

Recipe Booklet



RECIPES

Breakfast & Starters

Spinach & Gruyère	23
Breakfast Strata	3
Maple Cinnamon Oatmeal	3
Turkey Swedish Meatballs	5

Stocks & Sauces

Rich Veggie Stock	6
Roasted Beef Stock	7
Garden Vegetable Sauce	8
Bolognese	8

Soups & Stews

Rustic Tomato Soup	9
Mushroom Barley Soup	10
Beef Stew	10
Super Chili	11
Shrimp & Chorizo Gumbo	12

Entrées

Roasted Herb & Garlic Pork	14
Roasted Stuffed Turkey Breast	16
Chicken with Three Peppers	17
Steak and Roast Rub	18
Rib-Eye Roast	19
Guinness Braised Short Ribs	19
Primavera Shrimp Sauté	21
Asian Style Poached Salmon	21

Sides

Buttery Dinner Rolls	23
Garlic-Rosemary Beans	24
Roasted Corn on the Cob	25
Roasted Red Potatoes	26
Steamed Artichokes	26

Desserts

Applesauce	27
Cannoli Cheesecake	28
Fall Fruit Crisp	30
Rice Pudding	32
Steamed Mocha Pudding	32

Breakfast & Starters

Spinach and Gruyère Breakfast Strata

This is a delicious dish to have at a brunch for a crowd. The flavours are rich and it only takes a few steps to complete.

Settings: Brown/Sauté
Slow Cook

Makes twelve 1-cup (250 ml) servings

½	tablespoon (7 ml)	extra virgin olive oil
1	garlic clove, finely chopped	
½	large onion, chopped	
1	teaspoon (5 ml) sea or kosher salt, divided	
1	loaf (1 pound [500 g]) challah bread, cut into 1-inch (25 mm) cubes	
8	large eggs, beaten	
1	cup (250 ml) heavy cream	
1	cup (250 ml) whole milk	
¼	teaspoon (1 ml) freshly ground black pepper	
¼	teaspoon (1 ml) ground nutmeg	
1	teaspoon (5 ml) ground mustard	
6	ounces (170 g) Gruyère, shredded	
4	ounces (115 g) baby spinach	

1. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 350°F (180°C). Once the oil is hot, add the garlic, onion and a pinch of the salt. Sauté until golden and fragrant, about 3 to 5 minutes.

2. Switch from Brown/Sauté to Slow Cook set on Low for 3½ hours. Add the remaining ingredients; toss to combine and cover.

3. Once time has expired, the unit will automatically switch to Keep Warm.

Nutritional information per serving:

Calories 307 (21% from fat) • carb. 21g • pro. 13g
• fat 19g • sat. fat 9g • chol. 205mg • sod. 497mg
• calc. 243mg • fiber 1g

Maple Cinnamon Oatmeal

What a delightful aroma to wake up to in the morning! Prepare your oatmeal the night before so it will be ready for your family to start the day right.*

Setting: Slow Cook

Makes eight 1-cup (250 ml) servings

2½	cups (550 ml)	steel cut oats
4	cups (1 L)	water
4	cups (1 L)	milk (may use whole or lowfat), divided
3	tablespoons (45 ml)	pure maple syrup
2	cinnamon sticks	
¼	teaspoon (1 ml)	kosher salt
	pinch	ground nutmeg
¾	cup (175 ml)	raisins or any other dried fruit (for larger dried fruit varieties, chop into small, bite-size pieces)

1. Put the oats, water, 2 cups (500 ml) of milk (substitute with water if preparing in advance), maple syrup, cinnamon sticks, salt, nutmeg and dried fruit into the cooking pot of the Cuisinart® Multicooker.
2. Select Slow Cook on Low and set time for 2½ hours.
3. Once unit switches to Keep Warm, stir the remaining 2 cups (500 ml) of milk into oatmeal. Remove cinnamon sticks and serve immediately.

Nutritional information per serving:

Calories 319 (16% from fat) • carb. 56g • pro. 11g
• fat 6g • sat. fat 2g • chol. 10mg • sod. 140mg
• calc. 164mg • fiber 6g

*If programming the oatmeal overnight, use all water for cooking. Stir 2 cups (500 ml) of milk into oatmeal as instructed once cooking time is finished and the unit has switched to Keep Warm.

Turkey Swedish Meatballs

What was old is new and popular again, and that is true with this classic dish. These are sure to please everyone, Swedes and non-Swedes alike.

Setting: Brown/Sauté

Makes about 20 meatballs

⅓	cup (75 ml)	milk (whole or reduced fat)
2	slices sandwich bread, torn into 1-inch (25 mm) pieces	
1	medium celery stalk, finely chopped	
2	pounds (1 Kg) ground turkey	
1	medium onion, finely chopped	
1½	teaspoons (7 ml) sea or kosher salt	
¼	teaspoon (1 ml) ground white pepper	
1	teaspoon (5 ml) baking powder	
¼	teaspoon (1 ml) ground allspice	
2	pinches ground nutmeg	
1	large egg, beaten	
3½	tablespoons (50 ml) unsalted butter, divided	
3	tablespoons (45 ml) unbleached, all-purpose flour	
4	cups (1 L) chicken broth, low sodium	
⅓	cup (75 ml) sour cream	

1. Put the milk into a liquid measuring cup and add the bread. Let soak; reserve.
2. While the bread is soaking, combine the celery, turkey, onion, salt, pepper, baking powder, spices and egg in a large mixing bowl. Squeeze the milk out of the bread and add the bread to the turkey mixture. With gentle hands, mix together until fully combined. You want to mix as little as possible, because if you over-mix, the meatballs will be tough. Form into 1-inch (25 mm) meatballs.

3. Put ½ tablespoon (7 ml) of the butter into the cooking pot of the Cuisinart® Multicooker set to Brown/Sauté at 375°F (190°C). Once the butter melts and is hot and foamy, add the meatballs in about four batches so not to overcrowd the pan (overcrowding the pan will lead to poor browning and bring down the heat).

4. Turn the meatballs every minute or two until fully browned. Remove, reserve and repeat with remaining meatballs. Once all are browned, remove and reserve together.

5. Prepare the gravy. Add the remaining butter to the cooking pot. Once it is melted and foamy, whisk in the flour. Stirring constantly with a wooden spoon, cook until the butter/flour mixture is lightly browned. Once it is browned, slowly whisk in the broth. Bring to a boil and let cook until thickened, about 10 minutes. Reduce heat to 300°F (150°C) and stir in the sour cream.

6. Put all of the reserved meatballs into the cooking pot with the gravy. Raise heat to 350°F (180°C) and bring to a boil. Let boil for about 10 minutes to coat the meatballs with the thickened gravy.

7. Reduce heat to 250°F (120°C) and keep on this temperature until ready to serve. (Note: the meatballs can be served right after boiling in Step 6. This additional time is optional, but adds to the flavour and cohesiveness of the dish.)

Nutritional information per meatball:
Calories 121 (53% from fat) • carb. 4g • pro. 10g
• fat 7g • sat. fat 3g • chol. 90mg • sod. 390mg
• calc. 28mg • fiber 0g

Stocks & Sauces

Rich Veggie Stock

This stock makes a delicious base for all soups and sauces.

Setting: Slow Cook

Makes about 8 cups (2 L)

1	large onion, cut into eighths
1	large leek, root end trimmed and washed, cut into 2-inch (50 mm) pieces
2	parsnips, peeled and cut into 2-inch (50 mm) pieces
1	plum tomato, cut into quarters
3	medium-to-large carrots, peeled and cut into 2-inch (50 mm) pieces
3	medium celery stalks, cut into 2-inch (50 mm) pieces
1	large handful fresh Italian parsley
1	small sprig fresh thyme
1	large garlic clove, crushed
1/2	teaspoon (2 ml) black peppercorns
8	cups (2 L) water

1. Put all ingredients into the cooking pot of the Cuisinart® Multicooker.

2. Set to Slow Cook on Low for 12 to 16 hours.

3. Once unit switches to Keep Warm, strain stock, discarding vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.*

*Stock will keep in refrigerator for up to one week, or two months in a freezer.

Nutritional information per serving (½ cup [125 ml]):
Calories 24 (5% from fat) • carb. 6g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 17mg
• calc. 25mg • fiber 1g

Roasted Beef Stock

There is nothing more wholesome or economical than preparing your own homemade stocks.

Settings: Roast
Slow Cook

Makes about 10 cups (2.5 L)

4	pounds (1.8 Kg) beef bones
1	large onion, cut into eighths
1	large leek, washed well with root end trimmed, cut into 2-inch (50 mm) pieces
4	medium carrots, peeled and cut into 2-inch (50 mm) pieces
2	medium celery stalks, cut into 2-inch (50 mm) pieces
1	large handful fresh Italian parsley
1	teaspoon (5 ml) black peppercorns
1	bay leaf
1	garlic clove, crushed
12	cups (3 L) cold water

1. Preheat the Cuisinart® Multicooker to Roast at 425°F (220°C). Put bones into the cooking pot, cover and roast for about 30 minutes, turning once during cooking until well browned. Remove the beef bones and carefully remove the pot and pour out any residual grease.
2. Return pot to unit. Add bones and remaining ingredients to the pot. Switch to Slow Cook on Simmer for 14 to 20 hours.

3. Once unit switches to Keep Warm, strain stock, discarding beef bones and vegetables. Use immediately or cool to place in storage containers for refrigerator or freezer.*

*Stock will keep in refrigerator for up to one week, or two months in a freezer.

Nutritional information per serving (½ cup [125 ml]):
Calories 42 (15% from fat) • carb. 3g • pro. 3g
• fat 2g • sat. fat 1g • chol. 7mg • sod. 28mg
• calc. 20mg • fiber 0g

Garden Vegetable Sauce

This sauce can be served chunky, or you can use an immersion blender to make it smooth.

Settings: Brown/Sauté
Slow Cook

Makes about 6 cups (1.5 L)

1½	tablespoons (25 ml) extra virgin olive oil
2	medium-to-large onions, peeled and cut into ½-inch (12.5 mm) pieces
4	medium carrots, cut into ½-inch (12.5 mm) pieces
2	cups (500 ml) ½-inch (12.5 mm) cubed eggplant (not peeled)
2	medium celery stalks, cut into ½-inch (12.5 mm) pieces
4	garlic cloves
1½	teaspoons (7 ml) sea or kosher salt, divided
1½	teaspoons (7 ml) dried oregano
1½	teaspoons (7 ml) dried basil
4	roasted red bell peppers, cut into 1-inch (25 mm) pieces
½	cup (125 ml) dry white wine
3	tablespoons (45 ml) tomato paste
4	cans diced tomatoes, strained, reserving 1 cup (250 ml) of the juices
¼	teaspoon (1 ml) freshly ground black pepper
3	tablespoons (45 ml) granulated sugar

1. Put the oil into the cooking pot of the Cuisinart® Multicooker; set to Brown/Sauté at 350°F (180C). Once the oil is hot, add the onions, carrots, eggplant, celery, garlic and ½ teaspoon (2 ml) of the salt. Sauté ingredients together so that they gently cook and turn slightly golden.
2. Add the oregano, basil, red peppers and wine to the sautéed ingredients. Cook until the wine has reduced by at least half. Add the tomato paste, tomatoes

with the 1 cup (250 ml) of reserved juices, remaining salt, pepper and sugar. Bring mixture to a boil and then switch to Slow Cook on Low for 3 hours.

3. Once the 3 hours expire, the unit will automatically switch to Keep Warm. If you want to serve as a more rustic-style sauce, you can serve as is. If you want a smoother sauce, blend in the cooking pot by using an immersion blender.

Nutritional information per serving (¼ cup [60 ml]):
Calories 55 (6% from fat) • carb. 11g • pro. 2g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 433mg
• calc. 32mg • fiber 2g

Bolognese

This Italian sauce is a classic. The longer it can simmer in the multicooker the better the flavours will be. It freezes beautifully, so it can be enjoyed again.

Settings: Brown/Sauté
Slow Cook

Makes 12 cups (3 L)

- | | |
|-------|---|
| 1 | tablespoon (15 ml) olive oil |
| 1 | tablespoon (15 ml) unsalted butter |
| 2 | medium onions, finely chopped |
| 2 | medium carrots, finely chopped |
| 2 | medium celery stalks, finely chopped |
| 4 | garlic cloves, finely chopped |
| 3/4 | pound (375 g) ground beef |
| 3/4 | pound (375 g) ground veal |
| 3/4 | pound (375 g) Italian sausage, casings removed |
| 1 1/2 | teaspoons (7 ml) kosher salt, divided |
| 1 | cup (250 ml) whole milk |
| 1 | cup (250 ml) dry white wine |
| 1/2 | teaspoon (2 ml) freshly ground black pepper |
| 2 | cans (35-ounce [1 L]) tomatoes, roughly chopped |

1. Put the oil and butter into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). When the butter melts, stir in the chopped vegetables. Sauté vegetables until soft and fragrant, about 5 to 6 minutes, stirring occasionally. Stir in the ground meats and 1 teaspoon (5 ml) of salt. Cook until completely browned, breaking up meat with a wooden spoon as it cooks.

2. Once the meat is brown, stir in the milk. Allow the mixture to simmer until the milk is completely evaporated. Add the wine and also simmer until liquid has completely evaporated. Add the remaining salt, pepper and chopped tomatoes to the cooking pot. Stir ingredients together well.

3. Switch to Slow Cook on Low for 6 hours.
4. Once unit switches to Keep Warm, use immediately or cool to place in storage containers for refrigerator or freezer.

*Sauce will keep up to five days in refrigerator or three months in the freezer.

*Nutritional information per serving (1/4 cup [60ml]):
Calories 58 (36% from fat) • carb. 3g • pro. 5g
• fat 2g • sat. fat 1g • chol. 16mg • sod. 220mg
• calc. 20mg • fiber 1g*

Soups & Stews

Rustic Tomato Soup

Sautéing the vegetables gives the soup a rich, sweet flavour.

Settings: Brown/Sauté
Slow Cook

Makes about 8 cups (2 L)

- | | |
|-------|--|
| 3 | tablespoons (45 ml) olive oil, divided |
| 3 1/2 | pounds (1.6 Kg) tomatoes, halved and seeded, divided |
| 3 | garlic cloves, smashed |
| 1 | medium to large onion, roughly chopped |
| 2 | medium carrots, roughly chopped |
| 2 | celery stalks, roughly chopped |
| 2 | pinches sea or kosher salt |
| | pinch freshly ground black pepper |
| 2 | teaspoons (10 ml) dried basil |
| 1 | teaspoon (5 ml) marjoram |
| 6 | sun-dried tomatoes |
| 1/4 | teaspoon (1 ml) baking soda |
| 4 | cups (1 L) vegetable broth or stock |
| 1 1/2 | teaspoons (7 ml) sea or kosher salt |
| 3/4 | teaspoon (3.75 ml) freshly ground black pepper |

1. Preheat the Cuisinart® Multicooker to Brown/Sauté at 400°F (200°C). Once preheated, add 1 tablespoon (15 ml) of the olive oil and half of the tomatoes, skin side down. Brown for about 5 minutes. Turn and brown second side for another 5 minutes. Remove and reserve. Add the second tablespoon (15 ml) of oil and remaining tomatoes. Repeat as above, scraping the bottom as needed to prevent burning.
2. Reduce the heat to 350°F (180°C). Add the reserved tomatoes, garlic, onion, carrots, celery, salt, pepper and spices. Sauté until soft and golden, about 8 to 10 minutes, stirring occasionally.
3. Add remaining ingredients and stir to combine. Switch from Brown/Sauté to Slow Cook on Low. Cover and set timer for 4 hours.
4. Once unit switches to Keep Warm, use an immersion blender* to blend soup in the cooking pot to finish. Taste and adjust seasonings as desired.

*If you do not have an immersion blender, you can use a countertop blender. Divide the solids from the liquid and add some of the liquid to the blender, then follow by about 1/3 of the solids. Blend until smooth. Repeat with remaining ingredients.

*Nutritional information per serving (1 cup [250 ml]):
Calories 111 (43% from fat) • carb. 13g • pro. 4g*

*• fat 6g • sat. fat 1g • chol. 0mg • sod. 808mg
• calc. 53mg • fiber 4g*

Mushroom Barley Soup

A bowl of this deeply satisfying soup plus a slice of crusty French bread makes the perfect winter meal.

Settings: Brown/Sauté
Slow Cook

Makes about 12 cups (3 L)

2 tablespoons (30 ml) unsalted butter
1 medium leek, white and light green parts only, washed and dried well, finely chopped
1 medium onion, finely chopped
3 medium carrots, finely chopped
4 garlic cloves, finely chopped
24 ounces (0.7 L) mushrooms (a mix of button, cremini, and all wild varieties works nicely), sliced
2 teaspoons (10 ml) kosher salt
1 teaspoon (5 ml) fresh thyme
1 bay leaf
 $\frac{1}{2}$ cup (125 ml) sherry
1 cup (250 ml) pearl barley
10 cups (2.5 L) vegetable broth
 $\frac{3}{4}$ teaspoon (3.75 ml) freshly ground black pepper
1 tablespoon (15 ml) chopped fresh Italian parsley
1 teaspoon (5 ml) fresh lemon juice

1. Put the butter into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 375°F (190°C). Once melted, stir in the chopped leek, onion and carrots. Sauté until vegetables are soft and fragrant, about 5 to 8 minutes. Stir in the garlic, mushrooms, salt, thyme and bay leaf. Cook until mushrooms release most of their moisture and have cooked down considerably, up to 10 minutes. Add sherry to the pot and cook until almost completely reduced.

2. Add the barley, broth and pepper and switch the unit to Slow Cook on High for 3½ hours.

3. Once unit switches to Keep Warm and right before serving, stir in fresh parsley and lemon juice.
4. Taste and adjust seasoning accordingly.

*Nutritional information per serving (1 cup [250 ml]):
Calories 126 (15% from fat) • carb. 22g • pro. 4g
• fat 2g • sat. fat 1g • chol. 5mg • sod. 767mg
• calc. 32mg • fiber 4g*

Beef Stew

This beef stew is one of the simplest you will ever find. No browning is required* – just combine the ingredients and cook slowly.

Setting: Slow Cook

Makes about 10 cups (2.5 L)

3 pounds (1.5 Kg) beef chuck, cut into 1- to 2-inch (25 to 50 mm) cubes*
1 teaspoon (5 ml) kosher salt
 $\frac{1}{2}$ teaspoon (10 ml) freshly ground black pepper
1 medium leek, white and light green parts only, finely chopped
1 medium onion, finely chopped
2 medium carrots, cut into $\frac{1}{2}$ -inch (12.5 mm) rounds (halve rounds if carrots are on the larger side)
1 medium parsnip, cut into $\frac{1}{2}$ -inch (12.5 mm) rounds
1 medium celery stalk, thinly sliced
1 pound new white or red potatoes, cut into 1-inch (25 mm) pieces
8 garlic cloves, peeled, left whole
6 ounces (170 g) cremini mushrooms, halved or quartered
 $\frac{1}{2}$ tablespoon (7 ml) herbes de Provence
1 bay leaf
 $\frac{3}{4}$ cup (175 ml) dry red wine
3 tablespoons (45 ml) tomato paste
 $2\frac{1}{2}$ cups (625 ml) beef stock, low sodium
1 cup (250 ml) green peas (thaw first if frozen)
 $\frac{1}{4}$ cup (60 ml) chopped Italian parsley leaves

1. Toss all ingredients together except the peas and parsley in the cooking pot of the Cuisinart® Multicooker.
2. Set the unit to Slow Cook on Low for 16 hours.
3. Once the unit switches to Keep Warm, stir in the peas and parsley.
4. Taste and adjust seasoning accordingly.

*Note: If you have the time, you can brown the meat prior to slow cooking. Do this on Brown/Sauté at 400°F (200°C) as the first step. If you do this, use 4 cups (1 L) of beef stock. Your yield may be slightly less.

*Nutritional information per serving (1 cup [250 ml]):
Calories 248 (28% from fat) • carb. 15g • pro. 26g
• fat 8g • sat. fat 3g • chol. 64mg • sod. 324mg
• calc. 36mg • fiber 3g*

Super Chili

Don't be intimidated by the amount of chili powder in the recipe; most store bought varieties lean on the side of mild. However spice lovers can turn up the heat by just increasing the cayenne or stirring in some puréed chipotle chiles.

Settings: Brown/Sauté
Slow Cook

Makes about 12 cups (3 L)

1	teaspoon (5 ml) vegetable oil
1	large onion, finely chopped
2	jalapeños, seeded and finely chopped
2	medium red peppers, cut into ¼-inch (6 mm) dice
6	garlic cloves, finely chopped
2	pounds (1 Kg) ground beef
½	cup (125 ml) chili powder
1	tablespoon (15 ml) dried oregano
1	tablespoon (15 ml) kosher salt
¼	teaspoon (1 ml) cayenne pepper
1	can (28-ounce [0.8 L]) crushed tomatoes
1	can (15-ounce [0.47 L]) diced tomatoes, drained

1. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). Once hot, add the chopped onion, jalapeños, peppers and garlic and stir together until soft and fragrant, about 5 to 8 minutes.
2. Add the ground beef and break apart with a wooden spoon once it is added to the pot. Stir in the chili powder, oregano, salt and cayenne and continue cooking until the meat is completely cooked through.
3. Add the crushed and diced tomatoes. Switch the unit to Slow Cook on Low for 6 hours. When unit switches to Keep Warm, degrease the chili by either skimming any excess fat with a ladle or by gently blotting the surface with a paper towel.

4. Taste and adjust seasoning accordingly. Leave on Keep Warm until ready to serve.

*Nutritional information per serving (1 cup [250 ml]):
Calories 214 (53% from fat) • carb. 9g • pro. 15g
• fat 13g • sat. fat 5g • chol. 51mg • sod. 895mg
• calc. 54mg • fiber 3g*

Shrimp & Chorizo Gumbo

Not exactly a purist's version of gumbo, but a delicious one just the same!

Settings: Brown/Sauté
Slow Cook

Makes about 14 cups (3.5 L)

¼	teaspoon (1 ml) vegetable oil
1	pound (500 g) chorizo or andouille sausage cut into ½-inch (12.5 mm) dice
½	cup (125 ml) dry white wine, divided
½	cup (125 ml) unsalted butter
¾	cup (175 ml) unbleached, all-purpose flour
1	large onion, diced (approximately 2 cups [500 ml] dice)
4 to 5	large celery stalks, diced (approximately 2 cups [500 ml] dice)
1	large green pepper, diced (approximately 2 cups [500 ml] dice)
4	garlic cloves, finely chopped
2	tablespoons (30 ml) Creole seasoning
½	teaspoon (2 ml) kosher salt
2	cans (15-ounce [0.4 L]) diced tomatoes
1	bay leaf
10	cups (2.5 L) shrimp stock (see page 7)*
10	ounces (0.3 L) okra, sliced, fresh or frozen
2	pounds (1 Kg) large shrimp, peeled and rinsed

1. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). Once the oil is hot, add the diced sausage and cook until browned all over, about 6 to 10 minutes. Stir in ¼ cup (60 ml) of the white wine in order to scrape up all the brown bits that may have accumulated on the bottom of the pot. Remove sausage and reserve. Carefully wipe out bottom of pan with a paper towel.

2. Lower the heat to 275°F (135°C) and add the butter. Once butter has melted, stir the flour into the butter with a wooden spoon so that the mixture comes together – this is called the roux. The roux will at first be very thick; continue stirring roux occasionally until it is smooth and resembles the colour of peanut butter, approximately 30 to 40 minutes. It is important to keep a close eye during this step as the roux could burn if it is not occasionally stirred and a low heat is not maintained.

3. Once the roux has reached the appropriate colour, raise temperature to 325°F (160°C), stir in the onion and celery; sauté for about 5 minutes. Stir in the pepper and garlic and continue to cook for another 5 minutes. Stir in the remaining ¼ cup (60 ml) of white wine, and again scrape any brown bits that may have accumulated on the bottom of the cooking pot. Stir in Creole seasoning and salt – stir over heat for 1 minute. Stir in diced tomatoes and bay leaf. Once all ingredients are well incorporated, slowly whisk in the shrimp stock, using a nonstick whisk. Continue whisking until all ingredients are incorporated.

4. Add the reserved cooked sausage and switch unit to Slow Cook on Low for 4 hours. Once unit switches to Keep Warm, stir in the okra; switch to Brown/Sauté at 375°F (190°C) to simmer for an additional 30 minutes. Taste and adjust seasoning.

5. The final step is to stir in the shrimp. The shrimp will take only 5 minutes to cook so wait until just before serving to add. If desired, set to Keep Warm for serving.

Tip: Gumbo is best served in shallow bowls over rice.

* Shrimp stock is a key ingredient for this dish, plus it is easy to make with the shells from the shrimp used in the recipe. However, if necessary, vegetable broth can be substituted.

Note: Should there be excessive grease remaining in the bottom of the pot after browning sausage in Step 1, refer to the instructions on page 6 of the instruction book for removal.

Nutritional information per serving (1 cup [250 ml]):
Calories 343 (65% from fat) • carb. 9g • pro. 20g
• fat 25g • sat. fat 9g • chol. 126mg • sod. 488mg
• calc. 74mg • fiber 1g

Entrées

Roasted Herb & Garlic Pork

The longer the pork is marinated, the more flavourful the end result will be.

Setting: Roast

Makes 6 servings

- 1 **pork loin roast (approximately 2½ pounds [1.1 Kg])**
- 3 **garlic cloves, chopped**
- 6 **sage leaves**
- 2 **fresh rosemary sprigs, leaves only**
- 4 **tablespoons (60 ml) extra virgin olive oil**
- ¾ **teaspoon (3.75 ml) kosher salt**
- ¼ **teaspoon (1 ml) freshly ground black pepper**

1. Put the pork in a bowl with the garlic, sage, rosemary and olive oil and toss together well. Let marinate in the refrigerator for at least 2 hours and up to overnight.
2. Remove pork from refrigerator about 30 minutes before roasting. Season the roast all over with the salt and pepper. Put the roasting rack into the cooking pot of the Cuisinart® Multicooker and set to Roast at 400°F (200C). Put the marinated pork on the rack, cover, and set time for 1 hour.
3. Check the roast after 45 minutes; the internal temperature should read 140°F (60°C) at the thickest part.
4. Allow to rest 5 to 10 minutes before slicing.

Nutritional information per serving:
Calories 457 (66% from fat) • carb. 1g • pro. 37g
• fat 33g • sat. fat 10g • chol. 119mg • sod. 361mg
• calc. 39mg • fiber 0g

Roasted Stuffed Turkey Breast

When you are feeling nostalgic for Thanksgiving, get the same flavours in a fraction of the time with this all-encompassing dish. We took the dishes from the holiday and stuffed them into a turkey breast to satisfy the craving. While brining is an optional step, it is well worth the time, for it keeps the turkey from drying out.

Settings: Brown/Sauté Roast

Makes about 12 servings

Brine (optional):

- 8 **cups (2 L) water**
- 1 **cup (250 ml) kosher salt**
- ¼ **cup (60 ml) granulated sugar**

Turkey:

- 1 **turkey breast (6 to 7 pounds [2.7 to 3.2 Kg]), de-boned**
- 1 **tablespoon (15 ml) unsalted butter**
- 1 **celery stalk, diced (about ¼ cup [60 ml])**
- 1 **small onion, diced (about ¾ cup 175 ml)**
- 1 **medium-to-large yam, peeled and diced**
- 1 **teaspoon (5 ml) sea or kosher salt, divided**
- ¾ **teaspoon (3.75 ml) freshly ground black pepper, divided**
- ½ **cup (125 ml) dried cranberries**
- 1 **tablespoon (15 ml) chopped fresh sage**
- 1 **cup (250 ml) cubed sourdough bread (or any rustic bread, like Italian or French)**
- ⅔ **cup (150 ml) chicken broth, low sodium**
- 2 **tablespoons (30 ml) unsalted butter, melted for brushing (you may substitute olive oil if you wish)**

1. Prepare the brine (if using): Combine the water, salt and sugar in a mixing bowl large enough to accommodate the turkey breast. Whisk the water, salt and

sugar together and add the turkey breast. If the turkey breast is not fully submerged, add more water. Cover and refrigerate for 3 to 4 hours, or overnight (no more than 24 hours). Rinse well under cold water after brining or the turkey will be too salty.

2. Put 1 tablespoon (15 ml) of butter into the cooking pot of the Cuisinart® Multicooker, set to Brown/Sauté at 350°F (180°C). Once butter has melted, add the celery, onion, yam and a pinch each of the salt and pepper. Sauté until softened and fragrant, about 6 to 8 minutes. Remove and reserve in a large mixing bowl. Add remaining salt and pepper, cranberries, sage, bread cubes and broth to the sautéed vegetables. Toss to combine. Reserve.
3. Lay the brined turkey breast out flat. Pound to be sure that the turkey is even in thickness. Spread the stuffing evenly on top of the pounded turkey breast. Carefully roll the turkey breast, width-wise, pushing any stuffing that is falling out back in. Tie in six places with kitchen twine to secure tightly. Brush with the melted butter.
4. Increase the Brown/Sauté temperature to 450°F (230°C). Once the unit is hot, sear the stuffed turkey breast on all sides, about 3 minutes per side.
5. Insert the roasting rack into the cooking pot and place the stuffed turkey breast on top. Switch the unit to Roast at 325°F (160°C) and be sure to put the lid on. Let roast for about 2 hours, or until the internal temperature is 165°F (74°C).
6. Carefully remove the stuffed turkey breast and let rest for 10 minutes before slicing.

Nutritional information per serving:
Calories 424 (40% from fat) • carb. 12g • pro. 50g
• fat 18g • sat. fat 6g • chol. 152mg • sod. 808mg
• calc. 53mg • fiber 4g

Chicken with Three Peppers

The combination of hot and sweet peppers with olives makes this delicious chicken dish burst with flavour.

Settings: Brown/Sauté
Slow Cook

Makes 4 to 6 servings

6 **chicken thighs, any excess fat trimmed, about 3 pounds (1.5 Kg)**
¾ **teaspoon (3.75 ml) kosher salt**
¼ **teaspoon (1 ml) ground black pepper**
1 **teaspoon (5 ml) olive oil**
3 to 4 **Italian chicken sausages, about 9 to 12 ounces (0.26 to 0.35 L), cut into ½-inch (12.5 mm) slices**
1 **medium yellow onion, finely diced**
1 **small red bell pepper, about 5 ounces (145 g), cut into ½-inch (12.5 mm) dice**
1 **small yellow bell pepper, about 5 ounces (145 g), cut into ½-inch (12.5 mm) dice**
1 **small orange bell pepper, about 5 ounces (145 g), cut into ½-inch (12.5 mm) dice**
⅓ **cup (75 ml) dry white wine**
1¼ **cups (300 ml) chopped hot and sweet cherry peppers, seeds removed**
¾ **cup (175 ml) green Italian olives (like Cerignola)**

1. Sprinkle the chicken thighs on both sides with salt and pepper.
2. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). Once unit is heated, put thighs into the cooking pot skin side down. Brown well, about 6 to 8 minutes per side. Chicken will release from the pot once it has browned. Remove thighs and reserve.

3. Add sausages and sauté until brown, about 6 to 8 minutes. Remove and reserve.
4. Add onion and all bell peppers to the cooking pot. Sauté until soft, about 5 minutes.
5. Stir in white wine, scraping any brown bits on bottom of pot with wooden spoon. Let liquid come to a boil and reduce by half.
6. Place chicken thighs back into cooking pot, along with cherry peppers and olives.
7. Cover unit and switch to Slow Cook on Low for 6 hours.
8. Once time has expired, unit will automatically switch to Keep Warm.

*Nutritional information per serving (1 cup [250 ml]):
Calories 432 (38% from fat) • carb. 9g • pro. 53g
• fat 18g • sat. fat 3g • chol. 220mg • sod. 933mg
• calc. 39 mg • fiber 1g*

Steak and Roast Rub

Steak rub can be purchased pre-made, but it is simple to make your own.

Makes about ¼ cup (60 ml)

2 **tablespoons (30 ml) coarse sea salt**
1 **tablespoon (15 ml) black peppercorns**
½ **tablespoon (7 ml) whole coriander**
½ **tablespoon (7 ml) dill seed**
2 **teaspoons (10 ml) ancho chili powder**
2 **teaspoons (10 ml) garlic powder**

1. Put all spices into the Cuisinart® Spice Grinder. Pulse to chop and blend, about 10 to 12 pulses.
2. Use immediately or contain in a sealed glass jar. Store in a dry, cool place.

2. Insert the roasting rack into the cooking pot of the Cuisinart® Multicooker and put the marinated roast on top. Set to Roast at 425°F (220°C) for 1½ hours. Check the roast after 1 hour and 10 minutes – the internal temperature should read 130°F (55°C) for medium rare. Let meat rest 10 to 15 minutes before slicing.

***Note:** If you have the time, we recommend browning the ribeye prior to roasting. Do this on Brown/Sauté at 400°F (200°C) before roasting.

Nutritional information per serving (based on 15 servings):

*Calories 192 (27% from fat) • carb. 0g • pro. 33g
• fat 5g • sat. fat 2g • chol. 94mg • sod. 538mg
• calc. 10mg • fiber 0g*

Rib-Eye Roast

We love using a homemade rub, any store bought one will do. You can even use salt, pepper and fresh herbs.

Setting: Roast

Makes 12 to 15 servings

1 **boneless rib-eye roast, tied (about 4 pounds [1.8 Kg])**
2 **tablespoons (30 ml) olive oil**
3 **tablespoons (45 ml) steak and roast rub (previous recipe)**

1. Rub roast all over with the olive oil and the rub. Place in a stainless steel mixing bowl or a sealable plastic bag to marinate in the refrigerator for at least 3 hours and up to overnight.

Guinness Braised Short Ribs

A perfect, comforting dish for a cold winter evening.

Settings: Brown/Sauté
Slow Cook

Makes 8 to 10 servings

- | | |
|-----|--|
| 12 | beef short ribs (about 3 to 4 pounds [1.5 to 1.8 Kg] total) |
| 2 | teaspoons (10 ml) kosher salt, divided |
| 1/4 | teaspoon (1 ml) freshly ground black pepper |
| 2 | teaspoons (10 ml) extra virgin olive oil |
| 1 | medium onion, finely chopped |
| 1 | leek, white parts only, finely chopped |
| 2 | medium carrots, finely chopped |
| 1 | celery stalk, finely chopped |
| 4 | garlic cloves, finely chopped |
| 1 | teaspoon (5 ml) dried thyme |
| 24 | ounces (0.5 L) Guinness beer (two 12-ounce [0.35 L] bottles) |
| 2 | tablespoons (30 ml) tomato paste |
| 4 | fresh parsley sprigs, chopped |

1. Season the beef well on all sides with $\frac{1}{2}$ teaspoon (2 ml) of the salt, and all the pepper.
2. Put the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 425°F (220°C). Once hot, add the short ribs (may need to cook in two batches). Cook for 5 to 6 minutes on each side, until very nicely browned. Remove and reserve (repeat with remaining if necessary). Carefully wipe up most fat, leaving only about 2 teaspoons (10 ml) behind.

3. Add the vegetables, thyme and remaining salt to the pot and reduce the temperature to 375°F (190°C). Cook until onion is translucent and vegetables are slightly softened, about 3 to 5 minutes. Stir in the Guinness and simmer to reduce slightly (about 3 to 5 minutes). Stir in the tomato paste. Nestle the ribs and any accumulated liquid into the vegetables. Be sure liquid comes halfway up the ribs.

4. Cover and switch unit to Slow Cook on Low for 10 hours.
5. When unit switches to keep warm, it is recommended to degrease the top of the liquid before serving. Either remove grease with a ladle or blot with a fat mop or paper towel.
6. Once ready to serve, stir in the chopped parsley. Taste and adjust seasoning accordingly.

Note: Should there be excessive grease in the bottom of the pot after browning the short ribs in Step 2, refer to the instructions on page 6 of the instruction book for removal.

Nutritional information per serving (based on 10 servings):

Calories 574 (80% from fat) • carb. 6g • pro. 4g
• fat 42g • sat. fat 22g • chol. 103mg • sod. 512mg
• calc. 32mg • fiber 1g

Primavera Shrimp Sauté

A colourful and light dish that takes very little time to prepare.

Setting: Brown/Sauté

Makes about 6 servings

- | | |
|-----|---|
| 1 | pound (500 g) shrimp, peeled and deveined |
| 1/2 | teaspoon (2 ml) kosher salt |
| 1/4 | teaspoon (1 ml) freshly ground black pepper |
| 3 | teaspoons (15 ml) extra virgin olive oil, divided |
| 1 | bunch broccolini (about 8 to 9 ounces [0.23 to 0.26 L]) |
| 3 | garlic cloves, chopped |
| 1 | cup (250 ml) chicken broth, low sodium |
| 1/4 | teaspoon (1 ml) crushed red pepper |
| 1 | medium red onion, halved and sliced lengthwise |
| 1 | cup (250 ml) snow peas, trimmed |
| 1 | cup (250 ml) sugarsnap peas, trimmed |
| 1/2 | cup (125 ml) frozen peas, thawed |
| 1/2 | teaspoon (2 ml) lemon zest |
| 3/4 | ounce (20 g) fresh basil, sliced thinly |

1. Season the shrimp on both sides with the salt and pepper.
2. Put 1 teaspoon (5 ml) of the oil into the cooking pot of the Cuisinart® Multicooker and set to Brown/Sauté at 400°F (200°C). When the oil is hot, add half of the shrimp. Lightly brown each side, about 2 minutes per side. Remove and reserve. Repeat with remaining shrimp.
3. Put another teaspoon of oil into the pot and add the broccolini and garlic. Stir well and sauté until garlic becomes just slightly golden – be careful not to burn. Add the chicken broth and crushed red pepper and simmer until the broccolini is crisp tender, about 10 to 15 minutes. Remove and reserve.

4. Add in the remaining teaspoon (5 ml) of oil. Sauté the onion until softened and slightly golden. Add all of the peas and stir until they become bright green, about 3 minutes.

5. Put all reserved ingredients back into the pot and toss together with the lemon zest and basil, until warmed through.

6. Taste and adjust seasoning accordingly. Serve immediately.

Nutritional information per serving (1 cup [250 ml]):
Calories 149 (24% from fat) • carb. 10g • pro. 18g
• fat 4g • sat. fat 1g • chol. 115mg • sod. 443mg
• calc. 92mg • fiber 3g

Asian Style Poached Salmon

Poached salmon is perfect served on its own or over a bed of mixed greens.

Setting: Brown/Sauté

Makes about 12 servings

6	garlic cloves, sliced
1/2	cup (125 ml) sliced ginger (about a 4- x 2-inch [100 mm x 50 mm] piece)
1/2	cup chopped celery (about 1½ medium stalks)
2	scallions, sliced
1	star anise pod
4	cups (1 L) chicken stock, low sodium
2½	cups (625 ml) water
¾	cup (175 ml) rice wine
¾	cup (175 ml) soy sauce, low sodium
2	tablespoons (30 ml) sesame oil
	pinch freshly ground black pepper
3	pounds (1.5 Kg) salmon fillet

1. Put all ingredients except the salmon into the Cuisinart® Multicooker. Stir to combine; cover.
2. Set unit on Brown/Sauté at 400°F (200°C). Bring to a boil and then reduce heat to 300°F (150°C). Let heat for an additional 30 minutes.
3. Carefully put salmon into the poaching liquid. Let cook for about 15 minutes, or until fully cooked through – it should easily flake away with a fork.
4. Serve immediately.

Nutritional information per serving
(4 ounces [115 g] of fish):

Calories 229 (40% from fat) • carb. 5g • pro. 25g
• fat 10g • sat. fat 2g • chol. 62mg • sod. 613mg
• calc. 28mg • fiber 0g

Sides

Buttery Dinner Rolls

The recipe below instructs to use a stand mixer, but of course the dough can be made in the food processor or by hand.

Baking in the multicooker produces a soft and fluffy roll, perfect for sopping up gravy or sauces.

Setting: Roast

Makes 12 dinner rolls

½	cup (125 ml) whole milk
6	tablespoons (90 ml) unsalted butter (cut in 6 pieces)
3	tablespoons (45 ml) granulated sugar
¾	teaspoon (3.75 ml) salt
3	tablespoons (45 ml) warm (105°F to 110°F [40°C to 43°C]) water
1⅓	teaspoons (9 ml) active dry yeast
1	large egg
3 to 3½	cups (750 to 875 ml) bread flour, divided butter for greasing pan
1	tablespoon (15 ml) whole milk
1	tablespoon (15 ml) unsalted butter

1. Scald milk (heat until just bubbling around edges – may be done in microwave). Stir in butter, sugar, and salt. Let cool until just warm (105°F to 115°F [40°C to 46°C]).
2. Mix the warm water and yeast with a pinch of the flour and put into the bowl of a stand mixer. Let stand until foamy, about 5 minutes.
3. Add the cooled milk mixture, egg and 2 cups (500 ml) of the flour. Insert the dough hook and mix on low for 2 minutes. Continuing on low, add the remaining flour, 1 tablespoon (15 ml) at a time, until a loose dough ball forms that clings to the dough hook and cleans the sides of the bowl. Raise the

speed slightly and knead until smooth, about 5 minutes.

4. Transfer to the cooking pot of the Cuisinart® Multicooker and let rise until doubled, about 45 to 60 minutes.
5. Lightly butter an 8-inch (203 mm) round baking pan. Punch down the dough and then divide into 12 equal pieces. Roll into balls and arrange in the prepared pan. Insert roasting rack into the cooking pot and put filled pan on top. Let rise until about doubled, about 30 to 40 minutes.
6. While dough is rising, combine remaining tablespoon (15 ml) of milk and butter and heat until butter is melted. Once rolls have risen, gently brush with melted butter and milk.
7. Set unit to Roast at 375°F (190°C) for 35 minutes. Check at 30 minutes. Rolls should be golden brown (internal temperature of rolls will be 205°F (96°C) when tested with an instant-read thermometer).
8. Remove pan and let cool for about 10 minutes before serving. For softer rolls, brush each with melted butter just after removing from the unit.

Nutritional information per roll:

Calories 144 (28% from fat) • carb. 7g • pro. 4g
• fat 2g • sat. fat 1g • chol. 22mg • sod. 157mg
• calc. 17mg • fiber 1g

Garlic-Rosemary Beans

These are delicious served alongside lamb chops. You can also purée them in a food processor to make a white bean dip to serve with a crudités platter.*

Settings: Brown/Sauté
Slow Cook

Makes about 5 cups (1.25 L)

1	pound (500 g) navy or cannelloni beans, soaked in room-temperature water overnight
1½	teaspoons (7 ml) olive oil
6 to 8	garlic cloves, crushed
2	rosemary sprigs
½	teaspoon (2 ml) sea or kosher salt
2½	cups (625 ml) vegetable or chicken broth

1. Soak the beans overnight by covering with water by about 2 inches (50 mm). Once soaked, drain and rinse.

2. Put the rinsed beans into the cooking pot of the Cuisinart® MultiCooker and cover with water. Cover and set to Brown/Sauté at 500°F (260°C) to bring to a boil. Once a boil has been achieved, let boil for 10 minutes. Carefully drain beans and rinse under cold water; reserve. Dry cooking pot well and place pot back into unit with the oil.

3. Set unit to Brown/Saute at 375°F (190°C). Once oil is hot, add the garlic. Sauté until the garlic is golden and fragrant.

4. Add the remaining ingredients (be sure to drain the beans). Stir to combine, cover and switch to Slow Cook on High. Set the timer to 3 hours.

5. Once the 3 hours have expired, the unit will automatically switch to Keep Warm.

*If puréeing, more liquid will need to be added.

Nutritional information per serving (½ cup [125 ml]):
Calories 166 (8% from fat) • carb. 29g • pro. 11g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 252mg
• calc. 83mg • fiber 11g

Roasted Corn on the Cob

The taste of corn changes throughout the year, depending on when it is in season. Obviously, it's much tastier at its peak of freshness, so you may not need any seasoning then.

Setting: Roast

Makes 4 servings

- 4 ears fresh corn on the cob, cleaned
- 2 tablespoons (30 ml) unsalted butter, melted
- ½ to 1 teaspoon (2 to 5 ml) sea or kosher salt (start with ½ teaspoon [2ml] and add more if desired)
- ¼ teaspoon (1 ml) freshly ground black pepper

1. Brush the corn with the butter and sprinkle with salt and pepper. Wrap in foil.
2. Put the wrapped corn on the roasting rack and place in the cooking pot of the Cuisinart® Multicooker. Cover and set to Roast at 425°F (220°C).
3. Roast corn for about 40 minutes, flipping halfway through (it is best and easiest to use tongs to flip the corn).
4. Serve immediately. Season as desired.

Nutritional information per serving:

Calories 113 (47% from fat) • carb. 14g • pro. 2g
• fat 6g • sat. fat 4g • chol. 15mg • sod. 277mg
• calc. 2mg • fiber 2g

Roasted Red Potatoes

A quick and flavourful way to enjoy red potatoes. Be patient with flipping the potatoes – they brown best if they are not crowded and are left to sit in the hot cooking pot before turning.

Settings: Roast

Makes about 8 servings

- 1½ tablespoons (25 ml) extra virgin olive oil
- 3 to 4 garlic cloves, smashed
- 2 pounds (1 Kg) small red new potatoes, halved
- ¼ teaspoon (1 ml) sea or kosher salt pinch freshly ground black pepper
- 2 teaspoons (10 ml) chopped fresh rosemary

1. Put all the ingredients into a large mixing bowl and toss to fully coat. Preheat the Cuisinart® Multicooker to Roast at 375°F (190°C).
2. Add the potatoes. Let the potatoes sit so they form a nice crust, and then toss after about 3 minutes.
3. Once the potatoes are browned, add the remaining ingredients.
4. Switch unit to Roast at 425°F (220°C). Cover and let potatoes cook for about 30 minutes, or until fully cooked.

Nutritional information per serving (½ cup [125 ml]):
Calories 106 (23% from fat) • carb. 19g • pro. 2g
• fat 3g • sat. fat 0g • chol. 0mg • sod. 80mg
• calc. 15mg • fiber 2g

Steamed Artichokes

Trimming the bottoms of the artichokes ensures that they stand up straight, so do not skip that step. Also, in addition to adding flavour, the lemon slices prevent the artichokes from turning brown during cooking. Enjoy plain or dip in a nice lemon oil.

Setting: Steam

Makes 6 servings

- 1 quart (0.94 L) water
- 6 medium-to-large artichokes
- 6 to 12 garlic cloves, thinly sliced
- 2 lemons, one juiced and the other cut into 6 slices
- pinch freshly ground black pepper
- pinch sea or kosher salt

1. Put the water into the cooking pot of the Cuisinart® Multicooker fitted with the steaming rack and cover.
2. Cut the stems off the artichokes so they are able to stand. Using a serrated knife, cut the tops of the artichokes off, and with kitchen shears, trim the tips of the outer leaves. Pull leaves back to open the artichokes.
3. Evenly stuff the garlic slices in between the leaves of each artichoke. Season each with lemon juice, pepper and salt. Place one lemon slice on top of each artichoke.
4. Set the unit to Steam for 45 minutes.
5. Once tone sounds, stand the artichokes upright in the rack and cover.
6. Artichokes are done when the leaves are able to be pulled off easily.

Nutritional information per artichoke:
Calories 73 (3% from fat) • carb. 17g • pro. 5g
• fat 0g • sat. fat 0g • chol. 25mg • sod. 122mg
• calc. 78mg • fiber 8g

Desserts

Applesauce

When fall comes around, nothing is better than the aroma of applesauce being made in the home. Our recipe is quite versatile – you can leave it as a chunky sauce or purée it for the more common smooth version.

Setting: Slow Cook

Makes about 8 cups (2 L)

- 4 pounds (1.8 kg) apples, cored and cut into two-inch (50 mm) pieces (peeled or unpeeled)
- 2 cinnamon sticks
- 2 pinches freshly ground nutmeg
- pinch ground cloves
- pinch sea or kosher salt
- ¾ cup (175 ml) water
- ¼ cup (60 ml) fresh lemon juice (from about 2 medium lemons)

1. Put all of the ingredients into the cooking pot of the Cuisinart® Multicooker.
2. Select Slow Cook on Low for 4 hours.
3. Once unit switches to Keep Warm, remove the cinnamon sticks. If a chunky sauce is desired, use a potato masher to mash cooked apples to desired consistency. If a smooth sauce is preferred, transfer apples to a fine mesh strainer and press through with the help of a ladle. Once the apples have passed through the strainer, discard the skins (if necessary) and return smooth apples to the cooking pot. Keep sauce on Keep Warm for serving, or cool to room temperature and store in the refrigerator.

Nutritional information per serving (½ cup [125 ml]):
Calories 61 (3% from fat) • carb. 16g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg
• calc. 9mg • fiber 3g

Cannoli Cheesecake

We make many cheesecakes in the Test Kitchen, and still one of our favourite methods (which happens to be the easiest and most foolproof) is slow cooked. To offer the palate some new, fun flavours, we made a cheesecake that is nice and creamy with the flavour of cannoli filling.

Setting: Slow Cook

Makes one 7-inch (180 mm) cheesecake (springform pan)

1 tablespoon (15 ml) unsalted butter, room temperature (for pan)

Crust:

**1/4 cup (60 ml) graham cracker crumbs
1/4 cup (60 ml) toasted pine nuts, finely ground
1 tablespoon (15 ml) granulated sugar
pinch sea or kosher salt
1/2 tablespoon (7 ml) unsalted butter, melted and cooled to room temperature**

Filling:

**4 ounces (115 g) (1/2 package) cream cheese, quartered and at room temperature
1/2 cup (125 ml) granulated sugar
1/4 teaspoon (1 ml) sea or kosher salt
1/4 teaspoon (1 ml) ground cinnamon
3 large eggs, at room temperature
2 large egg whites, at room temperature
1 teaspoon (5 ml) pure vanilla extract
12 ounces (340 g) whole-milk ricotta, at room temperature
2 ounces (60 g) bitter or semisweet chocolate, finely chopped**

1. Put the steaming rack into the cooking pot of the Cuisinart® Multicooker.

2. Lightly brush the springform pan with the tablespoon (15 ml) of room temperature butter. Reserve.
3. Prepare the crust. Put all of the crust ingredients into a small mixing bowl. Using a hand or stand mixer, beat on low until the mixture comes together. Pat crumb crust evenly into prepared springform pan. Reserve.
4. Prepare the filling. Mix cream cheese, sugar, salt and cinnamon using a hand or stand mixer on a medium speed until very smooth (you cannot over-mix at this stage). Be sure there are no lumps in the batter). Scrape bowl and beaters/paddle with a spatula. Add eggs and whites, one at a time, making sure each is incorporated into the batter before adding the next. Mix in vanilla. Reduce to low and carefully mix in the ricotta, being sure the batter is homogenous, but do not over-mix. Stir in the chopped chocolate.
5. Pour batter into the prepared pan. Put pan onto the rack in the unit.
6. Select Slow Cook on High for 2 hours.
7. Once the time has elapsed, allow cake to rest on Keep Warm in the unit for an additional 30 minutes to an hour (you want it to be just set).
8. Remove cheesecake and place on a cooling rack. Once completely cool, wrap well with plastic and refrigerate for at least 6 hours before serving.

*Nutritional information per serving:
Calories 235 (54% from fat) • carb. 19g • pro. 8g
• fat 14g • sat. fat 7g • chol. 91mg • sod. 191mg
• calc. 127mg • fiber 1g*

Fall Fruit Crisp

Comfort is at the forefront in this simple dessert. This is great recipe to make when you seem to have a surplus of fall fruits that need to be used – the rest of the ingredients are basic pantry staples. If you prefer pears to apples, you can change the ratios.

Setting: Roast

Makes 8 to 10 servings

**1/2 cup (125 ml) unbleached, all-purpose flour
1/4 cup (60 ml) rolled oats (old-fashioned oats, not quick-cooking)
1/3 cup (75 ml) packed light brown sugar
pinch table salt
pinch ground cinnamon
pinch freshly ground nutmeg
2 tablespoons (30 ml) unsalted butter, melted
1 pound (500 g) apples (any baking variety), peeled, cored and cut into 1/2-inch (12.5 mm) slices
1/2 pound (250 g) pears (any baking variety), peeled, cored and cut into 1/2-inch (12.5 mm) slices
1/4 cup (60 ml) granulated sugar
2 tablespoons (30 ml) unbleached, all-purpose flour
pinch table salt
1/4 teaspoon (1 ml) pure vanilla extract**

1. Put the first 7 ingredients into a small mixing bowl. Toss to fully combine; reserve.
2. Put the remaining ingredients into a large mixing bowl. Toss to combine. Transfer apple/pear mixture to an 8-inch (203 mm) round baking pan. Top with the oat mixture.

3. Put the roasting rack into the Cuisinart® Multicooker and put the filled baking pan on top of that. Cover and set to Roast at 375°F (190°C) for 45 minutes. Let cook until top is browned and fruit is just tender – start checking the doneness of the fruit around 30 minutes. Add more time if necessary. Apples and pears vary in composition, so some might need more time to cook than others.

Nutritional information per serving (based on 10 servings):

*Calories 266 (16% from fat) • carb. 56g • pro. 2g
• fat 5g • sat. fat 3g • chol. 12mg • sod. 28mg
• calc. 10mg • fiber 4g*

Rice Pudding

What better ending to a meal than a cup (250 ml) of rice pudding? The great thing about this dessert is that it can be served warm out of the cooking pot or chilled. Chilled rice pudding does set up and has a different consistency than when served warm. If not serving immediately, stir some extra milk or water into the rice pudding to make it creamier.

Setting: Slow Cook

Makes 5 cups (1.25 L)

2 cups (500 ml) Arborio rice
3 cans (12-ounce [0.35 L]) fat-free
evaporated milk
1 can (14-ounce [0.41 L]) light
coconut milk
1/4 cup (60 ml) water
1 vanilla bean, halved and seeds
scraped
1 1/2 cups (375 ml) granulated sugar
1/4 teaspoon (1 ml) sea salt
1 tablespoon (15 ml) pure vanilla
extract
2 whole cinnamon sticks
pinch freshly ground nutmeg

1. Put all of the ingredients into the pot of the Cuisinart® Multicooker. Stir to combine.
2. Select Slow Cook on High for 3 hours.
3. Once the cooking time has elapsed, the unit will automatically switch to Keep Warm. Let rest on Keep Warm for 30 minutes to 1 hour, depending on desired consistency. The longer it sits, the stiffer the pudding gets.
4. Remove and discard vanilla bean and cinnamon sticks.
5. If not serving immediately, stir in more liquid (any type of milk or water) before reheating.

Nutritional information per serving (1/2 cup [125 ml]):
Calories 367 (7% from fat) • carb. 73g • pro. 11g
• fat 3g • sat. fat 2g • chol. 5mg • sod. 198mg
• calc. 343mg • fiber 1g

Steamed Mocha Pudding

Serve immediately for the best results. This recipe is more of a warm cake-like pudding and is delicious on a cold day. Scoop out into individual cups, if you can resist eating it out of the baking dish!

Setting: Slow Cook

Makes about 10 servings

1/2 cup (1 stick [125 ml]) unsalted
butter, cut into 8 pieces
1/2 cup (125 ml) packed light brown
sugar
1 large egg, room temperature
1 cup (500 ml) semi or bittersweet
chocolate chips (about 7 ounces
[0.2 L])
1/2 cup (125 ml) brewed coffee, hot
2 tablespoons (30 ml) cocoa
powder
1/2 teaspoon (2 ml) pure vanilla
extract
pinch ground cinnamon
pinch table salt
1/4 cup (60 ml) unbleached,
all-purpose flour

1. Using a hand or stand mixer, mix the butter and sugar until light and creamy. Add the egg and mix until just combined. Reserve.
2. Put the chocolate into a separate heat-proof bowl, pour the hot coffee over it and stir to fully melt the chocolate. Stir in the cocoa powder, vanilla, cinnamon and salt.
3. Fold the chocolate mixture into the butter/sugar/egg mixture. Stir in the flour.
4. Put the steaming rack into the Cuisinart® Multicooker. Pour the batter into a 2-quart (1.89 L) baking dish and put on the rack.
5. Select Slow Cook on High for 2 hours.

6. Once unit switches to Keep Warm, turn the unit off and serve immediately.

Nutritional information per serving:
Calories 218 (59% from fat) • carb. 22g • pro. 2g
• fat 15g • sat. fat 9g • chol. 45mg • sod. 23mg
• calc. 11mg • fiber 2g