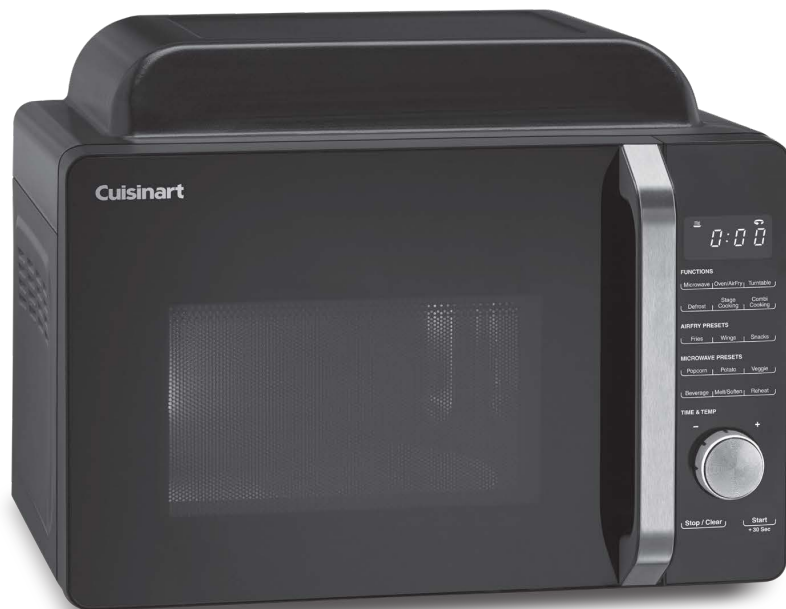


Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Cuisinart® 3-in-1 Microwave AirFryer Oven

AMW-60C

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

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IMPORTANT SAFEGUARDS

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy when using your appliance, basic safety precautions should be taken, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE.**
2. Read and follow the specific warning section: PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY, page 4.
3. This appliance must be grounded. Connect only to properly grounded outlet. See GROUNDING INSTRUCTIONS, page 5.
4. Install or locate this appliance only in accordance with the SET UP instructions, page 8.

5. Some products, such as whole eggs and sealed containers – for example, closed glass jars – can explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
7. **HOT CONTENTS CAN CAUSE SEVERE BURNS. DO NOT ALLOW CHILDREN TO USE THE MICROWAVE.** Use caution when removing hot items.
8. Close supervision is necessary when any appliance is used near children.
9. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
10. This appliance should be serviced only by qualified service technicians. Contact 1-800-472-7606.
11. The use of accessory attachments not recommended by Cuisinart may cause injury
12. Do not cover or block any openings on the appliance.
13. Do not store or use this appliance outdoors.
14. Do not use this product near water, for example, near a kitchen sink, in a wet basement, near a swimming pool, or similar locations.
15. Do not immerse cord or plug in water.
16. Keep cord away from heated surfaces.
17. Do not let cord hang over edge of table or counter.
18. When cleaning surfaces of door and oven that come together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth.
19. To reduce the risk of fire in the oven interior:
 - a. Do not overcook food. Carefully attend appliance when paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

-
- d. Do not use the interior for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
20. **Liquids such as water, coffee, or tea can be overheated beyond the boiling point without appearing to be boiling. This is called delayed eruptive boiling. Visible bubbling or boiling when the container is removed from the microwave oven is not always present. THIS COULD RESULT IN VERY HOT LIQUIDS SUDDENLY BOILING OVER WHEN THE CONTAINER IS DISTURBED OR A UTENSIL IS INSERTED INTO THE LIQUID.**
21. To reduce the risk of injury to persons:
- Do not use straight-sided containers with narrow necks. Use wide-mouth containers.
 - Stir liquid both before and halfway through heating it.
 - Do not overheat liquid.
 - Use extreme care when inserting a spoon or other utensil into the container. This may also cause delayed eruptive boiling.
 - After heating, allow the container to stand in the microwave oven for at least 20 seconds before removing the container.
22. 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.
23. The oven must be placed on a level surface.
24. The glass tray and turntable assembly must be in the oven during cooking. Handle the glass turntable carefully and place cookware on it gently to avoid possible breakage.
25. Do not touch hot surfaces. Use handles or knobs.
26. Incorrect use of browning dish may cause the turntable to break. See information about cookware you can use, page 9.
27. Use only the correctly specified bag size when using the preset popcorn program.
28. The oven has several built-in safety switches to ensure that the power remains off when the door is open. Do not tamper with these switches.
29. Do not operate the microwave oven when empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.
30. Do not cook bacon directly on the turntable. Excessive local heating of the turntable may cause the turntable to break.
31. Do not preheat empty oven with glass tray in place.
32. Do not heat baby bottles or baby food in the microwave oven. Uneven heating/hotspots may occur and cause injury.
33. Do not heat narrow-necked containers, such as syrup bottles.
34. Do not attempt to deep-fry in your microwave oven.
35. Do not attempt home canning in this microwave oven, as it is impossible to be sure all contents of the jar have reached boiling temperature.
36. Do not use this microwave oven for commercial purposes. This microwave oven is made for household use only.
37. Failure to maintain the oven in a clean condition could lead to deterioration that could adversely affect the life of the appliance and possibly result in a hazardous situation.
38. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
39. Oversized foods or oversized metal utensils should not be inserted in a microwave/toaster oven as they may create a fire or risk of electric shock.
40. Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
41. Do not use paper products when appliance is operated in the toaster mode.
42. Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
43. Do not cover racks or any other part of the oven with metal foil. This will cause overheating of the oven.
-
- ## SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY.
- ### FEDERAL COMMUNICATIONS COMMISSION NOTICE

WARNING: Changes or modifications to this unit expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 18 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Consumer ISM equipment, pursuant to Part 18 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

SUPPLIER'S DECLARATION OF CONFORMITY

Brand: Cuisinart Canada

Model No.: AMW-60C

Description: 3-in-1 Microwave AirFryer Oven

Responsible Party: Conair Consumer Products ULC. - 100 Conair Parkway - Woodbridge, ON L4H 0L2 - (800) 472-7606

Standards: FCC Part 18.

This device complies with Part 18 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful

interference, and (2) This device must accept any interference received, including interference that may cause undesirable operation.

DATE OF ISSUE: 10/16/2020

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

1. Do not attempt to operate this oven with the door open, as this can result in harmful exposure to microwave energy. It is important not to break or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the door (for example, make sure that it is not bent); hinges and latches (for example, make sure that they are not broken or loosened); door seals and sealing surface.

The oven should not be adjusted or repaired by anyone except properly qualified service personnel. If the microwave unit is not kept clean, its surface could be degraded and lead to a hazardous situation.

SPECIAL CORD SET INSTRUCTIONS

DANGER – Electric Shock Hazard

Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

WARNING – Electric Shock Hazard

Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.



NOTICE: PACEMAKERS

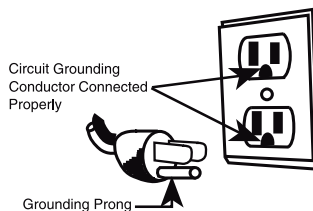
Most pacemakers are shielded from interference from electronic products, including microwaves. Patients with pacemakers may wish to consult their physicians if they have concerns.



GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord with a grounding wire and grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-pronged grounding plug, and a 3-slot receptacle that will accept the plug on the appliance.



1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or an extension cord should not be used unless the following precautions are followed (see 3, below).
3. If a long cord or extension cord is used:
 - The marked electrical rating of the cord set or extension cord should match the rating of the appliance.
 - The extension cord must be a grounding-type 3-wire cord.
 - The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

SPECIFICATIONS

Model: AMW-60C

Rated Voltage: 120V~60Hz

Rated Input M/W Power: 1150W

Rated Output M/W Power: 700W

Rated Input Power (Airfry): 1500W

External Dimensions: 17.95 in. x 13.39 in. x 15.27 in.
(455 mm x 340 mm x 387 mm)

Oven Capacity: 17 L

Turntable Diameter: Ø9.7 in. (Ø246 mm)

Approximate Net Weight (without accessories): 31.30 lb. (14 kg)

Approximate Net Weight (with accessories): 33.58 lb. (15 kg)

FEATURES AND BENEFITS

1. Control Panel

See details on page 7.

2. Turntable Assembly

- a. Turntable Shaft
- b. Turntable Ring
- c. Glass Tray with Hub

3. MicroGuide (DO NOT REMOVE)

See details on page 8.

4. Interior Light

Interior light to easily view food while cooking

5. AirFry Pan

Included for your convenience. Use alone when baking or roasting.

Use with AirFry Basket when AirFrying, broiling or dehydrating.

NOTE: Should not be used in Microwave mode.

6. AirFry Basket

Use basket when AirFrying, broiling or dehydrating to optimize your cooking results. We recommend setting the basket in the pan.

NOTE: Should not be used in Microwave mode.

7. Stainless Steel Interior

Stainless steel interior wipes clean easily and reduces odour absorption.

8. Door with Cool-Touch Handle

Handle designed to stay cool during cooking.

9. Viewing Window

Large viewing window to check progress.

10. Cooking Guide Chart

Recommendations and tips on how to use the unit.



GETTING TO KNOW YOUR CONTROL PANEL

1. **Microwave**

Use this function to program your microwave with your desired power level and time.  will be displayed when selected. See page 12 for more details.

2. **Oven/AirFry**

Use this function to program your oven with your desired time and temperature to AirFry or convection bake.   will be displayed when selected. See page 10 for more details.

3. **Turntable**

Can be used to turn on/off your turntable for best results.  will be displayed when selected. See details on page 17.

4. **Defrost**

Used to defrost by time or weight.  will be displayed when selected.

5. **Stage Cooking**

Program your oven to automatically shift between functions in a sequence you select. See page 16 for more details.

6. **Combi Cooking**

Preprogrammed settings with combination of Oven/AirFry and Microwave cooking. See page 17 for more details.

7. **AirFry Presets**

Preprogrammed time and temperature for fries, wings, and snacks.  will display when any preset is selected. See page 10 for more details.

8. **Microwave Presets**

Preprogrammed settings for popcorn, potato, veggies (fresh and frozen), beverage, melt/soften, and reheat.  will display when any preset is selected. See page 13 for more details.

9. **Time/Temp Selector Dial**

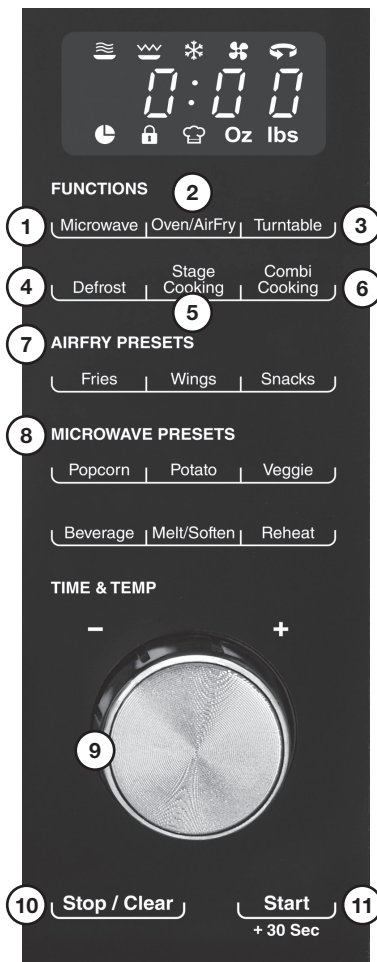
Turn and push to select your desired settings.

10. **Stop/Clear**

Use to pause/stop your cooking or clear your selected settings.

11. **Start/+30 Sec**

Use to start your cooking or to add time in 30-second increments.



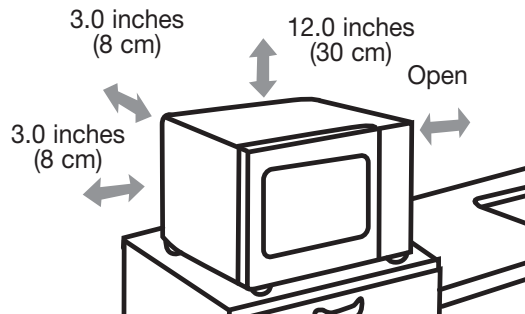
SET UP

1. Select a level surface with a minimum clearance of 12 inches (30 cm) above the oven, at least 3 inches (8 cm) between the oven and any adjacent walls with one side open.

NOTE:

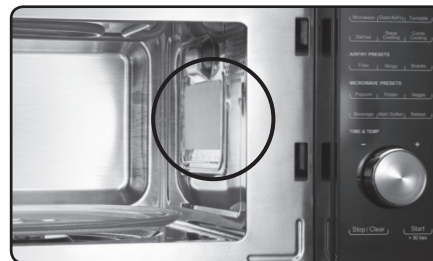
- Blocking the intake and/or outlet openings can damage the oven.
- Objects should not be stored on the top of the oven. If they are, remove all objects before you turn on your oven. The exterior walls can get hot when in use.

WARNING: DO NOT INSTALL THIS OVEN OVER A RANGE COOKTOP OR OTHER HEAT-PRODUCING APPLIANCE. IF IMPROPERLY INSTALLED NEAR OR OVER A HEAT SOURCE, THE OVEN COULD BE DAMAGED AND THE WARRANTY WOULD BE VOID.



2. Remove any protective film from oven.

IMPORTANT: DO NOT REMOVE THE MICA COVER MICROGUIDE ATTACHED TO INTERIOR. IT SHIELDS AND PROTECTS WAVE ACTION.



3. Install turntable by setting ring assembly onto the oven floor, centered over the turntable shaft. Then place glass tray into the oven, carefully fitting the tray hub onto the turntable shaft.



NOTE: Turntable assembly should always be in place during use. Make sure glass tray is never used upside down. Tray must be properly connected to the turntable ring before operating. If glass tray or turntable ring assembly breaks, do not use. Contact consumer service.

4. Plug oven into a standard household outlet, making sure the voltage and frequency are the same as those on the rating label.

SETTING THE CLOCK

The clock can be set when the oven is not cooking and the time (or 0:00) is displayed on the screen.

To set the clock:

1. Press and hold the selector dial until  displays and the clock hour flashes.
2. Turn the dial to set hour, then press selector dial to confirm setting. Minutes will flash.
3. Turn the dial to set minutes, then press selector dial to confirm setting.

GUIDE FOR MATERIALS TO USE/AVOID

When Using Microwave or Oven/AirFry: To prevent arcing or fire, use the chart below to determine which materials are safe, or follow instructions from container/wrap manufacturer. Do not microwave or cook in empty containers.

Plastic cookware should be used carefully. Even plastic identified as safe for cooking in microwaves and ovens, may not be as tolerant of overcooking conditions as glass or ceramic materials, and may soften or char if subject to overcooking. Longer exposure to overcooking could result in food or cookware igniting.

MATERIAL		MICROWAVE	OVEN/AIRFRY
Aluminum tray/foil	×	May cause arcing. Transfer food to microwave-safe dish.	✓ Caution material will get hot.
Food carton (paper) with metal handle	×	May cause arcing. Transfer food to microwave-safe dish.	×
Metal or metal-trimmed utensils	×	Metal shields the food from microwave energy. Metal trim may cause arcing.	✓ Caution utensils will get hot.
Metal twist ties	×	May cause arcing and may cause a fire in the oven.	×
Paper bags	×	May cause a fire in the oven.	×
Foam/styrofoam	×	May cause a fire in the oven.	×
Wood	×	Wood will dry out when used in the microwave and may split or crack.	×
Browning Dish	✓	Use a browning dish in this microwave only if supplied with a microwave trivet that will lift the browning dish 3/16-inch above the turntable. Caution: Incorrect usage may cause the turntable to break.	✓ Follow manufacturer's instructions.
Dinnerware	✓	Microwave-safe only. Follow manufacturer's instructions. Do not use if cracked or chipped.	✓ Oven-safe only. Follow manufacturer's instructions.
Glass jars	✓	Microwave-safe only. Always remove lid. Use only to warm food. Most glass jars are not heat resistant and may break.	×
Glass cookware	✓	Heat-resistant oven glassware with no metallic trim only. Do not use if cracked or chipped.	✓ Oven-safe only. Follow manufacturer's instructions.
Oven cooking bags	✓	Follow manufacturer's instructions. Do not close with metal tie.	✓ Follow manufacturer's instructions
Paper plates and cups	✓	Use for short-term cooking/warming only. Do not leave oven unattended while cooking. Should be labeled for use in microwave — with no color/dye.	×
Paper towels	✓	Cover food for reheating and absorbing fat. Use with supervision for short-term cooking only.	×
Parchment paper	✓	Use as a cover to prevent splattering or as a wrap for steaming.	✓ Oven-safe only. Follow manufacturer's instructions.
Plastic	✓	Microwave-safe only. Follow manufacturer's instructions.	×
Plastic wrap	✓	Microwave-safe only. Do not seal or allow plastic wrap to touch food. Vent or pierce before cooking.	×
Silicone cookware and accessories	✓	Microwave-safe only. Follow manufacturer's instructions.	✓ Oven-safe only. Follow manufacturer's instructions.
Thermometers	✓	Microwave-safe only. Follow manufacturer's instructions.	✓ Oven-safe only. Follow manufacturer's instructions.
Wax paper	✓	Do not seal. Only use as a cover to prevent splattering and retain moisture inside.	✓ Follow manufacturer's instructions.

AIRFRY/CONVECTION OVEN COOKING

MANUAL COOK

You can manually program your desired temperature and cooking time. Refer to pages 10–11 for recommendations and cooking charts.

1. Place food in AirFry basket nested in the AirFry baking pan.
NOTE: It may be helpful to spray the basket with nonstick spray.
2. Select Oven/AirFry function.   and 400°F (200°C) display.
3. Set/adjust cooking temperature by turning the selector dial.
When desired temperature is displayed, press the selector dial.
0:00 will display.

NOTE: Temperature increments are in 25°F (3.8°C).

4. Set cooking time by turning the selector dial. Time is displayed in minutes and seconds (up to 99 minutes).
5. Press Start. The oven will begin cooking and remaining time will be shown on screen.
6. When countdown timer reaches 0:00, the oven will beep 3 times and heaters will turn off.

NOTE: Cooking can be paused or canceled before countdown timer reaches 0:00 by pressing the Stop button. Press once to pause cooking and twice to cancel cooking.

ADDING TIME

To add time while the oven is already cooking, turn the selector dial.

AIRFRY PRESETS

Preset AirFry functions are preprogrammed to cook many popular foods using professionally recommend cooking temperatures and times.

1. Press the button for the desired Preset function.

NOTE: For fries, select Frozen (F1) or Fresh (F2) with the selector dial.

The display will show the recommended temperature for the selected preset.

- a. To confirm displayed temperature, press the selector dial.

- b. To adjust temperature, turn the selector dial and press once desired temperature is displayed.
2. The display will show the recommended cooking time for the selected preset.
 - a. To confirm displayed time, press the selector dial.
 - b. To adjust time, turn the selector dial.
 3. Press the Start button to begin cooking.

NOTE: Final cooking results will vary according to food's initial temperature, shape, quality, etc. Check the TIPS column in the AirFry Preset Cooking Guide below for best results.

AIRFRY PRESET COOKING GUIDE

FUNCTION	SUB-OPTIONS	RECOMMENDED QUANTITY	TIPS
Fries	Frozen Fries (F1)	1 lb. (454 g)	• Spread fries in an even layer in the AirFry basket • Avoid overcrowding • When airfrying quantities higher than what is recommended, toss frozen fries to ensure even cooking and browning
	Fresh-Cut Fries (F2)		
Wings	Chicken Wings/ Drumsticks	1.5 lb. (680 g)	• Arrange wings in a single layer in the AirFry basket • Do not stack wings
Snacks	Frozen Snacks	1 lb. (454 g)	• Flip snacks halfway for even cooking (e.g., mozzarella sticks, chicken nuggets, etc.) • Preset is suitable for most snacks; Airfry for an additional 2 to 3 minutes if necessary

AIRFRY COOKING GUIDE

The chart below lists recommended amounts, cooking times and temperatures for various types of food that can be AirFried in the Cuisinart® 3-in-1 Microwave AirFryer Oven. If portions exceed recommendations, you can toss occasionally while cooking to ensure the crispiest, most even results. Smaller amounts of food may require less time. For best AirFry results, use the oven light to periodically check on food.

NOTE: When AirFrying, always use the AirFryer Basket with the AirFry Pan.

FOOD	RECOMMENDED AMOUNT	TEMPERATURE	TIME
Chicken Wings	1.5 pounds (680 g), about 15 (max 2 pounds [907 g])	400°F (200°C)	25 to 30 minutes
Frozen Appetizers (e.g., mozzarella sticks, popcorn shrimp, etc.)	1 pound (454 g), 16 mozzarella sticks	400°F (200°C)	5 to 7 minutes
Frozen Chicken Nuggets	1 pound (454 g), about 25 frozen chicken nuggets	400°F (200°C)	10 minutes
Frozen Fish Sticks	12 ounces (340 g), about 20 frozen fish sticks	400°F (200°C)	8 minutes
Frozen Fries	1 pound (454 g)	450°F (230°C)	15 to 25 minutes
Frozen Steak Fries	1 pound (454 g)	450°F (230°C)	15 to 25 minutes
Hand-Cut Fries	½ to 1 pound ([227 to 454 g] about 1 to 2 medium potatoes), cut into ¼-inch (0.6 cm) pieces, about 4 inches (10 cm) long	400°F (200°C)	15 to 20 minutes
Hand-Cut Steak Fries	1 pound ([454 g] about 2 medium potatoes) cut into eighths, lengthwise	400°F (200°C)	15 to 20 minutes
Shrimp	1 pound (454 g), about 16 extra-large shrimp	375°F (190°C)	8 to 10 minutes
Tortilla Chips	3, 5-inch (12.7 cm) tortillas cut into fourths	400°F (200°C)	5 to 6 minutes, toss halfway through
Vegetables	1 pound (454 g), about 4 cups (1 L)	400°F (200°C)	Thin slices: 10 minutes; larger cut: 15 to 20 minutes

NOTE: AirFrying doesn't require oil, but a light coating can enhance browning and crispiness. Use an oil sprayer or a nonstick olive oil cooking spray to keep it extra light, a pastry brush to evenly coat, or pour a little oil into a bowl, add food, and toss.

MICROWAVE COOKING

MANUAL COOK

You can manually program your desired cooking time and power level. Refer to pages 13–15 for recommendations and cooking charts.

1. Place food in a microwave-safe dish (see page 9 for materials to use/avoid). Do not use Airfry Basket or Pan.
2. Select Microwave function. The  and  icons and 0:00 will display.
3. Set cooking time by turning the selector dial. Time will be displayed in minutes and seconds (up to 99 minutes). When desired cooking time is displayed, press selector dial and 10P will display.
4. Set/adjust power level by turning the selector dial. Refer to Power Level chart below.

8P-10P	80–100%	High
6P-7P	60–70%	Medium High
4P-5P	40–50%	Medium
2P-3P	20–30%	Medium Low/Defrost
1P	10%	Low
0P	0%	

5. Press Start. The oven will begin microwaving.
6. When countdown timer reaches 0:00, the oven will beep 3 times and microwave will turn off.

NOTE: Microwaving can be paused or canceled by pressing the Stop button. Press once to pause and twice to cancel.

+30 SECONDS/EXPRESS COOK

This feature provides a shortcut to programming your microwave. Power level is always at 100% when using Express Cook. Select Express Cook by pressing the Start/+30 Sec button. The oven will begin microwaving for 30 seconds on 10P. To add time in 30-second increments, keep pressing the Start/+30 Sec button.

ADDING TIME

To add time while the oven is already microwaving, turn the selector dial.

MICROWAVE PRESETS

Preset microwave functions are preprogrammed to cook many popular foods using professionally recommended power levels and cooking times.

1. Press the button for the desired Preset function. The display will show the first option for that function as listed in the DISPLAY column of the Microwave Preset Cooking Guide on page 13.
2. Rotate the dial until the desired option appears on the display. Options include food weight or food portions.
3. Once you have made your selection, press the Start button.

NOTE: Final cooking results will vary according to food's initial temperature, shape, quality, etc. Check the TIPS column in the Microwave Preset Cooking Guide for best results.

MICROWAVE PRESET COOKING GUIDE

FUNCTION	SUB-OPTIONS	DISPLAY	WEIGHT/AMOUNT	TIPS
Popcorn	Personal Size	1.75	1.75–3 oz. (49 - 85 g)	• Use only popcorn packaged for microwave-oven use • Microwave according to package directions • For bags larger than 1.75 oz.(49 g), fold the sides (as shown) to avoid bag getting stuck and scorching • Pop only one bag at a time • Do not try to pop unpopped kernels • If frequent pops are still heard once the cycle ends, press Start/+30 Sec for additional time • Once you hear less than 1 pop every 2 seconds, press Stop Pause/Cancel or open the door to end the cycle
	Regular Size	3.0		
Potato	1 pc.	1	6–30 oz. (170 - 850 g)	• Each potato should weigh approximately 6–10 oz. • Pierce potatoes, place on turntable or on plate lined with a paper towel
	2 pc.	2		
	3 pc.	3		
Veggie	Frozen Veggies A-1	4	4–16 oz. (113 - 453 g)	• No extra liquid is required
		8		
		16		
	Fresh Veggies A-2	4	4–16 oz. (113 - 453 g)	• Cut vegetables in uniformly-sized pieces • Place in microwave-safe casserole dish with up to ¼ cup water • Cover with vented lid, making sure cover does not touch food
		8		
		16		
Beverage	4 oz. (113 g)	4	4–12 oz. (113 - 340 g)	• Use to reheat room-temperature beverage. After heating, stir contents and test for desired heat • Add time if beverage has not reached desired temperature at the end of the cycle
	8 oz. (226 g)	8		
	12 oz. (340 g)	12		
Melt/Soften	Butter Melt	A-3	½ stick (4 tbsp. [60 ml])	• Butter should be taken from refrigerator • Cut into tablespoons and place in small bowl, uncovered
	Butter Soften	A-4	½ stick (4 tbsp. [60 ml])	• Butter should be taken from refrigerator • Leave stick as is (wrapped), add an extra cycle if necessary and turn butter over between cycles
	Chocolate Melt	A-5	4 oz. (113 g)	• Cut into small pieces or use chips; stir chocolate once program ends to fully incorporate
Reheat	Dinner Plate/Leftovers		1 plate	• Use this setting to reheat precooked foods or leftovers from refrigerator • Cover with vented lid or microwave-safe wrap • After cooking, check food for desired temperature • If desired temperature is not reached, continue heating for extra time



The following guides will help you to cook a variety of foods in the microwave.

HOW TO MICROWAVE MEAT & POULTRY

FOOD	WEIGHT/ AMOUNT	COOKING TIME	POWER LEVEL	PREPARATION TIPS
Bacon	6 slices	2½-minute intervals until desired doneness	High (10P)	Place bacon between 2 layers of paper towels on a microwave-safe plate.
Ground Beef	1 pound (454 g)	10 to 12 minutes	High (10P)	Place ground beef in a microwave-safe dish or casserole. Cover vessel with vented lid or vented, microwave-safe plastic wrap, making sure cover does not touch food. Ground beef should be broken up before and during cooking. Discard any accumulated liquid after cooking.
Boneless Chicken Pieces	1 pound (454 g)	6 to 9 minutes/pound	High (10P)	Arrange pieces in a shallow, microwave-safe dish with the thicker pieces along the outside of the dish. Chicken should be in a single layer. Cover with vented lid or vented, microwave-safe wrap, making sure cover does not touch food. Cook until juices run clear and meat is no longer pink (165°F [73°C] for white meat, 170°F [76°C] for dark meat). NOTE: Skin will not brown. Let stand 5 to 10 minutes before serving.

HOW TO MICROWAVE FISH & SEAFOOD

FOOD	WEIGHT/ AMOUNT	COOKING TIME	POWER LEVEL	PREPARATION TIPS
White Fish – thick fillets (cod, haddock, halibut)	1 pound (454 g)	8 to 10 minutes	High (10P)	Arrange evenly in a shallow, microwave-safe dish. Cover with vented lid, making sure cover does not touch food. Let stand 3 to 5 minutes before serving.
White Fish – thin fillets (sole, flounder, tilapia)	1 pound (454 g)	6 to 8 minutes	High (10P)	
Salmon – Filet	1 pound (454 g)	6 to 8 minutes	High (10P)	
Scallops	1 pound (454 g)	4 to 6 minutes, turn halfway through cooking time	High (10P)	
Shrimp	1 pound (454 g)	5 to 7 minutes	High (10P)	Arrange in shallow, microwave-safe dish. Thicker part should be facing the outside of the dish. Cover with vented lid, making sure cover does not touch food. Let stand 3 to 5 minutes before serving.

HOW TO MICROWAVE VEGETABLES

FOOD	WEIGHT/ AMOUNT	COOKING TIME	POWER LEVEL	PREPARATION TIPS
Artichokes	2 globes (about 10 oz. [283 g] each)	12 to 15 minutes, turn halfway through cooking time	High (10P)	Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food. Leaves should pull out easily when done.
Asparagus	1 pound (454 g)	5 to 7 minutes. Cooking time will vary based on size; make sure all are consistent size	High (10P)	Leave whole or cut into 1- to 2-inch (2.5 to 5 cm) pieces. Place in microwave-safe casserole dish with 2 tablespoons (30 ml) water. Cover with vented lid, making sure cover does not touch food.
Beans (green, yellow)	1 pound (454 g)	8 to 12 minutes 5 to 9 minutes (thin beans like haricots verts)	High (10P)	Trim. Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food.
Beets	1 pound ([454 g] 3 to 4 medium)	10 to 20 minutes	High (10P)	Scrub and trim. If keeping whole, prick with a fork, otherwise peel and cut. Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.
Broccoli	1 pound (454 g)	9 to 10 minutes	High (10P)	Cut into florets. Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.
Brussels Sprouts	1 pound (454 g)	7 to 9 minutes	High (10P)	Trim and discard loose outer leaves. Trim stem ends and cut a cross in end with sharp knife. Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.
Carrots	1 pound (454 g)	10 to 12 minutes	High (10P)	Wash and peel. Cut into ¼-inch (0.6 cm) slices. Place in microwave-safe casserole dish with ¼ cup water. Cover with vented lid, making sure cover does not touch food.
Baby Carrots	1 pound (454 g)	10 to 15 minutes	High (10P)	Place in microwave-safe casserole dish with ¼ cup (60 ml) water. Cover with vented lid, making sure cover does not touch food.

DEFROST

This feature allows you to defrost by time or by weight. Press Defrost, d1 will display to defrost by time, turn the dial for d2 to defrost by weight.

Time

1. Once d1 is displayed, press the selector dial to confirm time defrost. , ,  and 0:00 will display.
2. Set defrost time by turning the selector dial.
NOTE: Time defrost default power level is 3P.
3. Press Start. The display will begin counting down the time.

Weight

1. Once d2 is displayed, press the selector dial to confirm weight defrost. , , , **Oz** will display.
2. Set defrost weight within the range of 4–100 oz. (113 g - 2.83 kg), by turning the selector dial.
3. Press Start. The display will automatically begin counting down the correct defrost time based on the programmed weight.

Defrost Tips

- Frozen food in paper or plastic can be defrosted in the package. Closed packaged should be slit, pierced or vented AFTER the food has partially defrosted. Plastic storage containers should be partially uncovered.
- If the food is in a foil container, transfer it to a microwave-safe dish.
- For more even defrosting of larger foods, defrost by weight. Be sure large meats are completely defrosted before cooking.
- When defrosted, food should be cool, but softened in all areas. If food is still icy, return it to the microwave for brief additional cooking time, or let it stand for a few minutes.

STAGE COOKING

This function lets you program your oven to automatically switch from one function to another. You can program up to 4 different functions. Be sure to follow steps in the order listed below; function must always be selected first, then either power level (if microwave function), time or temperature (if Oven/AirFry function), or time or weight (if Defrost function).

Example: To first defrost for 5 minutes at default power level, then microwave at 100% power level for 5 minutes, then switch to microwave at 50% power level for 10 minutes, and finally AirFry for 2 minutes at 400°F (200°C):

1. **Stage 1:** Press Stage Cooking button and SC-1 will display. Press Defrost once, display will show d1, press selector dial and display will show 0:00, turn the selector dial to set the time to 5:00.
2. **Stage 2:** Press Stage Cooking button and SC-2 will display. Press Microwave, display will show 0:00, turn selector dial to set time to 5:00. Press dial to confirm.
3. **Stage 3:** Press Stage Cooking button and SC-3 will display. Press Microwave, display will show 0:00, turn selector dial to set time to 10:00. Press dial to confirm and display will show 10P, turn to 5P.
4. **Stage 4:** Press Stage Cooking button and SC-4 will display. Press Oven/AirFry, display will show 400F (200°C). Press dial to confirm. Display will show 0:00, turn selector dial to set time to 2:00.
5. Once all stages are programmed, press Start to begin stage cooking.

NOTE: Presets cannot be set as part of stage cooking.

COMBI COOKING

Your oven offers the option of combination cooking, using microwave energy along with Oven/AirFry cooking. You cook with speed and accuracy, while browning and crisping to perfection. All that is necessary is to enter cooking time.

You can program up to 2 automatic cooking options. See below table for details.

COMBINATION	DISPLAY	MICROWAVE	OVEN/AIRFRY	TIPS
1	CC1	70%	30%	Recommended for baked goods and casseroles. For baked goods, reduce the temperature by about 25 degrees from traditional oven recommendation. Once time expires, allow baked good to rest in oven for 10 minutes before removing.
2	CC2	30%	70%	Recommended for roasting meats, poultry and vegetables. Temperature will not vary from traditional oven. Cooking times will be shorter by about 5 to 10 minutes.

To use combination cooking:

1. Press Combi Cooking button, display will show CC1, rotate the dial and display will show CC2.
2. Press the dial to select desired Combi Cooking function. Then display will show 350F ([180°C] default temperature).
3. Rotate the dial to select desired temperature.
4. Press dial to confirm temperature setting. Display will show 0:00.
5. Turn dial to desired time.
6. Press Start to begin cooking.

TURNTABLE

The  will show when the turntable is on. Press the Turntable button to select/deselect the turntable.

NOTE: The turntable will always be on for Microwave functions. The turntable will default to on for Oven/AirFry functions; however, you may want to turn off the turntable for additional cooking flexibility.

CHILD LOCK

The child lock prevents unwanted oven operation. The oven can be set so that the control panel is deactivated or locked.

To Lock

- Press and hold Stop/Clear for 3 seconds.
- There will be a tone indicating that the child lock has been activated.
- The screen will display  and .
- The keypad will not be able to be used.

To Unlock

- To unlock, press and hold Stop/Clear for 3 seconds.
- There will be a long tone indicating that the oven is unlocked.
- The  and  will disappear.
- The keypad and unit will be functional again.

TROUBLESHOOTING		
Operation	Why won't my unit turn on?	Make sure it is plugged into a functional outlet.
		Make sure the oven door is closed.
		Call Consumer Service at 1-800-472-7606.
Programming	Can I change my function while cooking?	First interrupt current function by pressing Stop/Clear twice. Then reprogram the oven to desired function.
	Can I change time while cooking?	Yes. Simply turn the selector dial during cooking to change time.
	Can I change power level or temperature when the unit is already cooking?	You need to first interrupt the current cooking function by pressing Stop/Clear twice. Then reprogram the oven to your desired temperature or power level.
Microwave Cooking	Why is my food not cooked evenly, undercooked or not fully defrosted?	If you used non-microwave safe materials, make sure to use microwave-safe cookware only.
		Food might not be fully defrosted; add additional time using the defrost function.
		You may need more time or power; make sure you adjust cooking time and power level accordingly.
		Try turning or stirring food for more even cooking.
		Food might have been positioned in the center of the turntable; try positioning food off-center for more even cooking.
	Why is my food overcooked?	Cooking time or power level might have been incorrect; try adjusting these accordingly.
	Why is there arcing or sparking?	Make sure to use microwave-safe cookware only. Do not use Airfry accessories in microwave mode.
		If the oven was operated empty, make sure to put food inside the unit before operating.
		There might have been spilled food remains in the cavity; make sure to clean the cavity with a wet towel.
Oven/AirFry Cooking	Why is my food undercooked?	If you put too much food in the basket, try with smaller batches of food and single layers, rather than stacking food on top of each other.
		The temperature might be too low; try adjusting to a higher temperature.
	Why is my food not crispy or fried evenly?	Some foods may require more oil than others. If not crispy enough, spray, brush or add some oil on the food.
		Make sure food is spread evenly in one single layer with no overlap. If needed, toss or flip food halfway through cycle.
		Put the food in for additional cooking time. Make sure to check periodically until food reaches desired brownness. Do not leave oven unattended.
	Why does condensation and steam come out of my unit?	With greasy foods, oil may leak into pan producing steam. This will not affect results, but may fog up the viewing window.
		Foods with high moisture content can cause condensation. This will not affect results, but may fog up the viewing window.
		The pan or basket may contain grease residue from previous use. Make sure to clean the accessories properly after each use.
Cleaning	Are the parts dishwasher safe?	Do not put the accessories in the dishwasher; instead, hand-wash with warm, sudsy water.
	How do I clean tough residue from accessories?	To remove baked-on grease, soak the accessories in hot, sudsy water or use a nonabrasive cleanser.

CLEANING AND MAINTENANCE

Unplug the cord and allow the oven to cool before cleaning any part of this oven. Clean your oven regularly to avoid grease buildup.

To Clean the Inside of the Unit

- An occasional thorough wiping with a solution of baking soda and water keeps the inside fresh.
- Remove greasy spatters with a sudsy cloth, then wipe with a damp cloth. Never use abrasive cleaners or sharp utensils on any part of the microwave.
- Clean surfaces where the door meets the oven when closed with mild, nonabrasive soap or detergent on a soft cloth. Wipe with damp a cloth.
- To remove greasy stains, put 1 cup (250 ml) water mixed with 2 tablespoons (30 ml) lemon juice or baking soda in a cup and bring this mixture to a boil in the microwave. Allow it to stand in microwave for 5 minutes to steam. Then wipe walls of microwave with clean paper towels, a damp, clean towel or a dampened microfiber cloth to remove softened cooking residue.

To Clean the Outside of the Unit

- It is important to keep the area clean where the door seals against the microwave.
- Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives or sharp objects, as they can damage the unit. **NOTE:** Some paper towels can also scratch the control panel. Use caution.

To Remove Unwanted Odours

- Select Power Level 0 (0P) and the oven will operate with the fan, but no power.

To Clean the Accessories

- After cooling, accessories should be hand-washed in hot, sudsy water, or use a nylon scouring pad or nylon brush, and thoroughly rinsed. These items are not dishwasher safe.
- For tough-to-remove food residue and/or baked-on grease, soak the accessories in hot, sudsy water, or use a nonabrasive cleaner.

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

RECIPES

These mouthwatering recipes are just a sampling of what this appliance can do.

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Eggs Benedict

A brunch staple, this dish is sure to please all.

Function: Microwave

Makes 2 servings

- 2** slices Canadian bacon
- 1** teaspoon (5 ml) white vinegar, divided
- 2/3** cup (150 ml) water, divided
- 2** large eggs
- 1** English muffin, split and toasted
- 1/2** cup (125 ml) Hollandaise Sauce (recipe follows)

1. Put the Canadian bacon slices on a microwave-safe plate lined with a paper towel. Cover bacon with paper towels and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave and set the time and power level for 2 minutes 30 seconds on High (10P), and press Start. Bacon should be slightly crisped. Add time if necessary. Reserve.
2. Prepare the eggs for poaching. Put half of the vinegar and half of the water into separate custard cups. Break an egg into each cup and gently prick the yolks with a toothpick. Cover the cups loosely with plastic wrap and place in the oven. Select Microwave and set power level and time to High (10P) for 1:30 minutes, and press Start. Add 30 seconds if necessary.
3. Put split, toasted English muffin halves on two separate plates. Top with bacon, egg and drizzle with Hollandaise Sauce.

Nutritional information per serving:

*Calories 509 (74% from fat) • carb. 16g • pro. 17g • fat 41g • sat. fat 23g
chol. 2464mg • sod. 1088mg • calc. 83mg • fiber 1g*

Hollandaise Sauce

Function: Microwave

Makes about 3/4 cup (175 ml)

- 1/2** cup (125 ml) unsalted butter, cut in 1/2-inch (1.25 cm) pieces
- 1** large egg yolk
- 2** tablespoons (30 ml) fresh lemon juice
- 1** tablespoon (15 ml) water
- 1/2** teaspoon (2.5 ml) kosher salt
- 1/4** teaspoon (1 ml) dry mustard

1. Put the butter in a small, microwaveable measuring cup or bowl. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select the Microwave Preset A-3 to melt the butter, and press Start. When cycle is done, remove butter and let cool slightly, about 4 to 5 minutes.
2. Put egg yolk, lemon juice, water, salt and dry mustard in a microwaveable bowl with a handle. Whisk until emulsified and smooth. Whisk in melted, cooled butter; whisk until completely emulsified. Place bowl uncovered in oven. Select Microwave with the time and power level set for 1 minute 30 seconds on Medium High (7P), and press Start. Pause to whisk briskly every 20 seconds. Add time if necessary. The mixture will begin to thicken at the edges and resemble a soft custard. Cook until mixture thickens enough to coat a metal spoon.
3. Serve warm with seafood, vegetables, or eggs. If not serving immediately, cover with a round of waxed paper placed directly on the sauce to prevent a “skin” from forming. To reheat, remove waxed paper. Microwave for 2 minutes on Medium Low (3P), stirring with a whisk after 1 minute of cooking, and again when cooking is completed.

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

*Calories 162 (95% from fat) • carb. 1g • pro. 1g • fat 17g • sat. fat 10g
chol. 132mg • sod. 194mg • calc. 11mg • fiber 0g*

Maple Cinnamon Oatmeal

Bananas and blueberries are added here; however, any fruit can be substituted.

Function: Microwave

Makes 2½ cups (625 ml), about 3 to 4 servings

- 1 cup (250 ml) rolled oats (not the instant variety)**
- 1½ cups (375 ml) water**
- ½ teaspoon (2.5 ml) ground cinnamon**
- 2 teaspoons (10 ml) pure maple syrup**
- 1 medium banana, cut into small dice**
- ¼ cup (60 ml) blueberries**

1. Put all ingredients into a microwave-safe casserole dish and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave and set the time and power level for 4 minutes on High (10P), and press Start. Let oatmeal rest for 1 minute before removing from the oven.
2. Once rested, stir ingredients together and serve immediately.

Nutritional information per serving (based on 4 servings):

*Calories 115 (12% from fat) • carb. 24g • pro. 3g • fat 2g • sat. fat 0g
chol. 0mg • sod. 3mg • calc. 11mg • fiber 3g*

Queso Fundido

This can be made with or without chorizo – both versions are indulgent and delicious! Serve with Homemade Tortilla Chips (recipe page 24).

Function: Microwave

Makes 2¼ cups (550 ml)

- 8 ounces (227 g) raw chorizo, remove and discard casings, if necessary (optional)**
- 8 ounces ([227 g] 1 standard package) cream cheese, cold**
- 4 ounces (113 g) Monterey Jack cheese, shredded**
- ⅓ cup (75 ml) salsa (any flavour or heat variety)**

1. Put the chorizo, if using, in a microwave-safe dish. Spread the chorizo so it is one layer. Cover and place into the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave and set the time and power level for 4 minutes on High (10P), and press Start. Remove and reserve to cool slightly. Once cool, crumble the cooked chorizo.
2. Put the remaining ingredients in a microwave-safe bowl and place into the oven. Select Microwave and set the time and temperature for 3 minutes 30 seconds on High (10P). Stir in the chorizo, if using. Serve warm.

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

*Calories 250 (79% from fat) • carb. 2g • pro. 10g • fat 22g • sat. fat 10g.
chol. 61mg • sod. 589mg • calc. 116mg • fiber 0g*

Hot Blue Cheese Dip

A perfect game day dip to serve with Wings (page 24) or Homemade Tortilla Chips (page 24).

Function: Microwave, Combi Cooking

Makes 8 servings

- 1 8-ounce (227 g) package cream cheese, cold**
 - ⅓ cup (75 ml) mayonnaise**
 - ¼ cup (60 ml) buttermilk**
 - 2 garlic cloves, grated**
 - 2 teaspoons (10 ml) prepared horseradish, or to taste**
 - 1 teaspoon (5 ml) Worcestershire sauce**
 - Pinch kosher salt**
 - ¼ teaspoon (1 ml) freshly ground pepper**
 - 6 ounces (170 g) blue cheese, crumbled**
 - 2 tablespoons (30 ml) finely chopped scallions, white and green parts**
 - 2 tablespoons (30 ml) chopped chives, plus more for garnish**
1. Unwrap cream cheese and set on a microwave-safe plate. Select Microwave and set the time and power level for 15 seconds on High (10P), and press Start to soften. Cream cheese is soft when you can easily press into the center with your finger.

2. In a medium bowl, mix the softened cream cheese until smooth. Add the mayonnaise, buttermilk, garlic, horseradish, Worcestershire sauce, salt and pepper and blend together until smooth. Pour mixture into a small, greased, microwave-safe baking dish.
3. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Combi Cooking (CC2) and set the temperature to 350°F (180°C) for 15 minutes. The dip is done when bubbling and golden on top.
4. Carefully remove from the oven and let rest for 5 minutes before serving. Garnish with chopped chives if desired.

Nutritional information per serving:

Calories 221 (84% from fat) • carb. 2g • pro. 7g • fat 20g • sat. fat 10g
chol. 32mg • sod. 367mg • calc. 158mg • fiber 0g

Homemade Tortilla Chips

You may find that you never go back to your store-bought bag.
Perfect on their own or as a fun accompaniment to your favourite dip!

Function: AirFry
Makes 2 to 3 servings

- 6 small corn tortillas, cut into quarters
- 1/2 teaspoon (2.5 ml) kosher salt, divided
- Nonstick cooking spray
- Olive oil, for spraying
- Chile-Lime Flavoured
- 1/2 teaspoon (2.5 ml) chile powder, divided
- 2 tablespoons (30 ml) lime juice

1. Place the AirFry Basket onto the AirFry Pan and generously coat with nonstick cooking spray. Put half of the cut tortillas in the basket. Spray tortillas evenly with oil. Sprinkle evenly with 1/4 teaspoon (1 ml) salt and 1/4 teaspoon (1 ml) of chile powder, if using.
2. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry, set the temperature and time to 400°F (200°C) for

5 minutes, and press Start. Tortilla chips are done when crispy and browned on the edges.

3. Remove and transfer to a bowl or plate to reserve. Repeat with remaining tortillas.
4. Adjust seasoning to taste, sprinkle with lime juice, if using, and serve immediately.

Nutritional Information per serving (10 chips):

Calories 122 (35% from fat) • carb. 16g • pro. 2g • fat 4g • sat. fat 1g
chol. 0mg • sod. 153mg • calc. 0mg • fiber 2g

Chicken Wings, Two Ways with 2 Sauces

For a healthier option than deep-frying, AirFry chicken wings.

Here we give you two versions, plain and beer-battered (for extra crispiness), plus two different, delicious sauces.

Function: AirFry
Makes about 16 wings

Nonstick cooking spray

Beer-Battered Chicken Wings:

- 1 1/2 pounds (680 g) chicken wings*
- 1/2 cup (125 ml) unbleached, all-purpose flour
- 1/2 cup (125 ml) light beer
- 1/2 teaspoon (2.5 ml) kosher salt

Plain Chicken Wings:

- 1 1/2 pounds (680 g) chicken wings*
- 1/2 teaspoon (2.5 ml) kosher salt

1. Place the AirFry Basket onto the AirFry Pan and coat with nonstick cooking spray. Reserve.
2. If beer battering the wings, in a large bowl combine the flour and beer. Put the chicken wings into the bowl with the batter. Sprinkle with salt and then coat in the batter. Arrange the chicken wings in the prepared basket.
3. If not beer battering the wings, arrange the chicken wings into the prepared basket. Sprinkle with salt.

4. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven, select the AirFry preset Wings and press Start. Wings are done when golden and crispy.
5. Toss immediately in sauce or add the toppings of your choice, such as butter, garlic, fresh herbs or spices.

* Many wings already come separated into flats and drumettes, but if only full wings are available, be sure to remove the tips and separate into two pieces.

Nutritional information per wing (plain):

Calories 94 (39% from fat) • carb. 0g • pro. 14g • fat 4g • sat. fat 1g • chol. 39mg
sod. 127mg • calc. 7mg • fiber 0g

Nutritional information per wing (beer battered):

Calories 101 (36% from fat) • carb. 1g • pro. 14g • fat 4g • sat. fat 1g • chol. 39mg
sod. 127mg • calc. 7mg • fiber 0g

Buffalo Sauce for Chicken Wings

A classic sauce for wings, made with coconut oil instead of butter.

Makes about ¼ cup (60 ml) sauce, enough to coat 16 wings

- ¼ **cup (60 ml) hot sauce**
- 1 **tablespoon (15 ml) coconut oil**

1. Put the hot sauce and coconut oil into a large bowl. Combine.
2. When chicken wings are ready, transfer wings to the large bowl and toss evenly. Serve immediately.

Nutritional information per serving of Buffalo Sauce (based on 20 servings):

Calories 6 (100% from fat) • carb. 0g • pro. 0g • fat 1g • sat. fat 1g • chol. 0mg
sod. 28mg • calc. 0mg • fiber 0g

Sesame-Ginger Sauce for Chicken Wings

Add chili flakes to this sauce for a spicy kick.

Makes about ⅔ cup (150 ml) sauce

- ¼ **cup (60 ml) toasted sesame oil**
- 2 **tablespoons (30 ml) soy sauce, reduced sodium**
- 2 **tablespoons (30 ml) honey, or hot honey**
- 1 **2 x 2-inch (5 x 5 cm) piece ginger, peeled and grated**
- 3 **garlic cloves, grated**
- ¼ **cup (60 ml) toasted sesame seeds**
- 2 to 3 **green onions, thinly sliced**

1. Put the sesame oil, soy sauce, honey, grated ginger and garlic into a large bowl. Whisk together. Add the sesame seeds.
2. When chicken wings are ready, transfer them to the large bowl and toss evenly. Sprinkle with the sliced green onions. Serve immediately.

Nutritional information per serving of Sesame-Ginger Sauce (based on 20 servings):

Calories 39 (78% from fat) • carb. 2g • pro. 0g • fat 3g • sat. fat 0g • chol. 0mg
sod. 68mg • calc. 4mg • fiber 0g

Coconut Shrimp

Serve with a curry mayonnaise for a fun hors d'oeuvre.

Function: AirFry

Makes about 3 to 4 first-course servings

- 1 **pound (454 g) shrimp (about 14 to 16 large shrimp)**
- ½ **teaspoon (2.5 ml) kosher salt***
- ½ **cup (125 ml) unbleached, all-purpose flour**
- 1 **large egg, beaten**
- ¾ **cup (175 ml) panko breadcrumbs**
- ½ **cup (125 ml) shredded coconut**
- Nonstick cooking spray**
- Olive oil for spraying**

1. Place the AirFry Basket onto the AirFry Pan and coat with nonstick cooking spray. Reserve.
2. Set up 3 containers for dredging: one with flour, one with egg, and the third with the panko and coconut mixed together.

3. Season the shrimp with salt. Dip each shrimp in the flour, shaking off any excess. Next dip in the egg and then finally, coat well with the panko mixture. Spray the shrimp on both sides with olive oil and lightly sprinkle with a little more salt. Arrange the shrimp in the prepared basket.
4. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry, set the temperature and time to 375°F (190°C) for 12 minutes, and press Start. Pause to flip shrimp halfway through cooking. Shrimp are done when golden brown and crisp.
5. Serve immediately.

Nutritional information per serving (based on 4 servings):

Calories 294 (56% from fat) • carb. 21g • pro. 12g • fat 19g • sat. fat 16g
chol. 71mg • sod. 657mg • calc. 39mg • fiber 5g

* If the panko is seasoned, reduce salt amount slightly.

Blooming Onion with Chipotle Mayo

Who knew this popular restaurant appetizer was so easy to make?

Function: AirFry

Makes 1 blooming onion, about 2 to 3 servings

- ½ cup (125 ml) unbleached, all-purpose flour
- 1 large egg, lightly beaten
- 2 tablespoons (30 ml) buttermilk
- ½ cup (125 ml) panko breadcrumbs
- ½ teaspoon (2.5 ml) garlic powder
- ¼ teaspoon (1 ml) kosher salt
- Pinch freshly ground black pepper
- Pinch cayenne pepper
- 1 large, sweet onion, peeled
- Olive oil, for spraying
- Nonstick cooking spray
- ½ cup (125 ml) mayonnaise
- 1 chipotle chile in adobo, finely chopped

¼ teaspoon (1 ml) fresh lemon juice

1. Prepare Chipotle Mayonnaise: Put mayonnaise, chipotle and lemon juice in the work bowl of a mini food processor. Process on High until completely puréed and homogeneous. Transfer to a serving bowl, cover, and refrigerate until ready to serve.
2. Place the AirFry Basket onto the AirFry Pan. Coat the basket with nonstick cooking spray. Reserve.
3. Put the flour into a bowl large enough to dip the onion. Put the egg and buttermilk into another similar-sized bowl, and the breadcrumbs and seasonings in a third, similar-sized bowl. Reserve.
4. Trim the top of the onion to create a flat surface. Leave the root end intact. Turn the onion over, so the root end faces up, and rest it on its flat surface.
5. Without piercing the root, cut the onion into 4 wedges. Also without piercing the root, cut each wedge in half; repeat until wedges are about ¼ inch (0.6 cm) thick.
6. Turn the cut onion over and carefully, without breaking the pieces off the root, separate the layers; the separated onion will resemble a flower with petals.
7. Dredge the onion in the flour, and gently shake off the excess before dipping into the egg mixture, and then finally, coating each layer evenly with the panko mixture. Evenly spray the coated onion with olive oil and place into the prepared basket.
8. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry, set the temperature and time to 400°F (200°C) for 12 minutes, and press Start. Onion is done when it is crispy and golden brown in colour.
9. Transfer to a plate and serve immediately with the Chipotle Mayonnaise.

Nutritional information per serving of Blooming Onion (based on 3 servings):

Calories 165 (18% from fat) • carb. 28g • pro. 6g • fat 3g • sat. fat 1g • chol. 72mg
sod. 234mg • calc. 31mg • fiber 2g

**Nutritional information per serving of Chipotle Mayonnaise
(based on 1 tablespoon [15 ml]):**

Calories 101 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g • chol. 10mg
sod. 93mg • calc. 0mg • fiber 0g

“Movie Theater” Popcorn Mix

Clarifying butter reduces its water content – giving this popcorn all the buttery flavour without making it wet. Add a combination of your favourite theater candy and you are all set for movie night!

Function: Microwave

Makes about 10 cups (2,5 L) popcorn, 12 cups (3 L) mix

- 1 stick unsalted butter, cold, cut into tablespoons (15 ml)**
- ¼ cup (60 ml) popcorn kernels**
- 3 tablespoons (45 ml) clarified butter**
- ½ teaspoon (5 ml) kosher salt**
- ⅓ cup (75 ml) chocolate candy (Raisinets®, Buncha Crunch®, or Sno-Caps®)**
- ⅓ cup (75 ml) candy-coated morsels (such as Reese’s Pieces®, Peanut M&M’s®, or Skittles®)**
- ⅓ cup (75 ml) gummies or chewy candy (such as Sour Patch Kids®, Twizzlers®, Haribo’s® Gold-Bears®)**

1. Make the clarified butter: Put the butter into a tall, microwaveable measuring cup. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven, select the Microwave Preset A-3, and press Start to melt butter. Let rest in oven for about 1 minute. Repeat preset. Let the butter rest for an additional minute. Butter should appear separated into three layers. Skim off the top layer of milk solids and discard. Pour the clear middle layer into a container, being careful to leave the bottom layer behind. Reserve 3 tablespoons (45 ml) of the clarified butter. Cover and store the remainder in the refrigerator; reheat as needed.
2. Put the kernels into a large microwave-safe bowl; cover with lid. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave, set the time and power level for 4 minutes on High (10P), and press Start.

3. Once the popcorn is ready, uncover, drizzle clarified butter over the popped corn. Sprinkle with salt and add candy mix-ins. Stir together with a heatproof spatula until fully coated. Serve immediately.

Nutritional information will vary depending on candy used.

**Nutritional information per 1-cup (250 ml)
serving of popcorn (without candy mix-ins):**

Calories 62 (65% from fat) • carb. 5g • pro. 1g • fat 5g • sat. fat 3g • chol. 0mg
sod. 56mg • calc. 0mg • fiber 1g

Classic Roast Chicken

Simple spices go a long way in this roast chicken recipe.

Function: Combi Cooking

Makes 6 servings

- 1 3½- to 4-pound (1.6 to 1.8 kg) chicken**
- 1 teaspoon (5 ml) kosher salt**
- ½ teaspoon (2.5 ml) freshly ground black pepper**
- 1 lemon, halved**
- 1 teaspoon (5 ml) extra virgin olive oil**
- 2 teaspoons (10 ml) herbes de Provence or other dried herbs like rosemary and thyme**
- 3 garlic cloves, smashed**

1. Put the chicken in a microwave and oven-safe dish. Pat dry. Sprinkle with salt, pepper and lemon juice. Put the lemon half into the chicken’s cavity. Drizzle chicken with olive oil. Rub with herbs and garlic cloves. Put the garlic cloves into the chicken’s cavity with the lemon. Truss if desired.
2. Place into the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Combi Cooking (CC2) and set the temperature and time to 400°F (200°C) for 60 minutes. Chicken is done when golden and crispy and the chicken thighs register 165°F (73°C) on an instant read thermometer.
3. Carefully remove and let chicken rest for 10 minutes; carve and serve.

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

Calories 408 (64% from fat) • carb. 2g • pro. 34g • fat 28g • sat. fat 8g
chol. 138mg • sod. 316mg • cal. 41mg • fiber 0g

Falafel Sandwiches

Enjoy this popular Middle Eastern street food right at home.
Remember to soak the chickpeas for the falafel the night before.

Functions: AirFry

Makes 12 falafel, 4 sandwiches

- ¼ teaspoon (1 ml) baking soda
- 1 tablespoon (15 ml) water
- 1 garlic clove
- 1 small shallot, cut into 1-inch (2.5 cm) pieces
- ½ cup (125 ml) dried chickpeas, soaked overnight, rinsed and drained
- ½ teaspoon (2.5 ml) kosher salt
- ⅛ teaspoon (0.5 ml) freshly ground black pepper
- ¾ teaspoon (3.75 ml) ground cumin
- ¼ teaspoon (1 ml) ground coriander
- ⅛ teaspoon (0.5 ml) chili powder
- ⅓ cup (75 ml) packed fresh Italian parsley – stems and leaves
- 1 tablespoon (15 ml) unbleached, all-purpose flour

For Sandwiches:

Pita with pockets, halved and warmed
Baba Ganoush (recipe follows)
Thinly sliced red cabbage and red onion
Chopped cucumber, tomatoes, and pickles
Tahini, for drizzling
Fresh parsley leaves, chopped

1. Dissolve the baking soda in the tablespoon (15 ml) of water.
2. Using a food processor fitted with the large chopping blade, finely chop the garlic and shallot. Add the soaked chickpeas, salt, pepper, spices, parsley, and flour. Pulse 8 to 10 times to coarsely grind the

chickpeas. Scrape down and pulse a few more times. Remove and reserve ⅓ cup (75 ml) of the mixture in mixing bowl. With the processor running, pour the dissolved baking soda through the feed tube to incorporate.

3. Combine with the reserved ⅓ cup (75 ml) mixture in the mixing bowl and stir together to combine. Using a tablespoon measure, scoop chickpea mixture and shape into 12 balls. Place the balls on a tray or plate lined with wax paper and chill in the refrigerator for 30 minutes.
4. Place the AirFry Basket onto the AirFry Pan. Coat the basket with nonstick cooking spray. Transfer the chilled falafel to the basket in a single layer. Spray evenly with olive oil. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry and set the temperature and time to 350°F (180°C) for 15 minutes and press Start. Falafel are done when evenly golden brown and crisp.
5. Assemble sandwiches: Fill the pockets of halved pitas with a couple tablespoons of baba ganoush and two falafels. Top with cabbage, red onions, cucumbers, tomatoes and pickles. Drizzle with tahini and sprinkle with chopped parsley, if desired. Serve immediately

Nutritional information per falafel:

Calories 62 (44% from fat) • carb. 7g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg
sod. 138mg • calc. 9mg • fiber 1g

Baba Ganoush

The microwave cuts the preparation time significantly for this mezze dip.

This simple preparation makes it easy to make and serve with the Falafel Sandwiches (previous recipe).

Functions: Microwave

Makes about 4 cups (1 L)

- 2 large eggplants
- 1 small garlic clove, finely chopped
- ½ teaspoon (2.5 ml) kosher salt
- ⅛ teaspoon (0.5 ml) ground cumin
- 1 tablespoon (15 ml) fresh lemon juice
- 2 tablespoons (30 ml) tahini

- ¼ cup (60 ml) extra virgin olive oil
- ¼ cup (60 ml) fresh parsley, chopped
- Nonstick cooking spray
- Olive oil for spraying

1. Prick the eggplants in a few places with the tines of a fork or a toothpick, put onto a microwave-safe dish and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave, set the time and temperature for 12 minutes on High (10P), and press Start. Eggplants will be soft. Let cool slightly.
2. When the eggplants are cool enough to handle, cut in half lengthwise and scoop out the flesh, discarding the skin. Put eggplant flesh into a large bowl and mash well with a fork. Stir in the garlic, salt and cumin. Stir in the lemon juice and tahini and then the olive oil. Finally, stir in the parsley. Taste and adjust seasoning to taste. Allow baba ganoush to cool to room temperature and reserve.

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

Calories 151 (67% from fat) • carb. 11g • pro. 3g • fat 12g • sat. fat 2g • chol. 0mg
sod. 192mg • calc. 22mg • fiber 6g

Quinoa Bowl with Salmon Teriyaki

A satisfying and colourful meal.

Function: Microwave
Makes 3 to 4 servings

- 1 cup (250 ml) quinoa
- 1¾ cups (425 ml) water
- 1 pound (454 g) salmon, cut into 3 to 4 fillets
- 2 teaspoons (10 ml) mirin or lemon juice
- 1 garlic clove, crushed
- ½ cup (125 ml) teriyaki sauce
- 1 radish, thinly sliced
- 1 small carrot, grated
- 1 small green onion, thinly sliced
- 1 tablespoon (15 ml) fresh cilantro leaves
- 1 teaspoon (5 ml) sesame seeds

1. Put the quinoa and water into a 1-quart (0.95 L), microwave-safe casserole dish and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave, set the time and power level for 9 minutes on High (10P), and press Start. While the quinoa is cooking, place the salmon, flesh-side up, into a shallow, microwave-safe dish, sprinkle evenly with mirin, rub the flesh with the crushed garlic clove, and put it into the dish. Coat with the teriyaki sauce. Turn the fillets over, flesh-side down, to marinate in the mixture.
2. Once the quinoa is cooked, remove, cover and rest. Cover salmon and place in oven. Select Microwave, set time and power level for 7 minutes on High (10P), and press Start. Once cooked, divide the quinoa equally among 3 to 4 bowls. Evenly divide the radish, carrot and scallion among the bowls, and then place a salmon fillet on each, flesh-side up. Garnish with cilantro and sesame seeds.
3. Serve immediately – drizzle with extra teriyaki if desired.

Nutritional information per serving (based on 3 servings):

Calories 513 (41% from fat) • carb. 3g • pro. 39g • fat 23g • sat. fat 5g • chol. 83mg
sod. 713mg • calc. 47mg • fiber 4g

Vegetarian Chili

The spice and smoke of the chipotle and adobo sauce make this chili rival traditional, meat-packed versions.

Function: Microwave
Makes about 4 cups (1 L)

- 2 teaspoons (10 ml) olive oil
- 1 ½-inch (1.25 cm) piece fresh ginger, finely chopped
- 1 garlic clove, finely chopped
- ½ medium onion, finely chopped
- ½ teaspoon (2.5 ml) kosher salt, divided
- Pinch freshly ground black pepper, divided
- ½ medium bell pepper, yellow or green preferably (for colour), cored, seeded and finely chopped
- 1 can (14.5 ounces [411 g]) diced tomatoes, with juices

- 1 can (15 ounces [425 g]) beans, drained and rinsed, we recommend either kidney or black beans
 - 1 tablespoon tomato paste
 - 1 chipotle (left whole) in adobo sauce, with additional ½ teaspoon (2.5 ml) adobo sauce
 - 1 tablespoon (15 ml) pure maple syrup
 - 1 teaspoon (5 ml) chili powder
 - ¼ teaspoon (1 ml) ground cumin
 - ¼ teaspoon (1 ml) ground cinnamon
 - Shredded Cheddar or Monterey Jack, for garnish**
 - Fresh cilantro, for garnish**
- Put the oil, ginger, garlic, onion and pinch of salt and pepper into a microwave-safe casserole dish and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave, set time and power level for 2 minutes on High (10P), and press Start.
 - At the end of the cycle, carefully remove casserole dish and add the remaining ingredients, except for the cheese and cilantro. Stir to combine, cover and return to oven. Select Microwave, set time and power level for 12 minutes on High (10P), and press Start.
 - Divide finished chili into serving bowls and top with shredded cheese and fresh cilantro.

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

Calories 256 (9% from fat) • carb. 46g • pro. 13g • fat 3g • sat. fat 0g • chol. 0mg
sod. 0mg • calc. 119mg • fiber 11g

Sausage and Peppers

An easy, 20-minute meal for any night.

Function: AirFry
Makes 3 to 4 servings

- 1 small red onion, halved, with each half cut into thin wedges with root intact
- 1 medium red pepper, halved and seeded, cut into planks, about 1 inch (2.5 cm) wide

- 1½ teaspoons (7.5 ml) olive oil, divided
- ¼ teaspoon (1 ml) kosher salt
- Pinch freshly ground black pepper**
- 1 12-ounce (340 g) package Italian chicken sausage, precooked, each link cut in half lengthwise

- Place the AirFry Basket onto the AirFry Pan. Toss the onion wedges and red pepper planks with 1 teaspoon (5 ml) olive oil and salt and pepper, and arrange in the basket in a single layer.
- Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry, set the temperature and time to 400°F (200°C) for 10 minutes, and press Start. Once time expires, reserve cooked vegetables in a mixing bowl.
- Put the halved sausage links in the basket and drizzle with remaining ½ teaspoon (2.5 ml) of oil. Place in the oven and AirFry for an additional 15 minutes at 400°F (200°C).
- Toss with onions and peppers and serve.

Nutritional information per serving:

Calories 168 (49% from fat) • carb. 4g • pro. 13g • fat 9g • sat. fat 0g • chol. 45mg
sod. 629mg • calc. 26mg • fiber 2g

Chicken Nuggets

Kids of all ages will love this homemade version of the frozen standby.

Function: AirFry
Makes about 4 servings

- ¾ cup (175 ml) unbleached, all-purpose flour
- 2 large eggs, lightly beaten
- 1½ cups (375 ml) panko breadcrumbs
- ¾ teaspoon (3.75 ml) kosher salt, divided
- ¾ teaspoon (3.75 ml) freshly ground black pepper, divided
- 1 pound (454 g) boneless, skinless chicken breast or thighs, pounded even and cut into 1½-inch (3.75 cm) pieces
- Olive oil, for spraying**
- Nonstick cooking spray**

1. Place the AirFry Basket onto the AirFry Pan and coat with nonstick spray. Reserve.
2. Put the flour, eggs and panko into individual containers large enough for dipping the chicken. Add a pinch each of the salt and pepper to the panko; stir to combine.
3. Sprinkle the chicken evenly on both sides with the remaining salt and pepper. Dredge each chicken piece in the flour and shake off the excess before dipping into egg, and then finally coating evenly with the panko breadcrumbs. Spray both sides with olive oil. Arrange half of the chicken nuggets into the prepared basket in one layer.
4. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry and set the temperature and time to 400°F (200°C) for 15 minutes. Pause to flip chicken nuggets halfway through. Chicken nuggets are done when cooked through and golden brown on both sides. Repeat with remaining chicken nuggets.
5. Serve immediately.

Nutritional information per serving (based on 4 servings):

*Calories 191 (22% from fat) • carb. 32g • pro. 5g • fat 5g • sat. fat 1g • chol. 0mg
sod. 434mg • calc. 1mg • fiber 1g*

Twice-Baked Loaded Potatoes

Our loaded baked potato gets a little help from the Cuisinart® 3-in-1 Microwave AirFryer Oven for a super-crispy skin and crunchy top.

Function: Microwave, AirFry

Makes 2 potatoes

- 2 slices bacon**
- ½ cup (125 ml) broccoli florets**
- 2 russet potatoes, 6 to 8 oz. (170 to 227 g) each**
- ¼ cup (60 ml) sour cream, plus more for serving**
- ½ cup (125 ml) shredded Cheddar, divided**
- ¼ teaspoon (1 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**

Nonstick cooking spray

1. Place the bacon between two layers of paper towels on a microwave-safe plate and in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave, set the time and power level to 2 minutes, 30 seconds on High (10P), and press Start. Add additional time in 2-minute, 30-second intervals until bacon is browned and crispy. Carefully remove, transfer to a paper towel-lined plate.
2. Prick the potatoes all over with the tines of a fork. Place the potatoes on a paper towel directly on the turntable of the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select the Potato microwave preset for 2 potatoes and press Start. Should potatoes need more time, add additional in 1 minute increments. Carefully remove cooked potatoes and let cool.
3. Meanwhile, put the broccoli into a microwave-safe bowl with a tablespoon (15 ml) of water, cover, and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select the Fresh Veggie microwave preset (A-2) for 4 ounces and press Start. Carefully remove, drain and let cool slightly.
4. Make the filling: Slice cooked potatoes, the long way, down the middle. Scoop out as much of the flesh as possible, while keeping the skins intact, and add it to the bowl with the broccoli. Reserve the hollowed-out potatoes. Mash the potato flesh and broccoli together with a fork. Add the reserved bacon, sour cream, ¼ cup (60 ml) of the Cheddar, salt, and pepper, and mix well to combine.
5. Spoon the filling back into the hollowed-out potatoes. Place the loaded potatoes onto the AirFry Basket seated on the Baking Pan. Lightly coat the skins with nonstick cooking spray. Top each with the remaining ¼ cup of Cheddar. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry, set the temperature and time to 350°F (180°C) for 10 minutes, and press Start. Potatoes are done when skin is crispy, and tops are golden brown and crunchy.
6. Carefully remove from the oven. Crumble the reserved bacon slices over the tops of the potatoes and dollop with extra sour cream, if desired. Serve immediately.

Nutritional information per potato:

Calories 320 (45% from fat) • carb. 30g • pro. 14g • fat 16g • sat. fat 9g
chol. 55mg • sod. 453mg • calc. 385mg • fiber 3g

“Fried” Brussels Sprouts

The tasty, sweet and spicy sauce makes these
Brussels sprouts a favourite side dish.

Function: AirFry
Makes 4 servings

- 1** **pound (454 g) Brussels sprouts**
- ¾** **teaspoon (3.75 ml) kosher salt**
- 2** **tablespoons (30 ml) honey**
- 2** **teaspoons (10 ml) sriracha sauce**
- 1** **teaspoon (5 ml) fresh lime juice**
- Nonstick cooking spray**
- Olive oil for spraying**

1. Place the AirFry Basket onto the AirFry Pan and coat with cooking spray. Reserve.
2. Trim the bottom of each Brussels sprout and then cut in half lengthwise. Arrange the halved sprouts in the basket, sprinkle with salt and lightly coat with olive oil.
3. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Stage Cooking. Stage 1: Press Oven/AirFry once and set the temperature and time to 300°F (150°C) for 20 minutes. Press dial to confirm. Stage 2: Press Oven/AirFry once and set temperature and time to 350°F (180°C) for 6 minutes. Press dial to confirm. Press the Turntable button to select the turntable, and press Start. Finished sprouts should be soft yet crispy.
4. While sprouts are cooking, stir together the honey, sriracha and lime juice in a medium-size mixing bowl. Once the Brussels sprouts are ready, toss in the sauce and serve immediately.

Nutritional information per serving:

Calories 89 (13% from fat) • carb. 19g • pro. 4g • fat 2g • sat. fat 0g • chol. 0mg
sod. 443mg • calc. 48mg • fiber 4g

Broccoli with Cheddar Sauce

This Cheddar sauce is a quick way to dress up your vegetables;
here broccoli and Cheddar are the classic combination.

Function: Microwave
Makes 4 servings

- 4** **cups (1 L) broccoli florets**
- ¼** **cup (60 ml) water**
- ⅓** **cup (75 ml) milk (whole or reduced fat)**
- 3** **ounces (85 g) shredded Cheddar**
- 3** **ounces (85 g) shredded Monterey Jack**
- 4** **ounces (113 g) cream cheese, cut into 4 pieces**
- Pinch freshly ground black pepper**

1. Put the broccoli and water into a microwave-safe bowl, cover and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Fresh Veggie (A-2) for 16 ounces (453 g) and press Start. Once cooked, remove, drain and reserve.
2. Place milk, cheeses and pepper into a large glass measuring cup or other microwave-safe, 4-cup (1 L) bowl. Cover and place in oven. Select Microwave, set time and temperature for 6 minutes on High (10P), and press Start. Pause after 3 minutes to stir and continue cooking.
3. Stir sauce, pour over reserved broccoli and serve.

Nutritional information per serving:

Calories 204 (70% from fat) • carb. 8g • pro. 14g • fat 23g • sat. fat 15g
chol. 60mg • sod. 405mg • calc. 382mg • fiber 0g

Twice-Cooked Squash with Spiced Pepitas

Cooking the squash twice helps to develop a rich flavour and creamy texture. The pepitas deliver a much-needed crunch factor and a warming note of spice that balances the sweetness of the dish.

Function: Microwave, AirFry

Makes 4 to 6 servings

- 2** **teaspoons (10 ml) olive oil**
- ¼** **cup (60 ml) raw pepitas (pumpkin seeds)**
- ½** **teaspoon (2.5 ml) of any warm, ground spice such as garam masala, harissa, smoked paprika, or cumin**
- ¼** **teaspoon (1 ml) plus pinch kosher salt, divided**
- 1** **small winter squash such as acorn, kabocha, or red kuri, halved, seeded and cut into 4–6 wedges**
- ¼** **cup (60 ml) water**
- 2** **tablespoons (30 ml) unsalted butter, cold**
- 1** **tablespoon (15 ml) maple syrup**
- 1** **tablespoon (15 ml) lime juice**
- Nonstick cooking spray**
- Chopped fresh cilantro or mint and/or lime zest for serving, optional**

1. Measure out olive oil onto a microwave-safe plate, add pepitas and toss to coat. Spread out in a single layer and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave and set the time and temperature for 1 minute on High (10P). Carefully toss seeds and continue to microwave in 1-minute intervals, tossing each time, until golden brown and aromatic. Sprinkle with the warming spice and a pinch of salt, and toss to coat. Reserve.
2. Place squash wedges into a microwave-safe casserole dish with ¼ cup (60 ml) water, cover and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave, set the time and power level for 6 minutes on High (10P), and press Start. Once cooked, remove, drain and reserve. Squash should be soft, but not fully cooked.

3. Put the butter in a small microwaveable measuring cup or bowl. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven and select the Melt/Soften microwave preset A-3 to melt the butter. Press Start. Carefully remove from the oven. Add the maple syrup and lime juice, and mix to combine. Reserve.
4. Place the AirFry Basket onto the AirFry Pan and coat with nonstick cooking spray. Arrange the squash in the basket, flesh-side up. Brush each wedge with a little of the butter mixture (reserving any remainder) and sprinkle all over with ¼ teaspoon (1 ml) salt. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry and set the temperature and time to 400°F (200°C) for 15 minutes. Squash is done when golden brown and tender all the way through.
5. Transfer squash to a serving plate. Brush with any of the remaining butter mixture and sprinkle with the spiced pepitas. Garnish with chopped cilantro or mint and/or lime zest, if desired. Serve immediately.

Nutritional information per serving (based on 4 servings):

*Calories 177 (58% from fat) • carb. 16g • pro. 4g • fat 12g • sat. fat 5g
chol. 15mg • sod. 109mg • calc. 41mg • fiber 2g*

Baked Macaroni and Cheese

We upgraded our creamy macaroni and cheese with an irresistible butter-crumb topping.

Function: Microwave, AirFry

Makes 6 to 8 servings

- 2** **tablespoons (30 ml) unsalted butter, cold**
- 1** **cup (250 ml) butter crackers such as Ritz®, crushed (about 24 crackers)**
- 3** **cups (750 ml) dried macaroni**
- 2** **cups (500 ml) water**
- 1** **teaspoon (5 ml) kosher salt**
- 2** **cups (500 ml) milk (whole or reduced fat)**
- 2** **cups (500 ml) shredded Cheddar**
- 2** **cups (500 ml) shredded Monterey Jack**

- 1 8-ounce (227 g) package cream cheese, cold,
cut into 8 pieces
Pinch freshly ground black pepper**
1. Put the butter in a small microwaveable measuring cup or bowl. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven and select the Melt/Soften microwave preset A-3 to melt the butter. Press Start. Carefully remove from the oven. Mix the melted butter and crushed crackers together in a small bowl. Reserve.
 2. Put the pasta, water and salt into a large (2-quart [1.89 L]), microwave- and oven-safe casserole dish, cover, and place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave, set the time and power level for 8 minutes on High (10P), and press Start. Pasta should be slightly undercooked.
 3. Stir in the remaining ingredients, except for the crumb topping; cover and return to the oven. Select Microwave and set the time and power level for 4 minutes on High (PL10). Repeat with an additional 4 minutes on High (PL10). Carefully remove and stir well.
 4. Evenly sprinkle the reserved crumb topping over the top. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry, set the temperature and time to 325°F (160°C) for 10 minutes, and press Start. Macaroni and cheese is done when bubbly and topping is golden brown.
 5. Carefully remove and let rest for 10 minutes. Serve warm.

Nutritional information per serving (based on 8 servings):

Calories 571 (54% from fat) • carb. 44g • pro. 23g • fat 34g • sat. fat 19g
chol. 101mg • sod. 688mg • calc. 507mg • fiber 2g

No-Trouble Cornbread

No posing, no pretense, just a straightforward cornbread that comes together in no time at all. And it's darn good.

Function: Microwave, Combi Cooking
Makes 12 servings

- 6 tablespoons (90 ml) unsalted butter, cold and cut into
tablespoons (15 ml), plus more for buttering the dish
1½ cups (375 ml) medium-grind stoneground cornmeal*
(we like Bob's Red Mill®)
1 cup (250 ml) unbleached, all-purpose flour
¼ cup (60 ml) sugar
1½ teaspoons (7.5 ml) baking powder
¾ teaspoon (3.75 ml) baking soda
¾ teaspoon (3.75 ml) kosher salt
1½ cups (375 ml) buttermilk, room temperature
2 large eggs, room temperature
2 tablespoons (30 ml) honey**
1. Butter an 8-inch ([20 cm]) 2-quart [1.89 L]) square, microwave- and oven-safe dish and reserve.
 2. Put the butter in a small, microwaveable measuring cup or bowl. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven and select the Melt/Soften microwave preset A-3 to melt the butter. Press Start. Repeat, if necessary, to full melt. Let cool slightly, about 4 to 5 minutes.
 3. Meanwhile, whisk the cornmeal, flour, sugar, baking powder, baking soda and salt together in a medium bowl. In another bowl, whisk together the buttermilk, eggs, honey and cooled butter. Mix the liquid into the cornmeal mixture, stirring until just combined; the batter will be thick.
 4. Pour the batter into the prepared dish and use a spatula to even out the top; place into the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Combi Cooking (CC1) and set the temperature and time to 325°F (160°C) for 25 minutes. Let cornbread rest in the microwave for 10 minutes before removing. Cornbread is done when the top is golden brown and the edges have pulled away from the dish. A toothpick inserted in the center should come out clean.
 5. Carefully remove the hot dish from the oven and place on a rack. Let cornbread cool for 10 minutes before cutting. Serve warm.

Nutritional information per serving:

Calories 218 (31% from fat) • carb. 32g • pro. 5g • fat 8g • sat. fat 4g • chol. 47mg
sod. 254mg • calc. 379mg • fiber 4g

- * Medium-grind cornmeal is toothsome and gives this cornbread a rustic texture. If this is not appealing, you can soak the cornmeal in the buttermilk for a minimum of 15 minutes to soften. Combine the cornmeal-buttermilk mixture with the remaining wet ingredients and proceed with the recipe as written. Alternatively, a fine-grind cornmeal will work here for a resulting bread that is more cake-like.

Chocolate Hazelnut Mug Cake

This is the perfect recipe to satisfy the sweet tooth in a hurry.

Function: Microwave

Makes 1 serving

- Nonstick cooking spray**
- 3 tablespoons (45 ml) unbleached, all-purpose flour**
- 2 tablespoons (30 ml) granulated sugar**
- 2 tablespoons (30 ml) cocoa powder**
- ¼ teaspoon (1 ml) baking powder**
- Pinch kosher salt**
- 3 tablespoons (45 ml) whole milk**
- 2 tablespoons (30 ml) vegetable oil**
- ¼ teaspoon (1 ml) pure vanilla extract**
- 2 tablespoons (30 ml) chocolate-hazelnut spread**

1. Spray the interior of a microwave-safe mug with nonstick cooking spray. Add the dry ingredients and stir with a fork to combine. Add the milk, oil and vanilla extract, and stir until combined. Dollop in the chocolate-hazelnut spread and stir gently to fold into the batter.
2. Put the mug into the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Microwave, set time and power level for 1 minute 20 seconds on High (PL10), and press Start. Remove and allow to sit for 1 minute prior to serving.

Serving tip: After resting the cake for 1 minute, it can be inverted onto a plate instead of eaten out of the mug. Cake is best warm.

Nutritional information per cake:

Calories 683 (54% from fat) • carb. 72g • pro. 9g • fat 41g • sat. fat 6g • chol. 5mg
sod. 298mg • calc. 112mg • fiber 3g

Churros (Spanish “Fried” Dough)

Airfrying lends an airy crunchiness to this traditionally fried treat.

Serve these with Mexican Hot Chocolate (recipe follows)
for the ultimate sweet course.

Function: AirFry

Makes about 12 churros, 6 servings

- ⅔ cup (150 ml) water**
- 5 tablespoons (75 ml) unsalted butter, cold, divided**
- ½ teaspoon (2.5 ml) pure vanilla extract**
- ¼ cup (60 ml) sugar, plus 1 tablespoon (15 ml)**
- Pinch of kosher salt**
- ½ cup (125 ml) unbleached, all-purpose flour**
- 1 tablespoon (15 ml) cinnamon**
- 1 large egg, room temperature**
- Powdered sugar for dusting, optional**
- Nonstick cooking spray**

1. Place the AirFry Basket onto the AirFry Pan. Coat the basket with nonstick cooking spray. Reserve.
2. In a medium saucepan over medium-high heat, combine the water, 3 tablespoons butter, vanilla extract, 1 tablespoon (15 ml) sugar, and salt. Heat until the butter has melted, the sugar has dissolved, and the mixture has come to a boil. Remove from heat and stir in the flour with a wooden spoon. When all the flour has been incorporated, the mixture should have a paste-like consistency. Allow to cool for 5 minutes.
3. Meanwhile, put 2 tablespoons (30 ml) of the cold butter in a small, microwaveable measuring cup or bowl. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven, select the Melt/Softening microwave

- preset A-3, and press Start to melt the butter. Remove and let cool. Then combine ¼ cup (60 ml) of the sugar and the cinnamon in a separate, shallow bowl. Reserve melted butter and cinnamon sugar.
- When the flour mixture has cooled, use a hand mixer to beat in the egg on low speed. The mixture may separate initially, but will come together again after 2 to 3 minutes of mixing. When smooth, transfer the dough to a piping bag fitted with a large open-star tip. Alternatively, you can fill a large plastic food storage bag and snip off a bottom corner.
 - Pipe 4- to 5-inch-long (10 to 12.5 cm) churros directly in the prepared basket. Use a knife to cut the dough from the tip. The basket should fit about 12 churros in a single layer, but churros can be piped and baked in two batches if necessary. Dust the churros with powdered sugar; this will promote a golden brown and crisp exterior.
 - Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven. Select Oven/AirFry, set the temperature and time to 400°F (200°C) for 8 minutes, and press Start. Churros are done when golden brown all over.
 - When out of the oven, carefully release the churros from the basket, brush all over with melted butter, and dredge in cinnamon sugar mixture. Serve immediately.

Nutritional information per serving (about 2 churros):

Calories 168 (55% from fat) • carb. 17g • pro. 2g • fat 10g • sat. fat 6g • chol. 56mg
sod. 35mg • calc. 59mg • fiber 1g

Mexican Hot Chocolate

Mexican chocolate is a stoneground chocolate that is mixed with sugar, spices or vanilla. The chocolate can be found in gourmet markets, some larger grocery stores or online.

Function: Microwave

Makes about 1½ cups (375 ml), 2 servings

1½ cups (375 ml) whole milk
¼ teaspoon (1 ml) pure vanilla extract

- 3 ounces (85 g) Mexican chocolate or semisweet chocolate, finely chopped**
- 2 teaspoons (10 ml) granulated sugar**
Large pinch ground cinnamon
Pinch cayenne or ground chile de árbol

- Pour milk into a large, microwaveable measuring cup. Place in the Cuisinart® 3-in-1 Microwave AirFryer Oven and select the Microwave Preset Beverage for 12 ounces ([340 g]12). Press Start.
- At the end of the cycle, carefully remove the measuring cup and stir in the remaining ingredients. Return to oven. Select Microwave, set time and power level for 20 seconds on High (10P), and press Start.
- Carefully remove from oven and stir well. Divide between two mugs and serve immediately with sweetened whipped cream.

Nutritional information per serving:

Calories 329 (47% from fat) • carb. 39g • pro. 9g • fat 19g • sat. fat 11g
chol. 18mg • sod. 79mg • calc. 207mg • fiber 3g

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.

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1-800-472-7606

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Woodbridge, ON. L4H 0L2

Email:

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Model:

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