

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



Turbo Convection Steamer

TCS-60

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

Carefully read all instructions before using this appliance.

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not put base of steamer in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children. Cuisinart does not recommend the use of this appliance by children.
4. Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from steamer.
5. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
6. The use of attachments, other than those recommended by Cuisinart, may cause fire, electrical shock, or risk of injury to persons.
7. Do not use outdoors.
8. Do not let cord hang over edge of counter or table or touch hot surfaces, which could damage the cord.
9. Regarding your cord set: A longer cord has been provided so that you will have flexibility in positioning your steamer near an electrical outlet. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over.
10. Be certain the steamer cover is securely in place before operating appliance. Never operate without the cover securely in place.
11. This appliance is intended for household use only.
12. Wash all parts before first use.
13. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
14. Do not touch hot surfaces. Use handles or knobs.
15. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
16. To disconnect, turn the control knob to "off", then remove plug from wall outlet.
17. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORDSET INSTRUCTIONS:

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

1. The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
2. The cord should be arranged so that it will not drape over the counter-top or tabletop where it can be pulled on by children or tripped over unintentionally.

NOTICE: This appliance has a polarized plug (one prong is wider than the other).

To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart steamer on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of polyfoam insert. Next, remove the top polyfoam insert.
3. Carefully lift steamer trays from box and set aside. Then remove steamer base.
4. Remove the lower polyfoam insert containing the steamer base.
5. Remove any additional literature from the box. Before using for the first time, wash all parts according to the "Cleaning and Storage" section on page 5 of this booklet to remove any dust or residue.

TABLE OF CONTENTS

Important Safeguards	Page 2
Unpacking Instructions	Page 2
Features and Benefits	Page 3
Introduction	Page 3
Parts	Page 3
Operating Techniques	Page 4
Useful Hints	Page 5
Cleaning and Storage	Page 5
Descaling Water Reservoir	Page 5
Steaming Guide	Page 6
Recipes	Page 11
Warranty	Page 23

FEATURES AND BENEFITS

1. Convection Fan

Circulates air for even steam distribution. Cooks food faster and seals in flavors. Patent Pending

2. Large Capacity

Generously sized 6-quart capacity allows you to steam complete meals at one time.

3. Two Trays

Allow you to separate foods, if desired, while steaming.

4. Rice Bowl

5-cup rice bowl for perfect rice every time.

5. Removable Water Reservoir

Detaches easily to fill at the sink. Patent Pending

6. 60 Minute Timer

Easy-to-set audible tone signals that steaming is complete.

7. Dial Control

Easy to set.

INTRODUCTION

The Cuisinart® Turbo Convection Steamer steams food faster than conventional steamers. The convection fan circulates air for faster and more even steam distribution. Foods cook faster, so flavors are sealed in, which allows the natural flavors to flourish. Steaming food is a healthy way to prepare your favorite meals. Fats, oils, and butter are not necessary for steaming, though small amounts of extra virgin olive oil or flavored oils may be used for added flavor.

PARTS

1. Turbo Convection Fan

2. Lid

3. Second Steaming Tray

4. Rice Bowl

5. Large Steaming Tray

6. Removable Water Reservoir

7. Steamer Base with
Water Reservoir Holder

8. Control Panel



OPERATING TECHNIQUES

Refer to **Steaming Guide** or **Recipes** for recommended cooking times.

Preparing to Cook:

Position the base unit where you want to do your cooking. Choose a flat, dry, sturdy surface. Make sure that each individual component fits securely on top of the part below. Position the large steaming tray on the base until it fits securely in place. If you are using the second steaming tray, place the smaller tray inside the larger one. The smaller tray will nest on top of the larger one, and the handles will be aligned. The steamer should not be positioned under wall cabinets when operating. Steam may damage cabinets.

Note: The larger tray must always be put on the base first, and the smaller tray must always sit inside the larger one. It is not possible to use the small tray alone. Never attempt to put the small tray directly onto the base.

Fill water reservoir to desired level with cold tap water. Replace lid. Place the water reservoir on the reservoir holder in the rear of the steamer unit. Place lid on top of steaming tray. Insert turbo convection fan onto top of lid. Make sure the prongs are properly fitted into the slots. Push down with light pressure to engage. If the prongs are not inserted correctly, the unit will not operate. Plug the cord into the power outlet.

Using the Rice Bowl:

The large steaming tray must be placed on the base first; then the rice bowl is placed inside the steamer tray for use. Liquid such as water or stock is added to rice in the rice bowl. Measure the required quantity of rice and liquid in the rice bowl according to the Steaming Guide. Cover with lid. Plug into wall outlet. Do not operate the appliance without the large steaming tray and lid in place.

WARNING: During use, never touch the base, steamer bowls, or lid, since they get very hot. When steaming is complete, the timer will give an audible tone and automatically shut off the steaming function.

When you have finished steaming, unplug from wall socket and allow to cool completely. Clean before storing.

Setting the Time:

- Turn the control knob to select the desired steaming time. The steamer will begin.

Stopping the Steamer:

- The steamer will automatically shut off after the programmed time has elapsed.
- An audible tone will signal that steaming is complete.
- If you want to stop the steamer before time has elapsed completely, simply turn the control knob to “off”.

After Cooking:

- Unplug the plug from the power outlet.
- After turning off steamer, wait 1 minute before removing lid to avoid steam burns.
- When removing the lid or other components from your steamer, make sure to use oven mitts. First remove the turbo convection fan. Then remove lid carefully, lifting the side farthest away from you first, to allow the steam to escape away from you.
- Lift off the top steaming tray first (if you have used both trays).
- Next remove the bottom (larger) steaming tray.
- Set the trays down on a flat, heat and water resistant surface, and remove contents.
- During the cooking cycle, water from condensation will accumulate in the steamer base. Allow to cool completely before emptying and following cleaning instructions on page 5 (remove water reservoir before emptying steamer base).

USEFUL HINTS

For high altitude cooking, steaming times may need to be increased. Steaming times stated in the Steaming Guide and Recipes are only to be used as a guide. Times may vary depending on the size of pieces, spacing and placement in the bowl, and personal preference. As you become more familiar with the steamer, adjust cooking times accordingly. A single layer of food steams faster than several layers. For larger quantities of food, the cooking time must be increased.

- For best results, foods should be similar in size.
- Meat, poultry and seafood must be thawed completely before steaming.
- Always use cold water in the water reservoir.
- Never add seasonings, broth or herbs to the water reservoir.
- Water only must be used in the water reservoir.
- Meat, poultry and seafood should not be touching the sides of the steamer trays – air must be able to circulate completely for proper cooking.
- When using the rice bowl, wipe off the bottom after removing from steamer to avoid dripping hot accumulated water on counter or floor.
- When using recipes, follow quantities as closely as possible for best results.
- Some recipes may be modified to include the use of plastic wrap, which helps seal in herbs and other flavors and makes cleanup even easier. Cuisinart recommends using Saran™ Classic wrap. See the recipe section for examples.

For optimal results, do not overfill steaming trays with food.

CLEANING AND STORAGE

Always unplug the steamer from electrical outlet and allow to cool completely before cleaning. Before first use and after each use, clean each part thoroughly. Wash all parts (except steamer base and turbo convection fan) in warm soapy water; rinse and dry thoroughly.

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

For convenience, the following parts are top rack dishwasher safe:

- Large Steaming Tray
- Second Steaming Tray
- Rice Bowl
- Lid

Never put turbo convection fan or steamer base in dishwasher or immerse in water. These parts may be wiped with a damp cloth to remove residue.

To clean top of steamer base, sprinkle clean, damp sponge with a teaspoon of baking soda, and wipe base. Wipe off with clean, damp sponge.

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

DESCALING THE STEAMER

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

To descale the steamer, fill the water reservoir to the maximum level with equal parts of water and white vinegar (not cider or wine vinegar). Plug into a socket. Bowl, lid and water reservoir should be in place. Set timer for 25 minutes and begin steaming.

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

Rinse the water reservoir several times with fresh, cold water.

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

Steaming Guide

Helpful Hints

- Times indicated are based upon use of fresh fruits, meats and seafood (frozen foods not recommended). Steaming times will vary according to size, temperature and freshness of foods.
- Suggested times are simply a guide. The lowest time will provide a “crisp-tender” vegetable, whereas the highest time will produce a softer texture.
- The turbo-convection feature of the Cuisinart® TCS-60 eliminates the need to stir vegetables halfway through cooking time, which is necessary with other steamers.
- Use tongs to remove food from the steamer.
- Beans cooked in the Cuisinart steamer cook evenly and do not break up as readily as those cooked on the stovetop.

Food	Quantity/Yield	Steaming Time	Cook's Notes
Eggs			
<i>Soft cooked eggs</i>	<i>Up to 12 Grade A large eggs</i>	<i>6 - 9 minutes</i>	<ul style="list-style-type: none"> • Use second steamer tray. • Run hard cooked eggs under cold water to stop cooking. Refrigerate and cool completely before using.
<i>Hard cooked eggs</i>	<i>Up to 12 Grade A large eggs</i>	<i>15 minutes</i>	
Dried Beans and Legumes			
<i>Black Beans</i>	<i>1 cup of dried beans + 2 to 2 1/2 cups liquid = approximately 3 cups cooked beans.</i>	<i>40 - 45 minutes</i>	<ul style="list-style-type: none"> • Soak dried legumes (except lentils) overnight, drain, rinse & drain again. • Spread drained beans evenly in rice bowl. • Cover with water or unsalted stock; add fresh herbs, garlic cloves, onion or bay leaf. • Do not add salt until beans are completely cooked (salt and acids inhibit the softening of beans). • After steaming, drain, rinse and drain again.
<i>Black-eyed Peas</i>		<i>35 - 40 minutes</i>	
<i>Chickpeas (Garbanzo)</i>		<i>60 minutes</i>	
<i>Lentils</i>		<i>35 minutes</i>	
<i>Great Northern Beans</i>		<i>45 - 50 minutes</i>	
<i>Kidney Beans</i>		<i>45 - 50 minutes</i>	

Food	Quantity/Yield	Steaming Time	Cook's Notes
<i>Rice and Grains</i>			
<i>Barley</i>	<i>1 cup (rinse until water runs clear) + 2 cups liquid = 4 cups cooked</i>	<i>35 minutes</i>	<ul style="list-style-type: none"> • Use rice bowl for rices and grains. • Liquid can be water or stock according to personal preference. • Cooking times and liquid amounts may vary with brand and variety of rice. • Stir after adding liquid to distribute evenly in the bowl. • Use low-sodium/low-fat stocks for extra flavor. • Dried or fresh herbs, chopped onion or garlic may be added. • Fluff rice with a fork when removing from rice bowl.
<i>Brown Rice</i>	<i>1 cup rice + 1 2/3 cups liquid = 3 cups cooked rice; 1-1/2 cups rice + 2-1/4 cups liquid = 6 cups cooked rice; 2 cups rice + 3-1/4 cups liquid = 8 cups cooked rice</i>	<i>45 - 50 minutes + 10 minutes resting time</i>	
<i>White Rice</i>	<i>1 cup rice + 1-1/3 cups liquid = 3 cups cooked rice; 1-1/2 cups rice + 2-1/3 cups liquid = 6 cups cooked rice; 2 cups white rice + 3-1/4 cups liquid = 8 cups cooked rice</i>	<i>20 - 25 minutes + 10 minutes resting time (larger amounts take more time)</i>	
<i>Quinoa</i>	<i>1 cup quinoa + 2 cups liquid = 3 cups quinoa</i>	<i>30 - 35 minutes</i>	
<i>Wild Rice</i>	<i>1 cup wild rice + 2 cups liquid = 3 cups cooked rice (must be drained)</i>	<i>45 - 55 minutes</i>	
<i>Vegetables</i>			
<i>Artichokes (globe)</i>	<i>6 medium (6 - 9 oz.) 4 large (10 - 12 oz.)</i>	<i>28 - 35 minutes 35 - 40 minutes</i>	<ul style="list-style-type: none"> • Trim artichokes. • Serve cooked artichokes warm or chilled.
<i>Asparagus</i>	<i>1 pound, whole spears, 1/2" diameter 2 pounds, whole spears, 1/2" diameter (use both trays for larger amounts)</i>	<i>6 - 8 minutes 8 - 10 minutes</i>	<ul style="list-style-type: none"> • Choose firm, unrippled stalks with tight tips; best cooked the day they are purchased. • Break off bottoms at the natural break, then trim closely with a knife.

Food	Quantity/Yield	Steaming Time	Cook's Notes
<i>Vegetables</i>			
<i>Broccoli</i>	<i>1 to 1-1/2 pounds florets</i> <i>1 to 1-1/2 pounds spears</i> <i>(use both trays for larger amounts)</i>	<i>8 - 10 minutes (crispy)</i> <i>10 - 16 minutes</i>	<ul style="list-style-type: none"> • Choose bunches with deep strong color (emerald green to green with purple) and tight florets. • If steaming for salads, steam until broccoli just turns bright green; refresh immediately in iced water and drain before using.
<i>Brussels Sprouts</i>	<i>1-1/4 pounds</i>	<i>10 -15 minutes</i>	<ul style="list-style-type: none"> • Smaller sprouts are more tender; look for small, bright green compact heads. • Slice off bottom, peel off outer leaves, then cut an "x" in the bottom of each sprout.
<i>Carrots</i>	<i>Whole baby carrots, 1 or 2 pounds</i> <i>Cut carrots</i> <i>1 pound sliced</i> <i>2 pounds sliced</i> <i>1 pound julienned</i> <i>(use both trays for larger amounts)</i>	<i>16 - 20 minutes</i> <i>10 - 12 minutes</i> <i>14 - 16 minutes</i> <i>7 - 10 minutes</i>	<ul style="list-style-type: none"> • Peel and slice or julienne carrots. • For ease, use Cuisinart® Food Processor 4 mm slicing disc or 3 mm julienne disc.
<i>Cauliflower</i>	<i>8 ounces, trimmed and cut into florets</i> <i>1 to 1-1/2 pounds, trimmed, cut into florets</i> <i>Whole head, leaves trimmed</i> <i>(use both trays for larger amounts)</i>	<i>10 - 13 minutes</i> <i>15 - 18 minutes</i> <i>18 - 22 minutes</i>	<ul style="list-style-type: none"> • Choose cauliflower with compact florets, and no discoloration of florets or leaves. • Broccoflower (a hybrid of cauliflower and broccoli) will require cooking times similar to cauliflower.
<i>Corn on the Cob</i>	<i>3 - 4 ears fresh corn</i> <i>6 - 8 ears fresh corn</i>	<i>9 - 12 minutes</i> <i>11 - 15 minutes</i>	<ul style="list-style-type: none"> • 4 ears in each steamer tray
<i>Green Beans, French cut (string beans/wax beans)</i>	<i>1 pound</i> <i>1-1/2 pounds</i> <i>2 pounds</i> <i>(use both trays for larger amounts)</i>	<i>10 - 12 minutes</i> <i>12 - 15 minutes</i> <i>14 - 16 minutes</i>	<ul style="list-style-type: none"> • Select crisp, slender bright green beans. • Best when steamed until crisp-tender. • If beans are to be used for a salad, steam until just bright green, refresh immediately with iced water, and drain completely before dressing.

Food	Quantity/Yield	Steaming Time	Cook's Notes
<i>Vegetables</i>			
<i>Green Beans, Diagonal cut (string beans/wax beans)</i>	<i>Diagonal cut, 1 to 1-1/2 inches in length</i> <i>1 pound</i> <i>1-1/2 pounds</i> <i>2 pounds</i> <i>(use both trays for larger amounts)</i>	<i>12 - 15 minutes</i> <i>14 - 16 minutes</i> <i>14 - 16 minutes</i>	<ul style="list-style-type: none"> • Select crisp, slender, bright green beans. • If beans are to be used for a salad, steam until bright green; refresh immediately with iced water, then drain completely before dressing.
<i>Potatoes, Sweet</i>	<i>1 pound, cut in wedges</i>	<i>18 - 22 minutes</i>	<ul style="list-style-type: none"> • Steamed sweet potatoes are a delicious alternative to white potatoes for side dishes or salads – full of vitamins A & C. • Peel potatoes and cut in wedges.
<i>Potatoes, White</i>	<i>1 pound, cut in wedges</i> <i>2 pounds, cut in wedges</i> <i>(use both trays for larger amounts)</i>	<i>18 - 22 minutes</i> <i>20 - 25 minutes</i>	<ul style="list-style-type: none"> • Waxy potatoes such as new red or white, Yukon gold (or other yellow potatoes) and purple potatoes are most suitable for steaming. • Scrub well, peel if desired, and cut into wedges for best results.
<i>Snow Peas</i>	<i>1 pound (use second steamer tray)</i> <i>2 pounds (use both steamer trays)</i>	<i>4 - 5 minutes</i> <i>5 - 7 minutes</i>	<ul style="list-style-type: none"> • Trim tips and tops. • Choose crisp, bright green pea pods.
<i>Sugar Snap Peas (Edible Pod Peas)</i>	<i>1 pound (use second steamer tray)</i> <i>2 pounds (use both steamer trays)</i>	<i>5 - 7 minutes</i> <i>6 - 9 minutes</i>	<ul style="list-style-type: none"> • Choose plump, crisp, bright green pea pods. • Trim tips, tops and strings if tough.
<i>Squash, Summer (Yellow or Zucchini)</i>	<i>1 pound</i> <i>2 pounds</i>	<i>6 - 8 minutes</i> <i>7 - 10 minutes</i>	<ul style="list-style-type: none"> • Choose firm, narrow, brightly colored squash. • Trim root and blossom ends – cut in half lengthwise, then into 1/2 - 3/4 inch slices.
<i>Squash, Winter</i>	<i>Acorn, cut in wedges, remove seeds</i> <i>Butternut, peel, seed and cube</i>	<i>12 - 15 minutes</i> <i>10 - 12 minutes</i>	<ul style="list-style-type: none"> • Wash and remove tough stem; remove seeds. • If steaming halved acorn squash, place in large steamer tray, cut side down; increase steaming time to 25 - 30 minutes.

Food	Quantity/Yield	Steaming Time	Cook's Notes
<i>Chicken and Seafood</i>			
<i>Boneless, Skinless Chicken Breast Halves or Thighs</i>	<i>5 - 6 ounces each, up to 8 (use both steamer trays)</i>	<i>18 - 22 minutes</i>	<ul style="list-style-type: none"> • Follow proper safe food handling procedures for poultry and seafood. • Always check poultry for proper doneness – juices should run clear when tested with a knife, and internal temperature should read 170° F for chicken breast meat, and 180° F for dark meat. The internal temperature of a fish fillet/steak should read 140°F. • Do not steam bone-in chicken. • Clean shrimp; steam in shells for optimum flavor. • For most even steaming, chicken and seafood should not touch sides of steamer baskets.
<i>Shrimp, Sea Scallops</i>	<i>1 pound (use in second steamer tray)</i>	<i>5 - 8 minutes</i>	
<i>Clams & Mussels</i>	<i>Steam until shells are just fully opened.</i>	<i>6 - 8 minutes</i>	
<i>Fish Fillets/Steaks</i>	<i>Steam for 10 - 15 minutes per inch of thickness.</i>	<i>10 - 15 minutes per inch of thickness</i>	
<i>Hot Dogs/ Precooked Sausages</i>	<i>6 to 12</i>	<i>8 - 10 minutes</i>	

RECIPES

ASIAN STEAMED DUMPLINGS

A Dim Sum favorite, our Steamed Dumplings make a wonderful appetizer.

Makes about 40

Preparation time: 35 – 40 minutes

(includes freezing time for meat) + 15 minutes steaming time

- 3 ounces well-trimmed boneless pork chop, cut in 1/2 inch cubes**
- 3 ounces peeled and deveined shrimp**
- About 6 – 8 large napa cabbage leaves (whole) to line the steamer**
- Dipping Sauce for Steamed Dumplings, p.12**
- 5 ounces napa cabbage leaves, cut to fit the Cuisinart® food processor's large feed tube**
- 1 clove garlic, peeled**
- 2 slices peeled fresh ginger, each about the size of a quarter**
- 2 green onions, trimmed and cut into 1-inch pieces**
- 1-1/2 ounces drained water chestnuts**
- 1 tablespoon toasted pine nuts**
- 1/2 jalapeño pepper, stemmed and seeded**
- 1/4 cup fresh cilantro or Italian parsley leaves, loosely packed**
- 1-1/2 tablespoons soy sauce (low sodium)**
- 1 tablespoon dry sherry**
- 1-1/2 tablespoons cornstarch**
- 1/2 teaspoon freshly ground black pepper**
- 1 package (about 50) wonton wrappers (3-inch square)**
- Water to seal the dumplings**
- napa cabbage leaves and fresh cilantro for garnish**

Fill the water reservoir of the steamer. Line a baking sheet with plastic wrap. Lay the pork cubes and shrimp on the lined pan in a single layer. Freeze for 20 minutes. Line the steamer trays with the 6 – 8 napa cabbage leaves in a single layer; set aside. Fill the water reservoir and attach to the steamer. Prepare Dipping Sauce in Cuisinart® food processor – do not wash work bowl.

Insert the medium (4 mm) slicing disc in food processor. Arrange the cut cabbage in the large feed tube; use medium pressure to slice. Remove and reserve. Insert the metal blade. With the machine running, drop the garlic clove through the small feed tube. Process 5 seconds to chop. Add the ginger, green onions, water chestnuts, jalapeño, and cilantro. Pulse to chop, 5 – 10 times. Add the slightly frozen pork cubes and shrimp. Pulse to chop, 20 – 30 times. Add the reserved sliced napa cabbage. Pulse to combine, 10 times. Add the pine nuts, soy, sherry, cornstarch, and ground pepper; pulse to combine, 10 times. Remove and reserve.

Lay the wonton wrappers on a clean, dry work surface. Work with about 10 at a time. (If you try to do too many at a time, they will dry out.) Place a rounded teaspoon of the filling in the center of each wonton. One at a time, lightly brush the edges of each wrapper with water. Gather the 4 corners together and pinch to seal, then pinch the open sides to seal. Repeat until all the filling has been used. Arrange the sealed dumplings on the leaf-lined steamer trays, about 20 per level.

Wrap and refrigerate remaining wrappers for another use.

Assemble the steamer and steam the dumplings for 15 minutes. Turn off steamer and unplug; let sit 1 minute. Carefully lift off the steamer lid, transfer the dumplings to a platter lined with fresh napa cabbage leaves, and garnish with a few sprigs of cilantro. Put the dipping sauce in a small decorative bowl on or next to the platter.

Nutritional analysis per dumpling
without dipping sauce:

Calories: 31g (15% from fat) • carbo. 5g • prot. 2g. •
sat. fat 0g • chol. 4 mg • sod. 67mg • fiber 0g

STEAMED SPINACH DUMPLINGS

Our meatless version of this Dim Sum specialty.

Makes about 40

Preparation time: 35 – 40 minutes
(includes weighting time for tofu) + 15 minutes steaming time

8 ounces soft tofu

Dipping Sauce for Dumplings, p.12

Fresh lettuce leaves to line the steamer baskets

1 clove garlic, peeled

2 slices peeled ginger, each about the size of a quarter

**1/4 cup Italian parsley leaves,
tightly packed**

**8 ounces fresh spinach leaves (weigh after removing
stems), washed and dried**

3 ounces drained water chestnuts

3 tablespoons toasted pine nuts

1 tablespoon low-sodium soy sauce

1 tablespoon dry sherry

1/2 teaspoon Asian sesame oil

**1/4 teaspoon freshly ground
black pepper**

1 package (about 50) wonton wrappers (3-inch square)

Water to seal the dumplings

Place tofu between triple thickness of paper towels and set under a weight for 15 – 20 minutes to remove some of the excess water. Prepare Dipping Sauce for Dumplings in Cuisinart® food processor; do not wash work bowl. Line steamer trays with lettuce leaves. Fill the water reservoir and attach to the steamer.

With the food processor running, drop the garlic through the small feed tube; process 5 seconds to chop. Add the ginger and parsley; process 10 seconds to chop. Scrape the work bowl.

Add the tofu; process until smooth, 15 – 20 seconds. Add 2 ounces of the spinach. Pulse to chop, 15 – 20 times; scrape the work bowl. Repeat, and with the final batch of spinach, add the water chestnuts, pine nuts, soy sauce, sherry, sesame oil and black pepper. Pulse to combine well, 20 – 30 times. Remove and reserve.

Lay the wonton wrappers on a clean, dry work surface. Work with about 10 at a time. (If you try to do too many at a time, they will dry out.)

Place a rounded teaspoon of the filling in the center of each wonton. One at a time, brush the edges of each wrapper with water. Gather the 4 corners together and pinch to seal, then pinch the open sides to seal. Repeat until all the filling has been used.

Arrange the sealed dumplings on the leaf-lined steamer trays, about 20 per level. Wrap and refrigerate remaining wrappers for another use.

Assemble the steamer and steam the dumplings for 15 minutes. Turn off steamer and unplug; let sit 1 minute. Carefully lift off the steamer lid, transfer the dumplings to a platter lined with fresh napa cabbage leaves, and garnish with a few sprigs of cilantro. Put the dipping sauce in a small decorative bowl on or next to the platter.

Nutritional analysis per dumpling
without dipping sauce:

Calories 30 (21% from fat) • carbo. 5g • prot. 1g • fat 1g •
sat. fat 0g • chol. 1mg • sod. 62 mg • fiber 1g

DIPPING SAUCE FOR DUMPLINGS

Try this Dipping Sauce as a marinade for chicken or salmon.

Makes about 3/4 cup
Preparation: 5 minutes

- 1 clove garlic, peeled
- 3 slices peeled fresh ginger, each about the size of a quarter
- 2 green onions, trimmed and cut into 1-inch pieces
- 2 tablespoons fresh cilantro or parsley leaves, loosely packed
- 1/3 cup soy or tamari sauce (low sodium)
- 1/3 cup rice wine vinegar (seasoned if available)
- 1 tablespoon lime juice (freshly squeezed)
- 1 teaspoon Asian sesame oil
- 1/4 teaspoon freshly ground black pepper

Insert the metal blade in the Cuisinart® food processor. With the machine running, drop the garlic through the small feed tube and process 5 seconds to chop. Add the ginger, green onions and cilantro leaves; pulse to chop, 10 – 15 times. Combine the soy sauce, rice wine vinegar, lime juice, and sesame oil. With the machine running, add the liquid through the small feed tube in a steady stream. Add the pepper and process to combine. Transfer to a jar for storage or to a decorative bowl to serve with Asian Steamed Dumplings or Steamed Spinach Dumplings.

Nutritional analysis per 1/2 teaspoon:
Calories 2 (34% from fat) • carbo. 0g • prot. 0g • fat 0g •
sat. fat 0g • chol. 0mg • sod. 45mg • fiber 0g

SPINACH SAUCE FOR STEAMED VEGETABLES, CHICKEN OR SEAFOOD

A light, easy sauce that will enhance your steamed vegetables, our Spinach Sauce is particularly good with Steamed Artichokes rather than the traditional drawn butter or a mayonnaise based sauce.

The combination is reminiscent of the popular Spinach Artichoke Dip, but without the high fat and cholesterol. It also makes a great sauce to toss with your choice of steamed vegetables and freshly cooked pasta to make a complete meal.

Makes 1-1/2 cups

Preparation: 10 minutes, + overnight (12 hours) to drain the yogurt

- 1 cup nonfat plain yogurt (without gelatin)
- 1 10-ounce package frozen chopped spinach, thawed
- 1/2 ounce Reggiano Parmesan cheese, cut in 1/2-inch pieces
- 1 – 2 cloves garlic, peeled
- 8 chives, cut into 1-inch lengths
- 1/2 cup well-packed flat Italian parsley leaves
- 1/4 cup extra virgin olive oil
- 4 – 6 drops Tabasco® or other hot sauce (to taste)
- 3 – 4 tablespoons water (as needed)

Use a yogurt strainer or line a strainer with a coffee filter or cheesecloth to strain the yogurt overnight to remove the whey. The yogurt will thicken and lose about half its volume. Discard the whey.

Place the thawed spinach in a clean tea towel (use a dark or old towel – it will stain); squeeze dry and reserve.

Insert the metal blade in the Cuisinart® food processor. With the machine running, drop the cheese and garlic through the small feed tube; process 15 – 20 seconds to chop. Add the chives, parsley, drained yogurt and spinach; process to combine, 45 seconds. Scrape the work bowl. With the machine running, add the olive oil through the small feed tube in a steady stream. Scrape the work bowl. Add the hot sauce, then the water, and process to blend, about 20 – 30 seconds. The sauce will be thick. If you wish a thinner sauce, add more water a little at a time to taste.

Use the sauce for steamed vegetables, or with steamed chicken or seafood.

Nutritional analysis per tablespoon:
Calories 31 (21% from fat) • carbo. 1g • prot. 1g • fat 3g • sat. fat 0g •
chol. 1 mg • sod. 20 mg • fiber 0g

SWEET POTATOES WITH FENNEL

Sweet potatoes are a good source of vitamins A & C, and beta carotene.

Makes 6 servings

Preparation: 10 – 15 minutes + 18 minutes steaming time

- 6 green onions, trimmed and chopped***
- 12 ounces fresh fennel, trimmed and thickly sliced (1/2-inch)*, fronds reserved for garnish**
- 1-1/2 pounds sweet potatoes, cut into 3/4-inch wedges**
- kosher salt and freshly ground pepper to taste**

Arrange the wedged sweet potatoes in the large steamer tray. Steam for 12 – 15 minutes. Turn off and let sit one minute. Add the fennel to the steamer with the sweet potatoes; steam for an additional 8 – 10 minutes. Turn off the steamer and let sit one minute. Transfer the steamed sweet potatoes and fennel to a bowl. Add the reserved green onions. Season to taste with kosher salt and freshly ground pepper. Garnish with reserved fennel fronds to serve.

*May be done in the Cuisinart® food processor. Use metal blade to chop the green onions, and the thick (6 or 8 mm) slicing disc to slice the fennel.

Nutritional analysis per serving:

Calories 213 (3% from fat) • carbo. 49g • prot. 4g • fat 1g • sat.fat 0g • chol. 0 mg • sod. 70g • fiber 6g

WHITE AND SWEET POTATO SALAD WITH DILL DRESSING

White and sweet potatoes combine to make this salad appealing to the eye and to the palate.

Makes sixteen 1/2-cup servings

Preparation: about 20 minutes + 20 minutes steaming time

- 1-1/2 pounds new red or white potatoes, peeled if desired, cut into 1-inch wedges**
- 1-1/2 pounds sweet potatoes, peeled, quartered lengthwise, then cut into 1-inch lengths**
- 3 ribs celery, thinly sliced ***
- 1/2 pound snow peas, trimmed and thinly sliced ***
- 1 shallot (1-1/2 ounces), peeled, cut into 1-inch pieces**
- 1/2 cup fresh dill weed, fairly tightly packed**
- 1-1/2 tablespoons Dijon mustard**
- 1/4 cup white balsamic or white wine vinegar**
- 1/2 teaspoon kosher salt**
- 1/4 teaspoon freshly ground black pepper**
- 1/2 cup extra virgin olive oil**
- Fresh dill sprigs for garnish**

Place the white potatoes in the large steamer tray. Place the sweet potatoes in the second steamer tray. Fill the water reservoir and assemble the steamer. Steam the potatoes for 18 – 22 minutes, until tender.

While the potatoes are steaming, prepare the dressing. In a Cuisinart® blender or food processor fitted with the metal blade, pulse to chop the shallot finely. Add the dill weed, mustard, vinegar, kosher salt and pepper. Process to combine; then with the machine running, add the olive oil in a slow steady stream. Remove and reserve.

Turn off the steamer and unplug; let sit for 1 minute. Transfer the potatoes to a large bowl. Toss with half the dressing. If the salad is to be served warm, add the sliced vegetables and remaining dressing to taste. If the salad is to be served cold, cover and refrigerate the potato mixture and sliced vegetables separately. About 20 – 30 minutes before serving, remove from the refrigerator, add the sliced vegetables and dressing to taste, and toss gently to combine. Garnish with sprigs of fresh dill.

*May use 2 or 3 mm slicing disc of Cuisinart® food processor for slicing.

Nutritional analysis per 1/2 cup serving:

Calories 159 (42% from fat) • carbo. 21g • prot. 2g • fat 7g • sat. fat 1g • chol. 0mg • sod. 111mg • fiber 2g

WHITE BEAN SALAD

Beans cooked in the Cuisinart® steamer cook evenly and do not break up as readily as those cooked on the stovetop.

Makes 4 cups

Preparation: 12 hours/overnight to soak beans, 50 – 55 minutes steaming time for beans, 10 minutes to prepare salad

- 1 cup great northern, navy or white beans**
- 2 sprigs parsley**
- 1 clove garlic, peeled**
- 1 bay leaf**
- 1-3/4 cups water**
- Juice of 3 lemons**
- 1 red onion (6 ounces), peeled and chopped**
- 5 plum tomatoes, seeded and diced**
- 8 fresh basil leaves, shredded**
- 8 fresh mint leaves, shredded**
- Kosher salt and freshly ground pepper to taste**
- Splash of extra virgin olive oil**

Pick over beans thoroughly to remove any grit or stones, and rinse. Place in a medium bowl and cover with 2 inches of cold water. Allow the beans to soak at least 12 hours or overnight to rehydrate.

Fill the water reservoir and assemble the steamer. Drain the beans, rinse, and drain again. Place in the rice basket of the steamer along with the parsley, garlic, bay leaf, and water. Steam for 50 – 55 minutes. Allow the beans to sit in the hot liquid for 10 minutes. Drain, rinse, drain again and transfer to a medium bowl. Toss with the lemon juice and set aside. Combine the beans with the chopped onion, plum tomatoes, basil and mint. Season to taste with kosher salt and pepper. Add a splash of extra virgin olive oil for flavor if desired.

Toss gently and serve on a bed of fresh greens.

Nutritional analysis per half cup:

Calories 103 (3% from fat) • carbo. 20g • prot. 7g • fat 0g • sat. fat 1g • chol. 0 mg • sod. 10g • fiber 5g

BROWN RICE, CHICKEN & BROCCOLI SALAD

This salad may be served warm or chilled.

Makes 8 servings

Preparation: 60 - 65 minutes, including steaming time

Salad:

- 1 cup long grain brown rice**
- 1-1/2 cups chicken broth or stock (nonfat, low salt)**
- 12 ounces boneless, skinless chicken breast halves, well trimmed**
- 2 cloves garlic, peeled, finely chopped**
- 1/2 teaspoon kosher salt**
- 1/4 teaspoon freshly ground black pepper**
- 1 teaspoon extra virgin olive oil**
- 1 large (about 1-1/2 pounds) bunch of broccoli, florets cut into 1-inch pieces, stems reserved for another use (may use broccoli crowns)**
- 2 large celery stalks, thinly sliced ***
- 6 green onions, trimmed and thinly sliced ***
- 1 cup small cherry or grape tomatoes (red or yellow), washed and dried**

Several sprigs of fresh thyme for garnish

Dressing:

- 1 clove garlic, peeled**
- Zest of 1/2 lemon, bitter white pith removed**
- 3 teaspoons fresh thyme leaves (1-1/2 teaspoons dried)**
- 1 tablespoon Dijon-style mustard**
- 1/4 cup white balsamic or white wine vinegar**
- 2 tablespoons freshly squeezed lemon juice**
- 1/2 cup extra virgin olive oil**
- 1/4 cup chicken broth or stock (nonfat, low salt)**
- 1/2 teaspoon kosher salt**
- 1/2 teaspoon freshly ground black pepper**

Fill the reservoir with water and assemble the steamer. Rinse the rice under running water until water runs clear; drain well. Combine the rice and chicken broth in the rice bowl; stir to combine, and spread the rice into an even layer. Cover and steam for 35 minutes.

Combine the boneless chicken breasts with the chopped garlic, kosher salt, and olive oil. Arrange in the second steamer tray. When the rice has steamed for 35 minutes, add the chicken to the steamer. Steam for 18 – 22 minutes, until the juices run clear when tested with a knife and the internal temperature measures 170° F when tested with an instant read thermometer. While the rice and chicken steam, prepare the dressing.

In a Cuisinart® blender or Cuisinart® food processor fitted with the chopping blade, process the garlic and lemon zest to chop finely. Add the thyme, mustard, vinegar and lemon juice, and process to combine, about 10 – 15 seconds. Use a spatula to scrape the blender jar or food processor work bowl. With the machine running, add the olive oil and chicken stock in a steady stream. Scrape the jar or work bowl again. Add the salt and pepper; process to combine. Remove and reserve.

When the chicken is ready, remove from the steamer and transfer to a plate. Add the broccoli florets to the second steamer tray. Steam with the rice for another 3 – 5 minutes, until bright green and crisp-tender. Turn off the steamer. Remove the broccoli and refresh immediately in iced water, then drain thoroughly. Allow the rice to remain in the steamer for an additional 10 minutes to rest.

After 10 minutes, transfer the rice to a large bowl and toss with half of the prepared dressing. Cut the chicken into bite-sized pieces. Add the chicken, broccoli, celery, green onions and tomatoes to the rice. Toss gently to combine. Add more dressing as needed. Garnish with a few sprigs of fresh thyme and serve. To serve the salad cold, complete as directed, but reserve the broccoli and add just before serving, to preserve its bright green color and crisp-tender texture.

*May be done with the slicing disc (2 or 3 mm) of the Cuisinart® food processor.

Nutritional analysis per serving :

Calories 330 (45% from fat) • carbo. 27g • prot. 19g • fat 17g • sat. fat 3.g • chol. 33mg • sod. 479mg • fiber 2g

CHICKEN AND ROASTED PEPPER ROULADES

Easy, healthy, but good enough to serve when entertaining.

Makes 6 servings

Preparation: 15 – 20 minutes

- 6 boneless, skinless chicken breast halves, trimmed, tenders removed and reserved for another use (about 4 – 5 ounces each)**
 - 1 clove garlic**
 - 2 teaspoons dry vermouth or white balsamic vinegar**
 - 1 teaspoon extra virgin olive oil**
 - 4 – 6 fresh basil leaves, washed and dried**
 - 1/4 teaspoon kosher salt**
 - 1/4 teaspoon freshly ground black pepper**
 - 3 large roasted red peppers (may be from a jar), drained and halved**
 - 36 flat spinach leaves, stems removed, washed well and dried**
 - 12 long flexible chives, tied in pairs at the stem end, using a square knot**
- (Tip: have a few extra chives available in case of breakage)**

For a whole meal, do only 4 chicken breast halves and add:

- 8 new potatoes, 3-4 ounces each, quartered lengthwise**
- 8 ounces snow peas, trimmed and strings removed**
- 8 ounces carrots, peeled**

Place chicken breast halves between 2 sheets of plastic wrap and use a flat pounder to pound to an even thickness of about 1/2 inch. Transfer chicken to a medium bowl. Clean work surface thoroughly and wash hands with hot water and soap.

In the Cuisinart® Mini-Prep® Processor, chop the garlic about 10 seconds. Add the vermouth, olive oil, basil leaves, salt, and pepper; process to combine and chop the basil, about 10 – 15 seconds. Add the basil mixture to the chicken and toss to coat well. Lay the chicken out on a large prep board or flat platter, “skin” side down. Wash hands with hot water and soap.

Lay 6 spinach leaves out in a line with edges overlapping. Roll a roasted pepper into a cylinder. Lay the rolled pepper on the spinach and roll so that the pepper is rolled in the spinach leaves.

Place on one end of the chicken and roll the chicken jelly roll style, so that the spinach/roasted pepper roll is rolled up in the chicken. Place seam side down and repeat. (The chicken may be prepared to this point up to 8 hours ahead; wrap in plastic wrap and refrigerate.) Just before steaming, tie a chive around the center of each bundle, with the knot on the underside.

Spray the bottom of the larger steamer tray with cooking spray or olive oil.

Arrange the chicken roulades in the large steamer tray. Fill the water reservoir and steam for 18 - 22 minutes. Turn off the steamer, unplug and let sit for 1 minute. Remove the fan arm and lid, transfer the chicken roulades to a serving plate, and serve. May be served hot or cold.

To make a whole meal:

Spray the bottom of both steamer trays with cooking spray or olive oil. Arrange the quartered potatoes in a single layer in the large tray. Arrange four chicken roulades in the second steamer tray (they should not touch each other or the sides). Steam for 18 minutes. While the potatoes and chicken steam, trim carrots to fit the large feed tube of a Cuisinart® food processor horizontally. Insert the 3 mm julienne disc and julienne the carrots. After 18 minutes, turn off steamer and let sit one minute; remove turbo convection fan and lid. Chicken should be completely cooked (170° F when tested with an instant read thermometer), and potatoes nearly done. Remove chicken to a warm platter and cover loosely with foil. If potatoes are hard, steam for 3 – 5 minutes longer before continuing. Arrange carrots and snow peas in second steamer tray. Steam for 3 – 4 minutes for crisp-tender vegetables. Turn off steamer and let sit 1 minute; remove turbo convection fan and lid. Arrange the vegetables and potatoes on the platter with the chicken and serve.

Nutritional analysis per serving:

Roulades only:

Calories 176 (14% from fat) • carbo. 5g • prot. 31g • fat 3g •
sat. fat 0g • chol. 75 mg • sod. 175mg • fiber 2g

Whole meal:

Calories 314 (9% from fat) • carbo. 36g • prot. 31g • fat 3g •
sat. fat 0g • chol. 75mg • sod. 197mg • fiber 7g

TUSCAN CHICKEN

This whole meal is ready in less than an hour!

Makes 4 servings

Preparation: 15 minutes + 30 – 35 minutes steaming time

- 6 - 8 sprigs fresh rosemary, about 5 - 6 inches each**
- 1 clove garlic, peeled and chopped**
- 4 teaspoons extra virgin olive oil**
- 1/4 teaspoon kosher salt**
- 1/8 teaspoon freshly ground black pepper**
- 4 boneless, skinless chicken breast halves, about 4 - 5 ounces each, well trimmed**
- 12 ounces new red or Yukon gold potatoes, 2 - 3 ounces each – washed, quartered, quarters cut in half**
- 2 plum tomatoes, sliced 1/4 inch thick, stem ends discarded**
- 2 tablespoons chopped sun-dried tomatoes**
- 10 ounces zucchini squash (slender), halved lengthwise, cut in 3/4-inch slices**
- 10 ounces yellow squash (slender), halved lengthwise, cut in 3/4-inch slices**
- 6 ounces mushrooms, rinsed, dried and quartered**

Fill the water reservoir and attach to steamer. Line both steamer trays with 2 or 3 sprigs fresh rosemary; reserve the remaining rosemary for garnish.

Combine the chopped garlic with the olive oil, kosher salt and pepper. Rub the chicken with one third of this mixture; set aside. May be done ahead. If preparing longer than 15 minutes ahead, wrap and refrigerate until ready to use. Clean work surface thoroughly; wash hands with hot water and soap.

Toss the potatoes with half the remaining garlic/olive oil mixture, and arrange over the rosemary sprigs in the large steamer tray. Arrange the chicken over the rosemary in the second steamer tray (do not allow the chicken to touch sides of steamer tray). Top the chicken with the sliced plum tomatoes, then sprinkle with the chopped sun-dried tomatoes. Steam the potatoes and chicken for 14 minutes.

Combine the squashes and mushrooms with the remaining garlic/olive oil mixture; toss to combine. After the potatoes and chicken have steamed for 14 minutes, turn off the steamer and let sit for 1 minute. Remove the convection fan, lid and second steamer tray. Arrange the vegetables on top of the potatoes; reassemble the steamer and steam for an additional 7 to 8 minutes. Turn off the steamer; let sit for 1 minute. Remove the lid and check the chicken for doneness (internal temperature should be 170° F; juices should run clear). Arrange the chicken, potatoes and vegetables on a warmed serving platter; garnish with the remaining sprigs of fresh rosemary and serve.

Nutritional analysis per serving:

Calories 498 (25% from fat) • carbo. 59 g • prot. 39g • fat 14g • sat. fat 4g • chol. 75mg • sod. 270mg • fiber 24g

STEAMED SOLE OR FLOUNDER ROLLS

A quick, simple way to prepare fish.

Makes 4 servings

Preparation: 5 – 10 minutes + 10 – 15 minutes steaming time

Vegetable oil cooking spray

2 pounds fresh skinless sole or flounder fillets (all about the same size)

2 green onions, trimmed and chopped*

1-1/2 tablespoons low-sodium soy sauce or tamari

1 tablespoon dry sherry

1/2 teaspoon toasted sesame oil

1/4 teaspoon freshly ground black pepper

Lightly spray the large steaming tray with vegetable oil cooking spray (spray both baskets if doing a double recipe).

Fill the water reservoir and attach to the steamer.

Rinse and dry the sole. Lay skin side up in a single layer.

Combine the soy sauce, sherry, sesame oil, and black pepper. Lightly brush each sole fillet with the soy mixture. Sprinkle each with about a half teaspoon of the chopped green onions. Starting from the flat end, roll each fillet jelly roll style into a compact log. Arrange in the prepared steamer tray with the exposed pointed end on the bottom. Brush again lightly with the soy mixture.

Measure the height of the rolls. Steam the rolls for 10 minutes per inch of height (i.e., if the rolls are 1-1/2 inches in height, then they will be steamed for 15 minutes). If desired, you may steam your vegetable of choice in the second steaming tray. Turn off the steamer and unplug; let sit 1 minute.

Lift off fan and lid. Transfer to warmed plates to serve.

*May be chopped in a Cuisinart® Mini-Prep or Cuisinart® Food Processor fitted with the metal blade.

Nutritional analysis per serving:

Calories 163 (14% from fat) • carbo. 1g • prot. 32g • fat 2g • sat. fat 1g • chol. 82mg • sod. 205mg • fiber 0

LEMON GINGER FISH FILLETS

The use of plastic wrap makes cleanup easy.

Makes 4 servings

Preparation: 10 minutes, 10 – 15 minutes steaming

- 1-1/2 pounds fresh fish fillets, such as sea bass, salmon**
- 1 small clove garlic, peeled**
- zest of 1/2 lemon, bitter white pith removed**
- 3 slices fresh ginger, each about the size of a quarter**
- 1/2 teaspoon kosher salt**
- 1/2 teaspoon sugar**
- 1/4 teaspoon freshly ground black pepper**
- 1 teaspoon white balsamic or fruit vinegar**
- 1/2 teaspoon extra virgin olive oil**
- thin slices of fresh lemon for garnish**

Have ready 4 sheets of Saran™ Classic Wrap, ten inches in length each. Remove the skin from the fish if it is not already skinned. Wash and dry the fish. Cut the fish into 4 equal portions, 6 ounces each.

In the Cuisinart® Mini-Prep or Mini-Prep Plus processor, combine the garlic, lemon zest, ginger, kosher salt, sugar and black pepper; process until finely chopped, 15 – 20 seconds. (Alternatively, the ingredients may be finely chopped by hand, using a sharp knife.) Add the vinegar and olive oil; process until well combined, 10 – 15 seconds. Divide the mixture evenly and rub all over the 4 portions of fish. Place each portion of fish in the center of a sheet of Saran™ Classic Wrap. Bring two sides of the wrap together lengthwise over the center of the fish. Fold the wrap down tightly, then tuck the two ends under the fish. The fish may be prepared and wrapped up to 30 minutes before steaming. Keep refrigerated.

Fill the steamer reservoir with water and assemble the steamer. Arrange the 4 portions of fish in the large steamer basket. Steam for 10 – 13 minutes per inch of thickness, depending on desired doneness. Turn off the steamer. Let sit for 1 minute. Remove the fan and lid. Use tongs to lift fish portions from the basket. Carefully unwrap and transfer to warmed plate to serve. Garnish with fresh lemon slices if desired.

Nutritional analysis per serving:

Calories 176 (25% from fat) • carbo. 2g • prot. 30g • fat 5g • sat.fat 1g • chol. 85mg • sod. 325mg • fiber 0g

SALMON & ASPARAGUS WRAPS

A nice entrée for entertaining.

Makes 4 servings

Preparation: 20 – 25 minutes + 15 minutes steaming time

- 1 whole salmon fillet (side) with skin, about 2-1/2 pounds (there will be about 10 ounces left over)**
- 20 asparagus spears, about 1/4 inch in diameter, trimmed and peeled**
- 1/4 teaspoon kosher salt**
- 1/8 teaspoon freshly ground black pepper**
- 4 strips of lemon zest (use a citrus stripper), each about 12 inches long**
- 4 – 5 sprigs fresh dill**

Rinse and dry the salmon; remove any loose scales. Using a very sharp slicing knife, slice salmon on the bias (diagonal cut - as if you were slicing flank steak or London Broil) into 1/4-inch thick slices. Using 3 slices per serving, lay them out, overlapping, so that the brown tissue is hidden (this part of the salmon has a stronger flavor; if you find it too strong, carefully cut it out), “skin” side up. Combine the salt and pepper. Lightly season the salmon with the salt and pepper. Bundle 5 asparagus spears. Carefully wrap the salmon around the asparagus bundles; place seam side down. “Tie” the bundle with a strip of lemon zest. Repeat.

Assemble the steamer. Lay the dill in the bottom of the steamer tray. Arrange the salmon wraps on top of the dill. Take care not to allow the salmon to touch the sides of the steamer tray. Steam for 12 minutes. Turn off the steamer and let sit for 3 minutes longer. Carefully lift out and transfer to warmed plates to serve.

Nutritional analysis per serving:

Calories 330 (51% from fat) • carbo. 4g • prot. 36g • fat 17g • sat. fat 4g • chol. 100mg • sod. 337 mg • fiber 2g

OLD BAY® STEAMED SHRIMP DINNER

Add a green salad and crusty bread to complete the meal.

Makes 4 servings

Preparation: 10 minutes + 25 minutes steaming time

- 3/4 pound new red potatoes, scrubbed, halved (quartered if large)**
- 3/4 pound new white potatoes, scrubbed, halved (quartered if large)**
- 2 medium (6 ounce) red or sweet white onions, peeled (leave root end intact), quartered**
- 3 ears corn, cut into 1-1/2 inch lengths**
- 2 or 3 whole bay leaves**
- 1-1/2 pounds extra large (21-25) shrimp, rinsed**
- 3 lemons**
- 3 tablespoons Old Bay® Seasoning**

Fill the water reservoir and attach to the steamer.

Arrange the potatoes and onions in the large steamer tray; tuck in the bay leaves. Steam for 18 minutes. While the potatoes are steaming, thinly slice one of the lemons*. Toss the shrimp with 2 tablespoons of the Old Bay® seasoning, then mix in half the lemon slices. Arrange the shrimp and lemon slices in the small steamer tray. Shrimp should not touch the sides of the basket. Cut the remaining lemons in wedges.

Turn off steamer; let sit for 1 minute. Carefully remove the convection fan and lid. Arrange the corn on top of the partially cooked potatoes. Insert the small steamer tray and reattach the convection fan. Steam for 5 – 7 minutes – the shrimp should all have turned pink. Turn off the steamer and let sit for one minute. Arrange the potatoes, onions and corn on a large warm platter; sprinkle with the remaining Old Bay® seasoning. Arrange the shrimp around the outside of the platter. Garnish with the remaining sliced lemons and lemon wedges. If desired, serve with drawn butter.

*May be done using the Cuisinart® food processor fitted with the thin (2 mm) slicing disc.

Nutritional analysis per serving:

Calories 445 (9% from fat) • carbo. 66g • prot. 43g • fat 5g • sat. fat 1g • chol. 259mg • sod. 777mg • fiber 11g

CHICKEN WITH PESTO AND SHREDDED CARROTS

A quick, easy way to combine meat and vegetables in a single serving. May be served hot or cool and sliced to serve on a bed of salad greens for a warm weather meal.

Makes 6 servings

Preparation: 15 minutes + 22 minutes steaming time

- 6 boneless, skinless chicken breast halves (about 5 ounces each)**
- 3 – 6 teaspoons pesto (homemade or purchased)**
- 6 ounces carrots, peeled and shredded (about 1-1/2 cups)**
- kosher salt, to taste**
- freshly ground black pepper, to taste**

Have ready 6 sheets of Saran™ Classic Wrap, each about 12 inches in length.

Trim chicken of all visible fat and gristle. Rinse in cold water and dry. Cut a sheet of plastic wrap about 20 inches in length. Place a boneless chicken breast half on one side of the wrap, and fold the wrap over the chicken. Use a flat mallet or pounder to pound the chicken to an even thickness of about 1/4 inch. Repeat until all the chicken has been pounded.

Place the chicken “skin” side down on the work surface. Spread each chicken breast with 1/2 – 1 teaspoon of pesto, and spread 1/4 cup of shredded carrots evenly over each. Starting from one of the short ends, roll each piece of chicken jelly roll style. Sprinkle with salt and pepper to taste. Place a piece of rolled chicken in the center of one of the sheets of Saran™ Classic Wrap. Bring two sides of the wrap together over the chicken and fold down tightly; fold in the two open edges and tuck under the chicken.

Arrange the chicken in the steamer trays, taking care not to push the rolls against each other or the sides of the steamer trays. Steam for 22 minutes. Let rest for 1 minute. Use tongs to remove chicken rolls. Unwrap, slice and serve.

Nutritional Analysis per serving:

Calories 187 (19% from fat) • carbo. 3g • prot. 33g • fat 4g • sat. fat 1g • chol. 82 mg • sod. 286 mg • fiber 1g

BROWN RICE & BLACK-EYED PEAS WITH MARINATED VEGETABLES

If you don't have a Cuisinart® food processor, the vegetables may be sliced by hand, about 1/8 inch thick.

Makes 8 – 10 main dish servings

Preparation: 60 – 65 minutes, including steaming,
plus 12 hours to soak the beans

- 2/3 cup black-eyed peas**
- 1 cup brown rice**
- 2 cups vegetable stock or water**
- 1 bay leaf**
- 2 carrots, about 4 ounces, peeled**
- 10 ounces zucchini or yellow squash, halved lengthwise if thick**
- 1 red bell pepper, quartered and seeded**
- 1 stalk broccoli (about 8 ounces), florets removed and reserved, stem peeled**
- 2 cloves garlic, peeled**
- 3 tablespoons fresh herbs (mixed if available)**
- zest of 1/2 lemon, bitter white pith removed**
- 1 tablespoon lemon juice**
- 1-1/2 tablespoons extra virgin olive oil**
- 1/2 teaspoon freshly ground black pepper**
- 1/4 cup sun-dried tomatoes (not oil packed), chopped**
- kosher salt and freshly ground pepper to taste**
- fresh herbs for garnish**

Pick over beans thoroughly to remove any grit or stones, and rinse. Place in a medium bowl and cover with 2 inches of cold water. Allow the beans to soak at least 12 hours or overnight to rehydrate. Drain, rinse and drain again. Combine with the brown rice, stock and bay leaf in the rice bowl.

Fill the steamer reservoir and steam for 50 minutes.

While the rice and beans cook, shred and slice the vegetables. Insert the medium shredding disc in the Cuisinart® food processor and shred the carrots. Insert the 4mm slicing disc in the Cuisinart® food processor; slice the squash, bell peppers and

broccoli stem; transfer to a large bowl. In the Cuisinart® Mini-Prep® Plus, pulse to chop the garlic. Add the thyme, parsley, chives and lemon zest; chop for 15 – 20 seconds. Add the lemon juice, olive oil and black pepper; process to combine, 15 seconds. Pour this mixture over the vegetables and toss to combine; allow the vegetables to marinate while the rice and beans steam.

After 50 minutes, turn off steamer; check water reservoir and add more water as needed. Arrange the marinated vegetables in the second steamer basket and steam along with rice mixture for an additional 10 minutes. Turn off steamer; wait 1 minute. Transfer the steamed vegetables and rice/bean mixture to a large bowl and toss to combine. Stir in the reserved broccoli florets and chopped sun-dried tomatoes. Garnish with fresh herbs and serve.

Nutritional analysis per serving

(based on 8 servings):

Calories 198 (18% from fat) • carbo. 36gm • prot. 7gm • fat 4g •
sat. fat 1gm • chol. 0mg • sod. 72mg • fiber 6gm

MOCHA CRÉME BRÛLÉE

The Cuisinart® convection steamer is used in place of the traditional "bain marie", making crème brûlée simple to prepare.

Makes 6 servings

Preparation: 10 minutes, + 25 minutes steaming time and 45-60 minutes cooling; 4 hours chilling time; 5 minutes finishing.

May be done up to a day ahead; caramelize the sugar just before serving.

- 1 cup heavy cream**
- 1 cup whole milk**
- 1/4 cup light brown sugar**
- 3-1/2 ounces bittersweet chocolate, broken into 1-inch pieces**
- 1 tablespoon instant espresso**
- 4 large egg yolks**
- 1/3 cup granulated sugar**
- 1 tablespoon vanilla extract**

Fill the water reservoir and assemble the steamer. Heat the cream

and milk in a small saucepan until bubbly around the edges. Hold over low heat to keep warm.

Insert the metal blade in the Cuisinart® food processor. Pulse the light brown sugar 10 – 15 times to rapid sift and break up any chunks. Remove and reserve for topping. Process the chocolate with the instant espresso until finely chopped, about 30 seconds. Remove and reserve.

Process the egg yolks with the granulated sugar until thick and pale yellow in appearance, about 1-1/2 minutes.

Add the chopped chocolate mixture and process just to combine.

With the machine running, carefully add the hot cream mixture through the small feed tube. Process until the chocolate is totally melted, about 30 seconds.

Add the vanilla; process to combine, about 10 seconds.

Strain the custard base through a fine mesh strainer. Scoop off any foam and discard. Divide evenly among six 4-ounce ramekins.

Cover each one with Saran™ Classic wrap, and arrange the ramekins in the steamer. Place 3 ramekins in the rice bowl and 3 in the second steamer tray. Steam for 25 minutes. Turn off the steamer; let sit 10 minutes. Remove the convection fan and lid; use tongs to transfer the custards to a rack. They will still be jiggle in the center. Wipe off excess moisture and carefully remove plastic wrap. Use a damp towel to wipe off any sticky residue. Allow to cool to room temperature. Refrigerate for at least 4 hours, or up to 2 days to chill.

Sprinkle brown sugar evenly over the very cold custards, and place under a preheated broiler to melt the sugar. The sugar will then harden. Alternatively, the sugar may be melted with a small propane torch. Serve immediately.

Nutritional analysis per serving:

Calories 354 (62% from fat) • carbo. 29g • prot. 5g • fat 24g • sat. fat 11g • chol. 202mg • sod. 43mg • fiber 0g

CRANBERRY POACHED PEARS

Delicious served with vanilla ice cream or frozen yogurt.

Makes 6 servings

Preparation: 15 – 20 minutes, + 25 minutes steaming time and 10 minutes for reduction

6 ripe but firm pears
Juice of one lemon
3/4 cup dried cranberries
1-1/4 cups cranberry juice
2 teaspoons vanilla extract
Fresh mint leaves for garnish

Fill the water reservoir and assemble the steamer.

Peel the pears. Rub with lemon juice. Leave the pears whole, but core them. Stuff the hollow with dried cranberries. Arrange in the rice basket.

Add the cranberry juice, any remaining dried cranberries and vanilla.

Steam for 20 – 25 minutes until tender but still firm. Turn off the steamer and unplug; let cool 1 minute. Lift out carefully and allow the pears to cool in the poaching liquid. Chill if not serving immediately.

Just before serving, reduce the poaching liquid in a Cuisinart® 1-quart Windsor pan over medium heat until it measures 1/2 cup. Place each pear on a dessert dish and drizzle with the syrup. Garnish with fresh mint leaves.

Nutritional analysis per serving:

Calories 214 (4% from fat) • carbo. 54g • prot. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 5mg • fiber 6g

3 YEAR LIMITED WARRANTY

This warranty supersedes all previous warranties on Cuisinart® Steamers. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Steamer that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Steamer will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We suggest that you complete and promptly return the enclosed warranty registration card to facilitate verification of the date of original purchase. However, return of the warranty registration card is not a condition of these warranties. If your steamer should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190, or write to:

Cuisinart
150 Milford Road
East Windsor, NJ 08520

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

Your Cuisinart® Steamer has been manufactured to strict specifications. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

CALIFORNIA RESIDENTS ONLY

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

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

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a representative can confirm whether the product is under warranty and direct you to the nearest service location.

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

Cuisinart®

SAVOR THE GOOD LIFE®



Coffeemakers



Food Processors



Toaster Ovens



Blenders



Cookware



Ice Cream Makers

Discover the complete line of Cuisinart® brand premier kitchen appliances including food processors, mini food processors, hand mixers, blenders, toasters, coffeemakers, cookware, ice cream makers and toaster ovens at

www.cuisinart.com

*Saran™ Classic is a registered trademark of S.C. Johnson & Son, Inc.

© 2001 Cuisinart
Cuisinart® is a registered trademark of
Cuisinart
150 Milford Road
East Windsor, NJ 08520
Printed in China
01CU13171



IB-3627B