

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Cuisinart® Core Custom™ 10-Cup Food Processor

FP-110C Series

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

IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart® Core Custom™ 10-Cup Food Processor and the accessories for it:

10-cup work bowl, work bowl cover with small and medium pushers, metal chopping/mixing/dough blade, reversible slicing/shredding disc medium, reversible slicing/shredding disc fine, removable stem adapter, storage hub, base and instruction/recipe book.

CAUTION:

THE CUTTING TOOLS HAVE VERY SHARP EDGES.

To avoid injury when unpacking the parts, please follow these instructions.

1. Place the box on a low table or on the floor next to the kitchen counter where you intend to keep the food processor. Be sure the box is right side up.
2. Open top flaps—there will be a rectangular block of packing material that holds the processor parts, each fitted into a cavity.
3. Remove the instruction/recipe book.
4. Lift out the packing material.
5. Remove the base and bowl and place them on the counter or table. Read the instructions thoroughly before using the machine.
6. Save the shipping cartons and packing material. You will find these very useful if you need to repack the processor for moving or other shipment.

We recommend that you visit our website, www.cuisinart.ca, for a fast, efficient way to complete your product registration.

IMPORTANT SAFEGUARDS

Always follow these safety precautions when using this appliance.

Getting Ready

1. Read all instructions.
2. **Blade and discs are sharp.** Handle them carefully.
3. **Always turn off and unplug appliance from outlet when not in use, before putting on or taking off parts, before removing food and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**
4. Do not use outdoors.

5. Do not let cord hang over edge of table or counter, or touch hot surfaces.
6. Do not operate any appliance that has a damaged cord or plug or after it has been dropped or damaged in any way. Contact Cuisinart Consumer Service Center at 1-800-472-7606 for information on examination, repair, or adjustment.

Operation

1. Keep hands as well as spatulas and other utensils away from moving blade or discs while processing food to prevent the possibility of severe personal injury or damage to food processor. A plastic scraper may be used, but only when the food processor motor is stopped.
2. Avoid coming into contact with moving parts. Never push food down by hand when slicing or shredding. Always use pusher.
3. Make sure motor has completely stopped before removing cover. (If machine does not stop within 4 seconds after you remove the bowl cover assembly, call 1-800-472-7606 for assistance. Do not use the machine.)
4. Never store any blade or disc on stem adapter. To reduce the risk of injury, no blade or disc should be placed on the shaft except when the bowl is properly locked in place and the processor is in use. Store blades and discs as you would sharp knives, out of reach of children.
5. Be sure cover and feed tube are securely locked in place before operating food processor.
6. Never feed food by hand. Always use the pusher.
7. Never try to override or tamper with cover interlock mechanism.

Cleaning

To protect against risk of electrical shock, do not put base in water or other liquids.

General

1. This appliance should not be used by or near children or individuals with certain disabilities.
2. Do not operate this, or any other motor-driven appliance, while under the influence of alcohol or other substances that affect your reaction time or perception.
3. This food processor is for household use. Use it only for food preparation as described in the accompanying instruction and recipe book. Do not use this appliance for anything but its intended use.
4. When using an approved Cuisinart Food Processor accessory, read all instructions included with that accessory.

5. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock or personal injury, or damage to your food processor.
6. To avoid possible malfunction of work bowl switch, never store processor with cover assembly in locked position.
7. 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.

NOTE: 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.

NOTE: This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.

Do not fill the bowl above the marked maximum fill line (or rated capacity) to avoid risk of injury due to damage to the cover or bowl.

WARNING: RISK OF FIRE OR ELECTRIC SHOCK



The lightning flash with arrowhead symbol within an equilateral triangle is intended to alert the user to the presence of dangerous uninsulated voltage within the product's enclosure that may be of sufficient magnitude to constitute a risk of fire or electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying appliance.

CONTENTS

Important Unpacking Instructions.....	2
Important Safeguards.....	2
Parts	4
Assembly Instructions.....	5
Machine Controls	5
Machine Functions.....	5
User Guide	7
Cleaning, Storage and Maintenance.....	8
For Your Safety.....	8
Technical Data.....	8
Troubleshooting.....	9
Recipes.....	12
Warranty Information.....	40

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

	WARNING	
RISK OF FIRE OR ELECTRIC SHOCK DO NOT OPEN		
WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, DO NOT REMOVE COVER (OR BACK) NO USER-SERVICEABLE PARTS INSIDE REPAIR SHOULD BE DONE BY AUTHORIZED SERVICE PERSONNEL ONLY		

PARTS

The machine includes:

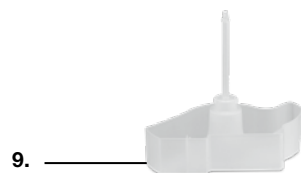
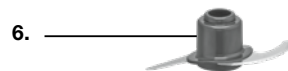
1. **Housing base** - With convenient paddle controls
2. **10-cup (2.36 L) removable work bowl**
3. **Cover with feed tube**
4. **Small and medium pushers** - Slide inside the feed tube
5. **Stem adapter**
6. **Metal chopping/mixing/dough blade**
7. **Fine reversible slicing/shredding disc**
8. **Medium reversible slicing/shredding disc**
9. **Storage Hub** - Stores stem adapter, blade and discs inside the work bowl (for storage use only)
10. **BPA free** (not shown) - All materials that come in contact with food or liquid are BPA free

NOTE: Cuisinart offers Cuisinart Core Essentials™, a line of accessories for your food processor that can be purchased separately. The selected accessory connects to the food processor housing base, so you can turn your food processor into a blender, juicer, dicer and more!

AVAILABLE ACCESSORIES:

ACCESSORY NAME	MODEL #
36 oz. (1 kg) Blender Jar	MFP-B36C
Juicing Center	MFP-JCC
Dicing Kit	FP-DCP1C

Visit Cuisinart.ca to purchase!



ASSEMBLY INSTRUCTIONS

Before First Use

Before using your Cuisinart® Core Custom™ 10-Cup (2.36 L) Food Processor for the first time, wash the work bowl, work bowl cover, pusher, blade and discs (see cleaning instructions on page 8).

1. Place the food processor base on a dry, level countertop with the controls facing you. Do not plug the unit in until it is fully assembled.
2. With the bowl on the base, use the handle to turn the work bowl clockwise to lock it onto the housing base.

CHOPPING/MIXING/DOUGH BLADE

1. Place the work bowl on top of base, with the work bowl handle just to the right of center. Turn the work bowl clockwise to lock it onto the housing base.
2. Carefully place the blade onto the stem adapter. Holding top of stem adapter, lift and place over the work bowl accessory adapter. Blade should rest on the bottom of the work bowl.
3. Plug in the housing base.
4. Add desired ingredients to work bowl.
5. Place work bowl cover on work bowl, with the feed tube just to the right of center. Turn clockwise to lock onto work bowl.
6. Align pusher with the feed tube opening on the work bowl cover and slide down to the bottom.
7. You are now ready to operate the machine.

REVERSIBLE SLICING AND SHREDDING DISCS

1. Place the work bowl on top of the base, with the work bowl handle just to the right of center. Turn the work bowl clockwise to lock it onto the housing base.
2. Insert stem adapter **without blade**.
3. Choose desired disc.
4. Carefully place disc over stem adapter, with the side being used facing up.
5. Place work bowl cover onto work bowl, with the feed tube just to the right of center. Turn clockwise to lock onto work bowl.
6. Align pusher with the feed tube opening on the work bowl cover and slide down to the bottom.
7. Plug in the housing base.
8. The machine is now ready for use.

MACHINE CONTROLS

High and Low Control Paddles

The High and Low controls are paddles that allow the machine to run until Off is selected.

1. Properly assemble and engage the machine.
2. Add ingredients to the work bowl, either through the feed tube or directly into the bowl.
3. Press the High or Low paddle. The white LED light will illuminate and the motor will start.
4. Press the Off paddle when finished.

Pulse Paddle

The Pulse control is a paddle that allows the machine to run only while it is being pressed. This capability provides more accurate control of the duration and frequency of processing. Unless otherwise specified, a pulse should be about one second.

With the machine properly assembled and engaged, and ingredients in the work bowl, press the Pulse paddle repeatedly as needed. The white LED light will illuminate upon activation.

MACHINE FUNCTIONS

Using the Chopping/Mixing/Dough Blade

Chopping

- For raw ingredients: Peel, core and/or remove seeds and pits. Food should be cut into even, ½- to 1-inch (1.25 to 2.5 cm) pieces. Foods cut into same size pieces produce the most even results.
- Pulse food in 1-second increments to chop. For the finest chop, either hold the Pulse paddle down or press High or Low to run the machine continuously. Watch ingredients closely to achieve desired consistency and scrape the work bowl as necessary. Low speed is recommended for making doughs and batters. High speed is recommended for most other chopping, processing and slicing/shredding tasks.

Puréeing

- To purée fresh fruits or cooked fruits/vegetables: Ingredients should be cut into 1-inch (2.5 cm) pieces; a smooth purée is best achieved when all the pieces are equal in size. Pulse to initially chop and then process on High or Low until food is puréed; scrape the work bowl as necessary. **NOTE: Do not use this method to purée cooked white potatoes.**
- To purée solids for a soup or sauce: Strain the solids from the liquid and process the solids alone. Add cooking liquid and process as needed.

Dough

- Always use Low speed when kneading. Be sure that the medium pusher lock is in the locked position when kneading dough to avoid it from moving around — some vibration is still normal. Always start the food processor before adding liquid. First process the dry ingredients (flour, salt, etc.) and then add the liquid in a slow, steady stream, or through the drizzle hole in the pusher, allowing the dry ingredients to absorb it. If liquid is added too quickly, wait until ingredients in the work bowl have mixed, then add remaining liquid slowly (do not turn off the machine). Never use more than 2½ cups (625 ml) of white/all-purpose flour when preparing a yeasted dough.

Using the Reversible Slicing and Shredding Discs

- The slicing side of the discs makes whole slices. It slices fruits and vegetables, cooked meat and semi-frozen raw meat. The shredding side of the discs shreds most firm and hard cheeses. It also shreds vegetables like potatoes, carrots and zucchini.

- Always pack food in the feed tube evenly for slicing and shredding. The food will dictate the amount of pressure: Use light pressure for soft foods, medium pressure for medium foods and firm pressure for harder foods. Always process with even pressure.
- For round fruits or vegetables: Remove a thick slice on the bottom of the food so that it sits upright in the feed tube. If food does not fit in the feed tube, cut in half or quarters to fit. Process with even pressure.
- For small ingredients like mushrooms, radishes or strawberries: Trim the ends so the food sits upright in the feed tube.
- When slicing or shredding cheese, be sure that the cheese is well chilled.
- To shred leafy vegetables like lettuce or spinach: Roll leaves together and stand them up in feed tube. Process with even pressure.

NOTE: Always use the pusher when slicing or shredding. Never put your hands in the feed tube while unit is running.

RECOMMENDED MAXIMUM WORK BOWL CAPACITY

FOOD	CAPACITY
Sliced or shredded fruit, vegetables or cheese	10 cups (2.36 L)
Chopped fruit or vegetable	6 cups (1.5 L)
Chopped cheese	4 cups (1 L)
Puréed fruit or vegetables	3 cups (750 ml) cooked; 1½ cups (375 ml) puréed
Chopped or puréed meat, fish or seafood	1½ pounds (680 g)
Thin liquid (e.g., dressings, soups, etc.)	7 cups (1.75 L)
Cake batter	8-inch (20 cm) cheesecake batter; 1 box (15.25 ounce [432 g]) cake mix
Cookie dough	2½ dozen (based on average chocolate chip cookie recipe)
White bread/pizza dough	2.5 cups ([625 ml] all-purpose or bread flour)
Nuts for nut butter	3 cups (750 ml)

USER GUIDE

You can slice, shred and chop a multitude of vegetables and fruits in the Cuisinart® Food Processor. What you may not know is that the food processor is the perfect tool for a number of other tasks, such as softening butter, making breadcrumbs, making baby food, etc. Here is a guide that will help you in preparing just about anything!

FOOD	TOOL	SPEED	DIRECTIONS
Soft Cheeses (ricotta, cream cheese, cottage cheese, etc.)	Chopping/Mixing/ Dough Blade	Low or High	Bring cheese to room temperature. When applicable, cut into 1-inch (2.5 cm) pieces. Process until smooth, stopping to scrape down the sides of the bowl as needed. Perfect for making cheesecakes, dips, pasta fillings and more.
Firm Cheeses (Cheddar, Swiss, Edam, Gouda, etc.)	Slicing or Shredding Disc	High	Cheese should be well chilled before slicing/shredding. Cut to fit feed tube. Use light to medium pressure when slicing/shredding.
Hard Cheeses (Parmesan, Romano, etc.)	Chopping/Mixing/ Dough Blade Slicing or Shredding Disc	Low	If using the chopping blade, cut into ½-inch (1.25 cm) pieces. Pulse to break up and then process until finely grated. This will produce a nicely grated cheese. If slicing or shredding, cut to fit feed tube. Use light to medium pressure when slicing/shredding.
Baby Food	Chopping/Mixing/ Dough Blade	Pulse and Low or High	As for all fruit and vegetable purées, cut ingredients into ½- to 1-inch (1.25 to 2.5 cm) pieces. Steam ingredients until completely soft. Pulse to chop, then process until completely smooth (add steaming liquid through the feed tube when processing if necessary). To ensure there are no lumps, press mixture through a fine mesh strainer. Keeps frozen in ice cube trays for individual 1-ounce (28 g) portions.
Butter	Chopping/Mixing/ Dough Blade Slicing or Shredding Disc	High	<i>For creaming:</i> Bring butter to room temperature. Cut into 1-inch (2.5 cm) pieces. Process, scraping bowl as necessary. For compound (flavoured) butters, process flavoring ingredients, such as herbs, zest, vegetables, etc., before adding butter. <i>For shredding/slicing:</i> Freeze briefly. Use light to medium pressure to shred or slice. Shredded butter is great for preparing certain pastry doughs. Sliced butter is great for serving alongside corn on the cob or freshly made rolls.
Crumbs (Bread, Cookie, Cracker, Chip)	Chopping/Mixing/ Dough Blade	High	Break into pieces. Pulse to break up, and then process until desired consistency. This will make perfect bread/cracker/chip crumbs for coating meats and fish. Processed cookies make delicious pie and cake crusts!
Fresh Herbs	Chopping/Mixing/ Dough Blade	Pulse	Wash and dry herbs VERY well. Pulse to roughly chop. Continue pulsing until desired consistency is achieved.
Ground Meat	Chopping/Mixing/ Dough Blade	Pulse and High	Cut meat into ½-inch (1.25 cm) pieces. Pulse to chop — about 14 long pulses or until desired consistency is achieved. If a purée is desired, continue to process. Never chop/purée more than 1½ pounds (680 g) at one time.
Ice Cream	Chopping/Mixing/ Dough Blade	High	Put frozen fruit cut into 1-inch (2.5 cm) pieces into the work bowl, with liquid (juice or milk), any desired sweeteners, such as sugar, honey, simple syrup and other flavours. Process until smooth.
Milk Shakes/ Smoothies	Chopping/Mixing/ Dough Blade	Low	For milk shakes, first add ice cream. While unit is running, add milk through the feed tube until desired consistency is achieved. For smoothies, add fruit first, then add the liquid through the feed tube while unit is running.
Nuts	Chopping/Mixing/ Dough Blade	Pulse and High	Pulse to chop to desired consistency. To make a nut butter, pulse to break up, and then process until smooth, stopping to scrape down as needed.
Superfine Sugar	Chopping/Mixing/ Dough Blade	High	Process granulated sugar for about 1 minute until finely ground. Excellent for using in meringues and other baked goods.
Whipped Cream	Chopping/Mixing/ Dough Blade	Low	Process well-chilled cream until cream begins to thicken. Add sugar as desired; process continuously until cream reaches desired consistency. This cream is dense and perfect as a whipped topping for cake or ice cream.

CLEANING, STORAGE AND MAINTENANCE

- Keep your Cuisinart® Core Custom™ 10-Cup (2.36 L) Food Processor ready to use on the kitchen counter. When not in use, leave it unplugged. Store accessories in the provided storage hub, inside the work bowl.
- Keep the blade and discs out of the reach of children.
- All parts except the housing base are dishwasher safe but on the **top rack only**. Due to intense water heat, washing the work bowl, cover and accessories on the bottom rack may cause damage over time. Insert the cover with the feed tube facing up to ensure proper cleaning. Insert the work bowl and pushers upside down for drainage. Remember to unload the dishwasher carefully when removing sharp blade and discs.
- To simplify cleaning, rinse the work bowl, cover, pushers and blade or disc immediately after use so food won't dry on them. Be sure to position the pushers and work bowl upside down for drainage. If food lodges in the pusher, remove it by running water through it, or use a bottle brush.
- If you wash the blade and discs by hand, do it carefully. When handling, use the plastic hubs. Avoid leaving them in soapy water where they may disappear from sight. If necessary, use a brush.
- The work bowl is made of Tritan® plastic with metal components. It should not be placed in a microwave oven.
- The housing base may be wiped clean with a soapy, nonabrasive cloth or sponge. Be sure to dry it thoroughly.
- If the feet leave spots on the counter, spray them with a spot remover and wipe with a damp sponge.
- If any trace of the spot remains, repeat the procedure and wipe the area with a damp sponge and nonabrasive cleaning powder.

IMPORTANT: Always use the provided storage hub. Never store any blade or disc on the stem adapter. No blade or disc should be placed on the shaft except when the processor is about to be used.

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

FOR YOUR SAFETY

- Like all powerful electrical appliances, a food processor should be handled with care. Follow these guidelines to protect yourself and your family from misuse that could cause injury.

- Handle and store metal blade and discs carefully utilizing the provided storage hub. Their cutting edges are very sharp.
- Never put stem adapter, (blade or discs on the stem adapter) until the work bowl is locked in place.
- Always be sure that the blade or disc is down on the stem adapter as far as it will go.
- Always insert the stem adapter with metal blade in the work bowl before putting ingredients in bowl.
- When slicing or shredding food, always use the pusher. Never put your fingers or spatula into feed tube.
- Always wait for the blade or disc to stop spinning before you remove the pusher assembly or cover from the work bowl.
- Always unplug the unit before removing food, cleaning or putting on or taking off parts.
- Always remove work bowl from base of machine before you remove the chopping/mixing/dough blade or slicing/shredding disc.
- Be careful to prevent the chopping blade or slicing/shredding disc from falling out of the work bowl when emptying the bowl. Remove the stem adapter with blade before tilting the work bowl.

TECHNICAL DATA

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

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

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

Cuisinart offers a Limited Three-Year Warranty on the entire machine.

TROUBLESHOOTING

Food Processing

- 1. Problem:** The food is unevenly processed.

Solution:

- The ingredients should be cut evenly into ½- to 1-inch (1.25 to 2.5 cm) pieces before processing.

- Process in batches to avoid overloading.

- 2. Problem:** Slices are uneven or slanted.

Solution:

- Place evenly cut food, cut side down, into the feed tube.

- Apply even pressure on the pusher.

- 3. Problem:** Food falls over in feed tube.

Solution:

- Feed tube should be packed full for best results.

- 4. Problem:** Some food remains on top of the disc.

Solution:

- It is normal for small pieces to remain; cut remaining bits by hand and add to processed ingredients.

- 5. Problem:** Metal chopping/mixing/dough blade cannot be removed from the stem adapter.

Solution:

- Place the blade / stem adapter assembly in a bowl filled with warm tap water. This should help loosen trapped food particles between the blade and stem adapter. To see if food has loosened, remove assembly from water by lifting from the stem.

Holding the stem, place the blade assembly on counter top and press down on stem. This should free the blade from the stem. If blade still cannot be removed, return to warm water and repeat above steps.

Dough Kneading

- 1. Problem:** Motor slows down.

Solution:

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in two batches.

- Dough may be too wet (see number 8). If motor speeds up, continue processing. If not, add more flour, 1 tablespoon (15 ml) at a time, until the motor speeds up. Process until dough cleans the sides of the work bowl.

- 2. Problem:** Blade doesn't incorporate ingredients.

Solution:

- Always start the food processor before adding liquid. Add liquid in a slow, steady stream, or through the drizzle hole in the pusher, allowing the dry ingredients to absorb it. If too much liquid

is added, wait until ingredients in the work bowl have mixed, then add remaining liquid slowly (do not turn off the machine). Pour liquid onto dough as it passes under feed tube opening; do not pour liquid directly onto bottom of the work bowl.

- 3. Problem:** Blade rises in work bowl.

Solution:

- Excessively sticky dough can cause blade to rise. Carefully reinsert blade and immediately add 2 tablespoons (30 ml) of flour through the feed tube while the machine is running.

- 4. Problem:** Dough doesn't clean inside of the work bowl.

Solution:

- Amount of dough may exceed maximum capacity of your food processor. Remove half and process in two batches.

- Dough may be too dry (see number 7).

- Dough may be too wet (see number 8).

- 5. Problem:** Nub of dough forms on top of blade and does not become uniformly kneaded.

Solution:

- Stop machine, carefully remove dough, divide it into 3 pieces and redistribute them evenly in the work bowl.

- 6. Problem:** Dough feels tough after kneading.

Solution:

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

- 7. Problem:** Dough is too dry.

Solution:

- While machine is running, add water, 1 tablespoon (15 ml) at a time, until dough cleans the inside of the bowl.

- 8. Problem:** Dough is too wet.

Solution:

- While machine is running, add flour, 1 tablespoon (15 ml) at a time, until dough cleans the inside of the bowl.

Technical

- 1. Problem:** The motor does not start.

Solution:

- There is a safety interlock to prevent the motor from starting if it is not properly assembled. Make sure the work bowl and work bowl cover are securely locked into position.

- If the motor still will not start, check the power cord and outlet.

2. Problem: The food processor shuts off during operation.

Solution:

- The cover may have become unlocked; check to make sure it is securely in position.
- A safety protector in the motor prevents the motor from overheating, which is caused by excessive strain. Press the Off control button, unplug the unit and wait 20 to 30 minutes to allow the food processor to cool off before resuming.

3. Problem: The motor slows down during operation.

Solution:

- This is normal as some heavier loads (e.g., slicing/shredding cheese) may require the motor to work harder. Simply reposition the food in the feed tube and try again.
- The maximum load capacity may have been exceeded. Remove some of the ingredients and continue processing.

4. Problem: The food processor vibrates/moves around the countertop during processing.

Solution:

- Make sure the rubber feet at the bottom of the unit are clean and dry. Also make sure that the maximum load capacity is not being exceeded.
- This is normal as some heavier loads (e.g., slicing/shredding cheese) may require the motor to work harder.

RECIPES

Breakfast/Brunch

Cheddar-Chive Biscuits.....	13
Chocolate Chip Scones.....	14
Zucchini Chocolate Chip Bread.....	15

Butters/Dips/Dressings/Sauces

Lemon Lavender Butter.....	16
Maple-Bacon Butter.....	16
Smoked Salmon Spread.....	17
Tomato Salsa.....	17
Red Chimichurri.....	18
Harissa.....	18
Classic Hummus.....	19
Mayonnaise.....	20
Vegan Caesar Dressing.....	20
Lemon Vinaigrette.....	21
Basil Pesto.....	22

Main Dishes

Falafel.....	23
Mixed Vegetable and Ricotta Tart.....	24
Pizza with Ricotta and Pesto.....	25
Olive and Mushroom Pizza.....	26
Chicken Burgers.....	27

Soup/Salads/Sides

Sliced Asparagus Salad with Pine Nuts.....	28
Rainbow Vegetable and Apple Slaw.....	28
Refried Beans.....	29
Root Vegetable Soup.....	30

Desserts

Carrot Cake with Cream Cheese Frosting.....	31
Lemon-Poppy Seed Shortbread.....	32
Pistachio Olive Oil Cake with Cardamom Cream.....	33
Strawberries and Cream Tart.....	34
No-Churn Blackberry Chocolate Chunk Ice Cream.....	34

Bread/Dough

Pita Bread.....	36
Pizza Dough.....	37
Pâte Brisée.....	37
Pretzels with Rosemary and Flake Sea Salt.....	38
Burger Buns.....	39

Cheddar-Chive Biscuits

These biscuits have a deeply golden and audibly crackly exterior that is reminiscent of biting into a salty, buttery cheese wafer that dissolves in your mouth. Onion-y chives cut the richness of the Cheddar, making these utterly addictive.

Yield: 8 biscuits

INGREDIENTS

4	ounces (113 g) good-quality Cheddar cheese, preferably extra-sharp	½	teaspoon (2.5 ml) freshly ground black pepper
2	cups (500 ml) unbleached, all-purpose flour, plus more for shaping the biscuits	12	tablespoons ([180 ml] 1 ½ sticks) unsalted butter, cold and cut into ½-inch (1.25 cm) cubes, divided
2	tablespoons (30 ml) yellow cornmeal	6	tablespoons ([90 ml] about ½ ounce) roughly chopped chives
1½	teaspoons (7.5 ml) granulated sugar		
2½	teaspoons (13 ml) baking powder	¾	cup (175 ml) buttermilk, well shaken
1¾	teaspoons (9 ml) kosher salt		Flake sea salt, for finishing (optional)

INSTRUCTIONS

1. Insert the fine shredding disc into the work bowl of the food processor. Shred the Cheddar on High. Reserve.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, cornmeal, sugar, baking powder, salt, and pepper and process on Low for 10 seconds to sift. Add 10 tablespoons (150 ml) of the cold cubed butter and pulse just until the mixture starts to resemble coarse crumbs with pea-size bits of butter strewn throughout. Add the reserved shredded Cheddar and chives and pulse 4 to 5 times to incorporate. Add the buttermilk and pulse a few times more to form a shaggy dough.
3. Turn the dough out onto a lightly floured surface. With floured hands, pat the dough into an 8-inch x 4-inch (20 x 10 cm) rectangle. Fold the dough in thirds, as you would a letter. Start with a short end and fold a third of the dough down over the center, then fold the other third up to overlap. Turn the dough a quarter clockwise and pat into another 8-inch x 4-inch (20 x 10 cm) rectangle. Fold in thirds a second time. (The folding process builds structure for tall biscuits with lots of flaky layers.) Turn the dough a quarter clockwise again and pat into a final 8-inch x 4-inch (20 x 10 cm) rectangle, about 1 inch (2.5 cm) thick. Square the sides as best you can with your hands or a bench scraper.
4. Use a sharp knife to cut the rectangle into eight 2-inch (5 cm) squares (a 4 x 2 grid). Space out the biscuits onto a parchment-lined baking sheet and place in the freezer for 30 minutes to chill.
5. While the dough is chilling, set an oven rack in the middle position and preheat the oven to 425°F (220°C). Melt the remaining 2 tablespoons (30 ml) of butter.
6. Brush the tops of the chilled biscuits with melted butter and sprinkle with flake sea salt, if desired. Bake in the preheated oven until the tops are deeply golden brown, 20 to 22 minutes. Remove from oven and allow to cool slightly on the baking sheet. Serve warm or at room temperature.

Nutritional information per biscuit:

Calories 343 (58% from fat) • carb. 27 g • pro. 9 g • fat 22 g • sat. fat 14 g • chol. 60 mg
 • sod. 487 mg calc. 946 mg • fiber 2 g

Chocolate Chip Scones

Using mini chocolate chips ensures a little sweet treat in each bite. We love serving these warm with the Lemon Lavender Butter (page 16).

Yield: 8 scones

INGREDIENTS

1½	cups (375 ml) cake flour	1	large egg
1	cup (250 ml) unbleached, all-purpose flour, plus more for shaping	6	tablespoons (90 ml) unsalted butter, cold and cut into ½-inch (1.25 cm) cubes
2	tablespoons (30 ml) granulated sugar	¼	cup (60 ml) mini chocolate chips
1½	teaspoons (7.5 ml) baking powder		Egg wash (1 large egg plus 1 teaspoon [5 ml] water, whisked well)
¼	teaspoon (1 ml) baking soda		Turbinado sugar, for sprinkling
1	teaspoon (5 ml) kosher salt		
1	cup (250 ml) buttermilk		

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Put the flours, sugar, baking powder, baking soda, and salt into the work bowl and run on Low to fully mix, about 20 seconds.
2. Put the buttermilk and egg in a liquid measuring cup and mix to fully combine. Reserve.
3. Add the butter to the dry ingredients and pulse until mixture is shaggy. While still pulsing, slowly add the liquid ingredients, until just combined; do not over-mix.
4. Pour the mixture onto a clean counter/large cutting board and dust lightly with flour. Add the mini chips and then gently fold the dough over a few times to combine. Form the dough into a 10-inch (25 cm) cylinder. Using a sharp knife, cut into 8 even rounds. Place on a parchment lined baking sheet. Cover lightly and transfer to a refrigerator to chill for a minimum of 1 hour, up to overnight.
5. Once chilled, preheat oven to 400°F (200°C) with the rack in the middle position. Brush each scone with egg wash and sprinkle with the turbinado sugar.
7. Bake in preheated oven for about 25 to 30 minutes, or until golden brown. Remove from oven and allow to cool slightly on the baking sheet. Serve warm or at room temperature.

Nutritional information per scone:

Calories 264 (35% from fat) • carb. 40g • pro. 5g • fat 9g • sat. fat 6g • chol. 47g • sod. 440g • calc. 99 mg • fiber 1g

Zucchini Chocolate Chip Bread

This moist quick bread is perfect for breakfast or for an afternoon snack. The chocolate chips are a nice treat, but if a healthier bread is desired, use additional nuts or dried fruit.

Yield: one 2-pound (907 kg) loaf (16 servings)

INGREDIENTS

	Nonstick cooking spray	½	cup (125 ml) walnuts, lightly toasted
1¾	cups (425 ml) unbleached, all-purpose flour	1	large zucchini, approximately 8 to 10 ounces (227 to 295 ml)
1½	teaspoons (7.5 ml) ground cinnamon	½	cup (125 ml) vegetable oil
¾	teaspoon (3.75 ml) ground allspice	1	cup (250 ml) granulated sugar
¼	teaspoon (1 ml) ground nutmeg	2	large eggs
1	teaspoon (5 ml) fine sea salt	½	cup (125 ml) chocolate chips (or use dried cranberries or cherries for a less-sweet flavour)
1½	teaspoons (7.5ml) baking powder		

INSTRUCTIONS

1. Preheat oven to 350°F (180°C). Coat a 9 x 5 x 3-inch (23 x 13 x 6 cm) loaf pan with cooking spray.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, spices, salt, and baking powder and process on Low for 10 seconds to sift. Transfer ingredients to a large bowl; reserve. Add the walnuts to the work bowl and chop, 2 to 3 pulses. Leaving the nuts in the work bowl, remove the chopping blade and insert the medium shredding disc. Trim the zucchini to fit the feed tube and shred. Transfer the walnuts, additional nuts if using, and zucchini to the bowl and zucchini to the bowl with the dry ingredients. Stir to mix.
3. Reinsert the chopping blade and add the vegetable oil, sugar, and eggs. Process on Low for 5 to 10 seconds until combined. Add wet ingredients to the mixing bowl with the dry ingredients, along with the chocolate chips, and stir until just combined.
4. Pour the batter into the prepared pan and bake in the middle of the oven for 1 hour and 15 minutes, or until a toothpick or cake tester comes out clean.
5. Cool on a wire rack for 5 minutes, and then turn the loaf out onto a wire rack to cool completely.

Nutritional information per serving:

Calories 194 (37% from fat) • carb. 28g • pro. 3g • fat 8g • sat. fat 1g • chol. 23mg • sod. 183mg • calc. 14mg • fiber 1g

Lemon Lavender Butter

This butter is bright tasting and has just the right amount of floral notes. It's delicious on scones or spread on pancakes or waffles.

Yield: ½ cup (125 ml) butter, 8 servings

INGREDIENTS

8	tablespoons ([120 ml] 1 stick) unsalted European-style butter, cut into 4 pieces, room temperature	1	2-inch (5 cm) strip lemon zest (bitter white pith removed)
1 to 2	pinches fine sea salt	1	teaspoon (5 ml) dried culinary lavender

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Put the butter into the work bowl. Pulse to soften, and then add the remaining ingredients, starting with just 1 pinch of the salt. Pulse to combine, stopping to scrape down as necessary. Once nicely mixed, then process on Low for 5 seconds to fully combine. Taste and add additional salt if desired.
2. Remove and transfer to a piece of parchment paper. Form into a log, wrap well in the parchment, then cover fully with plastic wrap. Chill until firm.

Nutritional information per serving (1 tablespoon [15 ml]):

Calories 71 (38% from fat) • carb. 2g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg • sod. 159mg • calc. 35mg • fiber 2g

Maple-Bacon Butter

Packed with the best flavours of breakfast, this butter is great for sweet foods such as waffles, or for savory items such as biscuits or even stirred into a soup like our Root Vegetable Soup (page 30).

Yield: ½ cup (125 ml), 8 servings

INGREDIENTS

8	tablespoons ([120 ml] 1 stick) unsalted good quality butter, like Plugra or Kerrygold, room temperature	2	teaspoons (10 ml) pure maple syrup
2	slices bacon, diced and cooked through (about 2 tablespoons [30 ml] bacon crumbles)		

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Put the butter into the work bowl. Pulse to soften, and then add the remaining ingredients. Pulse to combine, stopping to scrape down as necessary. Once nicely mixed, process on Low for 5 seconds to fully combine.
2. Remove and transfer to a piece of parchment paper. Form into a log, wrap well in the parchment, then cover fully with plastic wrap. Chill until firm.

Nutritional information per serving (1 tablespoon [15 ml]):

Calories 71 (38% from fat) • carb. 2g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg • sod. 159mg • calc. 35mg • fiber 2g

Smoked Salmon Spread

Spreading this onto a fresh bagel is the obvious choice, but it can also be used in tea sandwiches or on crackers. We love the addition of dill pickles, but you can use fresh dill instead for a more traditional flavour.

Yield: about 1 cup (250 ml)

INGREDIENTS

8	ounces ([227 g] 1 standard package) plain cream cheese, cut into 8 pieces and room temperature	1 to 2	dill pickle spears, halved
3	2-inch (5 cm) strips lemon zest (bitter white pith removed), optional	3	sprigs fresh dill, optional (use in place of the dill pickles, or in addition for a more intense dill flavour)
2	teaspoons (10 ml) drained capers, optional	2	ounces (57 g) smoked salmon, cut into 1-inch (2.5 cm) pieces
		1	Pinch freshly ground black pepper

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Add the cream cheese and lemon zest. Pulse a few times to break up, then process on High until smooth.
2. Scrape down the sides of the bowl. Add the capers if using, pickles, dill, salmon, and pepper and pulse until fully combined, about 20 times. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons [30 ml]):

Calories 71 (38% from fat) • carb. 2g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg • sod. 159mg • calc. 35mg • fiber 2g

Tomato Salsa

Serve warm tortilla chips alongside this fresh and tangy salsa.

Yield: about 1½ cups (375 ml)

INGREDIENTS

1	garlic clove, peeled	2	cups (500 ml) grape tomatoes
1	jalapeño, seeded and cut into ½-inch (1.25 cm) pieces	2	tablespoons (30 ml) fresh cilantro, stems removed
½	small onion, cut into 1-inch (2.5 cm) pieces	1	teaspoon (5 ml) kosher salt
		1	teaspoon (5 ml) fresh lime juice

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. With the machine running on High, drop the garlic and jalapeño through the feed tube to finely chop. Add the onion, and pulse to chop, about 3 times. Add the tomatoes, cilantro, salt, and lime juice and pulse to chop until desired consistency is reached, about 8 to 10 pulses.
2. Taste and adjust seasoning accordingly. Depending on desired consistency, strain salsa to remove excess liquid.

Nutritional information per serving (2 tablespoons [30 ml]):

Calories 6 (7% from fat) • carb. 0g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 192mg • calc. 4mg • fiber 0g

Red Chimichurri

The paprika is the transformative factor in this lesser-seen variation of chimichurri that has an intensely red hue and robust smokiness. The perfect sauce to drizzle on grilled meats and crispy roasted potatoes – it also doubles as a marinade.

Yield: 1¼ cups (300 ml)

4 to 5	garlic cloves, peeled	1	teaspoon (5 ml) kosher salt, or to taste
1	medium shallot, cut into 1-inch (2.5 cm) pieces	¼	cup (60 ml) tightly packed fresh parsley leaves, or a combination of parsley and cilantro
2	tablespoons (30 ml) dried oregano		
4	teaspoons (20 ml) smoked paprika	½	cup (125 ml) red wine vinegar
½	teaspoon (2.5 ml) ground cumin	¾	cup (175 ml) extra virgin olive oil
½	teaspoon (2.5 ml) crushed red pepper flakes		

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. With the machine running on High, drop the garlic down the feed tube to process until finely chopped. Scrape down the sides of the bowl and add the shallot, dried oregano, paprika, cumin, red pepper flakes, salt, parsley, and cilantro if using, and pulse until finely chopped. Add the vinegar and process on Low to fully blend, about 20 seconds. With the food processor still running on Low, add the oil through the drizzle hole in the pusher until all oil is incorporated and the sauce is emulsified, about 40 seconds.
2. Taste and add more salt, if needed. Let sit for 30 minutes to allow the flavours to come together before serving.

Nutritional information per serving (2 tablespoons [30ml]):

Calories 154 (93% from fat) • carb. 2 g • pro. 0 g • fat 17 g • sat. fat 2 g
chol. 0 mg • sod. 119 mg • calc. 41 mg • fiber 1 g

Harissa

Harissa is a popular North African spicy condiment that is usually paired with meats and vegetables alike. This is not a truly traditional recipe since we added some sweet roasted red peppers to tame the heat, but we love it all the same! Try stirring it into our hummus recipe (page 19) or just topping on a falafel sandwich.

Yield: about 2 cups (500 ml)

INGREDIENTS

3 to 4	ounces (85 to 113 g) dried chiles of your choice – soak in boiling water for 30 to 40 minutes	1	teaspoon (5 ml) kosher salt, or to taste
		¼	cup (60 ml) roasted red peppers, preferably fire-roasted
1	teaspoon (5 ml) caraway seeds	1	teaspoon (5 ml) fresh lemon juice
1	teaspoon (5 ml) coriander seeds	¼	cup (60 ml) extra virgin olive oil, plus more for storing
1	teaspoon (5 ml) cumin seeds		
2	garlic cloves, peeled		

INSTRUCTIONS

1. Put the dried chiles into a heatproof bowl and cover with boiling water. Allow to sit for 30 to 40 minutes, or until very soft.
2. While the chiles are soaking, toast the spices. Put the caraway, coriander, and cumin seeds into a small skillet and set over medium-low heat, stirring constantly. These will toast very quickly, so do not walk away. Remove from heat once they are just fragrant (if they get too dark they will taste bitter).
3. Once the chiles have sufficiently soaked, drain and then remove the stems and seeds (this is best done while wearing gloves to prevent the spicy oils from getting into your hands).
4. Insert the chopping blade into the work bowl of the food processor. Add the seeded chiles and toasted spices, along with the garlic, and salt. Pulse a few times to break up and then process on High to blend. While the unit is running, add the olive oil through the drizzle hole in the food pusher and continue to process until very smooth, stopping to scrape down the sides of the bowl as necessary. If a thinner consistency is desired, add additional olive oil or water to the mixture.
5. Transfer to a jar and be sure to top with a little olive oil to help preserve the sauce. Harissa can be stored in the refrigerator for up to one month, as long as there is oil on top of the sauce.

Nutritional information per serving (2 tablespoons [30 ml]):

Calories 57 (58% from fat) • carb. 5g • pro. 1g • fat 3g • sat. fat 1g • chol. 0mg • sod. 78mg • calc. 14mg • fiber 0g

Classic Hummus

Serve this brightly flavoured dip with warm pita for a satisfying snack.

Yield: about 4 cups (1 L)

INGREDIENTS

2	cans (15½ ounces [439 g] each) chickpeas, rinsed and drained	¼	cup (60 ml) fresh lemon juice
2		2	garlic cloves, peeled
⅔	cup (150 ml) tahini	1	teaspoon (5 ml) kosher salt
⅓	cup (75 ml) cold water, plus more as needed (more will be necessary if the tahini being used is on the thicker side)	½	teaspoon (2.5 ml) ground cumin
			Extra-virgin olive oil, for serving
			Pinch za'atar (optional), for serving

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Process all of the ingredients on High, until smooth and creamy, about 2 minutes. Add additional water through the feed tube, as needed, until desired consistency has been achieved.
2. Taste and adjust seasoning as desired. To serve, drizzle with olive oil and sprinkle with za'atar, if using.

Nutritional information per serving (2 tablespoons [30 ml]):

Calories 71 (38% from fat) • carb. 2g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg • sod. 159mg • calc. 35mg • fiber 2g

Mayonnaise

Taste the difference in homemade mayonnaise.

Yield: 1 cup (250 ml)

INGREDIENTS

4	large egg yolks	1	teaspoon (5 ml) fresh lemon juice
¾	teaspoon (3.75 ml) kosher salt	1	tablespoon (15 ml) water
½	teaspoon (2.5 ml) Dijon mustard	¾	cup (175 ml) vegetable oil

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Process the egg yolks, salt, mustard, lemon juice, and water on Low until smooth, about 30 seconds. With the food processor still running on Low, add the oil through the drizzle hole in the pusher until all oil is incorporated and the mayonnaise is emulsified and homogeneous.
2. Scrape down sides; taste and adjust seasoning accordingly.

Note: For fresh herb mayonnaise: Process ½ cup (75 ml) firmly packed fresh herbs (e.g., parsley, dill, tarragon, basil, etc.), stems removed, with the yolks before adding the oil. For a bolder-flavoured mayonnaise, increase the salt by ¼ teaspoon (1 ml), the Dijon by ½ teaspoon (2.5 ml) and lemon juice to 1 tablespoon (15 ml).

Nutritional information per serving (1 tablespoon [15 ml]):

Calories 104 (97% from fat) • carb. 0g • pro. 1g • fat 12g • sat. fat 1g • chol. 46mg • sod. 113mg • calc. 6mg • fiber 0g

Vegan Caesar Dressing

A healthier, and vegan-friendly, alternative to traditional Caesar dressing. This recipe omits the egg yolks and anchovies and achieves creaminess, thanks to the soaked cashews, and umami flavour, thanks to the soy sauce.

Yield: about ¾ cup (175 ml)

INGREDIENTS

½	cup (125 ml) raw cashews, soaked in fresh, cold water overnight	1	garlic clove
¼	cup (60 ml) water, plus more as needed	2	teaspoons (10 ml) capers
1	tablespoon (15 ml) fresh lemon juice	½	teaspoon (2.5 ml) freshly ground black pepper
1½	teaspoons (7.5 ml) Dijon mustard		pinch kosher salt, or more to taste
2	teaspoons (10 ml) soy sauce, reduced sodium	2	tablespoons (30 ml) extra virgin olive oil

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor.
2. Drain and rinse cashews. Put all ingredients, except for the olive oil, into the work bowl and process on Low. While the unit is running, gradually add the oil through the drizzle hole in the food pusher. Once the oil is fully incorporated, switch to High and allow to process for an additional minute, or until very smooth.

3. If the dressing is too thick, add additional water, one tablespoon at a time, and continue to process on High.
4. Taste and adjust seasoning if necessary, adding salt if desired.

Nutritional information per serving (2 tablespoons [30 ml]):

Calories 64 (62% from fat) • carb. 5g • pro. 2g • fat 5g • sat. fat 1g • chol. 0mg • sod. 1780mg • calc. 48mg • fiber 2g

Lemon Vinaigrette

This can very easily be your go-to salad dressing for a bowl full of fresh greens and veggies. We also love it on more composed salads, such as the Sliced Asparagus Salad with Pine Nuts (page 28).

Yield: about 1 cup (250 ml)

INGREDIENTS

1	garlic clove, peeled	$\frac{3}{4}$	teaspoon (3.75 ml) kosher salt
1	lemon (zested)	$\frac{1}{4}$	teaspoon (1 ml) freshly ground black pepper
$\frac{1}{4}$	cup (60 ml) fresh lemon juice		
2	teaspoons (10 ml) Dijon mustard	$\frac{3}{4}$	cup (175 ml) extra virgin olive oil

INSTRUCTIONS

1. Fit the chopping blade into the work bowl of the food processor. With the unit running on High, drop the garlic through the feed tube. Stop and scrape down the sides of the bowl. Add the lemon zest and juice, Dijon, salt, and pepper. Process on High to fully mix.
2. With the unit running on Low, gradually add the olive oil through the drizzle hole of the food pusher. Once all of the oil is added, allow to mix an additional 30 to 60 seconds to fully emulsify.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon [15 ml]):

Calories 90 (99% from fat) • carb. 0g • pro. 0g • fat 10g • sat. fat 2g • chol. 0mg • sod. 68mg • calc. 3mg • fiber 0g

Basil Pesto

Once you taste how vibrant homemade pesto is you will never buy it pre-made again.

Yield: about 1 cup (250 ml)

INGREDIENTS

1	ounce (28 g) Parmesan or Pecorino cheese, cut into ½-inch (1.25 cm) cubes	1 to 2	pinches kosher salt pinch ground black pepper
¼	cup (60 ml) pine nuts, lightly toasted	½	cup (125 ml) extra virgin olive oil, plus more as desired
1	garlic clove, peeled		
2	cups (500 ml) tightly packed fresh basil leaves		

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Add the cheese, nuts, and garlic and process on High until roughly chopped, about 10 seconds. Add the basil, salt, and pepper; chop using 10 to 15 pulses. With the machine running on Low, add the olive oil in a slow and steady stream through the feed tube, processing until combined and an emulsion is formed, about 1 minute. Scrape down the sides of the work bowl. If a thinner consistency is desired, process with additional oil or water.
2. To store the pesto, transfer to a glass jar or airtight container; tap to remove air bubbles and even out the surface. Cover the surface directly with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen for up to 2 months.

Nutritional information per serving (1 tablespoon [15 ml]):

Calories 86 (92% from fat) • carb. 1g • pro. 1g • fat 9g • sat. fat 2g • chol. 2mg • sod. 78mg • calc. 37mg • fiber 0g

Falafel

The food processor makes it possible to whip up this Middle Eastern street food staple in your own home! Remember to soak the chickpeas the night before.

Yield: 24 falafel

INGREDIENTS

2	garlic cloves, peeled		– stems and leaves
1	small shallot, cut into 1-inch (2.5 cm) pieces	2	tablespoons (30 ml) plus ½ cup (125 ml) unbleached, all-purpose flour, divided
1	cup (250 ml) dried chickpeas, soaked overnight, rinsed and drained	½	teaspoon (2.5 ml) baking soda
1	teaspoon (5 ml) kosher salt	2	tablespoons (30 ml) water
⅛	teaspoon (0.5 ml) freshly ground black pepper		Vegetable oil, if frying
1	teaspoon (5 ml) ground cumin		Olive oil, if baking
½	teaspoon (2.5 ml) ground coriander		Pita, for serving
⅛	teaspoon (0.5 ml) chili powder		Chopped tomatoes, cucumbers, and lettuce, for serving
⅔	cup (150 ml) packed fresh Italian parsley		Tahini (optional)

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Add the garlic and shallot and pulse to chop, about 5 times. Scrape down the sides of the bowl and pulse another 2 to 3 times. Add the chickpeas, salt, pepper, spices, parsley, and 2 tablespoons (30 ml) of the flour. Pulse 10 to 12 times to coarsely grind the chickpeas. Scrape down the sides of the bowl and then process on Low for 10 to 15 seconds until finely ground. Reserve ⅔ cup (150 ml) in a separate bowl.
 2. Dissolve the baking soda in the water and with the unit running on Low, pour through the feed tube. Process for 15 to 20 seconds to blend well. Add to bowl with reserved mixture. Stir well to combine.
 3. Using a tablespoon (15 ml), scoop chickpea mixture and shape into 24 balls (you can also make larger falafel using a 2-tablespoon [30 ml] scoop for 12 falafel balls). Place the balls on a tray or plate lined with wax paper and chill in the refrigerator for 30 minutes. Put the remaining ½ cup (125 ml) of flour in a shallow bowl and set aside.
 4. Fill a 3-quart (2.83 L) saucepan with enough oil to reach ¼-inch (0.6 cm) depth and place over medium-high heat until an inserted thermometer registers 375°F (190°C).* Roll the falafel in the flour, shaking off any excess, and drop into the oil. Cook the falafel in batches, no more than 5 at a time, for about 2½ to 3 minutes, turning halfway through until browned and crisp.
 5. Remove to a paper towel-lined sheet tray and repeat with remaining falafel.
 6. Serve falafel with sliced pita, veggies and a drizzle of tahini, if desired.
- * If choosing to bake instead: Preheat oven to 400°F (200°C). Line a baking sheet with parchment and drizzle with olive oil. Skip the step of coating the falafel in flour and arrange on the parchment. Drizzle with more oil, turning to coat the balls all over. Bake for 20 to 25 minutes, turning halfway through until browned and crisp.

Nutritional information per falafel:

Calories 96 (15% from fat) • carb. 16g • pro. 5g • fat 2g • sat. fat 0g • chol. 0mg • sod. 314mg • calc. 34mg • fiber 5g

Mixed Vegetable and Ricotta Tart

This tart is almost too beautiful to eat. It can easily be the centerpiece of a brunch table or be a lovely lunch or dinner when paired with a salad. Be sure to cut all vegetables so they fit into the large feed tube horizontally to achieve the longest slices possible.

Yield: 1 tart, about 8 servings

INGREDIENTS

Dough:

Half recipe Pâte Brisée (page 37)

Vegetables:

- 1 medium sweet potato, peeled, halved width-wise and cut to fit the feed tube
- ¼ medium butternut squash, peeled
- 1 medium to large beet, peeled and cut to fit the feed tube
- 1 medium leek, trimmed and cut to fit the feed tube
- 4 medium rainbow carrots, peeled and cut to fit the feed tube
- ¼ cup (60 ml) halved grape tomatoes
- 2 tablespoons (30 ml) olive oil

Pinch kosher salt

Pinch freshly ground black pepper

Filling:

- 2 ounces (57 g) Gruyère
- 1 garlic clove, peeled
- 1 cup (250 ml) ricotta, drained if ricotta is especially wet
- 1 large egg
- Pinch freshly ground black pepper
- ½ teaspoon (2.5 ml) grated lemon zest
- Olive oil, for brushing
- Kosher salt, for sprinkling

INSTRUCTIONS

1. Roll out the pâte brisée so that it's between ⅛-inch (0.3 cm) and ¼-inch (0.6 cm) thick. Fit into a 9- to 10-inch (23 x 25 cm) tart pan with a removable bottom. Chill for a minimum of 1 hour in the refrigerator (or 30 minutes in the freezer).
2. While the dough is chilling, prepare the vegetables. Preheat an oven to 425°F (220°C) with racks in the lower and upper thirds of the oven. Insert the medium slicing disc into the work bowl of the food processor. Slice all of the vegetables, except for the tomato halves, on High, by laying them horizontally in the large feed tube to achieve the longest slices. Line two baking pans with parchment paper and divide the vegetables evenly among the two pans (put the leeks and carrots on one pan, and the other vegetables on the other). Toss gently with a tablespoon (15 ml) of olive oil and a pinch each of the salt and pepper per pan of vegetables. Transfer to the preheated oven and bake until just tender. The carrots and leeks will take 10 minutes to cook and the others about 20. Remove and allow to cool.
3. Reduce the oven temperature to 375°F (190°C). Dock the edges of the tart shell with the tines of a fork (you want to make indentations but not fully go through to the bottom). Line the chilled tart shell with parchment paper or foil and then weigh it down with pie weights (or dried rice or beans). Put the shell into the preheated oven and bake for about 15 minutes, or until the bottom is no longer wet. Carefully remove the parchment/foil and weights and return to the oven until the edges of the crust are just browning. Remove and reserve.
4. While the dough is baking, prepare the ricotta filling. Remove the slicing disc and replace with the fine shredding disc.

Shred the Gruyère on High. Keep the Gruyère in the bowl and replace the shredding disc with the chopping blade. With the unit running on High, drop the garlic into the work bowl through the feed tube and process until finely chopped. Add the ricotta, egg, salt, pepper, and lemon zest. Pulse a few times to combine and process on Low until just combined.

- Transfer the ricotta mixture to the baked tart shell and then top with the roasted vegetables and halved tomatoes by making a decorative spiral pattern: a method that works well by starting in the middle by making a tight spiral with one of the vegetables and then wrapping the vegetables one by one around it until it fits the entire tart. Brush the top with olive oil and a sprinkle of salt.
- Reduce the oven temperature to 350°F (180°C) and put the prepared tart on the oven rack in the lower third position. Bake for 15 minutes to fully cook through the ricotta mixture. Remove from the oven and immediately brush with additional olive oil.

Nutritional information per serving:

Calories 326 (60% from fat) • carb. 24g • pro. 9g • fat 22g • sat. fat 12g • chol. 77mg • sod. 399mg • calc. 224mg • fiber 3g

Pizza with Ricotta and Pesto

Fresh pesto is the perfect ingredient for homemade pizza.

Yield: one 12-inch (30 cm) pizza, 4 servings

INGREDIENTS

1	recipe Pizza Dough (page 37)	½	cup (125 ml) ricotta
	Cornmeal, for dusting baking sheet	2	ounces (57 g) ricotta salata
1	ounce (28 g) Parmesan, cut into ½-inch (1.25 cm) cubes	⅓	cup (75 ml) pesto (page 21)

INSTRUCTIONS

- Preheat an oven with the rack in the middle of the oven. If you have a pizza stone or steel, put on the rack and allow to preheat for 30 minutes while preparing the pizza.
- Stretch pizza dough to a 12-inch (30 cm) round and put on a cornmeal-dusted baking sheet. Cover with plastic wrap and allow to rest while preparing the toppings.
- Insert the metal chopping blade into the work bowl. With the unit running on High, drop the Parmesan through the feed tube and process until finely grated. Add the ricotta and pulse to combine.
- Top the pizza dough with the ricotta mixture.
- Remove the chopping blade and insert the fine slicing disc. Slice the ricotta salata. Evenly place over the ricotta mixture and then dollop the pesto on top of the cheese.
- Put into the preheated oven, on top of the baking stone/steel if using, and bake until the cheese is bubbly, about 12 minutes.
- Allow to cool for a few minutes prior to slicing and serving.

Nutritional information per serving:

Calories 360 (50% from fat) • carb. 32g • pro. 14g • fat 20g • sat. fat 5g • chol. 23mg • sod. 576mg • calc. 268mg • fiber 3g

Olive and Mushroom Pizza

A winning combination, the slicing function of a food processor makes preparing this pizza a breeze.

Yield: one 12-inch (30 cm) pizza (4 servings)

INGREDIENTS

1	recipe Pizza Dough (page 37) Cornmeal, for dusting	½	cup (125 ml) white or cremini mushrooms, scrubbed
2	tablespoons olive oil	2	ounces (57 g) mozzarella, well chilled (medium shred)
1	garlic clove, peeled		Pinch crushed red pepper
⅓	cup (75 ml) pizza sauce (purchased, or see Cuisinart.com for a recipe)		Pinch flake sea salt
½	cup (125 ml) pitted Kalamata olives		Fresh basil leaves, torn, for finishing

INSTRUCTIONS

1. Preheat oven with the rack in the middle of the oven. If you have a pizza stone or steel, put on the rack and allow to preheat for 30 minutes while preparing the pizza.
2. Stretch pizza dough to a 12-inch (30 cm) round and put on a cornmeal-dusted baking sheet. Cover with plastic wrap and allow to rest while preparing the toppings.
3. Insert the chopping blade into the work bowl. Put the olive oil and garlic into the work bowl and process on High to chop the garlic. Remove the garlic/oil mixture and brush onto the pizza crust.
4. Spread the sauce onto the pizza crust, leaving a half-inch border around the edge.
5. Remove the chopping blade and replace with the medium slicing disk. Slice the olives and mushrooms. Scatter over the sauce. Flip the slicing disc to the medium shredding disc and shred the mozzarella. Evenly sprinkle over the sliced mushrooms and olives.
6. Put into the hot oven, on top of the baking stone/steel if using, and bake until the cheese is bubbly, about 12 minutes.
7. Top with a pinch of the crushed red pepper and flake sea salt, and then finish with the torn basil.
8. Allow to cool for a few minutes prior to slicing and serving.

Nutritional information per serving:

Calories 318 (46% from fat) • carb. 35g • pro. 8g • fat 16g • sat. fat 3g • chol. 10mg • sod. 134mg calc. 102mg • fiber 2g

Chicken Burgers

Chopping your own meat makes for the freshest-tasting burgers.

Yield: six 4-ounce (113 g) burgers

INGREDIENTS

1½	pounds (680 g) boneless, skinless chicken thighs, cut into 1-inch (2.5 cm) pieces	1	tablespoon (15 ml) vegetable oil, for cooking
2	green onions, trimmed and cut into 1-inch (2.5 cm) pieces	¾	cup (175 ml) Rainbow Vegetable and Apple Slaw (page 28) or sliced pickles, for serving
1½	teaspoons (7.5 ml) kosher salt	6	burger buns (purchased or page 39)
½	teaspoon (2.5 ml) freshly ground black pepper		

INSTRUCTIONS

1. Put the chicken pieces in the freezer for about 30 minutes to firm.
2. Insert the chopping blade into the work bowl of the food processor. Add the green onions and pulse to chop.
3. Once the chicken is firm, add to the work bowl with the salt and pepper.
4. Pulse to chop, about 12 long pulses, pausing between each pulse for meat to drop to the blade. Scrape the bowl halfway through pulsing. Form into 6 even burgers.
6. Preheat oven to 350°F (180°C).
7. Heat the vegetable oil in a large nonstick skillet or grill pan. When oil is hot and shimmers across the pan, add 3 of the burgers to avoid crowding the pan.
8. Brown each side until a golden crust forms, then transfer to a baking sheet. Repeat with remaining burgers.
9. Finish cooking burgers in preheated oven until internal temperature of burgers reaches 165°F (74°C). Let rest for 5 minutes before serving.
10. Serve topped with 2 tablespoons (30 ml) of the Root Vegetable and Apple Slaw (or some sliced pickles) on a burger bun.

Nutritional information per serving (½ cup [125 ml]):

Calories 250 (82% from fat) • carb. 3g • pro. 3g • fat 25g • sat. fat 6g • chol. 5mg • sod. 277mg calc. 235mg • fiber 2g

Sliced Asparagus Salad

This salad is a wonderful way to showcase the great flavour of raw asparagus.

Yield: about 3½ cups (875 ml)

INGREDIENTS

1	bunch (about 1 pound [454 g]) asparagus, preferably thin spears		Pinch crushed red pepper
¼	cup (60 ml) toasted pine nuts	2	tablespoons (30 ml) Lemon Vinaigrette (page 21)
	Pinch freshly ground black pepper	1½	ounces (43 g) Pecorino

INSTRUCTIONS

1. Insert the medium slicing disc into the food processor. Slice the asparagus and then transfer to a shallow serving bowl. Add the pine nuts, black pepper, crushed red pepper, and vinaigrette. Toss lightly to combine.
2. Remove the medium slicing disc and replace with the fine slicing disc. Slice the Pecorino and then add to the bowl with the other ingredients. Stir gently and serve immediately.

Nutritional information per chicken burger (without the bun or slaw):

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

Rainbow Vegetable and Apple Slaw

This slaw is so versatile. As a topping, it adds a nice sharpness to the Chicken Burger, but it also works well as a complement to the Falafel (page 23).

Yield: about 4 cups (1 L)

INGREDIENTS

¼	cup (60 ml) packed Italian parsley	¼	cup (60 ml) cider vinegar
1	shallot, trimmed and peeled	⅓	cup (75 ml) water
2	radishes, trimmed	1	teaspoon (5 ml) kosher salt
1	carrot, trimmed and peeled	¼	teaspoon (1 ml) freshly ground black pepper
1	parsnip, trimmed and peeled		
1	small Granny Smith apple, peeled, cored and halved	1	teaspoon (5 ml) granulated sugar
1	small beet, red or golden, trimmed and peeled	1	teaspoon (5 ml) Dijon mustard

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Add the parsley and pulse until finely chopped.
2. Remove the chopping blade and replace with the fine slicing disc. Slice the shallot.
3. Replace with the medium shredding disc and shred the remaining vegetables and apple, except for the beet. Transfer all of the chopped/sliced/shredded ingredients to large mixing bowl. Shred the beet and transfer to a separate small mixing bowl.

- Combine the vinegar, water, salt, pepper, sugar, and Dijon and stir until completely combined. Pour a small amount over the beet and the remaining over the other vegetables/apple. Allow to rest in the refrigerator for a minimum of 30 minutes, but no more than 2 hours.
- Once sufficiently chilled, strain both mixtures. Combine immediately before serving. Taste and adjust seasoning as desired.

Nutritional information per serving (½ cup [125 ml]):

Calories 27 (5% from fat) • carb. 8g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 171mg • calc. 13mg • fiber 1g

Refried Beans

It's easy enough to buy canned but making your own is just as simple and much more delicious!

Yield: about 1 cup (250 ml)

INGREDIENTS

2	garlic cloves, peeled	1	tablespoon (15 ml) tomato paste
½	medium onion, peeled and cut into 1-inch (2.5 cm) pieces	½	teaspoon (2.5 ml) kosher salt, divided
½	jalapeño, seeded and cut into 1-inch (2.5 cm) pieces	1 to 2	pinches ground cumin
			Pinch cayenne
2	tablespoons (30 ml) grapeseed or vegetable oil, divided	1	can ([439 g] 15½ ounces) pinto beans, drained
		1	to 1½ cups (250 to 375 ml) water

INSTRUCTIONS

- Insert the chopping blade into the work bowl of the food processor. Put the garlic, onion and jalapeño in the bowl and process to finely chop.
- Put 1 tablespoon (15 ml) of the oil in a medium nonstick skillet set over medium heat. Once oil is hot, add the chopped vegetables, tomato paste, a pinch of salt, cumin and cayenne. Sauté until softened, about 4 minutes. Add the drained beans and cook until hot and to the point where they and the vegetables are softened a bit more, about 6 to 8 minutes.
- Transfer all ingredients to the food processor, still fitted with the chopping blade. Pulse until desired consistency is reached, adding water through the feed tube as you go to achieve a nice creamy texture. Add salt to taste.
- Put the remaining 1 tablespoon (15 ml) of oil in the same skillet used previously and set over medium-high heat. Once hot, add the puréed bean mixture to the pan and cook, stirring frequently, until slightly darkened in colour, no more than 4 minutes. Serve warm.

Nutritional information per serving (¼ cup [60 ml]):

Calories 83 (41% from fat) • carb. 10g • pro. 3g • fat 4g • sat. fat 0g • chol. 0mg • sod. 311mg • calc. 28mg • fiber 3g

Root Vegetable Soup

This recipe highlights the best vegetables of late fall and early winter. Stir in a bit of the Maple-Bacon Butter (page 16) for added flavour.

Yield: about 7 cups (1.75 L)

INGREDIENTS

1 to 2	shallots (depending on size and flavour preference), halved		pepper, divided
1	garlic clove, peeled	2 to 3	sprigs fresh thyme
2	pounds (907 g) mixed root vegetables, peeled, trimmed and cut to fit feed tube	4	cups (1 L) chicken broth, low sodium, divided
1	tablespoon (15 ml) unsalted butter	2	teaspoons (10 ml) fresh lemon juice, plus more to taste
1	teaspoon (5 ml) kosher salt, divided, to taste		Chopped parsley for garnish
2	pinches freshly ground black		Maple-Bacon Butter (page 16), optional, to stir in per serving

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Add the shallots and garlic clove and pulse to roughly chop. Remove and reserve
2. Remove the chopping blade and replace with the medium slicing disc. Slice the root vegetables. Reserve in the bowl
3. Put the butter into a large stock pot and set over medium-low heat. Once the butter is melted, add the shallots and garlic with a pinch each of the salt and pepper and the thyme sprigs
4. Once the shallots and garlic are fragrant and softened, add the sliced vegetables with the chicken broth and 1 teaspoon (5 ml) of salt.
5. Increase heat to bring the liquid to a boil, and then reduce to a simmer and allow to cook until the vegetables are very soft, about 20 to 30 minutes.
6. Remove the thyme sprigs. Using a slotted spoon, transfer the solids to the food processor bowl fitted with the chopping blade. Add most of the liquid to the bowl, being sure not to exceed the maximum capacity liquid line (should be about 3 cups [750 ml] of the liquid). Process on Low until smooth, about 30 seconds, and then switch to High and process an additional minute.
7. Return to the cooking pot and stir in the lemon juice and remaining salt and pepper. Taste and adjust seasoning as desired.
8. To serve, top each bowl of soup with a sprinkle of chopped chives or parsley and a teaspoon (5 ml) of the Maple-Bacon Butter.

Nutritional information per serving (1 cup [250 ml]):

Calories 113 (16% from fat) • carb. 17g • pro. 5g • fat 2g • sat. fat 1g • chol. 11mg • sod. 244mg • calc. 144mg • fiber 3g

Carrot Cake with Cream Cheese Frosting

The food processor makes this classic cake a breeze – it does all the work from shredding the carrots to making the frosting.

Yield: one 2-layer cake, about 16 servings

INGREDIENTS

Cake:

- Nonstick cooking spray
- 2 cups (500 ml) unbleached, all-purpose flour
- 2 teaspoons (10 ml) ground cinnamon
- 1½ teaspoons (7.5 ml) baking powder
- ½ teaspoon (2.5 ml) baking soda
- 1 teaspoon (5 ml) fine sea salt
- 1 cup (250 ml) walnuts, toasted
- 1 pound (454 g) carrots (6 to 8 medium), peeled
- 1 cup (250 ml) granulated sugar
- 1 cup (250 ml) packed light or dark brown sugar
- 1 cup (250 ml) vegetable oil

- 4 large eggs
- 1½ teaspoons (7.5 ml) pure vanilla extract

Cream Cheese Frosting:

Makes about 3½ cups (875 ml)

- 8 ounces (227 g) cream cheese (1 standard package), cut into 8 pieces, room temperature
 - 8 tablespoons ([120 ml] 1 stick) unsalted butter, cut into 8 pieces, room temperature
 - 2 ounces (57 g) goat cheese, room temperature (sour cream or plain yogurt can be substituted)
 - ¾ cup (150 ml) confectioners' sugar
 - ¼ teaspoon (1 ml) fine sea salt
 - ¼ teaspoon (1 ml) pure vanilla extract
-

INSTRUCTIONS

1. Preheat oven to 350°F (180°C) with the rack in the middle position. Coat two 9-inch (23 cm) round baking pans with nonstick cooking spray and line the bottom with parchment; set aside.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, cinnamon, baking powder, baking soda, and salt. Process on Low for 10 seconds. Transfer to a large mixing bowl.
3. Put the walnuts in the work bowl and pulse 2 to 3 times to coarsely chop. Leaving the nuts in the bowl, remove the chopping blade and replace with the medium shredding disc. Shred the carrots on High. Add the nuts and carrots to the bowl with the dry ingredients.
4. Remove the shredding disc and replace with the chopping blade. Add the sugars to the work bowl. In a large measuring cup, combine the oil, eggs, and vanilla. While the unit is running on Low, gradually add the wet ingredients through the feed tube. Process until well mixed, about 30 to 45 seconds, stopping to scrape down the sides of the bowl as needed. Add the wet ingredients to the bowl of dry ingredients and stir until just combined.
5. Pour the batter into the prepared pan and bake for 35 minutes or until a cake tester inserted in the center comes out clean. Cool completely in the pan.
6. Prepare the frosting. Clean the chopping blade and insert into the cleaned work bowl. Add the cream cheese and butter and process on High until smooth, about 60 seconds, stopping to scrape down the sides of the bowl. Add the goat cheese; process another 10 to 15 seconds. Add the sugar, salt, and vanilla and process until completely smooth, another 15 to 20 seconds.

7. Once the cake has cooled, remove from the pan and turn out onto a serving plate or cake stand. Frost the entire cake, spreading evenly on the top and sides with an offset spatula. Chill cake slightly before serving.

Nutritional information per serving:

Calories 428 (53% from fat) • carb. 46g • pro. 6g • fat 26g • sat. fat 5g • chol. 63mg • sod. 319mg
calc. 229mg • fiber 2g

Lemon-Poppy Seed Shortbread

Lemon and poppy seeds are a common combination for good reason. Here they are highlighted in this very buttery shortbread. Do not skimp on the quality of butter – it really makes a difference.

Yield: 12 shortbread cookies

INGREDIENTS

16	tablespoons ([240 ml] 2 sticks) good quality unsalted butter (preferably European style), each stick cut into quarters, room temperature, plus more for greasing pan	1/3	cup (75 ml) granulated sugar, plus more for sprinkling
		1	tablespoon (15 ml) grated lemon zest
		1	teaspoon (5 ml) kosher salt
1/3	cup (75 ml) confectioners' sugar	2	cups (500 ml) unbleached, all-purpose flour
		1	teaspoon (5 ml) poppy seeds

INSTRUCTIONS

1. Grease a 9-inch (23 cm) round or square cake pan with butter. Line the bottom with parchment.
2. Insert the chopping blade into the work bowl of the food processor. Add the butter, sugars, zest, and salt into the work bowl. Pulse a few times, then process on Low until creamy, about 1 minute. Scrape down the sides of the bowl and add the flour and poppy seeds. Pulse to mix, using about 10 long pulses. Dough will be a bit crumbly, not smooth. Remove dough and transfer to the prepared cake pan. Press down on the top to smooth, then cover. Chill in a refrigerator for a minimum of 2 hours, up to overnight (the longer the chilling time the better).
3. Preheat oven to 325°F (160°C) with the rack in the middle position. Put the pan with the chilled shortbread dough into the preheated oven and bake until just set and just golden at the edges, about 25 to 30 minutes.
4. Immediately after removing from the oven, place the pan onto a cooling rack and sprinkle granulated sugar over the top of the baked shortbread. Cool completely before cutting into desired shapes and serving.

Nutritional information per cookie:

Calories 243 (57% from fat) • carb. 24g • pro. 2g • fat 15g • sat. fat 9g • chol. 40mg • sod. 93mg • calc. 0mg • fiber 1g

Pistachio Olive Oil Cake with Cardamom Cream

The healthy fats in the pistachios and olive oil make this cake perfectly moist.

Yield: one 9-inch (23 cm) layer cake, 16 servings

INGREDIENTS

Cake:

- 1 cup (250 ml) shelled pistachios, plus 2 tablespoons (30 ml), finely chopped, for serving
- 1 cup (250 ml) granulated sugar
- 1 cup (250 ml) unbleached, all-purpose flour
- 1 cup (250 ml) almond meal
- 1½ teaspoons (7.5 ml) baking powder
- ½ teaspoon (2.5 ml) fine sea salt
- 1 cup (250 ml) olive oil
- 4 large eggs

- 1 teaspoon (5 ml) almond extract

Cardamom Cream:

- 8 tablespoons (120 ml) unsalted butter, room temperature
 - 4 ounces ([113 g] half standard package) cream cheese, room temperature
 - 2 cups (500 ml) powdered sugar, sifted
 - 1 teaspoon (5 ml) vanilla extract
 - pinch fine sea salt
 - 2 to 4 pinches ground cardamom, plus more to taste
 - 2 tablespoons (30 ml) plain yogurt
-

INSTRUCTIONS

1. Grease 9-inch (23 cm) round cake pan and line the bottom with parchment paper. Preheat oven to 350°F (180°C) with the rack in the middle of the oven.
2. Insert the chopping blade into the work bowl of the food processor. Add the pistachios, sugar, flour, almond meal, baking powder, and salt to the work bowl. Pulse a few times, then process on High for 1 minute, to ensure the pistachios are finely chopped and the mixture is completely combined.
3. While running on Low, slowly add the oil, eggs, and almond extract through the feed tube.
4. Scrape down and then pulse a few more times if necessary. The batter will be very thick. Scrape it into the prepared cake pan and smooth over the top. Clean the work bowl and chopping blade.
5. Put the cake into the preheated oven and bake until the cake is just coming away from the sides of the pan, about 35 to 40 minutes. Cool on rack and then remove from pan to cool completely before assembling.
6. When the cake is cool, prepare the cream. Insert the chopping blade into the work bowl. Add all of the Cardamom Cream ingredients, except for the yogurt, to the bowl and process on Low to combine, then stop to scrape down the sides. Continue to process until very light and fluffy. Slowly add the yogurt and mix on Low until desired consistency is achieved.
7. Halve the cake to make two layers. Spread some of the Cardamom Cream in the center of the bottom layer, leaving a half-inch border on the side. Top with the second cake layer and then put the remaining Cardamom Cream on the top. Spread evenly over the top and sides of the cake. Put in the refrigerator to chill for 30 minutes.
8. Once chilled decorate with the finely chopped pistachios.

Nutritional information per serving:

Calories 403 (62% from fat) • carb. 33g • pro. 6g • fat 28g • sat. fat 7g • chol. 64mg • sod. 137mg
calc. 101mg • fiber 2g

Strawberries and Cream Tart

This recipe is definitely for the strawberry lovers, as strawberries are in each element of this surprisingly light-tasting tart.

Yield: one 9- to 10-inch (23 to 25 cm) tart, about 12 servings

INGREDIENTS

Crust:

- ¼ cup (60 ml) dehydrated strawberries
- 1 cup (250 ml) unbleached, all-purpose flour
- ½ teaspoon (2.5 ml) kosher salt
- 8 tablespoons ([120 ml] 1 stick) unsalted butter, cold and cut into ½-inch (1.25 cm) cubes
- 2 tablespoons (30 ml) ice water

Topping:

- 1 quart (0.95 L) fresh strawberries, hulled

Filling:

- ¼ cup (60 ml) dehydrated strawberries
 - ½ cup (125 ml) confectioners' sugar
 - 8 ounces ([227 g] 1 standard package) cream cheese, cut into 4 pieces, room temperature
 - ¼ teaspoon (1 ml) pure vanilla extract
 - ¼ teaspoon (1 ml) fine sea salt
 - ¼ cup (60 ml) heavy cream, more if needed
-

INSTRUCTIONS

1. Prepare the crust. Insert the chopping blade into the work bowl of the food processor. Add the dehydrated strawberries, flour, and salt, and process on High until the strawberries are finely ground. Add the cubed butter over the top of the flour mixture. Pulse until the mixture resembles coarse crumbs, about 8 to 10 pulses. Add the ice water, 1 tablespoon (15 ml) at a time. Pulse until mixture just forms dough (you may not need all of the water). Dough is ready when it holds when pinched together. Form the dough into a flat disc. Wrap in plastic wrap and refrigerate for at least 30 minutes before using.
2. Once the dough is sufficiently chilled, remove and roll out to a ¼-inch to ½-inch (0.6 cm to 1.25 cm) thickness. Fit into a 9- or 10-inch (23 or 25 cm) tart pan and put into the freezer to chill for 30 minutes.
3. Preheat oven to 375°F (190°C) with the rack in the middle position. Once the tart shell has chilled, remove and dock the bottom of the tart shell using the tines of a fork (you want to make indentations, but not fully pierce through). Line the shell with parchment paper or foil and weigh down with pie weights or dried rice or dried beans. Put into the preheated oven and bake until the bottom is no longer wet. Carefully remove the parchment/foil and weights and return to the oven until the tart shell is fully baked – it will be nicely browned at the edges and crisp. Fully cool while preparing the other components of the recipe.
4. Insert the medium slicing disc into the work bowl. Slice the strawberries. Remove and reserve.
5. Prepare the filling. Remove the slicing disc and insert the chopping blade. Add the dehydrated strawberries and process on High until finely ground. Add the sugar, cream cheese, vanilla, and salt. Process on Low until combined. Scrape down the sides of the bowl. While processing

on Low again, slowly add the heavy cream until the desired consistency is achieved (it should be very smooth, but not runny).

6. Spread the strawberry-cream cheese filling into the cooled tart shell and then fan the sliced strawberries decoratively over the top.

Nutritional information per serving:

Calories 193 (60% from fat) • carb. 17g • pro. 2g • fat 13g sat. fat 8g • chol. 36mg • sod. 103mg • calc. 176mg fiber 2g

No-Churn Blackberry Chocolate Chunk Ice Cream

Perhaps the best way to prepare your favourite summer treat without an ice cream maker. Better yet, this unbelievably creamy no-churn version calls for simple ingredients. Be sure to use ripe blackberries for the most intense flavour.

Yield: 4 cups (1 L)

INGREDIENTS

3	cups (750 ml) fresh, ripe blackberries (about 15 ounces [426 g]), rinsed and patted dry	2	cups ([500 ml] 16 ounces) sour cream
			pinch fine sea salt (optional)
1	tablespoon (15 ml) fresh lemon juice	4	ounces (113 g) bittersweet chocolate (60-70% percent cocoa) bars, broken into pieces, or wafers
$\frac{3}{4}$	cup (175 ml) granulated sugar		

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Add blackberries and lemon juice and process on High until very smooth, about 30 seconds. Press through a fine-mesh strainer and return to the work bowl; discard seeds. Add the sour cream and salt (if using) and pulse until just incorporated; scrape down the sides of the bowl as necessary. Scrape mixture into a 9-inch (23 cm) square pan. Cover with foil and freeze until solid, 4 to 5 hours.
2. Once the mixture is frozen, insert the chopping blade into the work bowl of the food processor. Add the chocolate pieces and pulse until roughly chopped, you want some smaller and larger chunks. Sift to get rid of any dust; reserve. Clean out the work bowl.
3. Insert the chopping blade into the work bowl. Scrape the surface of the frozen mixture with tines of a fork to break up. Add to the work bowl and pulse 4 to 5 times, and then process on Low until almost blended. Scrape down the sides of the bowl and blade. Pulse 2 to 3 times and then process on High until very smooth. Carefully remove the chopping blade and fold in the reserved chocolate. Scrape mixture into same pan, cover again and freeze until firm enough to scoop, about 3 hours. If frozen longer, let sit at room temperature for 10 to 15 minutes, to soften slightly.
4. Consume ice cream within 1 to 2 days for the best flavour and texture.

Nutritional information per serving (½ cup [125 ml]):

Calories 296 (48% from fat) • carb. 33g • pro. 4g • fat 15g • sat. fat 10g • chol. 40mg • sod. 49mg calc. 197mg • fiber 5g

Pita Bread

The key to achieving the signature pocket in a pita bread is a smooth dough and a very hot oven and baking pan.

Yield: six 8-inch (20 cm) pita breads

INGREDIENTS

1¾	teaspoons (9 ml) active dry yeast	1	cup (250 ml) whole wheat flour
	Pinch granulated sugar	1½	teaspoons (7.5 ml) fine sea salt
1	cup (250 ml) warm water (105°F to 110°F [40°C to 43°C])	1	tablespoon (15 ml) olive oil
2	cups (500 ml) unbleached, all-purpose flour		

INSTRUCTIONS

1. Put the yeast, sugar, and water into a liquid measuring cup. Let stand for 5 to 10 minutes until foamy.
2. Insert the chopping blade into the work bowl of the food processor. Add the flours and the salt and process on Low to sift. When the yeast is proofed, run the food processor on Low and slowly add the yeast mixture through the feed tube, following with the olive oil. Knead the dough for 40 seconds. The dough should be soft, smooth, and slightly tacky.
3. Turn the dough out onto a clean work surface and knead for another minute or for another minute or two by hand to soften some more. Add additional flour if the dough seems too sticky, or a little water if it seems too dry.
4. Transfer the dough to a clean bowl and cover with a damp towel or plastic wrap. Let the dough sit at room temperature for about 1 hour, or until it has doubled in size.
5. Divide the dough into 6 pieces. Lightly flour a clean work surface with flour and shape each into a ball. Cover the balls with a damp towel or plastic wrap and allow to rise for another 30 minutes.
6. Put a baking sheet in the middle of an oven and preheat to 500°F (260°C).
7. While the oven is preheating, roll each round into an 8-inch circle. Starting with 2 or 3 at a time, transfer the dough circles to the hot pan and bake until lightly golden and puffed, about 4 to 5 minutes. Transfer to a serving plate and loosely cover to keep warm. Repeat with remaining dough circles.
8. Serve warm, stuffed with your favourite fillings.

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

Pizza Dough

Homemade pizza dough is the perfect start to family pizza night.

Yield: about 1 pound (454 g) of dough (one 14-inch [35 cm] pizza or two 8-inch [20 cm] pizzas)

INGREDIENTS

1½	teaspoons (7.5 ml) active dry yeast	1¾	cups (425 ml) bread or unbleached, all-purpose flour
1	teaspoon (5 ml) granulated sugar	¾	teaspoon (3.75 ml) fine sea salt
⅔	cup (150 ml) warm water (105°F to 110°F [40°C to 43°C])	2	teaspoons (10 ml) olive oil

INSTRUCTIONS

1. In a liquid measuring cup, dissolve the yeast and sugar in warm water. Let stand until foamy, about 5 minutes.
2. Insert the chopping blade into the work bowl of the food processor. Add the flour, salt, and olive oil to the bowl and pulse a few times to combine. With the machine running on Low, pour the liquid mixture through the feed tube as fast as the flour absorbs it. Process until the dough cleans the sides of the work bowl and forms a ball. Continue to process for 30 seconds to knead the dough. Dough should be slightly sticky.
3. Transfer the dough to a clean surface and knead by hand for an additional minute. Put the dough into a clean bowl and cover with a damp towel or plastic wrap. Let it rise in a warm, draft-free place for about 1 hour; dough should double in size.
4. Place dough on a lightly floured surface and gently fold over to “punch” down. Form into desired crust size(s) as directed by recipe.

Nutritional information per serving (based on 8 servings):

Calories 92 (6% from fat) • carb. 19g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg • sod. 214mg • calc. 1mg • fiber 0g

Pâte Brisée

This flaky pastry is a classic all-butter dough that is very versatile. It can be used for sweet or savoury pies and tarts.

Yield: 2 crusts (2 single pies/tarts or 1 double-crust pie)

INGREDIENTS

2	cups (500 ml) unbleached, all-purpose flour	16	tablespoons ([240 ml] 2 sticks) unsalted butter, cold and cut into ½-inch (1.25 cm) cubes
1	teaspoon (5 ml) fine sea salt	¼	cup (60 ml) ice water

INSTRUCTIONS

1. Insert the chopping blade into the work bowl of the food processor. Add the flour and salt to the work bowl and process on Low to sift.
2. Add the cubed butter over the top of the flour mixture. Pulse until the mixture resembles coarse crumbs, about 8 to 10 pulses. Add the ice water, 1 tablespoon (15 ml) at a time.

Pulse until mixture just forms dough (you may not need all of the water). Dough is ready when it holds when pinched together.

3. Divide the dough equally into 2 pieces and form each into a flat disc. Wrap each disc in plastic wrap and refrigerate for at least 30 minutes before using.
4. Dough keeps for up to a week in the refrigerator or in the freezer for up to 3 months.

Tip: For a sweet pastry dough, add 1½ tablespoons (25 ml) granulated sugar in with the dry ingredients.

Nutritional information per serving:

Calories 100 (66% from fat) • carb. 7g • pro. 1g • fat 7g • sat. fat 5g • Col. 20mg • sod. 98mg • calc. 0mg • fiber 0g

Pretzels with Rosemary and Flake Sea Salt

These pretzels make a great snack.

Yield: 8 soft pretzels

INGREDIENTS

1	cup (250 ml) warm water (105°F to 110°F [40°C to 43°C])	Baking soda wash (2 cups [500 ml] warm water and 1 teaspoon [5 ml] baking soda whisked together to dissolve baking soda)
1	tablespoon (15 ml) packed light brown sugar	Egg wash (1 large egg and 1 teaspoon [5 ml] water whisked together)
2¼	teaspoons (11 ml) active dry yeast	Flake sea salt, for sprinkling
2½	cups (625 ml) bread or unbleached, all-purpose flour	Chopped fresh rosemary, for sprinkling
1½	teaspoons (7.5 ml) kosher salt	

INSTRUCTIONS

1. Put the water, sugar, and yeast in a liquid measuring cup; stir to dissolve. Let stand 5 to 10 minutes, or until mixture is foamy.
2. While the yeast is proofing, put the flour and salt into the work bowl fitted with the chopping blade. Process on Low to sift. With the machine running on Low, pour the liquid mixture through the feed tube as fast as the flour absorbs it. Process until the dough cleans the sides of the work bowl and forms a ball. Continue to process for 30 seconds to knead the dough. Dough should be slightly sticky.
3. Transfer the dough to a clean surface and knead by hand for an additional minute. Put the dough into a clean bowl and cover with a damp towel or plastic wrap. Let it rise in a warm, draft-free place for about 1 hour; dough should double in size.
4. Gently punch dough down and then roll into a 18-inch (45 cm) rope. Divide dough into 8 equal pieces. Roll each piece into a thin rope. Twist dough into a pretzel shape by taking the two ends and crossing them over one another, making sure that the ends hang over the bottom; press firmly to seal. Place on a baking sheet lined with parchment paper. Repeat with remaining pieces of dough, being sure to keep all shaped pretzels under plastic or a damp towel.
5. Allow pretzels to rest for about 20 to 30 minutes. While they are resting, stir together the 2 cups (500 ml) of water and baking soda together in a small bowl.

- Place a 6-quart (6.8 L) saucepan filled with water over high heat and bring to a boil. Preheat oven to 425°F (220°C).
- Once pretzels have rested and water comes to a boil, carefully slide one pretzel into the boiling water at a time flipping each after 1½ minutes. Boil for 3 minutes total. Allow pretzels to drain on a wire cooling rack. Dip each pretzel into the stirred baking soda solution and place on prepared baking sheet. Lightly brush the pretzels with the egg wash and sprinkle generously with the salt and rosemary. Bake in the oven until dark and golden, approximately 10 to 12 minutes.
- When pretzels are finished, transfer to a wire cooling rack.

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

Burger Buns

These buns are a nice cross between a traditional bun and a fluffy brioche bun – an excellent base for any type of burger.

Yield: 6 buns

INGREDIENTS

2¼	teaspoons (11 ml) active dry yeast	1¼	teaspoons (6 ml) fine sea salt
1	tablespoon (15 ml) granulated sugar	2	tablespoons (30 ml) unsalted butter, room temperature
¾	cup warm water (105°F to 110°F [40°C to 43°C])	1	large egg
2½	cups (625 ml) unbleached, all-purpose flour		Egg wash (1 egg whisked with 1 teaspoon (5 ml) water and pinch salt)
½	cup (125 ml) whole wheat flour		

INSTRUCTIONS

- In a liquid measuring cup dissolve the yeast and sugar in warm water. Let stand until foamy, about 5 minutes.
- Insert the chopping blade into the work bowl of the food processor. Add the flours and salt to the bowl and process on Low to sift. Add the butter and egg and then, with the machine running on Low, pour the liquid mixture through the feed tube as fast as the flour absorbs it. Process until the dough cleans the sides of the work bowl and forms a ball. Continue to process for 30 seconds to knead the dough. Dough should be slightly sticky.
- Transfer the dough to a clean work surface. Knead by hand for about 1 minute to soften.
- Put the dough into a clean bowl and cover with a damp towel or plastic wrap. Let it rise in a warm, draft-free place for about 90 minutes; dough should double in size.
- Divide the dough into 6 pieces. Roll each into a smooth round, transfer to a parchment-lined pan, and cover again with a damp towel or plastic wrap. Let the rounds rise for an additional 30 to 40 minutes, or until nicely puffed.
- While the dough is rising, preheat oven to 375°F (189°C) with the rack in the middle of the oven.

7. Flatten each round slightly, and then brush with the egg wash all over the top and sides.
8. Put the buns into the preheated oven and bake until golden brown, about 15 to 18 minutes.
Transfer to a cooling rack and cool slightly before serving.

Nutritional information per serving:

Calories 100 (66% from fat) • carb. 7g • pro. 1g • fat 7g • sat. fat 5g • Col. 20mg • sod. 98mg • calc. 0mg • fiber 0g

WARRANTY

LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

Toll-free phone number: 1-800-472-7606

Address:

Cuisinart Canada
100 Conair Parkway
Woodbridge, ON. L4H 0L2

Email: consumer_Canada@conair.com

Model: FP110C SERIES

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code*/copy of original proof of purchase
- Any other information pertinent to the product's return

* The date code format we are using on unit is WWYY, representing week, and year. eg.2422 = manufactured in 24th week of the year 2022.

Note: We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us. To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606. For more information, please visit our website at www.cuisinart.ca.

©2022 Cuisinart Canada

100 Conair Parkway,
Woodbridge, ON L4H 0L2

Consumer Call Centre E-mail:
Consumer_Canada@Conair.com

Printed in China
22CC083249

IB-17223-CAN