



Cuisinart®

Expert Prep Pro
Recipe Booklet

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BREAKFAST/BRUNCH

Zucchini Spice Bread

Makes one 900g loaf (16 servings)

INGREDIENTS

Nonstick cooking spray
2 ¼ cups plain flour
1.5 teaspoons ground cinnamon
¾ teaspoon ground allspice
¼ teaspoon ground nutmeg
1 teaspoon salt
1.5 teaspoons baking powder
½ cup walnuts, lightly toasted
1 large zucchini (approximately 250g)
½ cup vegetable oil
1 cup caster sugar
2 large eggs
½ cup dried cranberries

METHOD

1. Preheat the oven to 160°C. Coat a 23x12x8cm loaf pan with cooking spray.
2. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the flour, spices, salt, and baking powder and process for 10 to 15 seconds to sift. Transfer to a large bowl; reserve. Add the walnuts to the work bowl and pulse to chop, 2 to 3 pulses. Leaving the nuts in the work bowl, remove the universal blade and insert the medium shredding disc. Trim the zucchini to fit the feed tube in a standing position, and shred. Transfer the walnuts and zucchini to the bowl with the dry ingredients. Stir to combine.
3. Reinsert the universal blade and add the vegetable oil, sugar, and eggs. Process for 5 to 10 seconds until combined. Add to the bowl with the dry ingredients, along with the dried fruit, and stir until just combined.
4. Pour the batter into the prepared pan, and bake in the middle of the oven for 1 hour and 15 minutes, or until a toothpick or cake tester comes out clean.
5. Cool on a wire rack for 5 minutes, and then turn the loaf onto a wire rack to cool completely.

Spinach, Mushroom, and Gruyère Quiche

Makes 12 servings

INGREDIENTS

Plain flour, as needed

½ recipe Shortcrust Pastry
(page 33)

1 large egg white, lightly beaten

1 garlic clove, peeled

120g white mushrooms, scrubbed
and trimmed

1½ teaspoons olive oil

¼ teaspoon salt, divided

Pinch freshly ground black
pepper

¼ teaspoon fresh thyme leaves

1 cup baby spinach

30g Gruyère

½ cup whole milk

½ cup thickened cream

4 large eggs

METHOD

1. On a lightly floured surface, roll out the pastry into a 27cm circle about 3mm thick. Reverse the dough onto the rolling pin and unroll it evenly over a 22cm tart pan. Press the dough lightly into the pan, lifting the edges and working it gently down into the bottom edge of the pan. Trim off excess dough by rolling the pin over the top of the pan. With your thumbs, push the dough 3mm above the edge of the mold to make an even, rounded rim of dough around the inside circumference of the pan. Chill in refrigerator for about 30 minutes.
2. Preheat the oven to 200°C with the rack in the middle position. Using the tines of a fork, prick the dough evenly all over, but make sure not to go entirely through the dough. Line the shell with baking paper and weigh it down with pie weights, dried beans, or rice. Put the tart shell in the oven and bake until the dough under the parchment is no longer wet, about 20 minutes. Remove the weights and baking paper, and bake for another 2 minutes, until the shell is lightly brown. Brush immediately with the egg white. Reserve. Reduce the oven temperature to 160°C.
3. While the tart shell is baking, prepare the filling. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro. While the unit is running, drop the garlic through the feed tube to finely chop. Keeping the garlic in the work bowl, remove and set aside the universal blade, and insert the medium slicing disc. Slice the mushrooms.
4. Put the oil into a medium frypan set over medium-low heat. Once the oil is hot, add the garlic with a pinch of the salt and the pepper. Sauté until the garlic is softened and fragrant, but has not browned. Add the mushrooms, the remaining salt, and the thyme. Sauté until the mushrooms are starting to brown and have softened. Add the spinach and cook, stirring, until wilted. Remove and reserve.
5. Remove the slicing disc and replace with the fine shredding disc. Shred the Gruyère. Remove and reserve.
6. Remove the shredding disc and replace with the universal blade. Process the milk, cream, and eggs until combined, about 20 seconds. Reserve the custard in bowl.
7. Spread the mushroom-spinach mixture in the tart shell, top with the custard, and sprinkle with the cheese. (Depending on your tart pan, the custard may not all fit. Do not overfill.)
8. Carefully place the quiche in the preheated oven. Bake until just set, 20 to 22 minutes.
9. Transfer to a wire rack to cool for about 5 minutes before slicing and serving.

Hash Browns

Makes 4 patties

INGREDIENTS

500g potatoes, peeled and cut lengthwise into eight planks

1 spring onion, cut into 5cm pieces

1.5 teaspoons salt

Pinch freshly ground black pepper

¼ cup vegetable oil

METHOD

1. Fit the Cuisinart Expert Prep Pro with the fine shredding disc. Shred the potatoes. Transfer the potatoes to a clean tea towel. Squeeze the towel to remove excess liquid from the potatoes.
2. Replace the disc with the universal blade. Put the spring onion in the work bowl, and pulse 10 to 12 times to finely chop the spring onion.
3. In a large mixing bowl, combine the potatoes with the spring onion, salt, and pepper.
4. Divide the potato mixture evenly into 4 portions. Use your hands to form the mixture into patties.
5. Put the oil in a large, heavy frypan and place over medium heat. Once the oil is shimmering and a small piece of potato sizzles immediately upon contact, carefully place each patty in the oil. Cook for about 3 minutes, leaving undisturbed before carefully flipping and cooking for another 3 minutes. Adjust the heat so that the patties are constantly sizzling.
6. When the patties are nicely browned on both sides, transfer to a paper towel-lined plate to drain, and then serve.

Tropical Smoothie Bowl

Makes 2 servings

INGREDIENTS

1 ripe banana

100g packets frozen acai puree, broken or cut into 2cm pieces

½ cup frozen mango

½ cup frozen pineapple

1 cup fresh berries

½ cup granola, mixed nuts and seeds, or desired toppings

METHOD

1. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro. Add the banana, acai, mango, and pineapple in the work bowl.
2. Pulse 5 to 6 times to break up the fruit, and then process for about 2 minutes until smooth and creamy.
3. Divide between 2 bowls and top evenly with ½ cup each berries and ¼ cup each granola, mixed nuts and seeds, and other desired toppings.
4. Serve immediately.



DIPS/ SPREADS

Hummus

Makes 1 ⅔ cups

INGREDIENTS

½ small garlic clove, peeled
1 teaspoon salt
1 can (400g) chickpeas, rinsed & drained
⅓ cup hulled tahini
2 tablespoons fresh lemon juice
¼ cup water plus 2 tablespoons extra
¼ teaspoon ground cumin
2 tablespoons extra virgin olive oil,
Pinch paprika (optional)

METHOD

1. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro. Drop the garlic into the work bowl and process to finely chop, approx. 10 seconds.
2. Add remaining ingredients (leave 1 tablespoon of oil aside), and process until smooth, approx. 3 minutes, stopping to scrape down the sides of the bowl as needed. Add extra water if too thick.
3. For serving, transfer hummus to a shallow bowl. Make a slight indentation in the center of the dip and fill with the remaining tablespoon of oil. Sprinkle the paprika, over the oil.
4. Store covered in refrigerator for up to 1 week.

Chunky Guacamole

Makes 2 cups

INGREDIENTS

2 small garlic cloves, peeled
1 jalapeno chilli, seeded & cut into 2.5cm pieces
2 spring onion, cut into 2.5cm pieces
4 tablespoons fresh coriander leaves
4 ripe avocados, halved, pits removed
4 tablespoons fresh lime juice
1 teaspoon salt

METHOD

1. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro. Add the garlic, jalapeno, spring onion and coriander and pulse approx. 8-10 times for a rough but even chop.
2. Scrape down the sides of the bowl. Scoop out the insides of the avocados in pieces directly into the work bowl then add the lime juice and salt. Alternate between Pulse and ON then process on continuously until desired consistency is achieved.
3. Adjust seasoning to taste and add a little Tabasco if desired

Tapenade

Makes 1.5 cups

INGREDIENTS

1 small garlic clove, peeled
¼ cup packed fresh parsley leaves
2 tablespoons extra virgin olive Oil
3 cups pitted green &/or black olives
¼ cup capers, rinsed
1.5 teaspoons fresh lemon juice
1.5 teaspoons Dijon mustard
¼ teaspoon ground black pepper

METHOD

1. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro.
2. Add all ingredients and pulse to evenly chop then process continuously until desired consistency.

NOTE: Smear this spread over oven-baked crusty bread or as a thin layer on salmon or chicken before baking.

Honey Nut Butter

Makes about 1 cup

INGREDIENTS

1 cup raw almonds
1 teaspoon salt; more as needed
2 tablespoons vegetable oil
4 teaspoons honey; more as needed

METHOD

1. Preheat oven to 180°C. Spread the almonds on a baking tray, and toast for 8 to 10 minutes until golden-brown and fragrant. Transfer the pan to a wire rack to cool completely.
2. Once cooled, put the almonds and salt in the work bowl of the Cuisinart Expert Prep Pro fitted with the universal blade. Pulse 5 to 6 times to break up almonds. While the unit is running, slowly stream in the oil and honey. Process until the mixture is smooth.
3. Taste and adjust salt or sweetness as desired. Store in an airtight container in the refrigerator for up to two weeks.

Salsa Fresca

Makes 1.5 cups

INGREDIENTS

1 small garlic clove, peeled
1 small jalapeno pepper, seeded, cut into 2cm pieces
1 spring onion, trimmed, cut in 2cm pieces
500g cherry tomatoes
¼ cup fresh coriander leaves
1 teaspoon fresh lime juice
½ teaspoon salt

METHOD

1. Insert the universal blade into the Cuisinart Expert Prep Pro. With the unit running, drop the garlic and jalapeno through the feed tube to finely chop. Scrape the work bowl.
2. Add the remaining ingredients and pulse to roughly chop, about 7 to 8 pulses.
3. Strain any excess liquid before serving. Taste and adjust seasoning according to preference.

Layered Taco Dip

Makes 6 servings

INGREDIENTS

250g cream cheese, cut into 8 pieces and at room temperature
1 can (440g) refried beans
120g Cheddar cheese, chilled
150g cherry tomatoes
½ cup pitted whole black olives
2 jalapenos, stem trimmed (if wanting a milder dip, the jalapenos can be halved and seeds removed)
4 spring onions, trimmed and halved
½ avocado, ripe but firm, pitted, peel removed, and in one large piece
½ cup Salsa Fresca (see above)
½ lime, for serving
2 tablespoons coriander leaves, for serving
Tortilla chips, for serving

METHOD

1. Preheat oven to 200°C.
2. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the cream cheese, and then process until smooth. Transfer to a baking dish. Top with the refried beans.
3. Remove the universal blade and replace with the medium shredding disc. Shred the cheese. Evenly distribute over the beans and cream cheese. Put in the oven and bake until warmed through and the cheese is melted, about 8 minutes.
4. While the base of the dip is in the oven, prepare the toppings. Reverse the disc to the medium slicing disc. Slice the tomatoes, olives, jalapenos, spring onions, and avocado.
5. When the dip base is ready, remove from the oven. Spoon the Salsa Fresca over the cheese, and then top with the sliced items. Squeeze the lime over top, and then garnish with the coriander. Serve hot with tortilla chips.



DRESSINGS / SAUCES

Simple Tomato or Pizza Sauce

Makes about 2.5 cups Tomato Sauce or 2 cups Pizza Sauce

INGREDIENTS

1 tablespoon olive oil
4 garlic cloves, peeled
¼ teaspoon dried basil
½ teaspoon dried oregano
2 tablespoons dry white wine (optional)
1 can whole tomatoes, with juices
½ teaspoon salt
½ teaspoon freshly ground black pepper
1 to 2 tablespoons caster sugar
¼ teaspoon red pepper flakes (optional, for a spicier sauce)

METHOD

1. Put the olive oil in a large saucepan and set over medium-low heat.
2. While the oil is heating, insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. While the unit is running, drop the garlic through the feed tube, and process until finely chopped.
3. When the oil is hot, add the garlic, basil, and oregano to the pan. Sauté until the garlic is fragrant, about 1 minute. Add the wine, if using, and increase the heat to medium; cook until the wine is completely evaporated, 3 to 4 minutes.
4. While the wine is cooking, put the tomatoes into the work bowl and pulse 6 to 8 times to chop. Add the tomatoes, salt, and pepper to the pan.
5. Bring sauce to a boil and then reduce the heat to low. Stir in 1 tablespoon of the sugar, adding more to taste. Partially cover the pan, and simmer for about 30 minutes, until slightly reduced. To make pizza sauce, simmer for an additional 30 minutes.
6. After either sauce is ready, stir in the pepper flakes, if using. Taste and adjust seasoning as desired.

Sun-Dried Tomato and Almond Pesto

Makes 2 cups

INGREDIENTS

¾ cup almonds
30g Parmesan cheese, cut into 1cm cubes
1 garlic clove, peeled
¼ cup sun-dried tomatoes, not packed in oil preferred
¼ cup fresh parsley, packed
1 tablespoon fresh oregano
1 tablespoon red wine vinegar
2 teaspoons fresh thyme
1 teaspoon salt
¼ teaspoon freshly ground black pepper
1 cup olive oil

METHOD

1. Preheat the oven to 180°C. Spread the almonds on a baking tray, and toast until fragrant and lightly golden-brown, 8 to 10 minutes. Transfer the pan to a wire rack to cool completely.
2. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the almonds, cheese, and garlic, and process until roughly chopped, about 10 seconds. Add the tomatoes, parsley, oregano, vinegar, thyme, salt, and pepper; pulse 10 to 15 times to chop. While the unit is running, add the olive oil in a slow, steady stream through the feed tube, processing until combined and emulsified, about 1 minute. Scrape down the sides of the work bowl. For a thinner consistency, process with additional oil or water.
2. To store the pesto, transfer to a glass jar or airtight container; tap to remove air bubbles and even out the surface. The pesto will keep for 5 days in the refrigerator or may be frozen for up to 2 months.

Basil Pesto

Makes 1¼ cups

INGREDIENTS

60g Parmesan or pecorino, cut into 1cm cubes
¼ cup pine nuts, lightly toasted
1 garlic clove, peeled
3 cups tightly packed fresh basil leaves (about 85g)
½ teaspoon salt
½ to ¾ cup extra-virgin olive oil

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the cheese, nuts, and garlic, and pulse about 10 times to roughly chop. Add the basil and salt, and pulse 10 to 15 times; scrape the bowl. While the unit is running, add the olive oil in a slow, steady stream through the feed tube, processing until combined and emulsified, about 1 minute. Scrape down the work bowl.
2. To store the pesto, transfer to a glass jar or airtight container. Tap to remove all air bubbles and even out the surface. Cover the surface directly with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator or may be frozen for up to 2 months.

NOTE: This is a slightly cheesier version of the standard pesto, but you can adjust the amount of cheese as desired.

Aioli

Makes 1 cup

INGREDIENTS

2 garlic cloves, peeled
4 large egg yolks
1 tablespoon fresh lemon juice
½ teaspoon Dijon mustard
1 cup olive oil
¾ cup vegetable oil

METHOD

1. Insert the fine shredding disc into the work bowl of the Cuisinart Expert Prep Pro. Shred the garlic.
2. Remove the shredding disc, scraping any accumulated garlic from underneath and adding it to the work bowl. Replace with the universal blade. Add the egg yolks, lemon juice and mustard to the work bowl.
3. While the unit is running, add the oils through the feed tube slowly, beginning drop by drop, until all the oil is incorporated and the mixture is completely emulsified. Store in an airtight container in the refrigerator for up to 4 days (note that the garlic will become more pronounced the longer it is stored).

Greek Vinaigrette

Makes about ⅔ cup

INGREDIENTS

1 garlic clove, peeled
2 tablespoons red wine vinegar
2 tablespoons fresh lemon juice
½ cup extra-virgin olive oil
½ teaspoon Dijon mustard
1 teaspoon salt
½ teaspoon freshly ground black pepper
½ tablespoon fresh oregano

METHOD

1. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro. With the unit running, drop the garlic through the feed tube and process until finely chopped. Add the vinegar, lemon juice, Dijon, salt, and pepper and process to combine.
2. With unit running, pour the olive oil through the drizzle hole in the pusher until the dressing is emulsified, 1. to 2 minutes. Add the oregano and pulse a few times to combine.

Vegan Caesar Dressing

Makes about $\frac{3}{4}$ cup

INGREDIENTS

$\frac{1}{2}$ cup raw cashews, soaked overnight in cold water

$\frac{1}{4}$ cup water, plus more as needed

1 tablespoon fresh lemon juice

1.5 teaspoons Dijon mustard

2 teaspoons reduced-sodium soy sauce

1 garlic clove, peeled

2 teaspoons capers

$\frac{1}{2}$ teaspoon freshly ground black pepper

Pinch salt, plus more to taste

2 tablespoons extra-virgin olive oil

METHOD

1. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro.
2. Drain and rinse the cashews. Put all ingredients except the olive oil in the work bowl and process to combine. While the unit is running, gradually add the oil through the drizzle hole in the food pusher. Once the oil is fully incorporated, process for an additional minute, or until very smooth.
3. If the dressing is too thick, add water, 1 tablespoon at a time, and continue to process.
4. Taste and add salt, if desired.



SOUPS/SIDES

Gazpacho

Makes 3,5 cups

INGREDIENTS

1 garlic clove, peeled
1 jalapeno, seeded and cut into 2cm pieces
2 medium vine-ripe tomatoes, cored and cut into 2cm pieces
½ medium to large cucumber (about 85g), cut into 2cm pieces
2 spring onions, trimmed and cut into 2cm pieces
¼ yellow capsicum, cut into 2cm pieces
¼ red capsicum, cut into 2cm pieces
¼ cup fresh Italian parsley, stems discarded
1 teaspoon salt
¼ teaspoon freshly ground black pepper
1 teaspoon red wine vinegar
1 teaspoon fresh lime juice
1.5 cups low-sodium vegetable juice

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. While the unit is running, drop the garlic and jalapeno down the feed tube to chop. Stop to scrape down the sides of the work bowl, and add the tomatoes, cucumber, spring onions, capsicums, and parsley. Pulse 5 to 6 times to roughly chop.
2. Add the salt, pepper, vinegar, lime juice and vegetable juice, and pulse another 6 to 7 times to incorporate. Taste and adjust seasoning as desired. Serve.

Loaded Sweet Potato Soup

Makes about 5 cups

INGREDIENTS

85g Cheddar cheese
2 tablespoons unsalted butter
1 garlic clove, peeled
4cm piece fresh ginger, peeled
½ leek, trimmed and cut into 5cm pieces
½ teaspoon salt, divided
Pinch freshly ground black pepper
1 medium sweet potato (about 225g), peeled and cut to fit the feed tube (reserve in cold water if not using immediately)
1.5 cups low-sodium chicken or vegetable stock
¼ teaspoon ground cinnamon
Pinch cayenne
¼ to ½ cup thickened cream
¼ cup sour cream or plain Greek yogurt
¼ cup chopped cooked bacon
3 tablespoons sliced spring onion

METHOD

1. Insert the fine shredding disc in the Cuisinart Expert Prep Pro. Shred the Cheddar; remove, and reserve.
2. Put the butter in a medium pot set over low heat.
3. While the butter is melting, prepare the vegetables. Insert the universal blade in the work bowl. While the unit is running, drop add the garlic and ginger through the feed tube and process to finely chop, 10 to 15 seconds. Add the leek and pulse 8 to 10 times until finely chopped. Add the vegetables to the pot with a pinch each of the salt and pepper. Sauté on low until softened but not browning, about 8 minutes.
4. While the vegetables are cooking, prepare the potato. Remove the universal blade and insert the medium slicing disc. Slice the potato. Add to the softened vegetables in the pot and stir to combine. Add the stock, cinnamon, and cayenne, and raise the heat to bring the mixture to a boil. Once boiling, reduce heat to maintain a simmer. Cook until the potato slices are tender, about 15 minutes.
5. Reinsert the universal blade into the work bowl and, using a slotted spoon, transfer the soup solids to the work bowl and transfer the broth to a measuring cup to make it easier to add to the food processor while puréeing. Process while slowly adding the hot broth through the feed tube. Add ¼ cup of the thickened cream and process until smooth, about 2 minutes. If a thinner soup is desired, add the remaining ¼ cup of the thickened cream.
6. Serve immediately garnished with the Cheddar, sour cream or yogurt, bacon, and spring onion divided evenly among each portion.

Quick-Pickled Veggies

Makes about 2L

INGREDIENTS

225g (½ medium) seedless cucumber, unpeeled
110g (½ bulb) fennel, core removed
110g (½ medium) red capsicum, trimmed and cored
110g (½ medium) yellow capsicum, trimmed and cored
50g radishes, trimmed
50g (1 stalk) celery, cut into 5cm pieces
110g (¼ small head) cauliflower, broken into small florets
3 cups water
1 cup white vinegar
2 garlic cloves, peeled
2 tablespoons caster sugar
2 teaspoons salt
½ teaspoon black pepper
½ teaspoon dill seed

METHOD

1. Insert the medium slicing disc into the work bowl of the Cuisinart Expert Prep Pro. Slice the cucumber, fennel, capsicums, and radishes. Slice the celery, stacking the pieces horizontally in the feed tube. Toss the sliced vegetables and cauliflower in a stainless mixing bowl until evenly combined.
2. Prepare brine: In a small saucepan, combine the water, vinegar, garlic, sugar, salt, black pepper, and dill seed. Bring to a boil.
3. Divide the vegetables between two 1L containers with airtight lids. Once brine has come to a boil, pour it evenly over the vegetables to cover. Put the lids on the containers, and then refrigerate for 24 to 48 hours before serving.

NOTE: Use these to top salads, sandwiches, or just to munch on as a snack. Since they are not canned pickles that are shelf stable, be aware that these must be stored in the refrigerator for up to 2 weeks.

Potato-Zucchini-Carrot Cakes

Makes 10 to 12, 5cm round cakes

INGREDIENTS

1 tablespoon fresh Italian parsley,
stems discarded

1 medium potato, peeled and cut
to fit the feed tube

1 small zucchini, trimmed and cut
to fit the feed tube

1 small to medium carrot,
trimmed, peeled, and cut to fit
the feed tube

1 small onion, trimmed and cut to
fit the feed tube

2 tablespoons plain flour

$\frac{3}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon freshly ground black
pepper

1 large egg, lightly beaten

2 tablespoons vegetable oil, plus
more as needed

Applesauce and sour cream for
serving

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the parsley and finely chop, using 5 to 6 long pulses. Leaving the parsley in the bowl, remove the chopping blade and replace with the medium shredding disc. Laying the vegetables horizontally in the feed tube (trim to fit as needed), shred the potato, zucchini, carrot, and onion. Wrap the vegetables in a clean kitchen towel, and wring over a bowl or the sink to squeeze out excess liquid.
2. Transfer the vegetables to a medium-size bowl. Add the flour, salt, and pepper, and gently mix to fully combine. Gradually add enough of the egg to form a mixture that just holds together (you may not need all of the egg). You do not want the mixture to be too wet or the final cakes will be dense.
3. Put the oil in large nonstick frypan over medium-high heat. Using a heaping tablespoon per cake, drop the batter into the pan. Use the back of the spoon to flatten out the cakes into 5cm rounds. Cook the cakes in batches, no more than 4 at a time, about 1.5 to 2 minutes per side or until crisp and browned. Repeat, adding oil as needed until all cakes are cooked. Keep finished cakes warm on rack set over a baking tray in a 100°C oven.
4. Serve warm with applesauce and sour cream.

Cauliflower Fried Rice

Makes about 6 cups

INGREDIENTS

3 garlic cloves, peeled
1 small jalapeno, seeded and cut into 3cm pieces
3cm piece fresh ginger, peeled
1 small onion, cut into 3cm pieces
1 medium cauliflower head (about 450g), cut into about 6 cups of florets
1 small red capsicum, cut into 3cm wide planks
2 tablespoons vegetable oil, divided
½ teaspoon salt
¼ teaspoon ground turmeric
Coriander leaves and roasted peanuts, for garnish

METHOD

1. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro. While the unit is running, drop the garlic, jalapeno, and ginger down the feed tube to finely chop, scraping bowl if necessary. Remove and reserve.
2. Add the onion to the work bowl and pulse 8 to 10 times. Reserve with the garlic mixture.
3. Add half of the cauliflower florets to the work bowl. Using 10 to 12 long pulses, chop until the cauliflower is cut into rice-size pieces. Remove and reserve on a paper towel-lined baking tray. Repeat with the remaining cauliflower. Cover with paper towels and press to remove any excess moisture. (An optional step is to further dry cauliflower in a 100°C oven for 15 minutes.)
4. Replace the universal blade with the medium slicing disc. Line the red capsicum planks vertically in the feed tube. Slice and reserve with the garlic mixture.
5. Put 1 tablespoon of the oil in a large frypan or sauté pan, and place over medium heat. Once the oil is hot and shimmers across the pan, add the garlic-vegetable mixture. Cook, stirring frequently, until soft and fragrant, about 5 minutes. Once fragrant, stir in the salt and turmeric.
6. Add the remaining oil. Once hot, add the cauliflower. Stir together. Cover and cook until the cauliflower is tender, 5 to 10 minutes.
7. Remove the cover and continue cooking. Occasionally stir to scrape up any brown bits on the bottom of the pan; this adds to the crunch of the dish.
8. Taste and adjust seasoning according to preference. Garnish with the coriander and peanuts, and serve immediately.

Spicy Slaw

Makes about 2 cups

INGREDIENTS

½ small jalapeno, seeded
¼ cup fresh coriander leaves
1 tablespoon fresh lime juice
2 teaspoons vegetable oil
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
50g radishes
85g (about ¼ small head) red cabbage, cut to fit the feed tube
85g (about ¼ small head) green cabbage, cut to fit the feed tube

METHOD

1. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro. While the unit is running, drop the jalapeno through the feed tube to finely chop. Scrape the bowl and add the coriander, pulsing until roughly chopped. Scrape the bowl. Add the lime juice, oil, salt, and capsicum, and pulse again to combine.
2. Remove the universal blade and replace with the fine shredding disc. Shred the radishes.
3. Reverse the disc so that the fine slicing disc is facing up. Slice both cabbages.
4. Transfer to a large mixing bowl, and toss to combine. Taste and adjust seasoning according to preference.



MAIN COURSES

Vegetable Stir-Fry

Makes 5 cups

INGREDIENTS

1 garlic clove, peeled
2cm piece fresh ginger, peeled
2 small zucchini
1 small eggplant
1 medium carrot, peeled
1 green capsicum
1 Red Capsicum
225g button mushrooms
1 tablespoon vegetable oil
½ cup edamame, shelled
2 tablespoons soy sauce
2 teaspoons seasoned rice vinegar
1 tablespoon corn flour
2 teaspoons toasted sesame oil
1 tablespoon toasted sesame seeds
White rice, for serving

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. While the unit is running, drop the garlic and ginger through the feed tube and process to finely chop, 10 to 15 seconds. Remove and reserve.
2. Replace the universal blade with the medium slicing disc. Slice the zucchini, eggplant, carrot, capsicums, and mushrooms. Reserve.
3. Put the oil into a large frypan over medium heat. Once the oil is hot, add the garlic and ginger. Sauté until softened and very fragrant, about 2 minutes. Add half of the sliced vegetables. Sauté for 3 to 5 minutes, and then add the remaining sliced vegetables. Sauté until softened, about 5 more minutes. Add the edamame and cook for a few more minutes.
4. While the vegetables are cooking, stir together the soy sauce, vinegar, and corn flour. Add the soy sauce mixture to the pan. Stir and cook until slightly thickened and the sauce coats the vegetables.
5. Stir in the sesame oil and sesame seeds. Taste and adjust seasonings as desired. Serve immediately with white rice.

Mushroom Bolognese

Makes about 4 cups

INGREDIENTS

4 garlic cloves, peeled
3 shallots (about 85g), cut into 2cm pieces
1 medium carrot (about 70g), cut into 2cm pieces
1 medium celery stalk (about 60g), cut into 2cm pieces
1 tablespoon olive oil
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
225g button mushrooms, wiped
2 cans whole peeled tomatoes (400g each)
¼ cup white wine
1 tablespoon tomato paste
2 teaspoons soy sauce
5 large basil leaves

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. While the unit is running, drop the garlic down the feed tube to finely chop. Scrape the bowl and add the shallots, carrot, and celery to the work bowl. Pulse about 10 times to evenly chop.
2. Put the olive oil into 6L pot or stovetop casserole, and place over medium to medium-low heat. Once the oil is hot and shimmers across the pot, add the chopped vegetables, salt, and pepper. Reduce the heat to low, and cook until vegetables are soft and fragrant, 5 to 8 minutes.
3. While vegetables are cooking, add half of the mushrooms to the work bowl. Pulse 8 to 10 times to roughly chop. Reserve in a small mixing bowl. Repeat with the remaining mushrooms. Use your fingers to break up any large mushroom chunks. Varying sizes give the final sauce nice texture.
4. Add the mushrooms to the pot and stir over low heat until the mushrooms have cooked down and their moisture starts to coat the bottom of the pot. While the mushrooms are cooking, add the tomatoes to the work bowl. Pulse to roughly chop.
5. When the mushrooms are cooked down, add the wine, scraping up any browned bits from the bottom of the pot. Once the wine is just about fully evaporated, stir in the tomato paste and then the chopped tomatoes and soy sauce.
6. Bring to a boil, and then reduce to a simmer. Simmer for about 45 minutes. Taste and adjust seasoning according to preference. Before serving, tear the basil leaves into pieces and stir into the warm sauce.

Pasta Primavera

Makes 8 to 10 servings

INGREDIENTS

60g Parmesan cheese
2 garlic cloves, peeled
1 small shallot, trimmed
2 medium capsicums (yellow or red), halved with core removed and cut to fit the feed tube
2 small carrots, peeled and cut to fit the feed tube horizontally
1 small zucchini, cut to fit the feed tube horizontally
1 small yellow squash, cut to fit the feed tube horizontally
500g pasta
1 teaspoon salt, divided; more as needed
1 tablespoon olive oil
½ teaspoon freshly ground black pepper, divided
½ cup frozen peas, thawed
Zest and juice of 1 small lemon
¼ cup thinly sliced fresh basil
½ cup breadcrumbs (page 31) + 1 tablespoon butter, for topping* (optional)

METHOD

1. Insert the fine shredding disc in the work bowl of the Cuisinart Expert Prep Pro. Shred the Parmesan. Remove and reserve. Wipe out the work bowl.
2. Replace the shredding disc with the universal blade. With the machine running, drop the garlic through the feed tube to finely chop. Scrape the bowl.
3. Replace the universal blade with the medium slicing disc. Slice the shallot, and then slice the capsicums by placing them in the feed tube vertically. Remove and reserve together.
4. Slice the carrots and then the zucchini and yellow squash horizontally in the feed tube. Reserve separately.
5. In a large pot, cook pasta according to package directions in salted water to al dente. When the pasta is almost done, remove 2 cups of the water, and then drain the pasta. Reserve, covered, in the colander set inside the cooking pot.
6. While pasta is cooking, put the olive oil into a large sauté pan over medium heat. Once the oil is hot and shimmers across the pan, add the garlic, shallot, and capsicums with a pinch each of the salt and pepper. Sauté until fragrant and soft, 3 to 5 minutes.
7. Add the carrots, zucchini, and yellow squash with a pinch each of the salt and pepper. Cook until softened, about 5 more minutes.
8. Add the pasta to the vegetables with the peas and the remaining salt and pepper, tossing together until evenly combined.
9. Stir in the reserved cooking water, ¼ cup at a time, until the pasta and vegetables have a creamy consistency. Stir in the lemon zest and juice, the basil, and Parmesan. Top with toasted breadcrumbs if desired and serve immediately.

NOTE: *For a crunchy topping, toast ½ cup of breadcrumbs in a 120°C oven with the butter. Stir together once butter has melted. Toast for about 10 to 15 minutes so that breadcrumbs are lightly golden. Finish with a pinch of salt.

Lamb Meatballs

Makes 15 meatballs

INGREDIENTS

1 garlic clove, peeled
¼ cup fresh Italian parsley leaves
¼ cup fresh mint leaves
700g lamb shoulder, cut into 2cm pieces
1 teaspoon salt
½ teaspoon ground cumin
¼ teaspoon freshly ground black pepper
30g feta, broken into pieces
Tzatziki, for serving
Pita, warmed, for serving

METHOD

1. Preheat the oven to 200°C with the rack in the middle position.
2. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. While the unit is running, drop the garlic into processor to finely chop. Add the parsley and mint, and pulse to finely chop. Add the lamb, salt, cumin, and pepper. Using about 12 long pulses, pulse until roughly chopped. Add the feta and pulse a few times until evenly dispersed.
3. Divide the lamb mixture into 15 evenly sized balls. Transfer to a baking paper or foil-lined baking tray. Put into the preheated oven and bake for 18 minutes.
4. Serve with tzatziki and warm pita.

NOTE: These Greek-inspired meatballs are terrific on their own, but when paired with pita and tzatziki, rice, and a green salad, they are a complete meal, set to impress.

Coriander-Lime Chicken

Makes 6 to 8 servings

INGREDIENTS

1 garlic clove, peeled
1 jalapeno, seeded and cut into 2cm pieces
1 spring onion, trimmed and cut into 2cm pieces
1 cup fresh coriander leaves
2 teaspoons grated lime zest
1 teaspoon plus pinch salt, divided
⅛ teaspoon chili powder
½ cup olive oil
1.3kg boneless, skinless chicken thighs, trimmed of visible fat

METHOD

1. Insert the universal blade in the work bowl of the Cuisinart Expert Prep Pro. While the unit is running, drop the garlic, jalapeno, and spring onion through the feed tube to finely chop.
2. Scrape the sides of the bowl and add the coriander, lime zest, 1 teaspoon salt, and chili powder. Pulse until roughly chopped. Scrape the sides. With the machine running, pour the olive oil through the feed tube and continue to process until mixture is homogenous.
3. Put the chicken in a nonreactive mixing bowl and add the marinade, tossing so that the chicken is evenly coated. Refrigerate for at least 1 hour and up to overnight.
4. When ready to cook, preheat a grill (indoor or outdoor). Sprinkle the chicken lightly with a small pinch of salt and cook the chicken, flipping once, until the internal temperature reads 76°C, 10 to 15 minutes per side. Alternatively, the chicken can be cooked in an airfryer or oven at 200°C until fully cooked

NOTE: This Latin-flavored chicken is a truly multifunctional dish and is great in tacos, salads, and rice bowls. The possibilities are endless!

Falafel with Middle Eastern Salad

Makes 24 falafels and 4.5 cups salad

INGREDIENTS

Falafels

2 garlic cloves, peeled
1 small shallot, cut into 2cm pieces
1 cup dried chickpeas, soaked overnight, drained and rinsed
1 teaspoon salt
½ teaspoon freshly ground black pepper
1 teaspoon ground cumin
½ teaspoon ground coriander
1/8 teaspoon chili powder
⅔ cup packed fresh parsley, stems and leaves
2 tablespoons plus ½ cup plain flour, divided
½ teaspoon bicarb soda
2 tablespoons water
Vegetable oil, if frying
Olive oil, if baking*

Salad

½ cup fresh parsley leaves, stems discarded
1 medium cucumber, halved widthwise
1 cup cherry tomatoes
2 tablespoons extra-virgin olive oil
1 tablespoon tahini
2 teaspoons Za'atar seasoning
Pinch to ¼ teaspoon salt (to taste)
Pita, for serving
Tahini (optional)

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the garlic and shallot, and pulse 5 to 8 times to chop. Add the chickpeas, salt, pepper, spices, parsley, and the 2 tablespoons of flour. Pulse 10 to 12 times to coarsely grind the chickpeas. Scrape down the sides of the bowl, and then process for 15 to 20 seconds, until finely ground. Reserve ⅓ cup in a separate bowl.
2. Dissolve the bicarb soda in the water, and with the unit running, pour through the feed tube. Process for 15 to 20 seconds to blend well. Add to bowl with the reserved mixture. Stir well to combine.
3. Using a tablespoon, scoop the chickpea mixture and shape into 24 balls. Place the balls on a tray or plate lined with baking paper, and refrigerate for 30 minutes. Put the remaining ½ cup flour in a shallow bowl and set aside.
4. Fit a 3L saucepan with a deep-fry thermometer, and fill with enough oil to reach a depth of 0.5cm. Place over medium-high heat until the thermometer registers 190°C.* Roll the falafel in the flour, shaking off any excess, and slide into the oil. Cook the falafel in batches, no more than 5 at a time, for 2.5 to 3 minutes, turning halfway through, until browned and crisp.
5. Remove to a paper towel-lined baking tray. Repeat with the remaining falafel.
6. While the falafel are cooling, prepare the salad. Insert the universal blade into the work bowl. Add the parsley and pulse until roughly chopped.
7. With the parsley still in the bowl, remove the universal blade and replace with the medium slicing disc. Slice the cucumber and tomatoes. Transfer to a serving bowl. Add the olive oil, tahini, za'atar, and a pinch of the salt, and toss the salad. Taste and add salt as desired.
8. Serve falafel with sliced pita and the salad on the side.

NOTE: If choosing to bake instead, preheat the oven to 200°C with a rack in the middle position. Line a large baking tray with baking paper and drizzle with olive oil. Do not coat the falafel in flour. Place the falafel on the baking paper. Drizzle with more oil, turning to coat the balls all over. Bake for 20 to 25 minutes, turning halfway through, until browned and crisp.

Remember to soak the chickpeas the night before.



BREAD/DOUGH

Plain or Seasoned Breadcrumbs

Makes about 1⅓ cups

INGREDIENTS

8 slices white bread

METHOD

1. Preheat the oven to 160°C. On a large baking tray, put the bread slices in a single layer. Bake until the bread is completely dry, about 20 minutes. Transfer to a wire rack to cool for 5 to 10 minutes.
2. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Break toasted bread into medium-size pieces and add to work bowl. Pulse 6 to 8 times, then process until the desired texture is achieved, 30 to 60 seconds.

NOTE: Breadcrumbs can also be made from unbaked day-old bread. Simply break into pieces and follow the instructions above until finely chopped.

Seasoned Breadcrumbs:

Add ¼ teaspoon each salt, dried oregano, dried basil, garlic powder, and onion powder to work bowl with bread pieces and process as above.

Pizza Dough

Makes about 450g of dough (one 30 to 35cm pizza or two 20cm pizzas)

INGREDIENTS

1¾ cups 00 flour or plain flour;
more as needed
1.5 teaspoons instant yeast
1 teaspoon caster sugar
¾ teaspoon salt
¾ cup water, room temperature
2 teaspoons olive oil

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the flour, salt, sugar, yeast, and olive oil to the bowl and pulse a few times to combine. While the unit is running, pour the water through the feed tube as fast as the flour absorbs it. Process until the dough cleans the sides of the work bowl and forms a ball. Continue to process for 30 seconds to knead the dough. Dough should be slightly sticky.
2. Transfer the dough to a clean surface and knead by hand for an additional minute. Put the dough into a clean bowl and cover with a damp towel or plastic wrap. Let it rise in a warm, draft-free place for about 1 hour; dough should double in size.
3. Place dough on a lightly floured surface and gently fold over to “punch” down. Form into desired base size(s) as directed by recipe.

Gluten Free Cauliflower base for Pizza

Makes one 30cm pizza base

INGREDIENTS

115g Parmesan, cut into 1cm pieces
1 head (about 450g) cauliflower, cut into 2cm florets
2 large eggs
½ teaspoon salt
¼ teaspoon freshly ground black pepper
¼ teaspoon onion powder
¼ teaspoon garlic powder

METHOD

1. Preheat the oven to 230°C. Line a baking tray with baking paper; reserve.
2. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the Parmesan and process to finely chop.
3. Add the cauliflower and pulse 5 to 6 times to break up, and then process until finely chopped.
4. Add the remaining ingredients and process to combine fully.
5. Transfer the mixture to the prepared baking tray. Form into a rectangle about 1cm thick. Bake until golden brown and slightly firm, about 25 minutes. Cool slightly. Top with your favorite pizza toppings, and return to the hot oven to finish cooking.

Buttery Dinner Rolls

Makes 10 rolls

INGREDIENTS

½ cup full cream milk, plus 1 tablespoon for brushing
4 tablespoons unsalted butter, plus 1 tablespoon for brushing & for pan
2 tablespoons white sugar
1.5 teaspoons active dry yeast
3 tablespoons warm water (40°C-45°C)
2.5 cups 00 or bread flour
¾ teaspoon salt
1 large egg, lightly beaten

METHOD

1. In a small saucepan combine the ½ cup of milk, 4 tablespoons of butter and the sugar. Warm over low heat until the butter is melted. Remove from heat and set aside to cool to room temperature.
2. Dissolve the yeast in the warm water. Let stand 5 minutes, or until mixture is foamy. Insert the universal blade into the work bowl of the food processor. Add the flour and salt; process for 10 seconds on Low. Combine the beaten egg with the milk and yeast mixture and with the machine on, slowly add the liquids through the feed tube and process until a dough ball forms. Continue processing 45 seconds to knead the dough. Shape the dough into a smooth ball and place in a 3L sealable plastic bag. Squeeze the air out and seal the bag. Let rise in a warm place so dough can double in size, approx. 60 minutes.
3. Preheat oven to 230°C. Lightly butter pan. Divide the dough into 10 equal pieces, approx. 55g each. Roll into smooth rounds and arrange in the prepared pan. Cover with plastic wrap and let rise until the rolls have doubled in size, approx. 40 minutes. Combine remaining tablespoon of milk and butter and heat until the butter has melted. Just before baking, brush the rolls with the melted butter/milk mixture. Bake until golden brown, for approx. 12 to 15 minutes. Remove from pan and let cool on a rack.
4. For a softer roll, brush each with melted butter just after removing from oven.

Shortcrust Pastry

Makes two 23cm tart base

INGREDIENTS

2 cups plain flour

1 teaspoon salt

225g unsalted butter, cold & cut into 1.5cm cubes

4 tablespoons ice water

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the flour and salt to the work bowl, and process to sift.
2. Add the cubed butter over the flour mixture. Pulse 8 to 10 times, until the mixture resembles coarse crumbs. Add 2 tablespoons of the ice water. Pulse to incorporate. Add the remaining water 1 teaspoon at a time, pulsing to incorporate, just until the mixture forms a dough that holds together when pinched (you may not need all the water).
3. Form the dough into a flat disc. Wrap in plastic and refrigerate for at least 30 minutes before using.
4. The dough keeps for up to a week in the refrigerator or in the freezer for up to 3 months.

NOTE: For a sweet pastry dough, add 1 tablespoon caster sugar with the dry ingredients.

Flour Tortillas

Makes ten, 15cm tortillas

INGREDIENTS

2.5 cups plain flour plus more for dusting

1 teaspoon salt

6 tablespoons vegetable shortening, room temperature

$\frac{3}{4}$ cup warm water

Canola oil for brushing

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the flour and salt and process to sift. Add the shortening and pulse until the shortening is well coated with flour. With the unit running, slowly add the water through the feed tube. Continue to process for 40 seconds to knead. The dough should be soft and smooth.
2. Turn the dough out onto a lightly floured work surface and knead for another minute or two by hand to soften some more.
3. Divide the dough into 10 equal pieces and shape into rounds. Loosely cover the rounds with plastic wrap and let them sit for 30 minutes to 1 hour.
4. Preheat a frypan over medium-high heat. Working with one dough ball at a time and keeping the rest covered, roll the dough into a 15cm circle, about 3mm thick. Once the frypan is hot, brush the surface with oil and place the dough on the frypan. Cook, turning the tortilla every 1.5 to 2 minutes, until browned in spots and cooked through but still pliable. The dough will puff as it cooks.
5. Remove the tortilla to a plate and cover with a damp paper towel or clean towel to keep warm. Continue cooking the remaining tortillas in the same manner. Serve with desired accompaniments.



DESSERTS

Banana-Chip "Ice Cream" with Peanut Butter Swirl

Makes about 2 cups

INGREDIENTS

4 very ripe bananas, cut into 5cm pieces, frozen
2 tablespoons coconut milk
¼ teaspoon pure vanilla extract
Pinch salt
¼ cup chocolate chips
¼ cup peanut butter

METHOD

1. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Put the bananas, coconut milk, vanilla, and salt in the work bowl. Use 10 long pulses to break up the bananas. Scrape the work bowl and then process for 2 to 3 minutes until smooth.
2. Add the chips and pulse about 5 times to break up and incorporate. Add the peanut butter and continue to pulse to create a swirl.
3. For best results, serve immediately. Alternatively, transfer to a freezer-safe container, cover the surface with plastic wrap, and freeze.

Pistachio Shortbread

Makes 30 cookies

INGREDIENTS

½ cup unsalted pistachios, toasted and cooled
2 tablespoons caster sugar, plus more for coating
115g unsalted butter, room temperature and cut into 4 pieces
¼ cup icing sugar, sifted
½ teaspoon pure almond or vanilla extract
1 cup plain flour
½ teaspoon salt
1 large egg white, whisked well
1 to 2 tablespoons brown sugar

METHOD

1. Put the pistachios and the 2 tablespoons caster sugar into the work bowl of the Cuisinart Expert Prep Pro fitted with the universal blade. Pulse a few times, and then process for 20 seconds.
2. Add the butter, icing sugar, and vanilla. Pulse to combine, and then process until mixture comes together fully.
3. Add the flour and salt, and pulse until combined. Scrape down the work bowl, and pulse a few more times.
4. Transfer the dough to a piece of baking paper. Form into a 5cm cylinder, and wrap in the baking paper. Refrigerate overnight.
5. Preheat the oven to 180°C with the racks in the lower and upper third positions. Line two baking trays with baking paper.
6. While the oven is preheating, remove the dough from the refrigerator, and then brush with the egg white. Put the brown sugar in a long rimmed pan. Roll the egg-washed dough in the sugar, and then cut into 6mm thick slices. Transfer the dough to the prepared baking pans.
7. Bake until the cookies are just browned at the edges, about 10 minutes. Transfer to a wire rack until firm enough to move to a second wire rack to cool completely before serving.

NOTE: The toasting of the pistachios is a step not to be missed – it brings out the oils of the nuts and is crucial to the true pistachio flavor in these cookies.

Chocolate Hazelnut Spread

Makes about 2 cups

INGREDIENTS

1.5 cups skinned hazelnuts
225g chocolate chips
2 tablespoons caster sugar
½ teaspoon salt
½ cup thickened cream
85g unsalted butter, cut into 2cm pieces, room temperature

METHOD

1. Preheat the oven to 170°C. Spread the hazelnuts on a baking tray, and toast until fragrant and lightly golden-brown, 5 to 8 minutes. Transfer to a wire rack to cool completely.
2. Put the chocolate chips in a small metal bowl. Place the bowl over a medium saucepan of simmering water, and stir until melted and smooth. Reserve.
3. Put the hazelnuts, sugar, and salt in the work bowl of the Cuisinart Expert Prep Pro fitted with the universal blade. Pulse 5 to 6 times to break up the hazelnuts, then process until hazelnuts resemble a thick paste.
4. Add the melted chocolate, cream, and butter to the hazelnut mixture. Process until smooth. Transfer to an airtight container and refrigerate for at least 30 minutes. Store in the refrigerator for up to 2 weeks.

NOTE: For best results, remove from the refrigerator 30 minutes prior to serving.

Apple, Pear & Blueberry Purée

Makes 2 cups

INGREDIENTS

2 medium apples
1 large Nashi pear
225g blueberries

METHOD

1. Peel, core and chop the apples and pear. Place in a medium sized saucepan with ¼ cup of water. Cook over medium high heat for approximately 10 mins until tender, then add the blueberries and cook for a further 5 minutes.
2. Drain the fruit (reserving the cooking water).
3. Transfer the fruits to the work bowl of the Cuisinart Expert Prep Pro fitted with the universal blade. Process continuously until smooth.

NOTE: Serve over vanilla ice cream or warm porridge

Date and Almond Energy Balls

Makes 10 balls

INGREDIENTS

12 fresh dates, pitted
40g raw almonds
2 teaspoons maple syrup
2 teaspoons coconut oil, melted
1 tablespoon raw cacao powder
2 tablespoons desiccated coconut, toasted
Pinch salt

METHOD

1. Place coconut into a shallow bowl and reserve.
2. Insert the universal blade into the work bowl of the Cuisinart Expert Prep Pro. Add the dates, almonds, maple syrup, oil, cacao and salt into the work bowl. Process for 3 minutes in 30 second segments or until the nuts are finely chopped and the mixture comes together.
3. Remove blade and take 2 teaspoons of mixture and roll into balls on a clean smooth board.
4. Finish by rolling in the coconut. Refrigerate until ready to serve.

Mango Frozen Yoghurt

Makes 6 servings

INGREDIENTS

450g coarsely chopped frozen mango
½ cup plain Greek style yoghurt
¼ cup white sugar
1 tablespoon lemon juice

METHOD

1. Insert the universal blade into the work bowl of the food processor. Add mango and sugar into the work bowl then pulse until roughly chopped, about 3 to 4 times.
2. Add half of the yoghurt into the work bowl and process until smooth then add remaining yoghurt and lemon juice and process continuously until creamy in texture, scraping down the sides as needed.
3. Serve immediately or transfer to a shallow storage container and let harden in the freezer. Remove from freezer for at least 20 minutes or more, depending on how hard or soft you prefer it.

NOTE: The Fruit can be substituted with any other frozen fruits you have in the freezer.