

# Cuisinart®

## INSTRUCTION AND RECIPE BOOKLET



**International Chef™ Crêpe/Pizzelle/Pancake Plus**

**CPP-200C Series**

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

# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles and dials.
3. To protect against fire, electrical shock, and injury to persons, DO NOT IMMERSE CORD, PLUG, OR UNIT in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest Cuisinart Authorized Service Facility for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by Cuisinart may result in fire, electric shock, or injury to persons.
8. Do not use outdoors.
9. Do not let power cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Do not use appliance for other than intended use.
12. Always unplug the unit when finished cooking.
13. To safely disconnect power at any time, remove the plug from the outlet.
14. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
15. **WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL. NO USER-SERVICEABLE PARTS ARE INSIDE.**

16. 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.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

### SPECIAL CORD SET 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 should 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 pulled on by children or animals, or tripped over.

### NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, 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 modify the plug in any way.

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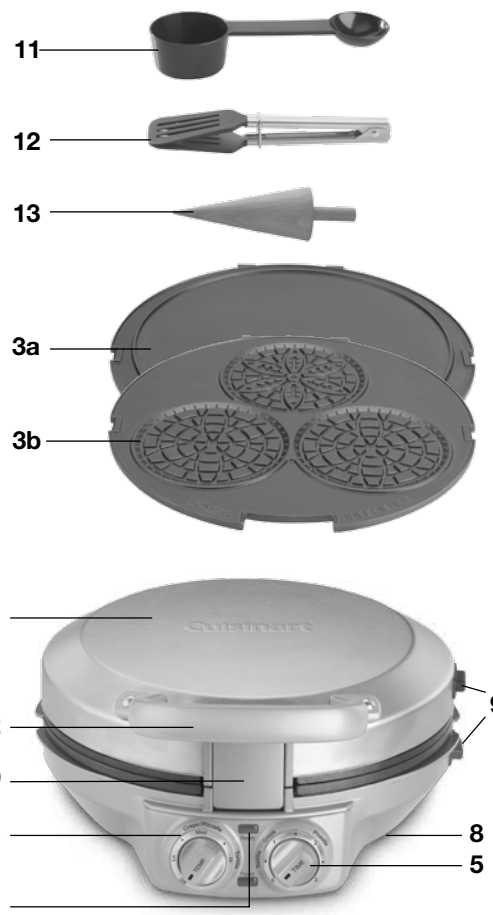
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## PARTS AND FEATURES

1. **Housing** – Elegant brushed stainless steel with embossed Cuisinart logo.
2. **Lid Handle** – Durable, easy-lift and easy-press handle that stays cool to the touch.
3. **Removable and Reversible Baking Plates** – Nonstick and dishwasher safe for easy cleanup.
  - a. **Flat Side:** Perfect for pancakes, crêpes, tortillas and any other flatbreads.
  - b. **Pizzelle Side:** Prepare pizzelles and mini ice-cream cones.
4. **Temperature Knob** – Settings for Low, Medium and High; Preset Temperatures for Crêpe, Pizzelle, Tortilla.
5. **Timer Knob** – Manual settings for 0 to 3 minutes. Preset Times for Crêpe, Pizzelle, Tortilla.
6. **Indicator Lights** – Red indicator light signals power ON; green indicator light signals Ready-to-Cook and Ready-to-Eat.
7. **Cord Storage (not shown)** – Cord wraps around the back of the unit.
8. **Rubber Feet** – Keep unit steady and will not mark countertop.
9. **Plate Release Buttons** – Release plates to remove for easy cleaning.
10. **Storage/Locking Lid** – Locks plates together to prevent lifting during cooking. Also for upright storage.
11. **Measuring Scoop** – Dual sided with 1/3 cup (75 ml) and 1 tablespoon (15 ml) capacities.
12. **Tongs** – For easy removal of food.
13. **Mini Ice-Cream Cone Roller**

14. **BPA Free** – (not shown) All material that comes in contact with food is BPA free.
15. **Quick Peek Feature** – (not shown) Open up the lid for up to 5 seconds without the timer shutting off.



## BEFORE THE FIRST USE

Remove all packaging and any promotional labels or stickers from your unit. Be sure that all parts (listed on Page 3, **Parts and Features**) have been included before discarding any packaging materials. You may want to keep the box and packing materials for use at a later date.

Before using your International Chef™ Crêpe/Pizzelle/Pancake Plus for the first time, wipe housing with a damp cloth and wash plates and accessories well to remove any dust from the warehouse or shipping.

**Note:** The International Chef™ Crêpe/Pizzelle/Pancake Plus has been treated with a special nonstick coating. Before the first use, we suggest you season the plates with flavorless vegetable oil. Apply oil with a paper towel or pastry brush. You may find it helpful to repeat this process before each use.

## ASSEMBLY INSTRUCTIONS

Place the International Chef™ Crêpe/Pizzelle/Pancake Plus on a clean flat surface where you intend to cook. It can be positioned in three ways:

**Closed Position** – Upper plate/cover rests flat on lower plate/base. This is your starting and heating position. Always use caution when changing positions once the unit is preheated.



**Open Position** – Upper plate/cover is open and in the 105° position. Open the cover to this position before using the unit as a press or in the flat position.



To adjust to this position, press the top of the locking latch and lift the handle until you feel it come to a locking position. The unit will stay in this position until you close the cover or continue to open it to the flat position.



**Flat Position** – Upper plate/cover is level with lower plate/base. The upper and lower plates lie flat to double the cooking surface.

Start with the unit in the open position. Then, lift the handle vertically at a 90° angle. Push the handle back until the cover rests flat on the counter.

The unit will stay in this position until you lift the handle and cover to return it to the closed position.



### To insert plates

1. Adjust the unit to the flat position.
2. Insert one plate at a time. The plate marked LOWER is designed for the lower housing. The plate marked UPPER is designed for the upper housing.
3. Locate the two holes in the hinge at the back of the housing. Tilt the back end of the plate and line up the pegs at the back of the plate with the holes in the hinge. Slide the plate into the holes and push down the front end of the plate. It will snap into place.



4. Repeat with second plate.

### To remove plates

1. Locate the plate release buttons on the right side of the unit. Press firmly on button and the plate will pop up slightly from the base.
2. Grasp the plate with two hands, slide it out from the holes, and lift it out of the base.
3. Press on the other plate release button to remove the other plate in the same manner.



## OPERATING INSTRUCTIONS

1. Plug the power cord into a standard electrical outlet.
2. Adjust the Temperature Knob to the desired setting or to one of the preset temperatures if cooking crêpes, pizzelle, or tortillas. Be sure to close lid. Red Power-on light will illuminate.

3. If working in the closed position, adjust the Timer Knob to the desired time, or to one of the preset times if cooking crêpes, pizzelle, or tortillas.
4. When green light illuminates, plates have reached the selected temperature and you're ready to cook. **NOTE:** Depending on temperature selected, heat-up times will vary.
5. Pour batter or place ingredients on plates. Green light will go off.
6. Close lid if not cooking on open griddle. When lid is **closed and locked**, timer will begin counting down. **NOTE:** If lid is opened for more than 5 seconds during cooking, timer will shut off.
7. When items are cooked and ready to eat, green light will illuminate and you will hear a beep tone twice.
8. Refer to the chart on page 7 for cooking tips and recommendations.

**Caution:** Always exercise caution when handling the unit during cooking as the housing will become very hot. Be sure to use an oven mitt to prevent burns. The handle stays cool for opening and closing during cooking.

**Note:** The first time you use your International Chef™ Crêpe/Pizzelle/Pancake Plus it may have a slight odor and may smoke a bit. This is normal, and common to appliances with a nonstick surface.

## TIPS AND HINTS

1. The temperature control is used to set and maintain the temperature of the cooking surface. You may vary the setting of the temperature control knob at any time during cooking, depending on the types of foods being prepared. Use our preset temperatures for crêpes, pizzelle, and tortillas.
2. Cooking is based on time. All recipes are given a recommended time for cooking and our preset times make cooking perfect crêpes, pizzelle, and tortillas easy. Times are approximate. Please refer to the Recipe Chart and Recipes for guidelines. **Timer works only in the locked closed position.**
3. For fastest preheat we recommend preheating in the closed position. Be sure to use caution when adjusting to a different cooking position.

### Helpful tips for crêpe making:

1. Always allow the crêpe batter to rest in refrigerator before cooking. It is recommended to rest for at least 30 minutes (preferably overnight if time allows). Resting the batter gives time for the gluten in the flour to relax and the starch molecules to fully absorb the liquid. This creates a thicker batter and ultimately more even and delicate crêpes. A cooler, rested batter may also prevent any unnecessary overflow.
2. The best temperature setting for crêpes is the preset (medium). Should crêpes seem thick, or if you like them darker or lighter, the temperature may need to be adjusted.
3. Generally, crêpes take about 1½ minutes to cook, which is the preset time. Certain crêpe recipes, like the Crespelle, require less time. Also if lighter or darker crêpes are desired, adjust cooking time accordingly.

## CLEANING, CARE AND MAINTENANCE

- Never use metal utensils, as they will scratch the nonstick plates. Instead, use the provided tongs, or wooden or heat-proof plastic utensils.
- Never leave plastic utensils in contact with the hot plates. This includes the provided tongs.
- Allow the unit to cool down completely (at least 30 minutes) before cleaning.

Once you have finished cooking, remove plug from electrical outlet. Leave lid open so plates begin to cool. Allow the unit to cool down completely before handling.

Press the plate release buttons to remove plates from the housing. Be sure that the plates have cooled completely before handling (at least 30 minutes). The plates, measuring scoop and tongs can be washed in the dishwasher, the wooden mini ice cream cone roller should be hand-washed. Do not use metal objects such as knives or forks for cleaning. Do not use a scouring pad for cleaning. The nonstick coating can be damaged.

To clean exterior, wipe with a soft damp cloth. Never use an abrasive cleanser or harsh pad.

**NEVER IMMERSE CORD, PLUG OR UNIT IN WATER OR OTHER LIQUIDS.**

Any other servicing should be performed by an authorized service representative.

**STORAGE/LOCKING LID**

Store with plates inserted and cord wrapped securely around the back of the unit. For compact storage, stand the unit on its back end with control panel facing up. The unit has been designed with a special latching feature so the lid stays closed during storage.



**RECIPE CHART**

Item	Plate	Position	Temperature	Batter/Dough Amount	General Cooking Time
Pizzelle	Pizzelle	Closed + Locked	Pizzelle/ Medium	Small scoop	2 mins.
Sugar Cone	Pizzelle	Closed + Locked	Medium	Small scoop	2½ mins.
Pancake	Flat	Flat	Medium-High	Silver dollar = small scoop Standard pancake = large scoop	2 to 3 mins. per side
Crêpe	Flat	Closed + Locked	Crêpe/ Medium	Large scoop	1½ mins.
Tortilla	Flat	Closed + Locked	Tortilla/High	Dough stretched/rolled to thin 6- to 8-inch (15 to 20 cm) disc	a. 30 secs b. 4 to 6 mins.
Crackers	Flat	Closed	High	Dough stretched/rolled to very thin 8-inch (20 cm) disc	3 to 4 mins.

Large Scoop = ⅓ cup (75 ml)

Small Scoop = 1 tablespoon (15 ml)

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## Silver Dollar Pancakes

*This is a great all-purpose pancake recipe to have up your sleeve for breakfast. It can be dressed up by mixing in fresh or frozen fruit, or nuts and chocolate chips.*

Makes about 24, two and a half-inch (1.25 cm) pancakes

- 2 large eggs**
- 1½ cups (375 ml) buttermilk**
- ½ teaspoon (2 ml) pure vanilla extract**
- 1 tablespoon (15 ml) vegetable oil, or melted and cooled butter**
- 1½ cups (375 ml) unbleached, all-purpose flour**
- 1½ teaspoons (7 ml) baking powder**
- ½ teaspoon (2 ml) baking soda**
- 1 teaspoon (5 ml) granulated sugar**
- ½ teaspoon (2 ml) ground cinnamon**
- ¼ teaspoon (1 ml) kosher salt**

1. Put the eggs, buttermilk and vanilla in a small bowl and whisk to blend until smooth. Whisk in oil; reserve.
2. Combine the dry ingredients in a medium bowl. Whisk to blend. Add to the liquid mixture and stir until just combined. Do not over-mix, or pancakes will be thin and tough – batter should be a bit lumpy.
3. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus with the flat plates. Adjust temperature to Med-High. Once preheated, carefully open to the flat position.
4. Using the small scoop, drop batter onto preheated griddle, about 4 per plate (if you like extra-buttery pancakes, put about 1 teaspoon (5 ml) of butter on each plate and immediately drop batter on plates). Cook pancakes until bubbles form, about 2 to 3 minutes; flip and cook until done, another 2 minutes.
5. Transfer to warm plates to serve. As you finish each batch of pancakes, you can keep them warm on a wire rack placed on a baking sheet in a 200°F

(95°C) oven. Repeat until all the batter is used.

*Nutritional information per serving (4 pancakes):*  
Calories 150 (35% from fat) • carb. 20g • pro. 4g  
• fat 6g • sat. fat 3g • chol. 74mg • sod. 453mg  
• calc. 83mg • fiber 0g

## Sugar Cones

*You may find that these cones disappear before you even add the ice cream.*

Makes 15 cones

- ½ cup (125 ml) unbleached, all-purpose flour**
- ¼ teaspoon (1 ml) kosher salt**
- 2 large egg whites**
- ½ cup (125 ml) granulated sugar**
- 6 tablespoons (90 ml) unsalted butter, melted and slightly cooled**
- ½ teaspoon (2 ml) pure vanilla extract**

1. Stir together the flour and salt in a small bowl. In a medium bowl whisk together the egg whites with the sugar until incorporated. Whisk in the butter and vanilla extract and then finally the dry ingredients.
2. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the pizzelle plates by adjusting the temperature to Medium. Set the timer to 2½ minutes.
3. Using the small scoop, put the batter in the middle of each pizzelle/cone mold on the hot plate. Close cover and lock to activate timer and begin cooking. Tone will sound when time has expired.
4. Using tongs very carefully (cones will be hot) remove one cone at a time and place on a flat work surface. Place the cone mold in the center of the circle and wrap one side on top of the mold and then roll it on the work surface to meet the other side. Press the mold down on the counter using the tongs with the seam side down to seal. Carefully remove and repeat with remaining cones.

4. Repeat with remaining batter.

*Nutritional information per cone:*

Calories 82 (48% from fat) carb. 9g • pro. 1g  
• fat 4g • sat. fat 3g • chol 12mg • sod. 47mg  
• calc. 0mg • fiber 0g

## Chocolate Waffle Cones

*Thick and chocolate, what could go better with your favourite ice cream?*

Makes 12 cones

- ½ cup (125 ml) confectioners' sugar**
- 2 tablespoons (30 ml) Dutch processed cocoa**
- 2 large egg whites**
- 6 tablespoons (90 ml) unsalted butter, melted and slightly cooled**
- ⅔ cup (150 ml) unbleached, all-purpose flour**
- ¼ teaspoon (1 ml) kosher salt**

1. In a small bowl, sift together the sugar and cocoa. In a medium bowl, whisk together the egg whites with the sugar/cocoa until incorporated. Whisk in the butter and then finally whisk in the flour and salt.
2. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the pizzelle plates by adjusting the temperature to Medium. Set the timer to 2 minutes.
3. Using the small scoop, put the batter in the middle of each pizzelle/cone mold on the hot plate. Close cover and lock to activate timer and begin cooking. Tone will sound when time has expired.
4. Using tongs, (cones will be hot ) very carefully remove one cone at a time and place on a flat work surface. Place the cone mold in the center of the circle and wrap one side on top of the mold and then roll it on the work surface to meet the other side. Press the mold down on the counter using the tongs with the seam side down to seal. Carefully remove and repeat with remaining cones.
5. Repeat with remaining batter.

*Nutritional information per cone:*

Calories 98 (51% from fat) • carb. 10g • pro. 1g  
• fat 6g • sat. fat 4g • chol. 15 mg • sod. 54mg  
• calc. 0mg • fiber 0g

## Classic Pizzelle

*Our basic pizzelle recipe is flavoured with the universally popular vanilla. You may vary the flavour by using other extracts such as anise, almond or lemon.*

Makes about 28 pizzelle

- 1¼ cups (425 ml) unbleached, all-purpose flour**
- 2 teaspoons (10 ml) baking powder**
- 3 large eggs**
- ¾ cup (174 ml) granulated sugar**
- ½ cup [125 ml (1 stick)] unsalted butter, melted and cooled**
- 1 teaspoon (5 ml) pure vanilla extract**
- vegetable oil, for brushing plates**

1. Put flour and baking powder in a small bowl and stir to combine. Put eggs and sugar in a medium bowl. Using a hand mixer, beat until thickened. While mixing on low, gradually add the melted butter and vanilla and mix until combined, about 15 seconds. Add the dry ingredients and mix until just combined, about 10 to 15 seconds; do not over-mix. (Alternately, this can be done by hand with a whisk – be sure there are no lumps in the batter.)
2. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the pizzelle plates in the closed position with the temperature set to Pizzelle (Medium). Adjust the timer to Pizzelle (2 minutes).
3. Once preheated, use the small scoop and dollop batter onto the center of each pizzelle circle. Close cover and lock to activate timer and begin cooking. A tone will sound when time has expired. Pizzelle should be lightly golden, but still pliable. If pizzelle seem too light, add a minute or two extra to the cooking time.



- Carefully remove and transfer to a flat cooling rack. Repeat with remaining batter.
- Serve pizzelle by breaking any excess cookie away from the classic pizzelle design, making 3 per round.

**Note:** This recipe is perfect for making cannoli shells! They have to be formed immediately after removing from the plates, so be quick. Form into a cylindrical shape, like a tunnel. Allow to rest until set and crispy.

*Nutritional information per pizzelle:*  
**Calories 104 (50% from fat) • carb. 11g • pro. 1g**  
 • fat 6g • sat. fat 3g • chol. 30mg • sod. 44mg  
 • calc. 9mg • fiber 0g

## Sweet Chocolate Pizzelle

*A more decadent take on the classic, these are great when served with fresh fruit or ice cream.*

Makes about 28 pizzelle

- 1½ cups (400 ml) unbleached, all-purpose flour**
- ¼ cup (60 ml) unsweetened cocoa powder**
- 2 teaspoons (10 ml) baking powder**
- ¼ teaspoon (1 ml) kosher salt**
- 3 large eggs**
- 1 cup (250 ml) granulated sugar**
- ½ cup [125 ml (1 stick)] unsalted butter, melted and cooled**
- 1 teaspoon (5 ml) pure vanilla extract**
- vegetable oil, for brushing plates**

- Put the flour, cocoa, baking powder and salt into a small bowl; stir to combine and reserve. Put eggs and sugar into a medium bowl. Using a hand mixer, mix until thickened. While mixing on low, gradually add the melted butter and vanilla and mix until combined, about 15 seconds. Add the flour mixture and blend until just combined, about 10 to 15 seconds; do not over-mix. (Alternately, this can be done by hand

with a whisk – be sure there are no lumps in the batter.)

- Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the pizzelle plates in the closed position. Set the temperature to Pizzelle (medium). Set timer to Pizzelle (2 minutes).
- Once preheated, use the small scoop and dollop batter onto the center of each pizzelle circle. Close cover and lock to activate timer and begin cooking. A tone will sound when time has expired.
- Carefully remove and transfer to a flat cooling rack. Repeat with remaining batter.

*Nutritional information per pizzelle:*  
**Calories 108 (47% from fat) • carb. 13g • pro. 2g**  
 • fat 6g • sat. fat 3g • chol. 29mg • sod. 62mg  
 • calc. 9mg • fiber 0g

## Basic Crêpes

*Every corner of the world has their own variation of the crêpe. Here we give you the classic followed by a couple of our sweeter favourites. Experiment with filling options to create your own – from simple and sweet to savoury, they are all delicious.*

Makes about 8 crêpes

- 1 cup (250 ml) whole milk**
- 4 tablespoons [60 ml (½ stick)] unsalted butter, plus more for brushing plates**
- ¾ cup (175 ml) unbleached, all-purpose flour**
- ½ teaspoon (2 ml) kosher salt**
- 3 large eggs**

- Put the milk and butter into a small saucepan over low heat until butter has just melted. Remove and allow to cool to room temperature.
- Put the flour and salt into a mixing bowl and whisk to combine. Add the eggs and whisk until batter is smooth – it

will be very thick and sticky. Gradually whisk in the milk and butter until the batter is smooth. Cover the bowl with plastic and let batter rest in the refrigerator for at least 30 minutes, preferably overnight if time allows. Batter is best used within 3 days.

- Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to Crêpe (Medium). Set the timer to Crêpe (1½ min).
- Once preheated, use the large scoop and pour batter onto the hot plate. Close cover and lock to activate timer and begin cooking. Tone will sound when time has expired. Crêpe should be light with minimal golden colour, if at all. Remove crêpe and repeat with remaining batter.
- Serve immediately with your favourite fillings.

**Note:** For sweet crêpes, add a teaspoon (5 ml) of granulated sugar to the batter.

*Nutritional information per crêpe:*  
**Calories 106 (56% from fat) • carb. 8g • pro. 4g**  
 • fat 7g • sat. fat 4g • chol. 71mg • sod. 148mg  
 • calc. 38mg • fiber 0g

## Variations:

### Pannkakor (Sweden)

*Serve with butter, granulated sugar, powdered sugar, berries, and jam.*

### Palacsinta (Hungary)

*These crêpe-like pancakes from Hungary are traditionally served rolled. Here is just one example of a sweet filling.*

#### Filling:

- 1½ cups (375 ml) toasted walnuts**
- ¼ cup (60 ml) granulated sugar**
- 1 teaspoon (5 ml) ground cinnamon**
- ½ teaspoon (2 ml) grated orange zest**
- 1 tablespoon (15 ml) rum**

- Put all of the filling ingredients in a mini chopper or a food processor fitted with

the metal chopping blade. Process until finely ground.

- With a crêpe laid flat, sprinkle a small amount of the filling, about 1 to 2 tablespoons (15 to 30 ml), over the crêpe. Tightly, but gently, roll the crêpe. Sprinkle with confectioners' sugar and serve immediately.

## Buckwheat Crêpes

*A delicious alternative to traditional French crêpes. A Test Kitchen favourite is filling them with sautéed spinach and garlic, goat cheese and topped with an egg. Delicious!*

Makes about 10 crêpes

- 1¼ cups (300 ml) whole milk**
- 3 tablespoons (45 ml) unsalted butter, plus more for brushing plates**
- ¾ cup (175 ml) buckwheat flour**
- ¼ cup (60 ml) unbleached, all-purpose flour**
- ½ teaspoon (2 ml) kosher salt**
- 3 large eggs**

- Put the milk and butter into a small saucepan over low heat until butter has just melted. Remove and allow to cool to room temperature.
- Put the flours and salt into a mixing bowl and whisk to combine. Add the eggs and whisk until batter is incorporated – it will be very sticky and thick. Gradually whisk in the milk and melted butter until the batter is smooth. If time allows, let the batter rest in the refrigerator for at least 30 minutes. Batter is best used within 3 days.
- Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to Crêpe (Medium). Adjust the timer to Crêpe (1½ minutes).
- Once preheated, use the large scoop, and pour batter onto the hot, greased plate. Close cover and lock to activate timer and begin cooking. Tone will sound when time has expired. Crêpe should

be just golden at the edges. If desired, increase cooking time. Remove and repeat with remaining batter.

5. Serve warm.

*Nutritional information per crêpe:*  
Calories 116 (45% from fat) • carb. 11g • pro. 5g  
• fat 6g • sat. fat 3g • chol. 69mg • sod. 154mg  
• calc. 50mg • fiber 1g

## Crespelle

*The Italian version of crêpes, these are used in many dishes and can be filled with savoury fillings, such as ricotta in manicotti, or sweet fillings. These are slightly different from the French version because this recipe does not call for butter in the batter.*

Makes about 8 crespelle

- 1 cup (250 ml) unbleached, all-purpose flour**
- pinch kosher salt**
- 1 cup (250 ml) whole milk**
- 2 large eggs, beaten**
- vegetable oil, for brushing plates**

1. Put the flour and salt into a medium bowl; whisk to combine.
2. Add the milk and eggs to the dry ingredients and beat until completely smooth.
3. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to Crêpe (Medium). Set timer to 1 minute. (This recipe requires less time than the average crêpe).
4. Once preheated, brush the plates with a bit of oil (blot any excess off carefully with a paper towel). Using the large scoop, pour the batter onto the hot greased plate. Close cover and lock to activate timer and begin cooking. Tone will sound when timer has expired. These should have NO browning to them. Remove and repeat with remaining batter.

5. Fill as desired and serve immediately.

**Note:** This recipe is easy to double if you are cooking for a crowd.

*Nutritional information per crespelle:*  
Calories 87 (23% from fat) • carb. 13g • pro. 4g  
• fat 2g • sat. fat 1g • chol. 51mg • sod. 71mg  
• calc. 45mg • fiber 0g

## Blintzes

*There are countless fillings for blintzes, so be creative. Here we have a classic filling of farmer's cheese, but you can stir in jam or preserves for a sweet twist.*

Makes 8 blintzes

**Blintzes:**

- 3 large eggs**
- 1¼ cups (300 ml) reduced-fat or whole milk**
- 2 tablespoons (30 ml) vegetable oil**
- 1 cup (250 ml) unbleached, all-purpose flour**
- 1 teaspoon (5 ml) granulated sugar**
- ¼ teaspoon (1 ml) kosher salt**
- softened, unsalted butter or vegetable oil, for brushing plates**

**Filling:**

- 1 pound (500 g) farmer's cheese (or ricotta)**
- ¼ cup (60 ml) whole milk**
- 2 tablespoons (30 ml) granulated sugar**
- ¼ teaspoon (5 ml) grated lemon zest**
- 1 to 2 pinches kosher salt**

1. Make batter: In a blender, add the eggs, milk, oil, flour, sugar and salt and blend on low until smooth, scraping down as needed. Transfer batter to a bowl, cover with plastic wrap and allow to rest for a minimum of 30 minutes, or overnight.
2. Make filling: Using a hand mixer or a whisk, combine the filling ingredients until smooth. Set aside while the blintzes are being made.
3. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat

plates in the closed position by adjusting the temperature to Crêpe (Medium). Set timer to 1 minute.

4. Once preheated, lightly grease plates with butter or oil. Using the large scoop, pour batter onto the hot greased plate. Close cover and lock to activate timer and begin cooking. Tone will sound when timer has expired. Blintzes should have very little colour. Transfer cooked blintzes to a serving plate, allowing them to overlap slightly so they do not stick together. Line with wax paper or parchment every fifth blintz, if need be. Cover with plastic wrap or foil until ready to fill. Repeat with remaining batter, lightly greasing plates as needed to promote spreading of batter.
5. To fill, spoon about 3 to 4 tablespoons (45 to 60 ml) of filling on each blintz toward the bottom. Fold the top over the bottom then the two ends to close.
6. Increase heat to High and open to the flat position. Brush plates well with butter, and place up to 3 filled blintzes on each plate. Cook about 3 to 4 minutes per side, or until nicely browned.

*Nutritional information per filled blintz:*  
Calories 302 (60% from fat) • carb. 19g  
• pro. 12g • fat 20g • sat. fat 7g • chol. 96mg  
• sod. 213mg • calc. 243mg • fiber 0g

## Socca

*Popular in the South of France, this flavourful snack crepe is crispy around the edges and best served hot off the griddle. While they can be filled with roasted or grilled vegetables, they are traditionally served on their own as an appetizer alongside cold drinks.*

Makes about 5 socca

- 1¼ cups (300 ml) chickpea or garbanzo bean flour, sifted**
- 1 teaspoon (5 ml) kosher salt**
- ½ teaspoon (2 ml) freshly ground black pepper**
- ¼ teaspoon (1 ml) ground cumin**

- 1 cup (250 ml) warm water**
- 2 tablespoons (30 ml) olive oil, plus more for brushing plates**

1. Put the flour, salt and spices into a mixing bowl; whisk to fully combine. Slowly whisk in the water until homogenous, and then whisk in the olive oil. Batter should be the consistency of heavy cream. If it is too thick, slowly whisk in additional warm water.
2. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to High. Adjust timer to Crêpe (1½ minutes). Increase time if darker crêpe is preferred.
3. Once preheated, lightly brush the plates with olive oil. Using the large scoop, pour batter onto the hot greased plate. Close cover and lock to activate timer and begin cooking. Tone will sound when timer has expired. Remove and repeat with remaining batter.

*Nutritional information per socca:*  
Calories 159 (41% from fat) • carb. 18g • pro. 6g  
• fat 8g • sat. fat 1g • chol. 0mg • sod. 463mg  
• calc. 3mg • fiber 5g

## Potato Pancakes (Latkes)

*This no-fail recipe is great for the holidays or any time of the year.*

Makes 12 three-inch (7.6 cm) latkes

- 1 pound (500 g) russet potatoes (about 1 medium-large potato), peeled and shredded**
- ½ medium onion, shredded**
- 2 tablespoons (30 ml) unbleached, all-purpose flour (you may use matzo meal)**
- 1 tablespoon (15 ml) chopped parsley**
- 1 teaspoon (5 ml) kosher salt**
- ½ teaspoon (1 ml) freshly ground black pepper**
- 1 large egg, lightly beaten**
- vegetable oil, for brushing plates**

1. Squeeze all excess liquid out of the potato and onion by wrapping them in a clean towel and gently wringing. Transfer potato and onion to a bowl; add the flour, parsley, salt and pepper; toss to mix thoroughly. Stir in the egg.
2. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates by adjusting the temperature to High. Once preheated, carefully open to the flat position and brush the plates with the oil.
3. Using the large scoop, portion amounts of the potato mixture, continuing to squeeze out any excess liquid. Place three pancakes on each plate and cook for about 6 minutes on each side, until crispy and lightly browned.
4. Repeat with remaining pancake mixture, liberally brushing oil on the plates in between each round.
5. Transfer finished latkes to a paper-towel-lined tray or plate. You may keep latkes warm in a 200°F (95°C) oven until ready to serve.

*Nutritional information per latke:*

Calories 62 (39% from fat) • carb. 8g • pro. 2g  
• fat 3g • sat. fat 0g • chol. 16mg • sod. 198mg  
• calc. 9mg • fiber 1g

## Wine Crackers

*Delectable with soft goat cheese and flaked sea salt, these are the perfect accompaniment to a glass of wine. Top dough with any number of seeds or spices, such as poppy, sesame or anise, before cooking.*

Makes 8 eight-inch (20 cm) crackers

- ½ **cup (125 ml) whole milk**
- 2 tablespoons (30 ml) unsalted butter**
- 1 teaspoon (5 ml) active dry yeast**
- pinch granulated sugar**
- 2 tablespoons (30 ml) warm water [105°F–110°F (40.5°–43.3°C)]**
- 1½ cups (375 ml) unbleached, all-purpose flour**
- ½ cup (125 ml) rye flour**

- ¾ teaspoon (3.75 ml) kosher salt**
- vegetable oil, for brushing plates**
- flaked sea salt, for sprinkling**
- assorted seeds for sprinkling**

1. Put the milk and butter in a small saucepan over low heat until butter has just melted; remove and reserve to cool slightly. In a small bowl dissolve yeast and sugar in warm water and set aside until foamy, about 5 minutes.
2. In the work bowl of a food processor fitted with the dough or chopping blade, process the flours and salt to sift, about 10 seconds.
3. Combine the cooled butter/milk mixture with the proofed yeast. With the unit running, gradually pour the butter/milk through the feed tube, adding just enough liquid to form a dough that isn't sticking to the sides of the bowl. You may not need all the liquid. Once dough forms, knead in processor for an additional minute.
4. Transfer dough to a clean bowl. Cover with plastic wrap and allow to rise until doubled in size, about 2 hours. Gently punch down and fold dough over. Let rise an additional hour, until doubled in size again.
5. Divide dough into 8 pieces and cover with plastic.
6. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to High. Set timer to 3 minutes.
7. Roll each piece of dough into a very thin, 8-inch (20 cm) round. Once preheated, brush the bottom plate with oil and carefully place dough on the bottom plate. Brush the top of the dough with oil and sprinkle with salt and desired seeds or seasonings. Close cover and lock to activate timer and begin cooking. Tone will sound when timer has expired. Remove and reserve; repeat with remaining dough.

*Nutritional information per cracker:*  
Calories 158 (33% from fat) • carb. 24g  
• pro. 4g • fat 6g • sat. fat 3g • chol. 10mg  
• sod. 294mg • calc. 19mg • fiber 2g

## Flour Tortillas

*If you have never tasted fresh, homemade flour tortillas then we strongly suggest you give these a try. Simple and quick to prepare, they will make store-bought tortillas a thing of the past.*

Makes 10 six-inch (15 cm) tortillas

- 2½ cups (625 ml) unbleached, all-purpose flour**
- 1 teaspoon (5 ml) kosher salt**
- 6 tablespoons (90 ml) vegetable shortening, room temperature**
- ¾ cup (175 ml) warm water**
- vegetable oil, for brushing plates**

1. Put the flour and salt in a medium bowl and stir to combine.
2. Using your fingertips, work the shortening into the flour until well blended. Add the water and use your hands to work the dough into a ball. Transfer the dough to a lightly floured surface and knead until it becomes smooth.
3. Divide the dough into 10 equal pieces and shape into rounds. Loosely cover the rounds with plastic wrap and let them sit at room temperature for 30 minutes to 1 hour.\*
4. Working with one dough ball at a time and keeping the rest covered, roll the dough into a 6-inch circle, about ⅛-inch (0.5 ml) thick.
5. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to Tortilla (High). Set the timer to Tortilla (30 seconds). Once preheated, open the lid and lightly brush both plates with vegetable oil. Place the dough on the bottom plate, close cover, lock to activate timer and begin cooking. Tone will sound when timer has expired. Tortillas should be

cooked through but pliable and light in colour.

6. Remove the tortilla to a plate and cover with a damp paper towel or clean towel to keep warm. Continue cooking the remaining tortillas in the same manner. Serve with desired accompaniments.

\* Tortilla dough rounds can be stored in the refrigerator for up to 5 days in a zip-top plastic bag. Let the dough come to room temperature before rolling out.

**Note:** The above method for making tortillas yields a tortilla that is more store bought in appearance. For a more traditional, homemade-looking version cook the tortilla on High with the crepe maker open to the flat position. Cook the tortillas for about 4 to 6 minutes, flipping them every 1½ to 2 minutes.

*Nutritional information per tortilla:*

Calories 190 (47% from fat) • carb. 22g • pro. 3g  
• fat 10g • sat. fat 2g • chol. 0mg • sod. 229mg  
• calc. 1mg • fiber 1g

## Arepas

*A traditional Latin American cornmeal flatbread most commonly found in Venezuela and Colombia, arepas can be filled or served with a variety of different foods. We love them filled with Carne Mechada (recipe follows).*

Makes 6 arepas

- 2 cups (500 ml) masarepa\***
- 1 teaspoon (5 ml) kosher salt**
- 2 tablespoons (30 ml) olive oil, plus additional for brushing plates**
- 2 cups (500 ml) warm water**
- 1 recipe Carne Mechada, recipe follows**

1. In a bowl stir together the masarepa and salt. Combine the olive oil and water and slowly add to the dry ingredients with a spoon. Mixture should come together in a solid, somewhat wet mass. Continue to mix as the masarepa continues to absorb the liquid. The final



arepa dough should feel damp to the touch.

2. Gather dough with your hands and divide into 6 equal pieces and form each by hand into a flat disc, about 3 inches (7.5 cm) in diameter.
3. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates by adjusting the temperature to High. Once preheated, carefully open to the flat position and brush the plates well with olive oil. Add three arepas per plate and cook for about 5 to 6 minutes per side, so that they develop a crispy exterior and are cooked inside.
4. To serve, slice the arepas horizontally and fill with about ½ cup (125 ml) of the Carne Mechada. Serve as is or with desired toppings (e.g. crumbled cotija cheese, chopped cilantro, pickled red onion, avocado, etc.).

\* Masarepa is a precooked ground corn flour. It can be found in most grocery stores in the Latin foods section.

*Nutritional information per arepa:*  
Calories 185 (32% from fat) • carb. 29g • pro. 4g  
• fat 7g • sat. fat 1g • chol. 0mg • sod. 385mg  
• calc. 54mg • fiber 2g

## Carne Mechada

Makes about 3 cups (750 ml)

### Carne:

- 1½ **pounds (750 g) flank steak**
- ½ **teaspoon (2 ml) kosher salt**
- ½ **teaspoon (2 ml) freshly ground black pepper**
- 1 **teaspoon (5 ml) vegetable oil**
- 1 **small onion, sliced**
- 4 **garlic cloves, peeled and crushed**
- 1 **large bay leaf**
- ¼ **cup (60 ml) Worcestershire sauce**
- 1 **cup (250 ml) beef broth**

### Sofrito:

- 1 **teaspoon (5 ml) vegetable oil**
- 1 **small onion, finely chopped**
- 1 **small to medium red bell pepper, cut into thin 1½-inch-long**

- (3.75 cm) julienne strips**
- chipotle pepper, puréed**
- 4 garlic cloves, finely chopped**
- 2 tablespoons (30 ml) Worcestershire sauce**
- ¼ **cup (60 ml) tomato sauce**
- ¾ **cup (175 ml) reserved beef cooking liquid**

1. Preheat oven to 275°F (135°C).
2. Season the beef on both sides with the salt and pepper. Cut the meat in half if necessary to fit into the sauté pan. Put the oil in a large sauté pan and place over medium heat. Once the pan is hot and the oil is shimmering, add the meat to brown, about 3 to 5 minutes per side (if necessary brown the meat in two batches).
3. Once meat is browned, remove and reserve. Add the onion and garlic to the pan, scraping up with a wooden spoon any browned bits that may remain on the bottom. Cook until soft and fragrant. Stir in the bay leaf, Worcestershire and beef broth. Bring mixture to a simmer and put meat back into the pan. Put pan into oven and cook uncovered for 2 hours.
4. Remove from oven. Allow to cool. For maximum flavor allow meat to chill in refrigerator in the cooking liquid overnight. Before using, shred meat into 1½ to 2-inch-long (3.75 to 5 cm) shreds with fork or your hands.
5. For the sofrito, put the oil into a separate sauté pan and place over medium heat. Once the oil shimmers in the pan, briefly brown the shredded beef in batches, about 3 minutes per batch. Remove and reserve the meat and add the onion, red pepper and garlic to the pan, scraping up any brown bits that may remain on the bottom. Stir in the chipotle then the Worcestershire, tomato sauce and cooking liquid.
6. Bring to a simmer and return the shredded beef to the pan. Simmer on low for about

10 minutes. Stir and cover; continue to simmer on low for an additional 10 to 15 minutes.

*Nutritional information per ½-cup (125 ml) serving:*  
Calories 215 (38% from fat) • carb. 7g • pro. 26g  
• fat 9g • sat. fat 3g • chol. 78mg • sod. 626mg  
• calc. 47mg • fiber 1g

## Pita Bread

*Do not be discouraged if your pitas do not puff during cooking, as the dough can be a bit temperamental. They may not have their signature “pocket” interior, but they will still be delicious.*

Makes 8 six-inch (15 cm) pita breads

- 1¾ **teaspoons (9 ml) active dry yeast**
- pinch granulated sugar**
- 1 **cup (250 ml) warm water [105°F–110°F (40.5°C–43.3°C)]**
- 2 **cups (500 ml) unbleached, all-purpose flour**
- 1 **cup (250 ml) whole wheat flour**
- 1½ **teaspoons (7 ml) kosher salt**
- 1 **tablespoon (15 ml) olive oil**
- vegetable oil, for brushing plates**

1. In the bowl of a stand mixer fitted with the dough hook, combine the yeast, sugar and water and let stand for 5 to 10 minutes until foamy.
2. In a medium bowl, combine the flours. When the yeast is proofed, add all but ½ cup (125 ml) of the combined flour, salt and oil to the yeast mixture. Turn the mixer on the lowest speed and mix for 1 minute to combine. Gradually increase the speed to 4, adding the remaining flour until the dough forms a ball and begins to pull away from the sides of the bowl. You may not need all of the remaining flour. Once the dough forms a ball, reduce the speed to 3 and knead the dough for 5 to 6 minutes until it is soft, smooth, and slightly tacky.
3. Lightly coat a medium bowl with oil and put the dough in the bowl, turning it to coat with the oil. Tightly cover the bowl with plastic wrap and let the dough sit

at room temperature for about 1 hour, or until the dough has doubled in size.

4. Remove the plastic wrap and gently punch down the dough to deflate it. Divide the dough into 8 equal pieces and shape into rounds. Loosely cover the rounds with plastic wrap and let sit at room temperature for 20 to 30 minutes.
5. Working with one round at a time, roll out each pita into a 6-inch (15 cm) circle, between ⅛-inch (0.3 cm) and ¼-inch (0.6 cm) thick. Keep all the dough under plastic wrap to keep from drying out.
6. Once about half the dough balls have been rolled out, preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to High. Once preheated, carefully open to the flat position. Lightly brush the plates with a bit of oil. Place one of the rolled-out pita rounds onto each plate and cook for about 5 to 6 minutes, flipping every 1½ to 2 minutes, until pita is cooked through and browned in spots. The pitas should puff up while cooking.
7. Once cooked, remove the pita to a plate and cover with a clean towel to keep warm. Repeat with the rest of the dough, rolling out the remaining rounds while pitas cook.

*Nutritional information per pita:*  
Calories 199 (25% from fat) • carb. 33g • pro. 5g  
• fat 6g • sat. fat 1g • chol. 0mg • sod. 429mg  
• calc. 6mg • fiber 2g

## Spring Rolls

*Make your favourite take-out dish at home – these appetizers are packed with fresh ingredients and great flavour.*

Makes 28 spring rolls

### Wrappers:

- 1 **large egg**
- 1 **cup (250 ml) unbleached, all-purpose flour**

- 1 cup (250 ml) water**  
**¼ teaspoon (1 ml) kosher salt**

**Filling:**

- 6 green cabbage leaves, shredded or finely sliced**  
**4 medium carrots, julienned**  
**1 1-inch (2.5 cm) piece fresh ginger, peeled and julienned**  
**3 scallions, thinly sliced**  
**½ cup (125 ml) fresh cilantro, chopped**  
**⅓ cup (75 ml) fresh basil leaves, thinly sliced**  
**½ small green chile, like jalapeño or serrano, finely chopped**  
**1½ tablespoons (25 ml) fish sauce**  
**juice of ½ lime**  
**½ block extra-firm tofu, cut into 28 thick julienne strips**  
**vegetable oil, for brushing plates and frying sweet chili sauce, for serving**

- Put all wrapper ingredients into a mixing bowl and whisk until completely smooth (if batter seems lumpy, pour through a fine mesh strainer – alternately, this can be processed in a blender). Reserve.
- Mix all of the filling ingredients, except the tofu, in a bowl until thoroughly combined. Reserve.
- Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting temperature to High. Set timer to 1 minute. Once preheated, brush bottom plate with oil. Using the small scoop, pour one scoop of the batter onto the hot greased plate. Using a pastry brush, quickly and gently spread batter to thin it, being sure to keep a circular shape. Close and lock to activate timer and begin cooking. Tone will sound when timer has expired. Carefully remove and repeat with remaining batter.

- Once all wrappers have been cooked, place 1 piece of tofu toward the bottom of each, and top with about 1 tablespoon (15 ml) of the filling. Fold the other long-sided flap over, then the two ends to close. Roll the spring roll tight to secure. Reserve and repeat with remaining wrappers.

- Fill a large sauté pan or a small stockpot with about 2 inches (5 cm) of oil. Heat until a deep-fat thermometer registers 350°F. (180°C) Once hot, carefully add spring rolls, a few at a time, depending on the size of the pot being used. Do not overcrowd the pan or the temperature will go down. Fry until all spring rolls are golden brown and crispy.

- Serve immediately with a sweet chili sauce.

*Nutritional information per spring roll:*  
*Calories 45 (43% from fat) • carb. 5g • pro. 2g*  
*• fat 2g • sat. fat 0g • chol. 7mg • sod. 95mg*  
*• calc. 15mg • fiber 1g*

## Okonomiyaki (Japanese Pancakes)

*More akin to pizza than pancake, this popular Japanese snack can be made with any type of vegetable, meat or seafood that you desire – the dish's name is derived from the word okonomi, or "as you like."*

Makes 4 eight-inch (20 cm) pancakes

**Sauce:**

- 2 tablespoons (30 ml) ketchup**  
**1 tablespoon (15 ml) Worcestershire sauce**  
**1½ teaspoons (7 ml) honey**  
**¾ teaspoon (3.75 ml) mirin**  
**½ teaspoon (2 ml) soy sauce**

**Pancakes:**

- 2½ cups (625 ml) finely shredded green cabbage**  
**1 cup (250 ml) carrot ribbons, about 2 inches (5 cm) x ¾-inch (1.9 cm), made using a vegetable peeler**  
**½ cup (125 ml) plus 2 tablespoons**

- (30 ml) thinly sliced scallions, divided**

- ½ cup cooked shrimp, cut into ½-inch (1.25 cm) pieces**  
**¾ cup (175 ml) unbleached, all-purpose flour**  
**½ teaspoon (2 ml) kosher salt**  
**3 large eggs**  
**1 tablespoon (15 ml) water**  
**1 tablespoon (15 ml) mirin**  
**2 teaspoons (10 ml) soy sauce**  
**1 teaspoon (5 ml) toasted sesame oil**  
**vegetable oil, for brushing plates**  
**Kewpie mayonnaise\*, for serving**  
**gomasio\* or sesame seeds, for serving**  
**bonito flakes\*, for serving**

- In a small bowl, whisk together all sauce ingredients. Set aside.
- In a large bowl, toss together the cabbage, carrots, ½ cup (125 ml) scallions and shrimp. Add the flour and salt and toss to coat. Add the eggs, water, mirin, soy sauce and sesame oil and gently stir together until flour has dissolved and all ingredients are evenly coated in batter.
- Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to High. Once preheated, brush both plates with oil. Pour a heaping ½ cup (125 ml) of batter onto the bottom plate and spread into a 6-inch (15 cm) circle. Gently close cover without locking. Cook for about 3½ minutes, until crisp and golden brown.
- Open the unit and flip the pancake. Brush the top of the pancake all over with about 1 tablespoon (15 ml) of the prepared okonomiyaki sauce. Drizzle the mayonnaise on top in a cross-hatch pattern and sprinkle with the gomasio, bonito flakes, and reserved scallions. Transfer the pancake to a plate. Continue with remaining batter in the same manner. Cut finished pancakes into 4 wedges and serve.

\* These Japanese condiments and ingredients can be found in the ethnic food aisle of most grocery stores or in Asian markets.

*Nutritional information per wedge (4 per pancake) with accompaniments:*  
*Calories 78 (40% from fat) • carb. 8g • pro. 4g*  
*• fat 4g • sat. fat 0g • chol. 50mg • sod. 270mg*  
*• calc. 24mg • fiber 1g*

## Naan

*A standard Indian bread served with just about any main dish. The cumin is optional, but adds a nice spice to it.*

Makes 8 breads

- 3½ cups (875 ml) unbleached, all-purpose flour**  
**4 teaspoons (20 ml) granulated sugar**  
**1 teaspoon (5 ml) baking powder**  
**½ teaspoon (2 ml) kosher salt**  
**pinch ground cumin (optional)**  
**1 cup (250 ml) reduced-fat or whole milk**  
**¼ cup (60 ml) vegetable oil, plus more for bowl**  
**clarified butter or ghee, for brushing plates**

- In the work bowl of a food processor fitted with the dough or chopping blade, process the dry ingredients to sift, about 10 seconds. With the unit running, gradually add the milk and oil through the feed tube until a dough forms. Let unit run for an additional minute to knead dough. Remove and on a lightly floured surface, knead a few times by hand.
- Transfer the dough to a lightly oiled bowl and cover with plastic wrap. Allow to rest at room temperature for 15 minutes.
- Divide the dough into 8 pieces. Keeping dough covered with plastic wrap while working, roll one piece into a 4-inch (10 cm) round then stretch to make a 6- to 8-inch (15 to 20 cm) circle. Repeat

with remaining dough (this can be done while cooking initial rounds of dough).

4. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates by adjusting the temperature to High. Once preheated, carefully open to the flat position. Brush plates with clarified butter or ghee. Place a dough circle on each plate and brush surface with additional butter. Cook for about 2 minutes per side, or until nicely browned in spots. Remove and reserve; repeat with remaining dough.

*Nutritional information per naan:*  
Calories 279 (31% from fat) • carb. 42g • pro. 6g  
• fat 10g • sat. fat 3g • chol. 9mg • sod. 195mg  
• calc. 38mg • fiber 1g

## Chapati

*Enjoy these thin Indian breads with our delicious vegetable curry (page 22), or Fresh Green Chutney (recipe follows).*

Makes 8 chapati

- 2 cups (500 ml) whole wheat pastry flour
- 1 teaspoon (5 ml) kosher salt
- 1 cup (250 ml) warm water
- clarified butter or ghee for brushing plates

1. In the work bowl of a food processor fitted with the dough or chopping blade, process the flour and salt to sift, about 10 seconds. With the unit running, gradually add the water through the feed tube. Once dough comes together into a ball, knead in processor for 1 minute. Place on a lightly floured work surface and knead dough by hand a few times. Transfer dough to a bowl and cover with plastic wrap. Let dough rest at room temperature for a minimum of 30 minutes and up to 2 hours.
2. Divide dough into eight equal-size pieces. Flatten and roll each into thin 6- to 8-inch (15 to 20 cm) discs. Keep

covered with plastic wrap while rolling out remaining dough.

3. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to High. Once preheated, brush plates with clarified butter or ghee. Working with one disc at a time, put rolled dough on the bottom plate. Gently close, but do not lock. Allow to cook for about 30 to 40 seconds; open and brush the edges with butter. Use pressure while brushing to create steam pockets in the bread. Gently close and cook 10 seconds more until edges are just brown, but chapati is still pliable.

4. Remove and cover with a clean towel to keep warm and soft. Repeat with remaining dough.

5. Serve warm.

*Nutritional information per chapati:*  
Calories 130 (20% from fat) • carb. 23g • pro. 3g  
• fat 3g • sat. fat 0g • chol. 0mg  
• sod. 286mg • calc. 1mg • fiber 4g

## Fresh Green Chutney

*This chutney of southern Indian influence is perfect when paired with our naan or chapati, as well as a topping for any curry.*

Makes about ¾ cup (175 ml)

- 4 teaspoons (20 ml) fresh lime or lemon juice
- 1 small tomato, chopped
- 1 ½-inch (1.25 cm) piece fresh ginger, peeled and halved
- 1 serrano or jalapeño seeded and cut into ½-inch (1.25 cm) pieces
- ½ teaspoon (2 ml) kosher salt
- ¼ teaspoon (1 ml) ground cumin
- ½ cup (125 ml) chopped cilantro
- ¼ cup (60 ml) fresh mint
- ½ cup (125 ml) unsweetened, shredded coconut

1. Put the first six ingredients into the jar of a blender. Run on High until well

blended, about 1 minute. Scrape down and blend for an additional 20 seconds, if necessary. Add the cilantro, mint and coconut. Blend on High until smooth, about 1 minute. Stop to scrape down as needed.

2. If not using immediately, store in an airtight jar in the refrigerator for up to 2 weeks.

*Nutritional information per serving*  
[1 tablespoon (15 ml)]:  
Calories 27 (69% from fat) • carb. 2g • pro. 0g  
• fat 2g • sat. fat 2g • chol. 0mg • sod. 98mg  
• calc. 7mg • fiber 1g

## Dosa

*Allowing the batter to ferment overnight develops the tangy flavour of this thin, crisp South Indian crêpe. Serve with our Fresh Green Chutney (preceding recipe).*

Makes 12 dosas

- ½ cup (125 ml) urad dal\*, picked over, rinsed, and soaked overnight with the fenugreek seeds in water to cover
- ¼ teaspoon (1 ml) fenugreek seeds, (soaked overnight with the urad dal)
- 2 cups (500 ml) cold water, divided
- 1 cup (250 ml) white rice flour
- ½ teaspoon (2 ml) kosher salt
- ¼ yellow onion, for cooking
- ¼ cup (60 ml) vegetable oil, for brushing plates

1. Drain the dal and fenugreek and put into a food processor fitted with the chopping blade. Pulse 10 to 15 times, until evenly ground, scraping down the sides of the bowl as necessary with a spatula. Process the lentils, while slowly adding 1½ cups (375 ml) of the water through the feed tube. Blend until smooth, about 3 minutes, scraping the sides as necessary.

2. Pour the lentil mixture into a large bowl and add the rice flour and salt. Whisk well to form a smooth batter. Cover the bowl loosely with plastic wrap and let stand overnight at room temperature. The batter should double in volume overnight.

3. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to High. While the unit is heating, gently re-whisk the batter, and add the remaining half-cup of water to achieve a thin, crêpe-batter-like consistency.

4. Once preheated, carefully stick a fork into the curved side of the onion. Dip the cut side of the onion in the oil and when the unit has preheated, use the onion to lightly grease both plates.

5. Fill the large scoop with batter and ladle it into the center of the bottom cooking plate. Using the bottom of the scoop, gently spread out the batter from the center toward the edges into a circle as large and thin as possible. Cook the dosa in the open position for 25 to 30 seconds to set the batter, then close the lid gently without locking and cook for another 2½ to 3 minutes until the dosa is browned and crisp. Open the lid, flip and cook another 30 seconds. Remove the dosa to a plate and cover with a clean towel to keep warm.

6. Repeat with remaining batter, stacking the dosas as they finish cooking to keep warm.

**\*Note:** Also known as split black lentils, urad dal can be found in most specialty grocery stores prepackaged or in bulk containers.

*Nutritional information per dosa:*  
Calories 99 (45% from fat) • carb. 12g • pro. 1g  
• fat 5g • sat. fat 0g • chol. 0mg • sod. 109mg  
• calc. 3mg • fiber 1g

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## Roti

*Roti is a flatbread that can be found in many regions of the globe. This recipe, along with the Curried Chickpeas (following recipe), is a street food commonly found in Trinidad.*

Makes 8 shells

- 2 cups (500 ml) unbleached, all-purpose flour**
- ½ teaspoon (2 ml) kosher salt**
- ¼ teaspoon (1 ml) baking soda**
- 1 tablespoon (15 ml) extra virgin olive oil**
- ⅔ cup (150 ml) water**
- vegetable oil, for brushing plates**

1. Sift the flour, salt and baking soda together in a mixing bowl. With a fork stir in the oil, then the water until a dough ball forms. The dough will appear quite shaggy at first. Continue to mix, then knead with hands to fully form the dough ball. Should the dough still be dry, add water 1 teaspoon (5 ml) at a time until dough completely comes together. Knead the dough on a floured surface by hand for about 5 minutes until smooth. Cover with plastic wrap and let dough rest for at least an hour.
2. Roll the dough into a cylinder about 12 inches (30 cm) long. Cut the dough into eight equal portions. Roll each portion into a ball, then roll each into a thin round, about 8 inches in diameter. Be sure to keep each rolled roti separate so that the dough does not stick together.
3. Preheat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to High. Fold a damp paper towel into a small square for pressing the roti. Once preheated, brush the bottom plate lightly with oil. Place a roti on the heated plate and with the paper towel square, press the roti all over its surface. Pressing will create steam pockets that are

traditionally seen in roti. Cook roti about 2 minutes per side.

4. Continue with remaining roti and serve with Curried Chickpeas with Potatoes and Spinach (recipe follows).

*Nutritional information per roti:*

*Calories 135 (27% from fat) • carb. 22g • pro. 3g  
• fat 4g • sat. fat 1g • chol. 0mg • sod. 181mg  
• calc. 1mg • fiber 1g*

## Curried Chickpeas with Potatoes and Spinach

*This simple curry can be enjoyed with any Indian flatbread.*

Makes about 4 cups (1 L)

- 2 teaspoons (10 ml) vegetable oil**
- ½ red onion, finely chopped**
- 1 Scotch bonnet chile (or habanero), seeded and finely chopped**
- 2 garlic cloves, finely chopped**
- 1 tablespoon (15 ml) mild curry powder**
- ½ teaspoon (2 ml) ground cumin**
- ½ teaspoon (2 ml) kosher salt**
- 1 can [15 ounces (435 g)] chickpeas, drained**
- 2 cups chicken stock**
- 12 ounces (350 g) white potatoes, cut into ½-inch (1.25 cm) dice**
- 1 cup (250 ml) packed fresh baby spinach**

1. Put the oil into a medium sauté pan over medium heat. Once the oil shimmers across the pan, add the onion, chile and garlic. Cook until softened and fragrant, about 5 minutes. Add the curry powder, cumin and salt and stir well. Continue to cook for a few minutes.
2. Stir in the chickpeas and chicken stock and bring to a simmer. Maintain a slight simmer and cook for about 10 minutes. Add the potatoes and cover. Cook until potatoes are cooked through, about an additional 15 minutes.

3. Once the potatoes are cooked through, stir in the spinach and cook until wilted. Taste and adjust seasoning accordingly. Serve with the roti.

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

*Calories 152 (20% from fat) • carb. 24g • pro. 7g  
• fat 3g • sat. fat 0g • chol. 0mg • sod. 443mg  
• calc. 47mg • fiber 16g*

## Injera

*This traditional Ethiopian flatbread acts as both plate and utensil. Stews and salads are served on top of the injera and eaten as small pieces of injera are torn off and used to scoop up and eat the meal.*

Makes about 8 to 9 injera

- 2 cups teff flour, divided**
- 3 cups water**
- ½ cup unbleached, all-purpose flour**
- ½ teaspoon kosher salt**

1. In a bowl, stir 1 cup (250 ml) of the teff flour together with the water. Cover and leave at room temperature for about 24 hours. The surface of the mixture should be covered with small bubbles.
2. Whisk in the remaining cup of teff flour, all-purpose flour and salt.
3. Heat the International Chef™ Crêpe/Pizzelle/Pancake Plus fitted with the flat plates in the closed position by adjusting the temperature to High. Once preheated, pour ½ cup (125 ml) of the injera batter over the center of the bottom plate and gently spread to the edges of the plate, creating an even, large circle. Cook in the open position for about one minute so that the bottom is set and tiny bubbles have formed over the surface of the injera. To finish cooking, hold the unit's handle in position so that the top plate is just hovering over the bread, for about 30 seconds.

4. Serve on a plate with Doro Wat (recipe follows) and/or a variety of Ethiopian dishes on top. Eat by tearing pieces of the injera off and using as a utensil to scoop up the food to eat.

*Nutritional information per injera:*

*Calories 123 (7% from fat) • carb. 24g • pro. 4g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 134mg  
• calc. 2mg • fiber 4g*

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