

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Stack5™ Multifunctional Grill

GR-M3CBC Series

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

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning the appliance.**
3. Do not touch hot surfaces; use handles or knob. Always use oven mitts when handling hot material.
4. To protect against risk of electrical shock, do not immerse the cord, plugs, or grill housing in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately. **DO NOT reach into the liquid.**
5. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the Customer Service Center (see Warranty for details) for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock, or risk of injury.
8. Do not use outdoors or anywhere the cord or unit housing might come into contact with water while in use.
9. Do not use the grill for anything other than its intended use.
10. This appliance is not intended for deep frying foods.
11. To avoid the possibility of the grill being accidentally pulled off work area, which could result in damage to the cooker or personal injury, do not let cord hang over edge of table or counter.
12. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
13. Extreme caution must be used when moving the grill containing hot oil or other hot liquids.
14. Do not place on or near a hot gas or electric burner, or in a heated oven.
15. Do not operate grill in water or under running water.
16. Avoid sudden temperature changes, such as adding refrigerated foods to a heated pot.
17. **CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK, COOK ONLY IN THE POT PROVIDED OR IN CONTAINERS PLACED ON THE COOKING RACK IN THE PROVIDED POT.**
18. **CAUTION:** A heated pan or grill plate may damage countertops or tables. When removing the baking pan or grill plate from the heater plate, **DO NOT** place it directly on any unprotected surface. Always set the hot baking pan or grill plate on a trivet or a rack.
19. Always attach plug to appliance first, then plug cord in the wall outlet. To disconnect, turn dial control to OFF, then remove plug from wall outlet.
20. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD

USE ONLY SPECIAL CORD SET INSTRUCTIONS

A short detachable power supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

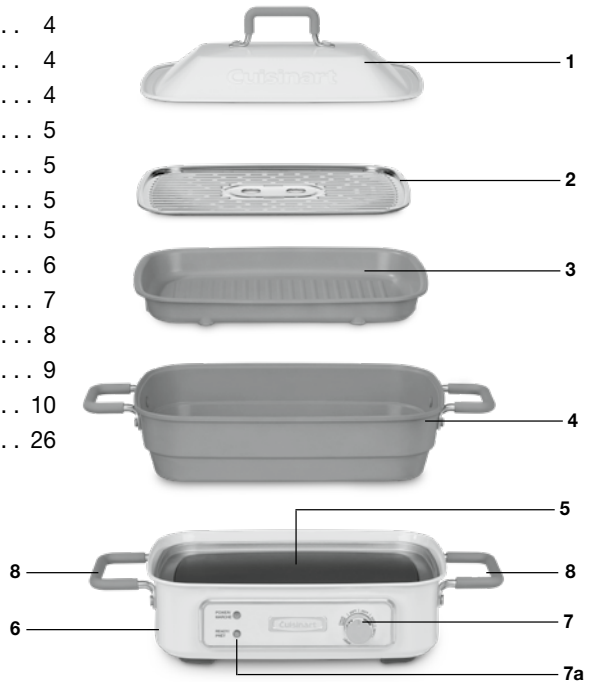
If a long detachable power-supply cord or extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The extension cord should be a grounding 3-wire cord. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

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FEATURES AND BENEFITS

1. **Removable lid with silicone-wrapped handle**
2. **Removable stainless steel steam rack** elevates ingredients to steam
3. **Removable non-stick grill plate** for grilling
4. **Removable, 5 qt. (4.7 L) non-stick baking pan** for slow cooking, baking, browning/sautéing, steaming, and griddling
5. **Heater plate**
6. **Grill Housing**
7. **Dial control with settings from WARM to 400°F (200°C)**
 - a. Indicator lights signal “power on” and heating/ready to cook
8. **Silicone-wrapped handles**
9. **Removable cord (not shown)** for convenient, easy storage
10. **BPA free (not shown)**
All parts that are meant to come into contact with food are BPA free



THE STACK5 DOES IT ALL

The Stack5 is the ultimate kitchen appliance, offering you six separate cooking options.

GRILL

Use the Stack5™ as a grill to cook burgers, steak, poultry, fish and vegetables. When the Stack5™ is being used as a grill, use the removable, non-stick grill plate.

GRIDDLE

Use the Stack5™ as a griddle to cook pancakes, eggs, French toast, hash browns and breakfast meats. When the Stack5 is being used as a griddle, use the removable, non-stick baking pan.

BROWN/SAUTÉ

The Stack5 can function as an electric skillet. Use the non-stick baking pan to brown or sauté ingredients as an independent skillet dish or as the foundation to a slow-cooked dish.

SLOW COOK

The 5-quart (5.6 L), non-stick baking pan for the Stack5™ is the perfect-sized vessel to create a variety of slow-cooked meals.

BAKE

Use the Stack5 to create baked cakes and casseroles using the non-stick baking pan.

STEAM

Steam anything from artichokes to broccoli to chicken breasts in the Stack5™. Use the stainless steel steam rack inside the baking pan with a minimum of 3 cups (750 ml) of water to steam.

ASSEMBLY INSTRUCTIONS

Place your Stack5 on a clean, flat surface where you intend to cook. The Stack5™ can be positioned in three ways:

Grill Plate Position: Place the grill plate on top of the heater plate.



Baking Pan Position: Place the baking pan on top of the heater plate.



Steam Position: Place the baking pan on top of the heater plate, add the steam rack to the baking pan.



NOTE: Make sure steam rack is resting on the pan support shelf, not the handle rivets.

OPERATING INSTRUCTIONS

Once the Stack5 is assembled properly and you are ready to begin cooking, turn the dial clockwise to select desired cooking temperature.

Temperatures range from WARM to 400°F (200°C). When the unit is plugged in, the upper white indicator and blue ready light will illuminate to indicate that the power is on. Once a temperature is selected, the ready light will go out.

It may take up to 10 minutes to reach the selected temperature, depending on the temperature level that was set. When the thermostat has reached operating temperature, the lower blue ready light will indicate that the Stack5 is ready for cooking. During operation, the light will continue to turn on and off as the thermostat regulates the temperature. This is normal.

The temperature controls are used to set and maintain the temperature of the cooking surface. You may vary the setting of the control knob at any time during

cooking, and may wish to do so depending on the types of foods you are cooking.

Refer to the Cooking Function Guidelines chart and Steaming chart on pages 7 and 8 for recommendations.

CLEANING & CARE

All removable parts are dishwasher safe.

1. Unplug unit and allow it to cool completely before cleaning.
2. Never immerse grill housing in water or other liquids.
3. To clean the housing and control panel, simply wipe with a clean, damp cloth.
4. Wash grill plate, baking pan, lid and steam rack with warm, soapy water and rinse thoroughly. Or, clean in the dishwasher.
5. Dry all parts after every use.
6. **Maintenance:** Any other servicing should be performed by an authorized service representative.

NOTE: If food residue sticks to the baking pan surface, fill pot with warm, soapy water and allow it to soak before cleaning. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.

TIPS & HINTS

- Heat-up times may vary, based on a number of factors. The selected temperature, the current temperature of the grill plate or baking pan, the contents of the pan, and other factors can all affect heat-up time.
- Always use nonstick utensils. Metal utensils may damage the nonstick coating.

BROWN/SAUTÉ TIPS

- Use the baking pan to brown and sauté. Brown/Sauté as you would in a skillet or sauté pan on the stove – from quickly sautéed skillet dishes to the first step in many braised or slow-cooked dishes.

- For even browning, it is important not to crowd the pan. Foods should be cooked in an even layer on the bottom of the pan, so it is good to cook foods in batches when necessary.
- Many recipes call for browning and sautéing foods before slow cooking. Some items produce more grease and fat than is desirable in the finished dish. To remove the excess grease, using pot holders, very carefully remove the baking pan from the base and pour out the grease from the corner of the baking pan. Return the baking pan to the base and finish cooking the dish as desired.
- When browning meats, any brown bits that are left in the bottom of the pan can be used to flavor the dish. Simply add a small amount of liquid (like wine or broth) to the pan and scrape up the browned bits with a wooden spoon – leave them in pan. Incorporate into the dish or sauce.

SLOW-COOKING TIPS

- Slow cook as you would in the oven. Cook tougher cuts of meat until tender, usually about 3 to 4 hours.
- Slow cooking is perfect for foods that require long, slow simmering, such as stews, and dried beans.
- Slow cooking is ideal for tougher and less expensive cuts of meat like shoulder and pot roast.
- We encourage browning foods before slow cooking, as it adds much depth and flavor to the finished dish. However, if time is short, this step can be skipped and all ingredients can be added to your baking pan to slow cook.
- Ground meats should always be browned before slow cooking.
- For best cooking results, fill baking pan at least one-quarter full, but not more than three-quarters full.
- “Crisp-tender” vegetables should be added during the last 30 minutes of cooking time to prevent overcooking. Fresh herbs should be stirred into dishes immediately before serving.

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- We do not recommend removing the lid when slow cooking, as heat will escape, requiring extra cooking time.
 - Many slow-cooked foods, such as stews, benefit from cooling and refrigerating, then reheating – as the saying goes, stew or chili is always better the second day.
 - A great way to reheat slow-cooked foods is to bring them to a simmer. Stir to ensure all ingredients are warmed through and then switch to 300° on the Slow Cook function for serving.
 - If using frozen foods, thaw completely before slow cooking.
 - Recipes can be assembled the night before cooking. Brown ingredients if necessary, and then combine with remaining ingredients in baking pan. Cover and refrigerate. When ready to cook, place the baking pan on the base heater plate and add 30 minutes to your projected cooking time.
 - To decrease the amount of fat in recipes, remove as much of the visible fat as possible from meats and poultry. Remove skin from poultry and drain any fat from browned meats.

STEAMING TIPS:

- Steaming is one of the healthiest methods of cooking, as the smallest amount of nutrients are lost in the cooking process.
- To steam, fill the baking pan with water to max/steam indicator, about 3 to 4 cups (750 ml to 1 L). Add ingredients to the steam rack. Cover and select 400° F (200°C). Steam times reflect the time when temperature is selected.
- When adding heavier foods, like corn on the cob, to the steaming rack, place them on the middle of the rack and work your way to the edges.
- Use the smaller amount of water, 3 cups (750 ml) when steaming fish or seafood.
- Always use caution when removing lid. It is best to remove the lid away from you.

COOKING FUNCTION GUIDELINES

FUNCTION	RECOMMENDED TEMPERATURE
Grill	
Steak, Burgers, Chops, Chicken	400°F (200°C)
Bacon	375°F (190°C)
Vegetables	375°F (190°C)
Griddle	
Eggs	250°F (120°C)
Pancakes, French Toast, Grilled Cheese, Quesadillas	350°F (180°C)
Bacon	375°F (190°C)
Steaks, Sausage, Chicken	400°F (200°C)
Steam	
Vegetables, Chicken	400°F (200°C)
Fish, Shellfish	350°F (180°C)
Bake	
Cakes, Casseroles	275°F to 350°F (135°C to 180°C)
Brown/Sauté	
Meats, Chicken	400°F (200°C)
Vegetables	350°F to 375°F (180°C to 190°C)
Slow Cook	
Tougher cuts of meat, stews, chili	200°F to 250°F (95°C to 120°C)

Steaming Chart

FOOD	AMOUNT	PREPARATION	COOKING TIME
Artichokes	2 individual	trimmed – see recipe page 26	40–45 minutes
Asparagus	1 pound (454 g) medium	trimmed	10-12 minutes
Broccoli	1 bunch (about 16 to 20 oz [453 to 566 g])	2-inch (5 cm) florets	10-12 minutes
Carrots, baby	1 pound (454 g)	whole	18-20 minutes
Cauliflower	1 medium head (about 20 oz. [566 g])	2-inch (5 cm) florets	15 minutes
Corn	4 ears	husked	15-18 minutes
Green beans	1 pound (454 g)	trimmed	15-17 minutes
Peas, snow	1 pound (454 g)	trimmed	10-11 minutes
Potatoes, new	2 pounds (907 g)	whole	25-30 minutes
Potatoes, yellow/gold	16–20 ounces (453 to 566 g)	slices or ¾-inch (1.9 cm) pieces	20 minutes
Potatoes, sweet	16–20 ounces (453 to 566 g)	slices or ¾-inch (1.9 cm) pieces	14-15 minutes
Butternut Squash	1 pound (454 g)	cubed	20 minutes
Squash, summer/zucchini	1 pound (454 g)	½-inch (1.25 cm) slices	12-14 minutes
Chicken	1 pound ([454 g] about 2 large boneless breasts)	whole	20-25 minutes
Shrimp*	1 pound ([454 g] large)	peeled & deveined	8-10 minutes
Fish* (salmon, swordfish, etc.)	1 pound (454 g)	cut into portion sizes	thin fillet 8–10 minutes thick fillet 15-20 minutes
Hard Boiled Eggs	12		20-25 minutes

*3 cups (750 ml) of water should be used here

Troubleshooting Chart

Subject	Question	Answer/Solution
Power	Why won't my unit turn on?	Check to make sure your unit is properly connected and plugged into a functional outlet.
		Contact Customer Service at 1-800-472-7606.
Cooking	When should I brown my meat before slow cooking?	Browning meat before slow cooking is an optional step. It is beneficial, as it adds flavor and color, but the step can be omitted if time is short. Exception: ground meats which must be browned.
	Can I use the baking pan on the stove/in the oven?	The baking pan was designed specifically for use in this grill. We do not suggest using it on the stove or in the oven.
Cleaning	Can I put my unit in the dishwasher?	All removable parts are top-rack dishwasher safe. Do not immerse in water, or put the grill housing in the dishwasher. Clean the grill housing and control panel with a clean, damp cloth.
	The baking pan and grill plate are nonstick – why is food sticking?	While the baking pan and grill plate do have a nonstick coating, it is possible for food residue to burn onto the baking pan and grill plate, making it difficult to remove.
	Food residue is sticking to the baking pan and grill plate surface. How do I clean it without damaging it?	If food has burned on, fill baking pan or grill plate with warm, soapy water and allow to soak before cleaning. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.

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French Toast Strata

Prepare this dish the night before, so it is ready to go first thing in the morning.
A perfect brunch dish!

Makes 8 servings

- Nonstick cooking spray**
- 4 large eggs**
- 2 cups (500 ml) whole milk**
- 1 cup (250 ml) heavy cream**
- 1 tablespoon (15 ml) pure vanilla extract**
- 1/3 cup (75 ml) pure maple syrup**
- 2 teaspoons (10 ml) ground cinnamon**
- 1 teaspoon (5 ml) ground nutmeg**
- 1/4 teaspoon (1 ml) salt**
- 1 pound (454 g) challah bread, cut into 9 x 1/2-inch (1.25 cm) strips**
- 2 tablespoons (30 ml) packed light brown sugar, divided**
- 2 tablespoons (30 ml) unsalted butter, cut into 1/2-inch (1.25 cm) cubes**

1. Lightly coat the baking pan with nonstick cooking spray.
2. Stir together the eggs, milk, heavy cream, vanilla extract, maple syrup, cinnamon, nutmeg and salt in a medium mixing bowl. Whisk until foamy.
3. Tightly fit half of the challah strips into the bottom of the baking pan. Pour half of the egg mixture on top and evenly dot with half of the brown sugar. Repeat with the remaining bread, layering in the opposite direction of the first layer of bread. Pour the remaining egg mixture on top, dot with the remaining brown sugar.
4. Cover and chill in the refrigerator for at least 2 hours, or overnight.
5. Remove the baking pan from the refrigerator and bring to room temperature. Place on the Cuisinart® Stack5 base and dot the top of the strata with the butter; cover.
6. Set the temperature to 200°F (95°C). Bake for about 2 hours. The strata is finished when the internal temperature reaches 160°F (71°C).
7. Remove and serve immediately.

Nutritional information per serving:
Calories 420 (47% from fat) • carb. 44g • pro. 11g
fat 11g sat. fat 12g • chol. 190mg • sod. 430mg
calc. 177mg • fiber 2g

Breakfast Sausage, Pepper and Cheddar Frittata

A great brunch dish for a crowd – or serve leftovers the next day as a light lunch.

Makes 8 servings

- 2 **teaspoons (10 ml) olive oil, divided**
- 8 **ounces (227 g) cooked breakfast sausage, cut into slices**
- 1 **medium red bell pepper (about 5 to 6 ounces [145 to 170 g]), cut into ½-inch (1.25 cm) dice**
- 12 **large eggs**
- ½ **cup (125 ml) milk**
- ¾ **teaspoon (3.75 ml) kosher salt**
- ½ **teaspoon (2.5 ml) freshly ground black pepper**
- 2 **green onions, trimmed and sliced**
- 4 **ounces (113 g) Cheddar, shredded**

1. Assemble the Cuisinart® Stack5 with the baking pan and select 400°F (200°C). Add one teaspoon (5 ml) of the olive oil to the pan.
2. Once the oil is hot, add the sausage slices. Lightly brown on both sides, about 3 to 5 minutes per side. Remove and reserve.
3. Add the remaining olive oil and the diced red pepper; cook until lightly browned and softened, about 5 minutes.
4. While the peppers are cooking, whisk together the eggs with the milk and salt and pepper.
5. Once peppers have softened, stir in the green onions and let cook for an additional minute or two.
6. Add the sausage back to the pan, then lower the temperature to 300°F (150°C).
7. Add the egg mixture to the pan and top with the shredded Cheddar. Cover and let cook for about 35 to 40 minutes, until the eggs are set.
8. Serve immediately.

Nutritional information per serving (based on 8 servings):
Calories 271 (65% from fat) carb. 4g • pro. 19g
fat 19g sat. fat 7g • chol. 309mg • sod. 771mg
calc. 175mg fiber 0g

Banana Pancakes

These pancakes lean on the sweet side – perfect for that special Sunday brunch, plus the kids will love them.

Makes about 14 pancakes

- 1¾ **cups (425 ml) unbleached, all-purpose flour**
- ¼ **cup (60 ml) granulated sugar**
- ¼ **cup (60 ml) light brown sugar, packed**
- 1 **teaspoon (5 ml) baking soda**
- ½ **teaspoon (2.5 ml) baking powder**
- ¼ **teaspoon (1 ml) table salt**
- ¼ **teaspoon (1 ml) ground cinnamon**
- 1½ **cups (375 ml) buttermilk**
- 2 **large eggs**
- ¾ **teaspoon (3.75 ml) pure vanilla extract**
- 2 **ripe bananas (½ mashed, 1½ cut into thin slices) divided**
- ¼ **cup (60 ml) unsalted butter, melted**
Unsalted butter to coat pan

1. Stir the flour, granulated and light brown sugars, baking soda, baking powder, salt and cinnamon together in a small mixing bowl. Reserve.
2. Put the buttermilk, eggs, vanilla extract and mashed, ripe banana into a separate large mixing bowl. Whisk together until well blended.
3. Stir in the melted butter. And then gently stir in the reserved dry ingredients until just incorporated.
4. Assemble the Cuisinart® Stack5 to 350°F (180°C).
5. Once preheated, melt a small amount of butter to just coat the baking pan.
6. Drop batter evenly into the baking pan using a ¼-cup (60 ml) measure. Place 2 to 3 banana slices on each pancake. Cook pancakes until bubbles form, about 2 minutes; flip and cook until done, about 1 to 2 minutes longer. Repeat with remaining batter.
7. Transfer to warm plates for serving. As you finish each round of pancakes, you can keep them warm on a wire rack placed on a baking sheet inside a low oven (200°F [95°C]).

Nutritional Information per serving (2 pancakes):
Calories 199 (34% from fat) • carb. 27g • pro. 6g
fat 8g • sat. fat 4g • chol. 71mg • sod. 306mg
calc. 81mg • fiber 1g

Brunch Chilaquiles

A fun and flavorful egg dish – a great way to spice up your next brunch.

Makes 15 servings

- 1 **teaspoon (5 ml) olive oil**
- 1 **small onion, chopped**
- 2 **garlic cloves, finely chopped**
- 1 **jalapeño, seeded and chopped**
- 1 **pound (454 g) tomatillos, cut into small dice**
- ½ **teaspoon (2.5 ml) kosher salt**
- 1 **can (4 ounces [113 g]) green chiles**
- 1½ **cups (375 ml) chicken broth, low sodium**
- 8 **cups (2 L) tortilla chips, divided**
- 6 **large eggs**
- 1 **cup (250 ml) crumbled Cotija cheese**
- 1 **cup (250 ml) shredded Monterey Jack cheese**
- Chopped cilantro**

1. Assemble the Cuisinart® Stack5 with the baking pan and select 400°F (200°C). Add the oil to the pan. Once the oil is hot, add the chopped onion, garlic, jalapeño, tomatillos and salt. Stir occasionally and cook for about 6 to 8 minutes, so that vegetables are both soft and fragrant.
2. Add the green chiles and the chicken broth and cook until mixture comes to a simmer. Reduce the heat slightly to maintain a steady, yet slow simmer.
3. Add half of the tortilla chips and toss in liquid to coat. Create 6 pockets within the chips and chile mixture to add the eggs. Reduce the temperature to 175°F (80°C).
4. For ease, crack each egg and reserve individually in small cups or ramekins. When ready, add each egg into individual, created pockets. Sprinkle with half of the cheese.
5. Cover and cook for about 25 minutes, until just cooked through, checking the eggs on occasion to make sure they do not cook too quickly.

6. When almost set, add the remaining chips and then cheese. Cover once more and cook until cheese is melted, about 8 to 10 minutes.
7. Sprinkle with chopped cilantro and serve immediately.

Nutritional information per serving (based on 15 servings):
Calories 565 (52% from fat) • carb. 47g
pro. 21g • fat 32g • sat. fat 9g • chol. 226mg
sod. 839mg • calc. 395mg • fiber 6g

Summer Vegetable Pasta Bake

Why turn on the oven?

The Cuisinart® Stack5 has got you covered!

Makes 8 to 10 servings

- 1 **pound (454 g) rigatoni**
 - 2 **teaspoons (10 ml) olive oil**
 - 1 **small eggplant, about 10 ounces (283 g), cut into ½-inch cubes**
 - 1 **small zucchini, about 5 to 6 ounces (145 to 170 g), cut into ½-inch (1.25 cm) cubes**
 - 1 **small red bell pepper, about 8 ounces (227 g)**
 - 1 **teaspoon (5 ml) kosher salt, divided**
 - 1 **large egg**
 - 1 **container (15 ounces [426 ml]) ricotta**
 - 8 **ounces (227 g) mozzarella, shredded**
 - 2 **ounces (57 g) Parmesan, grated**
 - 2 **cups (500 ml) grape tomatoes, halved**
 - ¼ **cup (60 ml) fresh basil leaves**
 - Nonstick cooking spray**
1. Prepare rigatoni according to manufacturer's instructions, reserving ½ cup (125 ml) of pasta water.
 2. Assemble the Cuisinart® Stack5 with the baking pan and select 400°F (200°C). Add the olive oil to the pan. Once the oil is hot, add the cubed vegetables with ½ teaspoon (2.5 ml) of salt. Stir over the heat until lightly browned and softened, about 10 to 12 minutes.

- While vegetables are cooking, whisk together the egg with the ricotta in a large mixing bowl with ¼ teaspoon (1 ml) salt.
- Assemble pasta by tossing it together with the pasta water and the ricotta mixture. Fold in the sautéed veggies, mozzarella, Parmesan, grape tomatoes, remaining ¼ teaspoon (1 ml) salt and fresh basil leaves.
- Carefully wipe the baking pan with a paper towel and coat lightly with the cooking spray.
- Add the pasta to the baking pan and select 325°F (160°C). Cover and bake for 45 minutes.
- Serve immediately.

Nutritional information per serving (based on 10 servings):

*Calories 363 (33% from fat) • carb. 43g
pro. 19g • fat 13g • sat. fat 7g • chol. 51mg
sod. 524mg • calc. 304mg • fiber 3g*

Eggplant Parmesan

Sauté and bake all in one pan!

Makes 16 servings

- | | |
|-----------|--|
| 2 | cups (500 ml) unbleached, all-purpose flour |
| ½ | teaspoon (2.5 ml) salt |
| 6 | large eggs, lightly beaten |
| 3 | cups (750 ml) breadcrumbs |
| 12 | ounces (340 g) eggplant, cut into ¼-inch (0.6 cm) lengthwise slices |
| ½ | cup (125 ml) olive oil, divided |
| 4 | cups (1 L) marinara sauce |
| 8 | ounces (227 g) mozzarella, shredded, divided |
| 1 | ounce (28 g) Parmesan, grated, divided |
- Mix the flour together with the salt and put into a shallow dish or container. Similarly, put the beaten eggs and breadcrumbs each in separate, shallow containers, also for dipping.
 - Dredge each slice of eggplant, first in the flour, then the eggs and finally the breadcrumbs. After dredging in each, pat the eggplant to remove any excess ingredients before adding to the next.
 - When all of the eggplant is breaded, assemble the Cuisinart® Stack5 with the

baking pan and select 400°F (200°C). Add 2 tablespoons (30 ml) of the oil. Once the oil is hot, add slices of eggplant so that they lay in the pan in a single layer. Brown each side well and repeat with remaining eggplant. Add new oil between additions when necessary.

- Once all of the eggplant is browned, turn the heat off and allow the unit to cool slightly before discarding oil and wiping the pan completely clean.
- Add 1 cup (250 ml) of the sauce to the clean baking pan. Add an even layer of the eggplant. Top with an additional cup of sauce and then half of the mozzarella and Parmesan. Continue with an additional layer, ending with the remaining cheese.
- Cover and select 300°F (150°C). Bake for about 30 to 40 minutes, until cheese is completely melted.
- Serve immediately.

Nutritional information per serving (based on 16 servings):

*Calories 332 (48% from fat) • carb. 31g
pro. 13g • fat 18g • sat. fat 5g • chol. 105mg
sod. 959mg • calc. 165mg • fiber 2g*

Arroz con Pollo

This one-pan meal is always a crowd favourite.

Makes about 6 servings

- | | |
|----------|---|
| 3 | pounds (1.36 kg) bone-in, skin-on chicken thighs |
| 1 | teaspoon (5 ml) kosher salt, divided |
| ½ | teaspoon (2.5 ml) freshly ground black pepper |
| ½ | teaspoon (2.5 ml) extra virgin olive oil |
| 1 | small onion, chopped |
| 1 | small red pepper, chopped |
| 4 | garlic cloves, chopped |
| 1 | plum tomato, cut into ½-inch (1.25 cm) dice |
| ¼ | teaspoon (2.5 ml) smoked paprika |
| 2 | cups (500 ml) long grain white rice |
| 3 | cups (750 ml) chicken broth, low sodium |
| ⅛ | teaspoon (0.5 ml) saffron threads |
| 1 | bay leaf |
| ½ | cup (125 ml) frozen green peas |

- 1/3 cup (75 ml) fresh parsley leaves, chopped**
Lemon wedges for serving
- Season the chicken on both sides with 1/2 teaspoon (2.5 ml) of the salt and the pepper.
 - Assemble the Cuisinart® Stack5 with the baking pan and select 400°F (200°C). Add the oil to the pan.
 - Once the oil is hot, add the chicken, skin side down. Leave undisturbed until well browned, about 15 to 20 minutes. Flip, and continue cooking for an additional 10 to 15 minutes. Remove and reserve.
 - Add the onion, pepper and garlic and cook for an additional 10 minutes.
 - Stir in the tomato with the remaining salt and smoked paprika and cook for a couple of minutes before adding the rice, chicken broth, saffron and bay leaf. Allow to come to a boil.
 - Once boiling, cover and cook for 10 minutes. Add the chicken back to the pan and turn the heat to 300°F (150°C). Cover and cook for an additional 25 to 30 minutes.
 - Stir in the frozen peas.
 - Taste and adjust seasoning according to preference. Sprinkle with chopped parsley and serve immediately with lemon wedges.

Nutritional information per serving (based on 6 servings):
 Calories 523 (34% from fat) • carb. 41g
 pro. 45g • fat 19g • sat. fat 5g • chol. 221mg
 sod. 879mg • calc. 56mg • fiber 2g

Chicken Cacciatore

A warming dish for the cooler weather.

Makes 4 to 8 servings

- 8 boneless, skinless chicken thighs**
1 1/4 teaspoons (6 ml) kosher salt, divided
1/4 teaspoon (1 ml) freshly ground black pepper
2 teaspoons (10 ml) olive oil
1 medium onion, halved and sliced
3 large garlic cloves, sliced
1 bell pepper, cut into 1/4-inch (0.6 cm)

- strips and then the strips cut in 1/2, yielding 1/4 x 2-inch (0.6 x 5 cm) strips**
8 ounces (227 g) baby bella mushrooms, sliced
6 3-inch (7.5 cm) sprigs oregano
6 3-inch (7.5 cm) sprigs thyme
1 teaspoon (5 ml) sherry vinegar
1 can (15.5 ounces [439 g]) diced tomatoes
- Season the chicken on both sides with 1 teaspoon (5 ml) of salt and the pepper.
 - Assemble the Cuisinart® Stack5 with the baking pan and select 400°F (200°F). Add the oil to the pan.
 - Once the oil is hot, add the chicken to the pan. Brown well, about 15 minutes per side. Remove and reserve.
 - Add the sliced onion, garlic, pepper and mushrooms with the remaining 1/4 teaspoon (1 ml) of salt and sprigs of herbs. Cook until slightly browned and softened, about 15 minutes.
 - Add the vinegar and can of diced tomatoes. Once the liquid comes to a simmer, add the chicken back to the pan, cover and turn to 250°F (120°C) for about 1 hour. Chicken will be fork tender when finished.
 - Taste and adjust seasoning according to preference. Serve immediately.

Nutritional information per serving (based on 8 servings):
 Calories 266 (47% from fat) • carb. 7g
 pro. 29g • fat 14g • sat. fat 3g • chol. 147mg
 sod. 865mg • calc. 33mg • fiber 2g

Latin Shredded Chicken

This multipurpose chicken makes the perfect filling for tacos or enchiladas and is also delicious as a salad or grain bowl topper.

Makes 10 servings

- 2 pounds (907 g) boneless, skinless chicken thighs**
1 teaspoon (5 ml) ancho chili powder
1 teaspoon (5 ml) ground cumin
1 teaspoon (5 ml) kosher salt
1 medium onion
2 crushed garlic cloves

- 1 jalapeño pepper, halved and seeded**
- 2 sprigs cilantro**
- 1 cup (250 ml) water**
- ½ lime**

1. Assemble the Cuisinart® Stack5 with the baking pan.
2. Prepare the chicken by seasoning with the chili powder, cumin and salt. Put into the baking pan with one onion, cut into quarters, 2 crushed garlic cloves, a halved and seeded jalapeño, the cilantro sprigs and cup of water. Cover and select 400°F (200°C).
3. When the liquid comes to a boil, about 7 to 8 minutes, reduce the heat to 200°F (95°C). Continue to cook until chicken is tender, about 50 minutes.
4. Remove chicken and shred with fork or fingers, once cool enough to handle. Squeeze with lime. Taste and adjust seasoning according to preference.

Nutritional information per serving (based on 10 servings):
 Calories 145 (29% from fat) • carb. 2g
 pro. 23g • fat 5g • sat. fat 1g • chol. 94mg
 sod. 372mg • calc. • 22mg • fiber 1g

1. Assemble the Cuisinart® Stack5 with the baking pan and select 350°F (180°C). Add the oil to the pan.
2. Once the oil is hot, add the onion, jalapeño and garlic. Stir over the heat until the vegetables are soft and fragrant, about 7 to 8 minutes. Add the green chiles, drained black beans and salt into the baking pan and stir over heat until mixture comes to a simmer. Continue to simmer for about 10 minutes to develop flavour. Remove and reserve. Clean the baking pan.
3. Assemble the casserole. Add ½ cup (125 ml) of the enchilada sauce to the pan. Layer with corn tortillas. Add ½ of the shredded chicken, then ½ of the beans and then ⅓ of the cheese. Repeat. Finish with a layer of tortillas and then finally the cheese. Cover and select 300°F (150°C). Bake for 30 minutes until hot and the cheese is completely melted.

Nutritional information per serving (based on 15 servings):
 Calories 307 (30% from fat) • carb. 29g
 pro. 23g • fat 10g • sat. fat 4g • chol. 79mg
 sod. 937mg • calc. 161mg • fiber 4g

Chicken Enchilada Casserole

Cheesy and Latin-inspired comfort food at its finest.

Makes about 15 servings

- 1 teaspoon (5 ml) vegetable oil**
- ½ onion, finely chopped**
- 1 jalapeño, seeded and finely chopped**
- 1 garlic clove, finely chopped**
- 1 can (4 ounces [113 g]) diced green chiles**
- 1 can (15.5 ounces [439 g]) black beans, drained**
- ½ teaspoon (2.5 ml) kosher salt**
- 1 jar enchilada sauce**
- 1 package corn tortillas**
- 1 recipe Latin Shredded Chicken or 3-pound (1.36 kg) roasted chicken, meat removed and shredded**
- 2 cups (500 ml) shredded Monterey Jack cheese**

Grilled Chicken with Spring Vegetables

Light and zesty – ideal for lunch or dinner!

Makes 2 to 4 servings

- 2 boneless, skinless chicken breasts (about 1½ pounds [680 g] total)**
 - ½ cup plus 1 tablespoon (15 ml) extra virgin olive oil, divided**
 - ¼ cup (60 ml) fresh lemon juice**
 - 1 tablespoon (15 ml) kosher salt, plus additional for light seasoning**
 - ½ teaspoon (2.5 ml) paprika**
 - 3 sprigs fresh thyme**
 - 2 medium leeks, trimmed and washed well, dark green parts discarded, cut the root end close so that it is still attached and then cut into thin wedges**
 - 1 pound (454 g) asparagus, hard ends trimmed**
1. Put the chicken in a non-reactive mixing bowl or container. Stir together ½ cup (125 ml) of olive oil, the lemon juice, salt,

- paprika and thyme. Pour over the chicken and let rest in the refrigerator for 1 hour.
- When ready to cook, assemble the Cuisinart® Stack5 with the grill plate and select 400°F (200°C).
 - Once hot, add the chicken to the grill. Allow to cook on the first side for about 8 to 10 minutes before turning. The chicken is done when the internal temperature reaches 165°F (73°C) in the thickest part; it should take about 18 to 20 minutes total (depending on the thickness of the breasts). Remove and reserve when finished.
 - While the chicken is cooking, toss the leeks and asparagus with the remaining tablespoon of olive oil and a pinch of salt.
 - Once the chicken is removed, add the vegetables to the grill and cook until lightly browned and cooked through, about 10 minutes.
 - When vegetables are finished, slice chicken and serve all together.

Nutritional information per serving (based on 4 servings):

*Calories 363 (46% from fat) • carb. 11g
pro. 39g • fat 19g • sat. fat 3g • chol. 109mg
sod. 873mg • calc. 61mg • fiber 3g*

Barbecued Brisket

Plan ahead to marinate the brisket overnight. The results are well worth it!

Makes about 8 to 10 servings

- 2 tablespoons (30 ml) packed light brown sugar**
- 1½ tablespoons (25 ml) chili powder**
- 1 teaspoon (5 ml) Cajun seasoning**
- ½ teaspoon (2.5 ml) smoked paprika**
- ½ teaspoon (2.5 ml) kosher salt**
- ½ teaspoon (2.5 ml) freshly ground black pepper**
- 2 to 3 pounds (907 g to 1.36 kg) beef brisket**
- 1 teaspoon (5 ml) vegetable oil**
- 2 small onions, sliced**
- 6 garlic cloves, finely chopped**
- 2 tablespoons (30 ml) cider vinegar**
- ½ tablespoon (7.5 ml) Worcestershire sauce**
- 2 cups (500 ml) chicken broth, low sodium**

- ¼ cup (60 ml) ketchup**
- 3 tablespoons (45 ml) tomato paste**
- 1 tablespoon (15 ml) brown sugar**

- In a small bowl, stir together the brown sugar, chili powder, Cajun seasoning, smoked paprika, salt and pepper. Rub the blended spices all over the brisket. Place in a non-reactive container or resealable plastic bag and place in the refrigerator overnight.
- After brisket has marinated for the appropriate amount of time, assemble the Cuisinart® Stack5 with the baking pan and set to 400°F (200°C). Add the oil to the pan.
- Once the oil is hot, add the brisket. Brown each side, about 5 minutes per side. Remove and reserve.
- Add the onions and garlic and sauté until soft and fragrant, about 3 to 5 minutes, then add the cider vinegar, Worcestershire sauce and chicken broth, stirring up any brown bits at the bottom of the pan with a wooden spoon. Stir in the ketchup, tomato paste and brown sugar and bring to a simmer. Return brisket to the pan, cover and turn the temperature to 200°F (95°C).
- Slow cook the brisket for about 3½ to 4 hours, until completely fork tender. Check occasionally during the cooking time, as the temperature may need to be adjusted to maintain a slight simmer.
- Allow brisket to cool completely in its own cooking liquid, in the baking pan. If time allows, refrigerate overnight before serving.
- To serve: Remove brisket from the liquid when cool and cut across the grain of the meat into thin slices. Place back into liquid and set the Stack5 to 325°F (160°C) to reheat completely.

Nutritional information per serving (based on 10 servings):

*Calories 426 (53% from fat) • carb. 9g
pro. 40g • fat 24g • sat. fat 19g • chol. 146mg
sod. 509mg • calc. 42mg • fiber 1g*

Skirt Steak Fajitas

A fun and tasty dish to make a fiesta any night of the week!

Makes 4 servings

- $\frac{3}{4}$ **pound (340 g) skirt steak**
- 1 teaspoon (5 ml) kosher salt, divided**
- $\frac{3}{4}$ **teaspoon (3.75 ml) ancho chili powder, divided**
- 4 teaspoons (20 ml) olive oil, divided**
- 1 medium red onion, sliced**
- 1 bell pepper, seeded and cut into $\frac{1}{4}$ -inch (0.6 cm) slices**
- 8 fajita-style flour tortillas**
- Guacamole, pico de gallo and sour cream for serving**

1. Assemble the Cuisinart® Stack5 with the grill plate and select 400°F (200°C). While the grill is preheating, season the steak on both sides with $\frac{3}{4}$ teaspoon (3.75 ml) salt and $\frac{1}{2}$ teaspoon (2.5 ml) chili powder.
2. Once it's hot, put 2 teaspoons (10 ml) olive oil on the grill. Cook the steak, about 4 to 5 minutes per side, for medium rare. While the steak is cooking, season the onion and pepper with remaining salt and chili powder, and toss together with the remaining oil.
3. When steak is finished, remove from grill and let rest before slicing. Carefully wipe grill plate with a paper towel and then add the vegetables. Toss the vegetables, occasionally, while cooking. Veggies are done when softened and slightly browned, about 7 minutes. Once ready, push the vegetables to one side of the grill and carefully wipe the free side. Turn the temperature to 200°F (95°C).
4. To serve: Heat a tortilla or two on the free side. Thinly slice the steak. When the tortillas are warm, add some grilled veggies and steak. Add desired toppings like guacamole, pico de gallo and sour cream.

Nutritional information per serving (based on 4 servings):
 Calories 358 (42% from fat) • carb. 30g
 pro. 21g • fat 16g • sat. fat 4g • chol. 55mg
 sod. 607mg • calc. 96mg • fiber 1g

Grilled Steak with Green Onions and Salsa Verde

This recipe will easily become a regular in your rotation – so easy and so flavourful!

Makes 2 to 4 servings

- 1 small garlic clove**
- 1 small jalapeño, stem and seeds**

- discarded**
- 1 cup (250 ml) fresh parsley leaves**
- $\frac{1}{4}$ **teaspoon (1 ml) kosher salt, plus more for seasoning, divided**
- $\frac{1}{4}$ **teaspoon (1 ml) fresh lemon juice**
- $\frac{1}{4}$ **cup (60 ml) plus $\frac{1}{2}$ teaspoon (2.5 ml) olive oil, divided**
- 2 strip steaks, about 1 to 1½ inches (2.5 to 3.75 cm) thick**
- 1 bunch green onions, root ends trimmed**

1. Make the salsa verde. Finely chop both the garlic and jalapeño together in a food processor using the large chopping blade. Add the parsley, $\frac{1}{4}$ teaspoon (1 ml) salt and lemon juice to the work bowl. Pulse to roughly chop. With the motor running, slowly add $\frac{1}{4}$ cup (60 ml) of olive oil through the small feed tube until all ingredients are incorporated. Taste and adjust seasoning according to preference.
2. Assemble the Cuisinart® Stack5 with the grill plate and select 400°F (200°C).
3. While the grill is preheating, season the 2 steaks liberally with salt on both sides. Once the grill is hot, add the steaks. Cook for about 5 to 7 minutes on each side for medium rare (135°F [57°C] internal temperature).
4. While steaks are cooking, toss green onions with $\frac{1}{2}$ teaspoon (2.5 ml) olive oil and a pinch of salt.
5. Remove and reserve steaks once cooked to desired doneness. Rest before slicing.
6. Carefully wipe grill with paper towel and add the green onions to the grill. Cook until soft and lightly browned, about 7 minutes.
7. Slice steak and serve with the grilled green onions and salsa verde.

*Nutritional information per serving (based on 4 servings):*Calories 359 (59% from fat) • carb. 3g
 pro. 34g • fat 23g • sat. fat 5g • chol. 92mg
 sod. 212mg calc. 62mg • fiber 1g

Chili con Carne

A take on true Texan beef chili with serious depth of flavour.

Makes 6 to 8 servings

- 3 **pounds (1.36 kg) beef chuck roast, cut into 1½- to 2-inch (3.75 to 5 cm pieces**
 - 2 **teaspoons (10 ml) kosher salt, divided**
 - ½ **teaspoon (2.5 ml) freshly ground black pepper**
 - 2 **tablespoons (30 ml) olive oil**
 - 1 **onion, chopped**
 - 2 **jalapeños, stemmed, seeded, and chopped**
 - 1 **poblano chile, stemmed and chopped**
 - 4 **garlic cloves, finely chopped**
 - 2 **tablespoons (30 ml) ancho chili powder**
 - 1 **teaspoon (5 ml) ground cumin**
 - 1 **teaspoon (5 ml) Mexican oregano, crumbled (oregano may be substituted)**
 - 1 **teaspoon (5 ml) dried marjoram**
 - 1 **tablespoon (15 ml) masa harina**
 - 1 **can (14.5 ounces [411 g]) fire-roasted crushed tomatoes**
 - 2 **bay leaves**
 - 8 **ounces (227 g) dark lager-style beer**
 - 2 **ounces (¼ cup [60 ml]) brewed espresso, or strong coffee**
 - Lime wedges and warm flour tortillas, for serving**
- 1 Season the meat on both sides with 1 teaspoon (5 ml) of salt and the freshly ground black pepper. (TIP: For optimal browning, pat meat dry with paper towels before seasoning.)
 2. Assemble the Cuisinart® Stack5 with the baking pan and set to 400°F (200°C). Add the oil to the pan.
 3. Once the oil gets hot, begin browning the meat, 3 to 4 minutes per side, working in two batches. Remove and reserve.
 4. Add the chopped onion, jalapeños, poblano, and garlic, and cook until softened and fragrant, about 5 to 8 minutes. Add the reserved meat, along with drippings, back to pan.
 5. Add the chili powder, cumin, oregano, marjoram, and masa harina, and mix to coat the meat and vegetables. Add the remaining ingredients, including the remaining teaspoon of salt, and allow the mixture to come to a simmer.
 6. When the mixture comes to a simmer, lower the temperature to 200°F (95°C) to maintain

a slight simmer. Cook until tender, about 2 to 3 hours. Check occasionally to make sure mixture is just simmering; temperature may need to be lowered to 175°F (80°C) if boiling.

7. Once meat is tender, remove and discard the bay leaves and stir to fully mix. Taste and adjust the seasoning as desired. Serve with lime wedges and warm tortillas for sopping up the sauce!

Nutritional information per serving (based on 8 servings):
 Calories 390 (55% from fat) • carb. 8g
 pro. 35g • fat 24g • sat. fat 10g • chol. 119mg
 sod. 891mg • calc. 49mg • fiber 2g

Guinness Braised Beef Shanks

A perfect, comforting dish for a cold winter evening.

Makes 4 to 6 servings

- 4 **beef shanks (about 3 to 3½ pounds [1.36 to 1.6 kg] total), about 1¼ inches (3.1 cm) thick, 3 to 3½ inches (7.5 to 8.8 cm) in diameter, tied**
 - 1 **teaspoon (5 ml) kosher salt, divided**
 - ¼ **teaspoon (1 ml) freshly ground black pepper**
 - 1 **teaspoon (5 ml) extra virgin olive oil**
 - 1 **tablespoon (15 ml) unsalted butter**
 - 1 **medium onion, chopped**
 - 1 **leek, white and light green parts only, halved and thinly sliced**
 - 2 **medium carrots, peeled, quartered and cut into ½-inch (1.25 cm) slices**
 - 1 **celery stalk, peeled and cut into ½-inch (1.25 cm) slices**
 - 4 **garlic cloves, chopped**
 - 1 **teaspoon (5 ml) dried thyme**
 - 12 **ounces (340 g) Guinness beer**
 - 2 **tablespoons (30 ml) tomato paste**
 - 4 **sprigs parsley, chopped**
1. Season beef with ½ teaspoon (2.5 ml) salt and the pepper. Reserve.
 2. Assemble the Cuisinart® Stack5 with the baking pan and select 400°F (200°C). Add the oil to the pan.

- Once the oil is hot, add the beef shanks and cook for 5 to 6 minutes on each side, until nicely browned. Remove and reserve.
 - Add the butter to the pan and stir in the chopped onions, leeks, carrots, celery, garlic, thyme, and ½ teaspoon (2.5 ml) salt. Cook until onions are translucent and vegetables are slightly softened, about 5 minutes. Stir in the Guinness and simmer for about 5 minutes. Stir in the tomato paste. Nestle the shanks and any accumulated liquid into the vegetables.
 - Cover and turn the temperature to 200°F (95°C). Slow cook until completely tender, about 3 to 4 hours. Check occasionally during the cooking time, as the temperature may need to be adjusted to maintain a slight simmer.
 - Blot the surface with a paper towel to soak up any excess fat.
- Stir in chopped parsley. Taste and adjust seasoning according to preference.

Nutritional information per serving (based on 6 servings):
 Calories 373 (29% from fat) • carb. 9g
 pro. 51g • fat 12g • sat. fat 4g • chol. 94mg
 sod. 528mg • calc. 76mg • fiber 2g

Grilled Sausage and Peppers

An easy, any-night meal.

Makes about 4 servings

- 1½ **teaspoons (7.5 ml) olive oil, divided**
 - 1 **pound (454 g) fresh Italian chicken sausages**
 - 1 **red onion, cut into thin wedges with the root intact**
 - 1 **large red pepper, halved and seeded, sliced lengthwise**
 - ¼ **teaspoon (1 ml) kosher salt**
 - Pinch smoked paprika**
 - Pinch freshly ground black pepper**
- Assemble the Cuisinart® Stack5 with the grill pan and select 400°F (200°C). Add ½ teaspoon (2.5 ml) of the olive oil to the pan.
 - Once the oil is hot, add the sausages. Cook for about 10 minutes, turning once. Cover to continue cooking for an additional

- 10 minutes, until sausages are completely cooked through and browned.
- While the sausages are cooking, toss the onion and red pepper with remaining teaspoon of olive oil, salt, smoked paprika and pepper.
- Once sausages are completely cooked through, remove and reserve. Add the onions and peppers to the grill. Cook until soft and lightly browned, about 7 to 10 minutes. Toss occasionally to evenly cook.
- Add the sausages back to the grill with the peppers and onions to warm through. Serve immediately.

Nutritional information per serving: Calories 214 (47% from fat) • carb. 6g • pro. 22g • fat 11g • sat. fat 2g chol. 85mg • sod. 808mg • calc. 31mg • fiber 1g

Hawaiian Skewers

Bold flavours of sweet and spicy come together with these fun skewers!

Makes 8 skewers

- 12 **large shrimp, shelled and deveined**
 - ½ **teaspoon (2.5 ml) honey**
 - 1 **teaspoon (5 ml) plus 1 tablespoon (15 ml) vegetable oil, divided**
 - 2 **garlic cloves, crushed**
 - 6 **sprigs fresh cilantro**
 - ¼ **teaspoon (1 ml) fresh lime zest**
 - ¼ **teaspoon (1 ml) kosher salt**
 - 6 **ounces (170 g) cooked chicken and ouille sausage**
 - 1 **tablespoon (15 ml) sriracha**
 - ½ **cup (125 ml) pineapple cubes**
 - 2 **jalapeños, seeded and cut into 1-inch (2.5 cm) pieces**
 - ½ **cup (125 ml) pineapple cubes**
 - Stainless or wooden skewers**
- Put the shrimp in a small stainless bowl and toss together with the honey, 1 teaspoon (5 ml) of oil, garlic, cilantro, lime and salt. Cover and let rest in the refrigerator for 1 hour.
 - While shrimp is marinating, cut the andouille sausage into ½-inch (1.25 cm) slices. Stir together the remaining oil with the sriracha.

- Assemble the skewers by threading the pineapple and then jalapeño, followed by the shrimp, and finally the andouille. Repeat.
- Repeat with remaining skewers. Brush the skewers with the sriracha/oil mixture.
- Assemble the Cuisinart® Stack5 with the grill plate and set to 400°F (200°C). Once the grill is hot, add the skewers, about 3 at a time. Cover the grill and cook, about 4 to 5 minutes per side.

Nutritional information per skewer: Calories 87 (41% from fat) • carb. 3g • pro. 10g • fat 4g • sat. fat 1g chol. 70mg • sod. 434mg • calc. 30mg • fiber 0g

Shrimp Scampi

Serve this with plenty of crusty bread to sop up the sauce!

Makes 2 to 4 servings

- 1 pound (454 g) large shrimp, approximately 16, peeled, deveined and rinsed**
 - ½ teaspoon (2.5 ml) kosher salt, divided**
 - ¼ teaspoon (1 ml) freshly ground black pepper, divided**
 - 1 teaspoon (5 ml) olive oil**
 - 3 tablespoons (45 ml) unsalted butter, divided**
 - 4 garlic cloves, finely chopped**
 - ½ cup (125 ml) grape tomatoes, halved**
 - ⅛ teaspoon (0.5 ml) crushed red pepper**
 - 2 tablespoons (30 ml) fresh parsley, chopped, divided**
 - 6 large basil leaves, torn into pieces, divided**
 - 2 tablespoons (30 ml) fresh lemon juice**
 - 2 tablespoons (30 ml) dry white wine**
- Dry shrimp well and season both sides with ¼ teaspoon (1 ml) salt and ⅛ teaspoon (0.5 ml) pepper.
 - Assemble the Cuisinart® Stack5 with the baking pan and select 400°F (200°C). Add the oil to the pan.
 - Once the oil is hot, add the shrimp to sear, about 1 to 2 minutes per side.

- Remove and reserve shrimp once seared. Add 1 tablespoon (15 ml) butter and the garlic to the pan. Once the garlic is fragrant, add the grape tomatoes, crushed red pepper, remaining salt and pepper, and half of the herbs.
- Add the lemon juice and white wine and bring the liquid to a simmer. When the liquid has reduced slightly, whisk in the remaining butter using a nonstick whisk.
- When the butter is incorporated, stir in reserved shrimp with remaining herbs.
- Serve immediately in shallow bowls.

*Nutritional information per serving (based on 4 servings):
Calories 223 (47% from fat) • carb. 4g
pro. 24g • fat 12g • sat. fat 5g • chol. 193mg
sod. 440mg calc. 73mg • fiber 0g*

Stuffed Fillet of Sole

Easy, yet elegant, this fish can be topped with any light sauce. We love it plain with lots of extra lemon!

Makes 6 stuffed fillets

- 8 ounces (227 g) lump crabmeat**
 - 1 celery stalk, diced**
 - 2 scallions, thinly sliced**
 - 1 teaspoon (5 ml) fresh thyme leaves**
 - 1 tablespoon (15 ml) dry white wine**
 - ¼ cup (60 ml) lightly salted breadcrumbs**
 - 1 large egg, beaten**
 - 1 teaspoon (5 ml) kosher salt, divided**
 - 6 thin sole fillets, about 8 inches (19.5 cm) long (any flat white fish fillets may be substituted)**
 - Freshly ground black pepper**
 - Lemon wedges, for serving**
 - Paprika, for garnish**
- Put crabmeat into a medium bowl. Pick through and discard any shells. Add diced celery, scallions, thyme, white wine, breadcrumbs, egg and ½ teaspoon (2.5 ml) of salt to the bowl. Gently combine and reserve.
 - Add 3 cups (750 ml) of water to the baking pan and then assemble the Cuisinart® Stack5 with the steaming rack.
 - Place the sole fillets on a flat surface in front of you. Sprinkle both sides of the fish with remaining salt and a pinch of pepper.

- Place a heaping $\frac{1}{4}$ cup (60 ml) of the crabmeat filling in the center of each fillet. Fold the tail end of the fillet over the crab mixture and continue rolling to tightly secure. Place each fillet, seam side down, onto the steam rack and cover. Select 400°F (200°C) and cook for about 8 minutes for the water to come to a boil, and then lower the temperature to 350°F (180°C).
- Cook for a total 20 to 25 minutes, until fish flakes easily. (NOTE: The water may boil over at around 18 minutes; reduce the temperature to 200°F (95°C) for the remainder of cooking time.)
- Serve immediately with plenty of lemon wedges and a sprinkle of paprika.

Nutritional information per fillet: Calories 129 (23% from fat) • carb. 5g • pro. 19g • fat 3g • sat. fat 1g chol. 107mg • sod. 1042mg • calc. 68mg • fiber 0g

$\frac{1}{2}$ teaspoon (2.5 ml) salt, ginger and cinnamon. Stir to mix all ingredients well.

- Stir in the rice to coat. Add the liquids, turn the temperature up to 400°F (200°C) and cover. Once boiling, reduce heat to 200°F (95°C), so the mixture is barely simmering, and top with the lid. Continue cooking the rice according to the manufacturer's suggested time, about 20 to 25 minutes.
- Stir in kidney beans and cover. Allow to rest, about 10 minutes, before fluffing and serving.
- Taste and adjust seasoning according to preference. Serve immediately, garnished with green onions.

Nutritional information per serving (based on 1 cup [250 ml]): Calories 470 (21% from fat) • carb. 77g pro. 18g • fat 11g • sat. fat 9g • chol. 0mg sod. 420mg • calc. 141mg • fiber 13g

Red Beans and Rice

A blend of Latin and Caribbean flavours makes a delicious version of rice and beans.

Makes about 10 cups (2.5 L)

- 1** **tablespoon (15 ml) extra virgin olive oil**
 - 2** **garlic cloves, finely chopped**
 - 1** **jalapeño, seeded and finely chopped**
 - 4** **stems fresh thyme**
 - 1** **bay leaf**
 - $\frac{3}{4}$** **teaspoon (3.75 ml) kosher salt, divided**
 - 1** **$\frac{1}{2}$ -inch (1.25 cm) piece fresh ginger**
 - $\frac{1}{2}$** **teaspoon (2.5 ml) ground cinnamon**
 - 2 $\frac{1}{4}$** **cups (550 ml) white rice**
 - 2** **cans (13.5 oz [398 ml]) coconut milk**
 - 2 $\frac{1}{2}$** **cups (625 ml) chicken broth, low sodium**
 - 1** **can (15 ounces [425 g]) kidney beans, drained**
 - 4** **green onions, sliced into batons for garnish**
- Assemble the Cuisinart® Stack5 with the baking pan and select 350°F (180°C). Add the olive oil to the pan.
 - Once the oil is hot, add the chopped garlic and jalapeño. Sauté 2 to 3 minutes, or until fragrant. Add the thyme, bay leaf,

Cauliflower Fried Rice

Fun and tasty side dish that is also low in carbs!

Makes about 6 cups (1.5 L)

- 2** **tablespoons (30 ml) vegetable oil, divided**
 - 1** **onion, finely chopped**
 - 1** **small red pepper, cut into small dice**
 - 1** **small jalapeño, seeded and finely chopped**
 - 1** **1-inch (2.5 cm) piece fresh ginger, finely chopped**
 - 3** **garlic cloves, finely chopped**
 - $\frac{1}{2}$** **teaspoon (2.5 ml) salt**
 - $\frac{1}{4}$** **teaspoon (1 ml) turmeric**
 - 1** **medium cauliflower head, about 1 pound (454 g), or 6 cups (1.5 L) of florets, finely chopped or riced**
 - Cilantro leaves and roasted peanuts for garnish**
- Assemble the Cuisinart® Stack5 with the baking pan and select 400°F. Add 1 tablespoon (15 ml) of oil to the pan.
 - Once the oil is hot, add the onion, red pepper, jalapeño, ginger and garlic. Stir frequently and cook until soft and fragrant, about 7 minutes. When it's fragrant, add the salt and the turmeric. Stir together over the heat to incorporate.

3. Add the remaining oil and then the cauliflower. Stir together well to coat the cauliflower. Cover for about 5 to 10 minutes, so that the cauliflower becomes tender.
4. Remove the cover and continue cooking. Occasionally stir to scrape up any brown bits on the bottom of the pan; this adds to the crunch of the dish.
5. Taste and adjust seasoning according to preference. Serve immediately, garnished with cilantro leaves and roasted peanuts.

Nutritional information per ½-cup (125 ml) serving:
 Calories 68 (60% from fat) • carb. 6g • pro. 2g • fat 5g
 sat. fat 1g • chol. 0mg • sod. 221mg
 calc. 22mg fiber 2g

Butternut Squash and Farro Gratin

The creaminess of butternut squash and the delicate chew of farro play on texture, while a few extra standout ingredients make this a rich and deeply satisfying, all-in-one dish. Can be served as a side or main dish.

Serves 6 to 8

- 1 large butternut squash, peeled and cut into 1-inch (2.5 cm) cubes (about 1½ pounds [680 g])**
- ¾ cup (175 ml) farro**
- 1 teaspoon (5 ml) olive oil**
- 8 ounces (227 g) fresh, sweet Italian sausage, chicken or pork, casings removed**
- 1 large leek, thinly sliced, white and light green parts only**
- 2 teaspoons (10 ml) fresh thyme leaves, roughly chopped**
- ¾ teaspoon (3.75 ml) kosher salt**
- 1 cup (250 ml) grated fontina cheese, divided**
- ¾ cup (175 ml) heavy cream**
- ¾ cup (175 ml) chicken broth, low sodium**
- Nonstick cooking spray**

1. Add 4 cups (1 L) of water to the baking pan and assemble the Cuisinart® Stack5 with the steam rack in place. Add the butternut squash, cover and select 400°F (200°C). Cook until the squash is tender, about 20 minutes.

2. When it's tender, remove the squash and reserve. Add an additional cup of water to the baking pan and select 400°F (200°C). Once the water comes to a boil, add the farro and cook until tender, about 20 minutes. Strain the farro and reserve with the squash.
3. Discard water, and wash and dry the baking pan well. Add the oil to the pan and set to 400°F (200°C). Once the oil is hot, add the sausage. Break up the sausage well with a wooden spoon and cook until evenly browned. Add the leek and reduce heat to 350°F (180°C); continue to cook until soft and lightly browned.
4. Add the sausage and leek to the squash and farro with the thyme, salt, half of the fontina cheese, heavy cream, and chicken stock. Stir to combine.
5. Clean and dry the baking pan and then spray well with nonstick cooking spray. Add the squash mixture to the baking pan and select 325°F (160°C). Cover and cook for about 25 minutes.
6. Remove the cover and top the casserole with the remaining fontina cheese. Cover and cook an additional 5 minutes to melt the cheese.
7. Enjoy immediately.

Nutritional information (based on 8 servings):
 Calories 307 (46% from fat) • carb. 34g • pro. 11g
 fat 17g • sat. fat 9g • chol. 58mg
 sod. 420mg • calc. 150mg • fiber 4g

Skillet Brussels Sprouts with Red Onion

This recipe will make you a Brussels sprouts convert!

Makes about 3 cups (750 ml)

- 1 tablespoon (15 ml) olive oil, divided**
- 1 pound (454 g) Brussels sprouts, halved lengthwise**
- 1 medium red onion, halved lengthwise with each half sliced**
- ½ teaspoon (2.5 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- 1 tablespoon (15 ml) pure maple syrup**

1. Assemble the Cuisinart® Stack5 with the baking pan and select 400°F (200°C). Add 2 teaspoons (10 ml) of the olive oil to the pan.
2. Once the oil is hot, add the Brussels sprouts, cut side down. Cook, tossing occasionally after about 5 minutes.
3. Lower the temperature to 350°F (180°C) and add the sliced onions with the salt and pepper and remaining oil. Cook for an additional 5 minutes, tossing occasionally and then cover.
4. Cook for about 10 minutes and occasionally stir until the sprouts are tender.
5. Once tender, finish with the maple syrup. Taste and adjust seasoning according to preference. Serve immediately.

Nutritional information per serving (based on ½-cup [125 ml] serving) Calories 69 (30% from fat) carb. 11g pro. 3g • fat 3g • sat. fat 0g • chol. 0mg sod. 198mg • calc. 40mg • fiber 3g

2. Assemble the Cuisinart® Stack5 with the baking pan and select 350°F (180°C). Add the butter to the pan.
3. Once the butter is melted, stir in the flour with a nonstick whisk until smooth. Continue to cook while occasionally stirring, for about 2 minutes.
4. Continue whisking and slowly pour the milk into the butter/flour mixture. Turn heat up slightly and stir mixture occasionally, to evenly heat. Once mixture comes to a boil, reduce the heat to maintain a simmer for about 2 minutes.
5. Keep stirring until the mixture becomes very thick. When thick, stir in the shredded cheeses to the mixture. Once all the cheese has been added, stir sauce well until homogenous. Stir in salt, hot sauce, and then the macaroni.
6. Turn the temperature to 300°F (150°C) and cover. Cook for about 35 minutes.
7. Sprinkle the toasted breadcrumbs over the top before serving.

Nutritional information per serving (based on 15 servings): Calories 204 (54% from fat) • carb. 15g pro. 8g • fat 12g • sat. fat 7g • chol. 38mg sod. 159mg • calc. 204mg • fiber 1g

Old-Fashioned Macaroni and Cheese

Need we say more??!!

Makes about 15 servings

Cooking spray

- 1 pound (454 g) elbow macaroni**
- ½ cup (125 ml) unsalted butter**
- 6 tablespoons (90 ml) unbleached, all-purpose flour**
- 6 cups (1.5 L) whole milk**
- 4 ounces (113 g) Cheddar cheese, shredded**
- 4 ounces (113 g) mozzarella cheese, shredded**
- 4 ounces (113 g) Monterey Jack cheese, shredded**
- ¾ teaspoon (3.75 ml) kosher salt**
- Dash hot sauce**
- 1 to 2 cups (250 to 500 ml) toasted breadcrumbs**

1. Cook macaroni according to manufacturer's instructions. Drain pasta and rinse under cold water. Toss with some oil to prevent sticking.

Polenta

This comforting, slow-cooked polenta can be served in so many ways. Use it as a creamy foundation for the Guinness Braised Beef Shanks or Chicken Cacciatore. Or, allow to cool until set and cut into squares for grilling. It is also delicious on its own, topped with plenty of your favourite shredded cheese.

Makes about 10 servings

- 4 cups (1 L) water or low-sodium broth**
- 1 cup (250 ml) polenta**
- 1 teaspoon (5 ml) kosher salt**
- 2 tablespoons (30 ml) unsalted butter**

1. Assemble the Cuisinart® Stack5 with the baking pan and add the water or broth, polenta and salt. Select 400°F (200°C). Once the liquid comes to a boil, cover and set to 200°F (95°C).
2. The polenta will take about 3 hours to completely cook. Stir occasionally while

cooking. The polenta should be thick yet soft in texture. Once the polenta is ready and soft, stir in butter.

3. Taste and adjust seasoning according to preference.

Nutritional information per serving (based on 10 servings):

*Calories 60 (37% from fat) • carb. 9g pro. 1g • fat 3g
• sat. fat 1g • chol. 6mg
sod. 216mg • calc. 3mg • fiber 1g*

Bananas Foster

Delicious topping for vanilla ice cream!

Makes 4 servings

- 6 tablespoons (90 ml) unsalted butter**
- 2 ounces (57 g) bourbon**
- 4 bananas, halved lengthwise**
- ¼ cup (60 ml) brown sugar**
- ½ teaspoon (2.5 ml) ground cinnamon**
- Pinch kosher salt**
- Vanilla ice cream for serving**

1. Assemble the Cuisinart® Stack5 with the baking pan and select 350°F (180°C). Add the butter to the pan.
2. Once the butter is melted, stir in the bourbon. Add the bananas to the pan, cut side down.
3. When bananas are slightly browned, add the brown sugar, cinnamon and salt. Continue to cook until bubbling.
4. Serve immediately with vanilla ice cream!

Nutritional information per serving (based on 4 servings):

*Calories 266 (37% from fat) • carb. 39g pro. 1g
fat 11g • sat. fat 8g • chol. 30mg
sod. 1mg • calc. 6mg • fiber 3g*

Raspberry Fig Upside-Down Cake

Fun dessert using up some late summer fruit.

Makes 12 servings

- 4 tablespoons (60 ml) plus ½ cup (125 ml) unsalted butter, room temperature, divided**

- 1 cup (250 ml) light brown sugar, divided**
- 1 pound (454 g) fresh figs, halved lengthwise**
- ½ pint (236 g) raspberries**
- 1½ cups (375 ml) unbleached, all-purpose flour**
- 1 teaspoon (5 ml) baking powder**
- ¼ teaspoon (1 ml) baking soda**
- ½ teaspoon (2.5 ml) salt**
- ½ teaspoon (2.5 ml) ground cinnamon**
- ¾ cup (175 ml) whole milk**
- 2 large eggs**
- 1 teaspoon (5 ml) pure vanilla extract**
- ½ cup (125 ml) granulated sugar**

1. Assemble the Cuisinart® Stack5 with the baking pan and select 325°F (160°C). Let preheat for about 5 minutes.
2. Once preheated, add 4 tablespoons (60 ml) of butter to the pan. When melted, stir and swirl the butter around the sides of the pan. Add ¾ cup (175 ml) light brown sugar. Stir together and cook until sugar melts and the mixture begins to bubble.
3. Add the fruit to the pan. Make sure that the figs are placed cut side down. Turn temperature down slightly, to 250°F (120°C), and prepare the cake batter.
4. In a small bowl, stir together the flour, baking powder, baking soda, salt and cinnamon. Put the milk in a 2-cup (500 ml) measuring cup and add the eggs and vanilla extract.
5. In a separate, larger bowl, add the remaining ½ cup (125 ml) of room temperature butter and mix with a hand mixer on low speed. Add the granulated sugar and remaining ¼ cup (60 ml) of light brown sugar and cream together with the mixer until light and fluffy.
6. Alternately add the dry and then wet ingredients in several additions, starting and ending with the dry ingredients.
7. Pour batter into the baking pan. Cover and set back up to 325°F (160°C). Bake for about 25 minutes, until a toothpick comes out clean. Invert the baking pan onto a large cutting board to cut and serve.

Nutritional information per serving (based on 12 servings):

*Calories 298 (37% from fat) • carb. 45g pro. 3g
fat 12g • sat. fat 8g • chol. 63mg
sod. 174mg • calc. 44mg • fiber 2g*

Carrot Cake

Delicious and moist, this cake is always a crowd pleaser!

Makes about 20 servings

Nonstick cooking spray

Cake:

- 1²/₃ cups (400 ml) unbleached, all-purpose flour**
- 1 tablespoon (15 ml) unsweetened cocoa**
- 2 teaspoons (10 ml) baking powder**
- 2 teaspoons (10 ml) cinnamon**
- 1 teaspoon (5 ml) ginger**
- 1 teaspoon (5 ml) baking soda**
- 1 teaspoon (5 ml) salt**
- 1¹/₄ cups (300 ml) vegetable oil**
- 1 cup (250 ml) granulated sugar**
- 1 cup (250 ml) dark brown sugar**
- 4 large eggs**
- 1 teaspoon (5 ml) pure vanilla extract**
- 1¹/₂ cups (375 ml) walnut pieces (6 ounces [170 g]), chopped**
- 1 pound (454 g) carrots, shredded**
- 1 cup (250 ml) plump golden raisins (6 ounces [170 g])**

Frosting:

- 1 pound (454 g) cream cheese, room temperature, cut into 16 pieces**
- 1/4 pound (125 g) unsalted butter, room temperature, cut into 8 pieces**
- 2 cups (500 ml) confectioners' sugar**
- 1 teaspoon (5 ml) pure vanilla extract**

1. Assemble the Cuisinart® Stack5 with the baking pan.
2. In a small bowl, stir together the flour, cocoa, baking powder, cinnamon, ginger, baking soda and salt.
3. In a large bowl, whisk together the oil and sugars. Whisk in the eggs, one at a time, and then the vanilla extract.
4. Add the dry ingredients to the wet in 3 additions, incorporating the first before adding the next. Finally fold in the walnuts, shredded carrots and the raisins.
5. Preheat the Stack5 by selecting 275°F (135°C). When ready light illuminates, spray the baking pan with cooking spray, pour in the batter and cover.

6. Bake until a cake tester comes out clean, about 1 hour 30 minutes to 1 hour 40 minutes. Remove baking pan from base and allow to cool completely.
7. While cake is baking, prepare the frosting. Beat the cream cheese and butter together until smooth. Add the confectioners' sugar in several additions, beating each addition until smooth. Finally add the vanilla extract.
8. Once cake is completely cool, remove from pan and frost.

Nutritional information per serving: Calories 581 (57% from fat) • carb. 58g • pro. 6g • fat 38g sat. fat 14g • chol. 89mg • sod. 396mg calc. 59mg • fiber 2g

WARRANTY

LIMITED THREE-YEAR WARRANTY

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

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

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

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

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

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

Email:
consumer_Canada@conair.com

Model:
GRM-3CBC SERIES

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

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

* The date code format we are using on unit is WWYY, representing week, and year.
eg.2420 = manufactured in 24th week of the year 2020.

Note: We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606. For more information, please visit our website at www.cuisinart.ca

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