

Cuisinart®

**INSTRUCTION AND
RECIPE BOOKLET**



Spice and Nut Grinder

SG-10A

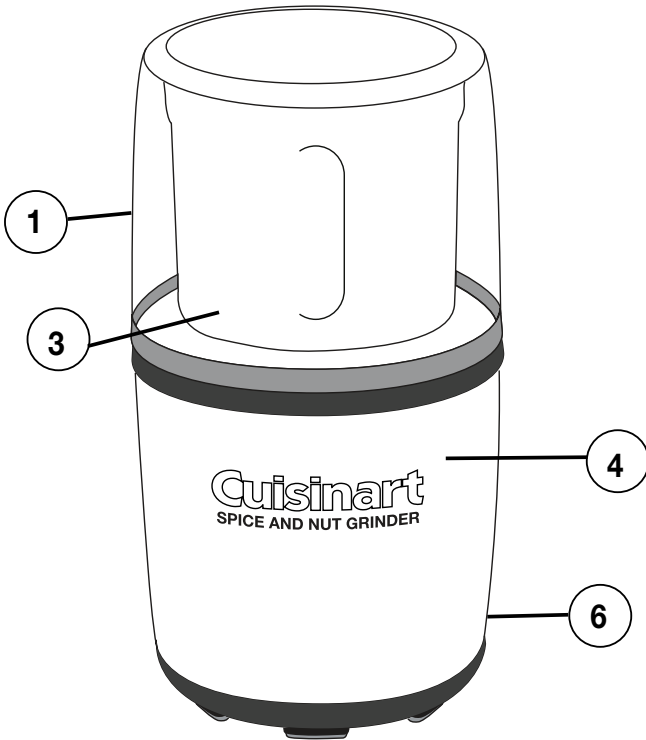
For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

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

- 1. READ ALL INSTRUCTIONS.**
2. To protect against risk of electrical shock, do not immerse cord, plug or grinder in water or other liquid.
3. This appliance should not be used by or near children or individuals with certain disabilities.
4. Unplug from outlet when not in use, before putting on or taking off parts, before removing nuts or spices and before cleaning.
5. Avoid contact with moving parts.
6. 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 the nearest authorized Cuisinart service facility for examination, repair, or mechanical or electrical adjustment.
7. The use of attachments not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not attempt to defeat the cover interlock mechanism.
11. Do not use appliance for other than intended use.
12. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
13. Children should be supervised to ensure that they do not play with the appliance.

SAVE THESE INSTRUCTIONS



-
- 1. Activation Lid**
 - 2. Stainless Steel Blades (not shown)**
 - 3. Stainless Steel Removable Bowl**

- 4. Grinder Base**
- 5. Storage Lid (not shown)**
- 6. Cord Storage**
- 7. BPA Free (not shown)**

OPERATING INSTRUCTIONS

1. Plug cord into outlet.
2. Remove lid from base of grinder.
3. Fill stainless steel bowl with desired spices or nuts. Please refer to Grinding Suggestions below for maximum capacities.
4. Make sure the grinding bowl is in the locked position.
Please note: A safety feature of this grinder prevents it from operating unless the lid is in place.
5. Place the lid on the grinder base. Push the lid down and hold to begin the grinding.
6. Grind until desired consistency is achieved. To stop grinding, release pressure from the lid.
7. Remove plug from outlet.
8. To store unused spices, remove grinding bowl and cover with storage lid.

GRINDING SUGGESTIONS

Spice/Nut	Time/Comments
Black Peppercorns 1 tablespoon	Process for 10 seconds
Nutmeg 1 whole nutmeg	Pulse 15 times, then process for 10 seconds
Whole Cinnamon Sticks 2, halved	Process for 35 seconds
Whole Cloves 1 tablespoon	Process for 25 seconds
Anise or Fennel Seeds 1 tablespoon	Process for 30 seconds
Flax or Sesame Seeds 2 tablespoons	Process for 10 seconds
Nuts (to achieve chopped nuts) ¼ cup	Pulse to roughly chop
Nuts (to achieve a nut flour) ¼ cup	Pulse 15 times, then process for 10 seconds

Note: Maximum capacity for spices is ½ cup.
Maximum capacity for nuts is ½ cup (with the exception of almonds—maximum capacity is ¼ cup.)

Note: If motor overheats and unit stops, please wait 30 minutes for the motor to cool down to room temperature and resume grinding.

CLEANING/STORAGE INSTRUCTIONS

1. Be sure that grinder's electric plug has been removed from outlet.
2. All removable parts are dishwasher safe on the top rack. Do not put parts on bottom shelf. Never immerse the grinder base unit in water or other liquid.
3. Store excess cord by pushing a section at a time into the cord storage area in the base of the unit.
4. Clean base with wet cloth.

FOR HOUSEHOLD USE ONLY

LIMITED 18-MONTH WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Spice and Nut Grinder that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Spice and Nut Grinder will be free of defects in materials and workmanship under normal home use for 18 months from the date of original purchase.

We suggest you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Spice and Nut Grinder should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, please register your warranty online at **www.cuisinart.com.au**

or

Call toll-free
1800 808 971 (AUST), 0800 435 000 (NZ),

or

Write to
Cuisinart Australia
24 Salisbury Road
Asquith NSW 2077

or

Cuisinart New Zealand
44 Apollo Drive Mairangi Bay
Auckland New Zealand

This warranty expressly excludes any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart.

This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use.

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Spiced Mixed Nuts

You may substitute your favourite nuts and spices for the ones we have suggested.

Makes about 4 cups

- 1 whole cinnamon stick**
- 2 star anise pods**
- 1 whole nutmeg**
- ¼ teaspoon whole cloves**
- 1½ cups pecans**
- 1 cup almonds**
- 1½ cups walnuts**
- ⅓ cup light brown sugar**
- 1¼ teaspoons table salt**
- pinch cayenne pepper**
- 1 large egg white, lightly beaten**

Preheat oven to 165°C. Line a rimmed baking pan with parchment paper; reserve.

Place the cinnamon, star anise, nutmeg and cloves in the bowl of the Cuisinart® Spice & Nut Grinder. Pulse 15 times, and then process until finely ground, about 10 seconds.

Place the nuts, sugar, spices, salt and cayenne in a large bowl; toss to combine. Add the egg white and mix until completely combined. Spread the nut mixture evenly on the prepared pan and place in the preheated oven. Bake, tossing every 10 minutes, for about 30 to 35 minutes.

Nutritional information per serving (¼ cup):

*Calories 200 (74% from fat) • carb. 9g • pro. 5g • fat 17g
sat. fat 2g • chol. 0mg • sod. 190mg • calc. 49mg • fibre 3g*

Chai

While this tea is best prepared with half-and-half* reduced fat or soy milk may be substituted.

Makes about four 240g servings

- 1** **teaspoon whole black peppercorns**
- ¾** **teaspoon whole cloves**
- 2** **whole cinnamon sticks**
- 1** **star anise pod**
- 5** **cups half-and-half***
- 1** **cup water**
- 1** **teaspoon pure vanilla extract**
- 1** **4cm piece of fresh ginger, peeled**
- ¼** **teaspoon orange zest**
- 6** **black tea bags (Darjeeling or Ceylon is recommended)**
- 3** **tablespoons honey**

Place the peppercorns, cloves, cinnamon sticks and star anise in the bowl of the Cuisinart® Spice & Nut Grinder. Pulse 2 to 3 times, and then process until finely ground, about 30 seconds. Reserve.

In a medium saucepan set over medium-low heat, bring the half-and-half*, water and vanilla to a boil. Once the mixture comes to a boil, stir in the reserved spices, ginger and orange zest. Let the mixture simmer 10 to 15 minutes. Add the tea and let simmer 4 to 6 minutes.

Strain mixture and stir in honey. Serve in individual mugs.

Nutritional information per serving:

*Calories 480 (67% from fat) • carb. 29g • pro. 9g • fat 35g
sat. fat 22g • chol. 110mg • sod. 130mg • calc. 356mg • fibre 2g*

* Half-and-half refers to 1/2 cup of whole milk and 1/2 cup of single cream.

Tahini

A vital ingredient to hummus, this sesame paste is very versatile and can be used as a base in salad dressings or sauces.

Makes about 1/3 cup

- ½** **cup sesame seeds, toasted and cooled**
- 2** **tablespoons extra virgin olive oil**
- pinch sea salt**

Place the sesame seeds in the bowl of the Cuisinart® Spice & Nut Grinder. Pulse 6 to 8 times, until finely ground. Add the olive oil and salt and process 30 to 40 seconds, or until a paste forms.

Store the tahini in an airtight container in the refrigerator for up to 3 months.

Nutritional information per serving (1 tablespoon):

*Calories 100 (83% from fat) • carb. 3g • pro. 2g • fat 10g
sat. fat 2g • chol. 0mg • sod. 30mg • calc. 14mg • fibre 2g*

Tahini Vinaigrette

This recipe may be easily modified by using a different flavour oil or vinegar.

Makes about ½ cup

- 3** garlic cloves
- 1** tablespoon balsamic vinegar
- 2** tablespoons tahini (see previous recipe)
- 1** tablespoon fresh lemon juice
- ¼** teaspoon sea salt
- ⅙** teaspoon freshly ground black pepper
- 3** tablespoons extra virgin olive oil

Place garlic in the work bowl of a Cuisinart® Mini Chopper or Food Processor; pulse on chop 5 times. Scrape the work bowl. Add the vinegar, tahini, lemon juice, salt and pepper. Process until smooth, about 5 seconds. With the machine running, add the oil slowly, in a steady stream, through one of the holes in the recessed area of the lid or the feed tube. After all the oil has been added, process for an additional 10 seconds. Taste and adjust seasonings as needed.

Nutritional information per serving (1 tablespoon):
Calories 70 (89% from fat) • carb. 1g • pro. 1g • fat 8g
sat. fat 1g • chol. 0mg • sod. 80mg • calc. 6mg • fibre 0g

Hummus

Makes about 2 cups

- 1** garlic clove
- 1** can (570g) chickpeas (about 2 cups)
- 3** tablespoons tahini (page 8)
- ¼** teaspoon ground cumin
- 2** tablespoons fresh lemon juice (about ½ medium lemon)
- ¼** teaspoon sea salt
- ¼** teaspoon freshly ground black pepper
- ⅙** teaspoon cayenne, or to taste
- ⅓** to ½ cup extra virgin olive oil

Place the garlic in a Cuisinart® Food Processor fitted with the metal chopping blade. Pulse until finely chopped. Add the chickpeas, tahini, cumin, lemon juice, salt, black pepper and cayenne. Process until smooth. With the machine running, add the olive oil, through the feed tube, in a steady stream and process until the mixture is smooth and creamy.

Nutritional information per serving (¼ cup):
Calories 150 (60% from fat) • carb. 12g • pro. 4g • fat 10g
sat. fat 2g • chol. 0mg • sod. 75mg • calc. 24mg • fibre 3g

Pad Thai Noodles

Makes four servings

- ¾ cup unsalted peanuts, divided**
- 240g rice noodles**
- 3 tablespoons ketchup**
- ¼ cup fish sauce**
- 1 tablespoon granulated sugar**
- 2 tablespoons fresh lime or lemon juice, divided**
- 1 tablespoon white vinegar**
- ¼ teaspoon freshly ground black pepper**
- 2 tablespoons vegetable oil**
- 2 large eggs, lightly beaten**
- 2 garlic cloves, finely chopped**
- 2 shallots, finely chopped**
- 2 cups bean sprouts**
- ¾ cup chopped fresh coriander**

Place the peanuts in the bowl of the Cuisinart® Spice & Nut Grinder. In very short bursts, pulse until the peanuts are roughly chopped. Reserve. Please note: grind only ½ cup of peanuts at a time.

Bring a stockpot with 4 litres of water to a boil. Add the rice noodles and turn off the heat. Let noodles sit about 5 minutes; drain and reserve.

In a small bowl, whisk the ketchup, fish sauce, sugar, 1½ tablespoons of the lime/lemon juice, vinegar and black pepper until completely combined. Reserve.

Heat a large sauté pan over medium-high heat; add oil. Once oil is hot and shimmering, add the eggs and scramble. Add the garlic and shallots; sauté until softened and fragrant. Add the cooked noodles; stir fry about 1 minute to mix with the egg and vegetables. Add the reserved sauce and cook an additional 2 to 3 minutes, until well combined.

Add ½ cup of the peanuts and the bean sprouts and mix until combined. Turn off the heat and transfer to a large shallow bowl or platter. Add the remaining peanuts, lime/lemon juice and the coriander.

Serve immediately.

Nutritional information per serving (2 cups):

*Calories 420 (30% from fat) • carb. 63g • pro. 13g • fat 14g
sat. fat 3g • chol. 105mg • sod. 1380mg • calc. 74mg • fibre 3g*

Peanut Dipping Sauce

A classic accompaniment to summer rolls (see following recipe), this sauce can also be used with noodles or on chicken.

Makes about 1 cup

- ½ cup unsalted peanuts, toasted**
- ¼ cup cream of coconut**
- 1 garlic clove**
- ½ teaspoon red chili paste**
- ¼ teaspoon fish sauce**
- 1 tablespoon soy sauce**

-
- ½ **teaspoon hoisin sauce**
 - ½ **tablespoon fresh lime juice**
 - ½ **cup water**

Place the peanuts in the bowl of the Cuisinart® Spice & Nut Grinder. Pulse 15 times, then process for 10 seconds, or until finely ground.

Place the remaining ingredients in a medium saucepan set over medium low heat; whisk to combine. Stir in the ground peanuts. Bring mixture to a simmer; let cook until sauce has thickened, about 20 to 30 minutes.

Serve at room temperature.

Nutritional information per serving (2 tablespoons):
Calories 80 (70% from fat) • carb. 4g • pro. 3g • fat 6g
sat. fat 2g • chol. 0mg • sod. 290mg • calc. 7mg • fibre 1g

Vegetable Summer Rolls

Makes eight servings

- 210-240g firm tofu (about 1¼ cups), cut into 2.5cm pieces**
- 2 tablespoons soy sauce**
- 1 tablespoon sesame oil**
- 8 20cm rice paper rounds**
- 4 leaves lettuce (butter or Boston variety works best), halved**
- ⅓ cup chopped fresh coriander**
- 1 large carrot, cut into 5 cm thin slices (julienne)**
- 3 spring onions, thinly sliced**
- 24 fresh basil leaves**
- 15g fresh ginger, cut into 5 cm thin slices (julienne)**

Marinate the tofu with the soy sauce and sesame oil for about 10 minutes.

While tofu is marinating, heat a large sauté pan over medium-high heat. Sauté the tofu in the hot pan for about 30 seconds per side. Reserve.

In a shallow baking pan, soak rice paper in hot water to cover until softened, about 30 seconds per paper.

Carefully lay the soaked rice paper on a plate. Arrange one half of the lettuce on the paper, leaving a 2.5cm border along the edge. Top the lettuce with one-eighth of the tofu, coriander, carrots, spring onions, basil and ginger. Fold the corners of the long side over the filling and, rolling away from you, roll up the filling in the wrapper, sealing the roll, using some water if necessary.

Repeat with remaining rice paper and fillings.

Serve with peanut dipping sauce (see previous recipe).

Note: If you wish to make spring rolls instead of summer rolls, use egg roll wrappers. Fill and wrap in the same fashion as the summer rolls, but instead fry in ½ cups of vegetable oil heated to 175°C in a large sauté pan – about 15 seconds per side of egg roll.

Nutritional information per serving (based on 1 summer roll):
Calories 90 (15% from fat) • carb. 14g • pro. 5g • fat 2g
sat. fat 0g • chol. 5mg • sod. 150mg • calc. 51mg • fibre 1g

Pistachio Crusted Rack of Lamb

This delicious lamb is perfect for a special occasion.
Hazelnuts work just as well as pistachios.

Makes 2 servings

- ½ cup shelled pistachios, roasted and salted**
- 2 garlic cloves, peeled and crushed**
- 2 thyme sprigs**
- 2 tablespoons plus 1 teaspoon olive oil**
- 1 lamb rack, approximately 680g, frenched***
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground pepper**
- ½ teaspoon Dijon style mustard**

Place pistachios in the bowl of the Cuisinart® Spice & Nut Grinder. Chop the nuts by pulsing until roughly chopped. Remove chopped nuts and reserve on a plate.

In a shallow bowl that can accommodate the lamb, place the garlic, thyme, and 2 tablespoons of olive oil. Place lamb in the bowl. Liberally rub the lamb with the oil and sprinkle it all over with the salt and pepper. Let stand for about 30 minutes.

Preheat oven to 200°C.

Place a skillet over medium high heat and add the remaining olive oil. When oil is hot and just about smoking, add the lamb. Brown both sides of the lamb well, about 5 minutes per side. If oil begins to smoke, reduce the heat slightly.

Once lamb is well browned, rub the meat with the mustard. Roll both sides of the meat in the reserved chopped nuts to create a crust. Transfer rack to a baking sheet and place in preheated oven. Roast lamb for about 12 to 15 minutes. Lamb is medium rare when an instant-read thermometer reads 55°C.

Allow lamb to rest out of the oven for 10 minutes before cutting.

To serve, cut individual chops by using a sharp knife to cut between each rib.

*Any butcher can trim the lamb this way.

Nutritional information per serving:

*Calories 320 (77% from fat) • carb. 10g • pro. 10g • fat 28g
sat. fat 6g • chol. 15mg • sod. 440mg • calc. 46mg • fibre 3g*

Crab and Seafood Seasoning

This seasoning can be very versatile – perfect in crab cakes
but also a great seasoning for poultry and French fries!

Makes about ¼ cup

- 1 tablespoon celery seed**
- 1 tablespoon black peppercorns**
- ½ teaspoon mustard seeds**
- 4 whole cardamom pods, hulled, casings discarded**
- 4 bay leaves, torn into 3 to 4 pieces**

-
- ½ teaspoon kosher salt**
 - ⅛ teaspoon ground ginger**
 - ½ teaspoon paprika**
 - 3 to 4 whole cloves**

Place all spices in the bowl of the Cuisinart® Spice & Nut Grinder. Pulse 5 times and then process until finely ground, about 20 seconds.

Use immediately or contain in a sealed glass jar. Store in a dry, cool place.

Crab Cakes

Makes about eight crab cakes

- 480g lump crab meat**
- 1 teaspoon extra virgin olive oil**
- 1 medium red bell pepper, cut into small dice**
- 1 jalapeño pepper, seeded and finely chopped**
- 3 spring onions, chopped (approximately ⅓-½ cup)**
- 1 garlic clove, finely chopped**
- ¼ teaspoon kosher salt**
- 1 egg, lightly beaten**
- 1½ cups panko breadcrumbs plus extra for dredging**
- ½ cup mayonnaise**
- 1 teaspoon Worcestershire sauce**
- 1 teaspoon Dijon mustard**
- 1½ teaspoons homemade crab seasoning (preceding recipe)**
- hot sauce (optional)**
- 1 tablespoon vegetable oil**

Look through crabmeat to make sure there are no shells or cartilage. Reserve in refrigerator.

Place the olive oil in a 26cm skillet and place over medium heat. Add the peppers and onion and sweat for at least 5 minutes until the vegetables soften slightly. Stir in the garlic and salt and cook for another 5 minutes. Remove the vegetables from the heat and allow them to cool for a few minutes. Once the vegetables are cool to the touch add them to the crabmeat. To the mixture add the egg, panko, mayonnaise, Worcestershire, Dijon, and crab seasoning, and dash or two of hot sauce if desired. Very gently mix all ingredients together. The best way to mix the crab mixture is with clean hands; however, you can mix with a spoon. It is important to mix carefully to keep the crabmeat intact.

From the mixture form ¼-cup oval cakes with your hands and place them on a clean plate, separating the layers of patties with wax paper. Cover with plastic and refrigerate for 1 hour before sautéing.

Place a Cuisinart nonstick skillet over medium high heat and add the oil. Dredge the crab cakes in remaining panko crumbs. When oil is hot, sauté crab cakes in batches, approximately 3 to 5 minutes per side. Crab cakes should be a deep golden brown on each side.

Serve immediately. Lemon wedges make a nice accompaniment.

Nutritional information per crab cake:

*Calories 220 (41% from fat) • carb. 17g • pro. 15g • fat 10g
sat. fat 2g • chol. 90mg • sod. 500mg • calc. 106mg • fibre 1g*

Five Spice Powder

This traditional Chinese seasoning blend has a unique flavour – use sparingly though, as a little does go a long way.

Makes about 3 tablespoons

- 1 star anise pod**
- 2 teaspoons Szechuan peppercorns (may use black peppercorns)**
- ½ teaspoon fennel seed**
- ½ teaspoon whole cloves**
- 1 2.5cm piece cinnamon stick**

Combine all ingredients in the bowl of the Cuisinart® Spice & Nut Grinder. Pulse spices 2 to 3 times and then process until completely ground, about 40 to 50 seconds.

Use immediately or contain in a sealed glass jar. Store in a dry, cool place.

Five Spice Stir Fry with Tofu, Broccoli and Eggplant

Makes 4 servings

- 3 tablespoons vegetable oil, divided**
- 1 pound extra-firm tofu, drained well, dried and cut into 1.5cm dice**
- 240g eggplant, peeled and cut into 2cm dice**
- 1 small head broccoli, cut into small florets**
- 2 garlic cloves, finely chopped**
- 1 5cm piece ginger, peeled and finely chopped**
- ½ teaspoon five spice powder (preceding recipe)**
- 3 cups fresh spinach leaves, stems removed and roughly chopped**

Sauce:

- ¾ cup chicken broth, reduced sodium**
- 1 tablespoon oyster sauce**
- 2 teaspoons tamari or soy sauce**
- 1 teaspoon cornstarch**
- ¼ cup thinly sliced basil**

Place a large nonstick skillet or wok over medium high heat with 2 tablespoons of oil. When oil is hot and almost smoking, pan-fry tofu in batches. When tofu is golden on all sides remove and reserve.

Add remaining oil to pan and pat eggplant dry with paper towel. Once the oil is hot, stir in the eggplant. Sauté until eggplant begins to colour, add the broccoli and continue to sauté until broccoli begins to brown and becomes slightly tender, about 10 to 15 minutes total after eggplant hits the pan. Add the garlic, ginger and five spice powder to the pan. Stir over heat for about 2 minutes. Once ingredients become fragrant, add the spinach. Turn heat to low and cover pan.

Stir sauce ingredients together in a liquid measuring cup. Pour sauce into pan and increase heat so that sauce begins to simmer. Simmer ingredients for about 1 minute over low heat.

Serve in shallow bowls with jasmine rice.

Nutritional information per serving:

*Calories 240 (47% from fat) • carb. 19g • pro. 15g • fat 13g
sat. fat 2g • chol. 0mg • sod. 610mg • calc. 144mg • fibre 7g*

Red Chili Powder

Chili powder can be as hot or as mild as you would like; choose the chiles accordingly – anchos are mild while habaneros and guajillos tend to be hot.

Makes ¼ cup

- 90g mixed dried chiles (i.e. ancho, guajillo)**
- 1 teaspoon dried oregano**
- 1 teaspoon garlic powder**
- ½ teaspoon cumin seed, toasted**
- ¼ teaspoon cayenne powder**

Toast chiles in a dry skillet over medium heat, toasting each side for a few minutes until they are fragrant. Cool and remove seeds and skin from the chiles. Break the chiles into 2.5cm pieces. Place them in the bowl of the Cuisinart® Spice & Nut Grinder. Pulse 10 times, and then process until ground, about 30 to 40 seconds. To the ground chiles add the oregano, garlic powder, cumin, and cayenne. Grind spices together for 30 seconds.

Use immediately or contain in a sealed glass jar. Store in a dry, cool place.

Red Chile Stew

This hearty stew has a smoky yet subtly spicy flavour. It is best served with a side of rice, sliced avocado, sour cream, and tortillas.

Makes 8 cups

- 450g beef stew meat**
- 1¼ teaspoons kosher salt, divided**
- 1 teaspoon freshly ground pepper**
- ½ teaspoon vegetable oil**
- 2 medium onions, cut into small dice**
- 1 large red pepper, cut into small dice**
- 3 garlic cloves, finely chopped**
- ¼ cup red chili powder (preceding recipe)**
- 1 tablespoon paprika**
- 1 teaspoon dried oregano**
- 1 cup beer**
- 1 can (840g) plum tomatoes, roughly chopped**
- 2 chipotle peppers, puréed**
- 2 cups chicken or beef stock**
- 2 medium red potatoes, peeled and cut into 2.5cm cubes* (about 2 cups diced)**
- 1 can (450 grams) red beans, rinsed and drained**

Season the beef all over with ¼ teaspoon of salt and the ¼ teaspoon of pepper. Heat an 8-litre stockpot over medium heat. Once hot, add the oil to pot. Brown the beef on all sides in two batches – be careful not to overcrowd the pan. Be patient as well, being sure to let meat brown before moving – each batch should take about 8 to 10 minutes. Reserve all browned meat in a stainless mixing bowl.

Add chopped onions and pepper to stockpot. Sauté for about 3 minutes. Stir in the chopped garlic and continue to sauté for another 4 to 5 minutes until all vegetables are soft. Add the chili powder, paprika, and dried oregano to the vegetables and then stir in the reserved meat.

Stir in the beer and let simmer until almost completely reduced. Add the canned tomatoes, puréed chipotles, and stock. Bring the stew to a boil. Once boiling, reduce temperature so that stew remains at a simmer. Simmer stew for about 3 to 4 hours, until meat is completely tender. Once tender, add the potatoes and beans to the stew and continue to simmer for an additional 45 minutes.

Stew is ready to serve at this point. Flavours are even better, however, the following day.

*Once potatoes are peeled and cut, keep them submerged in cold water until they are needed.

Nutritional information per serving (1 cup):

*Calories 354 (45% from fat) • carb. 20g • pro. 29g • fat 18g
sat. fat 6g • chol. 79mg • sod. 555mg • calc. 53mg • fibre 5g*

Curry Powder

Curry powder is actually a blend of many different ground spices. The possibilities of spice combinations are endless. Here is one option.

Makes about 5 tablespoons

- 2 tablespoons whole coriander seed**
- 2 tablespoons black peppercorns**
- 2 teaspoons whole cumin**
- 1 teaspoon cardamom seeds, hulled, casings discarded**
- ¼ teaspoon mustard seeds**
- ¼ teaspoon fennel seeds**
- 2 to 3 small, dried red chiles**
- 1 teaspoon turmeric**
- 1 teaspoon ground ginger**
- ¼ teaspoon whole cloves**

In a dry skillet over low heat, place the coriander, peppercorns, cumin, cardamom, mustard, fennel seeds, and chiles. Roast the seeds slowly until the seeds begin to pop, be careful not to burn. Place all in the bowl of the Cuisinart® Spice & Nut Grinder. Add the turmeric, ginger, and cloves. Process spices together until completely ground, about 30 seconds.

Use immediately or contain in a sealed glass jar. Store in a dry, cool place.

Chicken Curry

This mildly spicy dish is best served with basmati rice.

Makes 3 to 4 servings

- 3** garlic cloves
- 1** centimetre piece of ginger, peeled and cut into 3 pieces
- 2** tablespoons plus 1 teaspoon vegetable oil or ghee*, divided
- 2** teaspoons curry powder (previous recipe)
- 680g** boneless chicken breast, cut into 4.5cm strips (cutting width-wise)
- ¼** teaspoon kosher salt
- ¼** teaspoon freshly ground black pepper
- 1** medium onion, finely chopped
- 1** jalapeño pepper, seeded and finely chopped
- 1** cup chicken broth, reduced sodium
- ½** cup coconut milk
- 1** medium sweet potato, about 240g, peeled and cut into 2.5cm dice**
- ½** cup frozen peas

Chop the garlic and ginger together in a Cuisinart® Mini Chopper or Food Processor. Heat a nonstick skillet over medium heat with 1 tablespoon of the oil or ghee. When oil is hot, stir in the chopped garlic and ginger. Cook until fragrant, about 1 minute. Stir in the curry powder and continue to cook for an additional minute or two.

Place chicken in a stainless mixing bowl and toss well with the garlic mixture. Cover with plastic wrap and refrigerate for 2 to 4 hours.

Once chicken has marinated, place a large sauté pan over medium to medium-high heat. Season the chicken with the salt and pepper. Add another tablespoon of oil and brown the chicken on both sides, about 2 to 3 minutes per side. Brown the chicken in batches so that the pan is not overcrowded. Once chicken is browned reserve in a separate bowl.

Add remaining oil to sauté pan and add the onions and jalapeño. Stir and sauté until vegetables are soft and lightly browned, about 5 minutes. Add chicken broth to the pan, scraping up any browned bits that have been left on the bottom. Stir in the coconut milk and add the sweet potato; cover. Reduce heat to low to let the sauce simmer lightly. After about 8 to 10 minutes add the reserved chicken. Continue to simmer, covered, until chicken is completely cooked through, about 5 to 8 minutes. Stir in the peas.

Serve in bowls with basmati rice.

*Ghee is clarified butter that is commonly used in Indian cooking. It is possible to clarify butter at home or a jar or it can be bought in specialty food stores.

**Hold the cut sweet potato in cold water so that it will not turn brown.

*Nutritional information per serving (based on 4 servings):
Calories 400 (37% from fat) • carb. 19g • pro. 42g • fat 16g
sat. fat 7g • chol. 100mg • sod. 420mg • calc. 63mg • fibre 4g*

Spiced Pecan Pie Crust

This pairs beautifully with our Pumpkin Pie (following recipe) but would also add a new twist to a New York style cheesecake.

Makes one 23cm pie crust

- 1 whole cinnamon stick**
- 1 whole nutmeg**
- ¾ cup pecans, toasted and cooled**
- ⅓ cup granita biscuit crumbs**
- 3 tablespoons light brown sugar**
- 1 tablespoon granulated sugar**
- ½ teaspoon table salt**
- ¼ cup unsalted butter, melted and cooled**
- ½ teaspoon pure vanilla extract**

Preheat oven to 190°C. Lightly coat a 23cm pie plate with nonstick cooking spray. Reserve.

Place the cinnamon stick, nutmeg and pecans in the bowl of the Cuisinart® Spice & Nut Grinder. Pulse 15 times, and then process until finely ground, about 10 seconds. Please be sure to grind only ½ cup at a time.

Place the spices, pecans, graham cracker crumbs, sugars and salt in a medium bowl. Whisk to combine. Slowly add the butter and vanilla until mixture is moist. Note: all of the butter may not be needed.

Press the mixture into the prepared pie plate. Bake in the preheated oven for 10 to 12 minutes.

*Nutritional information per serving (based on 12 servings):
Calories 120 (67% from fat) • carb. 9g • pro. 1g • fat 9g
sat. fat 3g • chol. 10mg • sod. 140mg • calc. 7mg • fibre 1g*

Pumpkin Pie

Makes 10 to 12 servings

- 1 Spiced Pecan Pie Crust (preceding recipe)**
- 1 whole cinnamon stick**
- 1 whole nutmeg**
- ½ teaspoon whole cloves**
- 2 cups canned pumpkin**
- 3 large eggs, lightly beaten**
- ¼ cup light brown sugar**
- ¼ teaspoon ground ginger**
- ¾ teaspoon table salt**
- ½ cup half-and-half***
- 1 teaspoon pure vanilla extract**
- ¼ cup pure maple syrup**

Preheat oven to 190°C. Prepare Spiced Pecan Pie Crust as instructed.

While the pie crust is baking, prepare the pie filling.

Place the cinnamon stick, nutmeg and cloves in the bowl of the Cuisinart® Spice & Nut Grinder. Pulse 15 times, and then process until finely ground, about 10 seconds. Reserve.

Add all of the ingredients, including the reserved spices, to a medium saucepan set over medium-low heat. Whisk to completely combine and continue to cook until the temperature of the mixture registers about 60°C.

Reduce the oven temperature to 175°C.

Pour the hot filling into the warm pie crust; bake for about 40 minutes, or until the pie filling is just set. Cool on a wire rack before serving.

Nutritional information per serving (based on 12 servings, including Spiced Pecan Pie Crust):

*Calories 200 (51% from fat) • carb. 21g • pro. 4g • fat 12g
sat. fat 4g • chol. 65mg • sod. 310mg • calc. 39mg • fibre 3g*

* Half-and-half refers to 1/2 cup of whole milk and 1/2 cup of single cream.

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