

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Cuisinart® Classic Toaster Oven Broiler

TOB-30 Series

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

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IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. Do not touch hot surfaces. Use handles.
3. To protect against electrical shock, do not place any part of the toaster oven broiler in water or other liquid. See instructions for cleaning.
4. Close supervision is necessary when any appliance is used by or near children.
5. **UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING.** Allow to cool before cleaning or handling.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the toaster oven broiler to the nearest Cuisinart Repair Centre for examination, repair or mechanical or electrical adjustment.
7. The use of accessory attachments not recommended by Cuisinart may cause injury.
8. Do not use outdoors.
9. Do not let cord hang over the edge of the table or countertop where it could be pulled on inadvertently by children or pets, or touch hot surfaces, which could damage the cord.
10. Do not place toaster oven broiler on or near a hot gas or electric burner or in a heated oven.
11. Do not use this toaster oven broiler for anything other than its intended purpose.
12. Extreme caution should be exercised when using containers constructed of materials other than metal or glass in the toaster oven broiler.
13. To avoid burns, use extreme caution when removing tray or disposing of hot grease.
14. **When not in use, always unplug the unit.** Do not store any materials

other than manufacturer's recommended accessories in this oven.

15. Do not place any of the following materials in the oven: paper, cardboard, plastic and similar products.
16. Do not cover crumb tray or any part of the oven with metal foil. This will cause overheating of the oven.
17. Oversize foods, metal foil packages and utensils must not be inserted in the toaster oven broiler, as they may involve a risk of fire or electric shock.
18. A fire may occur if the toaster oven broiler is covered or touching flammable materials such as curtains, draperies, and walls, when in operation. Do not store any items on top of the appliance when in operation. Do not operate under wall cabinets.
19. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
20. Do not attempt to dislodge food when the toaster oven broiler is plugged into electrical outlet.
21. Warning: To avoid possibility of fire, NEVER leave toaster oven broiler unattended during use.
22. Use recommended temperature settings for baking and roasting.
23. Do not rest cooking utensils or baking dishes on glass door.
24. Turn the function dial to the off position to turn off toaster oven broiler.

SAVE THESE INSTRUCTIONS

Please read and keep these instructions handy. These instructions will help you to use your Cuisinart® Toaster Oven Broiler to its fullest so that you will achieve consistent, professional results.

SPECIAL CORD SET INSTRUCTIONS

A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord must be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be tripped over or pulled on by children.

NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

FOR HOUSEHOLD USE ONLY NOT INTENDED FOR COMMERCIAL USE

INTRODUCTION

Now Cuisinart makes countertop cooking and toasting easier than ever. Your toaster oven broiler features simple dial controls and an easy-to-clean interior that wipes clean in seconds. Cuisinart is dedicated to making life in the kitchen easier than ever, and this 3-in-1 appliance delivers. It's big enough to let you bake an entire meal at once, or toast up enough bagels for the whole family. And best of all, it all takes place right on your countertop! Now it's easier than ever to Savor the Good Life™ with Cuisinart.

FEATURES AND BENEFITS

1. Temperature Dial

Select desired temperature for the "Baking" or "Broiling" function.

2. Function Dial

Select cooking method - Bake, Broil or Toast.

3. Toast Shade Dial

Select the desired toast shade - Light, Medium or Dark.

4. Toasting Start Button

Push the "Start" button to start toasting function.

5. Toasting Stop Button

Push button to stop toasting in mid cycle and shut off oven.

6. Oven On Indicator

Indicator light will remain lit when oven is in use.

7. Oven Rack

Has two positions. The top position has a 50% stop feature so the rack stops halfway out of the oven. It can be removed by lifting the front of the rack and sliding it out.

8. Slide-out Crumb Tray (not shown)

Removes easily from the bottom of the toaster oven broiler to clean crumbs from bottom of oven.

9. Cord Storage

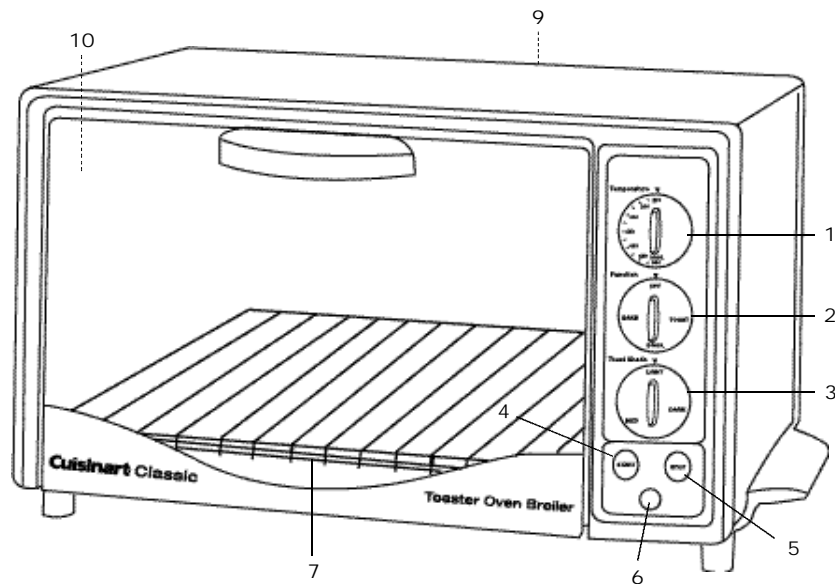
Takes up excess cord and keeps countertop neat.

10. Easy Clean Interior

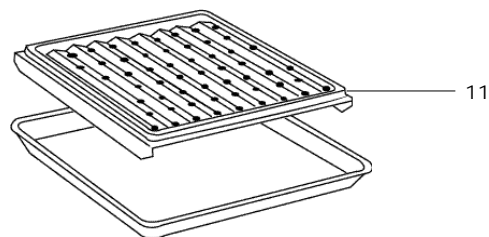
The sides of the oven are coated, providing an easy-to-clean surface.

11. Baking/Broiling Pan

A baking/broiling pan is included for your convenience. The broiling pan's drip tray has two positions to accommodate a variety of meats, poultry, and fish for broiling.



Broiling Pan and Drip Tray



Before you begin:

Place your oven on a flat surface.

Before using your oven, move it two to four inches (5 to 10 cm) away from the wall or from any objects on the countertop. Do not use on heat sensitive surface. **DO NOT STORE OBJECTS ON THE TOP OF THE OVEN. IF YOU DO, REMOVE ALL OBJECTS BEFORE YOU TURN ON YOUR OVEN. THE EXTERIOR WALLS GET VERY HOT WHEN IN USE. KEEP OUT OF REACH OF CHILDREN.**

GENERAL GUIDELINES

Baking: Baking function can be used as you would normally use your large kitchen oven for roasting meats including chicken, or baking cakes, cookies and more.

Broiling: Broiling function can be used for beef, chicken, pork, fish and more. It also can be used to top brown casseroles and gratins. **Caution:** Aluminum foil is not recommended for covering the drip tray. Foil is extremely dangerous when broiling fatty foods. Grease will accumulate and may catch fire. The use of foil is not recommended, but if foil is used to cover broiling pan, be sure foil is tucked neatly around the pan and does not touch the walls or heating rods. Never cover crumb tray.

Toasting: Always have the rack in rack position "B", as indicated in the diagram on page 5, for even toasting. Always centre your item/items in the middle of the rack.

WARNING: Placing the rack in the bottom position or in the top position with the rack upwards while toasting may result in a fire. Refer to rack position diagram for proper use.

Turning off the toaster oven broiler: Turn the function dial to off. The indicator will turn off.

USE AND CARE

Unwind the power cord. Check that the crumb tray is in place and that there is nothing in the oven. Plug power cord into the wall outlet.

Broil:

Note: When broiling, add approximately 1/4 cup (50 ml) water to the bottom of the broiling pan to reduce sizzling and splattering. Place the drip tray in the broiling pan. Note: There are two positions for the drip tray so that a variety of thicknesses of foods can be broiled. Also, the oven rack can be turned up or down depending on the thickness of the food being broiled. In most cases the oven rack should be in the higher position (position "C" - see rack position diagram on page 5).

To broil, set temperature and function dials to broil. Preheat oven for five minutes with door closed. After the five-minute preheat period, place the broiling pan in the oven. Always leave door ajar when broiling. Note: Never use glass oven dishes to broil.

To stop broil operation, turn function dial to off position.

Bake:

To bake, turn the temperature dial to the desired temperature and turn function dial to bake position. The oven indicator light will turn on. Preheat oven for five minutes, then begin to bake.

Toast:

To toast, make sure the oven rack is in rack position "B", as indicated in the diagram on page 5. If toasting two items, centre them in the middle of the rack. Four items should be evenly spaced – two in front, two in back. Six items should be evenly spaced – three in front, three in back. Close the glass door.

Browning Selection:

Set function dial to toast. Turn toast shade dial to desired browning setting. Press "Start" button to begin toasting.

Stop Toasting:

When the toasting cycle is finished, the oven will beep 5 times and turn off. If you wish to stop the toasting cycle before it is finished, simply press the "Stop" button. The toaster oven broiler will cancel your toast cycle.

Important Notes on Toasting:

The oven rack must be in rack position "B" as indicated in the diagram on this page.

CLEANING AND MAINTENANCE

Always allow the oven to cool completely before cleaning.

1. Always unplug the oven from the electrical outlet.
2. Do not use abrasive cleansers, as they will damage the finish. Simply wipe the exterior with a clean damp cloth and dry thoroughly. Apply the cleansing agent to a cloth, not to the toaster oven, before cleaning.
3. To clean interior walls, use a damp cloth and a mild liquid soap solution or a spray solution on a sponge. Never use harsh abrasives or corrosive products. These could damage the oven surface. Never use Brillo pads, etc. on interior of oven.
4. To remove crumbs, slide out the crumb tray and discard crumbs. Wipe clean and replace. Crumb tray is dishwasher safe. To remove baked-on grease, soak the tray in hot sudsy water or use nonabrasive cleaners. Never operate the oven without the crumb tray in place.
5. Wire rack, broiling pan and drip tray are dishwasher safe. If heavily soiled, soak in hot sudsy water or use a nylon scouring pad or nylon brush.
6. Never wrap the cord around the outside of the oven. Use the cord storage cleats on the back of the oven.

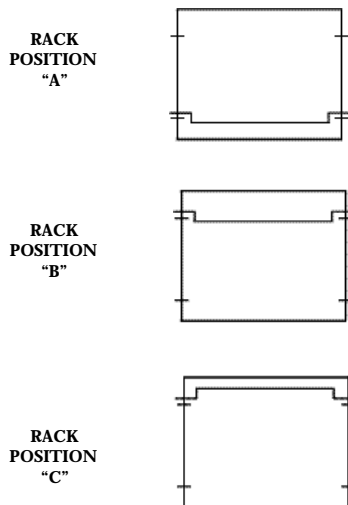
IMPORTANT:

After cooking greasy foods and after your oven has cooled, always clean top interior of oven. If this is done on a regular basis, your oven will perform like new. Removing the grease will help to keep toasting consistent, cycle after cycle.

All of our recipes have been tested in our kitchen and specially developed to work in the Cuisinart® Classic Toaster Oven Broiler. These mouth-watering recipes are just a sampling of what the Cuisinart® Classic Toaster Oven Broiler can do.

OVEN RACK POSITION DIAGRAMS

Each recipe gives you step-by-step directions and will even tell you where the oven rack should be positioned for best results. Please refer to the diagram below for oven rack positions. Each position is described with a letter that is referred to in the recipe.



Pesto Cheese Twists

Serve these as an appetizer, or with soup in place of crackers.

Makes sixteen 5-inch (12.5 cm) twists

- 1 tablespoon (15 ml) prepared pesto
- 1 tablespoon (15 ml) grated Parmesan or Asiago cheese
- 1 egg white, beaten until foamy
- 1 sheet puff pastry, thawed at room temperature for 20-30 minutes

On a lightly floured surface, roll the puff pastry until it measures 10 by 12 inches (25 by 30 cm); use a pastry wheel to cut the puff pastry in half crosswise. Combine the pesto, grated cheese and half the beaten egg white (discard the remaining egg white). Spread the pesto mixture evenly over one of the half sheets using an offset spatula; top with the second half sheet. Use a rolling pin to lightly roll together. With the pastry wheel, cut the sheet in half crosswise, then cut each piece into eight strips, 1/2 x 6 inches (1.25 x 15 cm) each. Twist each strip 3 – 4 times; pinch ends to seal. Place on a tray and refrigerate for at least 30 minutes.

Ten minutes before baking, place the rack in position "B"; preheat the Cuisinart® Classic Toaster Oven Broiler to 425°F (218°C). Line the broiler pan (without drip tray) with a sheet of parchment paper.

Arrange 8 strips evenly on the parchment lined pan. Bake for 11-13 minutes at 425° F (218°C) until puffed and crispy. Remove from the pan with tongs or a spatula and place on a rack to cool. Arrange the second batch on the same baking sheet and repeat. Serve slightly warm or at room temperature.

Nutritional information per twist:

*Calories 71 (60% from fat) • carbo. 6g • prot. 1g • fat 5g
sat.fat 0g • chol. 0 mg • sod. 87mg • fiber 0g*

Quick Cheese Nachos

Homemade nachos make a great quick snack or appetizer.
Serve with sour cream, guacamole and your favourite salsa.

Makes 2 servings

- 15 full-sized baked tortilla chips (about 2-1/4 ounces [64 g])
- 2/3 cup (150 ml) refried beans
- 1/4 cup (50 ml) jalapeño pepper slices, drained
- 1/4 cup (50 ml) chopped scallion
- 1/4 cup (50 ml) sliced black olives, drained
- 1 cup (250 ml) shredded extra sharp cheddar cheese

Place rack in the Cuisinart® Classic Toaster Oven Broiler in position "A" and preheat on broil setting. Arrange chips in 11 x 7-inch (27.5 x 17.5 cm) baking pan. Distribute the remaining ingredients over the chips, as evenly as possible in the order listed, ending with the shredded cheese. Place in the oven and broil until cheese is bubbly, about 4 minutes. Serve immediately.

Nutritional information per serving:

*Calories 483 (46% from fat) • carbo. 46g • prot. 23g • fat 26g
sat.fat 12g • chol. 61mg • sod. 1604mg • fiber 4g*

Cuisinart Honey Wheat Rolls

These rolls have the nutty flavour of whole wheat, and a rich buttery taste with a kiss of honey – and they are baked in a Cuisinart® toaster oven!

Makes 16 rolls

- 6 ounces (175 ml) evaporated skim milk
- 1 package active dry yeast
- 1-1/2 tablespoons (25 ml) honey
- 1 large egg, well beaten
- 2 cups (500 ml) unbleached all-purpose flour
- 3/4 cup (175 ml) whole wheat flour
- 4 ounces (125 g) unsalted butter, cut into 1-inch (2.5 cm) pieces
- 1 teaspoon (5 ml) salt

Cooking spray

Egg glaze (1 large egg beaten with 2 teaspoons [10 ml] water)

In a small saucepan over medium-low heat, warm the milk to 110° F (43° C) and remove from the heat. Dissolve yeast and sugar in milk; let sit until foamy, about 3 – 5 minutes. Stir in the beaten egg and reserve.

In a Cuisinart® food processor fitted with the metal blade, process flour, butter and salt until combined, about 15 – 20 seconds. (If you have a 2011, 2014 or 3014 Series Cuisinart® Food Processor, use the metal dough blade and dough speed.) With the machine running, add the yeast mixture in a steady stream through the small feed tube, as fast as the flour absorbs it. After the dough forms a ball, process until smooth and elastic, about 60 seconds. Place in a large food storage bag. Squeeze out air, seal bag and let rise in a warm place until doubled in bulk, about 1 hour. Place dough on a floured surface and punch down; let rest for 10 minutes. Coat a 9-inch (22.5 cm) round baking pan with cooking spray. Divide dough into 16 equal pieces and shape each into a ball. Arrange, just touching, in prepared pan. Cover with plastic wrap that has been sprayed with cooking spray. Let rise for 30 minutes in a warm, draft-free place.

Fifteen minutes before baking, place rack in position “A” and preheat Cuisinart® Classic Toaster Oven Broiler to 350° (177°C) on Bake setting. Brush rolls with the egg glaze and bake until golden brown, about 30 - 35 minutes. Turn out onto a rack to cool for 10 – 15 minutes before serving.

Nutritional information per roll:

Calories 140 (42% from fat) • carbo. 18g • prot. 4g • fat 7g • sat.fat 0g • chol. 33mg • sod. 163mg • fiber 0g

Parmesan Chive Corn Muffins

These muffins are delicious served warm from the oven.

Makes six 2-1/2 inch (6.25 cm) muffins

- 1/2 cup (125 ml) all-purpose flour
- 1/2 cup (125 ml) yellow cornmeal
- 2 tablespoons (25 ml) firmly packed brown sugar
- 1 teaspoon (5 ml) cream of tartar
- 1/4 teaspoon (1 ml) baking soda
- 1/8 teaspoon (0.5 ml) salt
- 1 large egg, lightly beaten
- 1/2 cup (125 ml) milk (may use regular, reduced, lowfat, or fat-free)
- 2 tablespoons (25 ml) unsalted butter, melted and cooled
- 1/4 cup (50 ml) freshly grated Parmesan cheese
- 1 tablespoon (15 ml) chopped fresh chives

Place the rack in position “B”; preheat Cuisinart® Classic Toaster Oven Broiler to 400° F (204° C). Evenly spray a six-cup standard muffin tin with cooking spray.

In a small mixing bowl, combine the flour, cornmeal, brown sugar, cream of tartar, baking soda and salt; stir to combine and completely break up any lumps in the brown sugar.

In a 1-cup (250 ml) glass measure combine the egg, milk and melted cooled butter. Add the liquid ingredients, the grated Parmesan and the chives all at once to the dry ingredients. Stir until just moistened. Fill the prepared muffin cups with the batter.

Bake in the preheated 400° F (204° C) oven for about 20 minutes, until lightly browned. Remove from pan and serve warm.

For plain corn muffins, follow the recipe, omitting the Parmesan and chopped chives.

Nutritional information per muffin (made with reduced fat milk):

Calories 171 (35% from fat) • carbo. 22g • prot. 5g • fat 7g sat.fat 1g • chol. 51mg • sod. 190mg • fiber 1g

Teriyaki Glazed Chicken Breasts

Make the teriyaki marinade ahead and have it on hand.
Serve with rice and steamed fresh vegetables.

Makes 2 servings

- 1/3 cup (75 ml) soy sauce (may use low sodium)
- 3 tablespoons (45 ml) rice wine vinegar
- 2 tablespoons (25 ml) rice wine or dry sherry
- 1 tablespoon (15 ml) finely chopped fresh ginger root
- 2 tablespoons (25 ml) brown sugar
- 2 boneless, skinless chicken breast halves (about 6 – 8 ounces [175 - 250g] each)

In a 1-quart (1 L) Cuisinart® saucepan, combine the soy, rice wine vinegar, rice wine, ginger, and brown sugar. Bring to a boil, then reduce the heat and simmer for 15 minutes. Strain, discard the solids, and let cool.

Rinse the chicken and pat dry. Place the chicken between two sheets of plastic wrap and pound to an even thickness of 1/2 inch (1.25 cm) with a flat mallet. Put the chicken breasts in a resealable plastic bag and pour half the teriyaki marinade over them. Press the air out and let marinate for 15 minutes at room temperature. Reserve and refrigerate the remaining marinade in a glass storage jar; it will keep refrigerated for up to 2 weeks.

Place the rack in position “C”; preheat the Cuisinart® Classic Toaster Oven Broiler on broil setting, keeping door ajar. Place the drip tray in the broiling pan so that the flattened chicken breast halves will be about 1-inch (2.5 cm) from the upper element. Add 1/4 cup (50 ml) of water to the broiling pan and arrange the chicken “skin” side down on the drip tray. Broil with the door ajar, about 6 – 8 minutes. Turn chicken and continue cooking until juices run clear, about 6 – 8 minutes longer. (Internal temperature of chicken should be 170° F [77° C].) Turn off broiler. Serve.

Nutritional information per serving:

*Calories 190 (8% from fat) • carbo. 7g • prot. 32g • fat 2g
sat. fat 0g • chol. 75mg • sod. 1238mg • fiber 0g*

Herb and Lemon Roast Chicken

Roast a succulent chicken without turning on the large oven.

Makes 4 servings

- 1 small broiler/fryer chicken, about 3-1/2 to 4 pounds (1.6 - 1.8 kg)
- 3/4 teaspoon (3 ml) kosher salt
- 1/2 teaspoon (2 ml) freshly ground black pepper
- 1 4-inch (10 cm) sprig fresh herb (rosemary, thyme, oregano, marjoram, etc.)
- 1 clove garlic, peeled and cut in half
- 1 small onion (about 2 ounces [56 g]), peeled and quartered
- 4 strips lemon zest (1/2 x 3 inches [1.25 x 7.5 cm] each)
- 1 tablespoon (15 ml) extra virgin olive oil
- 1 tablespoon (15 ml) freshly squeezed lemon juice

Place the rack in the Cuisinart® Classic Toaster Oven Broiler in position “A”; preheat the oven to 400° F (204° C) on the bake setting.

Remove giblets and neck from cavity of chicken; reserve for another use or discard. Rinse chicken with cold water and pat dry. Place the drip tray in the broiling pan in the lower position; add 1/4 cup (50 ml) water to the pan and lightly spray the drip tray with cooking spray. Tuck the wings under and place the chicken on the prepared pan. Wash counter and hands with soap and hot water before continuing.

Combine the salt and pepper. Rub half the mixture into the cavity of the chicken; then place the herb sprig, garlic halves, onion quarters and lemon zest in the cavity of the chicken. Loosely tie the legs together. Rub the chicken with the olive oil and remaining salt and pepper. Drizzle with the lemon juice. Place the chicken in the oven and roast at 400° F (204° C) for 20 minutes, then lower the temperature to 375° F (191° C) and continue to roast for 50 – 60 minutes longer. (Internal temperature of the chicken should be 170° F (77° C) when tested in the breast, and 180° F (82° C) for dark meat. Juices should run clear.) Turn off oven and remove the chicken to a platter. Let stand 10 – 15 minutes before carving (may cover loosely with foil if desired, but skin will lose its crispness).

Nutritional information per serving:

*Calories 761 (31% from fat) • carbo. 3g • prot. 123g • fat 26g
sat. fat 1g • chol. 405mg • sod. 744mg • fiber 1g*

Sausage and Bean Burritos

We used low-fat fresh chicken sausage for our burritos, but you may also use leftover chopped chicken, pork or beef.

Makes 4 servings

- 1 teaspoon (5 ml) good quality olive oil
 - 3/4 pound (341 g) fresh turkey or chicken sausage, casings removed
 - 8 green onions, trimmed and chopped
 - 1/4 cup (50 ml) chopped Italian parsley
 - 1 can (15-ounce [425 g]) white beans, drained, rinsed and drained again
 - 1/4 teaspoon (1 ml) kosher salt
 - 1 tomato (6 ounces [170 g]), cored, seeded and chopped
 - 1 jalapeno pepper, seeded and chopped
 - 2 tablespoons (25 ml) fresh lime juice
 - 8 ounces (227 g) shredded lowfat Cheddar or Monterey Jack cheese (about 2 cups [500 ml])
 - 4 9-inch (22.5 cm) flour tortillas (may use flavoured such as sun-dried tomato)
- sour cream and salsa for garnish

Place the rack in position "B"; preheat the Cuisinart® Classic Toaster Oven Broiler to 350° F (177° C). Spray a 7 x 11-inch (17.5 x 27.5 cm) baking dish with cooking spray, or rub with olive oil.

In a medium nonstick skillet, heat the olive oil over medium heat. Add the sausage and cook until lightly browned and cooked through, breaking up with a fork or wooden spoon, about 8 to 10 minutes. Drain the sausage. Add a quarter of the green onions, the chopped parsley, white beans and salt to the same pan. Use the back of a wooden spoon to mash the beans (the beans should be just partially mashed), and cook until heated through, about 3 to 4 minutes. Crumble the drained sausage and stir into the bean mixture. Transfer to a bowl and let cool. Stir in the chopped tomato, chopped jalapeño, lime juice, half the cheese and half the remaining green onions.

Spread one quarter of the sausage/bean mixture in a line just below the centre of each tortilla. Sprinkle each with 2 tablespoons (25 ml) of the remaining cheese. Roll the burritos and place them seam side down in the prepared baking dish. Cover with a sheet of foil that has been sprayed with cooking spray; bake for 15 minutes. Remove the foil and sprinkle evenly with the remaining cheese and chopped green onions.

Continue to bake until the cheese is melted and bubbly, about 12 to 15 minutes longer. Serve with guacamole, salsa and sour cream for garnish.

Variation:

- Use fresh ground turkey or chicken in place of sausage.

Nutritional information per burrito:

*Calories 608 (41% from fat) • carbo. 54g • prot. 40g • fat 30g
sat. fat 5g • chol. 93mg • sod. 1218mg • fiber 7g*

Spicy London Broil

This dry rub has bold, spicy flavours – not overbearing, but also not for the fainthearted. If you prefer milder flavours, cut back on the cayenne just a bit.

Makes 4 to 6 servings

- 1-1/2 teaspoons (7 ml) ground cumin
- 1-1/2 teaspoons (7 ml) sugar
- 1-1/2 teaspoons (7 ml) kosher salt
- 1-1/4 teaspoons (6 ml) thyme
- 1 teaspoon (5 ml) freshly ground black pepper
- 1/4 - 1/2 teaspoon (6 - 7 ml) cayenne
- 1-1/2 pounds (682 g) top round London Broil cut, about 1-1/4 inches (3.13 cm) thick

At least 1 hour before broiling, and up to a day ahead (the flavours will become more intense), combine the cumin, sugar, salt, thyme, pepper and cayenne in the Cuisinart® Mini-Prep® or Mini-Prep®Plus or blender and process for 15 – 20 seconds to blend the spices together. Rub the spice mixture evenly on the meat. Place on a nonmetallic plate, cover with plastic wrap and refrigerate until 20 minutes before cooking.

Place the rack in position “B” and preheat the Cuisinart® Classic Toaster Oven Broiler on the broil setting for 10 minutes. Put 1/4 cup (50 ml) of water in the bottom of the broiler pan; place the drip tray in the broiling pan so that the meat will be about 1 inch (2.5 cm) from the upper element. Lightly spray the rack with cooking spray. Arrange the meat on the broiler rack. Broil with the door ajar for 8 to 10 minutes. Turn the London Broil and broil for 8 to 10 minutes on the other side, until meat is done to desired taste. Test for appropriate doneness with an instant read thermometer. (120 – 125° F [49 – 52° C] = Rare; 125 – 140° F [52 – 60° C] = Med. Rare; 140 – 155° F [60 – 68° C] = Med.; 160° [71° C] + = Well-done). Let stand for 10 minutes before carving to allow the juices to set – the meat will continue to cook during this time. After the meat has rested, slice very thinly and serve.

*Nutritional information per serving (based on 6 servings):
Calories 186 (40% from fat) • carbo. 155g • pro. 25g • fat 8g
sat. fat 3g • chol. 69mg • sod. 519mg • fiber 0g*

Mushroom Meat Loaf

This meatloaf makes out-of-this-world sandwiches the next day (if there are any leftovers!).

Makes 6 servings (12 slices)

- 1/2 tablespoon (7 ml) extra virgin olive oil
- 4 ounces (113 g) mushrooms, sliced or chopped
- 1 large celery stalk, chopped
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 1 teaspoon (5 ml) thyme
- 2 slices firm white bread (such as Pepperidge Farm or Arnold), torn into pieces
- 1/2 cup (125 ml) milk (may use whole, 2%, 1% or nonfat milk)
- 1 large egg or 2 large egg whites
- 3/4 pound (341 g) ground veal *
- 3/4 pound (341 g) lean ground pork *
- 1 teaspoon (5 ml) kosher salt
- 1/2 teaspoon (2 ml) freshly ground black pepper

Place the rack in position “A” and preheat the Cuisinart® Classic Toaster Oven Broiler to 350° F (177° C). Lightly coat a loaf pan 8 x 4 x 2 1/2 inches (20 x 10 x 6.25 cm) (6 cup [1.5 L]) with cooking spray. Heat the oil in a 10-inch (25 cm) skillet over medium heat. Add the mushrooms, celery and onion and cook until tender, 4 to 5 minutes. Add the thyme; cook for 1 minute. Remove from the heat; transfer to a shallow bowl and let cool.

Place the torn bread in a large bowl. Stir in the milk and egg; let sit for 2 – 3 minutes. Add the cooled cooked vegetable mixture, the ground meat, salt and pepper; mix well to combine. Pack mixture into the prepared loaf pan. Bake for 1-1/4 hours. Internal temperature should be 160° F (71° C). Allow the meat loaf to rest in the pan for 10 minutes. Drain, turn the loaf out of the pan and slice to serve.

* For very lean ground veal and pork, choose lean boneless veal and pork chops from the meat case, then ask the butcher to grind them, or cut into cubes and use the Cuisinart® food processor fitted with the metal blade (see instruction book for detailed instructions on “grinding” meat).

*Nutritional information per serving (2 slices; made with lowfat milk):
Calories 298 (57% from fat) • carbo. 8g • prot. 24g • fat 180g
sat. fat 7g • chol. 125mg • sod. 476mg • fiber 1g*

Soy Glazed Salmon with Dijon Dill Sauce

The Dijon Dill Sauce may be made ahead if you are entertaining.

Makes 4 servings

- 1 small shallot (1/2 ounce [14 g])
- 3/4 ounce (21 g) fresh dill weed
- 1/2 cup (125 ml) grainy Dijon-style mustard
- 2/3 cup (150 ml) nonfat plain yogurt *
- 2 teaspoons (10 ml) sugar
- 1/2 teaspoon (2 ml) kosher salt
- 1/4 teaspoon (1 ml) freshly ground black pepper
- 2 tablespoons (25 ml) extra virgin olive oil
- 4 6-ounce (170 g) portions salmon fillet, skin on
- 1 tablespoon (15 ml) soy sauce

In a Cuisinart® food processor fitted with the metal blade, drop the shallot through the feed tube and chop, 5 – 10 seconds. Add the dill, pulse to chop, 10 – 12 times. Scrape the work bowl. Add the mustard, yogurt, sugar, half the salt, and half the pepper; process to combine. With the machine running, add the olive oil in a steady stream; process until emulsified, 10 – 15 seconds. Transfer to a bowl and let sit for 30 minutes or longer so that flavours develop. The sauce may be done up to a day ahead. Makes about 1-1/4 cups (300 ml) sauce.

Brush the salmon fillets with the soy sauce and sprinkle with the remaining salt and pepper. Let sit for 15 minutes at room temperature. Place the rack in the Cuisinart® Classic Toaster Oven Broiler in position “B” and preheat the oven on the broil setting. Place the drip pan in the broiling pan so that the fish will be about 1-1/2 to 2 inches (3.75 to 5 cm) from the upper element. Lightly spray the broiler rack with cooking spray and add 1/4 cup (50 ml) of water to the drip pan. Arrange the salmon fillets skin down on the prepared pan. Place in the oven and broil with the oven door ajar for 14 to 18 minutes; salmon should test 145 – 150° F (63 – 66° C) when tested with an instant read thermometer. Serve hot or chilled with the Dijon Dill sauce.

* If you prefer a thicker sauce, strain the yogurt for 1 hour or longer using a yogurt strainer or a strainer lined with a coffee filter; discard the whey (liquid). For a richer sauce, use whole sour cream.

Nutritional information per serving (sauce made with nonfat yogurt):
Calories 377 (49% from fat) • carbo. 6g • prot. 37g • fat 18g
sat. fat 3g • chol. 94mg • sod. 900mg • fiber 0g

Tomato Potato Gratin

A slight change from traditional potatoes au gratin, this dish is excellent served with grilled swordfish or steak.

Makes 6 servings

- 1-1/2 tablespoons (25 ml) extra virgin olive oil
- 2 medium onions, cut into thin slices
(may use 3 or 4 mm slicing disc of Cuisinart® food processor)
- 1-1/2 cups (375 ml) chopped plum tomatoes (3 – 4 tomatoes, cored and seeded)
- 3/4 teaspoon (3 ml) kosher salt
- 1 teaspoon (5 ml) fresh rosemary (1/2 teaspoon [2 ml] dried), chopped
- 1/2 teaspoon (2 ml) fresh thyme (1/4 teaspoon [1 ml] dried), chopped
- 1/4 teaspoon (1 ml) freshly ground black pepper
- 1/3 cup (75 ml) grated Parmesan or Asiago
- 1-1/2 pounds (682 g) baking potatoes, scrubbed, peeled if desired, cut into 1/8-inch (0.31 cm) slices (may use 3 or 4mm slicing disc of the Cuisinart food processor)

Place the rack in position “B”; preheat the Cuisinart® Classic Toaster Oven Broiler to 400° F (204° C). Brush an 8 x 11-inch (20 x 27.5 cm) oval or 8 x 8-inch (20 x 20 cm) square baking dish with olive oil.

In a 12-inch (30 cm) nonstick Cuisinart® fry pan, heat the olive oil over moderately low heat. Add the onions and cook, stirring occasionally, until the onions are translucent, about 5 minutes. Remove from the heat and stir in the chopped plum tomatoes and 1/4 teaspoon (1 ml) of the salt.

In a small bowl, combine the rosemary, thyme, remaining salt, pepper and cheese. Spread half the tomato/onion mixture in the prepared baking dish. Layer half the potato slices evenly on top. Sprinkle with half the herb and Parmesan mixture. Repeat. Cover with aluminum foil and bake for 40 – 45 minutes, until potatoes are tender when tested with a fork. When tender, remove the foil and bake for an additional 15 – 20 minutes, until golden. Let rest 5-10 minutes before serving.

Nutritional information per serving:
Calories 173 (28% from fat) • carbo. 26g • prot. 6g • fat 6g
sat. fat 2g • chol. 4mg • sod. 350mg • fiber 3g

Baked Potatoes

Why turn on the big oven just to bake potatoes when the Cuisinart® Classic Toaster Oven Broiler does such a good job?

Makes 4 servings

- 4 Idaho or russet potatoes (8 – 11 ounces [227 - 312 g] each)
- 1 teaspoon (5 ml) extra virgin olive oil

With the rack in position “B”, preheat the Cuisinart® Classic Toaster Oven Broiler to 400° F (204° C) on bake setting. Scrub the potatoes thoroughly and dry. Lightly rub each potato with 1/4 teaspoon (1 ml) of the olive oil. Use a fork to prick potatoes, about 6 to 8 times. Place directly on the rack and bake until soft and easily pierced with a knife, about 55 – 60 minutes. Remove from the oven.

To serve, pinch open the top, fluff the interior with a fork, and serve topped with butter, extra virgin olive oil, margarine, or sour cream, as desired. Add kosher or sea salt and freshly ground pepper to taste.

Variation: Substitute sweet potatoes or yams for baking potatoes.

Nutritional information per serving (10 oz. [284 g] Potato):
Calories 235 (5 % from fat) • carbo. 51g • pro. 6g • fat 1g
sat.fat 0g • chol. 0mg • sod. 17mg • fiber 5g

Broccoli & Cheddar Twice Baked Potatoes

Serve as a very hearty side dish, or with a big salad to make a simple supper.

Makes 4 servings

- 4 Idaho or russet potatoes, about 10 – 11 ounces (284 - 312 g) each
- 1 teaspoon (5 ml) extra virgin olive oil
- 1 tablespoon (15 ml) unsalted butter
- 2 green onions, trimmed and chopped
- 1 broccoli crown, about 6 ounces (170 g) , trimmed and chopped in half-inch (1.25 cm) pieces
- 3/4 cup (175 ml) milk (may use whole, reduced fat, lowfat or fat-free)
- 4 ounces (113 g) sharp cheddar cheese, shredded (may use regular or lowfat)
- 1/2 teaspoon (2 ml) kosher salt
- 1/4 teaspoon (1 ml) freshly ground white or black pepper

Prepare and bake potatoes as in Baked Potatoes, but do not pinch open – just slit slightly with a knife to allow steam to vent. When cool enough to handle, cut off top third of the potatoes and scoop out flesh, leaving a 1/4-inch (0.63 cm) thick shell. Reserve flesh and skins. Discard tops, or reserve for another use.

While the potatoes bake and cool, melt the butter in a 10-inch (25 cm) nonstick skillet with a lid over medium-low heat. Add the chopped green onions and broccoli. Stir to coat the vegetables, then cover and steam the vegetables for 4 – 5 minutes until tender, but still crispy. Uncover, remove from the heat, and let cool.

Use Cuisinart® hand mixer on low speed to whip the potatoes. Add milk, shredded cheese, salt and pepper; mash or beat to combine completely. Add the cooled sautéed vegetables and stir by hand to combine. Generously fill the reserved potato shells with the potato/broccoli mixture. Potatoes may be done ahead to this point and refrigerated until ready to bake.

Place the rack in position “B”; preheat the Cuisinart® Classic Toaster Oven Broiler to 375° F (191° C). Arrange the potatoes in a 7 x 11-inch (17.5 x 27.5 cm) baking pan. (Make cleanup simple by lining the pan with parchment paper.) Bake, uncovered, until the tops are golden brown and the potatoes are hot, about 25 – 30 minutes. (If the potatoes are cold from the refrigerator, add 5 – 8 minutes to the baking time.) Remove from the oven and serve hot.

Nutritional information per serving:
Calories 369 (25% from fat) • Carbo. 54g • prot. 17g • fat 10g • sat. fat 4g • chol. 31mg • sod. 498mg • fiber 5g

Orzo Stuffed Squash

A nice complement to grilled meats or seafood,
or a very nice vegetarian entrée.

Makes 4 servings

- 4 medium yellow squash (6 – 8 ounces [170 - 227 g] each)
 - 1 tablespoon (15 ml) extra virgin olive oil
 - 1 clove garlic, chopped
 - 1/2 cup (125 ml) minced red onion
 - 1/2 cup (125 ml) finely chopped red bell pepper
 - 1 teaspoon (5 ml) basil
 - 1 cup (250 ml) cooked orzo, pastene, or rice
 - 1 tablespoon (15 ml) chopped flat parsley
 - 1/2 teaspoon (2 ml) kosher salt
 - 1/4 teaspoon (1 ml) freshly ground black pepper
 - 3 ounces (85 g) shredded sharp cheddar cheese (may use reduced-fat)
- Cooking spray

Steam squash for 12 – 15 minutes until crisp tender. When cool enough to handle, cut a lengthwise strip from the top of each squash and reserve; scoop out the pulp from the lids and the shells, discarding the seeds and leaving 1/4 inch (0.63 cm) thick shells. Invert the shells on a cooling rack over a towel and let drain for 30 minutes. Chop the squash lids and reserve.

Melt 2 teaspoons (10 ml) of the olive oil in a 10-inch (25 cm) nonstick skillet over medium heat. Add the chopped garlic, onion and pepper and cook until tender, 3 – 5 minutes. Stir in the reserved chopped basil, chopped squash, orzo or rice, parsley, salt and pepper. Remove from the heat and let cool for 5 minutes. Stir in the shredded cheese. Rub each squash shell with 1/4 teaspoon (1 ml) extra virgin oil. Stuff the squash shells generously with the orzo/vegetable mixture. The recipe may be done ahead to this point, covered and refrigerated.

Place the rack in position “B”; preheat the Cuisinart® Classic Toaster Oven Broiler to 400° F (204° C). Spray a 7 x 11-inch (17.5 x 27.5 cm) baking dish with cooking spray. Arrange the stuffed squash in the baking dish. Bake until the squash are golden brown and heated through, 20 – 25 minutes. Serve hot.

Nutritional information per serving:

*Calories 230 (33% from fat) • carbo. 28g • prot. 12g • fat 9g
sat. fat 3g • chol. 15mg • sod. 406mg • fiber 5g*

Boysenberry Oat Bars

Replacing some of the fat with applesauce
makes these bar cookies a healthy treat.

Makes 16 bars

- Cooking spray
- 1 cup (250 ml) rolled oats
- 1 cup (250 ml) all-purpose flour
- 2/3 cup (150 ml) packed light brown sugar
- 1/4 teaspoon (1 ml) salt
- 1/4 teaspoon (1 ml) baking soda
- 1-1/2 teaspoons (7 ml) vanilla
- 1/4 cup (50 ml) unsalted butter, cut in 1/4-inch (0.63 cm) pieces
- 3 tablespoons (45 ml) apple sauce
- 1/4 cup (50 ml) chopped walnuts
- 1 10-ounce (284 ml) jar boysenberry preserves (about 1 cup [250 ml])

Place the rack in position “B”; preheat the Cuisinart® Classic Toaster Oven Broiler to 325° F (163° C) on bake setting. Lightly spray a 7 x 11-inch (17.5 x 27.5 cm) baking pan with cooking spray.

Insert the metal blade in the Cuisinart® food processor. Combine the oats, flour, brown sugar, salt and baking soda. Pulse to combine, about 10 times. Add the vanilla, butter and applesauce. Process until the mixture is evenly moistened and crumbly, about 10 – 15 seconds. Remove from the work bowl. Return 1/2 cup (125 ml) to the work bowl; add walnuts. Pulse to combine, 10 times.

Press the oatmeal mixture without the nuts evenly into the prepared baking pan. Spread the boysenberry preserves over the top. Sprinkle with the reserved oat/nut mixture. Bake in the preheated oven for 20 – 25 minutes, or until golden. Let cool completely in the baking pan set on a wire rack. Cut into bars.

Nutritional information per serving:

*Calories 150 (27% from fat) • carbo. 26g • prot. 2g • fat 4g
sat. fat 0g • chol. 7mg • sod. 53mg • fiber 1g*

Cranberry Ginger Apple Crisp

An old favourite with a twist – dried cranberries and bits of crystallized ginger.

Makes 8 servings

- 1 cup (250 ml) rolled oats
- 1/2 cup (125 ml) brown sugar, packed
- 1/3 cup (75 ml) all-purpose flour
- 1 teaspoon (5 ml) cinnamon
- 1/4 teaspoon (1 ml) salt
- 3/4 stick (6 tablespoons [90 ml]) unsalted butter, melted
- 1-1/2 pounds (682 g) tart apples, peeled, cored, quartered and cut in 1/4-inch (0.63 cm) slices
- 1 tablespoon (15 ml) freshly squeezed lemon juice
- 1/2 cup (125 ml) dried cranberries
- 2 tablespoons (25 ml) chopped crystallized ginger
- 1/2 cup (125 ml) granulated sugar
- 2 tablespoons (25 ml) honey
- 1 teaspoon (5 ml) vanilla

Place the rack in position “A”; preheat the Cuisinart® Classic Toaster Oven Broiler to 350° F (177° C) on bake setting. Lightly coat an 8 x 8-inch (20 x 20 cm) glass or ceramic baking dish with cooking spray.

In a medium bowl, combine the rolled oats with the brown sugar, flour, cinnamon and salt. Add the melted butter and stir until the mixture is evenly moistened. Use your fingers to pinch the mixture into large crumbs.

In a medium bowl, toss the sliced apples with the lemon juice, cranberries, chopped ginger, granulated sugar, honey, and vanilla. Spoon the apple mixture evenly in the prepared baking dish. Sprinkle evenly with the reserved crumb mixture.

Bake in the preheated oven for 40 – 45 minutes, until the apples are tender and the filling is bubbling. Let rest for 20 to 30 minutes before serving. Serve warm or at room temperature with vanilla ice cream, frozen yogurt or freshly whipped cream.

Nutritional information per serving:

*Calories 349 (25% from fat) • carbo. 66g • prot. 2g • fat 10g
sat. fat 0g • chol. 22mg • sod. 79mg • fiber 4g*

Chocolate Chip Brownie Pie

Our reduced-fat version of this old favourite is pure comfort food.

Serves 8 to 10

- 2 large eggs
- 1/2 cup (125 ml) granulated sugar
- 1/2 cup (125 ml) packed light brown sugar
- 1/4 cup (50 ml) unsalted butter, melted (1/2 stick)
- 1/4 cup (50 ml) prune purée (may use baby food puréed prunes)
- 1/2 cup (125 ml) all-purpose flour
- 1/3 cup (75 ml) unsweetened cocoa
- 1/2 teaspoon (2 ml) salt
- 2 teaspoons (10 ml) vanilla extract
- 3/4 cup (175 ml) semi-sweet chocolate chips
- 1 cup (250 ml) coarsely chopped pecans or walnuts

Place the rack in position “B”; preheat the Cuisinart® Classic Toaster Oven Broiler to 350° F (177° C) on bake setting. Lightly spray a 9-inch (22.5 cm) pie tin with cooking spray.

Beat the eggs in a medium bowl until frothy. Stir in the sugars; beat until smooth. Stir in the melted butter and prune purée. Add the flour, cocoa and salt; stir to combine. Add the vanilla, chocolate chips and nuts; stir to combine. Pour into the prepared pan.

Bake for 25 to 28 minutes, until just barely set (pie will not test done in the centre – do not overbake). Remove from the oven and let cool completely on a rack before cutting. If you wish to serve it warm, let cool to set, then rewarm gently in the Classic Toaster Oven Broiler for about 10 to 15 minutes at 200° F (93° C). Cut into wedges and serve. Very good when topped with ice cream or frozen yogurt and a drizzle of fudge or chocolate sauce.

Variation: Substitute milk chocolate, white chocolate, peanut butter or butter-scotch chips for the chocolate chips; substitute other nuts such as peanuts, hazelnuts or almonds.

Nutritional information per serving (based on 10 servings):

*Calories 291 (50% from fat) • carbo. 332g • prot. 4g • fat 172g
sat. fat 1g • chol. 67mg • sod. 143mg • fiber 1g*

WARRANTY

CUISINART® CLASSIC TOASTER OVEN BROILER

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We warrant that your Cuisinart® Classic Toaster Oven Broiler will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

We suggest that you complete and return the enclosed warranty registration card promptly to facilitate verification of the date of original purchase. However, return of the warranty registration card is not a condition of these warranties.

If your toaster oven broiler should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. To obtain warranty service, please call our Customer Service Centre toll-free at 1-800-472-7606, or write to:

Cuisinart Canada
156 Parkshore Drive
Brampton, Ont. L6T 5M1

To facilitate the speed and accuracy of your return, please enclose \$15.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return. Please pay by cheque or money order.

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