

Cuisinart®

INSTRUCTION BOOKLET

Recipe
Booklet
Reverse Side



PrepExpress™ Handheld Food Processor

HFP-300

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

G IB-6742

IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. Drums are sharp. Handle them carefully.
3. Never feed food by hand. Always use food pusher.
4. To protect against risk of electrical shock, do not put base in water or other liquid.
5. Close supervision is necessary when any appliance is used by or near children.
6. Avoid contacting moving parts. Make sure appliance is off when not in use, before putting on or taking off parts.
7. Always unplug from outlet when not in use. To unplug, grasp plug and pull from electrical outlet. Never pull cord.
8. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock or personal injury, or damage to your PrepExpress™ Handheld Food Processor.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not let cord contact hot surface, including the stove.
12. Do not operate any appliance with damaged cord or plug, or after appliance has been dropped or damaged in any way. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
13. 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.

14. This food processor is UL listed for household use. Use it only for food preparation as described in the accompanying recipe and instruction book.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

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

IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart® PrepExpress™ Handheld Food Processor, and the parts for it:

Food chamber, pusher, slicing drum, shredding drum, grating drum and recipe/instruction book.

CAUTION: THE DRUMS HAVE VERY SHARP EDGES. TO AVOID INJURY WHEN UNPACKING THE PARTS, PLEASE FOLLOW THESE INSTRUCTIONS (see diagram next page.)

1. Place the box on a table or kitchen counter. Be sure the box is right side up.
2. Remove the top cardboard insert (A). Then remove the housing base.
3. The food chamber and pusher are located in a bag in one corner of the box. Remove these next.

4. The slicing drum is located inside the food chamber. Remove it **WITH GREAT CARE; THE BLADES ARE VERY SHARP.**
5. Remove the smaller cardboard inserts (B and C).
6. The shredding drum and grating drum are located in the corner of the box in separate bubble bags. Remove them one at a time, **WITH GREAT CARE; THE BLADES ARE VERY SHARP.**

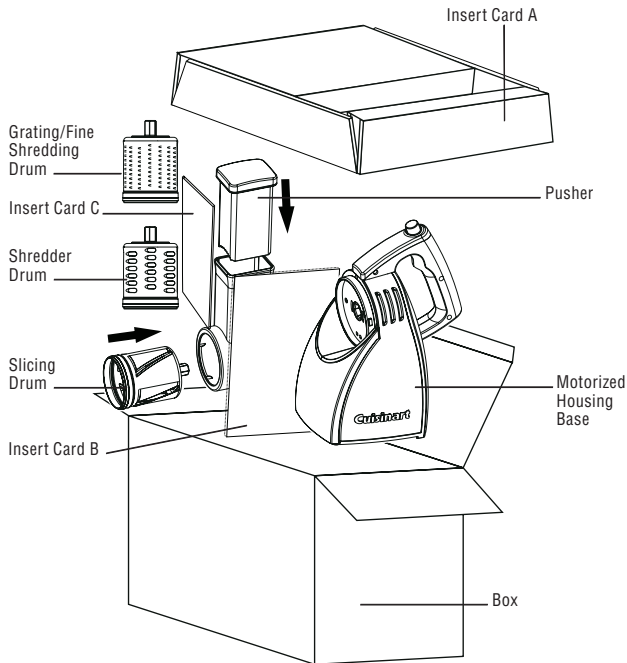
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Read the instructions thoroughly before using the machine. Save the shipping carton and cardboard inserts. You will find them very useful if you need to repack the processor for moving or shipping.

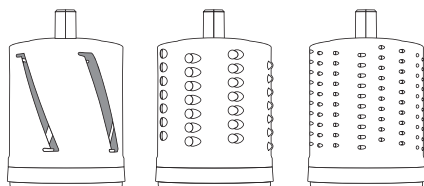
WHEN REMOVING DRUMS: CAREFULLY REMOVE THE METAL DRUMS BY GRASPING THE CENTER WHITE HUB. NEVER TOUCH THE BLADES, AS THEY ARE RAZOR SHARP.

Note: Remember to return your completed product registration card with all information carefully filled out.



INTRODUCTION

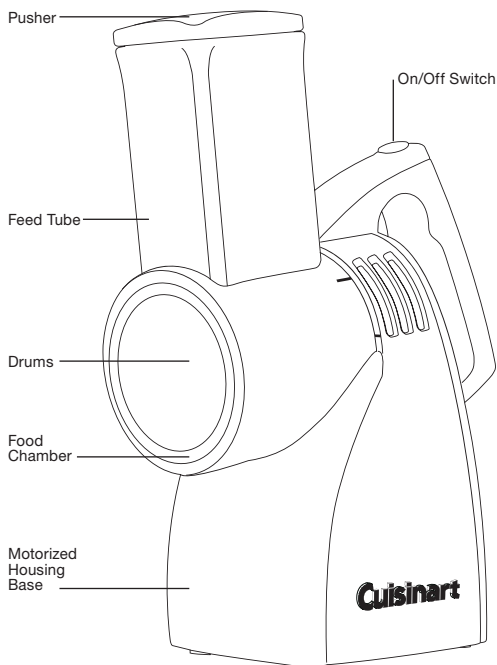
The versatile Cuisinart® PrepExpress™ Handheld Food Processor puts expert food preparation at your fingertips. This elegant unit slices, shreds and grates with ease. Just pick it up to process directly into a bowl or operate it on the countertop – either way it's fast, powerful and safe to use.



Slicing Drum

Shredding Drum

Grating/Fine Shredding Drum

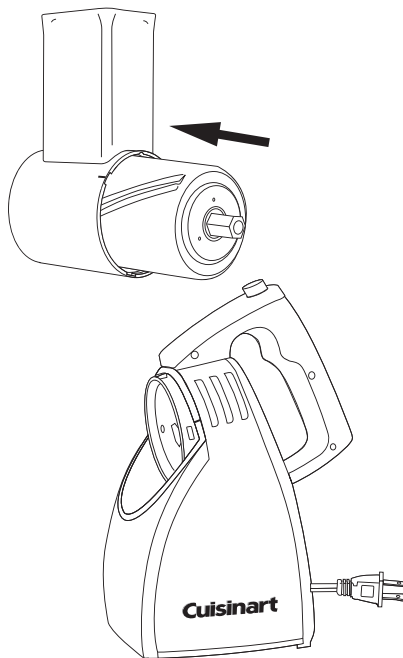


PARTS AND FEATURES

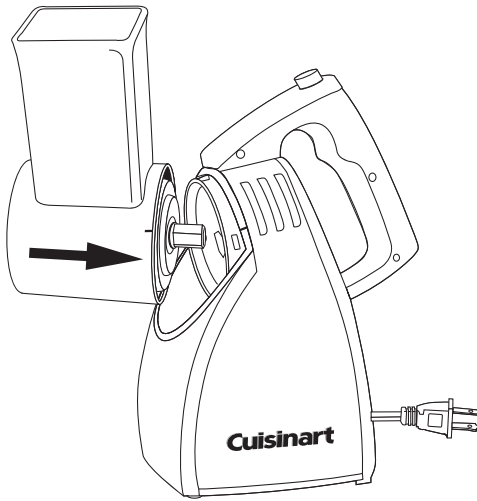
1. Motorized housing base with on/off switch and handle
2. Food chamber
3. Pusher
4. Slicing drum
5. Shredding drum
6. Grating/Fine Shredding drum

ASSEMBLY/USAGE INSTRUCTIONS

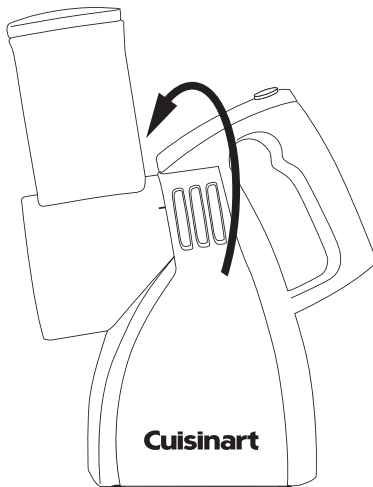
1. Select the drum that will be used and insert it into the chute opening. The exterior metal portions of the drums are sharp. Handle them carefully.



1. Insert drum into food chamber.



2. Insert food chamber into base.



3. Twist food chamber on base to lock position.

2. Attach the food chamber assembly to the motorized base. With the handle in your right hand and holding the food chamber at a 15° angle, line up the line on the food chamber with the line on the housing. The driving end of the assembly must be fully inserted into the socket of the motorized base. Next, while pushing the food chamber assembly firmly in toward the handle, rotate the assembly counterclockwise until it is upright and it is centered with the handle.
3. Plug cord in and load the food chamber. For best results, it is important that the food be prepared and properly placed in the food chamber as follows:
 - Cut food so that it will easily fit into the feed tube.
 - Stack food upright into the feed tube for short pieces or vertically for longer pieces.
4. Begin processing by pushing down the switch and evenly pushing the food down, using the pusher.
5. The processed food will be released from the front of the unit, directly into your bowl or platter.

USE AND CARE

1. Keep hands as well as spatulas and other utensils away from moving drums while processing food, to prevent the possibility of severe personal injury or damage to the food processor. A plastic scraper may be used, but only when the food processor motor is stopped.
2. Avoid contact with moving parts. Never push food down into feed tube by hand when slicing, shredding, or grating. Always use pusher.
3. The exterior of the drums are sharp. Store drums as you would other sharp objects, out of reach of children.

-
4. Maximum rating of 1.8 amperes is based on attachment that draws greatest current. Other recommended attachments may draw significantly less current.

CLEANING AND STORAGE

Keep your food processor ready to use on a kitchen counter. When not in use, leave it unplugged.

The exterior of the drums are sharp. Store the drums, as you would sharp knives, out of the reach of children. All parts except the housing base are dishwasher-safe, and we recommend washing them in the top rack of the dishwasher only.

Remember to unload the dishwasher carefully where the sharp drums are located.

To simplify cleaning, rinse the pusher, drums, and food chamber immediately after use, so food won't dry on them.

If you wash drums by hand, do it carefully. Avoid leaving them in soapy water where they may disappear from sight. Use of a spray attachment is also effective. If necessary, use a brush. The housing base is made of a tough plastic with high impact resistance. Its smooth surface will look new for years. Keep a sponge handy as you work, and wipe spills from the base.

Two rubber feet on the underside keep the base from moving on most work surfaces when the machine is processing heavy loads. 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. Dry completely.

FOR YOUR SAFETY

Like all powerful electrical appliances, the Cuisinart® PrepExpress™ Handheld 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 drums carefully. Their cutting edges are very sharp. When slicing, shredding, or grating food, always use the pusher. Never put your fingers or a spatula into feed tube.

Always unplug the unit before removing food, cleaning, or putting on or taking off parts.

SAFETY FEATURES

The motor in your PrepExpress™ Handheld Food Processor operates on standard line operating current. The appropriate voltage and frequency for your machine are shown on the lower housing under the base.

Safety switches prevent the machine from operating when the drum and feed tube are not locked into position. The motor stops within seconds when the motor is turned off.

WARRANTY INFORMATION

This warranty supersedes all previous warranties on the Cuisinart® PrepExpress™ Handheld Food Processor.

This warranty is available to consumers only.

You are a consumer if you own a Cuisinart® PrepExpress™ Handheld Food Processor that was purchased at retail for personal, family or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® PrepExpress™ Handheld Food Processor will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

We suggest that you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration is not a condition of these warranties.

If your Cuisinart® PrepExpress™ Handheld Food Processor should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to:

Cuisinart
150 Milford Road
East Windsor, NJ 08520

To facilitate the speed and accuracy of your return, please also enclose \$10.00 for shipping and handling of the product (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions). Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by check or money order.

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® PrepExpress™ Handheld Food Processor has been manufactured to strict specifications and has been designed for use with the Cuisinart® PrepExpress™ Handheld Food Processor accessories and replacement parts.

These warranties expressly exclude any defects or damages caused by accessories, replacement parts or repair service other than those that have been authorized by Cuisinart.

These warranties do not cover any damage caused by accident, misuse, shipment or other than ordinary household use.

These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart® products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART® PRODUCT

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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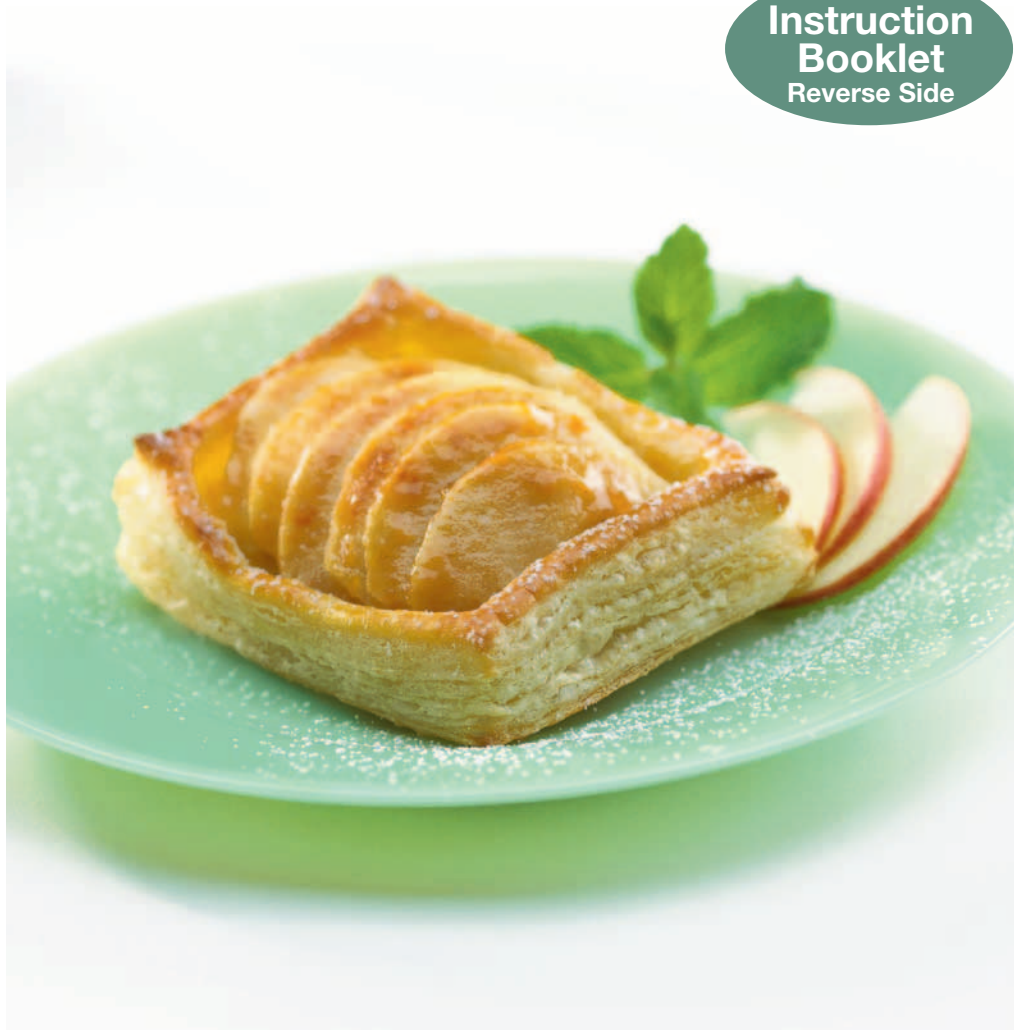
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Cuisinart®

Recipe Booklet

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Reverse Side



PrepExpress™ Handheld Food Processor

HFP-300

Apple Pancakes

These delicious pancakes are great for
Sunday brunch

Makes about 20 pancakes

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- 1 medium apple, peeled, cored, and cut in half**
- 1 tablespoon cinnamon sugar**
- 1 tablespoon unsalted butter for cooking apples**
- 2 cups unbleached, all-purpose flour**
- ½ teaspoon salt**
- 2 teaspoons baking powder**
- 1 teaspoon baking soda**
- 1 teaspoon ground cinnamon**
- 2 large eggs**
- 1¾ cups milk**
- 4 tablespoons unsalted butter, melted powdered sugar**
- pure maple syrup**

Place a 12-inch nonstick skillet over medium heat.

Trim bottom of apples so they sit straight in the feed tube of the Cuisinart® PrepExpress™ Handheld Food Processor. Insert slicing drum and slice apples. Remove and transfer to 12-inch skillet with cinnamon sugar and the tablespoon of butter. Cook apple slices over medium-low heat until soft and slightly caramelized, about 8 to 10 minutes. Remove, reserve and wipe out pan with a paper towel and keep pan over low heat.

Preheat oven to 200°F. Prepare a baking sheet lined with a metal cooling rack.

While apples are cooking, stir together dry ingredients in a large mixing bowl.

In a separate bowl, whisk together the eggs, milk, and melted butter. Pour wet ingredients over dry ingredients and whisk just until a batter forms.

Place 1 apple slice in the skillet and pour ¼ cup pancake batter over the slice. In a 12-inch skillet 4 pancakes can be cooked at a time. Cook pancakes 4 minutes per side or to desired doneness.

Serve immediately or place cooked pancakes on a prepared cooling rack/baking sheet and keep warm until all are cooked.

Serve with powdered sugar and pure maple syrup.

Nutritional information per serving:
Calories 111 (34% from fat) • carb. 16g • pro. 3g
• fat 4g • sat. fat 2g • chol. 32mg • sod. 171mg
• calc. 39mg • fiber 1g

Morning Glory Muffins

Makes 12 muffins

- cooking spray**
- 2 cups unbleached, all-purpose flour**
- 1 cup granulated sugar**
- 2 teaspoons baking soda**
- 2 teaspoons ground cinnamon**
- ½ teaspoon salt**
- ½ zucchini, about 3 ounces**
- 1 small Granny Smith apple, peeled, cored, and quartered**
- ½ cup raisins**
- ½ cup chopped walnuts**
- ½ cup shredded coconut**
- 3 large eggs**
- ½ cup unsalted butter, melted**
- 1 teaspoon pure vanilla extract**

Preheat oven to 375°F. Spray 12-cup muffin pan with cooking spray.

In a large mixing bowl, sift together flour, sugar, baking soda, cinnamon, and salt.

Insert shredding drum into Cuisinart® Handheld Food Processor. Shred the zucchini and the apple and stir into the dry

ingredients. Stir in the raisins, walnuts and coconut and reserve.

In a separate mixing bowl, whisk together eggs, melted butter, and vanilla. Pour over dry ingredients and mix thoroughly until mixture becomes a thick, moist batter.

Scoop even amounts of batter (about ¼ cup) into prepared muffin pan. Bake in the middle of the oven until the muffins are a dark golden and a cake tester comes out clean, about 20 minutes.

Nutritional information per muffin:
Calories 350 (46% from fat) • carb. 43g • pro. 5g
• fat 18g • sat. fat 11g • chol. 74mg • sod. 303mg
• calc. 28mg • fiber 3g

Potato Zucchini Frittata

Makes about 12 servings

- 1 tablespoon unsalted butter**
- 1 small leek, washed well and finely chopped**
- 3 ounces Swiss or Cheddar cheese**
- 1 medium potato, peeled, about 8 ounces, cut to fit feed tube**
- 1 tablespoon olive oil**
- 1 medium zucchini, trimmed, about 6 ounces**
- ¼ teaspoon salt**
- 7 large eggs**
- ½ cup milk**

Preheat oven to 400°F.

Place an ovenproof 12-inch nonstick skillet over medium heat and add the butter. Once butter melts, stir in the leek and reduce heat to medium low.

While the leek is cooking, shred cheese using the shredding drum of the Cuisinart® PrepExpress™ Handheld Food Processor and reserve in a separate bowl.

Insert the slicing drum and slice the potato. Place the potato slices in the skillet with the

olive oil. Slice the zucchini and reserve until the potatoes begin to brown slightly, about 8 to 10 minutes. Once potatoes have browned, add the zucchini and the salt. Continue cooking vegetables until they are slightly browned all over, about another 5 to 8 minutes.

Whisk together eggs and milk in a stainless bowl. When vegetables are ready, whisk the cheese into the egg/milk mixture and pour directly into the skillet.

Once the eggs are set on the bottom place skillet in preheated oven. Bake for 8 to 10 minutes until set. To finish, broil the frittata until lightly golden on top.

Carefully slide out onto serving platter or cutting board and serve immediately.

Nutritional information per serving:
Calories 117 (56% from fat) • carb. 6g • pro.7g
• fat 7g • sat. fat 3g • chol. 134mg • sod. 113mg
• calc. 104mg • fiber 1g

Hash Brown Potatoes

Makes 4 to 6 servings

- 1 pound russet potatoes, peeled, cut to fit feed tube**
- 4 ounces yellow onion, cut to fit feed tube**
- ½ teaspoon kosher salt**
- ¼ teaspoon fresh ground black pepper**
- 2 tablespoons unsalted butter**
- 2 tablespoons olive oil**

Insert the shredding drum into the Cuisinart® PrepExpress™ Handheld Food Processor. Shred potatoes and onion into a large mixing bowl. Transfer contents of bowl to a clean tea towel which has been laid out on the counter. Over the sink, use the tea towel to wring out as much liquid as you can from the potatoes and onion. Transfer ingredients back to the mixing bowl. Add salt and pepper and mix well.

Place half of the butter and olive oil in a 12-inch skillet and place over medium heat until butter begins to sizzle. Add dried potatoes and onions to the skillet and press down into pan with a spatula. Cook potatoes for about 7 to 8 minutes until nicely browned. Be sure not to move potatoes until browned or they will stick to the pan. Carefully turn potatoes over and add remaining butter and oil. Cook for an additional 5 minutes until crisp and golden. Serve immediately.

Nutritional information per serving:
Calories 141 (53% from fat) • carb. 15g • pro. 2g
• fat 8g • sat. fat 3g • chol. 10mg • sod. 117mg
• calc. 11mg • fiber 2g

Tossed Salad

Makes 18 cups

Vinaigrette:

- 1 small shallot, finely chopped**
- ⅓ cup balsamic vinegar**
- 1 tablespoon Dijon mustard**
- ½ teaspoon kosher salt**
- ⅓ teaspoon freshly ground pepper**
- 1 cup extra virgin olive oil**

Salad:

- 1 head romaine lettuce**
- 1 head iceberg lettuce, cut to fit feed tube**
- 1 small head radicchio, cut to fit feed tube**
- ½ medium red onion**
- 6 radishes, ends flat**
- ½ small red bell pepper cut into two 1½-inch slabs (about 2 ounces)**
- ½ small yellow bell pepper cut into two 1½-inch slabs (about 2 ounces)**
- 1 celery stalk, trimmed and cut to fit feed tube vertically**
- 1 piece zucchini, about 2 ounces**
- 1 medium carrot, about 3 ounces**

In a small bowl, whisk together the shallot, vinegar, mustard, salt and pepper. While

whisking, slowly pour in olive oil in a steady stream until completely mixed and emulsified, reserve.

Wash, dry and tear romaine leaves into bite-size pieces. Place into a large bowl.

Insert slicing drum into Cuisinart® PrepExpress™ Handheld Food Processor. Slice iceberg lettuce, radicchio, red onion, and radishes directly into bowl. Slice peppers and celery directly into bowl as well.

Replace slicing drum with shredding drum. Shred zucchini and carrot directly into bowl.

Toss vinaigrette with salad. Taste and adjust seasoning accordingly.

Nutritional information per serving:

*Calories 123 (87% from fat) • carb. 4g • pro. 1g
• fat 12g • sat. fat 2g • chol. 0mg • sod. 64mg
• calc. 13mg • fiber 1g*

Coleslaw

Makes 6 cups

- 1 small head green cabbage, about 1½ pounds, cut to fit feed tube**
- 1 medium carrot, about 3 ounces, trimmed and peeled**
- ½ cup mayonnaise**
- 2 tablespoons white wine vinegar**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**

Insert the slicing drum into the Cuisinart® PrepExpress™ Handheld Food Processor. Slice the cabbage into a large bowl.

Insert the shredding drum and shred the carrot into the same bowl. Toss the cabbage and carrots with the remaining ingredients. Taste and adjust seasoning accordingly.

Nutritional information per serving:

*Calories 87 (75% from fat) • carb. 5g • pro. 1g
• fat 8g • sat. fat 1g • chol. 4mg • sod. 124mg
• calc. 25mg • fiber 1g*

Asian Cucumber Salad

Makes 3 cups of salad or six ½-cup servings

- 1 piece fresh ginger root, 1 inch, peeled**
- 1 seedless cucumber, about 1 pound, washed**
- ¼ cup rice vinegar**
- ¼ teaspoon kosher salt**
- ¼ teaspoon granulated sugar**

Insert shredding drum into Cuisinart® PrepExpress™ Handheld Food Processor. Shred the ginger. Remove drum and the ginger that has accumulated on the inside of the drum. Reserve ginger.

Insert the slicing drum and slice the cucumber into a large mixing bowl. Toss the cucumber with the vinegar, salt, sugar, and reserved ginger.

Taste and adjust seasoning accordingly.

Nutritional information per serving:

*Calories 14 (6% from fat) • carb. 3g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 57mg
• calc. 12mg • fiber 1g*

Shredded Carrot and Zucchini Salad

Makes 4 servings

- 2 small zucchini (a scant ½ pound)**
- 3 medium carrots (a scant ½ pound)**
- ½ small clove garlic, peeled and finely chopped**
- 2 tablespoons raspberry vinegar**
- 1 teaspoon Dijon-style mustard**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**
- ¼ cup light olive oil**
- 2 tablespoons toasted slivered almonds**

Insert the shredding drum into the Cuisinart® PrepExpress™ Handheld Food Processor. Shred zucchini and carrots into a medium bowl.

Place the chopped garlic into a medium bowl with the vinegar, mustard, salt and pepper. Whisk ingredients together. While whisking, slowly pour the oil into bowl in steady stream. Whisk until dressing is emulsified.

Toss the shredded zucchini and carrots with dressing to taste. Transfer to a serving bowl and garnish with slivered toasted almonds. Serve immediately or cover and chill for up to 2 hours (vegetables will begin to lose their crunchy freshness if longer).

Nutritional information per serving:
Calories 183 (76% from fat) • carb. 9g • pro. 2g
• fat 16g • sat. fat 2g • chol. 0mg • sod. 137mg
• calc. 37mg • fiber 3g

Tacos

Makes enough for 8 tacos

- 1 **teaspoon vegetable oil**
- 1 **medium onion, finely chopped**
- 1 **jalapeño pepper, deseeded and finely chopped**
- 1 **garlic clove, finely chopped**
- 1 **pound ground beef**
- 2 **tablespoons chili powder**
- ½ **teaspoon ground cumin**
- ¼ **teaspoon fresh ground pepper**
- ¾ **teaspoon kosher salt**
- ¾ **cup water**
- 1 **small head iceberg lettuce, cut to fit feed tube**
- 1 **red pepper, cut into four 1½-inch slabs**
- 1 **red onion, cut to fit feed tube**
- ½ **cup black pitted olives**
- ½ **pound Cheddar or Monterey Jack cheese (or combination of the two)**
- 8 **taco shells**

Place oil in a 12-inch skillet over medium heat. Add onion and jalapeño and cook for about 4 minutes until vegetables are soft. Add the garlic and cook for an additionally minute. Add beef to skillet, stirring until all beef has been cooked through. Drain and discard fat.

Add seasonings and water to beef mixture and bring to a boil. Reduce heat to low and simmer until thickened, about 10 minutes.

While beef is simmering, insert slicing drum into the Cuisinart® PrepExpress™ Handheld Food Processor. Slice the lettuce, red pepper, onion, and olives and place each ingredient in a separate bowl. Replace the slicing drum with the shredding drum and shred the cheeses and place in a separate bowl.

Serve the meat in taco shells with the variety of toppings along with sliced avocado, diced tomatoes, and sour cream.

Nutritional information per taco:
Calories 354 (63% from fat) • carb. 13g • pro. 20g
• fat 25g • sat. fat 11g • chol. 69mg • sod. 559mg
• calc. 262mg • fiber 3g

French Onion Soup

Makes about 6 servings

- 3 **tablespoons unsalted butter**
- 2 **pounds yellow onions, peeled and cut to fit feed tube**
- ¾ **teaspoon kosher salt, divided**
- ½ **teaspoon granulated sugar**
- ½ **cup sherry**
- ½ **cup dry white wine**
- 6 **cups beef stock (chicken stock or a combination of beef and chicken may be used for a lighter soup)**
- ¼ **teaspoon fresh ground black pepper**
- ½ **pound Gruyère or Swiss cheese**
- 6 **thick slices crusty bread, toasted**

Place butter in 6-quart stock pot over medium heat.

Insert slicing drum into Cuisinart® PrepExpress™ Handheld Food Processor. Slice onions directly into pot. Sauté onions with ¼ teaspoon of salt for 20 minutes, stirring occasionally. Add the sugar and turn the heat to medium high. Continue cooking and stirring until onions become a deep golden, about an additional 10 minutes.

Stir the sherry into the pot and cook until liquid is evaporated. Add the white wine and simmer for 5 minutes. Add the stock and remaining salt and pepper. Bring soup to a boil and simmer for 20 minutes. Adjust seasoning to taste.

While soup is simmering insert shredding drum into handheld food processor. Shred the cheese and reserve.

Arrange 6 ovenproof soup bowls on a baking sheet. Preheat broiler to high. Ladle soup into bowls and place a piece of toasted bread on top of each. Mound the shredded cheese evenly on top of the toast. Place under broiler until cheese melts and bubbles.

Nutritional information per serving:
Calories 334 (46% from fat) • carb. 22g • pro. 17g
• fat 18g • sat. fat 10g • chol. 51mg • sod. 632mg
• calc. 417mg • fiber 3g

Lacy Potato Pancakes

Makes eight 2-inch pancakes

- 12 ounces Yukon Gold potatoes, peeled, cut to fit feed tube**
- 2 ounces yellow onion**
- 1 egg, lightly beaten**
- 1 teaspoon kosher salt**
- 2 tablespoon vegetable oil**

Insert the shredding drum into the Cuisinart® PrepExpress™ Handheld Food Processor. Shred potatoes and onion into a large mixing bowl. Transfer contents of bowl to a clean tea towel which has been laid out on the

counter. Over the sink, use the tea towel to wring out as much liquid as you can from the potatoes and onion. Transfer ingredients back to the mixing bowl. Add egg and salt, mix well.

Place a nonstick 12-inch skillet over medium heat. Add the vegetable oil. Form small pancakes with your hands, squeezing out any remaining liquid. When the oil shimmers in the pan, add pancakes. Cook approximately 3 minutes on each side until pancake is golden brown or to your desired doneness.

Nutritional information per pancake:
Calories 76 (47% from fat) • carb. 8g • pro. 2g
• fat 4g • sat. fat 1g • chol. 27mg • sod. 304mg
• calc. 9mg • fiber 1g

Potato Gratin

Serves 12

- 24 ounces red skinned or Yukon Gold potatoes, peeled, cut to fit feed tube**
- 1½ cups heavy cream**
- 2 cloves garlic, smashed**
- ¼ teaspoon dried rosemary**
- 2 teaspoons kosher salt**
- ½ teaspoon freshly ground pepper**

Place peeled potatoes in a bowl and submerge them in cold water.

Preheat oven to 375°F. Lightly coat a 1¼-quart ovenproof baking dish with cooking spray.

In a small saucepan, place cream, smashed garlic, and rosemary. Heat the cream until it just barely boils (this is scalding). Reduce heat and simmer for 10 minutes. While cream simmers, insert the slicing drum in the Cuisinart® PrepExpress™ Handheld Food Processor. Slice potatoes.

Arrange sliced potatoes in prepared dish by overlapping them slightly in a circular pattern. Continue creating new layers of

potatoes, seasoning each layer generously with salt and pepper until all potatoes are used. Finish by pouring the warm cream over the layers. Cover with a sheet of aluminum foil that has been lightly coated with cooking spray.

Place in middle of oven on a baking sheet and bake for 45 minutes. Remove foil and continue baking for about another 30 minutes until gratin is golden and bubbly. Remove from oven and let rest 5 to 10 minutes. Serve hot.

Nutritional information per serving:

*Calories 435 (62% from fat) • carb. 21g • pro. 3g
• fat 17g • sat. fat 10g • chol. 61mg • sod. 355mg
• calc. 37mg • fiber 1g*

Personalized Pizzas

Makes two 8-inch pizzas

- ½ small red bell pepper cut into two 1½-inch slabs (about 2 ounces)**
- ½ small yellow bell pepper cut into two 1½-inch slabs (about 2 ounces)**
- 1 piece zucchini, 2 ounces**
- 3 ounces mozzarella, VERY cold**
- 1 ounce Parmesan cheese**
- 1 ounce Pecorino Romano® cheese**
- olive oil**
- prepared pesto (optional)**
- 2 8-inch pizza crusts**

Preheat oven to 425°F. Line baking sheet with aluminum foil.

Insert slicing drum into the Cuisinart® PrepExpress™ Handheld food processor. Slice the 4 pepper slabs together to achieve 1½-inch pepper strips. Slice the zucchini into rounds. Reserve both vegetables. Slice mozzarella and reserve.

Insert the shredding drum and shred the Parmesan cheese, reserve. Insert the grating drum and grate the Romano cheese; reserve.

To assemble pizzas:

Using your favorite pizza dough recipe, or a prepared pizza crust, place the crusts on prepared baking sheet and brush all over with olive oil. Layer vegetables evenly on both crusts, place a few dollops of prepared pesto over the vegetables if desired. Layer the three cheeses on the vegetables starting with the mozzarella and ending with the Romano.

Bake in preheated oven for about 10 minutes, or until desired doneness is achieved.

Nutritional information per serving:

*Calories 901 (33% from fat) • carb. 104g • pro. 50g
• fat 34g • sat. fat 13g • chol. 85mg • sod. 2030mg
• calc. 952mg • fiber 5g*

Carrot Cake

Makes about 10 servings

cooking spray

Cake:

- ¾ cup plus 2 tablespoons unbleached, all-purpose flour**
- ½ tablespoon unsweetened cocoa**
- 1 teaspoon cinnamon**
- 1 teaspoon baking powder**
- ½ teaspoon baking soda**
- ½ teaspoon salt**
- 2 large eggs**
- ½ cup plus 2 tablespoons vegetable oil**
- ½ cup granulated sugar**
- ½ cup dark brown sugar**
- ¾ cup chopped walnuts**
- ½ pound carrots**
- ½ cup raisins (6 ounces)**

Frosting:

- 2 ounces white chocolate**
- ¼ cup heavy cream**
- 8 ounces cream cheese, room temperature**
- 1 cup confectioners' sugar**
- ½ teaspoon pure vanilla extract**

Preheat oven to 350° F. Spray an 8x8x2-inch pan with cooking spray.

Sift the flour, cocoa, cinnamon, baking powder, baking soda, and salt together in a small bowl.

In a separate bowl, whisk together eggs, oil, vanilla and sugar until smooth. Stir in the dry ingredients and the chopped walnuts until combined.

Insert the shredding drum. Shred the carrots directly into mixing bowl. Use a spatula to stir in the raisins with the carrots.

Pour into the prepared pan and bake in the preheated oven until a cake tester inserted in the center comes out clean, about 40 to 45 minutes. Cool in the pan. Prepare the frosting.

Insert the grating drum into processor. Grate the white chocolate and reserve in mixing bowl. Heat the heavy cream in a small saucepan until it is about to come to a boil. Pour hot cream over white chocolate to melt and mix together with a hand mixer until cool. Add the cream cheese and mix until soft. Sift confectioners' sugar over cream cheese mixture and mix until smooth. Mix in vanilla. Spread the frosting on the cooled cake.

Nutritional information per serving:
Calories 579 (49% from fat) • carb. 69g • pro. 6g
• fat 33g • sat. fat 9g • chol. 75mg • sod. 319mg
• calc. 80mg • fiber 2g

Individual Apple Galettes

Makes 8 galettes

- 1/3 sheet puff pastry (about 2 ounces)
- 2-3 small Granny Smith apples (about 4 ounces each), peeled, cored, and sliced in half
- 2 tablespoons unsalted butter, melted
- 2 tablespoons cinnamon sugar
- 1 large egg
- 1/4 cup apricot preserves
- flour for rolling pastry

Preheat oven to 450°F. Line baking sheet with parchment paper.

Roll out puff pastry very thin. Cut into six rectangles about 3¼ inches x 4 inches.

Insert slicing drum into Cuisinart® PrepExpress™ Handheld Food Processor. Slice apple halves. Fan about 6 apple slices in the center of the puff pastry rectangles, leaving about ¼-inch space on all sides. Cut ¼-inch wide strips out of the puff pastry scraps in order to reinforce the tart borders.

Brush the apples with the melted butter and sprinkle with cinnamon sugar.

Beat egg with 1 tablespoon of water and brush egg wash on the exposed pastry.

Bake in preheated oven for about 20 minutes until golden.

While tarts are baking, heat preserves with 2 tablespoons of water in a small saucepan until hot and melted. Once tarts are removed from the oven brush with apricot glaze.

Nutritional information per serving:
Calories 133 (36% from fat) • carb. 21g • pro. 1g
• fat 6g • sat. fat 2g • chol. 34mg • sod. 36mg
• calc. 8mg • fiber 2g

Chocolate Mousse Pie

Makes about 12 servings

Crust:

- 30 chocolate wafer cookies (like Nabisco® wafers) (approximate)**
- 4 tablespoons unsalted butter, melted**

Mousse:

- 12 ounces semisweet chocolate**
- 2½ cups heavy cream**

Topping:

- ½ ounce semisweet chocolate**
- 1½ cups heavy cream**
- ¼ cup granulated sugar**
- 1 teaspoon pure vanilla extract**

Preheat oven to 350°F.

Crust:

Insert grating drum into Cuisinart® PrepExpress™ Handheld Food Processor. Place chocolate wafers in drum, about 4 to 5 at a time to make cookie crumbs. There should be about 1½ cups crumbs. Combine crumbs with melted butter and press into 9-inch deep dish pie plate. Place in oven and bake for 10 minutes – until crust is set.

Cool completely before filling.

Mousse:

Place the chocolate in a stainless mixing bowl. Place 1 cup of the heavy cream in a small saucepan over medium-high heat. When cream almost comes to a boil, pour over chocolate. Stir until chocolate is completely melted and smooth; allow to cool to room temperature. In a separate mixing bowl, whip the remaining 1½ cups of heavy cream with a hand mixer until it holds firm peaks. Carefully fold the whipped cream into the chocolate in three additions until completely homogenous.

Pour into cooled crust, wrap in plastic and refrigerate for at least six hours.

Topping:

With the grating drum, process the ½-ounce of chocolate into curls. Reserve.

Place the cream for the topping in a stainless mixing bowl. Whip with a hand mixer until it holds some shape. Add the sugar and vanilla to the cream and continue whipping until firm peaks form. Pour whipped topping onto pie and either serve immediately or wrap and refrigerate until cream is also set up, about ½ hour. Serve with chocolate curls on top.

Nutritional information per serving:

*Calories 538 (73% from fat) • carb. 34g • pro. 4g
• fat 46g • sat. fat 27g • chol. 119mg • sod. 118mg
• calc. 66mg • fiber 2g*

Version No.: HFP300 IB-6742	
Size: 203MM(W)X152MM(H)	20PP
Material: <u>Cover</u> : 157GSM MATT ARTPAPER	
<u>Inside</u> : 120GSM GLOSS ARTPAPER	
Coating: <u>VARNISHING ON COVER</u>	
Color (Cover): 4C(CMYK)+1C(BK)	
(Inside): 1C(BK)+1C(BK)	
Date: <u>AUG-03-2006</u>	Co-ordinator : ASTOR
Hugo Descriptio : HFP300 IB-6742(0,0) BOOK	
Hugo Code: ANE0301IB-1-1	OPERATOR: WYH

