

# Cuisinart®

## Recipe Booklet

Instruction Booklet on reverse side



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# BREAKFAST & STARTERS

## Cinnamon Maple Oatmeal

A quick & 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**  
**¼tsp**          **salt flakes please**  
**1tsp**          **ground cinnamon**  
**3tbsp**        **pure maple syrup**

1. Put all ingredients in the cooking pot of the rice cooker. 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

Ready in 30 minutes with no stirring!

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**  
**3tbsp**        **pure maple syrup**  
**2 cups**        **fresh blueberries**

1. Put the oats, milk, salt, cinnamon sticks, nutmeg and syrup in the cooking pot of the rice cooker. 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 eggs is a super-easy technique to use.

Function: Steam

Makes 24 servings

**12**              **large eggs (pre pricked)**  
**6tbsp**        **mayonnaise**  
**2tbsp**        **olive oil**  
**2tsp**         **Dijon mustard**  
**2tsp**         **fresh lemon juice**  
**1/8 – ¼tsp**   **hot sauce**  
**¼tsp**         **salt flakes please**  
**1/8tsp**        **freshly ground black pepper**  
**2tbsp**        **fresh herbs**  
                **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 rice cooker. 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.

## Oatmeal Breakfast Bowl

Function: Oats

Makes 4 servings

**2 cups**        **cooked steel-cut oats, warm**  
**¼ cup**        **seedless raspberry jam**  
**¼ cup**        **plain Greek yoghurt**  
**½ cup**        **fresh raspberries**  
**¼ cup**        **chopped pecans**  
**1tsp**          **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 & SOUPS

## Baked Beans

These baked beans are packed with a rich, smoky flavour & super easy to make in this rice multicooker.

Functions: Sauté & Beans

Makes about 4 cups

<b>225g</b>	<b>kidney beans, soaked overnight</b>
<b>100g</b>	<b>sliced bacon, diced</b>
<b>1</b>	<b>small brown onion, finely chopped</b>
<b>1 cups</b>	<b>water or low salt chicken stock</b>
<b>2tbsp</b>	<b>pure maple syrup</b>
<b>1tbsp</b>	<b>packed brown sugar</b>
<b>1tbsp</b>	<b>Dijon mustard</b>
<b>1tbsp</b>	<b>tomato paste</b>
<b>1tbsp</b>	<b>Worcestershire sauce</b>
<b>½tsp</b>	<b>flaked salt</b>
<b>¼tsp</b>	<b>freshly ground black pepper</b>

1. Select the Sauté function of the rice cooker, 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.

## Indian-Spiced Basmati Rice

Perfect with any curry!

Functions: Sauté & Quick White Rice

Makes about 9 cups

<b>3tbsp</b>	<b>olive oil</b>
<b>1½tbsp</b>	<b>fresh ginger, peeled &amp; finely chopped</b>
<b>3</b>	<b>garlic cloves, finely chopped</b>
<b>¾tsp</b>	<b>salt flakes, divided</b>
<b>¼tsp</b>	<b>freshly ground black pepper, divided</b>
<b>½</b>	<b>medium onion, chopped</b>
<b>1</b>	<b>large white potato, peeled &amp; cut into 1.5cm cubes</b>
<b>1½tsp</b>	<b>ground cumin</b>
<b>1½tsp</b>	<b>ground coriander</b>
<b>1tsp</b>	<b>ground cinnamon</b>
<b>¼tsp</b>	<b>ground turmeric</b>
<b>4</b>	<b>cooker cups basmati rice</b>
<b>1 cup</b>	<b>frozen peas</b>
<b>⅓ cup</b>	<b>chopped fresh coriander</b>
	<b>Water (to the 2- cup marking in the cooking pot)</b>

1. Put the oil in the cooking pot of the rice cooker. 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. 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 is about 5 minutes remaining in the cooking time, stir in the peas and coriander. Close lid again and let the rice finish cooking.
4. Once the audible tone has sounded, open the lid and stir to mix. Taste and adjust seasoning as desired and serve.

## Beetroot Salad with Roasted Walnuts & Ricotta Salata

The saltiness of the cheese combines nicely with the sweetness of the beetroots & walnuts in this eye-catching salad; plus, steaming makes peeling whole beetroots 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**  
**2tbsp**      **red wine vinegar**  
             **Flaked salt**  
             **cracked pepper**

1. Add water to the Steam level in the cooking pot of the rice cooker. 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 beetroots 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 beetroots 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**  
**2tsp**      **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 rice cooker. 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.

## Thai-Scented Jasmin 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

	<b>Water (to the 3-cup rice marking in cooking pot)</b>
<b>2</b>	<b>cooker cups jasmine rice</b>
<b>1</b>	<b>3cm piece fresh ginger, halved</b>
<b>1</b>	<b>garlic clove, thinly sliced</b>
<b>1tbsp</b>	<b>finely chopped lemongrass</b>
<b>6</b>	<b>fresh Thai basil leaves</b>
<b>¼tsp</b>	<b>flaked salt</b>
<b>3</b>	<b>spring onion, thinly sliced</b>
<b>¼ cup</b>	<b>fresh coriander leaves</b>

1. Put the rice, water, ginger, garlic, lemon peel and basil in the cooking pot of the rice cooker. 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.

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

## Perfect Sushi Rice

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

Function: Sushi  
Makes about 8 cups

	<b>Water (to the 3-cup rice marking in cooking pot)</b>
<b>3</b>	<b>cooker cups sushi rice, rinsed three times &amp; pressed to reduce moisture</b>
<b>¼ cup</b>	<b>rice vinegar</b>
<b>3tbsp</b>	<b>mirin</b>
<b>¼tsp</b>	<b>flaked salt</b>

1. Put the rinsed and pressed rice in the cooking pot of the rice cooker. 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.

## Avocado, Spring Onion & Basil Roll

Easily make these fresh homemade veggie sushi rolls which can be adapted to add any protein you'd like.

Function: Sushi

Makes 1 roll

Equipment needed: sushi rolling mat

**1½ cups    Perfect Sushi Rice (preceding recipe)**

**¼            avocado, peeled, pitted & thinly sliced**

**3            Lebanese cucumber, thinly sliced**

**1            spring onion, thinly sliced**

**4            fresh basil leaves**

**Bowl of cold water (to help rolling sushi)**

**Pickled ginger**

**Wasabi**

**Soy sauce**

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 then, with a clean sharp knife, cut into about 8 x 2cm pieces. Serve with pickled ginger, wasabi and soy sauce.

## Prawn & Asparagus Roll

Try a different sushi filling from what you're used to, with prawn & asparagus.

Functions: Sushi & Steam

Makes 1 roll

Equipment needed: sushi rolling mat

**1            sheet nori**

**1 cup       Perfect Sushi Rice (page 6)**

**4            steamed prawns, halved**

**2            asparagus spears, steamed for 4 minutes**

**1–2tbsp    toasted sesame seeds**

**Bowl of cold water (to help in rolling sushi)**

**Pickled ginger**

**Wasabi**

**Soy sauce**

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 & easy alternative). They take a lot less precision & you can fill them with your favourite fillings. Here we give a colourful selection of vegetables & fruit to make an impressive presentation. This recipe is easily adaptable – add in marinated tofu, steamed prawn or salmon, etc.

Function: Sushi

Makes about 4 bowls

**2 cups**      **Perfect Sushi Rice (page 6)**  
**Bowl of cold water (to help in forming the sushi cups – not necessary if making a Sushi Bowl)**

**1tbsp**      **rice vinegar**  
**½**          **medium carrot, cut into thin matchsticks**  
**2**          **radishes, sliced & cut into thin matchsticks**  
**½**          **Lebanese cucumber, seeded & 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**  
**Surikake**

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 surikake.
3. Serve.

**TIP:** 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 surikake.

## Red Beans & Rice

This Jamaican staple really 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\***  
**1tbsp**       **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**  
**1tbsp**       **flaked salt**  
**1**              **3cm piece fresh ginger, peeled**  
**3**              **cooker cups medium-grain white rice**  
**1 cup**       **water**  
**½tsp**       **ground cinnamon**  
**4**              **sprig onion, thinly sliced**

1. Put the olive oil in the cooking pot of the rice cooker. 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 this one-pot wonder. Sautés, simmers & steams all in one unit!

Functions: Sauté & One Pot

Makes about 10 cups

<b>1tbsp</b>	<b>olive oil</b>
<b>1</b>	<b>garlic clove, sliced</b>
<b>1</b>	<b>6cm x 3cm piece ginger, peeled &amp; finely chopped</b>
<b>8 cups</b>	<b>chicken or vegetable stock, low sodium</b>
<b>1</b>	<b>baby bok choy (about 200g), sliced</b>
<b>100g</b>	<b>shiitake mushrooms, sliced</b>
<b>1tbsp</b>	<b>soy sauce</b>
<b>¼tsp</b>	<b>freshly ground black pepper</b>
<b>1 cup</b>	<b>butternut, peeled &amp; cubed</b>
<b>180g</b>	<b>chicken fillets cut into 2cm strips</b>
<b>240g</b>	<b>udon noodles (or soba)</b>
<b>3</b>	<b>spring onion, thinly sliced</b>
<b>1 cup</b>	<b>bean sprouts (about 100g)</b>
<b>1tbsp</b>	<b>sesame oil</b>
	<b>Fresh lime wedges</b>

1. Put the oil in the cooking pot of the rice cooker. 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 and pepper. 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, open the lid, and add the steamed chicken and noodles to the soup. Close the lid and allow to "cook" in the Keep Warm setting for 10 minutes.
5. Open the lid of the cooker again and stir in the spring onion, bean sprouts, sesame oil, and a squeeze of lime.

## Black Bean Veggie Salad

A colourful side dish that is bright & fresh.

Functions: Soak & Beans

Makes about 5 cups

<b>2</b>	<b>cooker cups dry black beans, soaked overnight*</b>
	<b>Water (to the 4-level marking)</b>
<b>½</b>	<b>medium red capsicum, chopped</b>
<b>1</b>	<b>garlic clove, finely chopped</b>
<b>1</b>	<b>green shallot, thinly sliced</b>
<b>½</b>	<b>jalapeño chilli, seeded &amp; finely chopped</b>
<b>¾ cup</b>	<b>fresh or frozen corn kernels</b>
<b>1tbsp</b>	<b>extra virgin olive oil</b>
<b>2tsp</b>	<b>fresh lime juice</b>
<b>¾tsp</b>	<b>salt flakes please</b>
<b>2</b>	<b>pinches freshly ground black pepper</b>
<b>1</b>	<b>avocado, diced</b>
	<b>Pinch white sugar</b>

1. Put the drained beans and fresh water into the cooking pot of the rice cooker. 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.

Functions: 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                |
| 1tsp | flaked salt                                 |
| 1tsp | chilli powder                               |
| ½tsp | paprika                                     |
| ½tsp | ground oregano leaves                       |
| ½tsp | 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 rice cooker. 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      | spring onion, thinly sliced     |
| 2tbsp  | extra virgin olive oil          |
| ¼ cup  | fresh lemon juice               |
| ¼tsp   | flaked salt                     |
| ¼tsp   | freshly ground black pepper     |
|        | Pinch ground cumin              |

1. Put the bulgur and water in the cooking pot of the rice cooker. 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

<b>2</b>	<b>cooker cups freekah</b>
<b>3 cups</b>	<b>water</b>
<b>½ tsp</b>	<b>flaked salt</b>
<b>½</b>	<b>medium red onion, finely chopped</b>
<b>1⅓ cups</b>	<b>corn kernels, fresh or frozen (thawed)</b>
<b>1 cup</b>	<b>grated zucchini</b>
<b>1 cup</b>	<b>chopped capsicum</b>
<b>½ cup</b>	<b>chopped spring onion</b>
<b>½ cup</b>	<b>chopped semi dried tomatoes</b>
<b>½ cup</b>	<b>Vinaigrette dressing of your choice</b>
<b>⅓ cup</b>	<b>roughly chopped flat leaf parsley</b>

1. Put the freekah, water and salt in the cooking pot of the rice cooker. 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.

## 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

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

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 pfuction 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

## Chicken, Leek & Thyme Risotto

The perfect vegetarian-friendly winter dish.

Functions: Sauté & Risotto

Makes about 8 cups

<b>1tsp</b>	<b>butter</b>
<b>2tsp</b>	<b>olive oil</b>
<b>1</b>	<b>leek thinly sliced to make 1 cup</b>
<b>1</b>	<b>garlic clove, finely chopped</b>
<b>1</b>	<b>cooker cup Arborio rice</b>
<b>¼ cup</b>	<b>dry white wine</b>
<b>400g</b>	<b>chicken thigh fillet, cut into pieces about 3cm x 3cm</b>
<b>3 cups</b>	<b>chicken stock, room temperature</b>
<b>1tsp</b>	<b>fresh lemon thyme leaves</b>
	<b>Flaked salt &amp; cracked pepper</b>
<b>½ cup</b>	<b>sliced snow peas</b>
<b>¼ cup</b>	<b>grated Parmesan</b>
<b>2tbsp</b>	<b>chopped fresh flat-leaf parsley</b>

1. Put the butter and oil in the cooking pot of the rice cooker. 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, 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, 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.

## Brown Rice Burrito Bowl

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

Function: Brown Rice

Makes 4 servings

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

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.

## Spring Pea Risotto

Bright and fresh tasting, this risotto stands up nicely on its own, or simply add some ham.

Functions: Sauté & Risotto

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

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

1. Put the butter and oil in the cooking pot of the rice cooker. 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.
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 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.

3. 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.

4. This risotto is best when served immediately. Divide the risotto into serving bowls and top with a snow pea sprouts.

## A Tip on Arancini Leftovers:

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, & 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, & 1 bowl of breadcrumbs (seasoned or plain). Lightly bread & 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.

## Mediterranean Couscous with Moroccan Vegetables

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

Functions: Sauté & Small Grains

Makes about 7 cups

<b>2tsp</b>	<b>extra extra virgin olive oil</b>
<b>1</b>	<b>small brown onion, halved &amp; thinly sliced</b>
<b>2 cups</b>	<b>peeled pumpkin, 2cm cube-cut</b>
<b>1</b>	<b>medium peeled potato, 2cm cube-cut</b>
<b>1½ cups</b>	<b>peeled eggplant, 2cm cube-cut</b>
<b>¾tsp</b>	<b>flaked salt</b>
<b>½tsp</b>	<b>freshly ground black pepper</b>
<b>3</b>	<b>cooker cups pearl (also known as Israeli or Mediterranean) couscous</b>
<b>2½ cups</b>	<b>low-salt chicken stock</b>
<b>1</b>	<b>whole cinnamon stick</b>
<b>½tsp</b>	<b>ground cumin</b>
<b>½tsp</b>	<b>finely grated lemon rind</b>
<b>½ cup</b>	<b>dried apricots, chopped</b>
<b>½ cup</b>	<b>chopped fresh coriander leaves</b>

1. Put the oil in the cooking pot of the rice cooker. 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.
2. 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.
3. 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 & protein-rich quinoa & eggs. You can top with some crunchy seeds or sprouts prior to serving.

Functions: Small Grains & Steam

Makes 4 servings

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

1. Put the lentils and water into the cooking pot of the rice cooker. 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

A light & easy-to-prepare, fresh summer's dish.

Function: Chewy grains

Makes 4 servings

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

1. 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.

**TIP:** Brown rice would also be ideal in this recipe. As would canned tuna, cooked chicken or tofu.

## Prawns with Summer Vegetables

Light & 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

<b>6</b>	<b>asparagus spears, cut on the bias/ on an angle into 3cm pieces</b>
<b>½</b>	<b>medium carrot, cut into julienne strips</b>
<b>½ cup</b>	<b>sliced snow peas</b>
<b>300g</b>	<b>medium green prawns (deveined) ,</b>
	<b>Fresh lemon juice</b>
	<b>Extra virgin olive oil</b>
	<b>Chopped fresh flat leaf parsley</b>
	<b>Flaked salt</b>
	<b>Freshly ground black pepper</b>

1. Add water to the Steam level in the cooking pot of the rice cooker.
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

	<b>Pinch red chilli flakes</b>
<b>2tbsp</b>	<b>sesame oil</b>
<b>1tbsp</b>	<b>sesame seeds</b>
<b>2</b>	<b>garlic cloves, finely chopped</b>
<b>1tbsp</b>	<b>low-salt soy sauce</b>
	<b>Water (to the "Steam" marking in cooking pot)</b>
<b>120g</b>	<b>Swiss brown mushrooms, thinly sliced</b>
<b>250g</b>	<b>medium-firm tofu, cut into 6 pieces (this is about ½ of a standard tofu package)</b>
<b>2 cups</b>	<b>watercress leaves or baby spinach</b>
	<b>Pinch flaked salt</b>

1. Put the sesame oil into the cooking pot of the rice cooker. 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 chipotle adds a smooth smoky flavour.

Functions: Soak, Sauté & One Pot  
Makes about 5 cups

<b>3</b>	<b>cooker cups dried beans, soaked overnight*</b>
<b>1tbsp</b>	<b>extra virgin olive oil</b>
<b>1</b>	<b>2cm piece fresh ginger, peeled &amp; finely chopped</b>
<b>2</b>	<b>garlic cloves, finely chopped</b>
<b>1</b>	<b>small brown onion, finely chopped</b>
<b>1tsp</b>	<b>flaked salt</b>
<b>¼tsp</b>	<b>freshly ground black pepper</b>
<b>1</b>	<b>medium red or yellow capsicum, cored, seeded &amp; diced</b>
<b>2tsp</b>	<b>chilli powder</b>
<b>¼tsp</b>	<b>ground cumin</b>
<b>¼tsp</b>	<b>ground cinnamon</b>
<b>1</b>	<b>can (400g) diced tomatoes, drained</b>
<b>2tbsp</b>	<b>tomato paste</b>
<b>1tbsp</b>	<b>chipotle sauce</b>
<b>2 cups</b>	<b>low-salt vegetable stock</b>
<b>1–2tbsp</b>	<b>pure maple syrup</b>
	<b>Grated cheddar, for garnish</b>
	<b>Fresh coriander, roughly chopped,</b>

1. Put the olive oil in the cooking pot of the rice cooker. Select the Sauté function and press Start/Stop. Once oil is hot and shimmering, about 2 minutes, add the ginger, garlic and onion with salt and pepper. Sauté until softened and the onion is translucent, about 2 minutes. Add the capsicum and the spices and cook to about 3 to 4 minutes. Press Start/Stop.
2. Add the beans, tomatoes, tomato paste, chipotle, 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 open the lid, and stir in the maple syrup. Serve with the grated 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.



## Traditional Rice Pudding

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

Function: Risotto

Makes 5 cups

<b>2</b>	<b>cooker cups Arborio rice</b>
<b>3 cups</b>	<b>whole milk</b>
<b>2 cups</b>	<b>cooking cream</b>
<b>1</b>	<b>whole vanilla bean, halved &amp; seeds scraped</b>
<b>2/3 cup</b>	<b>white sugar</b>
<b>1/4tsp</b>	<b>salt flakes please</b>
<b>2</b>	<b>whole cinnamon sticks</b>
<b>1/4tsp</b>	<b>flaked nutmeg</b>
	<b>Maple syrup or honey to serve (optional)</b>

1. Add all ingredients to the cooking pot of the rice cooker. 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.

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# RICE & GRAIN BOWLS

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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 rice cooker, 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!

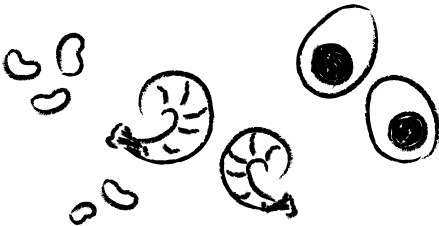
## 1 First...rice, grain, or both?

- 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



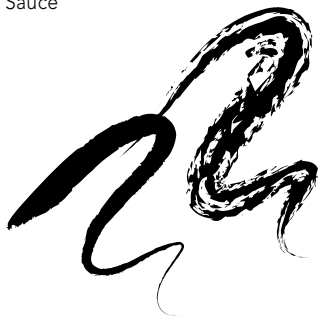
## 3 This is healthy, right? Add some vegetables

- 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:

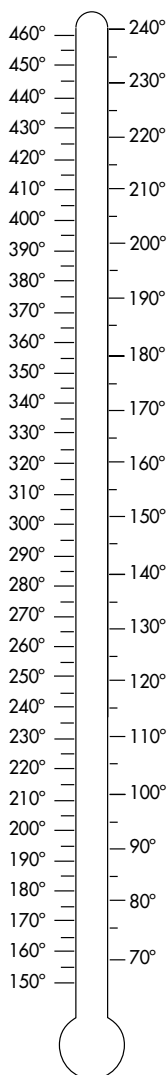
- Olives
- Sesame Seeds (also – check out the sesame seed spice blends in your grocery store's spice aisle – some have nori and other delicious flavour boosters in them)
- Sliced spring onion
- Chopped Fresh Herbs
- Crumbled or Shredded Cheese
- Fried golden shallots
- Pepitas
- Chopped Nuts
- Microgreens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

# WEIGHTS, MEASURES & CONVERSIONS

## Temperature °F / °C

Fahrenheit

Celsius



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

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

## 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

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