

# Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



**CookFresh™ Digital Glass Steamer**

**STM-1000C**

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

Carefully read all instructions before using this appliance.

# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not immerse cord, plugs or base of steamer in water or other liquids.
3. Close supervision is necessary when any appliance is used by or near children. Cuisinart does not recommend the use of this appliance by children.
4. Always unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning or removing contents from steamer.
5. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
6. The use of attachments, other than those recommended by Cuisinart, may cause fire, electrical shock, or risk of injury to persons.
7. Do not use outdoors.
8. Avoid sudden temperature changes, such as adding refrigerated foods into the glass steaming pot.
9. Do not let cord hang over edge of counter or table or touch hot surfaces, which could damage the cord.
10. Be certain the steamer lid is securely in place before operating appliance. Never operate without the lid securely in place.
11. This appliance is intended for household use only.
12. Wash all parts before first use.

13. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
14. Do not touch hot surfaces. Use handles or knobs.
15. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
16. To disconnect, press START/STOP to turn unit off, then remove plug from wall outlet.
17. Do not use appliance for other than its intended use.
18. Do not place on or near a hot gas or electric burner, or in a heated oven.
19. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

# SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## SPECIAL CORD SET INSTRUCTIONS

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

1. The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.

2. The 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.

**NOTICE:** This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

## UNPACKING INSTRUCTIONS

Place the box containing the Cuisinart® CookFresh™ Digital Glass Steamer on a flat, sturdy surface before unpacking. Open box and remove instruction book and any printed materials from top of box. Remove packing materials and all components. **CAUTION:** Remove glass bowl carefully. Check the Features and Benefits section to ensure you've removed all parts. Place all packing materials back into the gift box and save, in the event that future shipping of the item is needed.

## BEFORE THE FIRST USE

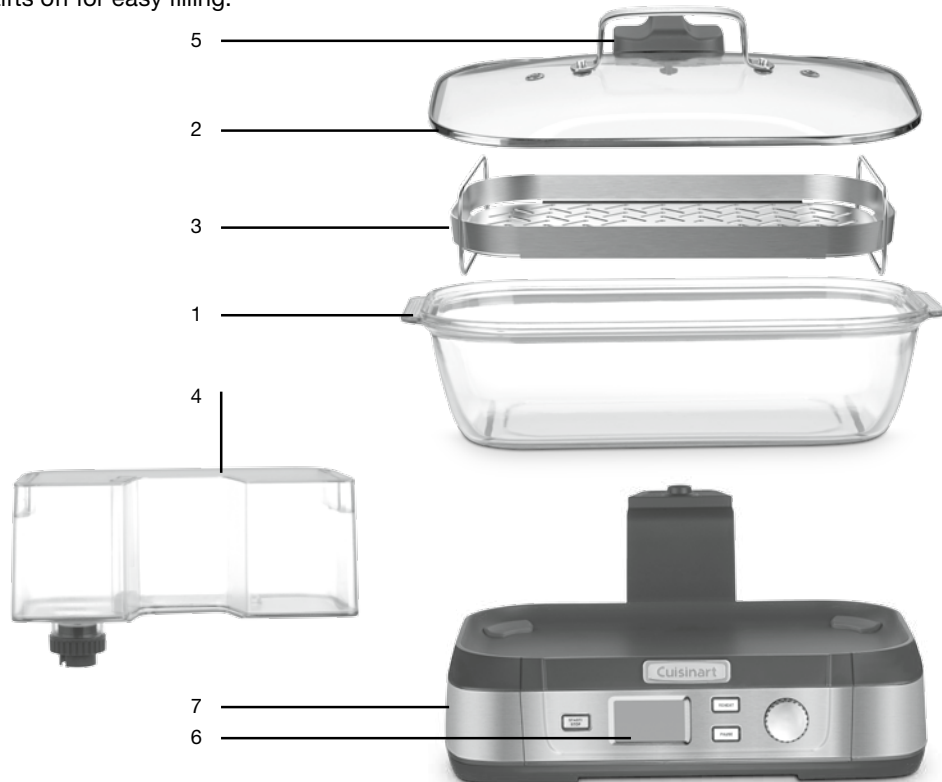
Before using your Cuisinart® CookFresh™ Digital Glass Steamer for the first time, remove any dust from shipping by wiping the housing, steam tower, and control panel with a damp cloth. The removable water reservoir, lid, steaming pot and steaming tray should be hand-washed in hot, sudsy water and thoroughly rinsed. Before using your steamer, make sure it is 2 to 4 inches (5.0 to 10.0 cm) away from the wall or from any items on the countertop. Do not use on heat-sensitive surfaces. **Do not use under cabinets.**

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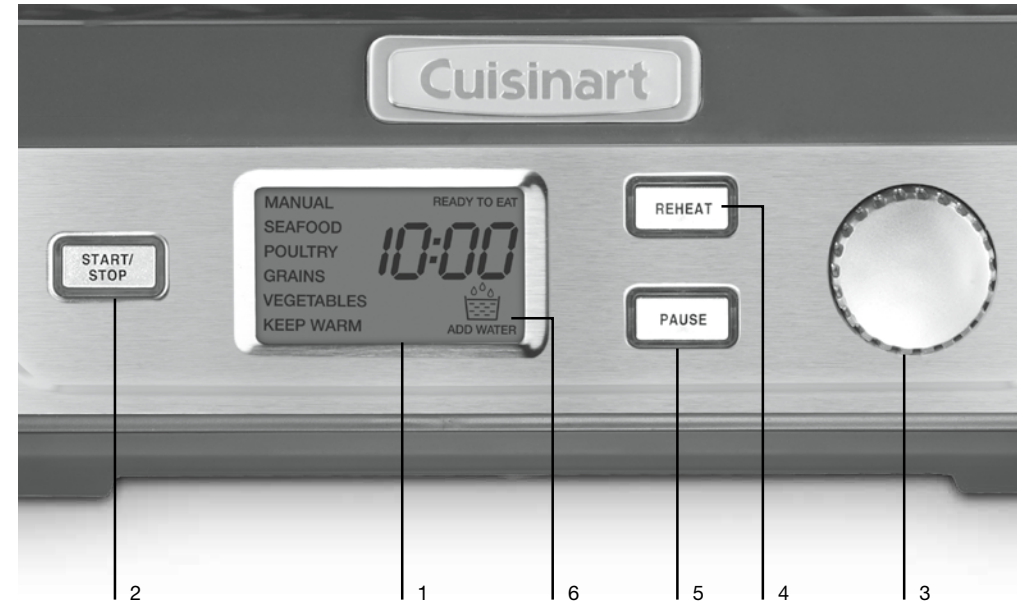
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## FEATURES AND BENEFITS

- 1. Large 5-Liter Glass Steaming Pot**  
Provides clear view of food as it steams. Steaming in glass prevents food from coming into contact with plastic. Dishwasher safe. Can also be used as a serving dish.
- 2. Glass Lid with Stainless Steel Rim**  
Provides clear view of food as it steams; features two release vents.
- 3. Reversible Stainless Steel Steaming Tray**  
Flips to accommodate different foods, and elevates food for even steaming; side bars prevent small items from falling off. Dishwasher safe.
- 4. Removable 1-Liter Water Reservoir**  
Large capacity allows you to steam complete meals without refilling. Lifts off for easy filling.
- 5. Steam Tower Cover**  
Attached to the lid, disperses steady stream of steam from the top down, circulating it around food for even results.
- 6. Control Panel**  
See following page.
- 7. Base with Brushed Stainless Steel Housing**  
Elegant and easy to clean with a damp cloth.
- 8. Audible Alert (not shown)**  
Signals you when steam cycle ends and water needs to be refilled.
- 9. Water Release Drain (not shown)**



## GETTING TO KNOW YOUR CONTROL PANEL



- 1. Large LCD**  
The backlit LCD screen is easy to read; displays function menu, illuminates function selected, shows steaming time, and displays "add water" icon when water reservoir needs refilling.
- 2. START/STOP Button**  
Press to start or manually stop the steaming process.
- 3. Selector Dial**  
Use to select food category presets: VEGETABLES, POULTRY, SEAFOOD, and GRAINS, plus MANUAL and KEEP WARM settings. Use to increase or decrease steam time if desired.
- 4. REHEAT Button**  
Press to bring food up to serving temperature.
- 5. PAUSE Button**  
Press to pause steam flow before removing lid during the steaming process. Timer will pause; press again to resume steaming.
- 6. ADD WATER Indicator**  
Icon appears in LCD to let you know when to refill water reservoir. An audible alert will also sound.

## OPERATION

Plug steamer into an electrical outlet.

### 1. Prepare the Steamer

Position the steamer where you want to do your cooking. Choose a flat, dry, sturdy surface. Set the glass steaming pot in place on the base.



### 2. Fill Water Reservoir

Remove the water reservoir and twist the black cap counterclockwise to open. Fill with cold or distilled water, twist the cap clockwise to close, and set reservoir back into the steamer.



### 3. Add Food

Place steaming tray in the desired position. Place food onto the steaming tray.



### 4. Cover Pot

Place lid on steaming pot, positioning the steam tower cover over the steam tower.

### 5. Select Steaming Time

Turn Selector Dial until the food type you are steaming illuminates in the LCD display, then press the dial to select it. Recommended steaming time will appear in the LCD display. Turn Selector Dial to increase or decrease preset time for personal preference. If you wish to return to the food-type menu, press the Selector Dial. **NOTE:** Cooking time will vary depending on the quantity and density of food, size of pieces, and other factors. As you get to know your steamer and cook different foods, you'll learn how much time is needed to get the exact results you want.



### 6. Press START/STOP Button

Steaming time will begin to count down and the unit will start to emit steam in just 30 seconds. When steam time has elapsed, steaming will stop and an alert will sound. **WARNING: During use, never touch the base, steamer pot, or lid, since they get very hot.**

**NOTE:** Use the PAUSE function when checking food doneness or removing/adding

ingredients during the steaming process. Press to pause steam flow before removing lid. Timer will pause; press again to resume steaming.



### 7. Manual Timer Option

The manual timer offers two options:

- To set a preferred cooking time, turn Selector Dial to illuminate MANUAL in LCD and press the dial. Next, turn dial to the desired cooking time and press START/STOP to begin steaming. Timer will begin to count down steaming time.
- To steam without setting a time, turn Selector Dial to illuminate MANUAL in LCD and press START/STOP. Steaming will begin and timer will start counting up. Press START/STOP to stop steaming. **NOTE:** Steamer shuts off automatically when timer reaches 60 minutes.

### 8. Audible Alert Signals Steaming Is Complete

To stop steaming before time has elapsed, simply press START/STOP button. To adjust time during cooking, press pause button and turn Selector Dial to increase or decrease steaming time. If not serving right away, you can use the KEEP WARM mode. Turn Selector Dial to illuminate KEEP WARM. Press the dial, 00:00 will appear in the display. Press START/STOP and the timer will begin to count up. Press START/STOP again to turn KEEP WARM off. To select a specific KEEP WARM time, when 00:00 appears, use dial to select time, then press START/STOP. Timer will begin counting down.

**NOTE:** Residual heat may continue to cook food; adjust time accordingly.

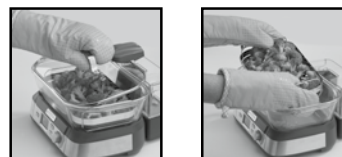
### 9. Adding Water During Cooking

When there is little or no water left in the water reservoir, ADD WATER icon will appear in the LCD. An audible alert will sound continuously until water reservoir is refilled. Follow Step 2 above for water reservoir filling instructions.



### 10. Remove Food When Ready to Serve

Use oven mitts to remove lid, lifting the side farthest from you, allowing any excess moisture to drip back in the pot and allowing steam to escape away from you.



### 11. After Cooking Is Complete

- Remove plug from power outlet.
- Allow water in steaming pot to cool completely before emptying.
- During cooking cycle, condensation causes hot water to accumulate in the steamer base. Empty carefully when cooled.
- Follow cleaning instructions below.

## CLEANING AND STORAGE

Always unplug the steamer from electrical outlet and allow to cool completely before cleaning. Before first use and after each use, clean each part thoroughly.

Wash all parts except the steamer base in warm, soapy water; rinse and dry thoroughly. The steaming pot, tray and lid can also be cleaned on the top rack of a dishwasher.

Do not use chlorine bleach or abrasive cleaners on any part of the steamer.

Never put the steamer base in dishwasher or immerse it in water. The base can be wiped with a damp cloth to remove residue.

To clean the inner area of the steamer base where the steaming pot sits, sprinkle a clean, damp sponge with a teaspoon of baking soda, and wipe carefully. Wipe again with a clean, damp sponge.

Empty Water Release Drain over a kitchen sink before storing the unit. Water Release Drain is located below the Water Reservoir on back of unit.

Store your steamer in a dry place, out of the reach of children.

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

## DESCALING THE STEAMER

After several months of use, calcium deposits may build up in the steam tube of your steamer. This process is normal. You should descale regularly to maintain maximum steam production and extend the life of your steamer.

To descale: Fill the water reservoir to the maximum level with equal parts of water and white vinegar (not cider or wine vinegar).

Plug the unit into an electrical outlet. The steaming pot and lid should be in place. Set timer for 60 minutes and begin steaming.

When the timer sounds, unplug and allow to cool completely before pouring out vinegar solution.

Rinse the water reservoir, steaming pot and lid several times with fresh, cold water.

Fill the reservoir with cold water and place on unit. Set timer for 30 minutes and begin steaming to remove any residual vinegar from the steamer.

We also recommend using the descaling method to clean the steamer after steaming seafood.

## HELPFUL HINTS

- Steaming times stated in the Steaming Guide and Recipes are only to be used as a guide. Times may vary depending on the quantity, size of pieces, spacing and placement of food on the steaming tray, and personal preference.
- For the most consistent results, food pieces should be similar in size.
- Steaming times will vary according to size, temperature, freshness of foods and personal taste.
- Meat, poultry and seafood should be thawed completely before steaming.
- Never add seasonings, broth or herbs to the water reservoir.
- No liquids other than water should be used in the water reservoir.
- When using recipes, follow quantities as closely as possible for best results.
- Some foods, such as grains and rice, can be steamed in ovenproof dishes and covered with aluminum foil. See the recipe section for examples.

- For high altitude cooking, steaming times may need to be increased.
- For optimum results, do not overfill steaming tray; distribute evenly in a single layer.
- Ready-to-Eat Cues: Vegetables and fruits will be easy to pierce with by the tip of a knife or tines of a fork. Their colours will also brighten. For meats and chicken, check the internal temperature. The recommended temperature for chicken breast is 165°F (74°C). The recommended temperature for fish is 145°F (62°C).
- To check on food during the steam cycle, always press the PAUSE button to stop flow of steam. Wait a second before lifting the lid.
- Always lift the side of lid farthest away from you first, to allow steam to escape away from you.
- Times indicated are based upon use of fresh vegetables, meats and seafood (frozen chicken or meat are not recommended). Steaming times will vary according to size, temperature, freshness of foods and personal taste.
- Preset times are a good guide, but as you use your steamer, you may want to adjust the time to get the exact results you want. Less time will produce a “crisp-tender” vegetable; more will give you a softer texture.
- Be sure to cover foods placed into steamer in dishes to avoid steam condensing in bottom of dish. We suggest using aluminum foil.
- Always use tongs to remove food from the steamer. Use mitts or potholders to lift tray out of steamer before removing food.
- The steamer is a great way to cook dried beans. You’ll find they cook evenly and do not break up as readily as those cooked on the stovetop.
- Use the REHEAT button for bringing food up to serving temperature. The recommended serving temperature for food is at least 165° F (74°C).
- Steaming is the best cooking method when it comes to making baby food: Steam food until very tender. Process in either a blender or food processor, adding breast milk or filtered water, 1 tablespoon (15 ml) at a time, to desired consistency.

STEAMING GUIDE				
PROTEINS				
Food	Amount	Preparation	Function	Time
Chicken breast	4 chicken breasts, about 1½ pounds (680 g) total; yields 4 cups (1 L) cubed	Trimmed of any excess fat	Poultry	15 to 20 minutes
Clams	1 dozen	Scrubbed	Seafood	6 to 8 minutes
Crab legs, fresh	1 pound (454 g)	Rinsed	Seafood	8 minutes
Crab legs, frozen	1 pound (454 g)	Rinsed	Seafood	10 minutes
Fish fillet, thick, e.g., salmon	¾ pound (340 g)	Rinsed	Seafood	15 minutes
Fish fillet, thin, e.g., flounder/sole	½ pound (227 g)	Rinsed	Seafood	6 to 8 minutes
Fish, whole	2 pounds (907 g)	Cleaned and rinsed	Seafood	20 minutes
Fish, whole	1 to 1½ pounds (454 g to 680 g)	Cleaned and rinsed	Seafood	15 minutes
Lobster tail	4 lobster tails	Rinsed	Seafood	10 minutes
Mussels	2 pounds (907 g)	Scrubbed and debearded	Seafood	6 to 8 minutes
Shrimp	1 pound (454 g)	Peeled and deveined	Seafood	6 minutes

Shrimp, frozen	1 pound (454 g)	N/A	Seafood	10 minutes
VEGETABLES				
Food	Amount	Preparation	Function	Time
Artichokes, globe, large	11 to 12 ounces each (312 to 340 g)	Trimmed (see page 13 for preparation tips)	Vegetable	35 to 45 minutes
Asparagus, medium stalk	1 pound (454 g)	Trimmed	Vegetable	7 to 8 minutes
Green beans	1 pound (454 g)	Trimmed	Vegetable	7 to 8 minutes
Green beans, frozen	1 pound (454 g)	N/A	Vegetable	6 minutes
Wax beans	1 pound (454 g)	Trimmed	Vegetable	10 to 12 minutes
Beets, medium	1 bunch, about 12 to 14 ounces (340 to 397 g) total	Trimmed and scrubbed	Vegetable	25 to 30 minutes
Broccoli	1 pound (454 g)	Cut into 1–2-inch (2.5 to 5.0 cm) florets	Vegetable	7 minutes
Broccoli, frozen	12 ounces (340 g)	N/A	Vegetable	6 minutes
Broccolini	1 bunch, about 8 ounces (227 g)	Trimmed	Vegetable	8 minutes
Broccoli rabe	1 bunch, about 10 ounces (283 g)	Trimmed	Vegetable	8 minutes
Brussels sprouts	1 pound (454 g)	Trimmed	Vegetable	14 minutes
Cabbage, individual leaves	1 small head, about 1 pound (454 g)	Rinsed	Vegetable	5 minutes
Cabbage, small head, whole	1 pound (454 g)	Rinsed	Vegetable	15 minutes
Carrots	1 pound (454 g)	Cut lengthwise into 3-inch (7.5 cm) pieces and quartered	Vegetable	8 to 9 minutes
Carrots, baby	1 pound (454 g)	N/A	Vegetable	9 to 10 minutes
Cauliflower	1½ pounds (680 g)	Cut into 2–inch (5.0 cm) florets	Vegetable	10 minutes
Corn on the cob	4 ears	Husked	Vegetable	8 minutes
Escarole	1 head, about 8 ounces (227 g)	Trimmed	Vegetable	7 to 8 minutes
Fennel	1 medium bulb, 12 ounces (340 g)	Cut into wedges	Vegetable	10 minutes
Frozen mixed vegetables	1 pound (454 g)	N/A	Vegetable	7 minutes
Kale	1 bunch, 6 to 8 ounces (170 to 226 g)	Trimmed	Vegetable	6 to 8 minutes
Parsnips	1 bunch, about 1 pound (454 g)	Cut lengthwise into 3-inch pieces and quartered	Vegetable	8 to 10 minutes
Potatoes, red	1½ pounds (680 g)	Cut into 1–2-inch cubes	Vegetable	20 minutes
Potatoes, red, medium	3 pounds (1.36 kg)	Scrubbed and left whole	Vegetable	40 minutes
Green peas, fresh	8 ounces (226 g)	Shelled	Vegetable	5 minutes

Spinach, baby or whole leaf	5 ounces (142 g)	Rinsed	Vegetable	3 to 4 minutes
Spinach, frozen	10 ounces (283 g)	N/A	Vegetable	14 minutes
Squash, butternut	1½ pounds (680 g), about 4 cups (946 ml)	Cut into large cubes	Vegetable	15 to 20 minutes
Squash, yellow	12 ounces (340 g)	Cut into ½-inch (1.25 cm) rounds	Vegetable	6 minutes
Sugar snap peas	12 ounces (340 g)	Trimmed	Vegetable	6 to 8 minutes
Snow peas	12 ounces (340 g)	Trimmed	Vegetable	6 minutes
Turnips	16 ounces (454 g)	Peeled and cut into wedges	Vegetable	20 minutes
Zucchini	12 ounces (340 g)	Cut into ½-inch (1.25 cm) rounds	Vegetable	5 minutes

### GRAINS

Food	Amount	Preparation	Function	Time
Bulgur	2 cups (473 g) bulgur: 3 cups (750 ml) water; yields 6.5 cups (1.625 L) cooked	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Grains	25 minutes with 5-minute rest
Couscous	2 cups (473 ml) couscous: 2 cups (500 ml) water; yields 6 cups (1.5 L) cooked	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Grains	15 minutes with 5-minute rest
Oats, rolled	1 cup (237 ml) oats: 1½ cups (375 ml) water	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Grains	25 minutes with 5-minute rest
Oats, steel cut	1 cup (237 ml) oats: 2 cups water (500 ml)	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Grains	45 minutes with 5-minute rest
Rice, brown	2 cups (473 ml) rice: 2½ cups (552 ml) water; yields 6 cups (1.5 L) cooked	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Grains	40 minutes with 5-minute rest outside of steamer
Rice, white	2 cups (473 ml) rice: 2½ cups (552 ml) water; yields 6 cups (1.5 L) cooked	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Grains	25 minutes with 5-minute rest outside of steamer
Quinoa	2 cups (473 ml) quinoa: 2 cups (500 ml) water; yields 6 cups (1.5 L) cooked	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Grains	25 minutes with 5-minute rest

### BEANS

Food	Amount	Preparation	Function	Time
Beans, black	1 cup (237 ml) dry and soaked: 2 cups (500 ml) water; yields approximately 3 cups (750 ml) cooked	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Manual	50 to 55 minutes
Beans, garbanzo	1 cup (237 ml) dry and soaked: 3 cups (750 ml) water; yields approximately 3 cups (750 ml)	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Manual	55 to 60 minutes

Beans, white	1 cup (237 ml) dry and soaked: 2 cups (500 ml) water; yields approximately 3 cups (750 ml) cooked	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Manual	45 to 50 minutes
Lentils, brown	1 cup (237 ml) lentils: 3 cups (750 ml) of water; yields approximately 3 cups (750 ml) cooked	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Manual	45 minutes

### EGGS AND CUSTARD

Food	Amount	Preparation	Function	Time
Eggs, soft to medium-soft boiled	up to 1 dozen	N/A	Manual	8 minutes, plus shocked in an ice bath
Eggs, hard boiled	up to 1 dozen	N/A	Manual	14 minutes, plus shocked in an ice bath
Custards, individual ramekins	4, 5-oz. (116 g, 145 g) ramekins	Placed into ovenproof vessel, tightly covered with lid or foil and placed on steaming tray	Manual	25 minutes

# RECIPES

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## Maple Cinnamon Oatmeal

In less than an hour, you'll have a healthy breakfast prepared for the rest of the week.

Makes 4 cups (1 L)

- 1 cup (237 ml) steel-cut oats**
- 1/3 cup (79 ml) raisins or any other dried fruit (for larger dried fruit varieties, chop into small, bite-size pieces)**
- 1 cinnamon stick**
- 1 tablespoon (15 ml) pure maple syrup**
- 1 to 2 pinches kosher salt**
- Pinch ground nutmeg**
- 2 cups (500 ml) water**

- Put all of the ingredients into a 9 x 3-inch (23 x 6 cm) loaf pan. Cover with foil and place on tray inside the steamer. Secure lid.
- Select Manual, set timer for 45 minutes and press Start. Once timer expires, allow oats to rest in steamer for an additional 5 minutes.
- Carefully remove steamer lid and foil from the pan. Remove cinnamon stick, stir and serve immediately.

*Nutritional information per serving [1 cup (250 ml)]:*  
Calories 201 (11% from fat) • carb. 40g • pro. 5g  
• fat 3g • sat. fat 1g • chol. 0mg • sod. 42mg  
• calc. 15mg • fiber 4g

## Deviled Eggs

The timer makes it easier than you'd ever imagine to make perfect hard-boiled eggs.

Makes 24 servings

- 12 large eggs**
- 1/2 cup (125 ml) mayonnaise**
- 1 1/2 teaspoons (7.5 ml) Dijon-style mustard**
- 1 1/2 teaspoons (7.5 ml) fresh lemon juice**
- 1 teaspoon (5 ml) Worcestershire sauce**
- 2 tablespoons (30 ml) capers, drained**
- 3/4 teaspoon (3.75 ml) kosher salt**
- 1/4 teaspoon (1 ml) freshly ground pepper**
- Paprika for garnish**

- Put eggs onto the tray inside the steamer. Secure lid.
- Select Manual, set timer to 14 minutes and press Start. Once timer expires, immediately transfer eggs to a large bowl filled with ice water to stop the cooking process.

- Once eggs are cool, peel and carefully slice in half lengthwise.
- Remove yolks and put into the work bowl of a Cuisinart® Food Processor fitted with the metal chopping blade. Process until smooth.
- Pulse in the remaining ingredients and process again until smooth. Taste and adjust seasoning as desired.
- Spoon or pipe the yolk filling into the center of each egg white. Sprinkle with paprika before serving.

*Nutritional information per 1/2 egg:*  
Calories 54 (70% from fat) • carb. 1g • pro. 3g  
• fat 4g • sat. fat 1g • chol. 108mg • sod. 144mg  
• calc. 15mg • fiber 0g

## Chicken and Ginger Dumplings

Ginger is the star in this lighter alternative to the traditional pork dumpling.

Makes 48 dumplings

- 3/4 pound (340 g) ground chicken (dark meat) or turkey**
- 3 tablespoons (45 ml) fresh chopped ginger [about a 2-inch (5.0 cm) piece]**
- 2 tablespoons (30 ml) chopped green onion**
- 1 tablespoon (15 ml) fresh chopped cilantro**
- 1 tablespoon (15 ml) soy sauce (reduced sodium)**
- 2 teaspoons (10 ml) sesame oil**
- 1/2 teaspoon (2.5 ml) rice vinegar**
- Water and cornstarch for sealing dumplings**
- 48 wonton wrappers**
- Nonstick cooking spray**

- In a medium mixing bowl, combine the chicken, ginger, onion, cilantro, soy sauce, sesame oil and vinegar. Mix well with hands or a spoon.
- Prepare a large, clean and flat work surface equipped with two small bowls, one with water and the other with cornstarch and a pastry brush.
- Sprinkle the work surface with cornstarch and arrange wonton wrappers in rows on the work

surface (starting with 2 rows of 3). Put 1 teaspoon (5 ml) of filling in the center of each wrapper. Brush the edges of each wrapper with water and then fold the wrapper in half, sealing in the filling and also sealing together the damp edges. Pull the edges on the long side of the triangle together and seal. Continue with remaining filling and wrappers. Toss the dumplings very lightly with cornstarch as they sit.

- Lightly coat the tray with nonstick cooking spray. Arrange half of the dumplings on the tray inside the steamer. Secure lid.
- Select Manual, set timer for 10 minutes and press Start. Once timer expires, remove and repeat with the second batch of dumplings.
- Serve dumplings with a soy dipping sauce, such as the Asian Dipping Sauce on page 21.

*Nutritional information per serving (6 dumplings):*  
 Calories 245 (25% from fat) • carb. 29g • pro. 17g • fat 7g  
 • sat. fat 2g • chol. 49mg • sod. 377mg  
 calc. 40mg • fiber 1g

## Steamed Artichokes

Artichokes are a sure sign of spring. Simply steamed, they are delicious with our recipes for Bagna Cauda or a Creamy Herb Mayo for dipping. Try one or both sauces for a memorable first course.

Makes 4 servings

### 4 large globe artichokes

- Trim artichokes to fit the steamer by first cutting off the stems so the artichokes can sit upright on the tray. Then trim 1 or 2 inches (2.5 cm to 5.0 cm) off the top of the artichoke so the lid can be secured. Remove rough outer leaves and snip any remaining sharp tips with scissors.
- Once all the artichokes are trimmed, put them on the tray inside the steamer. Secure lid. Select Vegetable, adjust timer to 40 minutes and press Start. Once time expires, test one artichoke leaf to confirm it is tender. For extra-large artichokes, an extra 5 minutes might be necessary.
- Serve artichokes immediately with melted butter or the following dips: Bagna Cauda and Creamy Herb Mayo. Once all leaves have been

removed, scrape the fuzzy choke and discard to eat the heart.

*Nutritional information per artichoke:*  
 Calories 76 (2% from fat) • carb. 17g • pro. 5g • fat 0g  
 • sat. fat 0g • chol. 0mg • sod. 152mg  
 calc. 71mg • fiber 9g

## Steamed Pork Buns

These delicate breads are a classic dim sum component and have quickly become a favourite in our test kitchen.

Makes 12 buns

- 1 recipe Asian BBQ Ribs, recipe follows**
- 1 teaspoon (5 ml) active dry yeast**
- ¼ cup (59 ml) sugar**
- 1½ cups (325 ml) water, 110°F (43°C), divided**
- 4 cups (946 L) all-purpose flour, plus more as needed, divided**
- ¼ teaspoon (1 ml) baking soda**
- 1 tablespoon (15 ml) canola oil**
- Nonstick cooking spray**

- Remove meat from ribs and shred well. Place in a bowl and keep in refrigerator until ready to use. If desired, reserve any juices from the ribs after baking to moisten meat before filling.
- In a large measuring cup filled with ⅓ cup (75 ml) of the warm water, dissolve the yeast with a pinch of the sugar. Let stand until foamy, about 5 to 10 minutes.
- In the bowl of a Cuisinart® Stand Mixer fitted with the dough hook attachment, combine 3 cups (710 ml) of the flour, remaining sugar, baking soda and oil. Add the remaining cup of water to the yeast.
- Turn the mixer on the lowest speed and slowly add the yeast mixture. Alternating, add the remaining liquid with the remaining cup of flour until both have been completely incorporated and the dough begins to form a ball. If necessary, add another 1 to 2 tablespoons (15 to 30 ml) of flour. Increase to speed 2 and continue to knead dough until it is smooth and springy to the touch, about 10 minutes.
- Place the dough into an oiled bowl, flipping to coat, and cover tightly with plastic wrap. Let the dough rest at room temperature until

doubled in size, about 1 hour.

- Once rested, lightly flour the work surface and roll the dough into a log, about 16 inches (41 cm) in length. Cut the log into 16 equal pieces, about 2 ounces (57 g) each.
- Working with one piece of dough at a time and keeping the rest covered with a damp cloth, roll each piece of dough into a very flat round, about 6 inches (15 cm) in diameter. Fill the center with 3 tablespoons (45 ml) of the shredded pork. It may seem like a lot, but the dough will stretch as you pull it around the filling. Gather the dough up and around the filling by pleating along the edges. Pinch the pleats together, making a little neck on the bun, and twist firmly to seal. Place the bun on wax paper and cover with a damp cloth. Repeat with remaining dough and filling until all buns have been made.
- Lightly coat the steaming tray with nonstick cooking spray and put six buns onto the tray inside the steamer. Secure lid. Select Manual, set timer to 30 minutes and press Start. Once the timer expires, remove buns and repeat with remaining buns.
- Serve immediately.

*Nutritional information per bun:*  
 Calories 589 (40% from fat) • carb. 62g • pro. 29g  
 • fat 26g • sat. fat 8g • chol. 85mg • sod. 1134mg  
 • calc. 40mg • fiber 1g

## Asian BBQ Ribs

These delicious ribs are great as a filling for our Steamed Pork Buns or try them on their own.

Makes about 4 to 6 as a main course and up to 12 appetizer servings

### Marinade:

- 1 cup (250 ml) hoisin sauce**
- ½ cup (125 ml) soy sauce**
- 1 tablespoon (15 ml) yuzu\* or fresh lime juice**
- 1 tablespoon (15 ml) mirin**
- 1 tablespoon (15 ml) fish sauce**
- 1 1-to-2 inch (2.5 to 5.0 cm) piece of ginger, peeled**
- 2 garlic cloves, peeled**
- ½ cup (125 ml) brown sugar**
- ¼ cup (60 ml) grapeseed oil**
- Rack baby back ribs, about 3 pounds**

### (1.36 kg), cut into individual ribs

- Put ingredients into a blender jar in the order listed and blend on high until completely homogenous.
- Put prepped ribs in a stainless bowl and coat completely with the marinade. Cover and refrigerate overnight.
- When ready to cook, place individual ribs on the baking tray of a Cuisinart® Toaster Oven. Reserve remaining marinade. (Marinade must be boiled for at least 5 minutes before using.)
- Set oven to convection bake at 375°F (190°C) for 45 minutes. Once time expires, reduce temperature to 250°F (120°C) for 1 additional hour.
- Serve immediately, or, if using as filling for Steamed Pork Buns, remove all meat from the bones and shred well with a fork. If mixture seems dry, boil reserved marinade and add to shredded pork 1 tablespoon (15 ml) at a time until coated, but not wet.

\* Yuzu is a Japanese citrus fruit that is quite sour. Yuzu juice can be found at Japanese grocery stores or gourmet food shops.

*Nutritional information per serving (based on 12 servings):*  
 Calories 395 (51% from fat) • carb. 26g • pro. 23g  
 • chol. 78mg • fat 23g • sat. fat 7g • sod. 853mg  
 calc. 36mg • fiber 0g.

## Greek Stuffed Cabbage Leaves with Egg-Lemon Sauce

These Greek-style cabbage leaves stay perfectly intact when cooked in the steamer. Plus, no need to fuss over how much liquid to add to the cooking pot, like in the traditional method made on the stove.

Makes about 18 stuffed cabbage leaves

Makes about 1 cup (250 ml) of sauce

### Stuffed Cabbage:

- 1 small head cabbage, about 1 pound (454 g), trimmed to fit inside the cooking pot**
- 2 tablespoons (30 ml) olive oil, divided**
- 1 small bunch scallions, trimmed and thinly sliced (about 5 scallions)**



- 1 cup (250 ml) rice, uncooked
- 1/2 cup (118 ml) water
- 1 1/4 teaspoon (6 ml) kosher salt, divided
- 1/4 teaspoon (1 ml) pepper, divided
- 1/2 cup (125 ml) fresh dill, chopped, plus more for garnish
- 1/2 pound (227 g) ground lamb (or any other ground meat of your choice)
- 2 tablespoons (30 ml) lemon juice

**Egg-Lemon Sauce:**

- 2 eggs
- 2 tablespoons (30 ml) freshly squeezed lemon juice
- 1/4 teaspoon (1 ml) salt
- 2 teaspoons (10 ml) cornstarch dissolved in 1 tablespoon (15 ml) of water
- 1/2 cup (125 ml) reserved cooking broth, divided
- Fresh dill optional**

1. Put cabbage head into the steamer. Secure lid. Select Vegetable, set timer for 10 minutes and press Start. Once timer expires, remove cabbage from steamer and set aside to slightly cool.
2. While cabbage is steaming, put 1 tablespoon (15 ml) of the olive oil into a medium-sized skillet. Heat over medium-high heat. Once the oil is hot, add the scallions and cook until softened, about 2 minutes. Add rice and cook until transparent, about 2 to 3 minutes. Add 1/2 cup (125 ml) water, 1/2 teaspoon (2.5 ml) of the salt and a pinch of the pepper; stir until the rice has completely absorbed the water, about 4 to 5 minutes. Remove rice mixture from heat and transfer to a medium-sized bowl.
3. Add dill, ground lamb, lemon juice, remaining olive oil, salt and pepper to the bowl with the rice mixture. Stir to evenly combine.
4. Stuff the cabbage leaves by first removing one cabbage leaf from the cabbage head. Put it on a clean surface with the ribs facing up. Use a paring knife to remove the leaf's core by cutting an upside down "V" into the bottom of the leaf.
5. Put 2 tablespoons (30 ml) of the rice and meat mixture into the center of the leaf. Gently fold up the bottom of the leaf so that it covers half of the mixture. Fold the right part of the leaf inward and over the mixture; repeat with the left side of the leaf. Using your thumb, roll the

leaf with the rice and meat mixture upward so that the leaf seals and the seam faces down. Transfer to the tray inside the steamer. Repeat with the remaining leaves and mixture. Secure lid.

6. Select Manual, set timer for 1 hour and press Start.
7. Once timer expires, remove the tray with the stuffed cabbage leaves from the steamer and set aside. Pour 1 cup (250 ml) of the hot cooking liquid from the bottom of the cooking pot into a measuring cup. Discard the rest. Return the steamer tray with the stuffed cabbage leaves to the glass cooking pot. Select Keep Warm and press Start.
8. While the stuffed cabbage leaves keep warm, put the eggs, lemon juice and salt in a double boiler. Whisk until very foamy, slightly thickened and the temperature reaches 160° F (71°C). Slowly whisk in 1/4 cup (60 ml) of the reserved cooking liquid and cornstarch mixture; continue whisking and cook until sauce is thickened, about 1 minute. If sauce is too thick, add in the remaining cooking liquid 1 tablespoon (15 ml) at a time until desired consistency is achieved.
9. Serve sauce immediately spooned over the stuffed cabbage leaves. If desired, garnish with fresh dill.

*Nutritional information per serving (1 stuffed cabbage):*  
 Calories 82 (33% from fat) • carb. 10g • sugars 1g • pro. 3g  
 • fat 1g • sat. fat 1g • chol. 9mg • sod. 163mg  
 • calc. 23mg • fiber 8g

*Nutritional information per serving*  
*[1 tablespoon (15ml) egg-lemon sauce]:*  
 Calories 11 (51% from fat) • carb. 0g • pro. 1g  
 • fat 1g • sat. fat 0g • chol. 23mg • sod. 42mg  
 • calc. 4mg • fiber 0g

## Green Chile Tamales

Serve tamales as an appetizer or main course with avocado and a side salad.

Makes about 24 tamales

- 24 corn husks
- 1 teaspoon (5 ml) vegetable oil
- 1 small onion, finely chopped
- 1 jalapeño pepper, seeded and finely chopped
- 2 garlic cloves, finely chopped

- 1/2 teaspoon (2.5 ml) kosher salt, divided
- 1/4 teaspoon (1 ml) freshly ground pepper
- 3 pounds (1.36 kg) chicken thighs, roasted, meat removed and shredded
- 1 1/2 tablespoons (25 ml) fresh lime juice
- 3 cans [4 ounces each (113 g)] chopped green chiles
- 4 cups (1 L) masa
- 1 tablespoon (15 ml) baking powder
- 2 teaspoons (10 ml) kosher salt
- 3 cups (750 ml) water
- 1 cup (250 ml) vegetable oil

1. Put the corn husks into a large stainless bowl and cover with boiling water; weight with a heavy plate so they are all completely submerged.
2. Put the oil into a medium sauté pan and place over medium heat. Once the oil is hot, add the chopped onion, jalapeño pepper, garlic, 1/4 teaspoon (1 ml) of the salt and the pepper to the pan. Sauté until soft, about 5 minutes.
3. Put the shredded chicken into a medium bowl and stir together with the sautéed vegetables, lime juice, green chiles and remaining salt. Set aside.
4. Put the masa, baking powder, salt, water and oil into a large mixing bowl. Use a hand mixer to combine. Set aside.
5. To assemble tamales: Drain corn husks and unroll. Hold one in your hand and spread 1/4 cup (60 ml) of masa dough onto the husk, covering 2/3 of the husk toward the wider end of the husk. Place 2 heaping tablespoons (30 ml) of filling on top of the masa. Fold the narrow end of the husk up into the tamale and then roll the sides together to close. Repeat with remaining tamales.
6. Put 12 tamales onto the tray inside the steamer. Secure lid.
7. Select Manual, set timer for 1 hour and press Start. Once time expires, remove and repeat with remaining tamales.
8. Serve immediately.

*Nutritional information per tamale:*  
 Calories 232 (54% from fat) • carb. 15g • pro. 12g  
 • chol. 36mg • fat 14g • sat. fat 3g • sod. 376mg  
 calc. 49mg • fiber 1g

## Cantonese-Style Steamed Bass

This sweet and spicy play on the traditional style uses individual fillets for easy preparation.

Makes 2 servings

- 2 teaspoons (10 ml) granulated sugar
- 1/4 cup (60 ml) plus 2 teaspoons (10 ml) mirin, divided
- 1 large garlic clove, finely chopped
- 1 1-inch (2.5 cm) piece of fresh ginger, peeled and finely chopped
- 1 green onion, thinly sliced
- 1 chili pepper, like serrano or Fresno, thinly sliced
- 1 baby bok choy, rinsed, cleaned and quartered
- 2 sea bass fillets, about 1/2 pound (227 g) each
- 1/4 cup (60 ml) grapeseed oil
- 2 teaspoons (10 ml) soy sauce, reduced sodium
- 1 teaspoon (5 ml) sesame oil
- Lime wedges, cilantro (optional for garnish)**

1. In a small bowl, stir together sugar, 1/4 cup (60 ml) of mirin, garlic, ginger, onion and pepper. Set aside.
2. Put the bok choy onto the tray inside the steamer. Secure lid. Select Vegetable, set timer to 8 minutes and press Start. When timer expires, divide bok choy evenly between two serving plates.
3. Rinse the sea bass fillets and place onto the tray inside the steamer. Drizzle each with a teaspoon (5 ml) of the remaining mirin and replace lid. Select Seafood, set timer to 10 to 12 minutes depending on the thickness of the fillets and press Start. While the fish is cooking, put the grapeseed oil into a small saucepan and place over medium-high heat. Once oil is hot, add the reserved mirin mixture and stir over heat until boiling.
4. When timer expires, remove bass and place each fillet over the bed of bok choy on prepared serving plates. Drizzle each with 1 teaspoon (5 ml) of soy sauce and 1/2 teaspoon (2.5 ml) sesame oil. Spoon the chili-ginger sauce evenly over the fish on each plate.

- Serve immediately. If desired, garnish with cilantro and a squeeze of lime.

*Nutritional information per serving:*  
 Calories 395 (44% from fat) • carb. 23g • pro. 33g  
 • chol. 70mg • fat 19g • sat. fat 3g • sod. 559mg  
 calc. 60mg • fiber 1g

## Asian Chicken Salad

Vietnamese flavours are the inspiration for this fresh and flavourful chicken salad.

Makes 5 cups (1.25 L)

- 2 tablespoons (30 ml) fresh lime juice**
- 1 tablespoon (15 ml) sriracha sauce**
- ½ teaspoon (2.5 ml) fish sauce**
- 4 tablespoons (60 ml) grapeseed or vegetable oil**
- 4 cups (946 ml) steamed chicken\*, cut into small cubes**
- ½ cup (118 ml) julienne-cut carrot (about 1 medium)**
- 1 cup (250 ml) julienne-cut red cabbage (about 1 small wedge from a medium head)**
- ½ cup (118 ml) fresh mint leaves, chopped**
- ½ cup (118 ml) fresh cilantro leaves, chopped**

\*See steaming guide on page 8 for directions.

- Put the lime juice, sriracha, fish sauce and oil together into a large mixing bowl and stir.
- Stir together the chicken, carrot, cabbage, mint and cilantro. Toss to thoroughly combine.
- Taste and adjust seasoning as desired.

*Nutritional information per serving (based on 10 servings):*  
 Calories 144 (46% from fat) • carb. 3g • pro. 17g  
 • chol. 43mg • fat 7g • sat. fat 1g • sod. 74mg  
 • calc. 40mg • fiber 1g

## Easy Mussels

In just minutes, you'll have the taste of the sea right on your countertop.

Makes 4 to 6 servings

- 1 garlic clove, thinly sliced**
- 1 shallot, thinly sliced**
- ¼ cup (60 ml) dry white wine**

- 1 tablespoon (15 ml) unsalted butter**
- 1 sprig fresh thyme**
- 2 pounds (907 g) fresh mussels, rinsed well and debearded**

- Put the garlic, shallot, wine, butter, thyme and mussels directly into the steamer without the tray. Secure lid. Select Seafood, set timer to 9 minutes and press Start.
- Once all the mussels have opened and the timer expires, serve in shallow bowls with plenty of crusty bread on the side. Discard any mussels that have not opened.

*Nutritional information per serving (based on 6 servings):*  
 Calories 169 (29% from fat) • carb. 9g • pro. 19g  
 • chol. 47mg • fat 5g • sat. fat 2g • sod. 433mg  
 • calc. 42mg • fiber 0g

## Indoor Clambake

Take the beach party inside with this easy, but impressive dish.

Makes 4 servings

- 1 tablespoon (15 ml) olive oil**
- 2 shallots, sliced**
- 4 garlic cloves, crushed**
- 4 sprigs thyme**
- ½ teaspoon (2.5 ml) kosher salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- 10 small red potatoes**
- 2 lobster tails**
- 12 littleneck clams, scrubbed**
- 2 ears corn, cut into 2-inch (5.0 cm) pieces**
- ½ small fennel bulb, sliced**
- ½ cup (125 ml) white wine**
- 1 pound (454 g) mussels, scrubbed and debearded**
- ½ tablespoon (7.5 ml) finely chopped parsley**

- Put the oil, shallots, garlic, thyme, salt, pepper and potatoes into the steamer without the tray. Secure lid. Select Seafood, set timer to 20 minutes and press Start.
- After 10 minutes, press Pause and add the lobster, clams, corn, fennel and white wine. Replace lid and then press Pause again to resume cooking. After an additional 4 minutes, press Pause and add the mussels. Press Pause again to resume cooking.

- Once all the clams and mussels have opened and the timer expires, divide clambake into two serving dishes and garnish with the chopped parsley.

*Nutritional information per serving:*  
 Calories 587 (13% from fat) • carb. 74g • pro. 50g  
 • fat 8g • sat. fat 1g • chol. 156mg • sod. 1625mg  
 • calc. 191mg • fiber 8g

## Dilly Potato Salad

Olive oil replaces mayonnaise to lighten up this requisite picnic dish.

Makes 5 cups (1.18 L)

- 2 pounds (907 g) small red potatoes, cut into eighths**
- ½ cup (118 ml) packed fresh dill, chopped**
- 1 green onion, chopped [about ½ cup (118 ml)]**
- 2 tablespoons (30 ml) white wine vinegar**
- ⅓ cup (75 ml) extra virgin olive oil**
- ½ teaspoon (2.5 ml) Dijon-style mustard**
- 2 teaspoons (10 ml) kosher salt**
- ½ teaspoon (2.5 ml) freshly ground black pepper**

- Put potatoes onto the tray inside the steamer. Secure lid. Select Vegetable, set the timer to 15 minutes and press Start.
- Once timer expires, test potatoes to confirm they are cooked through. Toss in a medium stainless bowl with the remaining ingredients.
- Taste and adjust seasoning as desired.

*Nutritional information per serving (based on 10 servings):*  
 Calories 135 (49% from fat) • carb. 16g • pro. 2g  
 • chol. 0mg • fat 8g • sat. fat 1g • sod. 485mg  
 • calc. 13mg • fiber 2g

## Quinoa Tabbouleh Salad

The bright flavours of lemon and herbs pair nicely with the nuttiness of the quinoa.

Makes 6 cups (1.42 L)

- 4 cups (946 ml) steamed quinoa\***
- ½ cup (118 ml) packed fresh parsley leaves, chopped**
- ½ cup (118 ml) packed fresh mint leaves, chopped**
- 2 cups (473 ml) cherry tomatoes, halved**

- ½ cups (355 ml) cucumber, cut into ½-inch (1.25 cm) dice (about ½ English cucumber)**
- ½ teaspoons (7.5 ml) kosher salt**
- ½ teaspoon (2.5 ml) freshly ground pepper**
- 3 tablespoons (45 ml) fresh lemon juice**
- 4 tablespoons (60 ml) extra virgin olive oil**

\*See steaming guide on page 10 for directions.

- Combine the quinoa, parsley, mint, cherry tomatoes, cucumber, salt, pepper, lemon juice and olive oil all together in a large bowl so ingredients are thoroughly combined.
- Taste and adjust seasoning as desired.

*Nutritional information per serving (based on 12 servings):*  
 Calories 132 (39% from fat) • carb. 18g • pro. 4g  
 chol. 0mg • fat 6g • sat. fat 1g • sod. 304mg  
 • calc. 24mg • fiber 2g

## White Bean Salad

Makes about 3 cups (710 ml)

- 2 cups (473 ml) steamed white beans\***
- ½ small red onion, finely chopped [about ⅓ cup (79 ml)]**
- ½ medium red bell pepper, finely chopped [about ⅔ cup (158 ml)]**
- ½ cup (118 ml) fresh parsley leaves, chopped**
- 1 tablespoon (15 ml) extra virgin olive oil**
- 2 teaspoons (30 ml) fresh lemon juice**
- ½ teaspoon (2.5 ml) kosher salt**
- Pinch freshly ground black pepper**
- 1 to 2 pinches crushed red pepper (optional)**
- 2 tablespoons (30 ml) goat cheese, crumbled**

\*See steaming guide on page 10 for directions.

- Put all of the ingredients, except for the goat cheese, into a medium mixing bowl. Toss to fully combine. Sprinkle with the goat cheese and gently stir to combine.
- Taste and adjust seasoning as desired.

*Nutritional information per serving [½ cup (118 ml)]:*  
 Calories 117 (11% from fat) • carb. 17g • sugars 1g  
 • pro. 7g • fat 3g • sat. fat 1g • chol. 1mg • sod. 206mg  
 • calc. 15mg • fiber 4g

## Mocha Pots de Crème

The gentle heat of the steamer makes cooking custards foolproof!

Makes 4 servings

- 1 cup (250 ml) heavy cream**
- 1 cup (250 ml) whole milk**
- 4 ounces (113 g) bittersweet chocolate, roughly chopped**
- 1 tablespoon (15 ml) instant espresso**
- 4 large egg yolks**
- 1/3 cup (79 ml) sugar**
- 1 tablespoon (15 ml) vanilla extract**

1. Put the cream and milk in a small saucepan set over medium heat until hot and bubbly around the edges.
2. Put the chopped chocolate and espresso into a medium stainless steel bowl. Pour the hot cream mixture over the chocolate and let sit for 1 to 2 minutes. Stir together until chocolate is completely melted. Set aside.
3. Put the yolks, sugar and vanilla extract into a bowl and whisk together until yolks are pale yellow and thick.
4. While whisking the egg mixture continuously, slowly pour in the chocolate mixture until fully incorporated.
5. Strain the custard base through a fine mesh strainer. Scoop off any foam and discard. Divide evenly among four, 5-ounce (145 g) ramekins. Cover each one with foil and arrange the ramekins on the steaming tray in the steamer and replace the lid. Select Manual, set timer for 25 minutes and press Start.
6. Once timer expires, allow the custards to remain in the steamer for 1 additional minute. Transfer the custards to a tray—they will be jiggly in the center. Allow to cool to room temperature. Refrigerate for at least 3 hours to chill, or up to 2 days.

*Nutritional information per serving:*

Calories 338 (67% from fat) • carb. 35g • pro. 7g  
chol. 273mg • fat 26g • sat. fat 23g • sod. 40mg  
calc. 97mg • fiber 2g

## Raspberry and Chocolate Chip Bread Pudding

A great make-ahead dessert from fridge to table in less than an hour.

Makes 8 servings

- 6 cups (1.42 L) challah bread cubes, about half of a pound loaf, Cut into 1 in. (2.5 cm) pieces**
- 1/2 cup (118 ml) chocolate chips**
- 1 cup (237 ml) fresh raspberries**
- 2 large eggs**
- 1/4 cup (60 ml) granulated sugar**
- 3/4 cup (175 ml) whole milk**
- 3/4 cup (175 ml) heavy cream**
- 1 teaspoon (5 ml) pure vanilla extract**
- Nonstick cooking spray**

1. Put the bread cubes, chocolate chips and raspberries into a large bowl.
2. Put the eggs and sugar into a mixing bowl and whisk until light and frothy. Add the milk, heavy cream and vanilla and continue to whisk until well combined. Pour liquid mixture over the bread, chocolate chips and raspberries. Gently stir to fully coat. Cover with plastic and allow to rest in the refrigerator for a minimum of 3 hours and up to overnight.
3. Lightly coat a 9 in. x 5 in. (23 x 12.7 cm) loaf pan with nonstick cooking spray. Transfer the soaked bread mixture to the pan. Cover with aluminum foil that has also been sprayed with nonstick cooking spray. Put the pan onto the tray inside the steamer. Secure lid.
4. Select Manual, set timer to 1 hour and press Start. Bread pudding is done when it is nicely puffed and the internal temperature registers 160°F (71°C). Serve immediately with freshly whipped cream.

*Nutritional information per serving:*

Calories 397 (45% from fat) • carb. 45g • pro. 10g • fat 20g  
• sat. fat 11g • chol. 142 mg • sod. 432mg  
• calc. 117mg • fiber 1g

## Cocktail Sauce

Here is the foundation for the classic seafood dipping sauce. Make it your own by adding hot sauce, freshly ground pepper or even freshly grated horseradish.

Makes about 1 cup (250 ml)

- 1 cup (250 ml) chili sauce**
- 2 tablespoons (30 ml) prepared horseradish**
- 1 tablespoon (15 ml) fresh lemon juice**

1. Stir ingredients together in a small bowl. Serve immediately or store covered in the refrigerator until serving.

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

Calories 17 (0% from fat) • carb. 4g • pro. 0g • fat 0g  
• sat. fat 0g • chol. 0 mg • sod. 241mg  
• calc. 0mg • fiber 0g

## Hollandaise

This classic and decadent sauce pairs perfectly with simple steamed vegetables and eggs. This version, made in a blender, is also foolproof.

Makes 1 cup (250 ml)

- 1/2 cup [118 ml (8 tablespoons)] unsalted butter**
- 4 large egg yolks**
- 1/4 teaspoon (1 ml) kosher salt**
- Pinch ground mustard**
- Pinch freshly ground black pepper**
- 1 1/2 tablespoons (25 ml) fresh lemon juice**

1. Put the butter into a saucepan set over low heat until butter is melted and reaches a slight simmer.
2. While the butter is melting, put the remaining ingredients into the blender jar. About a minute before adding the butter, run the unit on Low for about 30 seconds to combine.
3. With the blender still running on Low, carefully remove the pour lid from the cover. Very slowly drizzle the hot butter through the opening while using a measuring cup or dish towel to shield the opening to prevent any splatter. When adding the butter, be careful not to add the white milk solids that will be left on the bottom of the pan.

4. Once all the butter has been added, check hollandaise for consistency. Use a long, skinny spatula to stir, as some yolk may have accumulated in the well by the blade. If overall consistency is too thick, blend in some hot water, 1 tablespoon at a time, until desired consistency is achieved.

5. Taste and adjust seasoning accordingly.

6. Serve immediately or transfer hollandaise to a double boiler to keep warm for serving.

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

Calories 114 (97% from fat) • carb. 0g • pro. 1g  
• fat 12g • sat. fat 7g • chol. 82mg • sod. 35mg  
• calc. 6mg • fiber 0g

## Remoulade

This sauce complements freshly steamed seafood, as well as vegetables.

For a richer, thicker consistency, use Greek yogurt in place of regular.

Makes 2 1/3 cups (575 ml)

- 1/2 medium to large shallot, peeled and cut into 1-inch (2.5 cm) pieces**
- 1/4 cup (60 ml) fresh Italian parsley, stems discarded**
- 1 tablespoon (15 ml) fresh dill**
- 1 tablespoon (15 ml) Dijon mustard**
- 3 tablespoons (45 ml) drained capers**
- 1/2 cup (125 ml) nonfat plain yogurt**
- 1/4 cup (60 ml) sweet relish**
- 1 1/4 cups (300 ml) mayonnaise**
- 1/8 teaspoon (0.5 ml) freshly ground black pepper**

1. Insert the chopping blade into the work bowl of a food processor. Add the shallot, parsley and dill; pulse to chop, about 10 pulses. Scrape down the sides of the bowl and add the mustard and capers and pulse 5 to 10 times to chop.
2. Add the yogurt, relish, mayonnaise and black pepper; use 5 long pulses to combine. Do not over-process. Refrigerate until ready to use.

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

Calories 64 (89% from fat) • carb. 1g • pro. 1g  
• fat 6g • sat. fat 1g • chol. 26mg • sod. 105mg  
• calc. 8mg • fiber 0g

## Asian Dipping Sauce

Makes 1½ cups (375 ml)

- ¾ **cup (175 ml) soy sauce**
- ¾ **cup (175 ml) water**
- ¼ **cup (60 ml) sugar**
- 1 1-inch (2.5 cm) piece fresh ginger**
- 1 tablespoon (15 ml) sesame oil**
- 2 teaspoons (10 ml) cornstarch**
- ¼ **cup (60 ml) cold water**

- Put soy sauce, water, sugar, ginger and sesame oil in a small saucepan. Bring to a boil and then turn down heat to simmer for about 10 minutes.
- Whisk together cornstarch and cold water, and then whisk into simmering sauce to slightly thicken.

*Nutritional information per serving [2 tablespoons (30 ml)]:*  
Calories 40 (27% from fat) • carb. 6g • sugars 5g  
• pro. 1g • fat 1g • sat. fat 10g • chol. 0mg • sod. 671mg  
• calc. 0mg • fiber 0g

## Bagna Cauda

This delicious sauce that originates from Piedmont, Italy, is perfect for dipping vegetables and bread. Use as a centerpiece for your next crudité platter.

Makes about 1½ cups (375 ml)  
Serves 4 to 6

- 1 cup (250 ml) extra virgin olive oil, divided**
- ¼ **cup [60 ml (4 tablespoons)] unsalted butter\***
- 2 large garlic cloves, finely chopped [approximately 2 to 3 tablespoons (30 to 45 ml) chopped]**
- 4 anchovy fillets, chopped**
- ¼ **teaspoon (1 ml) crushed red pepper**

- Put ½ cup (125 ml) olive oil and chopped garlic into a small saucepan over medium-low heat. Be very careful to keep the heat low enough so the garlic does not colour. Warm the garlic for about 5 minutes until soft.
- Stir in butter, remaining olive oil and anchovies. Warm through over medium heat until anchovies are melted. Stir in crushed red pepper.
- Serve immediately.

\*It is possible to use all olive oil instead of the oil/butter combination.

*Nutritional information per serving [1 tablespoon (15 ml)]:*  
Calories 118 (99% from fat) • carb. 0g • pro. 0g  
• chol. 7mg • fat 13g • sat. fat 3g • sod. 26mg  
• calc. 1mg • fiber 0g

## Creamy Herb Mayo

This mayonnaise dip can be whipped up in minutes for an easy yet flavorful dip.

Makes 1 cup (250 ml)

- 1 cup (250 ml) prepared mayonnaise**
- 1 small green onion, finely chopped**
- ¼ **cup (59 ml) packed fresh mint leaves, chopped**
- ¼ **cup (59 ml) packed fresh parsley leaves, chopped**
- 1 teaspoon (5 ml) fresh lemon juice**
- ¼ **teaspoon (1 ml) fresh lemon zest**

- Stir ingredients together in a small bowl.
- Taste and adjust seasoning as desired. Flavours will continue to develop as the dip sits.

*Nutritional information per serving [1 tablespoon (15 ml)]:*  
Calories 103 (98% from fat) • carb. 1g • pro. 0g  
• chol. 10mg • fat 11g • sat. fat 2g • sod. 67mg  
• calc. 11mg • fiber 0g

## WARRANTY LIMITED THREE-YEAR WARRANTY

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

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at [www.cuisinart.ca](http://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, Ont. L4H 0L2

Email:  
[consumer\\_Canada@conair.com](mailto:consumer_Canada@conair.com)

**Model: STM-1000C**

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

- \$10.00 for shipping and handling of the product (cheque or money order)
  - Return address and phone number
  - Description of the product defect
  - Product date code\*/copy of original proof of purchase
  - Any other information pertinent to the product's return
- \* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

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](http://www.cuisinart.ca).

# Cuisinart<sup>®</sup> MD



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100 Conair Parkway,  
Woodbridge, Ont L4H 0L2

Consumer Call Centre E-mail: /  
Courriel centre au consommateur :  
Consumer\_Canada@Conair.com

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