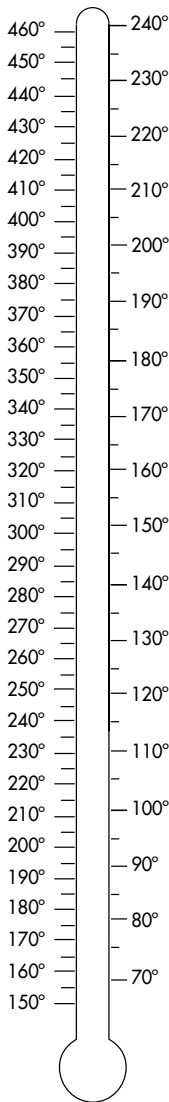


WEIGHTS, MEASURES & CONVERSIONS

Temperature °F / °C

Fahrenheit

Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$5(^{\circ}\text{F} - 32)$$

Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

NOTES:

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