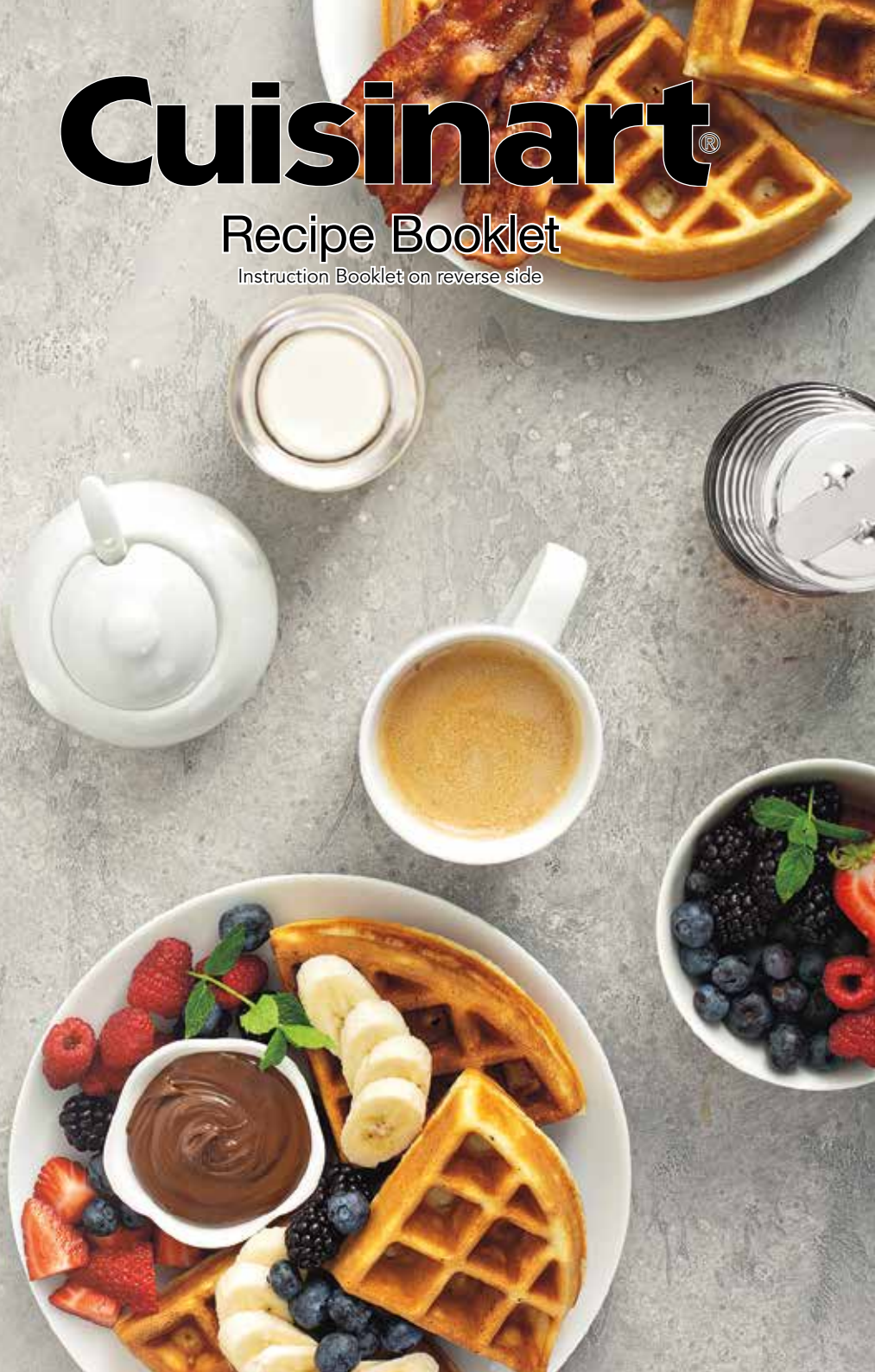


# Cuisinart®

## Recipe Booklet

Instruction Booklet on reverse side



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# VERTICAL WAFFLE MAKER

We've turned the everyday cumbersome waffle maker upside down, literally. With a revolutionary first-on-the-market design, take the guesswork and mess out of making the perfect Belgian-style waffle every time; light and fluffy with deep dimples to catch all your saucy syrups then layer upon layer with fresh and delicious toppings.

With its stand-up design, means instead of clumsily pouring the batter directly onto an open grill, the fill spout allows you to pour your batter directly into the waffle maker with ease, allowing the mixture to spread evenly across the interior surfaces, ensuring no batter-splatter and creating a consistently uniformed shape.

The ready-to-pour and ready-to-eat lights with audible alerts lets you relax and stops any temptation to check – simply choose your recipe then lock, dial and load. The turn dial allows you to select your ideal shade with a choice of 5 different settings; light and fluffy to golden and extra crispy, and always soft and steaming on the inside. Please note, because the waffle maker accommodates a range of mixtures we recommend experimenting a little bit with new recipes to learn the right setting in complementing your new recipe, and to ensure the waffle doesn't over-expand with different leavening agents or different thicknesses of mixture.

Better still, the Vertical Waffle Maker takes up less bench space and is easier to store. Whip it out for a café-style breakfast, savoury lunch or decadent dessert - at any time, day or night!

## QUICK TIPS

### EXTRA FLUFFY

If you want to make super-fluffy waffles, you need to whip extra air into the batter. However overbeating the batter will overwork the glutens. If you have the time, we highly recommend separating the eggs and beat until you form stiff peaks. This method creates extra air and the light and delicate foam carries that air into the waffle batter. Make the waffles as soon as possible; you don't want to stow this type of batter in the fridge as the whites will deflate.

### EGGLESS

All of our recipes include eggs, but do not worry as we have some great tips for substitutes. Whether you're looking to reduce your cholesterol and/or fat intake, are vegan or have a food allergy; we have you covered.

	Substitute
1 Egg	Mix together 1-1½ tablespoons vegetable oil, 1-1½ tablespoons water & 1 teaspoon baking powder into a paste.
	Mix ¼ cup of unsweetened apple sauce with 1 teaspoon of baking powder (reduce sugar if listed as an ingredient).
	Mix 3 tablespoons chickpea with 3 tablespoons water until creamy.
	¼ cup puréed tofu.

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## Buttermilk Waffles

Fresh, homemade waffles make breakfast a special occasion. Freeze the extras to use when time is short.

Makes 6 waffles

<b>2 cups</b>	<b>all-purpose flour</b>
<b>2tbsp</b>	<b>polenta or dried maize</b>
<b>2tbsp</b>	<b>white sugar</b>
<b>¾tsp</b>	<b>baking soda</b>
<b>¾tsp</b>	<b>flaked salt</b>
<b>2½ cups</b>	<b>buttermilk</b>
<b>3</b>	<b>large eggs</b>
<b>1tsp</b>	<b>pure vanilla extract</b>
<b>2/3 cup</b>	<b>vegetable oil</b>

1. Combine dry ingredients in a large mixing bowl; whisk until well blended. In either a large measuring cup or separate mixing bowl, combine the remaining ingredients and whisk to combine. Add the liquid ingredients to the dry ingredients and whisk until smooth.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Pour a scant cup of batter through the top of the spout. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

## Belgian Waffles

Whipped egg whites make these waffles light, fluffy & irresistible.

Makes 5 waffles

<b>2 cups</b>	<b>all-purpose flour</b>
<b>2tbsp</b>	<b>polenta</b>
<b>¾tsp</b>	<b>flaked salt</b>
<b>½tsp</b>	<b>baking soda</b>
<b>2</b>	<b>large eggs, separated</b>
<b>2½cups</b>	<b>buttermilk</b>
<b>¼ cup</b>	<b>vegetable oil</b>
<b>½tsp</b>	<b>pure vanilla extract</b>
	<b>Pinch cream of tartar</b>

1. Combine the first four ingredients in a large mixing bowl; whisk until well blended.
2. In either a large measuring cup or separate mixing bowl, combine the egg yolks, buttermilk, oil and vanilla extract and whisk until well combined. Add the liquid ingredients to the dry ingredients and whisk until smooth.
3. Put the egg whites and cream of tartar into a separate, clean, large bowl. Using either a whisk or a hand mixer fitted with a whisk attachment, whip to medium peaks. Using a large spatula, add the whipped whites to the rest of the batter and fold to combine – be sure there are no lumps of egg white in the batter. If necessary, whisk to smooth batter.
4. Preheat the waffle maker to desired setting (a tone will sound when preheated).
5. Slowly pour a full cup of batter through the top of the spout, being sure to allow the batter to flow into the waffle maker and not filling the spout with batter all at once. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

**NB:** Cup measurement is based on the 175ml measuring cup provided. Scant means just a little bit less-than i.e. not quite a full cup.

## Multigrain Waffles

A great mix of almond meal & wholemeal flour creates a more nutritious & nutty flavour. Simply top with fresh fruits & a squeeze of lemon juice for a healthier alternative.

Makes 4 waffles

<b>1 cup</b>	<b>wholemeal flour</b>
<b>½ cup</b>	<b>all-purpose flour</b>
<b>¼ cup</b>	<b>almond meal</b>
<b>¼ cup</b>	<b>wheat germ</b>
<b>1tsp</b>	<b>baking powder</b>
<b>½tsp</b>	<b>flaked salt</b>
<b>½tsp</b>	<b>ground cinnamon</b>
<b>¼tsp</b>	<b>baking soda</b>
<b>2 cups</b>	<b>dairy-free milk</b>
<b>2tsp</b>	<b>distilled white vinegar</b>
<b>2</b>	<b>large eggs</b>
<b>2tbsp</b>	<b>pure maple syrup</b>
<b>1tsp</b>	<b>pure vanilla extract</b>
<b>¼ cup</b>	<b>vegetable oil</b>
<b>2tbsp</b>	<b>flaxseed oil</b>

1. Combine dry ingredients in a large mixing bowl; whisk until well blended. In either a large measuring cup or a separate mixing bowl, combine the remaining ingredients and whisk until well combined. Add the liquid ingredients to the dry ingredients and whisk until smooth.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Pour a scant cup of batter through the top of the spout. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

## Buckwheat Waffles

Buckwheat imparts a natural nutty flavour to these waffles – they pair great with our Blueberry Syrup on page 11.

Makes 6 waffles

<b>1½cups</b>	<b>all-purpose flour</b>
<b>½cup</b>	<b>buckwheat flour</b>
<b>2tbsp</b>	<b>polenta</b>
<b>2tbsp</b>	<b>white sugar</b>
<b>¾tsp</b>	<b>baking soda</b>
<b>¾tsp</b>	<b>flaked salt</b>
<b>2½cups</b>	<b>buttermilk</b>
<b>3</b>	<b>large eggs</b>
<b>1tsp</b>	<b>pure vanilla extract</b>
<b>2/3cup</b>	<b>vegetable oil</b>

1. Combine dry ingredients in a large mixing bowl; whisk until well blended. In either a large measuring cup or separate mixing bowl, combine the remaining ingredients and whisk to combine. Add the liquid ingredients to the dry ingredients and whisk until smooth.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Pour a scant cup of batter through the top of the spout. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

**NB:** Cup measurement is based on the 175ml measuring cup provided. Scant means just a little bit less-than i.e. not quite a full cup.

## Gluten-Free Waffles

Just like our Buttermilk Waffles, but without the gluten. Create extra decadence when served with fruit & maple syrup.

Makes 3 waffles

<b>1½ cups</b>	<b>rice flour</b>
<b>¼ cup</b>	<b>tapioca starch</b>
<b>2tbsp</b>	<b>milk powder</b>
<b>2tbsp</b>	<b>white sugar</b>
<b>2tsp</b>	<b>baking powder</b>
<b>¾tsp</b>	<b>flaked salt</b>
<b>1½ cups</b>	<b>buttermilk</b>
<b>1</b>	<b>large egg</b>
<b>2tsp</b>	<b>pure vanilla extract</b>
<b>1/3 cup</b>	<b>vegetable oil</b>

1. Combine dry ingredients in a large mixing bowl; whisk until well blended. In either a large measuring cup or separate mixing bowl, combine the remaining ingredients and whisk to combine. Add the liquid ingredients to the dry ingredients and whisk until smooth.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Pour 1 full cup of batter through the top of the spout. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

## Polenta & Chives Waffles

These crispy, savoury waffles are good to serve with soup or your favourite chilli con carne/verduras in place of cornbread muffins. You may also try them with scrambled eggs & bacon for brunch or supper.

Makes 6 waffles

<b>2 cups</b>	<b>all-purpose flour</b>
<b>½ cup</b>	<b>polenta or dried maize</b>
<b>1 tsp</b>	<b>flaked salt</b>
<b>¾ tsp</b>	<b>baking soda</b>
<b>2½ cups</b>	<b>buttermilk</b>
<b>3</b>	<b>large eggs</b>
<b>2/3 cup</b>	<b>vegetable oil</b>
<b>¼ cup</b>	<b>finely chopped fresh chives</b>

1. Combine the flour, polenta, salt and baking soda in a large mixing bowl; whisk to combine. In either a large measuring cup or separate mixing bowl, combine the liquid ingredients and whisk to combine. Add to the dry ingredients and whisk until smooth. Fold in the chives.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Pour a scant cup of batter through the top of the spout. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

**NB:** Cup measurement is based on the 175ml measuring cup provided. Scant means just a little bit less-than i.e. not quite a full cup.

## Spicy-Cheese Waffles

Cheesy with a hint of spice, enjoy these waffles as a tasty savoury brunch dish or they can be part of an indulgent breakfast sandwich – each waffle quadrant serves as the “bread” which is then filled with a fried egg & more cheese!

Makes 6 waffles

<b>2 cups</b>	<b>all-purpose flour</b>
<b>¼ cup</b>	<b>polenta or dried maize</b>
<b>¾tsp</b>	<b>baking soda</b>
<b>½tsp</b>	<b>flaked salt</b>
<b>¼tsp</b>	<b>cayenne pepper</b>
<b>2½ cups</b>	<b>buttermilk</b>
<b>2</b>	<b>large eggs</b>
<b>2/3 cup</b>	<b>vegetable oil</b>
<b>½ cup</b>	<b>finely shredded Cheddar</b>

1. Combine the flour, polenta, baking soda, salt and spices in a large mixing bowl; whisk to combine. In either a large measuring cup or separate mixing bowl, combine the liquid ingredients and whisk to combine. Add to the dry ingredients and whisk until smooth. Fold in the Cheddar.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Slowly pour a scant cup of batter through the top of the spout, being sure to allow the batter to flow into the waffle maker and not filling the spout with batter all at once. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

## Chicken & Waffles

This is a Southern-American staple that's easy to make. The chicken is best when marinated overnight, or a minimum of 3 hours.

Makes 8 servings

### Fried Chicken:

<b>2 cups</b>	<b>buttermilk</b>
<b>1tbsp</b>	<b>hot sauce</b>
<b>1tbsp</b>	<b>Dijon-style mustard</b>
<b>1½tsp</b>	<b>flaked salt, divided</b>
<b>1½tsp</b>	<b>freshly ground black pepper, divided</b>
<b>8</b>	<b>boneless, skinless chicken breasts (700g), pounded thin</b>
<b>2 cups</b>	<b>all-purpose flour</b>
<b>1½tsp</b>	<b>baking powder</b>
<b>1tsp</b>	<b>paprika</b>
	<b>Vegetable oil for frying</b>
<b>4</b>	<b>prepared Polenta &amp; Chives Waffles (page 6), kept warm</b>

1. In a medium, non-reactive bowl stir together the buttermilk, hot sauce, mustard, 1 teaspoon salt and 1 teaspoon freshly ground pepper. Add the chicken pieces and coat well with buttermilk mixture. Refrigerate overnight.
2. In a shallow mixing bowl, mix together the flour, baking powder, paprika and remaining salt and pepper.
3. Preheat the your deep fryer to 190°C.\* While the oil is heating, line a baking pan with paper towels and insert a cooling rack inside the pan; reserve.
4. Remove chicken from buttermilk mixture, and lightly coat each chicken piece evenly with the flour mixture, tapping away any excess.
5. Fry chicken in batches, about 3 minutes per side. Internal temperature of chicken should register 80°C. Transfer to prepared cooling rack.
6. Spread a compound butter or mayonnaise on each waffle then place 2 chicken pieces on top; drizzle a savoury sweet sauce on top.

**NB:** Cup measurement is based on the 175ml measuring cup provided. Scant means just a little bit less-than i.e. not quite a full cup.

# SWEET/DESSERT

## Lemon & Poppy-Seed Waffles

These waffles are our Buttermilk Waffles with a few added ingredients. They are fresh & sweet – perfect when paired with warm maple syrup.

Makes 6 waffles

<b>2 cups</b>	<b>all-purpose flour</b>
<b>2tbsp</b>	<b>polenta</b>
<b>2tbsp</b>	<b>white sugar</b>
<b>2tbsp</b>	<b>poppy seeds</b>
<b>¼tsp</b>	<b>baking soda</b>
<b>¼tsp</b>	<b>flaked salt</b>
<b>2½ cups</b>	<b>buttermilk</b>
<b>2</b>	<b>large eggs</b>
<b>1tbsp</b>	<b>grated lemon zest</b>
<b>1tsp</b>	<b>fresh lemon juice</b>
<b>1tsp</b>	<b>pure vanilla extract</b>
<b>2/3 cup</b>	<b>vegetable oil</b>

1. Combine all dry ingredients in a large mixing bowl; whisk until well blended. In either a large measuring cup or separate mixing bowl, combine the remaining ingredients and whisk to combine. Add the liquid ingredients to the dry ingredients and whisk until smooth.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Pour a scant cup of batter through the top of the spout. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

## Ricotta & Raspberry Waffles

The addition of ricotta to the batter makes these waffles lighter in taste. We find that raspberry is a great partner to ricotta, but almost any fruit jam will work—use your favourite.

Makes 6 waffles

<b>2 cups</b>	<b>all-purpose flour</b>
<b>2tbsp</b>	<b>polenta</b>
<b>2tbsp</b>	<b>white sugar</b>
<b>¾tsp</b>	<b>baking soda</b>
<b>¾tsp</b>	<b>flaked salt</b>
<b>2 cups</b>	<b>buttermilk</b>
<b>2</b>	<b>large eggs</b>
<b>2/3 cup</b>	<b>ricotta</b>
<b>1tsp</b>	<b>pure vanilla extract</b>
<b>½ cup</b>	<b>vegetable oil</b>
<b>¼ cup</b>	<b>raspberry jam/preserves (preferably seedless)</b>

1. Combine dry ingredients in a large mixing bowl; whisk until well blended. In either a large measuring cup or separate mixing bowl, combine the buttermilk, eggs, ricotta, vanilla extract and oil; whisk to combine. Add the liquid ingredients to the dry ingredients and whisk until smooth. Dollop the jam/preserves over the batter and swirl in.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Slowly pour a scant cup of batter through the top of the spout, being sure to allow the batter to flow into the waffle maker and not filling the spout with batter all at once. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

**NB:** Cup measurement is based on the 175ml measuring cup provided. Scant means just a little bit less-than i.e. not quite a full cup.



## Banana Waffles

Classic waffles for a weekend brunch.

Makes 6 waffles

<b>2 cups</b>	<b>all-purpose flour</b>
<b>2tbsp</b>	<b>polenta or dried maize</b>
<b>2tbsp</b>	<b>light brown sugar</b>
<b>¾tsp</b>	<b>baking soda</b>
<b>¾tsp</b>	<b>flaked salt</b>
<b>¼tsp</b>	<b>ground cinnamon</b>
<b>2 cups</b>	<b>buttermilk</b>
<b>2</b>	<b>large eggs</b>
<b>1 cup</b>	<b>mashed banana (about 2 medium bananas)</b>
<b>2tsp</b>	<b>pure vanilla extract</b>
<b>2/3 cup</b>	<b>vegetable oil</b>

1. Combine dry ingredients in a large mixing bowl; whisk until well blended. In either a large measuring cup or separate mixing bowl, combine the remaining ingredients and whisk to combine (be sure the banana is well blended. If there are any lumps they can be smoothed out by using a stick or countertop blender, or a food processor). Add the liquid ingredients to the dry and whisk until smooth.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Pour a scant cup of batter through the top of the spout. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

## Chocolate Waffles

Kids will love having chocolate for breakfast, but these waffles also make a delicious dessert when topped with whipped cream or ice cream & berries.

Makes 6 waffles

<b>2 cups</b>	<b>all-purpose flour</b>
<b>½ cup</b>	<b>white sugar</b>
<b>2/3 cup</b>	<b>unsweetened cocoa powder, sifted</b>
<b>2tsp</b>	<b>baking powder</b>
<b>½tsp</b>	<b>baking soda</b>
<b>½tsp</b>	<b>flaked salt</b>
<b>½tsp</b>	<b>ground cinnamon</b>
<b>2½ cups</b>	<b>buttermilk</b>
<b>2</b>	<b>large eggs</b>
<b>1tsp</b>	<b>pure vanilla extract</b>
<b>1/3 cup</b>	<b>vegetable oil</b>
<b>½ cup</b>	<b>semisweet mini chocolate morsels</b>

1. Combine the flour, sugar, cocoa powder, baking powder, baking soda, salt and cinnamon in a large mixing bowl; whisk to blend. In either a large measuring cup or separate mixing bowl, combine the liquid ingredients and whisk to combine. Add to the dry ingredients and whisk until smooth. Fold in the morsels.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Pour a scant cup of batter through the top of the spout. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

**NB:** Cup measurement is based on the 175ml measuring cup provided. Scant means just a little bit less-than i.e. not quite a full cup.

## Cinnamon-Sugar Waffles

The aroma of sweet cinnamon that fills your kitchen while these are baking is reason enough to whip up a batch of these delicious waffles!

Makes 6 waffles

<b>2 cups</b>	<b>all-purpose flour</b>
<b>2tbsp</b>	<b>polenta or dried maize</b>
<b>¼ cup</b>	<b>packed light or dark brown sugar</b>
<b>1tsp</b>	<b>ground cinnamon</b>
<b>¾tsp</b>	<b>baking soda</b>
<b>¾tsp</b>	<b>flaked salt</b>
<b>2½ cups</b>	<b>buttermilk</b>
<b>2</b>	<b>large eggs</b>
<b>1tsp</b>	<b>pure vanilla extract</b>
<b>2/3 cup</b>	<b>vegetable oil</b>

1. Combine dry ingredients in a large mixing bowl; whisk until well blended. In either a large measuring cup or separate mixing bowl, combine the remaining ingredients and whisk to combine. Add to the dry ingredients and whisk until smooth.
2. Preheat the waffle maker to desired setting (a tone will sound when preheated).
3. Pour a scant cup of batter through the top of the spout. When tone sounds, the waffle is ready. Carefully open the waffle maker and remove baked waffle. Close waffle maker and repeat with remaining batter.

## Strawberry-Shortcake Waffles

For a more classic presentation, use the Buttermilk Waffle recipe on page 4. If you are in the mood for a bit more of an indulgence, use the Chocolate Waffle recipe, page 9, for those chocolate lovers.

Makes 4 servings

<b>1</b>	<b>litre fresh strawberries, hulled &amp; sliced</b>
<b>3tbsp</b>	<b>white sugar</b>
	<b>Pinch flaked salt</b>
<b>1 cup</b>	<b>thickened cream</b>
<b>3tbsp</b>	<b>confectioners' sugar, plus more for serving (if desired)</b>
<b>½tsp</b>	<b>pure vanilla extract</b>
<b>2</b>	<b>prepared waffles</b>

1. In a medium mixing bowl, stir the strawberries, white sugar and pinch of salt together. Put aside to macerate until ready to serve.
2. In a large mixing bowl combine the heavy cream, icing sugar, vanilla and salt. Using a hand mixer fitted with the whisk attachment, whisk until medium-soft peaks are achieved. Reserve.
3. To serve, top with whipped cream, then some of the macerated strawberries. Drizzle a bit of the juice from the strawberries (collected at the bottom of the mixing bowl) over the strawberries. Dust with icing sugar if desired. For each waffle you should need only about 1/3 cup of the whipped cream and 1/3 cup of the strawberries.

**NB:** Cup measurement is based on the 175ml measuring cup provided. Scant means just a little bit less-than i.e. not quite a full cup.

# SOMETHING SAUCY

## Blueberry Syrup

A great change-up from regular maple syrup – the colour of the syrup adds nice colour to any breakfast plate.

Makes about 1<sup>2</sup>/<sub>3</sub> cups (1<sup>1</sup>/<sub>4</sub> cups if strained)

- 1 cup** pure maple syrup
- 1<sup>1</sup>/<sub>2</sub> cups** fresh blueberries
- Pinch flaked salt**
- Pinch grated orange zest (optional)**

1. Put all ingredients in a small saucepan set over medium heat. Bring to a boil and then reduce heat to maintain a strong simmer to allow the mixture to thicken slightly, about 5 minutes.
2. Strain, if desired, and serve.

## Apple Compote

A not-too-sweet waffle topping that is best served warm.

Makes about 3 cups

- 4** medium to large apples (450g), peeled, cored & cut into 1cm pieces
- 2tbsp** white sugar
- 2tbsp** water
- 1tbsp** fresh lemon juice
- ½tsp** pure vanilla extract
- ¼tsp** flaked salt
- 1** cinnamon stick

1. Put all ingredients in a medium to large saucepan set over medium-low heat. Partially cover and bring mixture to a simmer and then reduce heat to low to allow to cook down slightly, about 30 minutes. Apples should be knife-tender, but still maintaining their shape.
2. Remove from heat and allow to cool slightly. Remove cinnamon stick and serve warm or chilled.

## Orange-Maple Butter

Compound butters are very versatile and add a nice touch to a number of dishes. This sweet butter is delicious when spread on waffles, but it's also perfect for dressing up a piece of toast.

Makes ½ cup

- 8tbsp** (1 stick) unsalted, butter, room temperature & cut into 2cm pieces
- 2tbsp** maple syrup
- Zest of 1 large orange (about 1 tbsp grated)**
- Pinch flaked salt**

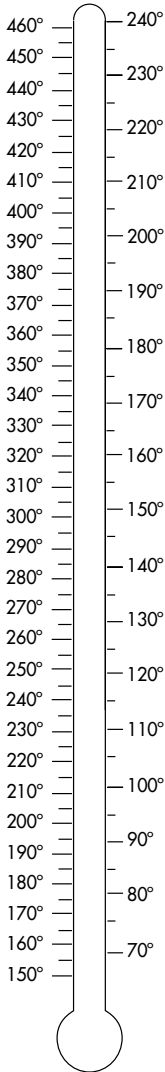
1. Put all ingredients into the work bowl of a mini chopper fitted with the chopping blade, or food processor. Process until fully combined, about 30 seconds, stopping to scrape down as needed.
2. Remove butter from the bowl and place on a sheet of baking paper. With the aid of the paper, form the butter into a log. Roll and wrap well in plastic. Butter can either be refrigerated, if using within 2 weeks, or frozen up to 1 month.

**NB:** Cup measurement is based on the 175ml measuring cup provided. Scant means just a little bit less-than i.e. not quite a full cup.

# WEIGHTS, MEASURES & CONVERSIONS

## Temperature °F / °C

Fahrenheit      Celsius



$$^{\circ}\text{F} = \frac{9}{5} \times ^{\circ}\text{C} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

## Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

## Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz