

Cuisinart®

Recipe Booklet

Instruction
Booklet
Reverse Side



Cook Central® 4-in-1 Multicooker

MSC-800 Series

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Breakfast & Starters

Spinach and Gruyère Breakfast Strata

This is a delicious dish to have at a brunch for a crowd. The flavors are rich and it only takes a few steps to complete.

Settings: Brown/Sauté
Slow Cook

Makes twelve 1-cup servings

- ½ **tablespoon extra virgin olive oil**
- 1 garlic clove, finely chopped**
- ½ **large onion, chopped**
- 1 teaspoon sea or kosher salt, divided**
- 1 loaf (1 pound) challah bread, cut into 1-inch cubes**
- 8 large eggs, beaten**
- 1 cup heavy cream**
- 1 cup whole milk**
- ¼ **teaspoon freshly ground black pepper**
- ¼ **teaspoon ground nutmeg**
- 1 teaspoon ground mustard**
- 6 ounces Gruyère, shredded**
- 4 ounces baby spinach**

1. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 350°F. Once the oil is hot, add the garlic, onion and a pinch of the salt. Sauté until golden and fragrant, about 3 to 5 minutes.
2. Switch from Brown/Sauté to Slow Cook set on Low for 3½ hours. Add the remaining ingredients; toss to combine and cover.
3. Once time has expired, the unit will automatically switch to Keep Warm.

Nutritional information per serving:
Calories 307 (21% from fat) • carb. 21g • pro. 13g
• fat 19g • sat. fat 9g • chol. 205mg • sod. 497mg
• calc. 243mg • fiber 1g

Maple Cinnamon Oatmeal

What a delightful aroma to wake up to in the morning! Prepare your oatmeal the night before so it will be ready for your family to start the day right.*

Setting: Slow Cook

Makes eight 1-cup servings

- 2¼ **cups steel cut oats**
- 4 cups water**
- 4 cups milk (may use whole or lowfat), divided**
- 3 tablespoons pure maple syrup**
- 2 cinnamon sticks**
- ¼ **teaspoon kosher salt**
- pinch ground nutmeg**
- ¾ **cup raisins or any other dried fruit (for larger dried fruit varieties, chop into small, bite-size pieces)**

1. Put the oats, water, 2 cups of milk (substitute with water if preparing in advance), maple syrup, cinnamon sticks, salt, nutmeg and dried fruit into the cooking pot of the Cuisinart® Multicooker.
2. Select Slow Cook on Low and set time for 2½ hours.
3. Once unit switches to Keep Warm, stir the remaining 2 cups of milk into oatmeal. Remove cinnamon sticks and serve immediately.

Nutritional information per serving:
Calories 319 (16% from fat) • carb. 56g • pro. 11g
• fat 6g • sat. fat 2g • chol. 10mg • sod. 140mg
• calc. 164mg • fiber 6g

*If programming the oatmeal overnight, use all water for cooking. Stir 2 cups of milk into oatmeal as instructed once cooking time is finished and the unit has switched to Keep Warm.

Sausage Bites in Mustard Wine Sauce

Preparing this dish is a breeze, and it will be a hit every time – it is in the Test Kitchen! Pair this with a nice crusty bread and a favorite bottle of wine and your guests will love you.

Setting: Brown/Sauté

Makes 48 appetizer servings

- 48 ounces smoked chicken or turkey sausages, cut on the diagonal into ½-inch slices**
- ½ tablespoon extra virgin olive oil**
- 4 small-to-medium onions, halved and cut into ½-inch pieces**
- 3 cups dry white wine**
- ½ cup Dijon mustard**
- 2 tablespoons chopped fresh parsley for garnish**

1. Set the Cuisinart® Multicooker to Brown/Sauté at 400°F. Cooking in batches, add about ⅓ of the sausages to the hot cooking pot, browning each batch for about 8 minutes. You really want to get the sausages nice and brown to bring out the great flavors. This step should take about 20 to 22 minutes in total.
2. Once the sausages are browned, put all into the pot and reduce the heat to 350°F. Add the oil. Once oil is hot, add the onions and cook 8 to 10 minutes, or until softened and translucent – this brings out the sweetness of the onions, which adds to the dish.
3. Raise the heat again to 425°F and add the wine. Bring the wine to a boil and let cook until reduced by about two thirds, stirring occasionally.
4. Finally, reduce the heat down to a simmer, to about 300°F, and stir in the Dijon. Let simmer, until completely coated and slightly thickened.
5. Garnish with parsley and serve.

Nutritional information per serving:

*Calories 63 (38% from fat) • carb. 3g • pro. 4g
• fat 3g • sat. fat 0g • chol. 15mg • sod. 290mg
• calc. 12mg • fiber 0g*

Pork Dumplings

The great thing about steaming is that the food is ready in no time. In just 30 minutes, you can have homemade pork dumplings.

Setting: Steam

Makes 16 dumplings

- nonstick cooking spray**
- 1 quart water for steaming and for assembling wontons**
- 6 ounces ground pork**
- ½ tablespoon finely chopped ginger**
- 1½ tablespoons finely chopped scallions**
- 1 tablespoon reduced-sodium soy sauce**
- 2 teaspoons sesame oil**
- 1½ teaspoons rice vinegar**
- 2 tablespoons chopped apple, (about ¼ of a chopped and cored apple)**
- pinch ground mustard**
- 16 wonton wrappers**

1. Lightly coat the steaming rack with nonstick cooking spray. Reserve.
2. Put 1 quart of water into the cooking pot of the Cuisinart® Multicooker.
3. Put all ingredients except the wonton wrappers into a large bowl. Gently toss with hands to fully combine, making sure not to over-mix or the filling will be too tough.
4. Set up your work station with a small bowl of water and a pastry brush, large plate or cutting board, package of wonton wrappers, and wonton filling. On a clean surface, line up 3 to 6 wonton wrappers at a time. Place about ½ tablespoon of filling in the middle of each wrapper. Brush the edges of the wrappers with a small amount of water and fold bottom point up, making a triangle. Either crimp all edges like a pleat or fold up the two end points and pinch to seal, using more water if needed. Continue to fill the remaining wontons. Keep the prepared wontons on a clean tray or cutting board and cover with plastic. Transfer all filled dumplings to the steaming rack and place rack in the unit; cover.
5. Set the unit to Steam. Let steam for about 15 minutes.
6. These are delicious served with soy sauce.

Nutritional information per dumpling:

*Calories 58 (46% from fat) • carb. 5g • pro. 3g
• fat 3g • sat. fat 1g • chol. 8mg • sod. 83mg
• calc. 6mg • fiber 0g*

Turkey Swedish Meatballs

What was old is new and popular again,
and that is true with this classic dish.
These are sure to please everyone,
Swedes and non-Swedes alike.

Setting: Brown/Sauté

Makes about 20 meatballs

- 1/3 cup milk (whole or reduced fat)**
- 2 slices sandwich bread, torn into 1-inch pieces**
- 1 medium celery stalk, finely chopped**
- 2 pounds ground turkey**
- 1 medium onion, finely chopped**
- 1 1/2 teaspoons sea or kosher salt**
- 1/4 teaspoon ground white pepper**
- 1 teaspoon baking powder**
- 1/4 teaspoon ground allspice**
- 2 pinches ground nutmeg**
- 1 large egg, beaten**
- 3 1/2 tablespoons unsalted butter, divided**
- 3 tablespoons unbleached, all-purpose flour**
- 4 cups chicken broth, low sodium**
- 1/3 cup sour cream**

1. Put the milk into a liquid measuring cup and add the bread. Let soak; reserve.
2. While the bread is soaking, combine the celery, turkey, onion, salt, pepper, baking powder, spices and egg in a large mixing bowl. Squeeze the milk out of the bread and add the bread to the turkey mixture. With gentle hands, mix together until fully combined. You want to mix as little as possible, because if you over-mix, the meatballs will be tough. Form into 1-inch meatballs.
3. Put 1/2 tablespoon of the butter into the cooking pot of the Cuisinart® Multicooker set to Brown/Sauté at 375°F. Once the butter melts and is hot and foamy, add the meatballs in about four batches so not to overcrowd the pan (overcrowding the pan will lead to poor browning and bring down the heat).
4. Turn the meatballs every minute or two until fully browned. Remove, reserve and repeat with remaining meatballs. Once all are browned, remove and reserve together.

5. Prepare the gravy. Add the remaining butter to the cooking pot. Once it is melted and foamy, whisk in the flour. Stirring constantly with a wooden spoon, cook until the butter/flour mixture is lightly browned. Once it is browned, slowly whisk in the broth. Bring to a boil and let cook until thickened, about 10 minutes. Reduce heat to 300°F and stir in the sour cream.
6. Put all of the reserved meatballs into the cooking pot with the gravy. Raise heat to 350°F and bring to a boil. Let boil for about 10 minutes to coat the meatballs with the thickened gravy.
7. Reduce heat to 250°F and keep on this temperature until ready to serve. (Note: the meatballs can be served right after boiling in Step 6. This additional time is optional, but adds to the flavor and cohesiveness of the dish.)

Nutritional information per meatball:
Calories 121 (53% from fat) • carb. 4g • pro. 10g
• fat 7g • sat. fat 3g • chol. 90mg • sod. 390mg
• calc. 28mg • fiber 0g

Stocks & Sauces

Rich Veggie Stock

This stock makes a delicious base for all soups and sauces.

Setting: Slow Cook

Makes about 8 cups

- 1 large onion, cut into eighths
- 1 large leek, root end trimmed and washed, cut into 2-inch pieces
- 2 parsnips, peeled and cut into 2-inch pieces
- 1 plum tomato, cut into quarters
- 3 medium-to-large carrots, peeled and cut into 2-inch pieces
- 3 medium celery stalks, cut into 2-inch pieces
- 1 large handful fresh Italian parsley
- 1 small sprig fresh thyme
- 1 large garlic clove, crushed
- ½ teaspoon black peppercorns
- 8 cups water

1. Put all ingredients into the cooking pot of the Cuisinart® Multicooker.
2. Set to Slow Cook on Low for 12 to 16 hours.*
3. Once unit switches to Keep Warm, strain stock, discarding vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.**

*While we recommend a long cooking time to better develop the flavors, it is not entirely necessary. If time is short, you can reduce the cooking time by a few hours, or cook on High for 5 to 6 hours.

**Stock will keep in refrigerator for up to one week, or two months in a freezer.

Nutritional information per serving (½ cup):
Calories 24 (5% from fat) • carb. 6g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 17mg
• calc. 25mg • fiber 1g

Easy Chicken Stock

What a wonderful way to make use of every bit of your weeknight roasted chicken.

Setting: Slow Cook

Makes about 10 cups

- 1 chicken carcass from a 4-pound roasted chicken
- 1 medium-to-large onion, cut into eighths
- 3 medium carrots, peeled and cut into 2-inch pieces
- 3 medium celery stalks, cut into 2-inch pieces
- 1 large leek, root end trimmed and washed well, cut into 2-inch pieces
- 1 sprig fresh thyme
- 1 bay leaf
- ½ teaspoon black peppercorns
- 12 cups water

1. Put all ingredients into the cooking pot of the Cuisinart® Multicooker.
2. Set to Slow Cook on Low for 12 to 16 hours.*
3. Once unit switches to Keep Warm, strain stock, discarding vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.**

*While we recommend a long cooking time to better develop the flavors, it is not entirely necessary. If time is short, you can reduce the cooking time by a few hours, or cook on High for 5 to 6 hours.

**Stock will keep in refrigerator for up to one week, or two months in a freezer.

Nutritional information per serving (½ cup):
Calories 51 (12% from fat) • carb. 4g • pro. 5g
• fat 1g • sat. fat 1g • chol. 13mg • sod. 32mg
• calc. 23mg • fiber 1g

Roasted Beef Stock

There is nothing more wholesome or economical than preparing your own homemade stocks.

Settings: Roast
Slow Cook

Makes about 10 cups

- 4 pounds beef bones**
- 1 large onion, cut into eighths**
- 1 large leek, washed well with root end trimmed, cut into 2-inch pieces**
- 4 medium carrots, peeled and cut into 2-inch pieces**
- 2 medium celery stalks, cut into 2-inch pieces**
- 1 large handful fresh Italian parsley**
- 1 teaspoon black peppercorns**
- 1 bay leaf**
- 1 garlic clove, crushed**
- 12 cups cold water**

1. Preheat the Cuisinart® Multicooker to Roast at 425°F. Put bones into the cooking pot, cover and roast for about 30 minutes, turning once during cooking until well browned. Remove the beef bones and carefully remove the pot and pour out any residual grease.
2. Return pot to unit. Add bones and remaining ingredients to the pot. Switch to Slow Cook on Simmer for 14 to 20 hours.*
3. Once unit switches to Keep Warm, strain stock, discarding beef bones and vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.**

*While we recommend a long cooking time to better develop the flavors, it is not entirely necessary. If time is short, you can reduce the cooking time by a few hours, or cook on High for 5 to 6 hours.

**Stock will keep in refrigerator for up to one week, or two months in a freezer.

Nutritional information per serving (½ cup):
Calories 42 (15% from fat) • carb. 3g • pro. 3g
• fat 2g • sat. fat 1g • chol. 7mg • sod. 28mg
• calc. 20mg • fiber 0g

Shrimp Stock

An easy-to-make stock – an essential ingredient of gumbo.

Settings: Brown/Sauté
Slow Cook

Makes about 12 cups

- 2 pounds shrimp**
- ½ teaspoon olive oil**
- 2 large onions, roughly chopped**
- 2 large celery stalks, cut into 1-inch pieces**
- 2 garlic cloves**
- ¼ cup dry white wine**
- 1 bay leaf**
- 12 cups water**

1. Peel shrimp. Reserve shells. Wrap shrimp and reserve for a separate use.
2. Set the Cuisinart® Multicooker to Brown/Sauté at 425°F and add the oil. Once hot, add the shrimp shells and stir until they turn bright pink. Stir in the onions, celery and garlic cloves and continue to cook for a few minutes until vegetables are fragrant. Add the white wine and stir until completely reduced to almost dry. Stir in the bay leaf and water and allow water to come just to a boil.
3. Switch to Slow Cook on Low for 4 hours.
4. Once unit switches to Keep Warm, strain stock, discarding the shells and vegetables. Use immediately or cool to place in containers for storage in refrigerator or freezer.*

* Shrimp stock will keep in the refrigerator up to three days, or two months in the freezer.

Nutritional information per serving (½ cup):
Calories 19 (14% from fat) • carb. 3g • pro. 0g
• fat 0g • sat. fat 1g • chol. 0mg • sod. 10mg
• calc. 13mg • fiber 0g

Garden Vegetable Sauce

This sauce can be served chunky, or you can use an immersion blender to make it smooth.

Settings: Brown/Sauté
Slow Cook

Makes about 6 cups

- 1½ **tablespoons extra virgin olive oil**
- 2 **medium-to-large onions, peeled and cut into ½-inch pieces**
- 4 **medium carrots, cut into ½-inch pieces**
- 2 **cups ½-inch cubed eggplant (not peeled)**
- 2 **medium celery stalks, cut into ½-inch pieces**
- 4 **garlic cloves**
- 1½ **teaspoons sea or kosher salt, divided**
- 1½ **teaspoons dried oregano**
- 1½ **teaspoons dried basil**
- 4 **roasted red bell peppers, cut into 1-inch pieces**
- ½ **cup dry white wine**
- 3 **tablespoons tomato paste**
- 4 **cans diced tomatoes, strained, reserving 1 cup of the juices**
- ¼ **teaspoon freshly ground black pepper**
- 3 **tablespoons granulated sugar**

1. Put the oil into the cooking pot of the Cuisinart® Multicooker; set to Brown/Sauté at 350°F. Once the oil is hot, add the onions, carrots, eggplant, celery, garlic and ½ teaspoon of the salt. Sauté ingredients together so that they gently cook and turn slightly golden.
2. Add the oregano, basil, red peppers and wine to the sautéed ingredients. Cook until the wine has reduced by at least half. Add the tomato paste, tomatoes with the 1 cup of reserved juices, remaining salt, pepper and sugar. Bring mixture to a boil and then switch to Slow Cook on Low for 3 hours.
3. Once the 3 hours expire, the unit will automatically switch to Keep Warm. If you want to serve as a more rustic-style sauce, you can serve as is. If you want a smoother sauce, blend in the cooking pot by using an immersion blender.

Nutritional information per serving (¼ cup):
Calories 55 (6% from fat) • carb. 11g • pro. 2g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 433mg
• calc. 32mg • fiber 2g

Bolognese

This Italian sauce is a classic. The longer it can simmer in the multicooker the better the flavors will be. It freezes beautifully, so it can be enjoyed again.

Settings: Brown/Sauté
Slow Cook

Makes 12 cups

- 1 **tablespoon olive oil**
- 1 **tablespoon unsalted butter**
- 2 **medium onions, finely chopped**
- 2 **medium carrots, finely chopped**
- 2 **medium celery stalks, finely chopped**
- 4 **garlic cloves, finely chopped**
- ¾ **pound ground beef**
- ¾ **pound ground veal**
- ¾ **pound Italian sausage, casings removed**
- 1½ **teaspoons kosher salt, divided**
- 1 **cup whole milk**
- 1 **cup dry white wine**
- ½ **teaspoon freshly ground black pepper**
- 2 **cans (35-ounce) tomatoes, roughly chopped**

1. Put the oil and butter into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F. When the butter melts, stir in the chopped vegetables. Sauté vegetables until soft and fragrant, about 5 to 6 minutes, stirring occasionally. Stir in the ground meats and 1 teaspoon of salt. Cook until completely browned, breaking up meat with a wooden spoon as it cooks.
2. Once the meat is brown, stir in the milk. Allow the mixture to simmer until the milk is completely evaporated. Add the wine and also simmer until liquid has completely evaporated. Add the remaining salt, pepper and chopped tomatoes to the cooking pot. Stir ingredients together well.
3. Switch to Slow Cook on Low for 6 hours.
4. Once unit switches to Keep Warm, use immediately or cool to place in storage containers for refrigerator or freezer.

*Sauce will keep up to five days in refrigerator or three months in the freezer.

Nutritional information per serving (¼ cup):
Calories 58 (36% from fat) • carb. 3g • pro. 5g
• fat 2g • sat. fat 1g • chol. 16mg • sod. 220mg
• calc. 20mg • fiber 1g

Soups & Stews

Rustic Tomato Soup

Sautéing the vegetables gives the soup a rich, sweet flavor.

Settings: Brown/Sauté
Slow Cook

Makes about 8 cups

- 3** **tablespoons olive oil, divided**
- 3½** **pounds tomatoes, halved and seeded, divided**
- 3** **garlic cloves, smashed**
- 1** **medium to large onion, roughly chopped**
- 2** **medium carrots, roughly chopped**
- 2** **celery stalks, roughly chopped**
- 2** **pinches sea or kosher salt**
- pinch freshly ground black pepper**
- 2** **teaspoons dried basil**
- 1** **teaspoon marjoram**
- 6** **sun-dried tomatoes**
- ¼** **teaspoon baking soda**
- 4** **cups vegetable broth or stock**
- 1½** **teaspoons sea or kosher salt**
- ¾** **teaspoon freshly ground black pepper**

1. Preheat the Cuisinart® Multicooker to Brown/Saute at 400°F. Once preheated, add 1 tablespoon of the olive oil and half of the tomatoes, skin side down. Brown for about 5 minutes. Turn and brown second side for another 5 minutes. Remove and reserve. Add the second tablespoon of oil and remaining tomatoes. Repeat as above, scraping the bottom as needed to prevent burning.
2. Reduce the heat to 350°F. Add the reserved tomatoes, garlic, onion, carrots, celery, salt, pepper and spices. Sauté until soft and golden, about 8 to 10 minutes, stirring occasionally.
3. Add remaining ingredients and stir to combine. Switch from Brown/Sauté to Slow Cook on Low. Cover and set timer for 4 hours.

4. Once unit switches to Keep Warm, use an immersion blender* to blend soup in the cooking pot to finish. Taste and adjust seasonings as desired.

*If you do not have an immersion blender, you can use a countertop blender. Divide the solids from the liquid and add some of the liquid to the blender, then follow by about 1/3 of the solids. Blend until smooth. Repeat with remaining ingredients.

Nutritional information per serving (1 cup):
Calories 111 (43% from fat) • carb. 13g • pro. 4g
• fat 6g • sat. fat 1g • chol. 0mg • sod. 808mg
• calc. 53mg • fiber 4g

Mushroom Barley Soup

A bowl of this deeply satisfying soup plus a slice of crusty French bread makes the perfect winter meal.

Settings: Brown/Sauté
Slow Cook

Makes about 12 cups

- 2 **tablespoons unsalted butter**
- 1 **medium leek, white and light green parts only, washed and dried well, finely chopped**
- 1 **medium onion, finely chopped**
- 3 **medium carrots, finely chopped**
- 4 **garlic cloves, finely chopped**
- 24 **ounces mushrooms (a mix of button, cremini, and all wild varieties works nicely), sliced**
- 2 **teaspoons kosher salt**
- 1 **teaspoon fresh thyme**
- 1 **bay leaf**
- ½ **cup sherry**
- 1 **cup pearl barley**
- 10 **cups vegetable broth**
- ¾ **teaspoon freshly ground black pepper**
- 1 **tablespoon chopped fresh Italian parsley**
- 1 **teaspoon fresh lemon juice**

1. Put the butter into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 375°F. Once melted, stir in the chopped leek, onion and carrots. Sauté until vegetables are soft and fragrant, about 5 to 8 minutes. Stir in the garlic, mushrooms, salt, thyme and bay leaf. Cook until mushrooms release most of their moisture and have cooked down considerably, up to 10 minutes. Add sherry to the pot and cook until almost completely reduced.
2. Add the barley, broth and pepper and switch the unit to Slow Cook on High for 3½ hours.
3. Once unit switches to Keep Warm and right before serving, stir in fresh parsley and lemon juice.
4. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):
Calories 126 (15% from fat) • carb. 22g • pro. 4g
• fat 2g • sat. fat 1g • chol. 5mg • sod. 767mg
• calc. 32mg • fiber 4g

Beef Stew

This beef stew is one of the simplest you will ever find. No browning is required* – just combine the ingredients and cook slowly.

Setting: Slow Cook

Makes about 10 cups

- 3 **pounds beef chuck, cut into 1- to 2-inch cubes***
- 1 **teaspoon kosher salt**
- ½ **teaspoon freshly ground black pepper**
- 1 **medium leek, white and light green parts only, finely chopped**
- 1 **medium onion, finely chopped**
- 2 **medium carrots, cut into ½-inch rounds (halve rounds if carrots are on the larger side)**
- 1 **medium parsnip, cut into ½-inch rounds**
- 1 **medium celery stalk, thinly sliced**
- 1 **pound new white or red potatoes, cut into 1-inch pieces**
- 8 **garlic cloves, peeled, left whole**
- 6 **ounces cremini mushrooms, halved or quartered**
- ½ **teaspoon herbes de Provence**
- 1 **bay leaf**
- ¾ **cup dry red wine**
- 3 **tablespoons tomato paste**
- 2½ **cups beef stock, low sodium**
- 1 **cup green peas (thaw first if frozen)**
- ¼ **cup chopped Italian parsley leaves**

1. Toss all ingredients together except the peas and parsley in the cooking pot of the Cuisinart® Multicooker.
2. Set the unit to Slow Cook on Low for 16 hours.**
3. Once the unit switches to Keep Warm, stir in the peas and parsley.
4. Taste and adjust seasoning accordingly.

*If you have the time, you can brown the meat prior to slow cooking. Do this on Brown/Sauté at 400°F as the first step. If you do this, use 4 cups of beef stock. Your yield may be slightly less.

**The goal of this dish is to have tender meat that falls apart when it is finished – a result of a long, slow cooking process. That being said, if time is of the essence, you may reduce the cooking time to a minimum of 8 to 10 hours.

Nutritional information per serving (1 cup):
Calories 248 (28% from fat) • carb. 15g • pro. 26g • fat 8g • sat. fat 3g • chol. 64mg • sod. 324mg
• calc. 36mg • fiber 3g

Super Chili

Don't be intimidated by the amount of chili powder in the recipe; most store bought varieties lean on the side of mild. However spice lovers can turn up the heat by just increasing the cayenne or stirring in some puréed chipotle chiles.

Settings: Brown/Sauté
Slow Cook

Makes about 12 cups

- 1 **teaspoon vegetable oil**
- 1 **large onion, finely chopped**
- 2 **jalapeños, seeded and finely chopped**
- 2 **medium red peppers, cut into ¼-inch dice**
- 6 **garlic cloves, finely chopped**
- 2 **pounds ground beef**
- ½ **cup chili powder**
- 1 **tablespoon dried oregano**
- 1 **tablespoon kosher salt**
- ¼ **teaspoon cayenne pepper**
- 1 **can (28-ounce) crushed tomatoes**
- 1 **can (15-ounce) diced tomatoes, drained**

1. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F. Once hot, add the chopped onion, jalapeños, peppers and garlic and stir together until soft and fragrant, about 5 to 8 minutes.
2. Add the ground beef and break apart with a wooden spoon once it is added to the pot. Stir in the chili powder, oregano, salt and cayenne and continue cooking until the meat is completely cooked through.
3. Add the crushed and diced tomatoes. Switch the unit to Slow Cook on Low for 6 hours. When unit switches to Keep Warm, degrease the chili by either skimming any excess fat with a ladle or by gently blotting the surface with a paper towel.
4. Taste and adjust seasoning accordingly. Leave on Keep Warm until ready to serve.

Nutritional information per serving (1 cup):
Calories 214 (53% from fat) • carb. 9g • pro. 15g
• fat 13g • sat. fat 5g • chol. 51mg • sod. 895mg
• calc. 54mg • fiber 3g

Spinach Dal

A traditional Indian spiced dish based on lentils. Each version is different depending on ingredients and spices used. This one adds spinach at the end for some color and extra nutrients.

Settings: Brown/Sauté
Slow Cook

Makes about 9 cups

- 2 **tablespoons ghee***
- ¼ **teaspoon turmeric**
- 1 **teaspoon ground cumin**
- 2 **teaspoons garam masala****
- 1 **1-inch piece of ginger, peeled and finely chopped**
- 1 **medium onion, chopped**
- 1 **jalapeño, seeded and chopped**
- 4 **garlic cloves, finely chopped**
- 1½ **teaspoons kosher salt**
- 3 **cups red lentils**
- 1 **large dried chile, left whole**
- 7 **cups water**
- 1 **pound fresh spinach**

1. Put the ghee into the cooking pot of the Cuisinart® Multicooker set to Brown/Sauté at 350°F. Once ghee melts, add the turmeric, cumin and garam masala. Sauté spices until fragrant, about 3 to 5 minutes. Add ginger, onion, jalapeño and garlic to the pot and sauté vegetables until soft and fragrant, an additional 5 minutes.
2. Add the salt, lentils, chile and water to the pot; switch the unit to Slow Cook on Low and set time for 4 hours.
3. When unit switches to Keep Warm, stir in spinach so that it wilts just before serving.
4. Taste and adjust seasoning accordingly. Stir in additional hot water or broth if a thinner consistency is desired.

*A kind of clarified butter that can be purchased in Indian markets, gourmet and natural food shops.

**An Indian blend of spices that can be purchased in Indian markets, gourmet and natural food shops.

Nutritional information per serving (1 cup):
Calories 274 (13% from fat) • carb. 41g • pro. 19g
• fat 4g • sat. fat 2g • chol. 7mg • sod. 444mg
• calc. 86mg • fiber 11g

Shrimp & Chorizo Gumbo

Not exactly a purist's version of gumbo, but a delicious one just the same!

Settings: Brown/Sauté
Slow Cook

Makes about 14 cups

- ¼ **teaspoon vegetable oil**
- 1 pound chorizo or andouille sausage cut into ½-inch dice**
- ½ **cup dry white wine, divided**
- ½ **cup unsalted butter**
- ¾ **cup unbleached, all-purpose flour**
- 1 large onion, diced (approximately 2 cups dice)**
- 4 to 5 large celery stalks, diced (approximately 2 cups dice)**
- 1 large green pepper, diced (approximately 2 cups dice)**
- 4 garlic cloves, finely chopped**
- 2 tablespoons Creole seasoning**
- ½ **teaspoon kosher salt**
- 2 cans (15-ounce) diced tomatoes**
- 1 bay leaf**
- 10 cups shrimp stock (see page 7)***
- 10 ounces okra, sliced, fresh or frozen**
- 2 pounds large shrimp, peeled and rinsed**

1. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F. Once the oil is hot, add the diced sausage and cook until browned all over, about 6 to 10 minutes. Stir in ¼ cup of the white wine in order to scrape up all the brown bits that may have accumulated on the bottom of the pot. Remove sausage and reserve. Carefully wipe out bottom of pan with a paper towel.
2. Lower the heat to 275°F and add the butter. Once butter has melted, stir the flour into the butter with a wooden spoon so that the mixture comes together – this is called the roux. The roux will at first be very thick; continue stirring roux occasionally until it is smooth and resembles the color of peanut butter, approximately 30 to 40 minutes. It is important to keep a close eye during this step as the roux could burn if it is not occasionally stirred and a low heat is not maintained.

3. Once the roux has reached the appropriate color, raise temperature to 325°F, stir in the onion and celery; sauté for about 5 minutes. Stir in the pepper and garlic and continue to cook for another 5 minutes. Stir in the remaining ¼ cup of white wine, and again scrape any brown bits that may have accumulated on the bottom of the cooking pot. Stir in Creole seasoning and salt – stir over heat for 1 minute. Stir in diced tomatoes and bay leaf. Once all ingredients are well incorporated, slowly whisk in the shrimp stock, using a nonstick whisk. Continue whisking until all ingredients are incorporated.
4. Add the reserved cooked sausage and switch unit to Slow Cook on Low for 4 hours. Once unit switches to Keep Warm, stir in the okra; switch to Brown/Sauté at 375°F to simmer for an additional 30 minutes. Taste and adjust seasoning.
5. The final step is to stir in the shrimp. The shrimp will take only 5 minutes to cook so wait until just before serving to add. If desired, set to Keep Warm for serving.

Tip: Gumbo is best served in shallow bowls over rice.

*Shrimp stock is a key ingredient for this dish, plus it is easy to make with the shells from the shrimp used in the recipe. However, if necessary, vegetable broth can be substituted.

Note: Should there be excessive grease remaining in the bottom of the pot after browning sausage in Step 1, refer to the instructions on page 6 of the instruction book for removal.

Nutritional information per serving (1 cup):
Calories 343 (65% from fat) • carb. 9g • pro. 20g
• fat 25g • sat. fat 9g • chol. 126mg • sod. 488mg
• calc. 74mg • fiber 1g

Chicken Noodle Soup

This effortless yet soothing soup is chock full of good-for-you chicken and veggies.

Setting: Slow Cook

Makes about 16 cups

- 1 medium-to-large onion, finely chopped**
- 6 medium carrots, sliced into ¼-inch rounds**
- 4 celery stalks, cut into ¼-inch dice**
- 3 to 4 pound chicken, cut into 8 pieces**
- 1¾ teaspoons kosher salt, divided**
- ¼ teaspoon freshly ground black pepper**
- handful fresh Italian parsley**
- 1 sprig fresh thyme**
- 12 cups water**
- 2 cups egg noodles**
- 1 cup frozen peas, thawed**

1. Put the onion, carrots, celery, chicken parts, 1¼ teaspoon salt, pepper, parsley, thyme and water into the cooking pot of the Cuisinart® Multicooker.
2. Set unit to Slow Cook on High for 6 to 8 hours. Once unit switches to Keep Warm, remove chicken from the pot and then switch unit back to Slow Cook on High. Allow the parts to cool and remove and discard all skin and bones; shred or chop the meat and put back into the pot. Once the soup is simmering, add the noodles. Simmer until the noodles are cooked through, following the manufacturer's instructions. Once the noodles are cooked through, stir in the peas.
3. Switch unit to Keep Warm until serving.

*Nutritional information per serving (1 cup):
Calories 91 (16% from fat) • carb. 8g • pro. 10g
• fat 2g • sat. fat 0g • chol. 33mg • sod. 334mg
• calc. 28mg • fiber 2g*

Moroccan Lamb Stew

The North African spices complement this stew nicely.

Setting: Slow Cook

Makes 10 cups

- 3 pounds lamb shoulder, cut into 1-inch pieces***
- 1 large onion, sliced**
- 1 pound carrots, peeled and cut into ¼-inch rounds**
- 1 1-inch piece of ginger, peeled and finely chopped**
- 4 garlic cloves, chopped**
- 2 cinnamon sticks**
- 1½ teaspoons ground cumin**
- 1¼ teaspoons kosher salt**
- ½ teaspoon freshly ground black pepper**
- ½ teaspoon ground coriander**
- 1/8 teaspoon cayenne pepper**
- ½ teaspoon ground allspice**
- pinch saffron**
- pinch cloves**
- 12 ounces dried prunes**
- 2 cans (15-ounce) chickpeas, drained**
- ¼ cup tomato paste**
- 4 cups chicken broth, low sodium**

1. Put all ingredients together into the pot of the Cuisinart® Multicooker. Stir together to coat all ingredients well.
2. Set unit to Slow Cook on Simmer for 22 hours.*
3. Once unit switches to Keep Warm, taste and adjust seasoning accordingly.

*If you have the time, we recommend browning the meat prior to slow cooking. Do this on Brown/Sauté at 400°F as the first step. The goal of this dish is to have tender meat that falls apart when it is finished – a result of a long, slow cooking process. That being said, if time is of the essence, you may reduce the cooking time to a minimum of 8 to 10 hours.

*Nutritional information per serving (1 cup):
Calories 620 (47% from fat) • carb. 45g • pro. 37g
• fat 34g • sat. fat 14g • chol. 119mg • sod. 698mg
• calc. 117mg • fiber 8g*

Caldo Verde

This satisfying soup of Portuguese origin is perfect on a cold winter evening.

Settings: Brown/Sauté
Slow Cook

Makes about 12 cups

- 1 **teaspoon extra virgin olive oil**
- 1 **pound smoked Spanish chorizo, cut in half lengthwise and then cut into ½-inch slices**
- 1 **medium onion, finely chopped**
- 8 **garlic cloves, crushed**
- 1 **pound kale, rough stems removed and roughly chopped**
- 2 **pounds Yukon Gold potatoes, peeled and cut into 1-inch dice (covered in cold water until ready to use, to avoid oxidation)**
- 1½ **teaspoons kosher salt**
- ½ **teaspoon freshly ground black pepper**
- 12 **cups chicken broth, low sodium**

1. Put the olive oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F. Once the oil shimmers across the pot, add the chorizo. Cook until chorizo is browned on both sides, about 8 minutes.
2. The amount of oil released from chorizo varies depending on the type of sausage you are using. You should have ½ tablespoon of oil remaining in the cooking pot. If the pan is dry, add some olive oil. If there is an excessive amount, carefully wipe out. Stir in the onion and garlic and cook until soft and lightly golden.
3. Stir in the kale, drained potatoes, salt and pepper and toss to evenly coat with the oil. Finally stir in the chicken broth. Switch unit to Slow Cook on High for 4 hours.
4. When time has expired, unit will switch to Keep Warm.

Note: Should there be excessive grease remaining in the bottom of the pot after browning chorizo in Step 1, refer to the instructions on page 6 of the instruction book for removal.

Nutritional information per serving (1 cup):
Calories 284 (53% from fat) • carb. 19g • pro. 14g
• fat 17g • sat. fat 6g • chol. 58mg • sod. 913mg
• calc. 60mg • fiber 2g

Entrées

Roasted Herb & Garlic Pork

The longer the pork is marinated, the more flavorful the end result will be.

Setting: Roast

Makes 6 servings

- 1 **pork loin roast (approximately 2½ pounds)**
- 3 **garlic cloves, chopped**
- 6 **sage leaves**
- 2 **fresh rosemary sprigs, leaves only**
- 4 **tablespoons extra virgin olive oil**
- ¾ **teaspoon kosher salt**
- ¼ **teaspoon freshly ground black pepper**

1. Put the pork in a bowl with the garlic, sage, rosemary and olive oil and toss together well. Let marinate in the refrigerator for at least 2 hours and up to overnight.
2. Remove pork from refrigerator about 30 minutes before roasting. Season the roast all over with the salt and pepper. Put the roasting rack into the cooking pot of the Cuisinart® Multicooker and set to Roast at 400°F. Put the marinated pork on the rack, cover, and set time for 1 hour.
3. Check the roast after 45 minutes; the internal temperature should read 140°F at the thickest part.
4. Allow to rest 5 to 10 minutes before slicing.

Nutritional information per serving:
Calories 457 (66% from fat) • carb. 1g • pro. 37g
• fat 33g • sat. fat 10g • chol. 119mg • sod. 361mg
• calc. 39mg • fiber 0g

Lemon Chicken with Rosemary

By the end of the cooking time, the chicken in this dish falls apart, making for a light and lemony dish that will soon be a favorite.

Settings: Brown/Sauté
Roast

Makes 8 servings

- 1** **teaspoon extra virgin olive oil**
- 4** **pounds bone-in chicken thighs,***
trimmed of excess visible fat with
skin kept intact
- 1¼** **teaspoons kosher salt, divided**
- ¾** **teaspoon freshly ground black**
pepper
- ½** **cup unbleached, all-purpose flour**
- 3** **large onions, halved and sliced**
- 6** **garlic cloves, roughly chopped**
- 3** **fresh rosemary sprigs**
- ½** **cup fresh lemon juice**
- ¾** **cup chicken broth, low sodium**
- 1** **tablespoon lemon zest**
- 1** **lemon, thinly sliced**
chopped rosemary for garnish

1. Put the oil into the cooking pot of the Cuisinart® Multicooker set to Brown/Sauté at 400°F.
2. Season the chicken thighs on both sides with 1 teaspoon of salt and all of the pepper. Dredge the chicken thighs in flour to coat lightly.
3. Once unit is heated, put about half of the chicken, skin side down, into the hot cooking pot (usually about 6 thighs fit in the skillet at a time. You do not want to crowd the pan, because the chicken will not brown properly). Brown on both sides, about 6 to 8 minutes per side. Chicken will release from the pot once it has browned. Reserve. Repeat with remaining chicken thighs.
5. Reduce heat to 375°F. Sauté onions and garlic for 6 to 8 minutes until softened. Stir in the rosemary sprigs and remaining ¼ teaspoon of salt. Add the lemon juice, scraping up any brown bits that may remain on the cooking surface with a wooden spoon. Let juice come to a boil and reduce by half, about 5 minutes. Add the chicken broth and lemon zest and let come to a boil.

6. Nestle the browned chicken thighs in the onion mixture. Place lemon slices on top of the chicken.
7. Switch unit to Roast at 250°F. Cover and cook until thighs are cooked through (165° to 170°F), about 1 hour.
8. Garnish with the chopped rosemary. Serve immediately in shallow bowls with rice or mashed potatoes.

*Chicken thighs are the preferred choice, but if you prefer light meat over dark, bone-in chicken breasts will work as well. Just be sure to increase the liquid to 1 cup and reduce the cooking time by a bit. Start checking the meat after 30 minutes (the internal temperature should be 165°F).

Nutritional information per serving:

*Calories 342 (26% from fat) • carb. 16g • pro. 47g
• fat 10g • sat. fat 2g • chol. 188mg • sod. 568mg
• calc. 72mg • fiber 2g*

Roasted Stuffed Turkey Breast

When you are feeling nostalgic for Thanksgiving, get the same flavors in a fraction of the time with this all-encompassing dish. We took the dishes from the holiday and stuffed them into a turkey breast to satisfy the craving. While brining is an optional step, it is well worth the time, for it keeps the turkey from drying out.

Settings: Brown/Sauté
Roast

Makes about 12 servings

Brine (optional):

- 8 cups water**
- 1 cup kosher salt**
- ¼ cup granulated sugar**

Turkey:

- 1 turkey breast (6 to 7 pounds), de-boned**
- 1 tablespoon unsalted butter**
- 1 celery stalk, diced (about ¼ cup)**
- 1 small onion, diced (about ¾ cup)**
- 1 medium-to-large yam, peeled and diced**
- 1 teaspoon sea or kosher salt, divided**
- ¾ teaspoon freshly ground black pepper, divided**
- ½ cup dried cranberries**
- 1 tablespoon chopped fresh sage**
- 1 cup cubed sourdough bread (or any rustic bread, like Italian or French)**
- ⅔ cup chicken broth, low sodium**
- 2 tablespoons unsalted butter, melted for brushing (you may substitute olive oil if you wish)**

1. Prepare the brine (if using): Combine the water, salt and sugar in a mixing bowl large enough to accommodate the turkey breast. Whisk the water, salt and sugar together and add the turkey breast. If the turkey breast is not fully submerged, add more water. Cover and refrigerate for 3 to 4 hours, or overnight (no more than 24 hours). Rinse well under cold water after brining or the turkey will be too salty.
2. Put 1 tablespoon of butter into the cooking pot of the Cuisinart® Multicooker, set to Brown/Sauté at 350°F. Once butter has melted, add the celery, onion, yam and a pinch each of the salt and pepper. Sauté until softened and fragrant, about 6 to 8

minutes. Remove and reserve in a large mixing bowl. Add remaining salt and pepper, cranberries, sage, bread cubes and broth to the sautéed vegetables. Toss to combine. Reserve.

3. Lay the brined turkey breast out flat. Pound to be sure that the turkey is even in thickness. Spread the stuffing evenly on top of the pounded turkey breast. Carefully roll the turkey breast, width-wise, pushing any stuffing that is falling out back in. Tie in six places with kitchen twine to secure tightly. Brush with the melted butter.
4. Increase the Brown/Sauté temperature to 450°F. Once the unit is hot, sear the stuffed turkey breast on all sides, about 3 minutes per side.
5. Insert the roasting rack into the cooking pot and place the stuffed turkey breast on top. Switch the unit to Roast at 325°F and be sure to put the lid on. Let roast for about 2 hours, or until the internal temperature is 165°F.
6. Carefully remove the stuffed turkey breast and let rest for 10 minutes before slicing.

Nutritional information per serving:
Calories 424 (40% from fat) • carb. 12g • pro. 50g
• fat 18g • sat. fat 6g • chol. 152mg • sod. 808mg
• calc. 53mg • fiber 4g

Herb Roasted Chicken with Roasted Root Vegetables

A delicious all-in-one-pot meal.

Setting: Roast

Makes 3 to 4 servings

- 1 large carrot, cut into 1-inch sliced rounds
- 1 pound yam or sweet potato, cut into ½-inch sliced rounds
- 1 small rutabaga (about 12 ounces), cut into 1-inch slices
- ½ large fennel bulb (or 1 small bulb), fronds removed, cut into ½-inch lengthwise slices
- 1 medium red potato, cut into ½-inch sliced rounds
- 1 celery stalk, sliced
- 1 teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 3 fresh rosemary sprigs, divided
- 3 fresh thyme sprigs, divided
- 2 tablespoons extra virgin olive oil, divided
- nonstick cooking spray
- 1 4-pound chicken

1. Toss together the carrot, yam, rutabaga, fennel, potato, celery, ½ teaspoon salt, ¼ teaspoon pepper, 1 sprig each rosemary and thyme, and ½ tablespoon of the olive oil in a large mixing bowl.
2. Spray the roasting rack and put into the cooking pot of the Cuisinart® Multicooker. Scatter the vegetables evenly on the rack. Season the chicken with the remaining salt and pepper. Coat the outside of the bird with the remaining olive oil and put the remaining herbs into the cavity of the bird. Tie the legs of the chicken together with butcher's twine if desired. Put chicken on top of the bed of vegetables and cover.
3. Set the unit to Roast at 400°F. Roast for about 1 hour 15 minutes, until juices run clear on the chicken when pierced or when internal temperature reaches 165°F and the vegetables are tender and browned.
4. Remove chicken and let rest for about 5 to 10 minutes. Cut chicken into 8 pieces to serve with the vegetables.

***Note:** If you have the time, brown the back of the chicken prior to roasting. Do this on Brown/Sauté at 400°F before roasting.

Nutritional information per serving (1 cup):
Calories 503 (24% from fat) • carb. 44g • pro. 52g
• fat 14g • sat. fat 3g • chol. 147mg • sod. 808mg
• calc. 159mg • fiber 7g

Chicken with Three Peppers

The combination of hot and sweet peppers with olives makes this delicious chicken dish burst with flavor.

Settings: Brown/Sauté Slow Cook

Makes 4 to 6 servings

- 6 chicken thighs, any excess fat trimmed, about 3 pounds
- ¾ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 teaspoon olive oil
- 3 to 4 Italian chicken sausages, about 9 to 12 ounces, cut into ½-inch slices
- 1 medium yellow onion, finely diced
- 1 small red bell pepper, about 5 ounces, cut into ½-inch dice
- 1 small yellow bell pepper, about 5 ounces, cut into ½-inch dice
- 1 small orange bell pepper, about 5 ounces, cut into ½-inch dice
- ⅓ cup dry white wine
- 1¼ cups chopped hot and sweet cherry peppers, seeds removed
- ¾ cup green Italian olives (like Cerignola)

1. Sprinkle the chicken thighs on both sides with salt and pepper.
2. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F. Once unit is heated, put thighs into the cooking pot skin side down. Brown well, about 6 to 8 minutes per side. Chicken will release from the pot once it has browned. Remove thighs and reserve.
3. Add sausages and sauté until brown, about 6 to 8 minutes. Remove and reserve.
4. Add onion and all bell peppers to the cooking pot. Sauté until soft, about 5 minutes.
5. Stir in white wine, scraping any brown bits on bottom of pot with wooden spoon. Let liquid come to a boil and reduce by half.
6. Place chicken thighs back into cooking pot, along with cherry peppers and olives.
7. Cover unit and switch to Slow Cook on Low for 6 hours.
8. Once time has expired, unit will automatically switch to Keep Warm.

Nutritional information per serving (1 cup):
Calories 432 (38% from fat) • carb. 9g • pro. 53g
• fat 18g • sat. fat 3g • chol. 220mg • sod. 933mg
• calc. 39 mg • fiber 1g

Green Chile Tamales

Although this meal involves multiple steps, the final results are well worth the effort.

Settings: Roast
Brown/Sauté
Slow Cook
Steam

Makes 25 to 30 tamales

Green Chile:

- 2 pounds poblano peppers
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 1 red or yellow pepper, finely chopped
- 2 jalapeño peppers, seeded and finely chopped
- 4 garlic cloves, finely chopped
- 3 tablespoons unbleached, all-purpose flour
- 2½ cups chicken broth, low sodium
- 3½ pound chicken, roasted, meat removed and shredded
- 30 corn husks

Masa Dough:

- 4 cups masa harina*
- 3 cups water
- 1 cup vegetable oil
- 1 tablespoon baking powder
- 2 teaspoons kosher salt
- 2 quarts water for steaming

1. Prepare the green chile. Line the cooking pot of the Cuisinart® Multicooker with the poblano peppers. Cover and set to Roast at 450°F. Roast for about 20 to 30 minutes, turning every 8 to 10 minutes, until all sides are charred (time will vary depending on the size and quantity of the peppers). Remove, put into a mixing bowl and cover with plastic wrap. Once cool to the touch, peel, seed and roughly chop. Reserve. Carefully clean any of the char from the bottom of the pot before using for the next step.
2. Put oil into the cooking pot and set to Brown/Sauté at 400°F. When the oil is hot, add the vegetables and garlic to the pot. Stir and sauté until softened and slightly golden. Stir in the flour and cook for about 1 to 2 minutes. Whisk in the broth, using a nonstick whisk and bring to simmer until smooth and thickened (about 8 to 10 minutes). Stir in the chicken and the reserved, chopped poblanos, and switch to Slow Cook on High for about 2 to 4 hours.

3. Remove the finished chile from the cooking pot. It should be moist, not soupy. If necessary, transfer to a strainer to remove any excess liquid. Allow cooking pot to cool enough to handle and clean. Replace in the unit to steam tamales.
4. While the chile is cooking, pour boiling water over the corn husks to soak. Soak, using an inverted plate to keep the husks submerged for up to 1 hour.
5. Prepare the masa: In a large bowl, using a hand mixer, mix together the masa, water, oil, baking powder and salt.
6. Assemble tamales: Drain and rinse corn husks and lay flat. Hold one in your hand and spread about ¼ cup of masa dough onto the husk. You want to cover ⅔ of the husk toward the wider end. Place about ¼ cup of chile on top of the masa. Fold the narrow end of the husk up into the tamale and then roll the sides together to enclose.
7. Repeat with remaining tamales.
8. Fill multicooker pot with 2 quarts of water and set the unit to Steam fitted with the steaming rack. Load the tamales onto the rack and set timer to 1½ hours. Check after 1 hour has passed – the husk should easily peel away from the side and the masa should be set.

*Masa harina is flour made from the dried corn dough used to make tortillas, and can be found in speciality food stores or in the international aisle of most supermarkets.

Nutritional information per serving (1 tamale):
Calories 204 (40% from fat) • carb. 14g • pro. 13g
• fat 11g • sat. fat 2g • chol. 44mg • sod. 284mg
• calc. 22mg • fiber 2g

Steak and Roast Rub

Steak rub can be purchased pre-made, but it is simple to make your own.

Makes about ¼ cup

- 2 tablespoons coarse sea salt
- 1 tablespoon black peppercorns
- ½ tablespoon whole coriander
- ½ tablespoon dill seed
- 2 teaspoons ancho chili powder
- 2 teaspoons garlic powder

1. Put all spices into the Cuisinart® Spice Grinder. Pulse to chop and blend, about 10 to 12 pulses.
2. Use immediately or contain in a sealed glass jar. Store in a dry, cool place.

Rib-Eye Roast

We love using a homemade rub, any store bought one will do. You can even use salt, pepper and fresh herbs.

Setting: Roast

Makes 12 to 15 servings

- 1 **boneless rib-eye roast, tied (about 4 pounds)**
- 2 **tablespoons olive oil**
- 3 **tablespoons steak and roast rub (previous recipe)**

1. Rub roast all over with the olive oil and the rub. Place in a stainless steel mixing bowl or a sealable plastic bag to marinate in the refrigerator for at least 3 hours and up to overnight.
2. Insert the roasting rack into the cooking pot of the Cuisinart® Multicooker and put the marinated roast on top. Set to Roast at 425°F for 1½ hours. Check the roast after 1 hour and 10 minutes – the internal temperature should read 130°F for medium rare. Let meat rest 10 to 15 minutes before slicing.

***Note:** If you have the time, we recommend browning the ribeye prior to roasting. Do this on Brown/Sauté at 400°F before roasting.

*Nutritional information per serving
(based on 15 servings):*

*Calories 192 (27% from fat) • carb. 0g • pro. 33g
• fat 5g • sat. fat 2g • chol. 94mg • sod. 538mg
• calc. 10mg • fiber 0g*

Guinness Braised Short Ribs

A perfect, comforting dish for a cold winter evening.

Settings: Brown/Sauté
Slow Cook

Makes 8 to 10 servings

- 12 **beef short ribs (about 3 to 4 pounds total)**
- 2 **teaspoons kosher salt, divided**
- ¼ **teaspoon freshly ground black pepper**
- 2 **teaspoons extra virgin olive oil**

- 1 **medium onion, finely chopped**
- 1 **leek, white parts only, finely chopped**
- 2 **medium carrots, finely chopped**
- 1 **celery stalk, finely chopped**
- 4 **garlic cloves, finely chopped**
- 1 **teaspoon dried thyme**
- 24 **ounces Guinness beer (two 12-ounce bottles)**
- 2 **tablespoons tomato paste**
- 4 **fresh parsley sprigs, chopped**

1. Season the beef well on all sides with ½ teaspoon of the salt, and all the pepper.
2. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 425°F. Once hot, add the short ribs (may need to cook in two batches). Cook for 5 to 6 minutes on each side, until very nicely browned. Remove and reserve (repeat with remaining if necessary). Carefully wipe up most fat, leaving only about 2 teaspoons behind.
3. Add the vegetables, thyme and remaining salt to the pot and reduce the temperature to 375°F. Cook until onion is translucent and vegetables are slightly softened, about 3 to 5 minutes. Stir in the Guinness and simmer to reduce slightly (about 3 to 5 minutes). Stir in the tomato paste. Nestle the ribs and any accumulated liquid into the vegetables. Be sure liquid comes halfway up the ribs.
4. Cover and switch unit to Slow Cook on Low for 10 hours.
5. When unit switches to keep warm, it is recommended to degrease the top of the liquid before serving. Either remove grease with a ladle or blot with a fat mop or paper towel.
6. Once ready to serve, stir in the chopped parsley. Taste and adjust seasoning accordingly.

Note: Should there be excessive grease in the bottom of the pot after browning the short ribs in Step 2, refer to the instructions on page 6 of the instruction book for removal.

*Nutritional information per serving
(based on 10 servings):*

*Calories 574 (80% from fat) • carb. 6g • pro. 4g
• fat 42g • sat. fat 22g • chol. 103mg • sod. 512mg
• calc. 32mg • fiber 1g*

Osso Buco

This Italian comfort food is beautiful served over polenta, pasta or potatoes. Delicious yet versatile!

Settings: Brown/Sauté
Slow Cook

Makes about 6 to 8 servings

- 6 veal shanks (about 4 to 5 pounds total), about 1¼ inches thick, 3 to 3½ inches in diameter, tied with butcher's twine**
- 1 teaspoon kosher salt**
- ¾ teaspoon freshly ground black pepper**
- 2 teaspoons extra virgin olive oil**
- 1 teaspoon unsalted butter**
- 1 large onion, peeled and finely chopped**
- 1 large leek, white and light green parts only, washed and dried well, finely chopped**
- 2 medium carrots, finely chopped**
- 1 celery stalk, finely chopped**
- 6 garlic cloves, peeled and chopped**
- 2 fresh rosemary sprigs**
- 1 fresh thyme sprig**
- ⅓ cup dry white wine**
- 2 cans (28-ounce) plum tomatoes, drained and roughly chopped**
- 1 tablespoon tomato paste**
- 1 bay leaf**
- ¼ cup chopped parsley**

4. When unit switches to keep warm, it is recommended to degrease the top of the liquid before serving. Either remove grease with a ladle or blot with a fat mop or paper towel.
5. Once ready to serve, stir in chopped parsley. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):
Calories 440 (43% from fat) • carb. 15g • pro. 60g
• fat 13g • sat. fat 4g • chol. 229mg • sod. 964mg
• calc. 123mg • fiber 3g

1. Season the shanks on all sides with the salt and pepper.
2. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F. Once hot, add the shanks. Brown well on both sides, at least 8 to 10 minutes per side, until deeply browned. Remove and reserve. Put the butter into the pot. Once melted, add the onion, leek, carrots, celery, garlic, rosemary and thyme. Stir vegetables well to scrape up any brown bits that are on the bottom of the pot. Cook until vegetables are softened and slightly brown, about 5 minutes. Add the wine to the pot and simmer until completely reduced.
3. Stir in the tomatoes, tomato paste and bay leaf and nestle the veal shanks in the liquid, being sure that the liquid comes halfway up the meat. Switch unit to Slow Cook on Low for 10 to 12 hours.

Primavera Shrimp Sauté

A colorful and light dish that takes very little time to prepare.

Setting: Brown/Sauté

Makes about 6 servings

- 1 pound shrimp, peeled and deveined**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 3 teaspoons extra virgin olive oil, divided**
- 1 bunch broccolini (about 8 to 9 ounces)**
- 3 garlic cloves, chopped**
- 1 cup chicken broth, low sodium**
- ¼ teaspoon crushed red pepper**
- 1 medium red onion, halved and sliced lengthwise**
- 1 cup snow peas, trimmed**
- 1 cup sugarsnap peas, trimmed**
- ½ cup frozen peas, thawed**
- ½ teaspoon lemon zest**
- ¾ ounce fresh basil, sliced thinly**

1. Season the shrimp on both sides with the salt and pepper.
2. Put 1 teaspoon of the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F. When the oil is hot, add half of the shrimp. Lightly brown each side, about 2 minutes per side. Remove and reserve. Repeat with remaining shrimp.
3. Put another teaspoon of oil into the pot and add the broccolini and garlic. Stir well and sauté until garlic becomes just slightly golden – be careful not to burn. Add the chicken broth and crushed red pepper and simmer until the broccolini is crisp tender, about 10 to 15 minutes. Remove and reserve.
4. Add in the remaining teaspoon of oil. Sauté the onion until softened and slightly golden. Add all of the peas and stir until they become bright green, about 3 minutes.
5. Put all reserved ingredients back into the pot and toss together with the lemon zest and basil, until warmed through.
6. Taste and adjust seasoning accordingly. Serve immediately.

Nutritional information per serving (1 cup):
Calories 149 (24% from fat) • carb. 10g • pro. 18g
• fat 4g • sat. fat 1g • chol. 115mg • sod. 443mg
• calc. 92mg • fiber 3g

Asian Style Poached Salmon

Poached salmon is perfect served on its own or over a bed of mixed greens.

Setting: Brown/Sauté

Makes about 12 servings

- 6 garlic cloves, sliced**
- ½ cup sliced ginger (about a 4- x 2-inch piece)**
- ½ cup chopped celery (about 1½ medium stalks)**
- 2 scallions, sliced**
- 1 star anise pod**
- 4 cups chicken stock, low sodium**
- 2½ cups water**
- ¾ cup rice wine**
- ¾ cup soy sauce, low sodium**
- 2 tablespoons sesame oil**
- pinch freshly ground black pepper**
- 3 pounds salmon fillet**

1. Put all ingredients except the salmon into the Cuisinart® Multicooker. Stir to combine; cover.
2. Set unit on Brown/Sauté at 400°F. Bring to a boil and then reduce heat to 300°F. Let heat for an additional 30 minutes.
3. Carefully put salmon into the poaching liquid. Let cook for about 15 minutes, or until fully cooked through – it should easily flake away with a fork.
4. Serve immediately.

Nutritional information per serving (4 ounces of fish):

Calories 229 (40% from fat) • carb. 5g • pro. 25g
• fat 10g • sat. fat 2g • chol. 62mg • sod. 613mg
• calc. 28mg • fiber 0g

Sides

Braised Fennel

Braising is one of the most rewarding preparations of fennel. It sweetens the bitterness and really brings out the rich licorice tones. So simple with only a handful of ingredients, fennel can pair well with many different dishes from lamb to roast chicken to pork loin.

Setting: Brown/Sauté

Makes about 8 servings

- 2** **tablespoons extra virgin olive oil**
- 3** **fennel bulbs, cut into ½-inch slices (save the fronds for another use)**
- ½** **teaspoon sea or kosher salt**
- ½** **teaspoon freshly ground black pepper**
- ⅓** **cup dry white wine**
- ½** **cups chicken broth, low sodium**

1. Put the oil into the cooking pot of the Cuisinart® Multicooker set to Brown/Sauté at 375°F.
2. Once the oil is hot, add one third of the sliced fennel with the salt and pepper. Sauté about 2 to 4 minutes per side, until golden brown. Remove and reserve; repeat with remaining fennel.
3. Put all of the reserved fennel back into the cooking pot. Add the wine and cook until almost evaporated, about 2 to 3 minutes.
4. After the wine cooks off, add the broth. Reduced the heat to 325°F. Cover and cook 30 minutes, until the fennel is fully softened, sweet and fragrant.
5. Serve immediately.

Nutritional information per serving (½ cup):
Calories 68 (45% from fat) • carb. 7g • pro. 1g
• fat 4g • sat. fat 1g • chol. 0mg • sod. 286mg
• calc. 52mg • fiber 3g

Broccoli Rabe with Sausage

This dish takes a few steps to complete. The broccoli rabe is first steamed – this improves the overall texture of the finished dish, making it nice and tender. If broccoli rabe is too tough, it is not pleasing.

Settings: Steam
Brown/Sauté

Makes 4 servings

- 1** **quart water**
- 1** **large bunch broccoli rabe, approximately 1 pound, ends trimmed**
- 1** **teaspoon extra virgin olive oil**
- 12** **ounces pre-cooked Italian sausage, sweet, hot or mix of both, cut into ½-inch slices**
- 3** **garlic cloves, finely chopped**
- ¼** **cup dry white wine**
- 1½** **cups chicken broth, low sodium**
- ¼** **teaspoon crushed red pepper**

1. Steam the broccoli rabe: Put the quart of water into the cooking pot of the Cuisinart® Multicooker and insert the steaming rack. Set to Steam for 8 minutes; cover. Once tone sounds, put the broccoli rabe on the rack and cover.
2. Unit automatically turns off when steaming is complete. Remove and reserve broccoli rabe. Carefully remove water and wipe cooking pot dry. Cooking pot will be very hot, so use caution.
3. Put the olive oil into the cooking pot and set to Brown/Sauté at 350°F. Once hot, cook sausage until well-browned on all sides; this takes about 10 to 12 minutes.
4. Once sausage is browned, add garlic. Sauté until fragrant. Add white wine and allow to cook down until almost evaporated. Scrape up any brown bits that have accumulated in the bottom of the pan. Add chicken broth and red pepper. Simmer ingredients for about 5 minutes to blend the flavors.
5. Add reserved broccoli rabe and allow to simmer, covered, for an additional 10 minutes.
6. Serve immediately.

Nutritional information per serving:
Calories 190 (42% from fat) • carb. 7g • pro. 19g
• fat 9g • sat. fat 3g • chol. 25mg • sod. 544mg
• calc. 153mg • fiber 3g

Buttery Dinner Rolls

The recipe below instructs to use a stand mixer, but of course the dough can be made in the food processor or by hand. Baking in the multicooker produces a soft and fluffy roll, perfect for sopping up gravy or sauces.

Setting: Roast

Makes 12 dinner rolls

- ½ cup whole milk**
- 6 tablespoons unsalted butter (cut in 6 pieces)**
- 3 tablespoons granulated sugar**
- ¾ teaspoon salt**
- 3 tablespoons warm (105°F to 110°F) water**
- 1¾ teaspoons active dry yeast**
- 1 large egg**
- 3 to 3½ cups bread flour, divided butter for greasing pan**
- 1 tablespoon whole milk**
- 1 tablespoon unsalted butter**

1. Scald milk (heat until just bubbling around edges – may be done in microwave). Stir in butter, sugar, and salt. Let cool until just warm (105°F to 115°F).
2. Mix the warm water and yeast with a pinch of the flour and put into the bowl of a stand mixer. Let stand until foamy, about 5 minutes.
3. Add the cooled milk mixture, egg and 2 cups of the flour. Insert the dough hook and mix on low for 2 minutes. Continuing on low, add the remaining flour, 1 tablespoon at a time, until a loose dough ball forms that clings to the dough hook and cleans the sides of the bowl. Raise the speed slightly and knead until smooth, about 5 minutes.
4. Transfer to the cooking pot of the Cuisinart® Multicooker and let rise until doubled, about 45 to 60 minutes.
5. Lightly butter an 8-inch round baking pan. Punch down the dough and then divide into 12 equal pieces. Roll into balls and arrange in the prepared pan. Insert roasting rack into the cooking pot and put filled pan on top. Let rise until about doubled, about 30 to 40 minutes.
6. While dough is rising, combine remaining tablespoon of milk and butter and heat

until butter is melted. Once rolls have risen, gently brush with melted butter and milk.

7. Set unit to Roast at 375°F for 35 minutes. Check at 30 minutes. Rolls should be golden brown (internal temperature of rolls will be 205°F when tested with an instant-read thermometer).
8. Remove pan and let cool for about 10 minutes before serving. For softer rolls, brush each with melted butter just after removing from the unit.

Nutritional information per roll:

*Calories 144 (28% from fat) • carb. 7g • pro. 4g
• fat 2g • sat. fat 1g • chol. 22mg • sod. 157mg
• calc. 17mg • fiber 1g*

Roasted Beets

Be sure to scrub and wash the beets well to remove any dirt. Be careful when peeling, because the beet juice will stain.

Setting: Roast

Makes about 5 cups

- 1½ pounds beets (any color or variety), peeled and cut into wedges**
- 1 tablespoon extra virgin olive oil**
- ¼ teaspoon sea or kosher salt**

1. Toss all ingredients together in a large mixing bowl. Insert the roasting rack into the cooking pot of the Cuisinart® Multicooker. Transfer beets to the rack and set to Roast at 400°F.
2. Let roast 40 minutes, or until beets are tender.
3. Remove from rack and cool completely to serve, or toss warm over a salad of mixed greens with a light vinaigrette. They can also be puréed with some garlic, lemon juice and chickpeas to make a beet hummus. There are so many great ways to enjoy roasted beets!

Nutritional information per serving (½ cup):

*Calories 136 (25% from fat) • carb. 23g • pro. 3g
• fat 4g • sat. fat 1g • chol. 1mg • sod. 231mg
• calc. 18mg • fiber 2g*

Garlic-Rosemary Beans

These are delicious served alongside lamb chops. You can also purée them in a food processor to make a white bean dip to serve with a crudité's platter.*

Settings: Brown/Sauté
Slow Cook

Makes about 5 cups

- 1** pound navy or cannelloni beans, soaked in room-temperature water overnight
- 1½** teaspoons olive oil
- 6 to 8** garlic cloves, crushed
- 2** rosemary sprigs
- ½** teaspoon sea or kosher salt
- 2½** cups vegetable or chicken broth

1. Soak the beans overnight by covering with water by about 2 inches. Once soaked, drain and rinse.
2. Put the rinsed beans into the cooking pot of the Cuisinart® MultiCooker and cover with water. Cover and set to Brown/Sauté at 500°F to bring to a boil. Once a boil has been achieved, let boil for 10 minutes. Carefully drain beans and rinse under cold water; reserve. Dry cooking pot well and place pot back into unit with the oil.
3. Set unit to Brown/Sauté at 375°F. Once oil is hot, add the garlic. Sauté until the garlic is golden and fragrant.
4. Add the remaining ingredients (be sure to drain the beans). Stir to combine, cover and switch to Slow Cook on High. Set the timer to 3 hours.
5. Once the 3 hours have expired, the unit will automatically switch to Keep Warm.

*If puréeing, more liquid will need to be added.

Nutritional information per serving (½ cup):
Calories 166 (8% from fat) • carb. 29g • pro. 11g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 252mg
• calc. 83mg • fiber 11g

Indiana-Style Cornbread

This version of cornbread is more on the savory than the sweet side – a perfect pair with chili. If you are feeling bold, stir in some chopped raw jalapeño for an added kick.

Setting: Roast

Makes one 8-inch round cake

- butter for greasing pan**
- ¾** cup yellow cornmeal
- ¾** cup unbleached, all-purpose flour
- ¾** teaspoon sea salt
- 1** teaspoon baking powder
- 2** tablespoons granulated sugar
- 1** large egg, beaten
- 1½** cups reduced-fat milk, room temperature
- 4** tablespoons unsalted butter, melted and cooled to room temperature

1. Lightly coat an 8-inch round cake pan with butter; reserve.
2. Put the cornmeal, flour, salt, baking powder and sugar into a medium-large mixing bowl. Using a hand or stand mixer fitted with the beaters or paddle, mix on low until combined, about 10 seconds. Reserve.
3. Add the egg, milk and butter to the dry ingredients. Mix on low until just combined. Pour into prepared cake pan.
4. Place filled pan on the roasting rack. Place into the cooking pot of the Cuisinart® Multicooker. Set to Roast at 350°F for 45 minutes and cover. Begin checking bread after 40 minutes; bread is done when a cake tester comes out clean.
5. Let cool slightly and serve.

Nutritional information per serving
(based on 12 servings):
Calories 116 (40% from fat) • carb. 15g • pro. 3g
• fat 5g • sat. fat 3g • chol. 32mg • sod. 195mg
• calc. 46mg • fiber 1g

Macaroni & Cheese

We upped the creaminess factor in our version of everyone's favorite comfort food.

The béchamel is the centerpiece of the ultimate macaroni and cheese.

Settings: Brown/Sauté
Slow Cook

Makes about 12 servings

- 8** **tablespoons unsalted butter**
- ½** **cup unbleached, all-purpose flour**
- 6** **cups whole milk**
- ¾** **teaspoon sea or kosher salt**
- ½** **teaspoon freshly ground black pepper**
- pinch ground nutmeg**
- ¼** **teaspoon dry mustard**
- 12** **ounces various shredded cheeses (we love using Cheddar and/or fontina)**
- 4** **ounces grated Parmesan**
- 1** **pound macaroni, par cooked (see package instructions and cook half of the suggested time), reserved**
- ½** **cup panko breadcrumbs**

1. Put the butter into the cooking pot of the Cuisinart® Multicooker and select Brown/Sauté at 250°F. Once butter has melted, stir in the flour and let cook, stirring often, for about 4 to 5 minutes or until mixture is lightly browned and thickened.
2. Gradually whisk in the milk, salt, pepper, nutmeg and dry mustard using a nonstick whisk. Raise heat to about 325°F to bring the mixture to a boil. Stirring occasionally, let mixture cook about 2 to 3 minutes or so, until thickened. This mixture is a béchamel or white sauce, a sauce base for melting cheese easily. It should be thick enough to thickly coat the back of a spoon.
3. Once the white sauce has thickened, stir in the cheeses and mix until melted.
4. Stir in the macaroni until well mixed, sprinkle with the panko and cover.
5. Switch the unit to Slow Cook on Simmer for 4 hours.
6. Once time has expired, the unit will automatically switch to Keep Warm. Serve immediately.

Nutritional information per serving (1 cup):

*Calories 461 (47% from fat) • carb. 42g • pro. 20g
• fat 24g • sat. fat 14g • chol. 76mg • sod. 540mg
• calc. 457mg • fiber 1g*

Roasted Corn on the Cob

The taste of corn changes throughout the year, depending on when it is in season.

Obviously, it's much tastier at its peak of freshness, so you may not need any seasoning then.

Setting: Roast

Makes 4 servings

- 4** **ears fresh corn on the cob, cleaned**
- 2** **tablespoons unsalted butter, melted**
- ½ to 1** **teaspoon sea or kosher salt (start with ½ teaspoon and add more if desired)**
- ¼** **teaspoon freshly ground black pepper**

1. Brush the corn with the butter and sprinkle with salt and pepper. Wrap in foil.
2. Put the wrapped corn on the roasting rack and place in the cooking pot of the Cuisinart® Multicooker. Cover and set to Roast at 425°F.
3. Roast corn for about 40 minutes, flipping halfway through (it is best and easiest to use tongs to flip the corn).
4. Serve immediately. Season as desired.

Nutritional information per serving:

*Calories 113 (47% from fat) • carb. 14g • pro. 2g
• fat 6g • sat. fat 4g • chol. 15mg • sod. 277mg
• calc. 2mg • fiber 2g*

Roasted Red Potatoes

A quick and flavorful way to enjoy red potatoes. Be patient with flipping the potatoes – they brown best if they are not crowded and are left to sit in the hot cooking pot before turning.

Settings: Roast

Makes about 8 servings

- 1½** **tablespoons extra virgin olive oil**
- 3 to 4** **garlic cloves, smashed**
- 2** **pounds small red new potatoes, halved**
- ¼** **teaspoon sea or kosher salt**
 pinch freshly ground black pepper
- 2** **teaspoons chopped fresh rosemary**

1. Put all the ingredients into a large mixing bowl and toss to fully coat. Preheat the Cuisinart® Multicooker to Roast at 375°F.
2. Add the potatoes. Let the potatoes sit so they form a nice crust, and then toss after about 3 minutes.
3. Once the potatoes are browned, add the remaining ingredients.
4. Switch unit to Roast at 425°F. Cover and let potatoes cook for about 30 minutes, or until fully cooked.

Nutritional information per serving (½ cup):
Calories 106 (23% from fat) • carb. 19g • pro. 2g
• fat 3g • sat. fat 0g • chol. 0mg • sod. 80mg
• calc. 15mg • fiber 2g

Steamed Artichokes

Trimming the bottoms of the artichokes ensures that they stand up straight, so do not skip that step. Also, in addition to adding flavor, the lemon slices prevent the artichokes from turning brown during cooking. Enjoy plain or dip in a nice lemon oil.

Setting: Steam

Makes 6 servings

- 1** **quart water**
- 6** **medium-to-large artichokes**
- 6 to 12** **garlic cloves, thinly sliced**
- 2** **lemons, one juiced and the other cut into 6 slices**
 pinch freshly ground black pepper
 pinch sea or kosher salt

1. Put the water into the cooking pot of the Cuisinart® Multicooker fitted with the steaming rack and cover.
2. Cut the stems off the artichokes so they are able to stand. Using a serrated knife, cut the tops of the artichokes off, and with kitchen shears, trim the tips of the outer leaves. Pull leaves back to open the artichokes.
3. Evenly stuff the garlic slices in between the leaves of each artichoke. Season each with lemon juice, pepper and salt. Place one lemon slice on top of each artichoke.
4. Set the unit to Steam for 45 minutes.
5. Once tone sounds, stand the artichokes upright in the rack and cover.
6. Artichokes are done when the leaves are able to be pulled off easily.

Nutritional information per artichoke:
Calories 73 (3% from fat) • carb. 17g • pro. 5g
• fat 0g • sat. fat 0g • chol. 25mg • sod. 122mg
• calc. 78mg • fiber 8g

Desserts

Applesauce

When fall comes around, nothing is better than the aroma of applesauce being made in the home. Our recipe is quite versatile – you can leave it as a chunky sauce or purée it for the more common smooth version.

Setting: Slow Cook

Makes about 8 cups

- 4 pounds apples, cored and cut into two-inch pieces (peeled or unpeeled)**
- 2 cinnamon sticks**
- 2 pinches freshly ground nutmeg**
- pinch ground cloves**
- pinch sea or kosher salt**
- ¾ cup water**
- ¼ cup fresh lemon juice (from about 2 medium lemons)**

1. Put all of the ingredients into the cooking pot of the Cuisinart® Multicooker.
2. Select Slow Cook on Low for 4 hours.
3. Once unit switches to Keep Warm, remove the cinnamon sticks. If a chunky sauce is desired, use a potato masher to mash cooked apples to desired consistency. If a smooth sauce is preferred, transfer apples to a fine mesh strainer and press through with the help of a ladle. Once the apples have passed through the strainer, discard the skins (if necessary) and return smooth apples to the cooking pot. Keep sauce on Keep Warm for serving, or cool to room temperature and store in the refrigerator.

Nutritional information per serving (½ cup):
Calories 61 (3% from fat) • carb. 16g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg
• calc. 9mg • fiber 3g

Apple Butter

Cooking the applesauce down with some sugar and spices makes for a delicious apple butter.

Setting: Slow Cook

Makes about 2 cups

- 1 recipe smooth applesauce (previous recipe)**
- 1 cup packed light brown sugar**
- 1 tablespoon ground cinnamon**
- 1 teaspoon ground allspice**
- 1 teaspoon freshly ground nutmeg**
- ½ teaspoon ground cloves**

1. Put all ingredients into the cooking pot of the Cuisinart® Multicooker.
2. Select Slow Cook on Low for 2 hours and cook uncovered. This time is an estimate – it can be anywhere from 1 to 3 hours. You want the apple butter to be nicely thickened until it is spreadable.
3. Cool apple butter to room temperature and enjoy on toast, stirred into oatmeal, or on top of pancakes or waffles.

Nutritional information per serving (2 tablespoons):
Calories 108 (2% from fat) • carb. 29g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg
• calc. 16mg • fiber 3g

Cannoli Cheesecake

We make many cheesecakes in the Test Kitchen, and still one of our favorite methods (which happens to be the easiest and most foolproof) is slow cooked. To offer the palate some new, fun flavors, we made a cheesecake that is nice and creamy with the flavor of cannoli filling.

Setting: Slow Cook

Makes one 7-inch cheesecake (springform pan)

1 tablespoon unsalted butter, room temperature (for pan)

Crust:

¼ cup graham cracker crumbs
¼ cup toasted pine nuts, finely ground
1 tablespoon granulated sugar
pinch sea or kosher salt
½ tablespoon unsalted butter, melted and cooled to room temperature

Filling:

4 ounces (½ package) cream cheese, quartered and at room temperature
cup granulated sugar
¼ teaspoon sea or kosher salt
¼ teaspoon ground cinnamon
3 large eggs, at room temperature
2 large egg whites, at room temperature
1 teaspoon pure vanilla extract
12 ounces whole-milk ricotta, at room temperature
2 ounces bitter or semisweet chocolate, finely chopped

1. Put the steaming rack into the cooking pot of the Cuisinart® Multicooker.
2. Lightly brush the springform pan with the tablespoon of room temperature butter. Reserve.
3. Prepare the crust. Put all of the crust ingredients into a small mixing bowl. Using a hand or stand mixer, beat on low until the mixture comes together. Pat crumb crust evenly into prepared springform pan. Reserve.

4. Prepare the filling. Mix cream cheese, sugar, salt and cinnamon using a hand or stand mixer on a medium speed until very smooth (you cannot over-mix at this stage. Be sure there are no lumps in the batter). Scrape bowl and beaters/paddle with a spatula. Add eggs and whites, one at a time, making sure each is incorporated into the batter before adding the next. Mix in vanilla. Reduce to low and carefully mix in the ricotta, being sure the batter is homogenous, but do not over-mix. Stir in the chopped chocolate.
5. Pour batter into the prepared pan. Put pan onto the rack in the unit.
6. Select Slow Cook on High for 2 hours.
7. Once the time has elapsed, allow cake to rest on Keep Warm in the unit for an additional 30 minutes to an hour (you want it to be just set).
8. Remove cheesecake and place on a cooling rack. Once completely cool, wrap well with plastic and refrigerate for at least 6 hours before serving.

Nutritional information per serving:
Calories 235 (54% from fat) • carb. 19g • pro. 8g
• fat 14g • sat. fat 7g • chol. 91mg • sod. 191mg
• calc. 127mg • fiber 1g

Dense Chocolate Cake

This is our version of the still-popular flourless chocolate cake. It takes little time to prepare, and best of all you don't need to turn on the oven!

Setting: Slow Cook

Makes one 8-inch cake (about 12 servings)

- 1/2** **tablespoon unsalted butter, room temperature (for pan)**
- 1/2** **cup (1 stick) unsalted butter**
- 4** **ounces semisweet chocolate, broken into 2-inch pieces**
- 1/4** **cup cocoa powder, sifted**
- 1/4** **teaspoon table salt**
- 3/4** **teaspoon pure vanilla extract**
- 1/2** **cup granulated sugar**
- 2** **large eggs, room temperature**
- 1** **teaspoon espresso powder**

1. Prepare the cake pan by lightly coating with the tablespoon of butter. Fit an 8-inch parchment circle on the bottom. Reserve.
2. In the top of a double boiler set over medium-low heat (or a heat-proof bowl set over a pot of simmering water), combine the butter and chocolate. Stir occasionally until just melted. Remove from heat and stir in the cocoa powder, salt and vanilla. Reserve.
3. In a medium mixing bowl, beat the sugar and eggs together until lightened (this takes a few minutes. The mixture should be a pale yellow color where it almost holds its shape).
4. Once the chocolate mixture has cooled, stir into the egg/sugar mixture with the espresso powder, making sure that it is fully combined, with no streaks of color.
5. Pour cake batter into the prepared pan. Tap pan on the counter a few times to remove any air bubbles and to level the cake.
6. Put the steaming rack into the cooking pot of the Cuisinart® Multicooker and put the filled pan on the rack. Select Slow Cook on High for 2½ hours.
7. Once unit switches to Keep Warm, turn the unit off and remove cake to cool to room temperature. Remove cake from pan and discard parchment. Wrap well and chill for at least 2 hours or overnight. Cake is best when served chilled.

Nutritional information per serving:

*Calories 161(59% from fat) • carb. 15g • pro. 2g
• fat 11g • sat. fat 7g • chol. 55mg • sod. 58mg
• calc. 10mg • fiber 1g*

Dulce de Leche Bread Pudding

This dessert is definitely for the sweet tooth. While you can purchase dulce de leche from most grocery stores, we found that homemade is the way to go when it is the center of your dish. See the following recipe for our simple version.

Setting: Slow Cook

Makes ten to twelve 1-cup servings

- nonstick cooking spray**
- 1** **loaf (1 pound) challah bread, cut into 1- to 2-inch cubes**
- 2** **cups whole milk**
- 1** **cup heavy cream**
- 4** **large eggs, beaten**
- 1** **teaspoon pure vanilla extract**
- 3/4** **cup dulce de leche, plus 2 tablespoons (recipe follows), divided**
- 1/4** **teaspoon table salt**
- 1/4 to 1/2** **teaspoon ground cinnamon**

1. Lightly coat the cooking pot of the Cuisinart® Multicooker with nonstick cooking spray.
2. Put the bread cubes into the prepared pot.
3. In a medium bowl combine the milk, cream, eggs, vanilla, ¾ cup dulce de leche, salt and cinnamon. Whisk until frothy. Slowly pour the egg mixture over the bread mixture. Press down on the bread to make certain all of it is submerged.
4. Select Slow Cook on High for 4 hours.
5. Once the time has elapsed, turn unit off and drizzle the remaining 2 tablespoons of the dulce de leche on top of the pudding.
6. Serve immediately with freshly whipped cream.

*Nutritional information per serving
(based on 12 servings, 1 cup each):*

*Calories 327 (35% from fat) • carb. 43g • pro. 10g
• fat 13g • sat. fat 7g • chol. 126mg • sod. 360mg
• calc. 199mg • fiber 1g*

Dulce de Leche

Although this is readily available in most supermarkets, it is quite simple to make your own. The longer you cook it, the richer and more concentrated the caramel flavor gets.

Setting: Brown/Sauté

Makes about 1½ cups

2 cans (13-ounce) nonfat sweetened condensed milk
pinch sea or kosher salt
½ teaspoon baking soda

1. Put all of the ingredients into the cooking pot of the Cuisinart® Multicooker.
2. Set the unit on Brown/Sauté at 375°F to bring mixture to a boil. Once mixture boils, reduce heat (about 300°F) so that there is a constant simmer. Cover and let simmer until caramel-colored and thickened.
3. Turn to Keep Warm if serving right away, or bring to room temperature and store in refrigerator if using at a later time.

Nutritional information per serving (1 tablespoon):
Calories 87 (0% from fat) • carb. 19g • pro. 2g
• fat 0g • sat. fat 0g • chol. 3mg • sod. 63mg
• calc. 79mg • fiber 0g

Fall Fruit Crisp

Comfort is at the forefront in this simple dessert. This is great recipe to make when you seem to have a surplus of fall fruits that need to be used – the rest of the ingredients are basic pantry staples. If you prefer pears to apples, you can change the ratios.

Setting: Roast

Makes 8 to 10 servings

½ cup unbleached, all-purpose flour
¼ cup rolled oats (old-fashioned oats, not quick-cooking)
⅓ cup packed light brown sugar
pinch table salt
pinch ground cinnamon
pinch freshly ground nutmeg
2 tablespoons unsalted butter, melted
1 pound apples (any baking variety), peeled, cored and cut into ½-inch slices
½ pound pears (any baking variety), peeled, cored and cut into ½-inch slices
¼ cup granulated sugar
2 tablespoons unbleached, all-purpose flour
pinch table salt
¼ teaspoon pure vanilla extract

1. Put the first 7 ingredients into a small mixing bowl. Toss to fully combine; reserve.
2. Put the remaining ingredients into a large mixing bowl. Toss to combine. Transfer apple/pear mixture to an 8-inch round baking pan. Top with the oat mixture.
3. Put the roasting rack into the Cuisinart® Multicooker and put the filled baking pan on top of that. Cover and set to Roast at 375°F for 45 minutes. Let cook until top is browned and fruit is just tender – start checking the doneness of the fruit around 30 minutes. Add more time if necessary. Apples and pears vary in composition, so some might need more time to cook than others.

Nutritional information per serving (based on 10 servings):
Calories 266 (16% from fat) • carb. 56g • pro. 2g
• fat 5g • sat. fat 3g • chol. 12mg • sod. 28mg
• calc. 10mg • fiber 4g

New York-Style Cheesecake

There are countless variations for this basic recipe. You can reserve $\frac{1}{4}$ of the batter and stir in cocoa powder (then add it back into the rest) to make a chocolate swirl. Once it is cooked you can top it with fresh fruit or fruit preserves, or you can drizzle with chocolate or serve with a raspberry sauce. The options are endless for making this cheesecake your own.

Setting: Slow Cook

Makes one 7-inch cheesecake
(springform pan)

1 tablespoon unsalted butter, room temperature (for pan)

Crust:

$\frac{1}{2}$ cup graham cracker crumbs
2 tablespoons granulated sugar
1 tablespoon unsalted butter, melted and cooled to room temperature

Filling:

16 ounces (2 packages) cream cheese, quartered and at room temperature
1 cup granulated sugar
 $\frac{1}{4}$ teaspoon sea or kosher salt
2 large eggs, at room temperature
1 large egg white, at room temperature
 $1\frac{1}{2}$ teaspoons pure vanilla extract
 $\frac{2}{3}$ cup sour cream

1. Put the steaming rack into the cooking pot of the Cuisinart® Multicooker.
2. Lightly coat the springform pan with the tablespoon of room temperature butter. Reserve.
3. Prepare the crust. Put all of the crust ingredients in a small mixing bowl. Using a hand or stand mixer, mix on low until the mixture comes together. Pat crumb crust evenly into prepared springform pan. Reserve.

4. Prepare the filling. Mix cream cheese, sugar and salt using a hand or stand mixer on a medium speed until very smooth. (You cannot over-mix at this stage. Be sure there are no lumps in the batter.) Scrape bowl and beaters/paddle with a spatula. Add eggs and white, one at a time making sure each is incorporated into the batter before adding the next. Mix in vanilla and sour cream. Be sure the batter is homogenous but do not over-mix.
5. Pour batter into the prepared pan. Put cake onto the rack in the unit.
6. Select Slow Cook on High for 2 hours.
7. Once the time has elapsed, allow cake to rest in the unit for an additional 30 minutes to an hour (you want it to be just set).
8. Remove cheesecake and place on a cooling rack. Once completely cool, wrap well with plastic and refrigerate for at least 6 hours before serving.

*Nutritional information per serving
(based on 8 servings):*

*Calories 404 (59% from fat) • carb. 35g • pro. 7g
• fat 27g • sat. fat 16g • chol. 127mg
• sod. 316mg • calc. 75mg • fiber 0g*

Rice Pudding

What better ending to a meal than a cup of rice pudding? The great thing about this dessert is that it can be served warm out of the cooking pot or chilled. Chilled rice pudding does set up and has a different consistency than when served warm. If not serving immediately, stir some extra milk or water into the rice pudding to make it creamier.

Setting: Slow Cook

Makes 5 cups

- 2 cups Arborio rice**
- 3 cans (12-ounce) fat-free evaporated milk**
- 1 can (14-ounce) light coconut milk**
- ¼ cup water**
- 1 vanilla bean, halved and seeds scraped**
- 1½ cups granulated sugar**
- ¼ teaspoon sea salt**
- 1 tablespoon pure vanilla extract**
- 2 whole cinnamon sticks**
- pinch freshly ground nutmeg**

1. Put all of the ingredients into the pot of the Cuisinart® Multicooker. Stir to combine.
2. Select Slow Cook on High for 3 hours.
3. Once the cooking time has elapsed, the unit will automatically switch to Keep Warm. Let rest on Keep Warm for 30 minutes to 1 hour, depending on desired consistency. The longer it sits, the stiffer the pudding gets.
4. Remove and discard vanilla bean and cinnamon sticks.
5. If not serving immediately, stir in more liquid (any type of milk or water) before reheating.

Nutritional information per serving (½ cup):
Calories 367 (7% from fat) • carb. 73g • pro. 11g
• fat 3g • sat. fat 2g • chol. 5mg • sod. 198mg
• calc. 343mg • fiber 1g

Steamed Mocha Pudding

Serve immediately for the best results. This recipe is more of a warm cake-like pudding and is delicious on a cold day. Scoop out into individual cups, if you can resist eating it out of the baking dish!

Setting: Slow Cook

Makes about 10 servings

- ½ cup (1 stick) unsalted butter, cut into 8 pieces**
- ½ cup packed light brown sugar**
- 1 large egg, room temperature**
- 1 cup semi or bittersweet chocolate chips (about 7 ounces)**
- ½ cup brewed coffee, hot**
- 2 tablespoons cocoa powder**
- ½ teaspoon pure vanilla extract**
- pinch ground cinnamon**
- pinch table salt**
- ¼ cup unbleached, all-purpose flour**

1. Using a hand or stand mixer, mix the butter and sugar until light and creamy. Add the egg and mix until just combined. Reserve.
2. Put the chocolate into a separate heat-proof bowl, pour the hot coffee over it and stir to fully melt the chocolate. Stir in the cocoa powder, vanilla, cinnamon and salt.
3. Fold the chocolate mixture into the butter/sugar/egg mixture. Stir in the flour.
4. Put the steaming rack into the Cuisinart® Multicooker. Pour the batter into a 2-quart baking dish and put on the rack.
5. Select Slow Cook on High for 2 hours.
6. Once unit switches to Keep Warm, turn the unit off and serve immediately.

Nutritional information per serving:
Calories 218 (59% from fat) • carb. 22g • pro. 2g
• fat 15g • sat. fat 9g • chol. 45mg • sod. 23mg
• calc. 11mg • fiber 2g