

# Cuisinart®

## Recipe Booklet

Instruction  
Booklet  
Reverse Side



Cuisinart® Oven Central™

CBO-1000

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# COOKING TIPS & HINTS

- Preheat the oven in the closed position before cooking.
- Heating times may vary based on a number of factors. The selected temperature, the current temperature of the oven, and the oven contents can all affect heatup time.
- Always use caution when opening the top cover during cooking.
- We recommend you use long tongs when adding and removing food from the hot oven.
- An instant-read thermometer or a probe-type thermometer is a handy tool for checking the internal temperature of cooked meats.

## BROWN/SAUTE TIPS

- Brown and sauté as you would in a skillet pan on the stove.
- Browning and sautéing generally only require bottom heat.
- You can brown and sauté in either the fixed bottom pan or the removable baking pan. The fixed pan allows for more direct heat, while the removable baking pan allows for easier cleanup. If you choose to use the removable baking pan, we recommend you cook with the oven lid closed for maximum heat performance. Only open the lid to turn or stir food.
- For even browning, it is important not to crowd the oven. Foods should be cooked in an even layer, so it is good to cook foods in batches when necessary.
- Many recipes call for browning and sautéing foods before roasting. Some items produce more grease and fat than is desired in the finished dish. Remove any excess grease by carefully disposing of it using potholders.
- When browning meats, any brown bits that are left in the bottom of the pan can be used to flavor the dish. Simply add a small amount of liquid (like wine or broth) to the pan and scrape up the browned bits with a wooden spoon – leave in the

oven and incorporate into the dish or sauce.

## ROASTING TIPS

- Roasting generally requires both top and bottom heat.
- To roast, we recommend you use the Roast/Steam rack in the removable baking pan.
- For smaller foods, use the rack in the upper position; for larger foods, use the rack in the lower position.
- Foods like meat and poultry benefit by browning first on all sides before roasting to caramelize the exterior and lock in flavors.
- For easy food release, spray Roast/Steam rack with nonstick cooking spray before roasting.

## STEAMING TIPS

- Steaming is one of the healthiest methods of cooking, as the smallest amount of nutrients are lost in the cooking process.
- Steaming generally requires only bottom heat.
- To steam, we recommend you use the Roast/Steam rack in the removable baking pan.
- For smaller foods, use the rack in the upper position; for larger foods, use the rack in the lower position.
- To steam, fill the oven with about 1 cup of water unless otherwise indicated. You can also use broths with aromatics such as whole spices and citrus to impart a subtle flavor on the steamed foods.
- When adding heavier foods to the Roast/Steam rack, place them on the middle of the rack and work your way to the edges.

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## **BAKING TIPS**

- Baking generally requires both top and bottom heat.
- To bake, we recommend you use either the removable baking pan or the removable cupcake pan.
- When baking cakes, breads and casseroles, lightly coat the pan with butter, oil or nonstick cooking spray for easy release.
- When baking cupcakes or muffins, line each slot of the cupcake pan with cupcake liners, or lightly coat the pan with butter or nonstick cooking spray.

# COOKING GUIDE

| FOOD ITEM | COOKING ASSEMBLY   | AMOUNT   | RECOMMENDED TEMPERATURE AND TIME   | PREPARATION  |
|-----------|--|--|--|--|
| BAGELS    | <p>FUNCTION: Toast</p> <p>ACCESSORY: Baking Pan &amp; Roast/ Steam Rack</p> <p>RACK POSITION: Upper</p> <p>HEAT CONTROL: Top and Bottom Heat</p> | Up to 1 standard-sized bagel, cut in half                                  | <p>Temp: 450°F</p> <p>TIME: Light, 4 minutes<br/>Medium, 5-7 minutes<br/>Medium/Dark, 7-10 minutes</p>                           | <ul style="list-style-type: none"> <li>· Place bagel on rack (cut side down), close the oven, and set to recommended temperature</li> <li>· Toast until desired doneness</li> </ul>  |
| BEEF      | <p>FUNCTION: Brown</p> <p>ACCESSORY: Fixed Bottom Pan or Baking Pan</p> <p>HEAT CONTROL: Bottom Heat</p>   | 1 cup of 2-inch pieces of stew meat  | <p>Temp: 450°F</p> <p>TIME: 3 to 8 minutes on each side, depending on the type and cut of meat and desired doneness</p>          | <ul style="list-style-type: none"> <li>· Preheat the oven in the closed position</li> <li>· Pour 1 teaspoon of oil in the pan</li> <li>· Once oil is hot, place food on pan, close, and brown until desired doneness</li> <li>· Turn meat periodically to brown all sides</li> </ul> |
|           | <p>FUNCTION: Roast</p> <p>ACCESSORY: Baking Pan &amp; Roast/ Steam Rack</p> <p>RACK POSITION: Lower</p> <p>HEAT CONTROL: Top and Bottom Heat</p> | Up to 2 pounds   | <p>Temp: 450°F</p> <p>TIME: 25 to 35 minutes (internal temperature is 135-140°F)</p>   | <ul style="list-style-type: none"> <li>· Preheat the oven in the closed position</li> <li>· Once ready, place food on rack, close the oven, and roast until done</li> </ul>  |
| BREAD     | <p>FUNCTION: Toast</p> <p>ACCESSORY: Baking Pan &amp; Roast/ Steam Rack</p> <p>RACK POSITION: Upper</p> <p>HEAT CONTROL: Top and Bottom Heat</p> | Up to 2 slices   | <p>Temp: 450°F</p> <p>TIME: Light, 4 minutes<br/>Medium, 5-7 minutes<br/>Medium/Dark, 7-10 minutes</p>                           | <ul style="list-style-type: none"> <li>· Place bread on rack, close the oven, and set to recommended temperature</li> <li>· Toast until desired doneness</li> </ul>  |
| CAKE      | <p>FUNCTION: Bake</p> <p>ACCESSORY: Baking Pan</p> <p>HEAT CONTROL: Top and Bottom Heat</p>  | 4 to 5 cups of batter, or prepare recipes for 8-inch round or square cakes | <p>Temp: 350°F</p> <p>TIME: 18 to 22 minutes, or until top bounces back when lightly pressed and cake tester comes out clean</p> | <ul style="list-style-type: none"> <li>· Lightly coat the pan with butter, oil or nonstick cooking spray</li> <li>· Preheat the oven in the closed position</li> <li>· Once ready, pour in batter, close the oven, and bake until done</li> </ul>                                    |

| FOOD ITEM    | COOKING ASSEMBLY  | AMOUNT   | RECOMMENDED TEMPERATURE AND TIME  | PREPARATION  |
|--------------|---|--|---|--|
| CHICKEN      | FUNCTION: Brown<br>ACCESSORY: Fixed Bottom Pan or Baking Pan<br>HEAT CONTROL: Bottom Heat                                 | Up to 4 chicken thighs, or 1 cup of 2-inch pieces of boneless chicken pieces                       | Temp: 450°F<br>TIME: 3 to 8 minutes on each side, depending on the type and cut of meat and desired doneness          | <ul style="list-style-type: none"> <li>Preheat the oven in the closed position</li> <li>Pour 1 teaspoon of oil in the pan</li> <li>Once oil is hot, place food on pan, close, and brown until desired doneness</li> <li>Turn meat periodically to brown all sides</li> </ul>   |
|              | FUNCTION: Roast<br>ACCESSORY: Baking Pan & Roast/ Steam Rack<br>RACK POSITION: Lower<br>HEAT CONTROL: Top and Bottom Heat | Up to 4 pieces of chicken parts, bone-in   | Temp: 425°F<br>TIME: 25 to 35 minutes (internal temperature is 165°F light; 175°F dark)                               | <ul style="list-style-type: none"> <li>Preheat the oven in the closed position</li> <li>Once ready, place food on rack, close the oven, and roast until done</li> </ul>  |
|              | FUNCTION: Steam<br>ACCESSORY: Baking Pan & Roast/ Steam Rack<br>RACK POSITION: Upper<br>HEAT CONTROL: Top and Bottom Heat | Up to 2 chicken breasts  | Temp: 450°F<br>TIME: 8 to 15 minutes, depending on the size   | <ul style="list-style-type: none"> <li>Pour 1 cup of water into the oven</li> <li>Preheat the oven in the closed position</li> <li>Once water is boiling, place food on rack, close the oven, and steam until done</li> </ul>  |
| CUPCAKES     | FUNCTION: Bake<br>ACCESSORY: Cupcake Pan<br>HEAT CONTROL: Top and Bottom Heat   | Prepare recipes for 4 cupcakes (1/2 cup of batter per slot; about 1/3 of a standard 12-cup recipe) | Temp: 350°F<br>TIME: 18 to 20 minutes, or until top bounces back when lightly pressed and cake tester comes out clean | <ul style="list-style-type: none"> <li>Line each slot with cupcake liners, or lightly coat with butter or nonstick cooking spray</li> <li>Preheat the oven in the closed position</li> <li>Once ready, fill each slot with batter, close the oven, and bake until done</li> </ul>  |
| DINNER ROLLS | FUNCTION: Bake<br>ACCESSORY: Cupcake Pan or Baking Pan<br>HEAT CONTROL: Top and Bottom Heat                               | 1/2 to 3/4 of one refrigerated package, divided by 4   | Temp: 425°F<br>TIME: 20 to 30 minutes, depending on the amount and type of dough                                      | <ul style="list-style-type: none"> <li>Roll each serving into a ball and place into one of the slots of the pan</li> <li>Preheat the oven in the closed position</li> <li>Once ready, place food on pan, close the oven, and bake until done</li> </ul> <p>ALTERNATE COOKING METHOD:</p> <ul style="list-style-type: none"> <li>If using the Baking Pan, make up to 8 rolls at a time and simply pull apart while still warm after baking</li> </ul> |

| FOOD ITEM             | COOKING ASSEMBLY   | AMOUNT  | RECOMMENDED TEMPERATURE AND TIME  | PREPARATION   |
|-----------------------|--|---|---|---|
| DUMPLINGS             | FUNCTION: Steam<br>ACCESSORY: Baking Pan and Roast/ Steam Rack<br>RACK POSITION: Upper<br>HEAT CONTROL: Bottom Heat  | 6 to 10 dumplings, depending on their size (fresh or frozen)                                  | Temp: 450°F<br>TIME: 3 minutes for fresh, 4 to 6 minutes for frozen, depending on their size                          | <ul style="list-style-type: none"> <li>· Pour 1 cup of water into the oven</li> <li>· Preheat the oven in the closed position</li> <li>· Once water is boiling, place food on rack using tongs, close the oven, and steam until done</li> </ul>   |
| FOCCACIA              | FUNCTION: Bake<br>ACCESSORY: Baking Pan<br>HEAT CONTROL: Top and Bottom Heat   | 3/4 to 1 pound of dough   | Temp: 425°F<br>TIME: 25 to 30 minutes, or until golden brown  | <ul style="list-style-type: none"> <li>· Brush bread with oil and sprinkle with desired seasonings</li> <li>· Preheat the oven in the closed position</li> <li>· Once ready, place food on pan, close the oven, and bake until done</li> </ul>  |
| KEBABS                | FUNCTION: Skewer<br>ACCESSORY: Baking Pan & Skewers<br>HEAT CONTROL: Top and Bottom Heat   | Up to 4 kebabs  | Temp: 450°F<br>TIME: 10 to 20 minutes, depending on the type of food  | <ul style="list-style-type: none"> <li>· Divide ingredients among the skewers</li> <li>· Preheat the oven in the closed position</li> <li>· Once ready, fit in skewers, close the oven, and cook until done</li> </ul>  |
| MUFFINS               | FUNCTION: Bake<br>ACCESSORY: Cupcake Pan<br>HEAT CONTROL: Top and Bottom Heat  | Prepare recipes for 4 muffins (1/2 cup of batter each; about 1/3 of a standard 12-cup recipe) | Temp: 350°F<br>TIME: 18 to 20 minutes, or until top bounces back when lightly pressed and cake tester comes out clean | <ul style="list-style-type: none"> <li>· Line each slot with cupcake liners, or lightly coat with butter or nonstick cooking spray</li> <li>· Preheat the oven in the closed position</li> <li>· Once ready, fill each slot with batter, close the oven, and bake until done</li> </ul> |
| OPEN-FACED SANDWICHES | FUNCTION: Melt/Toast<br>ACCESSORY: Baking Pan & Roast/ Steam Rack<br>RACK POSITION: upper (up to 1" thick); lower (1 to 2" thick)<br>HEAT CONTROL: Top and Bottom Heat | Up to 2 sandwiches  | Temp: 450°F<br>TIME: 8 to 10 minutes, or until top is melted and lightly browned                                      | <ul style="list-style-type: none"> <li>· Preheat the oven in the closed position</li> <li>· Once ready, place sandwich(es) on rack, close the oven, and melt/toast until done</li> </ul>  |
| PANCAKES              | FUNCTION: Griddle<br>ACCESSORY: Fixed Bottom Pan or Baking Pan<br>HEAT CONTROL: Bottom Heat  | Up to 4 silver-dollar pancakes  | Temp: 350°F<br>TIME: 2 to 4 minutes per side (fixed bottom pan)   | <ul style="list-style-type: none"> <li>· Preheat the oven in the closed position</li> <li>· Pour 1 teaspoon of butter in the pan and melt, or lightly coat with nonstick cooking spray</li> <li>· Pour in batter, close, and cook</li> <li>· Flip once to cook opposite side</li> </ul> |
| PASTA                 | FUNCTION: Bake<br>ACCESSORY: Baking Pan<br>HEAT CONTROL: Bottom Heat   | Up to 1/2 pound of pasta; mix with desired ingredients  | Temp: 325°F<br>TIME: 25-35 minutes until ingredients fully warmed through   | <ul style="list-style-type: none"> <li>· Preheat the oven in the closed position</li> <li>· Once ready, add in pasta and ingredients, close the oven, and bake until fully warm</li> </ul>  |

| FOOD ITEM | COOKING ASSEMBLY   | AMOUNT  | RECOMMENDED TEMPERATURE AND TIME   | PREPARATION   |
|-----------|--|---|--|---|
| PIZZA     | <p>FUNCTION: Melt/Toast</p> <p>ACCESSORY: Baking Pan &amp; Roast/Steam Rack</p> <p>RACK POSITION: Upper</p> <p>HEAT CONTROL: Top and Bottom Heat</p> | Up to one 8" diameter pizza, fresh or frozen                | <p>Temp: 450°F</p> <p>TIME: 15 minutes, or until top is melted and lightly browned</p> | <ul style="list-style-type: none"> <li>Preheat the oven in the closed position</li> <li>Once ready, place pizza on rack, close the oven, and melt/toast until done</li> </ul>   |
| PORK      | <p>FUNCTION: Roast</p> <p>ACCESSORY: Baking Pan &amp; Roast/Steam Rack</p> <p>RACK POSITION: Lower</p> <p>HEAT CONTROL: Top and Bottom Heat</p>      | Up to 2 pounds  | <p>Temp: 450°F</p> <p>TIME: 45 to 50 minutes (internal temperature is 140-145F)</p>    | <ul style="list-style-type: none"> <li>Preheat the oven in the closed position</li> <li>Once ready, place food on rack, close the oven, and roast until done</li> </ul>   |
| POTATO    | <p>FUNCTION: Bake</p> <p>ACCESSORY: Baking Pan &amp; Roast/Steam Rack</p> <p>RACK POSITION: Lower</p> <p>HEAT CONTROL: Top and Bottom Heat</p>       | Up to 2 potatoes  | <p>Temp: 450°F</p> <p>TIME: Russet, 30 minutes<br/>Sweet, 25 minutes</p>               | <ul style="list-style-type: none"> <li>Rub the potatoes with oil, salt and pepper and prick with the tines of a fork</li> <li>Preheat the oven in the closed position</li> <li>Once ready, place food on rack, close the oven, and bake until done</li> </ul>   |
|           | <p>FUNCTION: Roast</p> <p>ACCESSORY: Baking Pan &amp; Roast/Steam Rack</p> <p>RACK POSITION: Upper</p> <p>HEAT CONTROL: Top and Bottom Heat</p>      | 2 cups of 2-inch pieces; small potatoes quartered           | <p>Temp: 450°F</p> <p>TIME: 15 to 20 minutes, depending on size of pieces</p>          | <ul style="list-style-type: none"> <li>Toss the potatoes with oil, salt and pepper and any other desired seasonings</li> <li>Preheat the oven in the closed position</li> <li>Once ready, place food on rack, close the oven, and bake until done</li> </ul> <p>ALTERNATE COOKING METHOD:</p> <ul style="list-style-type: none"> <li>To roast potatoes without the rack, cook directly in the baking pan, tossing the potatoes every 5 minutes</li> </ul> |
| SAUSAGE   | <p>FUNCTION: Brown</p> <p>ACCESSORY: Fixed Bottom Pan or Baking Pan</p> <p>HEAT CONTROL: Bottom Heat</p>   | 2 to 4 links; 1/2 inch moon slices if sausage is pre-cooked | <p>Temp: 400°F</p> <p>TIME: 2 minutes per side</p>                                     | <ul style="list-style-type: none"> <li>Preheat the oven in the closed position</li> <li>Once ready, place food on pan, and brown until desired doneness</li> <li>Turn sausage to brown all sides</li> </ul>   |

| FOOD ITEM  | COOKING ASSEMBLY   | AMOUNT  | RECOMMENDED TEMPERATURE AND TIME   | PREPARATION  |
|------------|--|---|--|--|
| SEAFOOD    | <p>FUNCTION: Steam</p> <p>ACCESSORY: Baking Pan &amp; Roast/ Steam Rack</p> <p>RACK POSITION: Upper</p> <p>HEAT CONTROL: Top and Bottom Heat</p> | Up to 2 small fish filets; 2 cups of raw shrimp or scallops | <p>Temp: 450°F</p> <p>TIME: 5 to 10 minutes, depending on the type and thickness of food</p>   | <ul style="list-style-type: none"> <li>· Pour 1 cup of water into the oven</li> <li>· Preheat the oven in the closed position</li> <li>· Once water is boiling, place food on rack, close the oven, and steam until done</li> </ul>                  |
| VEGETABLES | <p>FUNCTION: Sauté</p> <p>ACCESSORY: Fixed Bottom Pan or Baking Pan</p> <p>HEAT CONTROL: Bottom Heat</p>   | Up to 2 cups of vegetables                                  | <p>Temp: 350°F to 400°F</p> <p>TIME: 2 to 6 minutes (turning frequently), depending on type of vegetable</p>   | <ul style="list-style-type: none"> <li>· Preheat the oven in the closed position</li> <li>· Pour 1 teaspoon of oil in the pan</li> <li>· Once oil is hot, place food on pan, and sauté until desired doneness</li> </ul>                             |
|            | <p>FUNCTION: Steam</p> <p>ACCESSORY: Baking Pan &amp; Roast/ Steam Rack</p> <p>RACK POSITION: Upper</p> <p>HEAT CONTROL: Top and Bottom Heat</p> | Up to 2 cups of vegetables, no smaller than 1-inch pieces   | <p>Temp: 450°F</p> <p>TIME: Hard (e.g. carrots), 6-10 minutes</p> <p>*All times depend on desired doneness</p> <p>Medium (e.g., broccoli), 5-8 minutes</p> <p>Soft (e.g., zucchini), 2 minutes</p> | <ul style="list-style-type: none"> <li>· Pour 1 cup of water into the oven</li> <li>· Preheat the oven in the closed position</li> <li>· Once water is boiling, place food on rack using long tongs, close the oven, and steam until done</li> </ul> |

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# RECIPES

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## Silver Dollar Pancakes

Dusted with confectioners' sugar and served with fresh berries, these pancakes make an elegant breakfast.

Makes about twelve 2-inch diameter pancakes

- 1** large egg, room temperature
- $\frac{1}{2}$  cup reduced fat milk
- $\frac{1}{4}$  teaspoon pure vanilla extract
- $\frac{1}{2}$  cup unbleached, all-purpose flour
- $\frac{1}{2}$  tablespoon baking powder
- $\frac{1}{2}$  tablespoon granulated sugar
- $\frac{1}{4}$  teaspoon table salt
- 1** tablespoon unsalted butter, melted and cooled to room temperature

1. Fit the Cuisinart® Oven Central™ with baking pan if desired. Preheat to 350°F with the top element off.
2. Whisk the egg, milk and vanilla in a small bowl to blend until smooth; reserve.
3. Combine flour, baking powder, sugar and salt in a medium bowl. Stir with a whisk to blend. Add the egg/milk mixture and stir until just blended. Stir in the melted, cooled butter. Do not over-mix or pancakes will be tough.
4. Once unit has preheated, fill a  $\frac{1}{4}$  cup measuring cup halfway and drop batter evenly onto the hot pan. Cook pancakes until bubbles form, about 2 to 3 minutes; flip and cook until done, about 1 to 2 minutes longer.
5. As you finish each batch of pancakes, keep them warm by placing them on a baking sheet and in a traditional oven set to low (200°F). Repeat until all the batter is used.
6. Transfer to warm plates to serve.

*Nutritional information per serving (6 pancakes):*

Calories: 200 (30% from fat) • carb. 28g • pro. 7g  
• fat 7g • sat. fat 4g • chol. 20mg • sod. 441mg  
• calc. 89mg • fiber 1g

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## Brown/Sauté

# Lemon Chicken with Rosemary

This dish is definitely for the lemon lovers out there.

Makes 2 servings

- 4 **bone-in chicken thighs with skin (about 1 to 1½ pounds), trimmed of excess visible fat**
- ¾ **teaspoon kosher salt, divided**
- ¼ **teaspoon freshly ground black pepper**
- 2 **tablespoons unbleached, all-purpose flour**
- 1 **teaspoon extra virgin olive oil**
- 1 **medium onion, halved and sliced**
- 1 **garlic clove, roughly chopped**
- 1 **fresh rosemary sprig**
- 2 **tablespoons fresh lemon juice**
- ½ **cup chicken broth, reduced-sodium**
- 1 **teaspoon lemon zest**
- 4 **thin lemon slices, about ½ lemon chopped rosemary for garnish**

1. Fit the Cuisinart® Oven Central™ with the baking pan if desired. Preheat to 450°F with both the top and bottom heating elements on.
2. Season the chicken thighs on both sides with ½ teaspoon of salt and all of the pepper. Dredge the chicken thighs in flour to coat lightly. Heat the olive oil in the baking pan; once hot, add chicken and brown on both sides, about 4 to 6 minutes per side. Remove and reserve.
3. Reduce heat to 350°F. Sauté onion and garlic for 4 to 6 minutes until softened. Stir in the rosemary sprig and remaining ¼ teaspoon of salt. Add the lemon juice, scraping up any brown bits that remain on the cooking surface with a wooden spoon. Add the chicken broth and lemon zest and bring to a boil.
4. Nestle the browned chicken thighs in the onion mixture. Place lemon slices on top of the chicken. Reduce heat to 250°F. Close the oven and cook until thighs are very tender, about 1 hour.
5. Garnish with rosemary; serve in shallow bowls with rice or mashed potatoes.

Nutritional information per serving:

Calories: 237 (60% from fat) • carb. 6g • pro. 17g  
• fat 16g • sat. fat 4g • chol. 79mg • sod. 440mg  
• calc. 20mg • fiber 1g

# Vegetable Fried Rice

A healthier version of the take-out favorite.

Makes 3 to 4 servings

- 1 **tablespoon unsalted butter, divided**
- 2 **carrots, peeled and julienned (1-inch thin strips)**
- 1 **cup snow peas, trimmed and cut into 1-inch pieces**
- 1 **garlic clove, finely chopped**
- 1 **½-inch piece fresh ginger, peeled and finely chopped**
- 2 **cups cooked jasmine rice, chilled**
- 1 **large egg, lightly beaten**
- ½ **teaspoon rice vinegar**
- 2 **teaspoons sesame oil**
- 1 **teaspoon fish sauce**
- 1½ **teaspoons soy sauce, reduced sodium**
- ¼ **cup thinly sliced scallions**
- pinch **sea or kosher salt**
- 1 **tablespoon chopped fresh cilantro**

1. Fit the Cuisinart® Oven Central™ with baking pan if desired. Preheat to 350°F with the top element off.
2. Once pan is hot, add 1 teaspoon of butter, swirling pan to cover the cooking surface evenly. Add carrots, snow peas, garlic and ginger. Sauté until bright and still crisp, about 1½ to 2 minutes. Carefully remove and reserve.
3. Add the remaining butter. Once melted, add the rice; stir-fry, allowing rice to sit about 45 seconds between stirs, until rice has just browned, about 3 to 5 minutes.
4. Push rice to one side of the pan. Add egg and let it cover half of the pan, being sure not to let it touch the rice. Cook egg, breaking up with a spatula while cooking. Once egg has cooked, mix with rice.
5. Turn off heat; stir in reserved vegetables and the remaining ingredients. Taste and adjust seasoning accordingly.

Nutritional information per serving  
(based on 4 servings):

Calories: 249 (23% from fat) • carb. 43g • pro. 5g  
• fat 6g • sat. fat 3g • chol. 54mg • sod. 214mg  
• calc. 38mg • fiber 2g

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## Sautéed Broccoli Rabe

The Oven Central™ does a quick job of making this broccoli rabe delicious and tender.

Makes 2 servings

- 3 ounces (1 link) cooked sweet Italian sausage cut into ¼-inch slices (optional)**
- 2 to 3 teaspoons extra virgin olive oil (depending on whether or not sausage is being used)**
- 4 garlic cloves, sliced**
- ⅛ teaspoon crushed red pepper**
- ½ large bunch broccoli rabe (approximately ½ pound), rinsed and trimmed**
- ¼ to ½ teaspoon kosher salt, or to taste**
- ½ cup cooked garbanzo beans or cannellini beans**

1. Fit the Cuisinart® Oven Central™ with baking pan if desired. Preheat to 400°F with both the top and lower elements on.
2. If using the sausage, put into the hot pan and sauté until slightly crisp and warmed through, about 5 minutes. Remove and reserve.
3. Add oil (as much as needed depending on whether or not oil is leftover from the sausage. You will get about 1 teaspoon of oil from the sausage) to the pan with the garlic and crushed red pepper. Once garlic begins to sizzle, stir constantly with a wooden spoon. After about 3 minutes add the broccoli rabe, ¼ teaspoon of salt and 1 tablespoon of water if the broccoli rabe is dry; close oven lid.
4. Cook for about 6 to 10 minutes and then stir in the beans and reserved sausage, if using. Close and cook for an additional 5 minutes before serving. Taste and adjust seasoning if necessary (you may need additional salt if you did not cook with the sausage).

*Nutritional Information per serving:*

Calories 217 (36% from fat) • carb. 22g • pro. 14g  
• fat 9g • sat. fat 2g • chol. 13mg • sod. 843mg  
• calc. 94mg • fiber 3g

## Bake

### Carrot Cake with Cream Cheese Frosting

A perfectly baked cake will be frosted and ready to serve in under one hour – finally, the dessert can be left for the last minute!

Makes about 10 servings

- (nonstick cooking spray)**
- ¾ cups plus 2 tablespoons unbleached, all-purpose flour**
- 1 teaspoon ground cinnamon**
- 1 teaspoon baking powder**
- ½ teaspoon baking soda**
- ½ teaspoon sea or kosher salt**
- ½ cup granulated sugar**
- ½ cup packed light or dark brown sugar**
- 2 large eggs**
- ½ cup plus 2 tablespoons vegetable oil**
- 1 teaspoon pure vanilla extract**
- 1 cup chopped walnuts**
- ½ pound carrots, peeled and shredded (about 1½ cups shredded)**

#### Frosting:

- 4 ounces cream cheese, at room temperature**
- 2 ounces unsalted butter, softened and at room temperature**
- 1 ounce goat cheese, at room temperature**
- ⅓ cup confectioners' sugar**
- pinch sea or kosher salt**
- ¼ teaspoon pure vanilla extract**

1. Fit the Cuisinart® Oven Central™ with baking pan. Preheat to 350°F with both the top and bottom heating elements on. Lightly coat the baking pan with nonstick cooking spray; reserve.
2. Sift the flour, cinnamon, baking powder, baking soda and salt together in a small bowl.
3. In a separate bowl, whisk together sugars, eggs, oil and vanilla until smooth. Stir in the dry ingredients with the walnuts and carrots until combined.
4. Pour into the prepared pan and carefully place in the unit. Bake for about 20 to 25 minutes, or until a cake tester inserted in the

center of the cake comes out clean.  
Cool in the pan. Prepare the frosting:

- In a small mixing bowl, beat together the cream cheese and butter until smooth. Add the goat cheese and mix until homogenous. Sift in the sugar, and then mix until completely smooth. Stir in the salt and vanilla until well mixed.
- Once the cake has cooled, remove from pan and spread the frosting evenly on top of the cooled cake.

*Nutritional information per serving:*

*Calories: 430 (63% from fat) • carb. 36g • pro. 6g  
• fat 31g • sat. fat 8g • chol. 63mg • sod. 244mg  
• calc. 36mg • fiber 2g*

## Baked Pasta with Broccoli and Peppers

Not heavy, but definitely packed full of flavor. We love the look of the gemelli, but any short, hollow pasta shape will work.

Makes 6 to 8 servings

- 1**      **teaspoon extra virgin olive oil**
- 1**      **garlic cloves, finely chopped**
- ½**      **medium red onion, chopped**
- ½**      **bell pepper, cut into ½-inch slices**
- ½**      **teaspoon sea or kosher salt, divided**
- pinch freshly ground black pepper**
- 4**      **ounces broccoli florets**
- 1**      **cup water**
- ½**      **pound dried gemelli, cooked al dente**
- 3**      **ounces soft goat cheese, at room temperature**
- 4**      **ounces Emmental (Swiss) or other medium-soft cheese, shredded**
- 2**      **tablespoons grated Parmesan**
- 4 to 6** **basil leaves, thinly sliced**
- nonstick cooking spray**

- Fit the Cuisinart® Oven Central™ with baking pan to 400°F with the top element off. Add the garlic, red onion, pepper, ¼ teaspoon of the salt and all of the black pepper. Sauté until vegetables are softened, about 3 minutes. Remove and reserve in a large mixing bowl. Carefully wipe surface of pan dry.
- Place the baking pan fitted with the cooking rack to higher position in the unit with the spokes facing down. Add the water and

close cover. When the water boils, place the broccoli on the rack. Allow to steam for 2 to 3 minutes, or until crisp-tender. Carefully remove broccoli and place in large mixing bowl with the sautéed vegetables.

- Carefully remove the rack, pour out the water, and dry the baking pan; close cover and reduce heat to 325°F. Lightly coat the pan with the nonstick cooking spray.
- Add the remaining ingredients, including the remaining salt, to the bowl with the vegetables. Toss to combine and then transfer to the prepared baking pan.
- Once oven is ready, place the filled pan in the oven. Bake 30 to 35 minutes, or until ingredients are fully warmed through and cheese is melted.

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

*Calories : 276 (34% from fat) • carb. 31g • pro. 14g  
• fat 10g • sat. fat 6g • chol. 25 mg • sod. 253 mg  
• calc. 205 mg • fiber 2g*

## Jalapeño-Cheese Cornbread

Cornbread with a spicy twist, it goes great with a mildly spiced chili.

Makes 8 to 10 servings

- nonstick cooking spray**
- ½**      **cup yellow cornmeal**
- 1**      **cup unbleached, all-purpose flour**
- ¾**      **teaspoon sea or kosher salt**
- ¾**      **teaspoon baking powder**
- ¼**      **teaspoon baking soda**
- 3**      **tablespoons granulated sugar**
- 2**      **jalapeños, seeded and chopped**
- ⅓**      **cup corn kernels, fresh or frozen (defrosting is not necessary)**
- ⅓**      **cup shredded Cheddar or pepper-jack**
- 1**      **large egg, at room temperature**
- 1**      **cup buttermilk, at room temperature**
- ⅔**      **cup vegetable oil**

- Lightly coat the baking pan with nonstick cooking spray.
- Preheat the Cuisinart® Oven Central™ to 350°F with the top and bottom heating elements on.
- Put the cornmeal, flour, salt, baking powder, baking soda, and sugar in a medium-large

mixing bowl. Whisk to combine. Add the chopped jalapeño, corn kernels and cheese. Stir to combine. Reserve.

- Mix the egg, buttermilk and oil together in a measuring cup. Add to the dry ingredients and stir until just combined – do not over-mix.
- Pour batter into the prepared pan. Transfer to the preheated unit, close cover and bake for 16 to 20 minutes, or until a cake tester inserted in the center comes out clean.

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

*Calories: 235 (62% from fat) • carb. 19g • pro. 4g  
• fat 17g • sat. fat 2g • chol. 23mg • sod. 235mg  
• calc. 64mg • fiber 1g*

## Yellow Cupcakes with Chocolate Frosting

These cupcakes are never a boring combination. Our chocolate frosting makes enough for two batches, just in case!

Makes 4 cupcakes

**nonstick cooking spray  
(if not using liners)**

- $\frac{3}{4}$  **cup cake flour**
- $\frac{3}{4}$  **teaspoon baking powder**
- $\frac{1}{4}$  **teaspoon fine sea or table salt**
- $\frac{1}{3}$  **cup granulated sugar**
- 2 ounces unsalted butter, at room temperature, cut into small cubes**
- $\frac{1}{4}$  **cup plain yogurt (whole or reduced or nonfat variety will work)**
- 1 large egg**
- $\frac{1}{2}$  **teaspoon pure vanilla extract**
- $\frac{1}{2}$  **recipe Rich Chocolate Frosting (see recipe below)**

- Preheat the Cuisinart® Oven Central™ to 350°F with both the top and bottom heating elements on. Line the cupcake pan with liners, or lightly coat with nonstick cooking spray.
- Sift the flour, baking powder, salt and sugar into a mixing bowl. Add the butter. Using a hand mixer fitted with the beater attachments, mix until the butter is well incorporated into the dry ingredients, giving the mixture the look of wet sand.
- In a small bowl or liquid measuring cup, mix the remaining wet ingredients. Gradually

add to the dry ingredients and butter until just combined – do not over-mix.

- Transfer the thick batter to the prepared cupcake pan and place in preheated unit. Bake for 20 to 24 minutes, or until a cake tester just comes out clean.
- Allow to cool in the pan for about 10 minutes, then remove and let cupcakes fully cool before frosting.

*Nutritional information per serving  
(1 cupcake with  $\frac{1}{2}$  tablespoons frosting):*

*Calories: 427 (46% from fat) • carb. 56g • pro. 4g  
• fat 23g • sat. fat 15g • chol. 95mg • sod. 252mg  
• calc. 62mg • fiber 1g*

## Rich Chocolate Frosting

Makes  $\frac{3}{4}$  cup (enough for 8 cupcakes)

- 2 ounces unsalted butter, at room temperature, cut into cubes**
- $\frac{1}{2}$  **cup sifted confectioners' sugar**
- $\frac{1}{2}$  **teaspoon pure vanilla extract**
- pinch sea or kosher salt**
- 4 ounces semisweet chocolate ( $\frac{2}{3}$  cup chips), melted, reserved warm**
- 3 tablespoons sour cream or plain yogurt, room temperature**

- Using an electric hand mixer fitted with the beater attachments, mix the butter and sugar in a small mixing bowl until creamy.
- Mix in the vanilla and salt. Gradually add the melted chocolate and mix until incorporated. Add the sour cream or yogurt and stir until homogenous.
- For best results, use the frosting the same day, before refrigerating. Otherwise, allow frosting to come to room temperature before using.

*Nutritional information per serving (1½ tablespoons):*

*Calories: 153 (53% from fat) • carb. 17g • pro. 1g  
• fat 10g • sat. fat 6g • chol. 16mg • sod. 17mg  
• calc. 13mg • fiber 1g*

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## Cranberry Nut Muffins

Perfect around the holidays. Have a batch or two of these ready for your guests for breakfast.

Makes 4 muffins

- nonstick cooking spray (if not using liners)**
- 2/3 cup unbleached, all-purpose flour**
- 1/4 teaspoon sea or kosher salt**
- 1/2 teaspoon baking powder**
- 1/8 teaspoon baking soda**
- 1/4 teaspoon ground cinnamon**
- 1/4 cup packed light brown sugar**
- 1/4 cup dried cranberries**
- 2 tablespoons chopped pecans or walnuts**
- 1 large egg, lightly beaten**
- 1/4 cup whole milk**
- 1/4 teaspoon pure vanilla extract**
- 3 tablespoons unsalted butter, melted, cooled to room temperature**

1. Preheat the Cuisinart® Oven Central™ to 350°F with both the top and bottom heating elements on. Line the cupcake pan with liners, or lightly coat with nonstick cooking spray.
2. Put the flour, salt, baking powder, baking soda, cinnamon and brown sugar into a mixing bowl. Whisk to combine. Stir in the cranberries and pecans. Reserve.
3. In a small bowl or liquid measuring cup, mix the egg, milk, vanilla and butter. Add to the dry ingredients, mixing until just combined – do not over-mix or muffins will be dense.
4. Transfer the batter to the prepared cupcake pan. Bake for 20 to 24 minutes, or until a cake tester comes out clean and the tops of the muffins spring back to the touch.

*Nutritional information per muffin :*

*Calories: 263 (32% from fat) • carb. 35g • pro. 3g  
• fat 10g • sat. fat 5g • chol. 63mg • sod. 207mg  
• calc. 38mg • fiber 1g*

## Skewer

### Chicken Satay

Served with a side of jasmine rice, these chicken kebabs are irresistible.

Makes 2 servings (2 kebabs each)

- 1 stalk lemon grass, cut into 1/2-inch pieces**
- 1 garlic clove**
- 1 small shallot, cut into 1-inch pieces**
- 1 1-inch piece fresh ginger, peeled and halved**
- 1/4 teaspoon fish sauce**
- 2 tablespoons peanut oil**
- 1 tablespoon natural peanut butter, creamy or chunky**
- 1 tablespoon packed dark brown sugar**
- 1 teaspoon ground coriander**
- 1/4 teaspoon sea or kosher salt**
- 3/4 pound chicken breast, cut into twenty 1- to 2-inch pieces**

1. Insert the metal chopping blade into a Cuisinart® food processor or chopper. Process the lemon grass, garlic, shallot and ginger in the work bowl until finely chopped. Add the remaining ingredients, except for the chicken, and process until fully combined. Transfer to a shallow baking dish. The mixture will be very thick and paste-like. Add the chicken pieces and toss to fully coat. Cover and refrigerate for a minimum of two hours and up to overnight.
2. Once chicken has marinated, preheat the Cuisinart® Oven Central™, fitted with the baking pan, to 450°F. Thread the four skewers with the marinated chicken. Fit skewers into place as instructed on page 4 of the instruction booklet. Cover and cook until fully cooked through, about 12 minutes.
3. Serve immediately over jasmine rice.

*Nutritional information per serving  
(based on 2 kebabs):*

*Calories: 392 (51% from fat) • carb. 13g • pro. 36g  
• fat 23g • sat. fat 4g • chol. 100mg • sod. 817mg  
• calc. 28mg • fiber 1g*

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# Steak & Vegetable Kebabs

Tangy meets sweet in these colorful kebabs.

Makes 2 servings

- 1 small zucchini, cut into 16 pieces, about ½- to 1-inch pieces
- 1 small bell pepper, cut into 16 pieces, about 1-inch pieces
- ½ medium red onion, cut into 16 pieces, about 1-inch chunks
- ¾ pound boneless beef sirloin pieces (16 to 20 pieces), about 1 to 2 inches each
- ½ tablespoon lemon juice
- ½ tablespoon red wine vinegar
- ¼ teaspoon freshly ground black pepper
- ¾ teaspoon sea or kosher salt
- pinch paprika
- pinch cayenne
- 2 garlic cloves, crushed
- 2 tablespoons olive oil

1. Put all ingredients into a large mixing bowl. Toss to fully combine. Cover and refrigerate for a minimum of two to four hours.
2. Once ingredients have marinated, preheat the Cuisinart® Oven Central™, fitted with the baking pan, to 450°F. Thread the four skewers with the marinated vegetables and steak, equally distributing the pieces in a colorful manner. Fit skewers into place as instructed on page 4 of the instruction booklet. Cover and cook until fully cooked through, about 12 to 16 minutes, or until desired doneness is reached. Serve immediately.

*Nutritional information per serving :*

Calories: 534 (70% from fat) • carb. 8g • pro. 34g  
• fat 42g • sat. fat 14g • chol. 117mg • sod. 706mg  
• calc. 50mg • fiber 2g

## Roast/Steam

### Asian-Style Steamed Snapper with Soy Glaze

This fish is quick, healthy and easy. Thanks to the flexibility of this little oven, we can steam and roast at the same time – just be sure the top element is on and you can get

a nice texture and color to the fish. If you prefer to just steam it without browning a bit, turn the top element off – the choice is yours!

Makes 2 servings

- ¾ cup chicken broth, reduced sodium
- ¼ cup soy sauce, reduced sodium
- 1-inch piece fresh ginger, peeled and thinly sliced
- pinch dried red pepper flakes
- 1 teaspoon light brown sugar
- 2 scallions, sliced, divided
- 2 red snapper fillets (about 4 to 6 ounces each), skin-on
- pinch sea or kosher salt
- pinch freshly ground black pepper
- nonstick cooking spray
- ½ to 1 tablespoon chopped fresh cilantro, for garnish

1. Put the broth, soy sauce, ginger, pepper flakes, sugar and 1 sliced scallion into the baking pan fitted into the Cuisinart® Oven Central™ with both the top and lower elements on to 400°F.
2. While the broth is heating, season the snapper with the salt and pepper. Lightly coat the rack with nonstick cooking spray.
3. Once the liquid has come to a boil, carefully open the unit and place the rack inside of the pan, with the spokes facing down. Put the seasoned fish on top of the rack and close the unit.
4. Let fish cook until firm to the touch, about 8 to 10 minutes depending on the size of the fish. Carefully remove the rack and fish and set aside.
5. Allow liquid to continue to cook, with lid open, until reduced by about half.
6. Pour reduced sauce into a shallow serving bowl. Place fish on top and garnish with reserved sliced scallion and chopped cilantro.

*Nutritional Information per serving:*

Calories 156 (9% from fat) • carb. 9g • pro. 28g  
• fat 2g • sat. fat 0g • chol. 42mg • sod. 1350mg  
• calc 49mg • fiber 1g

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# Open-Face Reuben

Cuisinart® Oven Central™ puts up a good fight with our take on this deli favorite.

Makes 2 sandwiches

- 2 slices rye bread**
- 2 tablespoons Russian dressing**
- ½ cup sauerkraut**
- 4 ounces very thinly sliced corned beef**
- 3 ounces sliced Swiss cheese (about 4 slices)**

1. Preheat the Cuisinart® Oven Central™, fitted with the baking pan and roasting rack, to 450°F.
2. Prepare sandwiches: place slices of bread on a work surface. Spread each with 1 tablespoon of dressing. Top each evenly with sauerkraut, beef and Swiss.
3. Place sandwiches on the rack of the preheated unit. Close and let cook for 10 minutes, or until cheese is fully melted and ingredients are warmed through.
4. Serve immediately with some crisp pickles.

*Nutritional information per sandwich:*

*Calories: 456 (56% from fat) • carb. 24g • pro. 25g  
• fat 28g • sat. fat 12g • chol. 94mg • sod. 1562mg  
• calc. 410mg • fiber 4g*

# Moroccan-Spiced Cornish Hens with Root Vegetables

An impressive dinner on the table in about 30 minutes, Cornish hens are flavorful, especially with the Moroccan spices.

Makes 2 to 4 servings

- 2 Cornish hens (of equal weight)**

## **Marinade:**

- ¼ cup olive oil**
- ½ teaspoon ground cumin**
- ½ teaspoon ground coriander**
- ¼ teaspoon ground cardamom**
- 1 teaspoon sea or kosher salt**
- pinch freshly ground black pepper**
- 2 garlic cloves, crushed**

**8 to 10 ounces root vegetables, peeled and cut into 2-inch pieces (sweet potato, turnip, parsnip, etc.)**

- 1 tablespoon olive oil**
- ½ teaspoon sea or kosher salt**
- pinch freshly ground black pepper**

1. Put the hens and the marinade ingredients (¼ of olive oil through garlic) into a large mixing bowl or re-sealable plastic bag. Toss to coat fully and marinate, covered, in refrigerator overnight.
2. When ready to cook, preheat the Cuisinart® Oven Central™, fitted with the baking pan and roasting rack set in the lower position, to 450°F. While unit is heating, toss the root vegetables with the olive oil, salt and pepper in a mixing bowl.
3. Put the hens, surrounded by the seasoned vegetables, in the baking pan on top of the rack. Bake for about 30 minutes, depending on the size of the hens. They are done when the internal temperature registers 160°F for the light meat and 170°F for the dark meat. Let the hens rest for 15 minutes; carve and serve with the roasted vegetables.

*Nutritional information per serving  
(based on 4 servings):*

*Calories: 523 (71% from fat) • carb. 8g • pro. 30g  
• fat 41g • sat. fat 9g • chol. 170mg • sod. 723mg  
• calc. 42mg • fiber 2g*

