

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Combo Steam + Convection Oven

CSO-300C

IMPORTANT SAFEGUARDS

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

1. **Read all instructions.**
2. **UNPLUG FROM OUTLET WHEN NOT IN USE, before putting on or taking off parts and before cleaning. Allow to cool before cleaning or handling.**
3. Do not touch hot surfaces. Use handles or knobs.
4. To protect against electrical shock, do not immerse cord or plug, or place any part of the oven in water or other liquids. See instructions for cleaning on page 10.
5. Close supervision is necessary when any appliance is used by or near children.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the oven to the nearest Cuisinart Repair Centre for examination, repair or mechanical or electrical adjustment.
7. The use of accessory attachments not recommended by Cuisinart may cause injury.
8. Do not use outdoors.
9. Do not let cord hang over the edge of the table or countertop where it could be pulled on inadvertently by children or pets. Do not let cord touch hot surfaces, which could damage it.
10. Do not place oven on or near a hot gas or electric burner or in a heated oven.
11. Do not use this oven for anything other than its intended purpose.
12. Do not place sealed or airtight containers in the oven.
13. Extreme caution should be exercised when using containers constructed of materials other than metal, glass or ceramic in the oven.
14. To avoid burns, use extreme caution when removing trays, pans, racks, or disposing of hot grease.
15. When not in use, always unplug the unit. Do not store any materials other than manufacturer's recommended accessories in this oven.
16. Do not place paper, cardboard, plastic or similar products in the oven.
17. Do not cover crumb tray or any part of the oven except the baking pan with metal foil. This will cause overheating of the oven.
18. Do not block the top of the oven, steam vents, or any other openings while in use.
19. Oversize foods, metal foil packages and utensils must not be inserted in the oven, as they may involve a risk of fire or electric shock.
20. A fire may occur if the oven is covered or touching flammable materials such as curtains, draperies, walls and the like when in operation. Do not store any items on top of the appliance when in operation. Do not operate under wall cabinets.
21. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
22. Do not attempt to dislodge food when the oven is plugged into an electrical outlet.
23. **CAUTION:** To avoid possibility of fire, never leave oven unattended during use.
24. Do not rest cooking utensils or baking dishes on glass door.
25. Where applicable, always attach plug to appliance and check that the cooking cycle is stopped before plugging cord into wall outlet. To disconnect, press the Start/Cancel button to stop the cooking cycle, then remove plug from wall outlet.
26. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
27. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
28. Press the "Start/Cancel" button to begin or stop cooking function (see page 4 - item 4 for detail).

SPECIAL CORDSET INSTRUCTIONS

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords may be used if care is exercised in their use.

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

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

UNPACKING INSTRUCTIONS

1. Place the box on a large, sturdy, flat surface.
2. Open the box and remove the instruction book and any other literature.
3. Lift the packing materials, oven and accessories out of the box.
4. Remove all other parts packed in pulp mold and remove packing materials surrounding those parts. Be sure to check all packing materials for all parts listed in the Parts and Features section on page 4 before discarding.
5. Remove any protective or promotional labels from your steam oven and other parts.

FOR HOUSEHOLD USE ONLY SAVE THESE INSTRUCTIONS BEFORE THE FIRST USE

Before using your Cuisinart® Combo Steam + Convection Oven for the first time, remove any dust from shipping by wiping the base, cover and controls with a damp cloth.

Be sure to thoroughly clean all accessories before first use. The oven rack, baking pan, broiling rack and crumb tray are dishwasher safe. Rinse water reservoir in hot, sudsy water. Be sure to thoroughly clean all accessories before each use.

Before using your Cuisinart® Combo Steam + Convection Oven, make sure it is two to four inches (5 cm -10 cm) away from the wall or from any items on the countertop. Do not use on heat-sensitive surfaces. **DO NOT STORE ITEMS ON TOP OF THE OVEN. IF YOU DO, REMOVE THEM BEFORE YOU TURN YOUR OVEN ON. THE EXTERIOR WALLS GET VERY HOT WHEN IN USE. KEEP OUT OF REACH OF CHILDREN.**

TABLE OF CONTENTS

Important Safeguards	2
Unpacking Instructions	3
Before the First Use	3
Parts and Features	4
Getting to Know Your Control Panel	5
Cooking Functions	5
Additional Control Panel Icons	6
Set Your Clock	6
Oven Rack Position Guide	6
Operating Instructions	7
Tips and Hints	8
Steam Cooking Chart	10
Cleaning and Maintenance	11
Decalcification	11
Troubleshooting	11
Warranty	30

PARTS AND FEATURES

1. Blue-Backlit LCD Digital Display

Shows the selected cooking function and icon, temperature and cooking time. Also displays clock, preheating for certain functions, heater elements in use, toast shade and fill water indicator.

2. Blue-Backlit Program Dial/Button

Lets you choose from 9 cooking functions, set the temperature, cooking time, and the LCD display clock.

3. Light Button

Illuminates interior to monitor cooking progress for 2 minutes. Blue LED surrounds the button to indicate the light is ON.

4. Start/Cancel Button

Starts and stops the cooking cycle once function, cooking time, and temperature are selected. Green LED surrounds the button to indicate the cooking cycle has begun.

5. Water Reservoir

1.4-liter removable reservoir for all functions requiring steam, and for oven steam-cleaning.

6. Drip Tray

The slide-out drip tray comes already positioned in your steam oven and is designed to collect excess liquid. The drip tray slides out from the bottom front of the oven, making it easy to empty and clean.

7. Oven Rack

Four-position rack for multiple cooking functions: LOWER for roasts, poultry, casseroles, bread and baked goods. MIDDLE for standard-size foods and dishes, toast and bagels. Two broil positions, UPPER and LOWER, for broiling. See page 6.

8. Baking Pan

A baking pan is included for use with the broiling/steaming rack; use alone when baking or roasting.

9. Broiling/Steaming Rack

A broiling/steaming rack fits into the baking pan for use when broiling or steaming foods such as fish and vegetables.

10. Crumb Tray

Sits underneath the heating elements to catch crumbs from bread and toast. For convenience, we recommend removing the crumb tray when using steam functions.

11. Cord Storage (not shown)

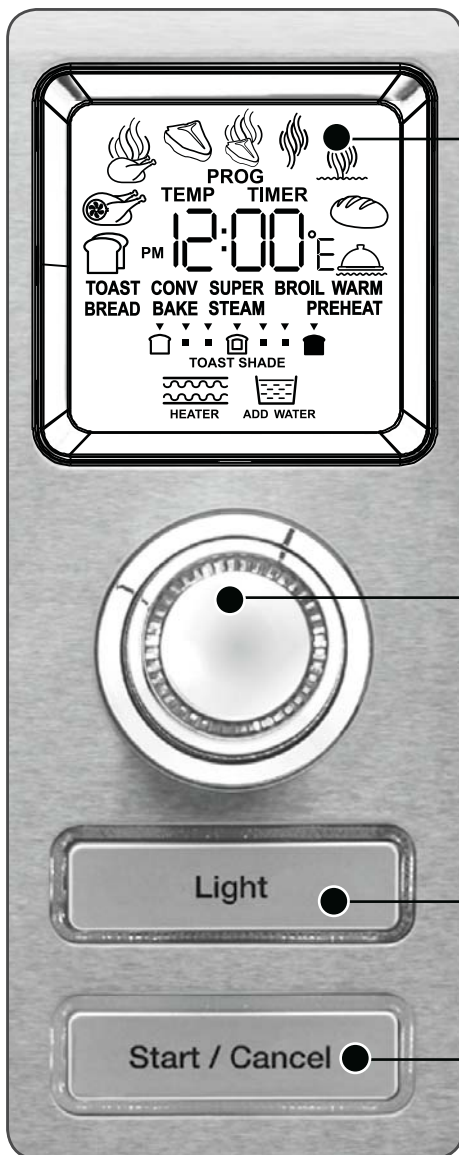
Wraps around rear of unit for a clutter-free countertop.

12. BPA free (not shown)

All materials that come in contact with food are BPA free.



Getting to Know Your Control Panel



LCD Display
lets you view the 9 cooking functions, time, temperature, toast shade, active heating elements, and add water alert. When oven is plugged in and not in use, clock will be displayed.










Program Button/Dial
Use to select cook function, change preset time or temperature, and choose toast shade.

Oven Light Button

Start/Stop Button

COOKING FUNCTIONS

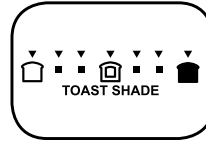
The large blue-backlit LCD screen is easy to read, and clearly displays the function, time, temperature, and toast shade you have selected. Indicators also let you know if top, bottom or both elements are heating, and when to add water to the reservoir.

<p>TOAST</p>  <p>Time determined by shade selected. Fixed Temperature Middle Rack Position</p>	<p>CONVECTION BAKE</p>  <p>Default Time: 30 minutes Default Temp: 350°F (180°C) Temperature Range: 125°F-450°F (52°C-230°C) Lower or Middle Rack Positions</p>	<p>BAKE STEAM</p>  <p>Default Time: 30 minutes Default Temp: 350°F (180°C) Temperature Range: 225°F-450°F (110°C-230°C) Lower or Middle Rack Positions</p>
<p>BROIL</p>  <p>Default Time: 10 minutes Default Temp: 500°F (260°C) Temperature Range: 300°F-500°F (150°C-260°C) Lower or Upper Broil Positions</p>	<p>BROIL STEAM</p>  <p>Default Time: 10 minutes Default Temp: 500°F (260°C) Temperature Range: 300°F-500°F (150°C-260°C) Lower or Upper Broil Positions</p>	<p>STEAM</p>  <p>Default Time: 30 minutes Default Temp: 210°F (99°C) Temperature Range: 100°F-210°F (40°C-99°C) Middle Rack Position</p>
<p>SUPER STEAM</p>  <p>Default Time: 20 minutes Default Temp: 250°F (120°C) Temperature Range: 125°F-400°F (52°C-200°C) Lower or Middle Rack Positions</p>	<p>BREAD</p>  <p>Default Time: 10 minutes Default Temp: 350°F (180°C) Temperature Range: 125°F-450°F (52°C-200°C) Lower or Middle Rack Positions</p>	<p>WARM</p>  <p>Default Time: 30 minutes Default Temp: 160°F (72°C) Temperature Range: 125°F-300°F (52°C-150°C) Lower or Middle Rack Positions</p>

Additional Control Panel Icons

PREHEAT

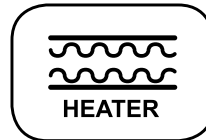
Preheat – Preheat indicator will disappear once the oven has reached set temperature. Food should be placed in oven before selecting cooking function and starting oven as preheat time is minimal and incorporated into overall cooking time.



Toast Shade – Scroll from 1 to 7 for light to dark toast. Always use crumb tray when toasting.

ADD WATER

Add Water – Add water indicator will illuminate and unit will continuously beep and shut off when the reservoir needs to be filled. Fill reservoir and replace on oven. Wait 30 seconds and press the program button. Oven will automatically resume from the point cooking cycle was interrupted. A full reservoir should run for approximately 2 hours on a steam function.



Active heating elements – Illuminate which heating elements are on for individual cooking functions.

Set Your Clock

Plug the oven into a 120 volt AC outlet. The LCD display will be illuminated blue. Clock will read 12:00 am. To set clock, press and hold the program button until the time starts flashing. Scroll the dial to select am/pm and then press button to confirm. Scroll the dial to set hour and then press to confirm. Finally scroll the dial for minutes and then press to set.

OVEN RACK POSITION GUIDE

All of our recipes give you step-by-step directions and indicate how to position the oven rack for best results. Please refer to the diagram below.

WARNING: Placing the rack in the lower rack position or in the upper broil position while toasting may result in a fire. Toast only in the middle rack position.

Lower Rack Position



Middle Rack Position



Lower Broil Position



Upper Broil Position

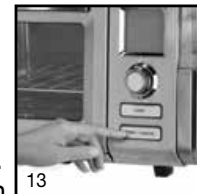


OPERATING INSTRUCTIONS

1. Place oven and appropriate accessories on a clean, dry, flat surface. Make sure oven interior and accessories have been cleaned and dried thoroughly before use.
2. Open the unit using the handle on the door, pulling it downward until it rests comfortably in place.
3. Before cooking, position the oven rack for the cooking function being used. Refer to the Cooking Functions Chart on page 5 and Oven Rack Position Guide on page 6 for proper positioning.
4. **IMPORTANT WHEN COOKING WITH STEAM**
Fill the water reservoir with tap water if using a function requiring steam. Remove reservoir by lifting vertically, using the integrated handle. Invert and remove reservoir cap and fill. Replace cap and return reservoir so that it is properly seated in its original position.
5. Place food in oven and close door.
6. Turn the program dial to engage the functions menu.
NOTE: The program dial/button will be surrounded by a blue LED light to indicate the functions menu is engaged.
7. Scroll until the proper cooking function appears on the screen. Refer to the Cooking Functions chart on page 5 for function information.
8. Press the program button in the center of the dial to set the function. A beep will sound and the temperature setting will start flashing.
9. Use the program dial to select the desired temperature. Refer to the Cooking Functions chart on page 5 for temperature ranges.
10. Press the program button again in the center of the dial to set temperature. A beep will sound and the default time will begin flashing.

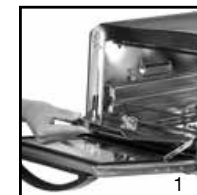


12. To increase or decrease cooking time, use the program dial to scroll to appropriate time and then press the program button again in the center of the dial to set the time.
13. Press the START/CANCEL button to begin cooking cycle.
NOTE: A beep will sound and the START/CANCEL button will be surrounded by a green LED light to indicate the cooking cycle has begun. The countdown timer will begin counting down until cooking cycle is complete.



For Use With TOAST Function:

1. Slide the crumb tray into position by tilting the crumb tray under the bottom heating elements inside the unit, and pushing it to the rear wall.
NOTE: The crumb tray is properly positioned if it rests flat on the interior base of the unit.
2. All toasting is done with the oven rack in the middle rack position. Refer to the Oven Rack Position Guide on page 5.
3. Turn the program dial to engage the functions menu.
NOTE: The program dial/button will be surrounded by a blue LED light to indicate the functions menu is engaged.
4. Scroll until the TOAST function appears on screen, then press the program button in the center of the dial to set TOAST. A beep will sound and the toast shade selector will start flashing.
5. Using the program dial, select a toast shade setting between 1 and 7 (1 is lightest, 7 is darkest).
6. Press the program button to set shade, which will appear in the display; a beep will sound and the toast shade selector will no longer flash.
7. Press the START/CANCEL button to begin toasting cycle.
NOTE: A beep will sound and the START/CANCEL button will be surrounded by a green LED light to indicate the cooking cycle has begun. Default countdown timer for the shade selected will now appear and begin counting down.



To change functions, time or temperature during cooking:

To change temperature: During the cooking process, the LCD screen will display the countdown timer. Press and hold the program button until a beep sounds and the LCD screen displays the previously selected temperature flashing. Turn the program dial to desired temperature. Press program button to set new temperature. A beep will sound.

To change time: Press and hold the program button until set temperature starts flashing. Press program button in again. The countdown timer will begin flashing and the current remaining time will be displayed. Turn the program dial to select new time and press program button to set that time. The new countdown time will be displayed, and cooking process will continue.

To change function: Press and hold the program button until set temperature starts flashing. Press program button in again. Time will start flashing. Press program button again. Current function icon will start flashing. Use program dial to scroll to desired function, and press program button to set.

NOTE: Once you change to another function, temperature and time will go to default settings for that function. Follow instructions above to select new temperature and time, if desired.

TIPS AND HINTS

General

Always make sure water reservoir is full before using any of the steam functions. Remove reservoir by lifting vertically, using the integrated handle. Invert and remove reservoir cap and fill. Replace cap and return reservoir so that it is properly seated in its original position.

Always remember to empty drip tray after each use. Also make sure it is in place before cooking.

For convenience, we recommend removing the crumb tray when using any of the steam functions, although it is not required.

Natural juices tend to accumulate in the baking pan when cooking with steam functions. Should the baking pan be full of liquid after cooking, allow to cool and then carefully remove.

Toast

Use provided crumb tray when making toast.

Toast should be centered on the oven rack for most even results.

Convection Bake

Convection Bake is best used for most baked goods like cakes, cookies and pastries.

Rotating baking pan halfway through cooking time is recommended for even baking.

Steam + Bake

The combination of bake and steam means crispy yet juicy results every time in less time. The Bake Steam function also provides even, moist heat that is a benefit for many types of foods, from perfect custards to effortless braised dishes.

For an exceptional roast chicken we recommend using high heat, 450°F (230°C), for best results. Little to no oil is necessary when roasting with steam.

Cooking with the bake steam function may shorten conventional roasting/baking times. If using a recipe meant for a traditional oven begin checking for doneness at least 10 minutes before recommended time.

The Bake Steam function allows you to create tender and browned braised dishes. Place less-tender cuts of meat like short ribs, shanks, cubes of shoulder or leg, with minimal or no liquid directly on the baking tray. Start cooking on Bake Steam at a medium temperature and then reduce temperature after one hour with entire cooking time set for 2 hours (see rib recipe on page 13 as a guide). Minimal to no liquid is used in steam-baked, braised dishes because natural juices are drawn out from the meat, providing the perfect braising liquid.

The Bake Steam function allows you to bake custard-style dishes (like crème brûlée, bread pudding and pot de crème) without a water bath. Cover item to be baked and set oven on Bake Steam at a low temperature [for custards set to 225°F (110°C)]. For heartier custard dishes like bread pudding set temperature to 325/350°F (160°C/180°C)]. Cooking times are generally 40 to 50 minutes.

Roast vegetables like peppers and tomatoes on the Bake Steam function. Place vegetables with a little to no oil directly on baking tray in the lower or middle rack position. Most vegetables will be nicely roasted in about 30 minutes at a minimum of 400°F (200°C).

Bake Steam keeps leftovers moist. When reheating, put leftovers in the middle rack position uncovered and set oven to 250°F (120°C) for about 20 minutes.

Steam

The highest temperature [210°F (99°C)] on the Steam function should be used for all traditional steaming tasks like vegetables, seafood and other proteins. See Steam Cooking Chart page 10 for steaming suggestions and times.

For all vegetable/protein steaming we recommend placing item to be steamed on the broiling/steaming rack fitted into the baking pan.

When steaming seafood we recommend placing a small amount of wine or other aromatic liquid on the bottom of the baking pan to infuse flavour.

The lowest temperature [100°F (40°C)] on the Steam function is ideal for bread proofing. Allow dough to complete at least one rise at room temperature. Shape dough and place on the baking pan lined with parchment and then put directly in the oven in the lower rack position. Set in oven for a minimum of 20 minutes and up to ½ hour on 100°F (40°C) to proof. Once time elapses, switch oven to Bread function and set temperature and time, indicated by recipe.

Some baked goods can be steam/baked or steamed and then convection baked, such as pretzels and bagels.

The Steam function can also work to clean the interior of your steam oven. Run oven on default setting to [210° F (99°C) for 30 minutes] to loosen grease or food residue. Once cycle is complete, wipe the interior clean with a cloth.

Steam + Broil

For your convenience we have two different rack positions for Broil/Broil Steam, refer to page 5 for reference.

The lower broil position is best suited for thicker foods like steaks, chops and larger fish fillets as well as top browning of dishes like nachos and casseroles.

The upper broil position is for thin foods like smaller seafood and thin fillets.

When positioning foods to broil make sure they are not touching the heating elements as they can burn very easily.

We recommend leaving the oven door slightly ajar when broiling.

Broil Steam is great for steam roasting foods like seafood, fish, chicken parts and vegetables.

Super Steam

Steam plus the additional heat of the bottom element is the ideal setting for perfect rice. The ratio we use for white rice to water is 2 cups (500 ml) to 2¼ cups (550 ml). Simply combine rice and water in an ovenproof dish and cover. Put in oven with the rack in the lower position set to Super Steam at 300°F (150°C). White rice takes about 25 to 30 minutes from start to finish. Brown rice takes about 40 minutes using 2½ cups (625 ml) water for 2 cups

(500 ml) of rice. All rice should rest about 10 to 15 minutes covered before fluffing and serving.

Super Steam also does a great job with steam-roasted vegetables. Put vegetables in the lower or middle rack position and set up to 400°F (200°C) for at least 20 minutes.

Bread

The Bread function simulates a professional bread oven on your counter. An initial burst of steam followed by convection baking yields professional results every time with crispy crusts and perfectly risen interiors.

Prepare any bread recipe as instructed. Prior to baking, we highly recommend using the Steam function set to 100°F (40°C) for the final proofing step (see section on Steam for tips).

Use your recipe-recommended oven temperature for the Bread function. However, baking times may be shortened for certain recipes – keep an eye on the bread in the oven during the last 10 minutes of recipe-specified baking time.

Use the Bread function for other recipes that use yeast as the leavening agent. Doughnuts that are proofed with the Steam function and then baked using the Bread function are delicious and light. They taste as though they came fresh from your favourite doughnut shop!

Warm

Use this setting to keep dishes warm that have already been cooked to completion.

Steam Cooking Chart

Steam function, 210°F (99°C), middle rack position*, food on broiling/steaming rack and baking pan.

Food	Amount	Preparation	Cooking Time
Artichokes	4 large	trimmed	105–120 minutes
Asparagus	1 pound (500 g)	trimmed	10–12 minutes
Broccoli	2 cups (500 ml)	1½-inch (3.75 cm) florets	20 minutes
Cauliflower	2 cups (500 ml)	1½-inch (3.75 cm) florets	20–25 minutes
Corn	2 ears	husked	20 minutes
Green beans	2 cups (500 ml)	trimmed	15 minutes
Snow peas	2 cups (500 m)	trimmed	10 minutes
Potatoes, new	1 pound (500 g)	whole	40–45 minutes
Shrimp	½ pound (250 g)	peeled and deveined	12–15 minutes
Fin fish (salmon, swordfish, etc.)	1 pound (500 g)	cut into portion sizes	18–20 minutes

*For artichokes, use the lowest rack position.

CLEANING AND MAINTENANCE

Always allow the oven to cool completely before cleaning.

1. Always unplug the oven from the electrical outlet.
2. When cleaning the exterior, do not use abrasive cleansers, as they will damage the finish. Simply wipe the exterior with a clean damp cloth and dry thoroughly.
3. To clean the interior walls, you can first loosen food debris by running the Steam cycle function. Follow the Operating Instructions, using the Steam function default [30 minutes at 210°F (99°C)]. Once cycle is complete wipe interior with a cloth or sponge. DO NOT use harsh abrasives or corrosive products, which could damage the oven wall surface.
4. To remove excess liquid, slide out the drip tray and discard contents. Wipe clean or place in top rack of dishwasher. To remove baked-on grease, soak the tray in hot sudsy water or use nonabrasive cleaners. Never operate the oven without the drip tray in place.
5. The oven rack, baking pan, broiling rack, and crumb tray are dishwasher safe. If heavily soiled, soak in hot sudsy water or use a nylon scouring pad or nylon brush.
6. Rinse water reservoir in hot, sudsy water. Dry well.
7. Never wrap the cord around the outside of the oven. Use the cord storage tabs on the back of the oven.
8. Any other servicing should be performed by an authorized service representative.

Note: If oven is not in use for more than 1 month, fill water reservoir and run oven on Steam function at 210°F (99°C) for 60 minutes before using.

Decalcification

Decalcification refers to the removal of calcium deposits that form over time. These deposits can cause damage to the machine. For best performance from your Combo Steam + Convection Oven, decalcify annually for average use and twice a year for heavy use.

To decalcify:

Remove the reservoir from the unit and empty it completely. Set oven to the Steam function at 210°F (99°C) for 30 minutes. Press the Start/Cancel button and let the oven run until the "Add water" alert sounds.

While the unit is running, add 1 cup (250 ml) of water and 1 cup (250 ml) of distilled white vinegar to the reservoir. When the "Add water" alert sounds, return reservoir to the unit. Wait 30 seconds and press the program button to reset the Steam function at 210°F (99°C) for 75 minutes. Press the Start/Cancel button and let the oven run until the "Add water" alert sounds.

Remove the reservoir and rinse out with fresh clean water. Fill the reservoir halfway with clean water. Return the reservoir to the unit. Wait 30 seconds and press the program button. Oven will resume from the point at which the cycle was interrupted. Let the oven run until the "Add water" alert sounds or the timer runs out.

TROUBLESHOOTING

Q: Can you switch functions during cooking?

A: Yes. See page 8 for instructions.

Q: Why is my unit beeping?

A: Steam reservoir is empty. Remove and refill with water, then replace. See page 7 for instructions.

Q: Why is water is leaking onto the counter.

A: Drip tray is not in place, or it may be full. Always check before each use and empty after use.

Recipe Booklet



TABLE OF CONTENTS

French Toast Strata	13
Caramelized Onion and Two-Tomato Tart	14
Oysters Rockefeller	15
Spanish Style Mussels with Chorizo	15
Chermoula Shrimp	16
Whole Roasted Branzino	16
Red Chile Pork	17
Red Chile Sauce	17
Beef Tenderloin Roast with Garlic and Herbs	18
Vinegar Chicken with Peppers	18
Salmon with Lemon-Herb Butter	19
Perfect Roast Chicken	19
Indoor Clambake	20
Green Chile Tamales	20
Asian-Style Pork Ribs	22
Steamed Pork Buns	22
Brussels Sprouts with Pancetta	23
Brioche	24
Soft Pretzels	24
Buttery Dinner Rolls	25
Rustic Italian Bread	26
French Bread	27
Molasses Whole Wheat Rolls	27
Chocolate Chip Bread Pudding	28
Chocolate Pots de Crème	29

Each recipe has the Active and Total Time listed to help you plan your cooking schedule. Active refers to hands-on prep and cooking time, while Total includes resting and baking time.

RECIPES

French Toast Strata

Give your family a new twist on French toast this weekend. Let the strata sit in the refrigerator overnight and bake it first thing in the morning.



Active Time: 20 minutes Total Time: Overnight plus 3 hours

Makes 8 servings

- nonstick cooking spray**
- 4 large eggs**
- 1 cup (250 ml) whole milk**
- 1 cup (250 ml) heavy cream**
- 1 teaspoon (5 ml) pure vanilla extract**
- 1/3 cup (75 ml) pure maple syrup**
- 2 teaspoons (10 ml) ground cinnamon**
- 1 teaspoon (5 ml) ground nutmeg**
- 1/4 teaspoon (1 ml) kosher salt**
- 1 loaf challah bread [1 pound (500 g)]**
- 2 tablespoons (30 ml) packed light brown sugar**
- 2 tablespoons (30 ml) unsalted butter, cut into 1/2-inch (1.25 cm) pieces**

1. Lightly coat a 9-inch (22.8 cm) square pan with nonstick cooking spray; reserve.
2. Put the eggs, milk, cream, vanilla, syrup, spices and salt into a medium bowl. Whisk to completely combine.
3. Using a serrated knife, slice the challah bread into strips that fit the length of the baking pan. Tightly fit half of the bread strips into the bottom of the pan and cover with half of the egg mixture. Sprinkle the top with 1 tablespoon (15 ml) of the brown sugar.

4. Repeat with the remaining bread, laying the strips in the opposite direction of the first layer. Pour the remaining egg mixture over the top and dot with remaining brown sugar. Cover tightly with foil and chill in the refrigerator for at least 2 hours or overnight.
5. Remove the pan from the refrigerator and bring to room temperature. Dot the top of the strata with the butter and loosely cover with aluminum foil.
6. Put the pan in the oven with the rack in the lower rack position. Set the oven to Bake Steam at 350°F (180°C) for 25 minutes. Remove the foil and switch the unit to Broil at 500°F (260°C) for 5 minutes, or until the top is browned and slightly crusty and the internal temperature of the strata is 160°F (71°C).
7. Remove and serve immediately.

Nutritional information per serving:

*Calories 390 (46% from fat) • carb. 41g • pro. 10g • fat 20g • sat. fat 11g
• chol. 172mg • sod. 355mg • calc. 121mg • fiber 2g*

Caramelized Onion and Two-Tomato Tart

A tasty and colourful dish to serve as a first course or light lunch.



Active Time: 45 minutes Total Time: 2 hours

Makes one 9-inch (22.8 cm) square tart 9 servings

- 1 medium onion peeled, halved and sliced**
- 2 garlic cloves, peeled and smashed**
- 2 thyme sprigs, leaves only**
- 2 teaspoons (10 ml) olive oil**
- 1 teaspoon (5 ml) kosher salt, divided**
- ½ cup (125 ml) mixed red and yellow grape tomatoes, halved**
- 1 sheet prepared puff pastry, defrosted**
- egg wash [1 large egg and 1 tablespoon (15 ml) water whisked together]**
- ¼ cup (60 ml) plus 1 tablespoon (15 ml) shredded Comté cheese, divided**

- 3 tablespoons (45 ml) fresh ricotta, strained of any excess water**
- 2 large basil leaves**

1. Toss the onion with the garlic, thyme, olive oil and ½ teaspoon (2 ml) of the salt in a medium mixing bowl. Put on the baking pan lined with parchment paper and put in the oven with the rack in the middle rack position. Set the oven to Super Steam at 300°F (150°C) for 30 minutes.
2. While the onion is cooking, toss the tomatoes in the same bowl with ¼ teaspoon (1 ml) of salt. Remove and reserve onion mixture once finished. Replace the parchment and put the tomatoes on the pan and then into the oven. Set to Bake Steam at 400°F (200°C) for 5 minutes.
3. Roll out the sheet of pastry on a well-floured surface and cut out a 9 x 9-inch (22.8 x 22.8 cm) square. Cut four 1-inch (2.5 cm) wide strips out of the pastry for a border around the square, placing the strips directly on top of the pastry square. Using the tines of a fork, prick the surface of the tart shell all over, in the center and on the borders. Brush the egg wash all over the tart shell.
4. Put the tart shell on the cleaned baking pan lined with parchment and put in the oven with the rack in the lower rack position. Set to Convection Bake at 400°F (200°C) for 30 minutes. Keep an eye on the shell to make sure the surface does not get too dark. Should it get too dark before time expires, cover with aluminum foil.
5. Once shell is baked and cools slightly, scatter the ¼ cup (60 ml) of shredded cheese along the bottom of the tart shell. Put ½ tablespoon (7 ml) dollops of the ricotta on top of the cheese evenly across the tart; sprinkle with half of the remaining salt. Top evenly with the onion mixture and then the tomatoes, and finally the remaining cheese and salt. Cover the border of the tart with aluminum foil and put back in the oven with the rack in the middle rack position. Set oven to Broil at 500°F (260 °C) for 10 minutes, until the cheese on top is melted and golden brown.
6. Once tart is finished tear the basil leaves and scatter on top of the tart before serving.

Nutritional information per serving:

*Calories 68 (63% from fat) • carb. 4g • pro. 3g • fat 5g • sat. fat 2g
• chol. 27mg • sod. 218mg • calc. 56mg • fiber 0g*

Oysters Rockefeller

This classic holiday hors d'oeuvre is sure to impress.

 **Active Time: 30 minutes Total Time: 45 minutes**

Makes 8 servings

- 3** **tablespoons (45 ml) unsalted butter, divided**
- 1/3** **cup (75 ml) anko breadcrumbs**
- 1/4** **teaspoon (1 ml) kosher salt**
- 1** **large shallot, peeled and finely chopped**
- 1** **large garlic clove, peeled and finely chopped**
- 1** **cup (250 ml) packed spinach, finely chopped**
- 1** **tablespoon (15 ml) Pernod**
- 8** **large oysters, shucked, on the half-shell**
- 1/4** **cup (60 ml) fresh parsley, finely chopped**

1. Melt 1 tablespoon (15 ml) of the butter and put in a small mixing bowl with the breadcrumbs and salt. Mix to combine; reserve.
2. Put the remaining butter in a medium skillet set over medium-low heat. Once melted, add the shallot and garlic; sauté until softened. Add the spinach and sauté until bright and wilted. Increase the heat to medium/medium-high; add the Pernod and stir to fully coat. Cook until Pernod has evaporated. Remove from heat; reserve.
3. Top each oyster with a heaping teaspoon (5 ml) of spinach mixture, then with the seasoned breadcrumbs.
4. Line the baking pan with parchment paper. Put prepared oysters on the tray and put in the oven with the rack in the middle rack position. Set to Convection Bake at 400°F (200°C) for 10 to 15 minutes.
5. Remove oysters from oven when golden brown and sprinkle with chopped parsley; serve immediately.

Nutritional information per oyster:

*Calories 94 (72% from fat) • carb. 5g • pro. 1g • fat 7g • sat. fat 5g
• chol. 21mg • sod. 104mg • calc. 9mg • fiber 0g*

Spanish Style Mussels with Chorizo

Sherry and spicy chorizo give these mussels a bit of Spanish flair.

 **Active Time: 15 minutes Total Time: 55 minutes**

Makes 4 servings

- 6** **ounces (170 g) smoked chorizo (2 links),
sliced into 1/4-inch (0.6 cm) rounds**
- 1** **onion, peeled and thinly sliced**
- 2** **garlic cloves, peeled and crushed**
- 2** **teaspoons (10 ml) olive oil**
- 1/4** **cup (60 ml) sherry**
- 1** **pound (500 g) mussels, scrubbed and de-bearded**

1. Combine the chorizo, onion, garlic, and olive oil in a small bowl. Evenly spread ingredients on the baking pan and put in the oven with the rack in the lower rack position. Set to Bake Steam at 450°F (230°C) for 20 minutes.
2. Remove the pan from the oven and carefully adjust the oven rack to the middle position. Stir in the sherry with a wooden spoon to deglaze the pan and add the mussels in an even layer. Return the pan to the oven and set to Steam at 210°F (98.8°C) for 20 minutes until mussels have fully opened. Start checking the mussels at 15 minutes. Discard any mussels that have not opened.
3. Serve immediately.

Nutritional information per serving:

*Calories 287 (52% from fat) • carb. 9g • pro. 21g • fat 16g • sat. fat 5g
• chol. 58mg • sod. 698mg • calc. 43mg • fiber 1g*

Chermoula Shrimp

A North African–style pesto, this is a perfect accompaniment for most seafood, especially shrimp and salmon, but is also delicious tossed with steamed or roasted potatoes.

 **Active Time: 20 minutes Total Time: 30 minutes**

Makes about 4 servings

Chermoula:

- ¾ cup (175 ml) fresh cilantro, stems discarded**
- ½ cup (125 ml) fresh parsley, stems discarded**
- 2 garlic cloves, peeled**
- ½ teaspoon (2 ml) grated lemon zest**
- ½ teaspoon (2 ml) kosher salt**
- ½ teaspoon (2 ml) paprika**
- ¼ teaspoon (1 ml) ground cumin**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- pinch cayenne**
- 2 tablespoons (30 ml) fresh lemon juice**
- 2 to 4 tablespoons (30 to 60 ml) extra virgin olive oil**

Shrimp:

- 1 pound (500 g) large shrimp, peeled and deveined**
- 1 teaspoon (5 ml) olive oil**
- pinch kosher salt**
- pinch freshly ground black pepper**

1. Put all ingredients for the chermoula, except the olive oil, in a mini chopper, or a food processor fitted with the metal chopping blade. Pulse until roughly chopped, about 8 to 10 times, scraping as needed. While continuously processing, gradually add the oil through the hole in the top of the lid, processing until desired consistency is reached – use less oil if you want a

chunkier pesto-like sauce, or more if you want it thinner. Taste and adjust the seasonings to your liking. Cover and reserve to allow flavors to meld.

2. Prepare the shrimp and fit the broiling/steaming rack into the baking pan. Put the shrimp, oil, salt and pepper in a mixing bowl and toss to combine. Divide the shrimp among 5 skewers and place the skewers on top of the broiling/steaming rack. Put the rack in the upper broil position. Put the tray on the rack and leave the oven door slightly open. Set to Broil for 10 minutes, or until the shrimp are fully opaque.
3. Transfer the shrimp to a platter and drizzle the chermoula over the top.

Note: If using wooden skewers, soak them in water for at least half hour prior to using.

Nutritional information per serving:

*Calories 200 (47% from fat) • carb. 3g • pro. 24g • fat 10g • sat. fat 1g
• chol. 171mg • sod. 372mg • calc. 78mg • fiber 1g*

Whole Roasted Branzino

Just add the Roasted Pepper Pilaf (page 16) and you have an easy yet elegant meal.

 **Active Time: 30 minutes Total Time: 2 hours**

Makes 2 servings

- 2 small shallots, about 2 to 3 ounces (60 to 85 g) total, peeled and sliced**
- 2 garlic cloves, peeled and crushed**
- 1 small fennel bulb [about 12 ounces (340 g), sliced lengthwise]**
- 1 medium orange, sliced**
- 1 small lemon, sliced**
- 2 sprigs fresh oregano**
- 2 sprigs fresh thyme**
- ½ teaspoon (2 ml) kosher salt, divided**
- ¼ teaspoon (1 ml) crushed red pepper**

2 teaspoons (10 ml) olive oil, divided

1 whole branzino, cleaned

1. In a stainless steel bowl, toss together the shallots, garlic, fennel, orange, lemon, oregano, thyme, ¼ teaspoon (1 ml) of the salt, the crushed red pepper and 1 teaspoon (5 ml) of the olive oil.
2. Season the flesh of the fish with remaining salt and stuff as much of this filling [about ½ cup to 1 cup (125 ml to 250 ml)] into the fish as possible. Tie together with butcher's twine in 3 places along the fish to keep the filling inside. Keep in mind there will be plenty of filling left over.
3. Prepare a bed of the remaining filling ingredients in the middle of the baking tray on a diagonal, placing some of the citrus slices on the top of the bed. Place the fish on top of the bed, wrap with plastic and keep in the refrigerator for an hour.
4. When ready to cook, drizzle the remaining teaspoon of olive oil on top of the fish and place in the oven with the rack in the middle rack position. Set oven to Bake Steam at 450°F (230°C) for 30 minutes.
5. Remove the tray when finished, and portion fish into 2 fillets; serve on top of the vegetable filling.

Nutritional information per serving:

*Calories 276 (27% from fat) • carb. 18g • pro. 33g • fat 8g • sat. fat 2g
• chol. 70mg • sod. 512mg • calc. 77mg • fiber 2g*

Red Chile Pork

The perfect taco filling. Tender and absolutely delicious!

 **Active Time: 30 minutes Total Time: 3 hours**

Makes about 12 servings

3 pounds (1.5 kg) boneless pork shoulder or pork butt

1 tablespoon (15 ml) kosher salt

1 tablespoon (15 ml) chili powder

½ teaspoon (2 ml) dried oregano

1 bay leaf

1 cinnamon stick

½ teaspoon (2 ml) ground cumin

¼ teaspoon (2 ml) cayenne

4 garlic cloves, peeled and crushed

1. Cut the shoulder into large chunks; and place in a large mixing bowl.
2. Put the remaining ingredients together and then rub over the meat. Cover and let rest in the refrigerator overnight to marinate.
3. Transfer the meat, with the spices, to the baking tray and put in the oven with the rack in the lower rack position. Set to Bake Steam at 350°F (180°C) for 75 minutes when time expires, reset to 225°F (110°C) for an additional 45 minutes on Bake Steam.
4. Allow pork to rest in oven until cool enough to handle. Remove the baking tray carefully to avoid spilling any of the braising liquid.
5. Remove and discard bay leaf, cinnamon stick and garlic. Using your hands (wearing gloves is recommended!), shred pork into bite-size pieces. This can now be used as a filling for tamales (page 11), tacos, burritos or served over rice with vegetables. Pair with our Red Chile Sauce (recipe follows) for extra flavour. **Note:** If using as filling for tamales we recommend mixing in 1 cup (250 ml) of red chile sauce. Follow tamale instructions and masa dough recipe on pages 11-12.

Nutritional information per serving [based on 4-pound (1.8 kg) pork shoulder]:

*Calories 361 (70% from fat) • carb. 1g • pro. 26g • fat 27g • sat. fat 9g
• chol. 107mg • sod. 499mg • calc. 28mg • fiber 0g*

Red Chile Sauce

Perfect sauce for topping tamales or tacos.

Be sure to have your roasted tomatoes ready before starting the recipe.

 **Active Time: 20 minutes Total Time: 1 hour 20 minutes**

Makes about 2 cups (500 ml)

1 tablespoon (15 ml) olive oil

1 medium onion, peeled and finely chopped

2 garlic cloves, peeled and finely chopped

- ¼ **cup (60 ml) red chile powder (preferably New Mexican style)**
- ½ **teaspoon (2 ml) kosher salt, plus more as needed**
- 1 **cup (250 ml) chicken broth, low sodium**
- 2 **tablespoons (30 ml) honey**
- 1 **bay leaf**

1. Put oil into a medium sauté pan set over medium-low heat. Once hot, add the onion and garlic. Sauté until soft, and then add the chile powder and salt; cook, stirring occasionally, for about 5 minutes to allow flavours to meld. Add the tomatoes and stir with a wooden spoon to break them down and fully combine all ingredients.
2. Once cooked down a bit, add the broth, honey and bay leaf. Raise the temperature to medium high and bring to a boil. Reduce to a simmer and cook, maintaining the simmer, for 1 hour.

Nutritional information per serving (2 tablespoons):
Calories 27 (37% from fat) • carb. 4g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 84mg • calc. 10mg • fiber 1g

Beef Tenderloin Roast with Garlic and Herbs

Marinating overnight intensifies the flavour of this simple roast.

 **Active Time: 10 minutes Total Time: Overnight plus 1 hour 15 minutes**

Makes 6 servings

- 1½ to 2 **pounds (750 g to 1 kg) trimmed beef tenderloin roast**
- 4 **garlic cloves**
- 2 **sprigs fresh thyme**
- 1 **sprig fresh oregano**
- ¼ **teaspoon (1 ml) freshly ground black pepper**
- ½ **teaspoon (2 ml) kosher salt**
- 1 **tablespoon (15 ml) unsalted butter, melted**

1. Put the tenderloin into a large resealable storage bag with the garlic, thyme, oregano and pepper. Toss to coat and marinate in refrigerator overnight.
2. Take the tenderloin out of the bag, discarding the garlic and herbs. Line the baking pan with parchment paper. Put tenderloin on the prepared pan and coat meat with the salt. Allow to rest at room temperature for 30 minutes.
3. Put the tenderloin in the oven with the rack in the lower rack position. Set to Convection Bake at 450°F (230°C) for 30 minutes. At the end of the convection bake cycle, remove tenderloin from oven and brush the top with melted butter. Return meat to the oven and set to Broil at 500°F (260°C) for 5 minutes.
4. Allow meat to rest for 10 minutes before slicing and serving.

Nutritional information per serving:
Calories 301 (68% from fat) • carb. 1g • pro. 22g • fat 22g • sat. fat 9g
• chol. 101mg • sod. 254mg • calc. 33mg • fiber 0g

Vinegar Chicken with Peppers

Balsamic vinegar gives the chicken a glazed finish from the oven.

 **Active Time: 25 minutes Total Time: 2 hours 25 minutes**

Makes 4 servings

- ½ **medium red bell pepper, sliced**
- ½ **medium orange bell pepper, sliced**
- ½ **medium yellow bell pepper, sliced**
- ½ **onion, peeled and sliced**
- 2 **garlic cloves, peeled and smashed**
- 1 **tablespoon (15 ml) fresh rosemary leaves**
- 1 **tablespoon (15 ml) olive oil**
- 2 **tablespoons (30 ml) balsamic vinegar**
- ½ **teaspoon (2 ml) kosher salt**
- ¼ **teaspoon (1 ml) freshly ground black pepper**
- 4 **chicken thighs, bone-in, skin on**

1. Combine all ingredients in a medium bowl, making sure vegetables and chicken are evenly coated with the oil and vinegar. Cover with plastic wrap and chill in the refrigerator for 1 hour.
2. Evenly arrange the ingredients in the baking pan, with the chicken sitting on top of the vegetables, skin side up. Put in the oven with the rack in the middle rack position and set the oven to Bake Steam at 300°F (150°C) for 60 minutes.
3. Remove from the oven and serve.

Nutritional information per serving:

*Calories 258 (63% from fat) • carb. 6g • pro. 17g • fat 18g • sat. fat 4g
• chol. 79mg • sod. 359mg • calc. 23mg • fiber 1g*

Salmon with Lemon-Herb Butter

A quick and simple dish.

Any leftovers can be served over a salad the next day.

 **Active Time: 20 minutes Total Time: 1 hour 20 minutes**

Makes 4 servings

- 1 small scallion, cut into 1-inch (2.5 cm) pieces**
- 1 tablespoon (15 ml) fresh dill**
- 1 tablespoon (15 ml) fresh parsley**
- 4 tablespoons (60 ml) unsalted butter**
- 1 teaspoon (5 ml) grated lemon zest**
- ¼ teaspoon (1 ml) plus pinch kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- 1 pound (500 g) salmon fillet**

1. Put the scallion, dill and parsley in a mini food processor fitted with the chopping blade. Pulse to chop. Scrape down sides and add butter, lemon zest, ¼ teaspoon (1 ml) salt and pepper. Process until fully homogenous, stopping to scrape down the sides as needed. Transfer butter to a piece of wax paper and form into the shape of the salmon fillet. If butter is too soft, refrigerate for 30 minutes.

2. Sprinkle salmon fillet with pinch of salt and gently put the butter onto the top of the fish, covering as much of the flesh as possible.
 3. Chill the prepared salmon in refrigerator for at least 30 minutes.
 4. When ready to cook put the salmon on top of the broiling/streaming rack fit into the baking pan. Put in the oven with the rack in the lower broil position. Set to Broil Steam at 500°F (260°C) for 10–15 minutes* and then Broil at 500°F (260°C) for 5–10 minutes browning to finish.
 5. Once brown, remove salmon let rest for a minute before serving.
- *Salmon fillets vary in size so it may be necessary to adjust the cooking time, depending on thickness.

Nutritional information per serving:

*Calories 237 (60% from fat) • carb. 0g • pro. 23g • fat 15g • sat. fat 6g
• chol. 85mg • sod. 99mg • calc. 15mg • fiber 0g*

Perfect Roast Chicken

The Combo Steam + Convection Oven creates the foolproof chicken – crispy and moist, no oil necessary!

 **Active Time: 10 minutes Total Time: Overnight plus 70 minutes**

Makes 4 servings

- 1 whole chicken [4 pounds (1.8 kg)]**
- ½ teaspoon (2 ml) freshly ground black pepper**
- 3 garlic cloves, crushed**
- 3 sprigs fresh thyme**
- 3 sprigs fresh rosemary**
- 2 sprigs fresh oregano**
- 1½ teaspoons (7 ml) kosher salt**
- 1 medium lemon, halved**

1. Season the chicken with the pepper and toss with the garlic and fresh herbs. Marinate in the refrigerator overnight.

2. Remove chicken from the refrigerator. Sprinkle liberally with salt and squeeze lemon juice over the chicken and stuff the lemon into its cavity with the fresh herbs. Tie the legs of the chicken together with butcher's twine, if desired (this helps the chicken to cook more evenly).
3. Put the chicken on the baking pan and put in the oven with the rack in the lower rack position. Set to Bake Steam at 450°F (230°C) for 50 minutes, or until chicken is cooked and skin is golden brown. Internal temperature of the breast/light meat should be 165°F (73.8°C) and thigh/dark meat should be 170°F (76.6°C).
4. Allow to rest for 10 minutes before carving or serving.

Nutritional information per serving:

Calories 385 (23% from fat) • carb. 2g • pro. 69g

• fat 9g • sat. fat 2g • chol. 221mg • sod. 841mg • calc. 41mg • fiber 0g

Indoor Clambake

Take the beach party inside with this easy but impressive countertop recipe.

 **Active Time: 40 minutes Total Time: 1 hour 20 minutes**

Makes 4 servings

- 1** **tablespoon (15 ml) olive oil**
- 2** **shallots, peeled and sliced**
- 4** **garlic cloves, peeled and crushed**
- 4** **sprigs thyme**
- ½** **teaspoon (2 ml) kosher salt**
- ¼** **teaspoon (1 ml) freshly ground black pepper**
- ½** **small fennel bulb, sliced**
- 6** **small red potatoes**
- 2** **ears corn, husked and cut into 2-inch (5.0 cm) pieces**
- ¾** **pound (375 g) littleneck clams (about 6), scrubbed**
- ½** **pound (250 g) mussels (about 8), scrubbed and de-bearded**
- 2** **lobster tails**

- ¼** **cup (60 ml) white wine or beer**
- ½** **tablespoon (7 ml) finely chopped tarragon**
- ½** **tablespoon (7 ml) finely chopped parsley**

1. In a large bowl, toss together the oil, shallots, garlic, thyme, salt, pepper, fennel, potatoes, and corn. Evenly arrange the ingredients on the baking pan. Put the pan in the oven with the rack in the lower rack position. Set to Super Steam for 20 minutes.
2. Carefully remove the pan from the oven and arrange the clams and mussels around the outside of the pan and the lobster tails in the center. Carefully pour the wine onto the pan and return to the oven. Continue cooking on Super Steam with time set for 15 minutes.
3. Baking pan will be full of cooking liquid. Remove it carefully from the oven. Garnish with the chopped herbs. Serve alongside crusty bread.

Nutritional information per serving:

Calories 587 (13% from fat) • carb. 74g • pro. 50g • fat 8g • sat. fat 1g

• chol. 156mg • sod. 1625mg • calc. 191mg • fiber 8g

Green Chile Tamales

This recipe does require a few steps but the final results are well worth the effort. Depending on the size of the corn husks, you may be able to fill the tamales with more or less than recommended; it will become easier to gauge as you fill them.

 **Active Time: 2 hours Total Time: 5 hours**

Makes about 24 tamales

Green Chile Filling:

- 1½** **pounds (750 g) poblano peppers (about 8), stems trimmed**
- 2** **tablespoons (30 ml) vegetable oil**
- 1** **medium onion, peeled and finely chopped**
- 1** **jalapeño pepper, seeded and finely chopped**
- 4** **garlic cloves, peeled and finely chopped**

- 2 tablespoons (30 ml) plus 1 teaspoon (5 ml) unbleached, all-purpose flour**
- 2 cups (500 ml) water or low-sodium chicken broth**
- 2 pounds (1 kg) whole chicken legs (about 4 legs), roasted, meat removed, shredded***
- 2 cans [4.5 ounces (130 g) each] diced green chiles**
- ½ teaspoon (2 ml) kosher salt**
- 24 corn husks**

Masa Dough:

- 5 cups (1.25 L) masa harina**
- 1 tablespoon (15 ml) plus 1 teaspoon (5 ml) baking powder**
- 2½ teaspoons (13 ml) kosher salt**
- ¾ cups (852 ml) water**
- ¼ cups (300 ml) vegetable oil**

1. Arrange the poblano peppers in a single layer on the baking pan. Put the pan in the oven with the rack in the middle rack position. Set to Bake Steam at 425°F (220°C). Cook for 30 minutes until charred, flipping the peppers halfway through cooking. Remove peppers to a bowl and cover tightly with plastic wrap.
2. Once cool enough to handle, peel, seed, and roughly chop the peppers. Set aside.
3. In a medium pot, heat the oil over medium-high heat. Add the onion, jalapeño, and garlic and sauté until softened and lightly golden. Whisk in the flour and cook for 1 to 2 minutes. Whisk in the water or broth and bring to a boil. Reduce heat to medium and add the chicken, poblano peppers and canned chiles. Simmer for about 30 to 45 minutes until filling is thickened and still moist but not soupy.
4. While the filling is cooking, put husks in a large bowl and pour over enough boiling water to cover. Use an inverted plate or heavy lid to keep the husks submerged for at least 1 hour.
5. Remove chile from heat and allow to cool slightly. (It will thicken slightly as it sits.)

6. Prepare the masa dough. In a large bowl, stir together the masa, baking powder, and salt. Slowly add the water, using a wooden spoon or a clean hand to incorporate the liquid well. Add the vegetable oil last and mix thoroughly until a dough is formed. Refrigerate until ready to use.
7. Assemble the tamales. Working with one husk at a time, remove from water and shake off any excess. Lay the husk flat on a work surface with the larger end facing you. Spread about ¼ cup (60 ml) of masa dough onto the husk, covering ⅔ of the husk toward the wider end.
8. Put about 2 to 4 tablespoons (30 to 60 ml) of filling on top of the masa, depending on the size of the husk. Fold the sides of the husk in over the filling and the husk's narrow end underneath the tamale to secure closed. Repeat until all tamales have been filled.
9. Arrange the tamales on the baking pan, with the open ends upward, stacking against each other in a slightly slanted position. Put in the oven with the rack in the lower rack position and set the oven to Steam at 210°F (98.8°C) for 2 hours. The masa should be set and the husk should peel easily away from it.
10. Serve immediately.

*To prepare the chicken in the oven, coat raw chicken legs with ½ teaspoon (2 ml) each salt and pepper and put in the baking pan with the rack in the middle rack position. Set to Bake Steam at 325°F (160°C) for 60 minutes. Remove, cool, and shred the meat.

Nutritional information per tamale:

*Calories 259 (55% from fat) • carb. 22g • pro. 8g • fat 16g • sat. fat 2g
• chol. 17mg • sod. 423mg • calc. 57mg • fiber 2g*

Asian-Style Pork Ribs

These sweet and savoury ribs are delicious on their own but they are also the filling for our pork buns in the next recipe.

 **Active Time: 10 minutes Total Time: Overnight plus 2 hours 10 minutes**

Makes: 4 entrée or 6 appetizer servings

- 1 cup (250 ml) hoisin sauce
- ½ cup (125 ml) soy sauce, low-sodium
- 1 tablespoon (15 ml) yuzu juice* or fresh lime juice
- 1 tablespoon (15 ml) mirin
- 1 tablespoon (15 ml) fish sauce
- 1 one- to two-inch (2.5 cm to 5.0 cm) piece of ginger, peeled and halved
- 2 garlic cloves, peeled
- ½ cup (125 ml) packed light brown sugar
- ¼ cup (250 ml) grapeseed oil
- 1 rack bone-in pork ribs [about 3 pounds (1.5 kg)], cut into individual ribs

1. Put all ingredients except ribs in the jar of a blender in the order listed. Blend on high until completely homogenous.
2. Put ribs in a stainless steel bowl and coat completely with the marinade. Cover the bowl tightly with plastic wrap and chill in the refrigerator overnight.
3. Take the meat from the refrigerator and remove as much marinade from each individual rib as possible. Fit the ribs in a single layer on the baking pan and put in the oven with the rack in the middle rack position. Set the oven to Bake Steam at 350°F (180°C) for 60 minutes. When time expires, reset to 225°F (110°C) for an additional hour on Bake Steam.
4. Remove the ribs from the oven and serve.

*Yuzu is a Japanese citrus fruit that is quite sour. Yuzu juice can be found at Japanese grocery stores or gourmet shops.

Nutritional information per rib:

*Calories 365 (51% from fat) • carb. 24g • pro. 21g • fat 21g • sat. fat 6g
• chol. 72mg • sod. 944mg • calc. 34mg • fiber 0g*

Steamed Pork Buns

These delicate breads are a classic dim sum component and have quickly become a favourite in our test kitchen.

 **Active Time: 1 hour 25 minutes Total Time: 3 hours 25 minutes**

Makes 16 buns

- 1 recipe Asian-Style Pork Ribs, cooled
- 1 teaspoon (5 ml) active dry yeast
- ¼ cup (60 ml) granulated sugar, divided
- 1⅓ cups (325 ml) warm water [105–110°F (40.5°C–43.3°C)], divided
- 3 cups (750 ml) unbleached, all-purpose flour, plus more as needed
- ¼ teaspoon (1 ml) baking soda
- 1 tablespoon (15 ml) canola oil

1. Remove meat from ribs and shred well. Keep refrigerated until ready to use. If desired, reserve any juices from the ribs after baking to moisten meat before filling.
2. Mix yeast with a pinch of the sugar and stir into ⅓ cup (75 ml) of the warm water. Let stand 5 minutes until foamy.
3. In a large stainless steel bowl combine the flour, remaining sugar and the baking soda. Stir to mix and make a small well in the center.
4. Add the remaining water to the yeast mixture and slowly pour it into the flour, using one hand to pour while the other mixes the dough. If the dough appears too wet, add more flour, 1 tablespoon (15 ml) at a time until the dough starts to come together. Add the oil and use your hands to work the dough until well combined.

5. Transfer the dough to a well-floured surface and knead the dough by hand for about 10 minutes until it is smooth and elastic. Shape the dough into a ball and cover with a dampened kitchen towel. Let the dough rest at room temperature for 1 hour.
6. Meanwhile, line the baking pan with a piece of parchment and take pork out of the refrigerator. Lay a large piece of wax paper on the counter where you will be filling the buns.
7. Lightly flour the work surface and roll the dough into a log, about 16 inches (40 cm) long. Cut the log into 16 equal pieces, about 2 ounces (60 g) each.
8. Working with one piece of dough at a time and keeping the rest covered with the damp towel, roll each piece of dough into a very flat round, about 4 to 5 inches (10 to 12.5 cm) in diameter. Fill each dough in the center with 2 heaping tablespoons (30 ml) of the shredded pork. It may seem like a lot but the dough will stretch as you pull it around the filling. Gather the dough up and around the filling by pleating along the edges. Pinch the pleats together, making a little neck on the bun, and twist firmly to seal.
9. Put the bun on the wax paper and cover with another damp towel. Repeat with remaining dough and filling until all buns have been made.
10. Put half of the buns on the baking tray, keeping the remaining 8 covered. Put the tray in the oven with the rack in the middle rack position and set to Steam at 210 °F (98.8°C) for 30 minutes, until dough is cooked through. Remove the buns and re-line the tray with new parchment and repeat with remaining buns.
11. Serve immediately.

Nutritional information per bun:

*Calories 392 (41% from fat) • carb. 40g • pro. 20g • fat 18g • sat. fat 5g
• chol. 59mg • sod. 786mg • calc. 28mg • fiber 0g*

Brussels Sprouts with Pancetta

The perfect side dish to any meal; the saltiness of the pancetta complements the earthiness of the sprouts and a finish of red wine vinegar provides an unexpected but welcome tang.

 **Active Time: 10 minutes Total Time: 30 minutes**

Makes 4 servings

- 1 pound (500 g) Brussels sprouts, trimmed and halved**
- 1 shallot, peeled and thinly sliced**
- 1 ounce (30 g) pancetta, diced**
- 1 tablespoon (15 ml) olive oil**
- 1/8 teaspoon (0.5 ml) kosher salt**
- 1/8 teaspoon (0.5 ml) freshly ground black pepper**
- 2 teaspoons (10 ml) red wine vinegar**

1. Toss all the ingredients except the vinegar together in a bowl until evenly coated. Arrange the ingredients on the baking pan in a single layer, Brussels sprouts cut side down.
2. Put the baking pan in the oven with the rack in the lower rack position and set the oven to Super Steam at 400°F (200°C) for 20 minutes, until the sprouts are tender and well browned. Start checking after 15 minutes.
3. Remove sprouts from the pan and put them into a serving bowl. Toss with vinegar. Adjust seasonings as desired and serve.

Nutritional information per serving:

*Calories 108 (46% from fat) • carb. 11g • pro. 5g • fat 6g • sat. fat 1g
• chol. 6mg • sod. 230mg • calc. 50mg • fiber 4g*

Brioche

Soft and buttery, this bread takes some TLC to prepare, but the final results are well worth it. Perfect when toasted and spread with jam for breakfast, or sliced and made even more decadent when used for making French toast.

 **Active Time: 55 minutes Total Time: 5 hours 45 minutes**

Makes 1 loaf (about 8 servings)

- 1¼ teaspoons (6 ml) active dry yeast**
- 1 teaspoon (5 ml) plus 2 tablespoons (30 ml) granulated sugar, divided**
- 2 tablespoons (30 ml) warm whole milk [105–110°F (40.5 –43.3°C)]**
- 1⅓ cups (325 ml) bread flour**
- 2 large eggs, lightly beaten**
- ½ teaspoon (2 ml) kosher salt**
- 6 tablespoons (90 ml) unsalted butter, cold and cubed (store in refrigerator until ready to use)**
egg wash [1 large egg and 1 tablespoon (15 ml) water whisked together]

1. In a small bowl, dissolve the yeast and teaspoon of sugar in the warm milk. Let stand 5 to 10 minutes, or until mixture is foamy.
2. Put the flour and the remaining 2 tablespoons (30 ml) of sugar in the bowl of a stand mixer fitted with the paddle attachment. Mix to combine. Once yeast has proofed, add mixture to the flour/sugar. Mix on a medium-low speed until completely combined, and then very gradually add the eggs, not adding more until the previous bit has been absorbed by the flour mixture. Continue to mix until dough is completely homogenous without any lumps. You may need to raise the speed to a medium/medium-high at this point. The dough will be very sticky and glue-like. Allow this to mix for about 10 minutes to allow gluten to develop well. Stop the mixer to scrape down the sides of the bowl and the paddle as needed to be sure that the dough is well-mixed and smooth.

3. Scrape down the sides of the bowl and the paddle, and then replace the paddle with the dough hook. Start mixing on a low/medium-low speed and add the salt. Gradually add the cold butter, cube by cube, not adding more butter until the preceding is fully incorporated. Increase speed to medium and continue kneading until all the butter has been added. Add additional flour, 1 teaspoon (5 ml) at a time, if dough is getting too sticky. The kneading process should take about 15 to 20 minutes – do not rush it! Dough is done when it is smooth and elastic, and when pulled should not break apart easily.
4. Form dough into a ball and put in a clean mixing bowl, cover with plastic and allow to rest in the refrigerator for 3½ hours. After chilling, let rest at room temperature for an additional 30 minutes.
5. Generously butter a 9-inch (22.8 cm) loaf pan. Gently shape dough into a loaf and put it in the pan. With the rack in the lower rack position, put pan in oven. Set to Steam at 100°F (40°C) for 25 minutes to proof. Remove from oven and lightly brush with egg wash. Return to oven and then set to Bread at 350°F (180°C) for 30 minutes to bake. Bread should be shiny and well browned at the end of the baking cycle, and the internal temperature should read 190°F (87.7°C).
6. Remove bread from the pan and allow to fully cool on a rack before serving.

Nutritional information per serving:

*Calories 185 (47% from fat) • carb. 19g • pro. 5g • fat 10g • sat. fat 6g
• chol. 69mg • sod. 167mg • calc. 11mg • fiber 1g*

Soft Pretzels

*Just like the street vendors' pretzels, but now in your own kitchen!
Serve with spicy brown mustard for the authentic touch.*

 **Active Time: 45 minutes Total Time: 2 hours 25 minutes**

Makes 12 pretzels

- 1 cup (250 ml) warm water [105–110°F (40.5°C–43.3°C)]**
- 1 tablespoon (15 ml) packed light brown sugar**
- 2¼ teaspoons (11 ml) active dry yeast**

- 3¼ cups (800 ml) bread flour**
- 2 teaspoons (10 ml) kosher salt**
- baking soda wash [⅓ cup (75 ml) warm water and 1 teaspoon (5 ml) baking soda whisked together to dissolve baking soda]**
- egg wash [1 large egg and 1 tablespoon (15 ml) water whisked together]**
- coarse salt, for sprinkling**

1. Put the water in a small mixing bowl or large measuring cup and add the sugar and yeast; stir to dissolve. Let stand 5 to 10 minutes, or until mixture is foamy.
2. Put the flour and salt in the work bowl of a food processor fitted with the dough or metal chopping blade and process for 10 seconds. With the machine running, slowly add the proofed yeast mixture through the feed tube and process until a dough ball forms. Continue processing 45 seconds to knead the dough. Shape the dough into a smooth ball, put it in a clean mixing bowl and cover with plastic. Let rise in a warm place until the dough has doubled in size, about 60 minutes.
3. Gently punch dough down and then roll into a 16-inch (40 cm) rope. Divide the dough into 12 equal pieces. Take one piece (keep other pieces covered loosely with plastic wrap or a damp towel to prevent drying out) and roll into a very thin rope, about 6 inches (15 cm) long, and shape into a pretzel by taking the two ends and crossing them over one another, making sure that the ends hang over the bottom; press firmly to seal. Repeat with remaining pieces of dough, being sure to keep all shaped pretzels under plastic or a damp towel.
4. Line the baking pan with a piece of parchment paper. Put 6 of the shaped pretzels on the lined pan. Lightly brush the pretzels with the baking soda wash. Put the pan in the oven with the rack in the middle rack position. Set to Steam at 210°F (98.8°C) for 5 minutes.
5. At the end of the steaming cycle, remove from oven and lightly brush the pretzels with the egg wash and sprinkle generously with the salt. Return to oven then set to Convection Bake at 425°F (220°C) for 12 to 14 minutes to bake. Pretzels should be shiny and lightly browned at the end of the baking cycle.

6. Remove pretzels from the pan and serve immediately. Repeat with the remaining 6 pretzels.
7. Pretzels are best served the same day, preferably hot out of the oven. They can last for 2 days if stored in an airtight container.

Nutritional information per pretzel:

*Calories 118 (0% from fat) • carb. 25g • pro. 4g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 261mg • calc. 1mg • fiber 1g*

Buttery Dinner Rolls

Fresh from the oven, warm rolls make any dinner extra-special.

 **Active Time: 30 minutes Total Time: 2 hours 20 minutes**

Makes 12 rolls

- ⅓ cup (75 ml) whole milk**
- 6 tablespoons (90 ml) unsalted butter**
- 3 tablespoons (45 ml) granulated sugar**
- 1¾ teaspoons (9 ml) active dry yeast**
- 3 tablespoons (45 ml) warm water [105–110°F (40.5°C–43.3°C)]**
- 1 egg, lightly beaten**
- 3 cups (750 ml) bread flour**
- ¾ teaspoon (3.75 ml) kosher salt**
- egg wash [1 large egg and 1 tablespoon (15 ml) water whisked together]**

1. In a small saucepan combine the milk, butter and sugar. Warm over low heat until the butter is melted. Remove from heat and set aside to cool to room temperature.
2. Dissolve the yeast in the warm water. Let stand 5 minutes, or until mixture is foamy. Combine with cooled milk mixture and beaten egg. Put the flour and salt in the work bowl of a food processor fitted with the dough or metal chopping blade and process for 10 seconds. With the machine running, slowly add all the liquids through the feed tube and process until a dough ball forms. Continue processing 45 seconds to knead the dough. Shape the

dough into a smooth ball, and put it in a clean mixing bowl and cover with plastic wrap. Let rise in a warm place until the dough has doubled in size, about 60 minutes.

3. Lightly butter a 9-inch (22.8 cm) round baking pan. Punch the dough down and then divide into 12 equal pieces [about 2 ounces (60 g) each]. Roll into smooth rounds and arrange in the prepared pan. Put the pan in the oven, with the rack in the lower rack position. Set to Steam at 100°F (40°C) for 25 minutes to proof.
4. Remove from oven and lightly brush the proofed rolls with egg wash. Return to oven and set to Bread at 375°F (190°C) for 25 minutes to bake. Rolls should be golden brown and have an internal temperature of 190°F (87.7°C).
5. Remove rolls from the pan and cool slightly before serving.

Nutritional information per roll:

*Calories 172 (31% from fat) • carb. 26g • pro. 4g • fat 6g • sat. fat 4g
• chol. 16mg • sod. 102mg • calc. 12mg • fiber 1g*

Rustic Italian Bread



Active Time: 15 minutes Total Time: 2 hours 10 minutes

This airy and crusty loaf proves that making artisanal-style bread at home has never been easier.

Makes 1 round loaf (about 16 servings)

- 1¾ teaspoons (9 ml) active dry yeast**
- ¾ teaspoon (3.75 ml) granulated sugar**
- 1 cup (250 ml) warm water [105–110°F (40.5°C–43.3°C)]**
- 3 cups (750 ml) bread flour**
- ⅓ cup (75 ml) wheat bran**
- 1½ teaspoons (7 ml) kosher salt**
- 1½ tablespoons (25 ml) olive oil**
- egg wash [1 large egg and 1 tablespoon (15 ml) cold water whisked together]**

1. In a measuring cup, dissolve the yeast and sugar in the warm water. Let stand 5 minutes, or until mixture is foamy.
2. Put the flour, wheat bran and salt in the work bowl of a food processor fitted with the dough or metal chopping blade and process for 10 seconds. Add the oil. With the machine running, slowly add the liquid through the feed tube and process until a dough ball forms. Continue processing 1 minute to knead the dough. Shape the dough into a ball and put in a large bowl that has been lightly floured. Cover the bowl tightly with plastic wrap and let the dough rise for 1 hour, until doubled in size.
3. Punch down the dough, reshape into a ball and cover the bowl again with a clean piece of plastic wrap. Let rise 1 hour.
4. Line the baking pan with a piece of parchment. Gently punch down the dough and shape into a tight, large round. Put the round on the pan and in the oven with the rack in the lower rack position. Set to Steam at 100°F (40°C) for 25 minutes to proof.
5. Remove from oven; with a serrated knife cut an X into the top center of the loaf, brush with the egg wash and return to the oven. Set to Bread at 400°F (200°C) for 30–35 minutes to bake.
6. Bread should be nicely browned and have an internal temperature between 200°F (95°C) and 207°F (97.2°C). Remove bread from the oven and cool completely on a wire rack before slicing.

Nutritional information per serving:

*Calories 127 (15% from fat) • carb. 23g • pro. 4g • fat 2g • sat. fat 0g
• chol. 16mg • sod. 292mg • calc. 3mg • fiber 1g*

French Bread

Multiple rises and an overnight stay in the refrigerator is what give this bread its complex flavour.

 **Active Time: 25 minutes Total Time: Overnight plus 4 hours 15 minutes**

Makes 2 small baguettes (about 16 servings)

- 1¼ teaspoons (6 ml) active dry yeast**
- pinch granulated sugar**
- 1 cup (250 ml) warm water [105–110°F (40.5°C–43.3°C)], divided**
- 3 cups (750 ml) unbleached, all-purpose flour**
- 1 teaspoon kosher salt**
- egg wash [1 large egg and 1 tablespoon (15 ml) water, whisked together]**

1. In a measuring cup, dissolve the yeast and sugar in $\frac{3}{4}$ cup (175 ml) of the warm water. Reserve the remaining $\frac{1}{4}$ cup (60 ml). Let the yeast mixture stand 5 minutes, or until foamy.
2. Put the flour and salt into the work bowl of a food processor fitted with the dough or metal chopping blade and process for 10 seconds.
3. With the machine running, slowly add the liquid with the yeast through the feed tube and process until a dough ball forms. Add reserved water 1 tablespoon (15 ml) at a time if dough is too dry. Continue processing 1 minute to knead the dough. Shape the dough into a ball and put in a large bowl. Cover the bowl tightly with plastic wrap and let the dough rise for 1 hour, until doubled in size.
4. Punch down the dough, reshape into a ball and cover the bowl again with a clean piece of plastic wrap. Let rise 1 hour.
5. Punch down the dough once more and cover again with a clean piece of plastic wrap. Put the bowl in the refrigerator overnight.
6. The next day, remove the dough from the refrigerator and bring to room temperature. Line the baking tray with a piece of parchment.

7. Gently punch down dough and divide in half. Press and roll each dough half into baguette form, about 9 inches (22.8 cm) long. Put the loaves side by side on the tray in the steam oven with the rack in the lower rack position. Set to Steam at 100°F (40°C) for 25 minutes to proof.
8. Remove the tray from the oven and using a serrated knife cut three slits across the top of each loaf, brush with egg wash and return to the oven. Set to Bread at 400°F (200°C) for 30 minutes to bake the loaves, rotating the tray halfway through.
9. Bread should be nicely browned and have an internal temperature between 200°F (95°C) and 207°F (97.2°C). Remove bread from the oven and cool completely on a wire rack before slicing.

Nutritional information per serving:

*Calories 81 (3% from fat) • carb. 17g • pro. 3g • fat 0g • sat. fat 0g
• chol. 12mg • sod. 148mg • calc. 2mg • fiber 0g*

Molasses Whole Wheat Rolls with Raisins and Pecans

These slightly sweet rolls are the perfect addition to your family's bread basket.

 **Active Time: 40 minutes Total Time: 2 hours 25 minutes**

Makes 12 rolls

- ½ cup (125 ml) whole milk**
- ½ cup (125 ml) water**
- 1½ tablespoons (25 ml) unsalted butter**
- 2 tablespoons (30 ml) molasses**
- 2¼ teaspoons (34 ml) active dry yeast**
- 2 cups (500 ml) whole wheat flour**
- 1¾ cups (425 ml) bread flour**
- 1 teaspoon (5 ml) kosher salt**
- ½ cup (125 ml) golden raisins**

- ½ **cup (125 ml) pecans, chopped**
egg wash [1 large egg and 1 tablespoon (15 ml) water, whisked together]

1. In a small saucepan heat the milk, water, butter and molasses over low heat until butter is melted and the mixture reaches 110°F (43.3°C). Transfer to a large measuring cup and add the yeast. Let stand 5 minutes, or until foamy.
2. Put the flours and salt in the work bowl of a food processor fitted with the dough or metal chopping blade and process for 10 seconds.
3. With the machine running, slowly add the liquid through the feed tube and process until a dough ball forms. Add the raisins and nuts and continue processing 1 minute to knead the dough. Shape the dough into a ball and put in a large bowl. Cover the bowl tightly with plastic wrap and let the dough rise for 1 hour, until doubled in size.
4. Line the baking tray with a piece of parchment. Punch down the dough and divide it into 12 even pieces, about 2¼ to 2½ ounces (65 g to 70 g) each. Work each dough piece into a small torpedo-shaped roll. Evenly space 6 of the rolls on the tray and put in the oven with the rack in the lower rack position. Set to Steam at 100°F (40°C) for 25 minutes to proof. Cover the remaining rolls with a clean kitchen towel or plastic wrap and place in refrigerator.
5. Remove the tray from oven and using kitchen shears, snip 3 slits into the top of each loaf, brush with egg wash and return to the oven. Set to Bread at 375°F (190°C) for 25 minutes to bake the rolls.
6. Rolls are done when evenly browned and internal temperature is 200°F (95°C). Remove rolls from oven and cool completely on a wire rack. Repeat process with remaining rolls.

Nutritional information per roll:

*Calories 213 (23% from fat) • carb. 36g • pro. 6g • fat 6g • sat. fat 2g
 • chol. 20mg • sod. 214mg • calc. 31mg • fiber 3g*

Chocolate Chip Bread Pudding

A great make-ahead dessert from fridge to table in less than an hour.

 **Active Time: 20 minutes Total Time: 4 hours 10 minutes**

Makes 6 to 8 servings

- 1 loaf [1 pound (500 g) challah bread, cut into 1-inch (2.5 cm) cubes] about 10 cups (2.5 L)**
- ½ **cup (125 ml) chocolate chips**
- 3 large eggs, lightly beaten**
- ⅓ **cup (75 ml) granulated sugar**
- ½ **teaspoon (2 ml) table salt**
- 1 cup (250 ml) whole milk**
- 1 cup (250 ml) heavy cream**
- 2 teaspoons (10 ml) pure vanilla extract**
- nonstick cooking spray (or softened butter)**

1. Put the bread cubes and chocolate in a large bowl. Toss to combine; reserve.
2. Put the eggs, sugar and salt into a mixing bowl and whisk until light and frothy. Add the milk, heavy cream and vanilla and continue to whisk until well combined. Pour liquid mixture over the bread and chips. Gently stir to fully coat. Cover with plastic and allow to rest in the refrigerator for a minimum of 3 hours, and up to overnight.
3. Lightly coat a 9-inch (22.8 cm) round baking pan with the nonstick spray (or brush with butter). Transfer the soaked bread mixture to the pan. Lightly cover with aluminum foil. Put pan in the oven with the rack in the lower rack position. Set to Bake Steam at 350°F (180°C) for 50 minutes. Bread pudding is done when it is nicely puffed and the internal temperature registers 160°F (71.1°C). Serve immediately with freshly whipped cream.

Nutritional information per serving (based on 8 servings):

*Calories 397 (45% from fat) • carb. 45g • pro. 10g • fat 20g • sat. fat 11g
 • chol. 142mg • sod. 432mg • calc. 117mg • fiber 1g*

Chocolate Pots de Crème

A grown-up chocolate pudding.

 **Active Time: 30 minutes Total Time: 3 hours 30 minutes**

Makes 4 servings

- ½ cup (125 ml) heavy cream**
- ½ cup (125 ml) whole milk**
- ½ teaspoon (2 ml) pure vanilla extract**
- 3 ounces (85 g) semisweet chocolate [about ½ cup (125 ml) chocolate chips]**
- ¼ teaspoon (1 ml) espresso powder (optional)**
- 3 large egg yolks**
- ¼ cup (60 ml) granulated sugar**
- ½ teaspoon (2 ml) kosher salt**

1. Put the cream, milk and vanilla in a small saucepan set over medium-low heat. Put the chocolate and espresso powder if using, in a heatproof mixing bowl; reserve. Once cream/milk mixture just comes to a simmer, pour it over the chocolate. Let the chocolate sit for a few minutes, and then whisk together (you do not want to whisk when it is too hot, or the chocolate will be grainy).
2. Put the egg yolks, sugar and salt in a medium mixing bowl. Using either a hand mixer fitted with the whisk attachment, or by hand with a whisk, mix until very light and thick. Once combined, temper the yolks with the chocolate/cream mixture by pouring about half of the warm chocolate mixture into the egg mixture. Gently whisk until fully combined, and then add the remaining chocolate mixture. Do not over-whisk – you do not want the mixture to be frothy at this point. Dab the surface with paper towel to remove any foam.
3. If the mixture seems a bit grainy, pour through a fine mesh strainer set over a clean mixing bowl.
4. Divide mixture evenly among four individual [5 ounces (145 g)] custard cups.

5. Put cups on the baking pan and cover each with foil. Put the pan in the oven with the rack in the lower rack position. Set to Bake Steam at 225°F (110°C) for about 40 minutes. Once cooking time is complete, leave custards undisturbed for 10 minutes before removing from oven. Custards are done when they are just set (the centers will still move slightly when shaken).
6. Once cool, wrap each custard cup with plastic and refrigerate overnight. Custards are best served chilled.

Nutritional information per serving:

*Calories 313 (59% from fat) • carb. 29g • pro. 4g • fat 22g • sat. fat 12g
• chol. 182mg • sod. 228mg • calc. 77mg • fiber 1g*

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