

The Most Trusted Name in the Kitchen®

Cuisinart®

FOOD SPIRALIZER



Instruction and Recipe Booklet

CTG-00-SPI4

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

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IMPORTANT SAFEGUARDS

SAVE AND READ THESE INSTRUCTIONS

CAUTION: THE CUTTING BLADES HAVE VERY SHARP EDGES.

Basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS, including these important safeguards.**
2. Close supervision is necessary when this spiralizer is used by or near children or individuals with certain disabilities.
3. Blades are extremely sharp. Handle carefully when in use or cleaning.
4. Be certain clear protective cover is securely locked in place before using.

FOR HOUSEHOLD USE ONLY

BEFORE USING

Wash all parts of the spiralizer with warm, soapy water, rinse, and wipe dry. Use caution when handling the cutting table where the blades are located – the blades are sharp!

ASSEMBLY

1. Insert the shaft into the hole of the protective cover. Screw the handle clockwise onto the stainless steel shaft to tighten
2. Screw the food holder to the bottom of the stainless steel shaft so that the teeth are pointed downward.
3. Set the cutting surface on the collection bowl (as shown in diagram) and turn clockwise to lock into collection bowl.



USING THE SPIRALIZER

1. Begin by cutting your fresh, raw food (vegetable/fruit) at least 1" in diameter and 1" to 3.5" in length. Make sure the top and bottom ends of your food pieces are cut straight and flat so that they can be held firmly in place by the teeth on the holder and the center pin on the cutting surface.
2. Move the Julienne blade dial from "Safe" position to the desired thick or thin julienne (refer to Cutting Options on page 6). Turn the Ribbon blade dial marked "Cut" out of safe mode, into the cut mode, where the blade will be visible.
3. Position one of the flat ends of the food on the center pin of the cutting surface. Apply enough pressure to stabilize the food item on the center pin.
4. The center pin keeps your food in place while you adjust the shaft and position the Cuisinart® Food Spiralizer's food holder so it is centered over the food item. As you turn the protective cover clockwise, the teeth of the holder will grip the food, holding it securely. Turn clockwise until protective cover locks into place.
5. Your food is now securely held in place between the teeth of the holder and the center pin on the cutting surface.
6. To start using your Cuisinart® Food Spiralizer, rotate the handle clockwise while applying downward pressure with the palm of your hand.

WARNING

Please remember to set all blades to the **SAFE** position (no blades or teeth will be visible on the cutting surface) before unlocking the collection bowl to retrieve food or before cleaning the unit.

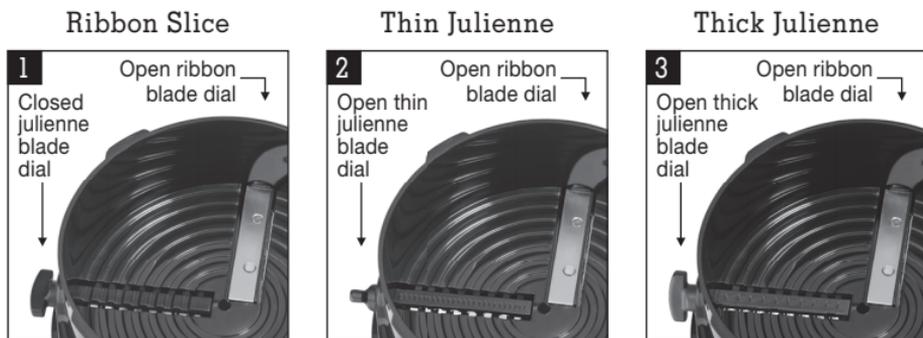
The Cuisinart® Food Spiralizer is not recommended for harder foods, e.g., butternut squash. Keep food spiralizer blades away from children.

CUTTING OPTIONS

Ribbon Slice (Figure 1) – Only the flat blade is being used. Adjust the Ribbon blade dial to Cut. Turn the Julienne blade dial to the Safe position, so that no julienne blade will be visible.

Thin Julienne (Figure 2) – Turn the Ribbon blade to the cut position. Turn the Julienne blade dial so that the thinly spaced blades (teeth) are visible.

Thick Julienne (Figure 3) – Turn the Ribbon blade to the cut position. Turn the Julienne blade dial so that the widely spaced blades (teeth) are visible.



USE AND CARE

Dishwasher-safe unit and parts.

WARRANTY

LIFETIME WARRANTY (U.S. and Canada ONLY)

Cuisinart® Tools & Gadgets are warranted to be free of defects in material and workmanship under normal home use from the date of original purchase throughout the original purchaser's lifetime. If your tool/gadget should prove to be defective within your lifetime, we will repair it (or, if we think it necessary, replace it) without charge to you, except for shipping and handling. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190, or write to Consumer Service Center, Cuisinart, 150 Milford Road, East Windsor, NJ 08520. To facilitate the speed and accuracy of your return, please enclose \$4.00 for shipping and handling of the product. Be sure to include a return address, description of the product problem, phone number, and any other information pertinent to the product's return. Please pay by check or money order made payable to Cuisinart. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discoloration or other damage to external or internal surfaces that does not impair the functional utility of the tool/gadget. This warranty also expressly excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the foregoing limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

CALIFORNIA RESIDENTS ONLY

California residents should call 1-800-726-0190 for shipping instructions. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling of such nonconforming products under warranty.

RECIPES

Cucumber Salad with Asian-Style Dressing

The thin and thick julienne settings are perfect for enjoying your favorite vegetables raw in a delicate salad like this one.

Makes 3 cups

Dressing:

- 2** **tablespoons rice vinegar**
- 2** **teaspoons reduced-sodium soy sauce**
- ¼** **teaspoon fish sauce (optional)**
- 1** **teaspoon packed light brown sugar**
- 1** **1-inch piece fresh ginger, peeled and grated**
- 1** **small garlic clove, grated**
- ⅓** **cup grapeseed oil**

Salad:

- 2** **tablespoons packed fresh cilantro leaves, roughly chopped**
- 2** **large carrots**
- 3** **medium radishes**
- 1** **large seedless cucumber**
- Pinch of salt, for serving**

1. Prepare dressing by combining all the ingredients in a large bowl. Fold in the cilantro. Set aside.
2. Trim vegetables to fit into spiralizer. Prepare carrots and radishes by spiralizing on the thin julienne setting. Add to the large bowl with the dressing.
3. Prepare cucumber by spiralizing on the thick julienne setting. Add to the large bowl with the carrots, radishes and dressing. Toss gently. Sprinkle with salt before serving.
4. Serve immediately.

Nutritional information per serving (1 cup):

*Calories 152 (70% from fat) • carb. 11g • pro. 1g • fat 12g • sat. fat 1g
chol. 0mg • sod. 108mg • calc. 39mg • fiber 2g*

Crispy Potatoes and Frizzled Onions

This spiralizer isn't just for the healthy—after all, doesn't almost everything taste better fried?

Serves 4 to 6 people

- 1 russet potato**
- 1 sweet potato**
- 1 medium onion**
- 4 cups vegetable or canola oil, for frying**
- $\frac{3}{4}$ teaspoon salt, divided**

1. Trim vegetables to fit into spiralizer. Prepare vegetables by spiralizing each on the thick julienne setting. Set aside.
2. Put vegetable oil in a medium saucepan*. Heat until oil reaches 375° F. Add russet potato to oil in two batches. Fry until golden brown, adjusting the heat as necessary, about 4 minutes per batch. Remove from oil and drain on a plate lined with paper towels. Sprinkle with a pinch of the salt.
3. When the oil reaches 375° F again, add the sweet potato. Fry until golden brown, about 4 minutes. Remove from oil and drain alongside fried russet potato. Sprinkle with a pinch of salt. Repeat with onion. Taste and adjust seasoning as desired.
4. Serve immediately.

***Note:** When frying, oil should be several inches deep to prevent crowding. There should also be at least 3 to 4 inches of clearance from the top of the pot to prevent splattering.

Nutritional information per serving (1 cup):

*Calories 333 (73% from fat) • carb. 22g • pro. 2g • fat 28g • sat. fat 48g
chol. 0mg • sod. 327mg • calc. 29mg • fiber 3g*

Fresh Summer “Spaghetti”

This light, stovetop dish is full of bright flavors and couldn't be easier to make.

Makes 5 cups

- 2 medium zucchini, about 1 pound total**
- 1 large carrot (only use wide end of carrot)**
- 2 tablespoons extra virgin olive oil**
- 2 garlic cloves, smashed**
- 1/4 teaspoon crushed red pepper**
- 1 pint grape tomatoes, halved**
- 3/4 teaspoon salt**
- 1/4 cup packed fresh basil leaves, sliced very thin**

1. Trim vegetables to fit into spiralizer. Prepare zucchini by spiralizing on the thick julienne or ribbon setting. Set aside. Prepare carrot by spiralizing on the thick julienne setting. Set aside with zucchini.
2. In a large skillet, heat olive oil, garlic and crushed red pepper over medium-high heat until hot and fragrant, about 5 minutes.
3. Add tomatoes and 1/4 teaspoon salt; cook until blistered, about 6 to 8 minutes.
4. Remove skillet from heat. Remove garlic cloves. Stir in zucchini, carrot, basil and remaining salt. Taste and adjust seasoning as desired.
5. Serve immediately.

Nutritional information per serving (1 cup):

*Calories 81 (62% from fat) • carb. 7g • pro. 2g • fat 6g • sat. fat 1g
chol. 0mg • sod. 338mg • calc. 29mg • fiber 2g*

Pear Chips

With just the right amount of sweetness, these pear chips make the perfect snack.

Makes about 50 chips

- 1 pear, firm**
- 2 teaspoons ground cinnamon**
- 1 teaspoon brown sugar**
- 1 teaspoon granulated sugar**

1. Trim pear to fit into spiralizer*. Preheat oven to 300° F. Prepare 2 baking trays with parchment paper. Set aside. Combine cinnamon and sugars in a small bowl. Set aside.
2. Prepare pear by spiralizing on ribbon setting. Break large pieces into single layer rounds and place on prepared baking trays. Sprinkle pears evenly with 2 teaspoons of cinnamon sugar mixture. Turn pears over and sprinkle with remaining cinnamon sugar.
3. Bake for 45 minutes, rotating pans halfway through baking. Remove from oven and let pears cool so they become crunchy, at least 5 minutes.

***Note:** To make fruit or vegetable chips, trim both ends of the fruit or vegetable, making sure they are flat and even. Position tip of sharp knife over middle of top of core and cut straight down (leaving 1/4" from the bottom uncut) on one side only. As food spiralizes, chips are pre-cut – there's no long spiral that needs to be cut into pieces.

Nutritional information per serving (10 chips):

*Calories 56 (2% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g
chol. 0mg • sod. 1mg • calc. 8mg • fiber 2g*

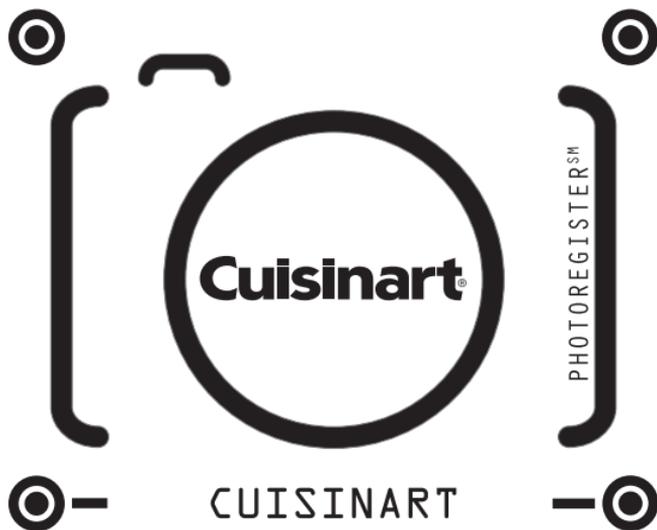
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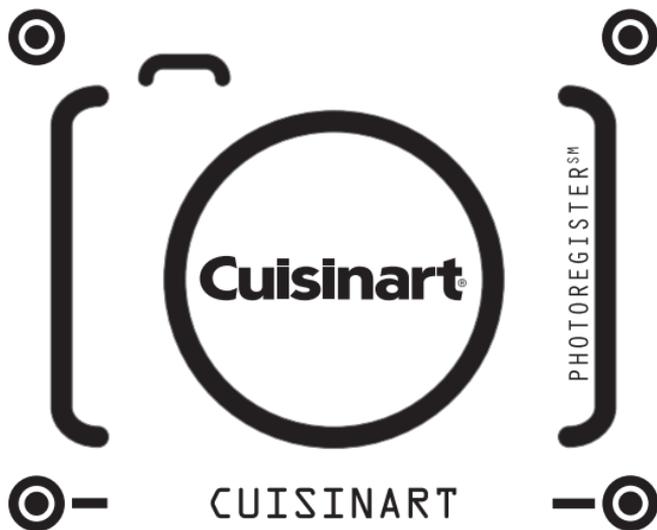
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150 Milford Road, East Windsor, NJ 08520
Printed in China
17CT028218

IB-15006