

Cuisinart®

EVOLUTION X™

C O R D L E S S

INSTRUCTION +
RECIPE BOOKLET



CORDLESS /
RECHARGEABLE
MINI
CHOPPER

RMC-100



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

IMPORTANT SAFEGUARDS

When using an electrical appliance, especially when children are present, basic safety precautions should always be taken, including the following:

WARNING: Read all safety warnings and instructions.

Failure to follow the warnings and instructions may result in electric shock, fire and/or serious injury.

1. READ ALL INSTRUCTIONS.

2. To protect against electric shock, do not put the body of this EvolutionX™ Cordless Rechargeable Mini Chopper in water or other liquids while unit is charging. Other than the blade, bowl and cover, never submerge any other portion of this unit in liquids. If the mini chopper base falls into liquid, remove immediately. Carefully remove, clean and dry unit thoroughly before continuing.
3. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
4. Do not operate in the presence of explosive and/or flammable fumes.
5. To avoid the possibility of personal injury, always unplug the unit from the USB cable and USB power adapter before attaching or removing blades and/or attachments for cleaning or any other purpose.
6. Illuminated lights indicate unit is ready to operate.
7. Once chopper is unlocked and/or powered on, avoid any contact with blades or movable parts.
8. Avoid contact with moving parts. Keep hands and utensils away from moving blade while processing, to prevent the risk of severe injury to persons, or damage to the chopper/grinder. A scraper

may be used, but must only be used when the chopper/grinder is not running.

9. **BLADES ARE SHARP. HANDLE CAREFULLY.**

Blade is extremely sharp. Handle carefully when removing, inserting or cleaning. Always allow blade to stop moving before removing cover.

10. USB power adapter and USB cable should be plugged into an electrical outlet away from sink or hot surface.
11. Do not use an extension cord. Plug USB power adapter directly into an electrical outlet.
12. Do not attempt to use this USB power adapter and USB cable with any other product. Also, do not attempt to charge the batteries with any other USB power adapter.
13. Do not charge batteries with charger plugged into an outdoor outlet.
14. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment.
15. The use of attachments or accessories not recommended by Cuisinart may cause fire, electric shock or risk of injury.
16. Make sure the appliance is off and the motor/blade attachment has stopped completely before putting on or taking off attachments, and before cleaning.
17. This appliance is intended for household use only and is not for commercial or outdoor use.
18. Do not use this chopper for other than its intended use of preparing foods and beverages.
19. Do not mount or store unit over or near a portion of a heating or cooking appliance, or a sink or washbasin.
20. Unplug the USB power adapter from the outlet before attempting any routine cleaning of the charger.

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21. Do not operate with a damaged USB power adapter.
Have damaged USB power adapter replaced immediately.
 22. Do not incinerate the chopper, even if it is severely damaged. The batteries can explode in a fire.
 23. This product contains lithium batteries which must be recycled at the end of the life of the mini chopper and disposed of properly. Do not incinerate or compost batteries, as they will explode at high temperatures.
 24. Leaks from battery cells can occur under extreme conditions. If the liquid gets on the skin, (1) wash quickly with soap and water or (2) neutralize with mild acid such as lemon juice or vinegar. If the liquid gets into eyes, flush them immediately with clean water for a minimum of 10 minutes. Seek medical attention.
 25. Recharge only with the USB power adapter specified by the manufacturer. A USB power adapter (5.0VDC/2000mA output) that is suitable for one type of battery pack may create a risk of fire when used with another battery pack.
 26. Use appliances only with specifically designated battery packs. Use of any other battery packs may create a risk of injury and fire.
 27. Under abusive conditions, liquid may be ejected from the battery. Avoid contact with such liquid. If contact accidentally occurs, flush with water. If liquid contacts eyes, seek medical help. Liquid ejected from the battery may cause irritation or burns.
 28. Do not use a battery pack or appliance that is damaged or modified. Damaged or modified batteries may exhibit unpredictable behavior resulting in fire, explosion or risk of injury.
 29. Do not expose a battery pack or appliance to fire or excessive heat. Exposure to fire or temperatures above 265°F/130°C may cause an explosion.
 30. Have servicing performed by a qualified repair person using only identical replacement parts. This will ensure that the safety of the product is maintained.
 31. Recommended ambient charging temperature: 50°F–104°F (10°C–40°C).
 32. Recommended storage temperature: 50°F–104°F (10°C–40°C).
 33. Any other servicing should be performed by an authorized service representative.
 34. Do not operate your appliance in an appliance garage or under a wall cabinet. When storing in an appliance garage, always unplug the unit from the electrical outlet. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
 35. Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the adapter and pull from the outlet. Never pull from the power cord.
 36. To reduce the risk of injury, never place cutting blade on base without first putting bowl properly in place.
 37. Be certain cover is securely locked in place before operating appliance.
 38. Do not attempt to defeat the cover interlock mechanism.
 39. Prevent unintentional starting. Ensure the switch is in the off-position before connecting to battery pack, picking up or carrying the appliance. Carrying the appliance with your finger on the switch or energizing appliance that have the switch on invites accidents.
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**SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY**

UNPACKING INSTRUCTIONS

1. Place the gift box containing your EvolutionX™ Cordless Rechargeable Mini Chopper on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of packaging material.
3. Grasping the work bowl cover, lift the unit up and out of the box and place on the tabletop.
4. Turn the work bowl cover clockwise to unlock it from the unit. Lift up and remove.
5. Carefully lift the protective cardboard off the chopping/grinding blade shaft.
6. CAREFULLY REMOVE THE METAL BLADE BY GRASPING THE CENTER WHITE HUB AND LIFTING IT STRAIGHT UP. NEVER TOUCH THE BLADE, AS IT IS RAZOR SHARP.
7. Read the instructions thoroughly before using the machine.

NOTE: Remember to return your product registration card with all information carefully filled out.

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FEATURES AND COMPONENTS

Powerful and Portable

No cord! Operates on 7.4 volt lithium-ion batteries, with both Chop and Grind buttons within easy reach, this chopper will power through all your chopping and grinding needs!

1. Cover

twist and lock into place

2. Cuisinart Smart Power Blade

double-duty blade for chopping and grinding

3. 4-Cup Work Bowl

for all your chopping and grinding needs

4. Power Base

5. Power ON/Grinding Button

press and hold for continuous operation, or press and release for pulse

6. Blue LED Indicator Lights

1st LED light flashing – battery capacity < 40%

1st LED solid & 2nd LED flashing – battery capacity at 40%~70%

1st & 2nd LED solid & 3rd LED flashing – battery capacity at 70%~95%

3 LED solid – battery capacity > 95%.*

7. Power ON/Chopping Button

press and hold for continuous chopping, or press and release for pulse

8. USB Cable Port

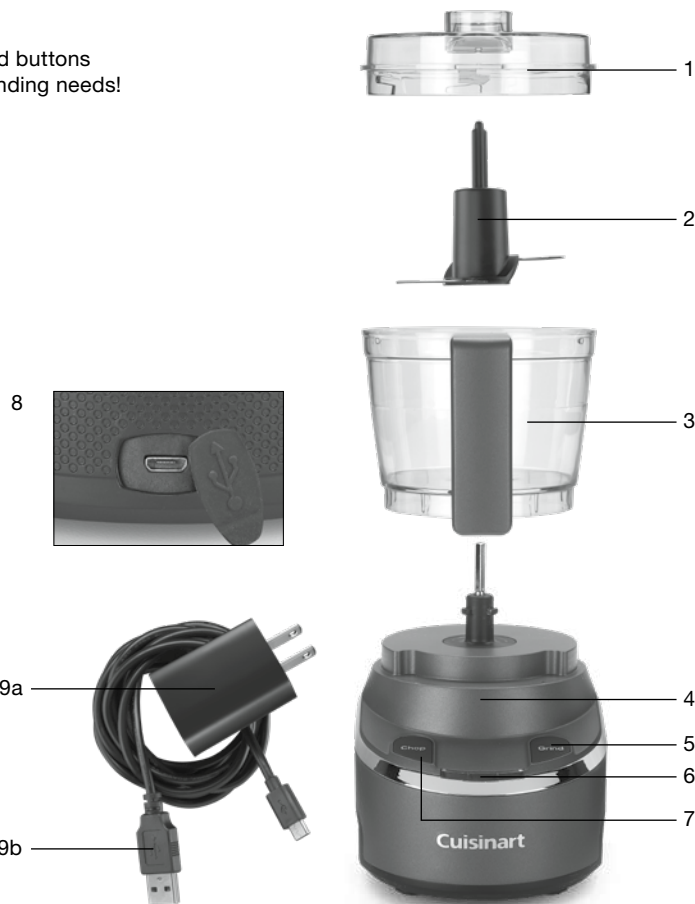
located on back of the mini chopper at the base of the unit

9. To charge

plug USB cable into unit

9a. Charger/Power Adapter

9b. USB Power Cable



BEFORE YOU BEGIN

Read all instructions completely for detailed operating procedures. The battery in your EvolutionX™ Cordless Rechargeable Mini Chopper has not been fully charged. Before the first use of this appliance, the battery must be charged until 3 blue LED lights are illuminated. See Charging Your Mini Chopper/Battery Life below.

CHARGING YOUR MINI CHOPPER/ BATTERY LIFE

The batteries in your EvolutionX™ Cordless Rechargeable Mini Chopper have not been fully charged. Before the first use of this appliance, the batteries must be charged until all 3 blue battery indicator lights illuminate. With a full charge, your mini chopper will run for approximately 20 minutes, depending on load. Your mini chopper will be fully charged in approximately 2 hours (when charged at room temperatures below 30°C/86°F).

HOW TO READ THE BATTERY LIFE INDICATOR

- When 1st light is flashing and others are off, battery capacity < **40%**.
- When 1st light is solid and 2nd light is flashing, battery capacity is **40% – 70%**.
- When 1st and 2nd lights are solid and 3rd light is flashing, battery capacity is **70% – 95%**.
- When Battery Life Indicator/LED Light Bar displays 3 solid blue power lights, battery capacity is **95%**. (NOTE: A 95% charge for a lithium ion battery is considered a full charge.)

QUICK-CHARGE FEATURE

Your Cordless Rechargeable Mini Chopper is equipped with a quick-charge feature. If your mini chopper runs out of power, you can “quick charge” your unit:

- Charge for 15 minutes to get **25 seconds of runtime**.
- Charge for 30 minutes to get **1 minute and 45 seconds of runtime**.
- Charge for 60 minutes to get **5 minutes and 45 seconds of runtime**.
- Charge for 2 hours for **20 minutes of runtime** (full charge).

NOTE:

1. Do not leave your mini chopper uncharged for an extended period of time, as it will affect the life of the rechargeable battery.
2. Do not start charging unit after use; wait until unit is cool.
3. During charging, if all 3 LEDs are flashing, this indicates that the battery is overheating and that the unit has entered the battery-protection mode. Unplug unit and let it cool before recharging.

ASSEMBLY

After washing all parts, please see below for assembly.

Place base on flat surface and plug in.

1. With the base unit on the tabletop, place the work bowl over the center stem and turn slightly to the right, until bowl drops down to the bottom of the stem.
2. Turn the work bowl counterclockwise to lock onto base.
3. **CAREFULLY** pick up the blade by its hub and place on the center stem until it drops to the bottom of the stem. **NEVER TOUCH THE BLADE ITSELF.**
4. Add food ingredients.
5. Place the cover on the work bowl with the long tab to the right of the rear column.
6. Turn cover counterclockwise to securely lock into locking post.
7. You are ready to CHOP/GRIND.

OPERATION

1. Place the work bowl firmly on the motor base and insert the blade assembly. Opening at back of bowl must face column at back of the mini chopper. Turn counterclockwise to lock in place.
2. Place food in the work bowl. Be sure the food is cut in small pieces, and the bowl is not overloaded.

3. Lock the cover into position.

NOTE: Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the mini chopper during operation.

4. Press the appropriate chop or grind control, depending on the food you are processing.
5. When you have finished processing the food, stop the machine by releasing the control button.
6. WHEN THE BLADE STOPS MOVING, remove the cover.
7. Unplug the unit.
8. Carefully remove the blade assembly, holding it by the handle on the top of the hub. NEVER TOUCH THE BLADE ITSELF.

9. Remove food with a spatula.

NOTE: Do not operate the mini chopper without food contents in work bowl.

Tip: Process foods in order from dry to wet to avoid having to clean bowl and blade between each task.

TIPS FOR PROCESSING FOOD

PREPARING THE FOOD

Always cut large pieces of food into smaller pieces of even size – about ½ inch (12mm) to a side. If you don't start with pieces that are small and uniform, you will not get an even chop.

QUANTITY

Do not overload the work bowl. Overloading causes inconsistent results and it strains the motor. Use the quantities given in the recipe section as a guide. As a rule of thumb, remember that after being processed, food should not reach more than two thirds of the way up the central hub of the blade assembly. **NOTE:** Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the mini chopper during operation. This device is equipped with a thermal protection device that automatically shuts down the motor in case of overheating. If all three LED lights start flashing during the process and the engine stops, this means that the overload protection has been activated. Please, let the unit rest for at least 2 minutes to recover.

SELECTING THE RIGHT OPERATING CONTROL

Use the chop function for chopping, puréeing and mixing. It is the right choice, for example, for chopping soft, delicate food such as herbs, celery, onions, garlic and most cheeses. It is also the right choice for puréeing cooked vegetables, making mayonnaise and mixing salad dressing.

Pulse action is best when you are using the chop function. 5 to 10 pulses are often enough. Be sure to check the food frequently to prevent overprocessing. If you overprocess, you are likely to get a watery paste instead of a fine chop.

Use the grind function for grinding spices, and for chopping hard food such as peppercorns, seeds, chocolate and nuts. Continuous-hold action is best when you are using the grind function. You may have to operate the mini chopper for several seconds with some food to achieve the desired results – as long as 20 seconds for some seeds.

When you operate the unit for more than 10 seconds, use a pulse action every 10 seconds or so to allow food to drop to the bottom of the work bowl. This provides more consistent results.

Never operate the mini chopper continuously for longer than 1 minute at a time.

NOTE: The work bowl and cover may become scratched when

you use them for grinding grains and spices. This does not affect the performance of the mini chopper.

However, you may want to reserve the original bowl for grinding, and purchase an additional bowl and cover set for other uses.

These are available from the Cuisinart Consumer Service Department, which you can reach by dialing our toll-free number: 800-726-0190.

ADDING LIQUID

You can add liquids such as water, oil or flavoring while the machine is running. For example, you might want to add oil when making mayonnaise or salad dressing.

Pour the liquid through one of the two openings in the cover.

IMPORTANT: Add liquid through only one opening at a time. The other opening must be left free to allow air to escape. If both openings are blocked, liquid cannot flow smoothly into the bowl.

REMOVING FOOD FROM THE SIDES OF THE BOWL

Occasionally food will stick to the sides of the bowl as you process. Stop the machine to clear food away. **AFTER THE BLADE HAS STOPPED.**

CLEANING AND MAINTENANCE

The base and parts are made of corrosion-resistant materials that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly.

DO NOT USE if any part is damaged, or the cup is chipped or cracked.

To simplify cleaning, rinse the work bowl, cover, and blade immediately after each use, so that food won't dry on them. Wash blade assembly, work bowl, cover, and spatula in warm, soapy water. Rinse and dry. Wash the blade carefully.

Avoid leaving blade in soapy water where it may disappear from sight. If you have a dishwasher, you can wash the work bowl, cover, and blade assembly on the top rack. Insert the work bowl upside down and the cover right side up. Put the blade in the cutlery basket. Unload the

dishwasher carefully to avoid contact with the sharp blade. Wipe the motor base clean with a damp sponge or cloth. Dry it immediately. Never submerge the motor base in water or other liquid.

The mini chopper stores neatly on the countertop, taking up a minimum amount of space. When it is not in use, be sure to leave it unplugged.

Store the unit assembled to prevent loss of parts. Store the blades as you would sharp knives – out of the reach of children.

The mini chopper is intended for **HOUSEHOLD USE ONLY**. Any service other than cleaning and normal user maintenance should be performed by an authorized Cuisinart® Service Representative.

OPERATING TECHNIQUES

With the EvolutionX™ Cordless Rechargeable Mini Chopper you can chop, grind or purée small amounts of foods. Use this listing of ingredients and techniques as a basic guide for processing (pages 9–10).

* Surface scratches that may occur will not impair the function of the EvolutionX™ Cordless Rechargeable Mini Chopper. You may want to consider purchasing a second work bowl specifically for these tasks.

See Operation/Technique Chart on following pages.

| Food | Operation/Technique | Comments/Notes |
|---|---|--|
| Anchovies | Chop. Pulse to desired consistency. | Drain first. Cut in half. |
| Bacon | Chop. Pulse to desired consistency. | Cook until crispy; drain well. Break into 1-inch pieces. |
| Baking chocolate/chocolate chunks/chips | Chop. Pulse on Chop to break up, then process continuously until desired chop size is achieved. | Process no more than 1½ ounces at a time. For best results, chill chocolate for 3–5 minutes in freezer before chopping. Cut baking chocolate squares into ½-inch pieces to chop. |
| Bread for crumbs | Chop. Pulse to break up, then process continuously until desired crumb size is reached. | Use day-old, hard bread for dry crumbs; fresh bread for moist crumbs. Cut or break into pieces no larger than 1 inch. For buttered crumbs, add 1 teaspoon of melted butter per slice after crumbs have started to form, and process to combine and coat. |
| Butter | Chop. Process continuously. | Cut into ½-inch pieces. Best at room temperature. Process up to ¾ cup at a time. Add freshly chopped citrus zest, garlic, herbs or shallots to create compound butters. |
| Celery | Chop. Pulse to desired size. | Cut into ½-inch-long pieces. |
| Cheese – hard (Parmesan, Asiago, Romano, etc.) | Chop. Pulse on Chop 10 times, then process continuously on Chop until desired consistency. | Remove and discard rind or reserve for another use. Cut into ½-inch pieces. If possible, remove from refrigerator 20–30 minutes before processing. Up to 4 ounces. |
| Cheese – soft | Chop. Pulse to break up, then process continuously to “cream.” | Best at room temperature. |
| Cinnamon sticks, nutmeg, other hard spices | Grind. Pulse to break up, about 5 times, then process continuously until finely chopped. | Break cinnamon sticks into 1-inch pieces. Hard spices may cause scratches on the work bowl and lid. |
| Citrus zest | Chop. Pulse to break up, then process continuously until finely chopped. | Use vegetable peeler to remove zest (color only) from citrus; scrape off any white with sharp knife. Cut strips in half. Adding a small amount of sugar or salt will help achieve a finer texture. |
| Cookies, graham crackers for crumbs, hard amaretti or macaroons | Chop. Pulse 5 times to break up, then process continuously until finely chopped. | Hard cookies only. Break up into 1-inch or smaller pieces. For buttered crumbs, add 1 teaspoon of melted butter per graham cracker sheet or for every 3 cookies. |
| Fruits, cooked; fresh or frozen thawed berries | Chop. Pulse to break up, then process continuously until desired consistency. | Cooked fruits may be processed to make baby foods or purées; liquid may be added for consistency. To process fresh or frozen thawed berries for sauce, pulse to chop, then process until puréed (sugar may be added to taste). |
| Garlic | Chop. | Peel garlic cloves first. Scrape work bowl sides and bottom as needed. |

| Food | Operation/Technique | Comments/Notes |
|-------------------------|---|--|
| Ginger root, fresh | Chop. Pulse to break up, then process continuously on Chop to reach desired consistency. | Peel first; cut into ½-inch pieces or slices. Scrape work bowl sides and bottom as needed. Up to 4 ounces. |
| Green onions, scallions | Chop. Pulse to chop to desired consistency. | Trim and cut into ¾-inch pieces. |
| Herbs, fresh | Chop. Pulse to chop to desired consistency. | Rinse and dry completely. Remove leaves from stems to chop. |
| Horseradish | Chop. | Peel first. Cut into ½-inch pieces. Process up to 4 ounces at a time. |
| Leeks | Chop. | Trim off root end and tough outer skin. Wash thoroughly to remove sand and grit; dry completely. Cut into ½-inch pieces. |
| Meats | Chop. Pulse to chop, or process continuously to purée (add liquid as needed). | Uncooked meats should be cold, but not frozen; cut up to 4 ounces into ½-inch pieces, trimmed of gristle and soft fat; some hard fat may remain. Cooked meats can be cold or warm; cut up to 4 ounces into ½-inch pieces. Add liquid (water, broth or from cooking) as needed to process to purée consistency. |
| Mushrooms | Chop. Pulse to chop to desired consistency. | Choose firm, fresh mushrooms. Cut into quarters or even-sized pieces, no larger than ¾ inch. |
| Nuts | Chop. Pulse to chop to desired consistency. | Toast nuts first for maximum flavor. Allow to cool completely before chopping. Up to ½ cup. |
| Olives | Chop. Pulse to chop to desired consistency. | Use only pitted olives. Drain well for best results. |
| Onions | Chop. Pulse 5–10 times to chop to desired size. | Peel; cut into ¾-inch or smaller pieces of similar size. |
| Peppercorns | Grind. Pulse first, then process continuously until desired consistency. | Combine peppercorns with dried herbs or spices or coarse salt to create rubs and seasonings. Hard peppercorns may scratch work bowl and lid. |
| Peppers, fresh | Chop. Pulse to chop to desired consistency. | Core, seed and cut into ½-inch pieces. Do not overprocess. |
| Seeds, dried berries | Grind. Pulse to break up, then process continuously to desired consistency. | Coriander, cumin, dill, fennel, sesame, poppy, and juniper berries. |
| Shallots | Chop. Pulse 5–10 times to chop to desired consistency. | Peel first; cut into quarters, or pieces no larger than ¾-inch. |
| Vegetables, cooked | Chop. Pulse 5–10 times to chop, then process continuously until desired consistency is reached. | Cook vegetables until tender. Process to a smooth purée for baby food or sauces; may need to add liquid for consistency. |

WARRANTY

Limited Three-Year Warranty

This warranty is available to U.S. consumers only. You are a consumer if you own a Cuisinart® EvolutionX™ Cordless Rechargeable Mini Chopper that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® EvolutionX™ Cordless Rechargeable Mini Chopper will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, **www.cuisinart.com** for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® EvolutionX™ Cordless Rechargeable Mini Chopper should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label, email us at <https://www.cuisinart.com/customer-care/product-assistance/product-inquiry/>. Or call our toll-free customer service department at 1-800-726-0190 to speak with a representative.

Your Cuisinart® EvolutionX™ Cordless Rechargeable Mini Chopper has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

DISPOSAL/RECYCLING OF BATTERIES

This product uses two Li-ion rechargeable and recyclable batteries. At the end of the batteries' useful life, they should be recycled. These batteries must not be incinerated or composted. Li-ion batteries should not be put in municipal waste systems. Contact your local waste collection agency for proper recycling and disposal information for your area. Please do not attempt to dismantle the power handle to replace these batteries on your own. Damage could result to the unit.

RECIPES

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Hummus

Serve this brightly flavored dip with warm pita for a satisfying snack.

Makes about 2 cups

- 1** **garlic clove, peeled**
- 1** **can (19 ounces) chickpeas, rinsed and drained (see Tip)**
- 2** **tablespoons tahini**
- 2** **tablespoons fresh lemon juice**
- ¼** **cup water**
- ½** **teaspoon ground cumin**
- ½** **teaspoon kosher salt**
- ⅓** **cup loosely packed Italian parsley leaves**
- ¼** **cup extra virgin olive oil, plus more for serving**
- Pinch za'atar for finishing, optional**

1. Put the garlic clove in the work bowl. Run on Chop continuously to finely chop, about 5 seconds. Add chickpeas, tahini, lemon juice, water, cumin, salt and parsley to the work bowl. Pulse on Chop to start processing ingredients, then run on Chop continuously until mostly smooth, about 30 to 35 seconds.
2. Scrape down the work bowl. With the machine running, add the olive oil in a steady stream and process until the mixture is smooth and creamy.
3. Taste and adjust seasoning, if needed. To serve, drizzle with olive oil and sprinkle with za'atar, if desired.

Tip: For an extra-smooth hummus, boil canned chickpeas with a pinch of baking soda for 15 minutes, skimming off skins as they come to the surface. Drain and rinse under cold water. Chickpeas are then ready for processing.

Nutritional information per serving (2 tablespoons):

*Calories 80 (56% from fat) • carb. 6g • pro. 2g • fat 5g • sat. fat 1g
• chol. 0mg • sod. 60mg • calc. 21mg • fiber 2g*

Chunky Guacamole

Our fresh guacamole is perfect for the Sunday game or served alongside quesadillas for a festive dinner.

Makes about 1⅓ cups

- 1** **small garlic clove, peeled**
- ½** **jalapeño, cut into 1-inch pieces (rib and seeds removed, if desired)**
- 1** **green onion, cut into 1-inch pieces**

- 1 tablespoon fresh cilantro leaves, stems discarded**
- 2 ripe avocados, halved, pitted**
- 2 tablespoons fresh lime juice**
- ¾ teaspoon kosher salt**

1. Put the garlic clove, jalapeño, green onion and cilantro in the work bowl. Pulse on Chop to roughly but evenly chop, about 8 to 10 pulses.
2. Scrape down the sides of the bowl. Scoop out the flesh of the avocados, in pieces, directly into the work bowl; add the lime juice and salt. Pulse on Chop to start processing, then run on Chop continuously to achieve desired consistency.

Nutritional information per serving (1½ cup):

*Calories 118 (74% from fat) • carb. 7g • pro. 1g • fat 10g • sat. fat 1g
• chol. 0mg • sod. 434mg • calc. 13mg • fiber 5g*

Roasted Beet and Walnut Dip

This jewel-toned dip was inspired by skordalia, a Greek spread traditionally prepared with potatoes and lots of garlic. We held the garlic, but called upon beets for their lovely earthiness.

Makes 2 cups

- ¾ pound beets (about 3 to 4 small), scrubbed**
- 2 large garlic cloves, peeled**
- ½ cup raw walnuts**
- 1 tablespoon fresh lemon juice**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- ⅓ to ½ cup extra virgin olive oil**
- Fresh dill leaves for garnish, optional**

1. Preheat the oven to 350°F. Individually wrap beets in foil and roast on a sheet pan for 55 to 60 minutes, or until tender enough to be easily pierced with the tip of a sharp knife. Transfer beets to a dish and let cool in foil. Meanwhile, place the walnuts on the sheet pan and toast in the preheated oven for 8 to 10 minutes, until just fragrant. When beets are just cool enough to handle, gently rub off skins under cool, running water. Quarter beets and reserve.
2. Put the garlic cloves in the work bowl. Run on Chop continuously to finely chop, about 5 seconds. Add the walnuts and pulse on Chop to start processing, about 10 to 12 pulses. Add the quartered beets, lemon juice, salt, and pepper, and run on Chop continuously, until finely chopped and incorporated, about 15 to 20 seconds.

3. Scrape down the bowl. With the machine running, add the olive oil in a steady stream and process until the mixture forms a coarse purée. (NOTE: Use ½ cup of olive oil for a slightly smoother and thinner purée.)
4. Taste and adjust seasoning with more salt and/or lemon juice, if needed. To serve, garnish with fresh dill leaves, if desired.

*Nutritional information per ¼ cup serving (using ½ cup olive oil):
Calories 189 (86% from fat) • carb. 5g • pro. 2g • fat 19g • sat. fat 2g
• chol. 0mg • sod. 103mg • calc. 28mg • fiber 1g*

Tomatillo Salsa Verde

This acetic green Mexican salsa is perfect thrown into enchiladas or migas, or simply used as a topping for tacos, nachos, and just about anything.

Makes 1½ cups

- 1 pound tomatillos, husks removed and rinsed**
- ½ small jalapeño pepper (rib and seeds removed, if desired)**
- 1 garlic clove, peeled**
- ½ small onion, peeled and cut into 1-inch pieces**
- ½ teaspoon kosher salt**
- ½ cup packed cilantro leaves**
- 1 tablespoon grapeseed oil or another neutral oil**

1. Place the tomatillos, ½ jalapeño, and garlic clove in a saucepan and cover with cold water. Bring to a boil and reduce to simmer on medium-high heat for 10 minutes, until tomatillos have turned olive green and are soft. Reserve 2 to 3 tablespoons of the cooking liquid and drain.
2. Transfer cooked tomatillos, jalapeño, garlic, and reserved cooking liquid to the work bowl. Pulse on Chop to roughly chop, about 8 to 10 pulses. Scrape down the bowl. Add the onion, salt, and cilantro and run on Chop continuously until smooth.
3. Put the grapeseed oil in a small saucepan set over medium heat. When the oil is hot, carefully pour in the salsa and let simmer for 5 to 7 minutes, until slightly thickened. Remove from heat. Taste and adjust salt, if needed.
4. Let cool to room temperature and serve as desired. (Salsa will keep in the refrigerator up to 1 week.)

*Nutritional information per serving (2 tablespoons):
Calories 18 (53% from fat) • carb. 2g • pro. 0g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 36mg • calc. 6mg • fiber 1g*

Romesco Sauce

You can thank Spain for this smoky, robust sauce. Delicious with grilled meat and fish, but heaping it atop roasted cauliflower steaks comes highly recommended.

Makes 2 cups

- 1 dried ancho chile pepper, rinsed, stemmed, and seeded**
- 1 ½-inch slice sourdough or country-style bread (roughly 2 ounces)**
- 1 large red bell pepper, stemmed**
- 1 large ripe tomato, or 2 plum tomatoes, cored**
- ½ cup whole, raw almonds, blanched (see Tip)**
- 1 large garlic clove, peeled**
- 1 teaspoon smoked paprika**
- Pinch crushed red pepper flakes**
- ½ teaspoon kosher salt**
- 2 tablespoons sherry vinegar**
- ¼ cup loosely packed parsley leaves**
- ½ cup extra virgin olive oil**

1. Place the ancho chile in a bowl and cover with hot water. Let soak for 15 minutes, until softened.
2. Meanwhile, preheat the broiler on high with a rack positioned in the upper third of the oven. Place the slice of bread onto the rack and broil 2 to 3 minutes on each side, using tongs to flip, until toasted. Remove crust and tear into 1-inch pieces; reserve.
3. Place the pepper and tomato (or tomatoes) on a sheet tray and broil, rotating frequently with the tongs, until evenly blackened and blistered on all sides. Place charred tomato and pepper in a bowl; cover with plastic wrap and set aside for 10 minutes. The steam will help to loosen the skins.
4. Turn off the broiler and preheat the oven to 350°F. Place the almonds on the sheet pan and toast in the preheated oven for 8 to 10 minutes, until just fragrant.
5. When the bell pepper and tomato are cool enough to handle, peel away skins. Slice the pepper to remove core and seeds. Use a knife to roughly chop the tomato and bell pepper, set aside. Then use the knife to gently scrape the softened flesh of the ancho chile from its papery skin; discard skin.
6. Put the garlic clove in the work bowl. Run on Chop continuously to finely chop, about 5 seconds. Add the almonds and pulse on Chop to start processing, about 10 to 12 pulses. Add the reserved bell pepper, tomato, ancho chile, and toasted bread, and continue to pulse on Chop until mostly incorporated.
7. Scrape down the bowl and add the paprika, crushed red pepper, salt, vinegar

and parsley leaves. With the machine running, add the olive oil in a steady stream. Scrape down the bowl. Run on Grind continuously until desired consistency is achieved. The final sauce should have some remaining texture from the almonds.

8. Taste and adjust seasoning and/or acidity, if needed. Serve as desired.

Tip: If you cannot find blanched almonds, you can easily blanch your own. Place whole almonds (with skins) in a bowl, cover with boiling water and let stand for 1 minute. Drain almonds and immediately rinse under cold water. Gently squeeze almonds to loosen and slip off skins.

Nutritional information per serving (¼ cup):

*Calories 195 (18% from fat) • carb. 7g • pro. 3g • fat 18g • sat. fat 2g
• chol. 0mg • sod. 75mg • calc. 33mg • fiber 2g*

Cheater's Caesar Dressing

Mayonnaise relieves raw egg yolks for a velvety dressing that requires no fuss.

Makes 1 cup

- 2 garlic cloves, peeled**
- 1 2-ounce piece Parmesan cheese, cut into ½-inch cubes**
- 6 oil-packed anchovy fillets, drained and halved**
- 2 teaspoons Dijon mustard**
- ¼ cup mayonnaise**
- 2 tablespoons fresh lemon juice**
- 2 teaspoons red wine vinegar**
- ½ teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- ⅓ cup extra virgin olive oil**

1. Put the garlic cloves in the work bowl. Run on Chop continuously to finely chop, about 5 seconds. Add the cubed Parmesan and pulse on Chop to start processing, about 10 to 12 pulses. Add the anchovy fillets and the mustard and then run on Chop continuously until the mixture resembles a very fine crumble. Scrape down the bowl, then continue to process until the mixture forms a paste, about 30 to 35 seconds.
2. Add the mayonnaise, lemon juice, vinegar, salt, and pepper. With the machine running, add the olive oil in a steady stream until emulsified. Run on Grind for an additional 15 seconds. The finished dressing will be quite thick.
3. Taste and adjust seasoning and/or acidity, if needed. Use immediately to dress salad greens or as desired.

Nutritional information per serving (2 tablespoons):
Calories 160 (90% from fat) • carb. 1g • pro. 3g • fat 16g • sat. fat 3g
• chol. 9mg • sod. 416mg • calc. 104mg • fiber 0g

Peppadew Cheese Spread

A piquant spread that mingles between Southern pimento cheese and fromage fort – you can always barter some of the cheddar here for whatever leftover bits of cheese you have on hand.

Makes 1½ cups

- 1 small garlic clove, peeled**
- 4 ounces, good quality sharp Cheddar, cut into 1-inch cubes to 1/2-inch cubes, at room temperature**
- 4 ounces goat cheese, softened**
- 2 tablespoons salted butter, softened**
- 2 ounces (about 8 or 9) drained hot, sweet, pickled peppadew peppers, halved**
- 2 tablespoons dry white wine**
- Pinch kosher salt**
- Butter crackers, for serving**

1. Put the garlic clove in the work bowl. Run on Chop continuously to finely chop, about 5 seconds. Add the cubed Cheddar and pulse on Chop to start processing, about 10 to 12 pulses, then run on Chop continuously until finely chopped. The Cheddar should resemble a coarse crumble.
2. Break up the goat cheese into the work bowl, then add the butter, peppadews, wine, and pinch of salt. Run on Chop continuously until well blended and mostly smooth, scraping down the bowl as necessary. The finished spread will be somewhat chunky, with some visible bits of Cheddar and flecks of peppadew strewn throughout.
3. Transfer to a serving bowl and serve immediately with crackers. Alternatively, cover bowl and chill for a firmer consistency, at least 1 hour.

Tip: For an impressive presentation, transfer spread into a small plastic wrap-lined bowl; tap on counter to remove air pockets, and smooth out top with an offset spatula or butter knife. Cover with plastic wrap and refrigerate to set, at least 2 hours. Unmold spread onto a serving dish or platter. Let come to room temperature before serving, 15 to 20 minutes.

Nutritional information per serving (2 tablespoons):

Calories 95 (73% from fat) • carb. 2g • pro. 4g • fat 8g • sat. fat 5g
• chol. 26mg • sod. 134mg • calc. 78mg • fiber 0g

Chocolate Avocado Mousse

You may find the combination unusual, but the creamy flesh of avocados magically whip into a decadent chocolate mousse that is also rich in healthy fat – a no-brainer dessert!

Makes 4 servings

- 2 ounces bittersweet chocolate chips, preferably 60% cacao**
- 2 ripe avocados**
- ¼ cup pure maple syrup**
- 2 tablespoons strong-brewed espresso or coffee**
- 1 teaspoon vanilla extract**
- ¼ cup unsweetened cocoa**
- Pinch sea salt**
- Raspberries for serving, optional**

1. Place the chocolate chips in a heatproof bowl and set over a saucepan of barely simmering water. Stir chips until thoroughly melted. Remove from heat and let cool.
2. Scoop out the flesh of the avocados, in pieces, directly into the work bowl. Pulse on Chop to start processing, and then run on Chop continuously until puréed, about 15 to 20 seconds. Scrape down the bowl and add the melted chocolate along with the remaining ingredients. Run on Chop continuously until fully incorporated and smooth.
3. Divide mousse among 4 small dessert glasses or bowls. Cover and chill for at least 1 hour before serving. Serve chilled mousse with raspberries, if desired.

Tip: Use dairy-free chocolate chips to make this vegan friendly.

Nutritional information per serving (approximately ½ cup):
Calories 310 (58% from fat) • carb. 31g • pro. 4g • fat 22g • sat. fat 7g
• chol. 0mg • sod. 78mg • calc. 12mg • fiber 12g

Berry Fools

Peak-season berries cannot be beat here – a little tanginess from Greek yogurt complements their sweetness.

Makes 4 servings


- 12 ounces mixed berries (about 2 heaping cups), rinsed; if using strawberries, hulled and quartered**
- 3 tablespoons powdered sugar, divided**
- ½ pint heavy cream, very cold**
- ⅓ cup plain Greek yogurt (preferably whole milk)**
- 1 teaspoon vanilla extract**
- Crushed cookies (such as ladyfingers or amaretti) for serving, optional**

1. Mix the berries and 2 tablespoons powdered sugar together in a small bowl. Let sit, stirring occasionally, until berries begin to release their juices, about 15 minutes. Place about ½ cup berries into the work bowl and run on Chop continuously to purée, about 15 to 20 seconds. To remove seeds, strain purée through a fine-mesh strainer back into the bowl with remaining berries. Stir mixture and set aside.
2. Rinse out the work bowl. Add the heavy cream, yogurt, remaining tablespoon powdered sugar, and vanilla extract and then run on Chop continuously until very thick, about 45 seconds. Scrape out the whipped cream mixture into a medium bowl. Gently fold in the berry mixture.
3. Divide the mixture among 4 dessert glasses or bowls, layering with crushed cookies, if desired. Chill for 30 minutes or up to 2 hours before serving.

Nutritional information per serving (approximately ½ cup):

*Calories 275 (77% from fat) • carb. 15g • pro. 3g • fat 25g • sat. fat 15g
• chol. 81mg • sod. 27mg • calc. 195mg • fiber 4g*

NOTES:



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