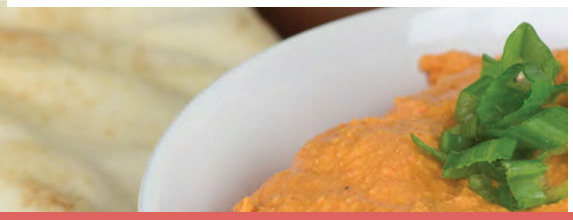
COOKING WITH THE MASTER COOK:

A Revolutionary Hands-Free, Eight-in-One Appliance



With more than 90 all-new recipes

DEVELOPED BY CHRISTOPHER STYLER

Congratulations on joining the amazing world of the Flint & Flame Master Cook. Your new Master Cook will quickly become your favorite kitchen appliance and you'll wonder how you ever got along without it.

The Master Cook will make it easier than ever to cook from scratch, and it's 95% hands off cooking, making the weeknight dinner scramble easier than ever.

If you don't get to reading the entire manual,
ABSOLUTELY READ THESE FEW POINTS:

1. Start with some of our triple-tested chef-created recipes before venturing out on your own. Scientific or formula cooking takes practice. You really need to follow directions to get a good result. Once you've mastered a few of our recipes, you'll have the know-how (and confidence!) to get creative and start making some of your own. And when you do, please share them with us.

2. Never use the pulse function when the bowl is filled with liquids, especially hot liquids. Instead, start the speed at 3 or 4 and gradually increase the speed. Otherwise, you've made a big mess of your kitchen and will spend all of your saved time cleaning it up.

3. When crushing ice cubes or frozen fruits, or grinding hard foods, use the 'Pulse' function in short bursts until the desired result is achieved.

4. Take advantage of the self-cleaning feature. For sticky recipes, fill the bowl halfway with water and add some dish soap. Run the machine at 100°for 8-10 minutes on speed 1 or 2. The bowl will be completely clean when the cycle is complete.

5. Use the backside of the enclosed spatula to remove the cooking basket for easy transfer and to ensure your hands don't get too close to the hot water

It won't take long until you're an expert, have fun and keep us posted.

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Basics: Let's Get Acquainted

Chunky Hummus

This recipe for hummus, a well-seasoned chickpea spread, uses canned chickpeas and can be put together in about 10 minutes. Serve the hummus with toasted pita chips (see Note) or any selection of raw or lightly steamed vegetables. Hummus also makes a great sandwich on pumpernickel bread with sliced cucumber, tomato and sprouts.

Traditionally, hummus gets its sesame flavor—and a pleasantly bitter edge—from sesame tahini. The addition of toasted sesame oil adds a mellower flavor. If you are a traditionalist, leave out the sesame oil and add another tablespoon of tahini.

A little chopped parsley or sliced scallion sprinkled over the top of the finished hummus makes a nice addition.

Makes 2 ½ cups

2 cans (15 ½ ounces each) chickpeas, drained and rinsed

1 clove garlic, peeled

2 tablespoons fresh lemon juice

2 tablespoons tahini

4 teaspoons Asian toasted sesame oil (optional; see headnote)

¼ cup olive oil

Sea salt and freshly ground black pepper

Store-bought or homemade pita chips (see Note)

1. Fit the chopping blade into the work bowl. Add about one-third of the chickpeas and the garlic and blend on speed 10 for 20 seconds. Scrape down the sides of the work bowl. Add the remaining chickpeas, the lemon juice, tahini, and sesame oil and blend on speed 8 for 10 seconds. Scrape down the sides of the bowl and blend on speed 8 for another 10 seconds.

2. Remove the measuring cap from the lid. Pour the olive oil slowly into the hummus while blending on speed 4 for 10 seconds. Season to taste with salt and pepper.

3. Scrape the hummus into a serving bowl. The hummus can be served immediately or stored, covered in the refrigerator, for up to 3 days. If refrigerated, bring the hummus to room temperature 30 minutes before serving.

VARIATION:

Silky-Smooth Hummus: If you like a smoother hummus—ideal for serving as a bed for grilled chicken kababs or fish fillets—finish the hummus off by blending on speed 8 for 10 seconds while gradually pouring ¼ cup water through the opening in the lid.

NOTE:

To make toasted pita chips: Split a round of pita bread (preferably whole wheat) into top and bottom rounds. Cut each round into 8 wedges. Toast the wedges on a baking sheet in a 350 degree oven until crisp, about 10 minutes. Cool before serving. Makes 16.

Frozen Fruit Smoothie (and Variations)

Makes about 2 cups (1 large or 2 smaller smoothies)

1 cup almond, soy or dairy milk

½ frozen banana (2.5 ounces)

1 cup (4 ounces) frozen berries (strawberries, blueberries, raspberries or a mix of the three)

¼ cup plain yogurt, preferably Greek style

1 to 2 teaspoons agave nectar (optional)

1 ½ teaspoons flax seeds (optional)

Fit the chopping blade in the work bowl. Combine all ingredients in the work bowl and process on speed 10 for 1 minute and 30 seconds. Pour into glass and enjoy!

VARIATIONS:

Banana-Peanut Butter Smoothie: Omit the berries and increase the banana to 1 ½ frozen bananas. Add 2 tablespoons quick-cooking (plain) oatmeal and 1 tablespoon peanut butter for a mild peanut butter flavor or 2 tablespoons for a very peanuty flavor along with the other ingredients and blend as described above.

Mango Smoothie: Omit the banana and add 1 cup frozen diced mango in place of the berries. If you like, add ¼ teaspoon almond extract.

NOTES:

Freezing fruit: Freezing your own in-season fruit will save money and make for more delicious smoothies. Small fruits, such as blueberries and raspberries can be frozen whole. Cut larger fruits, like peaches, plums and big strawberries into slightly-larger-than bite-size pieces before freezing. Break bananas into quarters before freezing. Whatever the fruit, the method is the same: Line a baking sheet with plastic wrap, spread the fruit out evenly and freeze until solid. Transfer the frozen fruit to zipper-top bags and keep frozen.

Homemade Butter (and Variations)

This butter will last at least 10 days, but the nice thing about making butter is it's super-fresh taste, so sooner is better—although it will be better after a day.

Makes a scant cup

16 ounces (1 pint) heavy cream, very well chilled

Fine sea salt (optional)

1. Fit the stirring blade into the work bowl. If you have time, chill the blade and bowl for 10 minutes or so before starting the butter.

2. Fit the mixing tool in place. Pour the cream into the work bowl and mix on speed 3 for 7 minutes. Scrape down the sides of the work bowl and the lid if necessary.

3. Scrape the contents of the work bowl into the cooking basket set over a bowl; let drain 5 to 10 minutes, pressing the butter against the sides of the basket to remove as much buttermilk as possible. (You can reserve the buttermilk drained from the butter for use in pancakes, muffins, etc.)

4. Break the butter apart with a fork and return it to the bowl. Add ½ cup ice water and blend at speed 3 for 20 seconds. Scrape down the sides of the work bowl and drain again as above (but don't save this batch of buttermilk), pressing the butter against the side of the basket to squeeze out as much liquid as you can. Return to the bowl and repeat the ice water/draining steps until the liquid that drains from the butter is clear, one or two times.

5. Wrap the butter completely in a double thickness of paper towels and knead it gently until most of the moisture is absorbed. (You can tell if most of the moisture is removed by switching to fresh paper towels once the first set is wet. Removing excess water from the butter will give the butter longer shelf life.) You should have no problem with the butter melting or getting soft from the warmth of your hands as you knead it if you started with a chilled work bowl and rinsed the butter in very cold ice water.

6. If you are going to make any of the variations below, put the butter in a small bowl and let it stand at room temperature until softened. Stir in the ingredients before refrigerating. If using the butter plain, simply spoon it into a crock, cover and refrigerate.

VARIATIONS / COMPOUND BUTTERS

Compound Nut Butters

Almond or walnut compound butter: Fit the chopping blade into the work bowl. Toast 1½ ounces of slivered almonds or walnut pieces at 100 C on speed 1 for 20 minutes. Chop the toasted nuts using 4 to 5 pulses: the nuts should be finely chopped but not pulverized.

TIP: Whether making the almond butter or walnut butter, scrape the toasted, chopped nuts into a bowl and let them cool. While they're cooling, remove the chopping blade, rinse out the work bowl with cold water and wipe it dry. Fit the stirring blade in the work bowl and refrigerate the work bowl until the nuts are cool before making the butter. A chilled work bowl will make better butter.

NOTE: The nuts may also be toasted in the oven at 350 F. Spread the nuts out on a baking sheet and toast, stirring them around the pan once, until evenly toasted, about 12 minutes for the slivered almonds or 15 minutes for chopped walnuts. Cool them completely before chopping and adding to the butter.

Herb Butters

Dill butter: Stir ¼ cup finely chopped dill into a finished batch of butter.
Chive butter: Stir ⅓ cup very thinly sliced fresh chives into a finished batch of butter.

NOTE: Add 1 teaspoon finely grated lemon zest to either of the herb butters if you like.

Condiment Butters

Mustard Butter: Stir 2 to 3 teaspoons Dijon mustard into a finished batch of butter. Season with a few grinds of fresh black pepper.

Sriracha Butter: Stir 2 tablespoons sriracha into a finished batch of butter. This will give you a fairly spicy butter; feel free to cut back if you like things mild.

Mayonnaise

The ingredients below make a good, lemony, all-purpose mayonnaise. For a more assertive mayo to turn into aioli (see below), use all olive oil; for a milder mayo, to use as a sandwich spread or tuna salad, use all vegetable oil.

Makes 1 generous cup

½ cup good quality olive oil
½ cup vegetable oil
2 egg yolks
2 teaspoons Dijon mustard
2 tablespoons lemon juice
¼ teaspoon sea salt

Fit the stirring blade into the work bowl. Measure the two oils into one measuring cup. Add the yolks, mustard, lemon juice and salt to the work bowl and blend at speed 4 for 1 minute. Remove the measuring cap from lid and scrape down the sides of the bowl. Blend at speed 4 for 4 minutes while very gradually—drop-by-drop at first—dribbling the oils into the egg yolk mix. When about ⅓ of the oil has been added, the oils can be poured into the bowl in a thin, steady stream. To lighten the mayo at the end, scrape down the sides of the bowl and blend on speed 7 for 30 seconds. Scrape into a storage container, cover and refrigerate for up to 4 days.

VARIATIONS:
Tarragon Mayonnaise: Substitute tarragon vinegar or white wine vinegar for the lemon juice. Add 2 teaspoons chopped fresh tarragon to the finished mayonnaise.

"Roasted Garlic" Aioli: Brown 6 to 8 whole garlic cloves (see Garlicky Chunky Mashed Potatoes, page 68). Use the chopping blade instead of the stirring blade. Add the garlic cloves to the work bowl along with the yolks, lemon juice, and salt. Continue as above.

Remoulade Sauce: To the finished mayonnaise, add 2 tablespoons chopped parsley, 2 tablespoons chopped capers, 1 finely chopped scallion and 3 tablespoons finely chopped dill pickle. Blend on speed 1 for 15 seconds.

Tomato Confit

Think of this as tomato jam. It is a simple-to-make condiment that stores well in the refrigerator for up to 10 days. It adds intense tomato flavor to soups and stews and is delicious on its own as a sauce for grilled chicken and fish. It is also dynamite on a grilled Brie sandwich.

This version is deliberately left plain and simple, but feel free to add chopped herbs of your choosing (toward the end of cooking).

Makes about 1 ¾ cups

1 medium yellow onion (5 ounces), peeled and cut into large chunks

1 tablespoon olive oil

One 28-ounce can plum tomatoes, preferably good-quality Italian, such as San Marzano, thoroughly drained (see Tips)

Sea salt and freshly ground pepper

1. Fit the chopping blade into the work bowl. Chop the onion on speed 8 for 10 seconds. Scrape down the sides of the bowl.

2. Add the olive oil to the work bowl. Remove the measuring cap from the lid. Cook at 90 C on speed 2 for 5 minutes. Add the tomatoes and pulse one time. Scrape down the sides of the bowl. Cook at 80 C on speed 2 for 40 minutes with the measuring cap still removed from the lid.

3. Season with salt and pepper and serve immediately or cover and refrigerate for up to 10 days. Bring to room temperature before serving.

TIP:
If you don't mind a little fussy work, remove the core from each tomato before draining. If you pull on the core gently but firmly, most of the seeds will come out along with the core. Try this whenever you use canned tomatoes for soups, sauces, stews, etc. Reserve the drained tomato liquid for soups, stews, pasta sauce or the beginning of a great Bloody Mary mix.

Caramelized Onions

Like the tomato confit before this, caramelized onions are a wonderful condiment to have on hand. Also like the confit, these onions normally take almost constant stove-side stirring when done the traditional way. The even heat and slow steady stirring of the Master Cook make that unnecessary.

Try these stirred into soup, scattered over your favorite pasta dish or, dressed with a little oil and vinegar, as a condiment for just about anything from roast chicken to grilled pork chops.

Makes about 1 cup

2 medium yellow onions (10 ounces)

2 tablespoons olive oil or Ghee (page 19)

1. Fit the chopping blade into the work bowl. Peel the onions and cut them into rough chunks. Add the onions to the work bowl and chop on speed 7 for 12 seconds.

2. Remove the chopping blade and change over to the stirring blade and mixing tool. Scrape down the sides of the bowl and remove the measuring cup from the lid. Pour in the olive oil. Cook at 100 C on speed 2 for 50 minutes. Season with salt and pepper and serve immediately or cover and store in the refrigerator for up to 1 week. If refrigerated, bring to room temperature or warm slightly before serving.

TIP:
If, after 50 minutes, your onions are a little more "blonde" than "brunette," there is a little trick that might help: Remove the lid and poke around the bottom to see if there are any brown bits stuck to the bottom of the work bowl. If so, loosen them up with a spatula and run the Bellini at speed 2 for 3 minutes. Those little brown bits will darken the onions up nicely.

The Master Cook as Barista

Make your own latte and cappuccino from start to end in your Master Cook. Coffee is a highly personal issue, so if you find the strength of the brewed coffee too weak or strong or the ratio of steamed milk to coffee to be out of whack for your taste, adjust accordingly.

One note: A latte contains proportionately more milk and less foam than a cappuccino. The proportions below are designed to give you a latte that is about equal parts brewed coffee and steamed milk with just a light layer of foamed milk on top. The cappuccino will be approximately equal parts brewed coffee, steamed milk and foamed milk. Again, adjust each to your coffee-loving taste.

Makes 4 medium-size lattes or 2 to 3 cappuccinos

For the brewed coffee:
2 ½ to 3 ounces whole French roast, Italian roast or espresso beans

2 cups water

For latte: *2 cups whole milk*

For cappuccino: *1 cup whole milk*

1. Pour hot water into the French press coffee brewer and the cups you plan to serve the coffees in. Brew the coffee: Fit the chopping blade into the work bowl. Grind the coffee on speed 10 for 1 minute and 30 seconds. Add 2 cups of water to the bowl and brew at 80C on speed 1 for 4 minutes. Pour the coffee into the French press and let stand one minute before slowly lowering the plunger.

2. Meanwhile, rinse out the work bowl with hot water and quickly wipe dry. Return to the base and pour in the milk. Heat at 80 C on speed 1 for 1 minute and 30 seconds; then froth at speed 9 for 30 seconds.

3. ***For latte:*** divide the brewed coffee among 4 warmed cups. Pouring slowly to leave the foam behind, pour an equal amount of steamed milk into each coffee. Spoon the frothy milk over the top of each cup and serve.

For cappuccino: Divide the brewed coffee between 2 cups. Pour the steamed milk slowly, 'helping' some of the foam onto the top of each cup as you pour.

Ghee

Ghee, the most widely used cooking fat in India, is butter that, through slow cooking, is transformed into pure butter free of any moisture or milk solids. It is a beautiful, golden color and has a nutty flavor and aroma. Because it is pure butter, it can be heated to a much higher temperature without burning. Try it the next time you sauté or fry any dish in which you would normally use butter.

Makes about ¾ cup

1 recipe Homemade Butter (page 12) or 2 sticks (8 ounces) store-bought butter, cut into chunks

1. Fit the stirring blade into the work bowl. Remove the measuring cap from the lid. Add the butter and cook at 70 C on speed 2 for 5 minutes to melt.

2. Cook at 100 C on speed 2 for 45 minutes. The butter should be very clear and a very light golden brown. Brown bits (the milk solids) will be stuck to the bottom of the work bowl and there may be some white foam floating on top of the butter. Remove the work bowl, tilt it and spoon off the foam. Slowly pour the butter into a heatproof glass jar with a tight-fitting lid, leaving the brown bits on the bottom.

NOTE:
Homemade and store-bought butters can vary wildly in the amount of water and milk solids they contain. Check the butter after 35 minutes to see if it looks as described above. If not, reset at 100 C on speed 2 and reset for the remaining 10 minutes. If the ghee doesn't look as described above after the full 45 minutes, continue cooking at 100 C on speed 2 in 4 minute increments until it does.

Soups

Tomato-Basil Soup with Chive Ricotta

Makes 6 cups (6 first course or 3 main course servings)

For the soup:
1 medium red or yellow onion (5 ounces), peeled and cut into large chunks

2 cloves garlic, whacked and peeled

2 tablespoons oil

One 28-ounce can diced tomato, with liquid

2 lightly packed cups fresh basil leaves

2 cups vegetable or chicken broth

⅓ cup evaporated milk, half-and-half or heavy cream

Sea salt and freshly ground black pepper

For the ricotta:
1 cup ricotta, preferably fresh

⅓ cup finely sliced chives

1. Fit the chopping blade into the work bowl. Chop the onion and garlic in the work bowl on speed 6 for 5 seconds. Scrape down the sides of the work bowl.

2. Add the olive oil. Cook at 100 C on speed 2 for 8 minutes with the measuring cap removed from the lid.

3. Add the tomatoes. Replace the measuring cap in the lid. Cook at 90 C on speed 2 for 20 minutes. Add the basil, broth and evaporated milk. Remove the measuring cap from the lid and let cool 10 minutes.

4. While the soup is cooling, stir the ricotta, chives and salt and pepper to taste together in a small bowl.

5. Replace the measuring cap in the lid. Process at speed 7 for 1 minute. Season the soup with salt and pepper. Serve hot or cold with a dollop of the seasoned ricotta (see Sidebar).

SIDEBAR: PUREED SOUPS

To avoid the possibility of leaking or scalding, it is necessary to cool soups slightly before pureeing them. That is why directions for the pureed soups call for removing the measuring cap from the lid and letting the soup cool for 20 minutes or so. (The Tomato-Basil Soup on the previous page is an exception: as cold liquid is added at the end, it only needs 10 minutes to cool.)

Some of these soups may be served hot or cold. If serving them cold, simply pour into a storage container, cover the container and refrigerate until chilled through. If serving these soups hot, reheat at 90 C on speed 1 for 4 to 5 minutes, or until hot enough for your taste.

One more note: As a third option, you may want to serve any of the pureed soups at room temperature instead of hot or chilled. In that case, let them stand in the work bowl until cooled to room temperature and then serve.

French Onion Soup

Yes, the onions take a while to become golden brown, sweet and tender. No, you don't have to stand there and stir. Use the version topped with croutons and cheese and broiled as a satisfying main course. For a less onion-rich version that is more suited to serving as a first course, see the Note below.

Makes 3 ½ cups (2 hearty servings or 4 first course servings)

2 pounds yellow onions, peeled and quartered (about 5 medium onions)
¼ cup (2 ounces) butter
2 tablespoons flour
3 cups beef broth
⅓ cup white wine or 3 tablespoons dry sherry
Sea salt and freshly ground pepper to taste
Crostini (see Sidebar on page 35)
1 cup (3 ½ ounces) grated Gruyere cheese

1. Fit the chopping blade into the work bowl. Add the onion and butter and chop on speed 5 for 15 seconds. Scrape down the sides of the bowl. Cook at 100 C on speed 1 for 60 minutes with the measuring cap removed from the lid. With around 10 minutes to go, add the flour through the hole in the lid.

2. Scrape down the sides of the bowl. Add the broth, white wine or sherry and salt and pepper. Cook at 100 C on speed 1 for 45 minutes.

3. Place the oven rack about 8 inches from the broiler and heat the broiler. Ladle the soup into 2 oven-proof crocks. Cover the top of the soup with a layer of crostini, then an even layer of the cheese. Place the crocks on a baking sheet and broil until the cheese is golden brown and bubbly, about 5 minutes. Let the crocks sit for a few minutes before serving (carefully!).

VARIATION:
If you don't have oven proof crocks, make cheese croutons and float them on top of the soup: Heat the oven to 400 F. Line a baking sheet with parchment paper or aluminum foil. Line up the crostini on the sheet and top with the grated Gruyere. Bake until the cheese is golden brown and the crostini are very crisp, about 12 minutes.

NOTE:
If serving this as a lighter first course, increase the broth to 4 cups and make the cheese crostini as described in the variation above rather than the broiling method described in the recipe.

Lobster Bisque

Appropriately rich and loaded with chunks of lobster, this bisque is a snap to make.

Makes 4 cups (enough for 4 first-course servings)

3 lobster tails (about 4 ounces each)

2 tablespoons butter

1 carrot

1 celery

1 onion

3 tablespoons dry sherry

2 tablespoons tomato paste

1 teaspoon dried thyme

½ teaspoon dried tarragon

½ cup plus 1 tablespoon heavy cream or half-and-half

1 tablespoon cornstarch

Chives, cut into 2-inch lengths, for garnish

1. Fit the chopping blade into the work bowl and pour 2 cups of water into the bowl. Put the lobster tails in the cooking basket and cook at Steam setting at speed 1 for 11 minutes. Remove the basket and cool the lobster. Reserve the cooking liquid.

2. Wipe out the work bowl. Add the carrot, celery and onion and pulse 2 to 3 times, until the vegetables are coarsely chopped. Add butter and cook at 100 C on speed 2 for 12 minutes. Scrape down the sides of the bowl.

3. Add the sherry, tomato paste, thyme, tarragon and lobster steaming liquid. Cook at 100 C on speed 1 for 10 minutes. Remove the measuring cap from the lid, pour in ½ cup cream and cool 20 minutes.

4. Meanwhile, remove the lobster meat from the shells, cut into 1-inch or so pieces and set aside. (A simple way to remove the lobster meat is to turn the shells upside down and cut along both side of the clear, thinner shell. Peel back the clear shell and remove the meat from the shell.)

5. Replace the measuring cap in the lid. Puree the bisque on speed 7 for 2 minutes.

6. Stir the cornstarch into the remaining 1 tablespoon cream in a small bowl. Remove the measuring cup from the lid and pour the cornstarch mixture into the bowl. Cook at 100 C on speed 2 for 5 minutes. Add the lobster chunks during the last minute of cooking.

7. Ladle into bowl and scatter chives over the top. Add a drizzle of heavy cream if you like.

NOTE:
If you prefer a slightly more lobster-y broth, simmer the lobster shells (after removing the meat) along with the steaming liquid from the work bowl in a covered saucepan over low heat for 20 minutes. Strain before using.

TIP:
This is an elegant soup and should have a satiny-smooth texture. Two things you can do to help get there are: peel the strings from the celery before cutting it into chunks and strain the finished soup through the cooking basket after pureeing and before adding the lobster. Little things make a difference.

Carrot-Ginger Soup

The carrots lend this soup a beautiful shade of orange and the ginger adds a nice little nip and takes the edge off the sweetness of the carrots. Spinach balances the whole thing out with a pleasant freshness and hint of bitterness.

Makes about 6 cups (4 larger or 6 smaller portions)

1 large or 2 small leeks (14 ounces)

One 2-inch length fresh ginger (¾ ounce), peeled and cut into rounds

6 medium carrots, (about ¾ pound), peeled and roughly chopped

1 tablespoon olive oil

1 tablespoon butter

3 cups vegetable or chicken broth

4 lightly packed cups (4 ounces) baby spinach

1. Cut the roots and dark green parts off the leek(s). Cut the leek(s) in half lengthwise and rinse them under cold water, flipping back the layers of the leek to get rid of any dirt. Cut the leeks into big chunks.

2. Fit the chopping blade into the work bowl. Chop the leeks, carrots and ginger on speed 5 for 10 seconds. Scrape down the sides of the work bowl. Add the olive oil and butter and cook at 90 C on speed 2 for 10 minutes.

3. Pour in the broth and cook at 100 C on speed 2 for 25 minutes. (The carrots should be tender.)

4. Remove the measuring cap and let the soup cool 20 minutes.

5. Replace the measuring cap in the lid. Blend on speed 7 for 25 seconds. The soup should be smooth and thick and mound gently on a spoon. If the soup seems too thick or grainy, add about ½ cup water and blend until very smooth. Season with salt and pepper.

6. Add the spinach to the work bowl, "tuck it into" the soup (to make sure it is all submerged) and cook at 80 C on speed 2 for 1 minute, just to wilt the spinach and mix it through the soup. Serve hot or cold (see Sidebar).

VARIATIONS:

Carrot-Ginger Soup with Sweet Shrimp: Add 6 peeled and deveined shrimp cut into 1-inch lengths to the work bowl after pureeing the soup. Cook at 80 C on speed 1 for 3 minutes. Add the spinach and proceed as above.

Pumpkin/Winter Squash Soup: Substitute 1 pound peeled butternut squash or pumpkin—be sure to pick a "sweet" cooking variety of pumpkin—for the carrots. Many markets now carry butternut squash already peeled and ready to go. Add ½ teaspoon ground allspice or ¼ teaspoon each ground cinnamon and cloves along with the broth and continue as above.

"Cream" of Asparagus Soup

Plain yogurt and fluffy potatoes—Yukon Golds or Idahos work beautifully here—add richness and velvety texture without the fat and calories of cream. This is pure simplicity, but if you like, dress it up with a dollop Caramelized Onion (page 17), Tomato Confit (page 16) or even a scattering of parsley leaves and an additional dollop of yogurt.

Makes about 6 cups (6 smaller or 4 larger servings)

1 medium yellow onion (5 ounces), peeled and cut into large chunks

2 tablespoons olive oil, butter or a mix of the two

3 cups vegetable broth

1 medium Yukon Gold potato (8 ounces), peeled and cut into rough chunks

1 pound asparagus, trimmed and cut into 2-inch or so lengths (see Tip)

½ cup flat (Italian) parsley leaves

Juice of 1 lemon

1 cup low-fat plain yogurt

Sea salt and freshly ground black pepper

1. Fit the chopping blade into the work bowl. Chop the onion on speed 7 for 8 seconds. Scrape down the sides of the bowl and remove the measuring cap from the lid. Add the oil and/or butter and cook at 100 C on speed 2 for 10 minutes.

2. Pour the broth into the work bowl and add the potatoes. Replace the measuring cap in the lid. Cook at 100 C at speed 1 for 20 minutes.

3. Add the asparagus and parsley and cook at 90 C on speed 2 for 6 minutes. Be sure both the asparagus and potatoes are tender at this point. If not continue cooking at 90 C on speed until they are tender. Remove the measuring cap from the lid and cool the soup for 20 minutes.

4. Blend on speed 6 for 1 minute and 30 seconds or until very smooth. Serve hot or cold (see Sidebar on page 31).

TIP:
Even pencil asparagus can be a little "stringy" after pureeing. If that bothers you, simply strain the pureed soup through the cooking basket into a bowl, helping it along with the back of a large spoon. You'll end up with a string-free soup with a velvety texture.

VARIATIONS:
"Cream" of Broccoli: Substitute 12 ounces of broccoli florets for the asparagus. Add 2 peeled cloves garlic to the work bowl along with the onion. Add 2 teaspoons ground coriander seed to the work bowl along with the broccoli and potato. Otherwise, proceed as above.

"Cream" of English Pea: Substitute 1 leek, cleaned (see page 28) for the onion. Add only the potato to the work bowl along with the broth. (The peas will be added later). Cook at 100 C on speed 1 for 15 minutes. Add one 9-ounce bag of frozen peas and 1 teaspoon dried tarragon and cook at 100 C on speed 1 for 6 minutes. Cool and puree as above.

Cheddar Broccoli Soup

Makes 4 ½ cups (enough for 4 smaller or 2 larger servings)

4 ounces aged cheddar, cut into 1-inch pieces

14 ounces broccoli (stems and florets; 2 stalks)

1 small yellow onion (4 ounces), peeled and cut into chunks

2 cloves garlic, peeled

1 tablespoon (0.5 ounce) butter

3 cups chicken or vegetable broth

¾ cup milk

1 small Idaho potato (6 ounces), peeled and cut into chunks

Sea salt and freshly ground pepper

2 scallions, trimmed and thinly sliced (¼ cup)

1. Fit the chopping blade into the work bowl. Grate the cheese on speed 7 for 5 seconds. Set aside the cheese.

2. Cut the florets from the broccoli stalks. Cut the florets into pieces no larger than about 1 ½ inches across. Pulse the florets twice to finely chop them. Set aside. Peel the stems down to the green (the white part just under the peel can be stringy) and cut the peeled stems into 1-inch pieces. Set aside.

3. Chop the onion, garlic and butter on speed 7 for 5 seconds. Scrape down the sides of the bowl. Cook at 100 C on speed 2 for 5 minutes.

4. Add the chicken broth, milk, potato and season lightly with salt and pepper. Cook at 100 C on speed 2 for 18 minutes. Remove the lid from the work bowl and cool the soup 20 minutes. Puree the soup on speed 6 for 45 seconds.

5. Add the chopped broccoli florets and cook at 90 C on speed 2 for 8 minutes. Add the cheese and stir on speed 2 for 1 minute. Check the seasoning and serve, topping each bowl with sliced scallions.

Dips

Warm White Bean Dip with Sweet Red Onions

Slow cooked red onions add sweetness to the rich texture of this bean dip. Serve this with crostini (see Sidebar),vegetables or pita chips for dipping. In case of leftovers, see the note below.

Makes 3 ½ cups

1 medium (about 8 ounces) red onion, peeled and cut into large chunks

2 tablespoon olive oil

Two 15-ounce cans white beans (cannellini), drained and rinsed

¼ cup diced bottled roasted red peppers

¼ cup chopped flat-leaf (Italian) parsley

2 tablespoons freshly squeezed lemon juice

A few dashes hot red pepper sauce (optional)

2 scallions, trimmed and sliced thin (about ¼ cup)

1. Fit the chopping blade into the work bowl. Chop the onion with 3 quick pulses. They should be very coarsely chopped. Scrape down the sides of the bowl. Remove the measuring cap from the lid. Add the oil and cook at 100 C on speed 2 for 12 minutes.

2. Replace the measuring cap in the lid. Add the white beans and cook at 80 C on speed 2 for 8 minutes. Scrape down the sides of the bowl. Add the roasted peppers, parsley, lemon juice and hot sauce, if using. Pulse twice to mix into the dip.

3. Scrape the dip into a serving bowl and scatter the scallions over the top. Serve warm with crostini. (See Sidebar on page 35.)

NOTE:
Any leftover dip can be served cold as a dip, piled into a pita pocket, or spread on crackers. It also makes an excellent substitute for mayonnaise when making tuna salad.

SIDEBAR: CROSTINI
Crostini—little toasts—are perfect for floating on soups, crumbling into salad and as a dipper for dips.

One thin French baguette, cut into ½-inch slices

Olive oil

1. Heat the oven to 350°F.

2. Lightly brush both sides of each slice of bread with oil. Arrange the bread on a baking sheet and bake until golden brown and crisp, about 12 minutes. Remove and cool. Crostini will keep in a tightly covered container at room temperature for up to 2 days. If the weather is humid, you may want to re-crisp them in a 350 F oven for 2 to 3 minutes.

Chili Con Queso Dip

This makes quite a bit of dip—enough for a Big Game Day crowd. Corn chips are the dippers of choice, but consider veggie chips, mini pitas cut into quarters or whole-grain crackers as an alternative.

Makes 5 cups

2 medium yellow onions (about 10 ounces)

1 tablespoon vegetable oil

2 to 3 teaspoons chili powder or chile powder (see Sidebar)

1 pound ground beef

One 28-ounce can diced tomatoes (with green chiles if you like), thoroughly drained

2 cups grated cheddar cheese

Homemade Tortilla Chips (See Note) or store-bought chips

1. Fit the chopping blade into the work bowl. Peel the onions and cut them into large chunks. Chop at speed 6 for 8 seconds. Switch to the stirring blade. Scrape down the sides of the work bowl.

2. Add the oil to the work bowl and remove the measuring cup from the lid. Cook at 100 C on speed 2 for 10 minutes.

3. Crumble the beef into the work bowl. Add the chili powder. Cook at 100 C on speed 2 for 7 minutes.

4. Add the drained tomatoes and cheese. Cook at 80 C on speed 2 for 4 minutes. Remove the stirring blade and scrape into a serving bowl. Let cool about 10 minutes before serving.

NOTE:
Toasted Tortilla Chips: Preheat the oven to 350°F. Cut four yellow corn tortillas into 8 to 10 wedges each. Spread the wedges out on a baking sheet. Drizzle about 1 teaspoon olive or vegetable oil into the palm of your hand, rub your hands together lightly, then toss the tortillas to coat them very lightly with oil. Bake, stirring once about halfway through, until the chips are crispy and golden brown, 6 to 7 minutes.

SIDEBAR: CHILI/CHILE POWDERS
Consider the amount given in the recipe as a suggestion, and here's why: The name "chili powder" means different things to different people. Most people relate to chili powder as a blend of ground chiles, salt, and other spices used to season chili. That's a little different than "chile powder," which is one kind of dried chile pepper ground to a powder. These chile powders are easy to spot—their labels will refer to them as ancho chili powder, pequin chili powder, and so on, according to the type of chile used. If you have a chili powder or chile powder that you know you like, go with it! If not, this is a great place to try something new.

Warm Spinach, Artichoke and Cheese Dip

This dip is heavy on the veggies and lighter on the creamy stuff. To lighten it up even more, choose lower-fat versions of sour cream, mayonnaise and/or cream cheese.

Makes 5 cups

One 9-ounce package frozen artichoke hearts, defrosted

One 9-ounce package frozen spinach, defrosted

½ cup sour cream

¼ cup mayonnaise

One 8-ounce package cream cheese, cut into 16 pieces and at room temperature

½ teaspoon garlic powder

Sea salt (if needed)

Freshly ground black pepper

1. Squeeze as much liquid from the artichokes and spinach as possible. Using your hands works well. Keep the two vegetables separate.

2. Fit the chopping blade in the work bowl. Add the artichokes and chop on speed 5 for 8 seconds. Add the spinach and pulse once. Scrape down the sides of the bowl. Fit the mixing tool in place over the cutting blade. Add all the remaining ingredients and cook at 80 C on speed 3 for 10 minutes. Scrape the warm dip into a serving bowl and serve with pita wedges, slices of "cocktail" rye, pumpernickel bread or your favorite crackers.

NOTE:
The dip may be made up to 3 days in advance. Scrape into a microwavable container, cover and refrigerate. Just before serving, heat the dip in a microwave at 50% power for 2 to 4 minutes (depending on your microwave and the container). Stir once about halfway through heating. The dip should be warmed through.

Beef & Bean Nachos

This delicious dip is great for entertaining and really takes your nachos to a whole new level. Be sure to have extra tortilla chips on the side for dipping.

Ingredients:

1 medium onion, peeled and chopped into quarters
2 garlic cloves, peeled and halved
2 tablespoons olive oil
500 grams / 17.6 ounces lean ground beef
1.5 teaspoons chili powder
1 teaspoon ground coriander
1 tablespoon all-purpose flour
140 grams / 4.9 ounces tomato paste
⅓ cup beef stock
300 grams / 10.6 ounces canned red kidney beans, drained and rinsed
270 grams / 9.5 ounces corn or tortilla chips
1 cup grated cheese of your choice
Guacamole and sour cream, to serve

1. Insert the chopping blade into the work bowl and add the onion and garlic. Chop on speed 5 for 5 seconds

2. With the onion and garlic stuck to the side of the bowl, replace the chopping blade with the stirring blade for the remainder of the recipe. Scrape down the sides of the bowl and drizzle the oil over the onion and garlic. Cook on speed 1 at 100°C for 2 minutes to sauté the mixture.

3. Take the measuring cap off and add the ground beef by crumbling it into the bowl. Cook at 100°C for 5 minutes on speed 1.

4. Add chili powder, coriander, flour, tomato paste and beef stock. Cook with the measuring cap OFF on speed 1 at 80°C for 15 minutes.

5. Preheat oven to 200°C/400°F

6. Add the beans and season to taste with salt and pepper. Continue to cook on speed 1 at 80 C for 5 more minutes with the measuring cap still off.

7. Set aside to cool for 10 minutes.

8. Place the beef and bean mixture into a greased baking dish and top with corn/tortilla chips and sprinkle with cheese. Bake for 10-12 minutes or until the cheese has melted. Serve with guacamole, sour cream and tortilla chips.

Sun-Dried Tomato, Spinach and Cashew Dip

This is a very simple and delicious dip that can be thrown together in a flash with the Bellini. Serve with naan bread or tortilla chips.

1 cup sun-dried tomatoes
1 cup salted or unsalted cashews
2-3 spinach leaves (minus the stalks)
1 clove garlic
Pepper
Olive oil
White vinegar

1. Insert the chopping blade into the work bowl and add the garlic, cashews and tomatoes to the bowl. Chop on speed 5 for 6 seconds.

2. Add the spinach and blend on speed 4 for 6 seconds.

3. Scrape down the sides of the bowl & add a splash of olive oil, a splash of white vinegar and ground pepper.

4. Pulse for 1 second at a time, keeping an eye on it to make sure it doesn't become too mushy.

Fonduta

As it sounds, this is fondue's Italian cousin. It is rich, delicious and ex-tremely easy to make in the Master Cook. Choose chunks of simple country bread and/or lightly steamed vegetables for dunking. And if there hap-pens to be a little leftover, no worries: fonduta makes a wonderful quick "mac 'n' cheese.' Cook pasta and drain it, then return to the warm pan. Stir in about 3 tablespoons leftover fonduta and cracked black pepper to taste per serving.

Makes 2 cups (enough for about 6 dippers as a first course)

1 cup milk

½ pound Fontina, shredded (about 2 cups; see Note)

2 tablespoons (1 ounce) butter

4 egg yolks

Nutmeg

Sea salt (if needed) and freshly ground white pepper

1. Fit the work bowl with the stirring blade and mixing tool. Add the milk and Fontina and let stand at room temperature for 1 to 2 hours.

2. Add the butter to the work bowl and cook at 70 C on speed 2 for 8 minutes.

3. Remove the measuring cap from the lid, and cook at 90 C on speed 2 for 9 minutes. Add the egg yolks one at a time starting 1 minute into the cooking. The fonduta should be thickened enough for dipping; don't overcook or you'll end up with a curdled texture.

4. Add the nutmeg, salt, if needed and pepper.

NOTE:
There are many kinds of Fontina out there. This is traditionally made with Fontina from the Val 'Aosta in northern Italy. It has a pronounced aroma and fairly strong flavor and may not be to everyone's taste. If you prefer, you can make this with Swiss Fontina, which will give much milder results.

Sauces

Hollandaise

Traditional Hollandaise, beaten by hand in a double boiler for what can seem like hours, has a light, creamy nape texture. So can the hands-off version you make with your Master Cook. Start with cold butter and add a final whipping without heat and you've got it.

Hollandaise is delicious over poached eggs, virtually all the steamed foods on page 72 (try it on the corn!), and folded into cooked spinach for a luxe version of creamed spinach. For a more assertive sauce that can stand up to grilled fish, poultry and meats, try Hollandaise's cousin—Bearnaise, found on the next page.

Makes about 1 cup

4 egg yolks

9 tablespoons (4.5 ounces) butter, cold, cut into tablespoon-size pieces

3 tablespoons lemon juice

Sea salt and ground white pepper

1. Fit the stirring blade into the work bowl. Add the yolks, butter and lemon juice. Set to 80 C on speed 3 for 5 minutes.

2. Immediately whip (without heat) on speed 6 for 30 seconds. Season with salt and pepper and remove quickly from the work bowl to prevent the egg yolks from scrambling.

Béarnaise

Makes about 1 cup

2 large shallots (3 ounces), peeled and halved

¾ teaspoon dried tarragon

2 tablespoons white wine vinegar

1 tablespoon white wine

1 tablespoon lemon juice (optional)

4 egg yolks

9 tablespoons butter (4.5 ounces), cold, cut into 1-tablespoon-size pieces

Sea salt and freshly ground pepper to taste

1. Fit the chopping blade into the work bowl. Add the shallots and tarragon and chop on speed 6 for 10 seconds. Scrape down the sides of the bowl and add the vinegar, wine and lemon juice, if using. Remove the measuring cap from the lid and cook at 100 C on speed 2 for 5 minutes.

2. Add the butter and yolks. Replace the measuring cap in the lid. Cook at 80 C on speed 3 for 4 minutes and 30 seconds.

3. Without heat, whip the sauce on speed 6 for 30 seconds. Pour into a sauce-boat or bowl immediately, so the eggs don't have a chance to cook further, scraping down the sides of the bowl. Season with salt and pepper and serve warm.

Simple Cheese Sauce (and Variations)

Makes 2 ½ cups

4 ounces Cheddar cheese, cut into 1-inch cubes

2 ounces Gruyere or Emmental cheese, cut into 1-inch cubes

3 tablespoons cornstarch

2 cups milk or half-and-half

3 tablespoons (1.5 ounces) butter

Big pinch grated nutmeg

Sea salt and freshly ground pepper

1. Fit the chopping blade into the work bowl. Add the Cheddar, Gruyere and cornstarch. Chop on speed 6 for 30 seconds. Scrape down the sides of the bowl.

2. Add the milk, butter and nutmeg. Cook at 90 C on speed 2 for 18 minutes. Season with salt and pepper.

VARIATIONS:
Dried Mushroom: Soak ⅓ cup dried mushrooms (porcini are great) in enough boiling water to cover in a small heatproof bowl until softened, about 15 minutes. Drain and reserve the soaking liquid. Rinse the mushrooms, chop them fine, and add to the sauce along with the milk. If you like, strain the soaking liquid through cheesecloth or a paper coffee filter and substitute ¼ cup of the soaking liquid for an equal amount of milk.

Tomato 1: Add ½ cup Tomato Confit (page 16) to the sauce along with the cheeses.

Tomato 2: Pour boiling water over ¼ cup sun-dried tomatoes in a small heatproof bowl. Let stand until they are softened but not mushy, about 20 minutes. Drain, pat them dry and chop them fine. Add to the sauce along with the milk.

Tarragon-Chive: Stir ¼ cup very thinly sliced chives and 2 tablespoons finely chopped tarragon into the finished sauce.

Basic Tomato Sauce

Makes 3 cups (enough to sauce about 12 portions of pasta)

1 medium red or white onion (5 ounces), peeled and cut into big chunks

1 small carrot (1.5 to 2 ounces), peeled and cut into 2-inch or so pieces

1 small celery rib (2 ounces), trimmed and cut into 2-inch or so pieces

2 cloves garlic, peeled

2 tablespoons olive oil

One 28-ounce can Italian plum tomatoes, with liquid
(see Note on tomato prep on page 16)

1 teaspoon dried basil

½ teaspoon dried oregano

Sea salt and freshly ground black pepper

1. Fit the chopping blade into the work bowl. Chop the onion, carrot, celery and garlic on speed 6 for 5 seconds. Scrape down the sides of the work bowl.

2. Add the olive oil. Cook at 100 C on speed 2 for 12 minutes with the measuring cap removed from the lid. Scrape down the sides of the bowl.

3. Add the tomatoes. Replace the measuring cap in the lid. Cook at 90 C on speed 2 for 20 minutes. Add the basil and oregano. Remove the measuring cap from the lid and let cool 20 minutes.

4. Replace the measuring cap in the lid. Pulse the sauce to the texture that suits you. Season the sauce with salt and pepper.

VARIATIONS:
Red clam sauce: Add the meat from 24 steamed Littleneck clams to the finished sauce along with a small (or big) pinch of crushed red pepper.

Eggplant sauce: Peel a small (about 8-ounce) purple eggplant and cut it into 1-inch dice. (There will be about 2 cups of eggplant.) Add to the sauce along with the tomatoes. The eggplant will take on a silky texture after cooking and will break apart during the final pulsing. Add a big dollop of ricotta to your pasta before tossing with the eggplant sauce for a super-simple "Pasta alla Norma."

Barbecue Sauce

Designed with the Pulled Pork on page 50 in mind, this sauce has the mustard, vinegar and heat from red pepper typical of that dish built right into it. It also makes an unusual and delicious barbecue sauce on its own. This recipe will make about twice as much as you need for the Pulled Pork on page 50. But who ever complained about having a little extra barbecue sauce around the house?

Makes about 2 cups

1 onion, peeled and cut into big chunks

1 tablespoon vegetable oil

1 cup cider vinegar

⅔ cup ketchup

¼ cup yellow mustard

¼ cup brown or white sugar

1 teaspoon red pepper flakes

Kosher salt

1. Fit the chopping blade into the work bowl. Chop the onion on speed 6 for 6 seconds. Change over to the stirring blade and scrape down the sides of the bowl.

2. Add all the remaining ingredients to the work bowl and cook at 100 C at speed 2 for 20 minutes. The sauce should be fairly thick and quite tangy. Cool to room temperature. The sauce will keep in the refrigerator for up to two weeks.

Velvety Meat Sauce

A meaty sauce with a hint of tomato and spices, long slow cooking gives this a rich taste and texture.

Makes a generous 4 cups; enough to sauce 1 pound pasta

1 onion (5 ounces), peeled and cut into chunks

2 cloves garlic, peeled

2 ribs celery (6 ounces), trimmed, strings removed with a vegetable peeler and cut into 2-inch pieces

1 tablespoon olive oil

1 pound ground beef (15% fat works well)

One 14-ounce can diced tomatoes with liquid

2 tablespoons tomato paste

1 tablespoon sugar

1 ½ teaspoons dried oregano

2 teaspoons dried basil

1 carrot (2 ounces), grated

Sea salt and pepper

1. Fit the chopping blade into the work bowl. Add the onion, garlic, and celery and chop at speed 7 for 5 seconds. Switch over to the mixing blade and scrape down the bowl.

2. Add the olive oil. Remove the measuring cap from the lid and cook at 100 C on speed 1 for 5 minutes. Scrape down the sides of the bowl.

3. Crumble the ground beef into the work bowl and cook at 100 C on speed 1 for 5 minutes with the measuring cap still removed. Tilt the bowl and spoon off as much of the fat as you can.

4. Add the crushed tomatoes, tomato paste, sugar, oregano, basil, grated carrot, and salt and pepper. Replace the measuring cap in the lid and cook at 90 C on speed 1 for 20 minutes.

5. Serve with spaghetti or rigatoni, passing Parmesan cheese separately.

Mains and Grains

Pulled Pork

The size of the pork cubes matters here—too large and they will get stuck under the stirring blade and take quite a while to cook. As the pork is shredded in the end, exact 1-inch squares don't matter, just be sure they are all under 1 inch on any side.

Makes 4 servings/sandwiches

¾ cup Barbecue Sauce (page 46)

2 medium yellow onions (10 ounces), peeled and cut into large chunks

4 cloves garlic, peeled

1 tablespoon vegetable oil

¾ pounds boneless pork shoulder, cut into cubes no larger than 1 inch

½ cup beer of your choice or water

If making sandwiches:

Rolls or buns of your choice (see Note)

Sliced bread-and-butter or sour pickles

Creamy coleslaw

1. Fit the chopping blade into the work bowl. Chop the onion and garlic on speed 6 for 6 seconds. Switch to the stirring blade, scrape down the sides of the bowl and remove the measuring cap from the lid. Pour in the oil and cook at 90 C on speed 2 for 10 minutes.

2. Add the pork and cook at 100 C on speed 2 for 10 minutes.

3. Pour in the barbecue sauce and beer or water. Cook at 90 C on speed 2 for 35 minutes. The pork should be very tender, able to be pulled apart with a fork. (Check the progress of the pork about 25 minutes into cooking. Stop the cooking then or at any time if the pork is already so tender it is starting to shred.) Remove the lid and cool for 20 minutes.

4. With the stirring blade still in place, pulse until the pork is shredded to your taste. (Two times for more coarsely shredded pork and up to 4 times for finely shredded pork. Scrape down the sides of the bowls in between pulses.)

5. If making sandwiches: Pile the pork up on the bottom of the buns, top with pickles and coleslaw. Close up the sandwich.

NOTE:
When it comes to choice of rolls, take your pick: Little dinner rolls make great pulled pork "sliders"; softer hamburger buns (or even two slices of white bread) are traditional; A Kaiser roll adds a little heft and makes a sturdier sandwich.

Basic Risotto (and Variations)

"All'onda" or 'wavelike,' is how the Italians describe a risotto with a very loose, creamy texture. The proportions in this recipe will make a basic risotto all'onda, with each grain of rice separate and al dente. If you like a firmer rice, just leave the finished risotto in the work bowl for 2 to 3 minutes, then stir in the butter and cheese. If you like your rice with a little less bite, increase the cooking time to 20 minutes.

Makes 4 cups (enough for 4 first-course servings)

4 large shallots (5 ounces), peeled and cut in half

2 tablespoons olive oil

3 ½ cups chicken or vegetable broth

1 ½ cups (10 ounces) Arborio rice (risotto rice)

¼ cup dry white wine

2 tablespoons (1 ounce) butter

½ cup (1 ½ ounces) grated Parmesan cheese

1. Fit the chopping blade into the work bowl. Pulse the shallots two or three times until finely chopped. Scrape down the sides of the work bowl and change to the stirring blade.

2. Add the olive oil and cook at 90 C on speed 2 for 8 minutes with the measuring cap removed from the lid. Add the broth, rice and wine and cook at 100 C on speed 2 for 18 minutes. Add the butter and cheese and stir on speed 2 for 20 seconds. Spoon into serving bowls.

VARIATIONS:

Asaparagus Risotto: Add ¾ cup pencil asparagus cut into 1-inch lengths during the last 3 minutes of cooking.

Shrimp and Saffron Risotto: Add ½ teaspoon saffron threads along with the broth. Add ½ pound medium shrimp, peeled, deveined and cut into 1-inch lengths during the last 3 minutes of cooking.

Chicken, Bacon & Pea Risotto

1 onion, peeled and quartered

1 garlic clove, peeled

30ml / 2 tablespoons olive oil

400 grams / 14.1 ounces boneless skinless chicken breast, cubed into 2-3cm pieces

4 pieces of Canadian bacon or back bacon, cut into strips and then cut in half

350 grams / 12.3 ounces Arborio rice (risotto rice)

1 liter chicken stock

1 cup baby peas, thawed

60-80 grams / 2-3 ounces grated parmesan cheese (to taste)

Salt, to taste

1. Insert the chopping blade and add the onion and garlic. Chop on speed 5 for 10 seconds.

2. Scrape down the sides of the bowl and add the oil, bacon and chicken. Sauté for 4 minutes at 100°C on speed 1. Scrape down the sides of the bowl and repeat for 4 more minutes.

3. Add the rice to the work bowl and cook at 100°C for 2 minutes on speed 1 – this is to coat the rice.

4. Scrape down the sides of the bowl. Add the chikcken stock and cook for 25 minutes on speed 1 at 100°C. When finished, check the rice. Let stand for 5 minutes to finish thickening up.

5. Add the baby peas and parmesan cheese and stir on speed 1 for 1 minute. If necessary, use the spatula to mix the peas and parmesan thoroughly.
6. Add salt to taste.

Steamed Miso-Rubbed Black Cod

The rub, which can also be used with other firm white fish like halibut or Chilean sea bass and salmon, is a wonderful balance of sweet and salty with the ginger adding its very special kick. Serve with any steamed green vegetable (see the chart on page 72).

Makes 4 servings

One 2-inch length ginger (¾ ounce), peeled and cut in quarters

2 tablespoons white miso

2 tablespoons honey

Four 4 to 5-ounce black cod or other very firm white fish filets, skin on, about 1 inch thick

1. Fit the chopping blade into the work bowl. Chop the ginger on speed 6 for 10 seconds. Scrape down the sides of the bowl. Add the miso and honey and blend on speed 3 for 10 seconds.

2. Line the fish filets up skin side down on a small baking sheet or large dinner plate. With the back of a spoon or a rubber spatula, smear the miso paste over the filets. Cover and refrigerate at least 4 hours—overnight is better.

3. Fit the stirring blade into the work bowl. Fill the bowl halfway with water. Line the fillets, skin side down, in the deep insert of the steamer accessory and fit the steamer into place over the work bowl. Cover the steamer and cook at Steam Setting on speed 1 for 22 minutes.

4. Carefully remove the filets to serving plates.

Barley Risotto

Perfect barley risotto—every grain separate, creamy, full of flavor—is just a temperature change away. Lowering the heat 15 minutes into cooking ensures a gentle, even heat to soften up pearl barely while still leaving it with a pleasant "chew."

As the recipe makes quite a bit of barley, this is really two meals in one. Serve the barley as a side dish one day and keep the leftovers in the fridge for up to 4 days before you turn them into a no-effort soup (see Note).

Makes 5 cups

2 medium carrots, peeled and cut into chunks

8 cremini or button mushrooms, wiped clean (see Note) and quartered

1 ½ cups pearl barley

2 tablespoons olive oil

3 cups vegetable broth, chicken broth or water

½ cup frozen peas

½ cup grated Parmesan cheese

2 tablespoons chopped parsley

3 scallions, thinly sliced

1. Fit the chopping blade into the work bowl. Add the carrots and pulse 2 times. Add the mushrooms and pulse two or three times until the carrots and mushrooms are coarsely chopped. Switch to the stirring blade and scrape down the sides of the bowl.

2. Add the barley, olive oil and broth or water to the work bowl and cook at 90 C on speed 2 for 15 minutes. Then cook at 80 C on speed 2 for 30 minutes.

3. Add the peas, cheese and parsley and cook at 80 C on speed 2 for 2 minutes. Season with salt and pepper. Spoon into a serving bowl and top with the scallions.

NOTE:
To make a quick soup from leftover barley risotto, start with a handful of whatever is in the vegetable drawer of your refrigerator. Peel and trim the veggies as needed and cut them into chunks. Put them in the work bowl and pulse with the chopping blade until coarsely chopped. Switch to the stirring blade, scrape down the bowl, add the leftover barley and enough broth or water to cover by about 2 inches. Cook at 90 C at speed 2 for 15 minutes. Check the soup and season with salt and pepper. Add a little liquid if you'd like a thinner soup

Creamy Polenta with Braised Mushrooms

Firm mushrooms, like the varieties listed below, hold their shape better and make a nicer contrast to the creamy texture of the finished polenta.

Makes 3 cups polenta (enough for 4 first-course servings)

For the mushrooms:
½ pound cremini mushrooms

¼ pound shiitake mushrooms

1 leek (6 ounces), cleaned (see page 28) and cut into big chunks

2 tablespoons olive oil or butter or 1 tablespoon of each

1 tablespoon white wine or sherry

½ teaspoon dried thyme

1 to 2 tablespoons chicken broth, if needed

For the polenta:
3 cups chicken or vegetable broth or water

1 cup medium to coarse-ground polenta (not instant or finely ground polenta)

1 tablespoon butter

¾ teaspoon sea salt

1 cup (3 ounces) grated Parmesan cheese

Freshly ground black pepper

1. Prep and cook the mushrooms: Cut the stems off both types of mushrooms. With a very lightly dampened paper towel, wipe the all the mushroom caps clean. Cut larger caps into quarters, smaller caps in half.

2. Fit the chopping blade into the work bowl. Add the leeks and olive oil and/or butter. Chop at speed 5 for 6 seconds. Add the mushrooms and chop on speed 4 for 8 seconds (they should be very roughly chopped). Change over to the stirring blade and scrape down the sides of the bowl. Add sherry and thyme and cook at 100 C at speed 1 for 12 minutes.

3. The mushrooms should give off enough of their own liquid to make a sauce for the mushrooms and polenta; if not, add 1 or 2 tablespoons of broth about 10 minutes into cooking. Remove the mushrooms and keep them warm.

4. Make the polenta: Pour the broth into the work bowl. Add the polenta, butter and sea salt. Cook at 100 C for 22 minutes.

5. Add the Parmesan and season with black pepper. Mix at speed 2 for 30 seconds. Spoon the polenta onto plates (or into shallow bowls) and spoon the mushrooms and their juices over and around the polenta.

NOTE:
Depending on the particular brand and grind of polenta you are using, you may have to adjust the cooking time a minute or two either way. Check to be sure: the polenta should be creamy and thick and the individual grains should be tender.

VARIATION:
Gorgonzola Polenta: Substitute 4 ounces of crumbled Gorgonzola or other blue cheese for the Parmesan. Use regular Gorgnzola for a sharp flavor; Gorgonzola “Dolce Latte” for a milder flavor. Remove the hard exterior if there is any, and mash the creamy center in a bowl with a fork before adding to the polenta.

Cheesy Grits

Makes 3 cups

1 cup coarse-ground white grits (not instant cooking)

3 cups water

¾ teaspoon sea salt

1 cup (4 ounces) grated yellow or white cheddar cheese

Freshly ground black pepper

Optional toppings (any or all):
Thinly sliced scallions

Crumbled cooked bacon

Diced tomatoes

1. Fit the stirring blade and mixing tool into the work bowl. Add the grits, water and salt. Cook at 90 C on speed 2 for 15 minutes.

2. Sprinkle the cheese around the edge of the work bowl and stir at speed 2 for 45 seconds. Season with plenty of black pepper and spoon into a serving bowl. Top with whichever toppings you like or pass the toppings at the table.

VARIATIONS:
Shrimp and Grits (Cheesy or Not): When 2 minutes remain on the cooking time for the grits, stir in ½ pound medium shrimp, cut into 1-inch lengths. Continue cooking and add the cheese as above, if you like.

Pan-Fried or Grilled Cheesy Grits: Make a batch of Cheesy Grits and pour into a 9 x 5-inch loaf pan, scraping the sides of the work bowl with a rubber spatula. Smooth the top of the grits with the spatula dipped in water. (This will help make a more evenly browned surface, especially with the pan-fried version.) Cool the grits to room temperature, then refrigerate for at least 2 hours and up to 3 days. Turn the grits out of the pan onto a cutting board. Cut the loaf in half lengthwise and then into fourths crosswise to yield 8 squares.

TO GRILL: oil the grits and the grill lightly. Grill the grits over medium heat until lightly browned and crisp (the center should be creamy but still firm), about 8 minutes.

TO PAN-FRY: Add enough fat (bacon fat, butter or oil) to lightly coat the bottom of a large non-stick or cast-iron pan. Heat over medium heat. Add the grits and cook, turning once, until lightly browned on both sides, about 8 minutes.

Falafel

½ onion, peeled and quartered

2 cloves of garlic

400 grams / 14.1 ounces canned chickpeas, drained

2 tablespoons fresh parsley

2 fresh chiles, deseeded and roughly cut (optional – omit if you prefer a less spicy falafel)

2 tablespoons breadcrumbs

2 tablespoons plain flour

1 tablespoon ground cumin

Salt and pepper to taste

1. Preheat oven to 180°C/350°F

2. Insert the chopping blade and add the onion, garlic, chickpeas, parsley, breadcrumbs, flour and cumin into the bowl.

3. Process using the 'Pulse' function 5 times – about 0.5 seconds per time.

4. Add the salt, pepper and optional chiles and blend for 30 seconds on speed 4.

5. Form falafel into balls, and place onto a baking tray lined with parchment paper. Brush both sides of the falafel with oil.

6. Bake for 40-45 minutes in the oven, turning the falafel balls halfway through baking.

TIP:
To avoid dry falafel, brush them again with oil when turning them halfway through baking.

Steamed Mussels, Three Ways

Serves 4 as a first course, 2 as a main course or 4 if served over pasta

1 pound mussels, cleaned (see Note)

With Garlic and Herbs:
6 cloves peeled garlic

2 tablespoons olive oil

½ cup water

½ cup dry white wine

5 sprigs flat-leaf (Italian) parsley

2 sprigs fresh rosemary

Classic Moules à la Marinière:
2 large shallots

5 sprigs flat-leaf (Italian) parsley

1 cup dry white wine

¼ teaspoon dried thyme or 4 sprigs fresh thyme

2 tablespoons butter

With Tomato and Basil:
1 cup water

1 cup Basic Tomato Sauce (page 45) or your favorite tomato sauce

1 cup, lightly packed, fresh basil leaves

Garlic and Herbs:

1. Fit the chopping blade into the work bowl. Add the garlic and chop on speed 5 for 6 seconds. Change over to the stirring blade and scrape down the sides of the bowl. Cook at 100 C on speed 2 for 10 minutes.

2. Add the water, wine, rosemary and parsley. Fit the steamer accessory with the mussels in it into place and cover the steamer. Cook at Steam on speed 1 for 12 minutes.

3. Spoon the mussels into a large serving bowl or individual serving bowls. Tip the juices that accumulate underneath the steamer insert into the work bowl. Remove the work bowl and swirl it around to mix well. Pour over the mussels and serve hot.

Classic Moules à la Marinière:

1. Fit the chopping blade into the work bowl. Add the shallots and chop on speed 5 for 6 seconds.

2. Switch to the stirring blade and scrape down the sides of the bowl. Add the wine, butter, parsley and thyme. Fit the steamer accessory with the mussels in it into place over the work bowl. Cover the steamer and cook at 'Steam' on speed 1 for 12 minutes.

3. Tip the juices that accumulate underneath the steamer insert into the work bowl. Serve the mussels from a large serving bowl or spoon them into individual bowls. Pour the sauce from the work bowl over the mussels.

Tomato and Basil:

1. Fit the stirring blade into the work bowl. Pour in the water and add the tomato sauce. Fit the deep steamer attachment with the cleaned mussels in it into place over the work bowl and cover the steamer. Cook at 'Steam' on speed 1 for 12 minutes.

2. Tip the juices that accumulate underneath the steamer insert into the work bowl and add the tomato sauce and basil. Cover and mix on speed 1 for 30 seconds.

3. Serve the mussels from a large serving bowl or spoon them into individual bowls. Spoon the sauce from the work bowl over the mussels.

NOTES:

Scrub the mussels and check the flat side of the shells for "beards" (not likely in cultivated mussels). If you run into a beard or two, pull gently but firmly until it pulls free of the mussel. Scrub the mussel shells and put them into the steamer accessory as you go.

The Tomato and Basil and ***Garlic and Herb*** Variations can be served over linguine or spaghetti. If using these as a sauce for pasta, do not add the steaming liquid that accumulates under the steaming accessory to the work bowl. Boil 8 ounces pasta according to package directions and drain. Return to the pan, add the sauce and mussels and heat over low heat. Leave the mussels in their shells for a more rustic dish or, if you prefer, shuck them before tossing with the pasta.

A few pointers: It is unlikely that you'll need to season any of these sauces with salt, but a little cracked black pepper or, in the case of the Tomato-Basil Variation, crushed red pepper, would be nice. Whether serving from a large bowl or individual bowls, put out a bowl or two for empty shells.

Mashed!! Steamed!! And Other Assorted Sides

Garlicky Chunky-Mashed Potatoes

Makes 2 ½ cups (4 side-dish servings)

1 ¼ pounds Yukon Gold or Idaho potatoes, peeled or not, cut into 1" pieces

2 tablespoons olive oil

8 cloves garlic

⅓ cup milk or sour cream

Sea salt and freshly ground black pepper

¼ cup thinly sliced chives

1. Fit the stirring blade into the work bowl. Set the cooking basket with the potatoes in it in place. Pour enough water into the work bowl to cover the potatoes. Cook at 100 C on speed 1 for 22 minutes. You should be able to poke the potatoes easily with a fork, but they shouldn't be falling apart.

2. Remove the cooking basket and pour the water out of the work bowl.

3. Add the oil and garlic cloves and cook at 100 C on speed 1 for 12 minutes. Add the milk or sour cream to the garlic, then the potatoes. Season with salt and pepper. Pulse (very quick pulses) 4 times for chunky mash; once or twice more for smoother potatoes. Scrape down the sides of the work bowl after every other pulse. Spoon into a serving bowl and top with the sliced chives.

NOTE:
In order to avoid "gluey" mashed potatoes, use the stirring blade to coarsely mash the potatoes. Be sure not to overprocess.

Minty Mashed Green Peas

Putting the mint under the hot, cooked peas, wilts it slightly and releases its flavor without the risk of overcooking the mint and turning it black.

Makes 2 ½ cups (4 side-dish servings)

Two 9-ounce packages frozen peas, defrosted and at room temperature

½ cup packed fresh mint leaves

2 tablespoons (1 ounce) butter

3 tablespoons milk or half-and-half

Sea salt and freshly ground pepper

1. Fit the chopping blade into the work bowl. Put the basket with the peas in it in place. Pour enough water into the work bowl to barely cover the peas. Cook at 100 C on speed 1 for 20 minutes. The peas should be bright (not off-) green and tender.

2. Using the spatula, remove the cooking basket and pour the water out of the work bowl. Put the mint, then peas into the work bowl and add the butter and milk or half-and-half. Blend on speed 7 for 1 minute for a coarse puree and up to 1 minute 30 seconds for a smoother puree. If making a smoother puree, stop after 1 minute to scrape down the sides of the bowl. Spoon into a serving bowl and serve hot.

Holiday Mashed Sweet Potatoes

Makes 2 ½ cups (4 side-dish servings)

1 ¼ pound sweet potatoes (2 large), peeled and cut into 1-inch chunks

2 tablespoons butter

1 tablespoon honey

½ teaspoon ground allspice or ¼ teaspoon each: ground cinnamon, nutmeg and cloves

Sea salt and freshly ground black pepper

Toasted walnuts (see Variations on Homemade Butter, page 12; optional)

1. Fit the chopping blade into the work bowl and set the cooking basket full of sweet potatoes in place. Pour enough water into the work bowl to barely cover the sweet potatoes. Cook at 100 C on speed 1 for 25 minutes. The sweet potatoes should be tender but still hold their shape.

2. Using the spatula, remove the cooking basket and pour the water out of the work bowl. Put the sweet potatoes into the work bowl and add the butter, honey and allspice. Season with salt and pepper. Blend on speed 7 for 1 minute and 30 seconds. Stop after 1 minute to scrape down the sides of the bowl. Spoon into a serving bowl and top with the toasted walnuts, if you like. Serve hot.

Lemony Mashed Cauliflower

Makes 2 ¼ cups (4 side dish servings)

1 lemon

1 pound cauliflower florets (see Tip)

2 tablespoons olive oil or butter

2 tablespoons sour cream

½ teaspoon ground cardamom (optional)

Sea salt and freshly ground pepper

3 scallions, trimmed and sliced very thinly (¼ cup)

1. Finely grate the zest of the lemon into a small bowl. Squeeze the juice from the lemon into the bowl. Set aside.

2. Fit the chopping blade into the work bowl and set the cooking basket in place. Pour 1 quart water into the work bowl. Put the cauliflower into the cooking basket and cook at 100 C on speed 1 for 18 minutes. You should be able to poke the cauliflower easily with a fork, but it shouldn't be mushy.

3. Using the spatula remove the cooking basket and pour the water out of the work bowl. Put the cauliflower and lemon zest and juice into the work bowl and add the olive oil or butter, sour cream, and cardamom, if using. Blend on speed 7 for one minute and 30 seconds. Stop after 1 minute to scrape down the sides of the bowl. Add the scallions and salt and pepper to taste and mix on speed 2 for 8 seconds. Serve hot.

TIP:
Already prepared cauliflower florets are found in many markets in convenient 1-pound packages. If those are not available, choose a medium head of cauliflower and cut enough florets into 2-inch or so pieces to measure 1 pound, about 5 cups.

VARIATION:
Oven-Browned Lemony Cauliflower: Spoon the cauliflower puree into a small oven-proof baking dish. Dust the top with finely grated Parmesan cheese before baking, if you like. Bake at 375 F until heated through and lightly browned on top.

Basic Steaming Times for Vegetables, Seafood and Chicken Breasts

STEAMING NOTES:

- All items are steamed using the 'Steam' setting on speed 3.
- Whatever you are steaming (with the exception of large items like fish fillets, chicken breasts and corn on the cob), jiggle the basket once or twice during steaming for more even cooking.
- To test for doneness of vegetables, remove the steamer cover with pot holders or mitts and use tongs to remove a test vegetable. Steam gets hot!
- These times were developed starting with 1 quart (4 cups) cold water in the work bowl. If you start with hot water, reduce the time accordingly.

ITEM	QUANTITY/ PREP	TIME	NOTES
Asparagus, Pencil	1 pound, ends trimmed	12 minutes	To trim, bend the spears until they snap near the end; discard the tough ends
Asparagus, thick	1 pound, end trimmed, spears cut into 1-inch lengths	15 minutes	
Broccoli florets	Up to 4 cups (½ pound florets)	16 minutes for al dente; up to 19 minutes for tender	Florets should be no bigger than 1 ½" across
Brussels sprouts	Stems removed; sprouts cut in half	22 to 24 minutes	Choose smaller sprouts, about 1 ½" across
Carrots	Peeled and cut into ¼" rounds	24 minutes	Use same timing for ½" x ½" julienne
Cauliflower	Up to 4 cups (½ pound florets)	12 minutes	Should be no bigger than 1 ½" across
Corn on the cob	2 to 3 ears, depending on size; shuck completely and remove all silk	15 minutes	Trim ends if necessary to fit in steamer; try with Mustard or Sriracha Butter on page 12!
Green beans	½ pound; stem ends snapped off	18 minutes for al dente up to 21 minutes for tender	Try to choose young, tener beans; older beans may turn out stringy after steaming
Haricots Verts	½ pound; stem ends snapped off	15 minutes for al dente; up to 18 for tender	If you like (and some people do), trim off the pointy end as well
Potatoes, Baby New	Wash gently and leave whole	26 minutes	Choose potatoes 1 ¼" across or smaller
Snap beans	No more than ½ pound; pull gently on the stem end to snap it off, then pull the string along the flat side of the bean/pea to remove it	12 to 14 minutes	
Snow peas	See Snap Beans	10 to 12 minutes	Don't overcook!

Winter squash, pumpkin, sweet potato	¾ pound, cut into 1-inch cubes	32 minutes	Perfect for when you'd like these veggies to hold their shape as in salads etc. For more thorough cooking, see Holiday Mashed Sweet Potatoes on p 70).

Seafood

ITEM	QUANTITY/ PREP	TIME	NOTES
Fish Fillets, ¾ to 1-inch thick	Skin-on	18 to 20 minutes	
Fish Fillets, 1 ½" thick	Can be skinless	20 to 22 minutes	
Shrimp, large (about 25 per pound)	Peeled and deveined	24 minutes	Add 1 minute for "peel your own" shrimp
Shrimp Jumbo (about 15 per pound)	Peeled and deveined	12 to 14 minutes	
Mussels	Scrub well; remove beards if necessary	12 minutes	See Steamed Mussels, Three Ways on page 52

Meat

Chicken Breasts	Two 6-ounce breasts; about 1 ¼" thick	22 minutes	
Chicken Breast	3 5-ounce breasts; about ¾ to 1 inch thick	20 minutes	

Pearl Couscous with Sun-dried Tomatoes

Pearl couscous, with its larger grains and sturdy texture, is a perfect candidate for cooking in the Master Cook. The texture of the finished couscous is creamy and the couscous emerges al dente. Pair this with any of the steamed mussel dishes on page 63 and you've got dinner.

Makes 2 cups

1 medium yellow onion (5 ounces), peeled and cut into big chunks

8 sun-dried tomatoes (3 ounces)

1 tablespoon olive oil

1 ¾ cups chicken or vegetable broth

1 cup pearl (large grain) couscous

Sea salt and freshly ground pepper

¼ cup coarsely chopped flat-leaf (Italian) parsley

1. Fit the chopping blade into the work bowl. Chop the onion and sun-dried tomatoes on speed 5 for 8 seconds.

2. Switch to the stirring blade, scrape down the sides of the bowl and remove the measuring cap from the lid. Add the olive oil and cook at 100 C on speed 1 for 6 minutes.

3. Add the broth and couscous to the bowl and replace the measuring cap in the lid. Cook at 100 C on speed 1 for 12 minutes.

4. Spoon into a serving bowl, season with salt and pepper and stir in the parsley. Serve hot.

Baked Goods, Desserts and Other Sweets

Garlic-Herb Monkey Bread AKA Pull-Apart Bread

Most "monkey breads" are sweet—the dough contains sugar and cinnamon and the butter is sweetened with brown sugar. Here is a version where the butter is spiked with garlic and herbs and the dough is given a savory edge with grated Parmesan cheese. The principle is still the same: seasoned butter keeps the little dough balls separate enough to pull apart after baking, even though the whole loaf unmolds easily from the bundt pan. It's perfect for serving at your next informal pasta dinner. Kids love it. Adults will too.

Makes about 10 servings

For the dough:
2 cups cool water (about 70 F)

1 tablespoon dry active yeast

½ teaspoon sugar

26 ounces all-purpose flour

3 ounces grated Parmesan cheese

½ teaspoon salt

For the butter:
½ cup fresh flat-leaf (Italian) parsley leaves

4 cloves garlic, peeled

1 ½ teaspoons dried basil

1 teaspoon dried thyme

1 stick (4 ounces) butter or 4 ounces Homemade butter (page 12), at room temperature

Non-stick cooking spray

1. Make the dough: Fit the stirring blade into the work bowl. Add the water, yeast and sugar and warm at 50 C on speed 1 for 1 minute. Lets stand until foamy, about 5 minutes. Add the flour, cheese and salt and mix on speed 6 for 30 seconds. Scrape down the sides of the bowl and mix on speed 3 for 30 seconds, until smooth and elastic. Turn the dough out onto a lightly floured surface, scraping the sides of the bowl to get all the dough. Knead a few times to make sure the dough is smooth and elastic. Form the dough into a ball and put It into a lightly oiled bowl, turning it to coat all sides with oil. Cover with a kitchen towel and let rise until doubled in size, about 1 hour.

2. When the dough is nearly doubled, heat the oven to 350 F with the rack in the middle position. Spray a 10-inch bundt pan with cooking spray.

3. Turn the risen dough out onto a lightly floured surface. Pat it with floured hands into a 12-inch square. Cut the dough into six 2-inch strips from top to bottom, then from side to side, giving you 36 2-inch squared of dough. (Don't worry if some of the squares are slightly different in shape.) Pinch the four corners of one of the dough squares between a few of your fingers and roll the bottom of the dough gently, while still pinching, to make a smooth ball. Repeat with the remaining dough. Let the dough balls rest 10 minutes.

4. While resting, make the butter: Fit the chopping blade into the work bowl. Chop the parsley, basil, thyme and garlic on speed on speed 6 for 20 seconds. Scrape down the sides of the bowl. Add the butter and mix on speed 4 for 20 seconds. Heat at 80 C on speed one for 1 minute, until the butter is melted. Scrape the garlic-herb butter into a large bowl.

5. Add about 8 of the dough balls and toss gently to coat them with butter. Add the remaining dough balls in batches, tossing between each one, until all are generously coated. Layer the balls into the prepared pan, pressing them down very lightly. The pan should be about ⅔ full. Drizzle any remaining herb butter over the dough balls. Bake until the top is deep golden brown and the pan feels light when picked up, about 1 hour. Let the bread cool in the pan for 10 minutes, then invert onto a cooling rack, lifting the pan gently from the loaf. Let cool at least 30 minutes before serving. Serve warm or at room temperature.

NOTE:
Start with cool water because the action of the Master Cook's motor will warm the dough up to the perfect temperature for rising.

Double-Rich Chocolate Pudding

Both this pudding and the butterscotch pudding that follows are very lightly thickened, making them super-creamy and spoonable. Not to mention delicious.

Makes 3 cup (6 servings)

6 ounces bittersweet chocolate, broken into pieces

½ cup sugar

2 tablespoons cornstarch

3 tablespoons unsweetened cocoa

Large pinch sea salt

3 cups half-and-half or milk

1 ½ teaspoons vanilla extract

2 egg yolks (or 4, if using milk)

1. Fit the stirring blade into the work bowl. Add the chocolate, sugar, cornstarch, cocoa and salt. Set to 80 C on speed 3 for 8 minutes.

2. Fit the mixing tool onto the blade. Scrape down the sides of the bowl. Set to 90 C on speed 2 for 9 minutes, slowly pouring the half-and-half into the hole in the lid at the beginning of the cook time. After the half-and-half is added, pour in the vanilla and drop the yolks through the hole one at a time. The finished pudding should be smooth and thick (it will thicken more once it is chilled).

3. Spoon the pudding into a serving bowl or into individual 5 to 6-ounce ramekins or pudding cups. Chill, with plastic wrap pressed against the surface, for at least 3 hours and up to 3 days.

Butterscotch Pudding

Makes 6 servings

3 tablespoons plus 2 teaspoons cornstarch

2 cups milk

4 tablespoons butter

⅔ cup dark brown sugar

⅓ cup heavy cream

1 ½ teaspoons vanilla extract

1. Put the cornstarch in a small bowl. Whisk in enough of the milk to make a smooth, loose mixture.

2. Fit the stirring blade into the work bowl. Add the butter and brown sugar and cook at 100 C on speed 2 for 12 minutes. The caramel should be steaming, smooth and dark brown.

3. Fit the mixing tool over the blade and remove the measuring cap from the lid. Set at 100 C on speed 2 for 15 minutes. At the start of the cooking time, pour in the heavy cream. Wait a minute and then pour the rest of the milk, the cornstarch mixture (after giving it a big stir) and the vanilla through the hole. Replace the measuring cap. The finished pudding should be smooth and lightly thickened (it will thicken more when refrigerated).

4. Spoon the pudding into a serving bowl or into individual 5 to 6-ounce ramekins or pudding cups. Chill, with plastic wrap pressed against the surface, for at least 3 hours and up to 3 days.

Rice Pudding

Makes 4 cups (8 servings)

5 cups milk

1 cup (6 ounces) converted rice

¼ teaspoon salt

⅔ cup sugar

1 teaspoon vanilla extract

¼ teaspoon ground cinnamon (optional)

4 egg yolks

1. Fit the stirring blade into the work bowl. Put the milk, rice, salt, sugar, vanilla and and cinnamon, if using in the bowl. Cook at 90 C on speed 2 for 50 minutes.

2. Remove the measuring cap from the lid. Cook at 80 C on speed 1 for 5 minutes, adding the egg yolks one by one through the hole in the lid at the beginning of the 5 minutes. Spoon into a serving bowl, scraping down the sides of the work bowl. Cover with a piece of plastic wrap pressed directly to the surface of the pudding. Cool to room temperature then refrigerate for at least 4 hours and up to 2 days before serving.

VARIATIONS:
Raisin Rice Pudding: Stir ½ cup raisins or dried cranberries into the finished pudding. They will still have a little chew after the pudding is cooled. If you like very soft raisins/cranberries, add them to the bowl about halfway through the cooking.

Almond Rice Pudding: Sprinkle ½ cup toasted slivered almonds (see Butter Variations, p 12) over the top of the pudding just before serving.

Bourbon Rice Pudding: Replace the vanilla extract with 1 tablespoon bourbon.

Pineapple Upside-Down Cake

Old school and delicious. Traditionally made in a cast-iron skillet (where the syrup was prepared) the Master Cook version makes an extra-large cake and, just as important, frees you from the tyranny of a round pineapple upside-down cake! Don't worry about having leftovers, this super-moist cake keeps well at room temperature for a few days.

Makes 12 3-inch square servings

For the topping:
6 tablespoons unsalted butter

½ cup (100g) light brown sugar

12 canned pineapple slices packed in juice (save the juice)

12 maraschino cherries, or as needed

For the Cake:
3 cups all-purpose flour

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

2 sticks (8 ounces) unsalted butter, at room temperature

1 cup light brown sugar

1 cup granulated sugar

1 cup milk

3 large eggs, at room temperature

½ cup sour cream

½ cup pineapple juice

1 tablespoon vanilla extract

1. Heat the oven to 350 F.

2. Fit the stirring blade into the work bowl. Add 6 tablespoons butter, ½ cup brown sugar and 2 tablespoons reserved pineapple juice. Cook at 100 C on speed 1 for 10 minutes.

3. While the liquids cook, line a non-stick 9 x 13-inch baking pan with two sheets of parchment paper. Place one sheet horizontally and the other vertically so paper hangs off each side of the baking pan. Then arrange the pineapple slices side by side to cover the bottom of the pan. Place a cherry in the center of each ring and, if you like, in the space where the rings meet and along the edges of the pan.

4. When the liquid has thickened into syrup after 10 minutes, remove the stirring blade from the work bowl. Pour the syrup into baking pan, over the pineapple slices, scraping down the sides of the bowl. Rinse out the bowl, wipe it dry and set it back in place.

5. In the bowl, stir together the baking powder, baking soda and salt. Fit the mixing tool over the blade and add the 2 stick of butter and both sugars to the work bowl. Beat on speed 3 for 5 minutes. Scrape down the sides and beat on speed 3 for 5 minutes.

6. Add the milk, eggs, sour cream, pineapple juice and vanilla to the bowl. Beat at speed 3 for 2 minutes. Add the flour and mix on speed 2 for 1 minute. Carefully remove the mixing tool and scrape the batter from it into the work bowl. Scrape down the sides and bottom of the work bowl well to make sure the batter is evenly mixed.

7. Pour the batter over the fruit in the pan, scraping down the sides of the bowl. Bake until the top is golden brown and the cake starts to pull away from the sides of the pan, about 45 minutes. A wooden pick inserted into the center of the cake will come out clean (one or two crumbs excepted). Run a butterknife or very thin metal spatula along the edges to free them and cool 5 minutes.

8. Place a large flat platter or cutting board over the pan. Working quickly (and bravely) invert the cake onto the platter/board. Cool at least 1 hour before cutting.

Cobblers with Oatmeal /Nut Topping

Cobbler Topping:
½ cup old-fashioned oatmeal

⅓ cup light or dark brown sugar

¼ cup walnut pieces

6 tablespoons unsalted butter, cold and cut into 1-tablespoon size pieces

⅓ cup all-purpose flour

Large pinch sea salt

Apple Cobbler:
2 pounds baking apples (Honey Crisp apples are good choices), peeled, cored and cut into 1-inch slices

⅓ cup light or dark brown sugar

4 tablespoons (2 ounces) unsalted butter

Juice and zest of 1 lemon

¼ teaspoon salt

½ teaspoon ground cinnamon

2 teaspoons vanilla extract

Peach (and/or) Plum Cobbler:
3 peaches (about 1 pound), peeled, stoned and cut into ½ inch wedges

4 medium black plums (about 1 pound), stoned and cut into ½ inch wedges

2 tablespoons butter

3 tablespoon sugar

2 tablespoons cornstarch

¼ teaspoon grated nutmeg

Juice from 1 lemon

Caribbean Mango Cobbler:
Two 1-pound bags frozen mangos, completely defrosted and at room temperature

2 tablespoons rum

2 tablespoons cornstarch

Zest and juice from 1 lemon

¼ teaspoon ground allspice

The topping: Fit the chopping blade in the work bowl. Put all the topping ingredients in the bowl. Chop on speed 4 for 6 seconds. The mixture should be crumbly and the butter evenly distributed throughout. The topping can be made up to 2 days in advance and refrigerated.

Apple Cobbler: Heat the oven to 350 F. Make the topping and wipe out the work bowl. Put the apple slices in a separate bowl. Add the butter, brown sugar, lemon zest and juice, salt, cinnamon and vanilla extract in the work bowl. Heat at 90 C on speed 3 for 3 minutes, until bubbling. Scrape the butter mix over the apples and toss to coat. Let stand about 30 minutes until the fruit starts to give off its liquid. Transfer the apples to an 11-inch oval baking dish. Crumble the topping over the fruit to coat it evenly and right up to the edges of the dish. Bake until the filling is bubbling and the topping is golden brown, about 55 minutes. Let stand at least 15 minutes before serving.

Peach (and/or) Plum Cobbler: Heat the oven to 350 F. Make the topping and wipe out the work bowl. Put the peaches and plums in a separate bowl. Add the butter, sugar, cornstarch, lemon juice and nutmeg to the work bowl. Mix on speed 7 for 10 seconds. Scrape the cornstarch mix over the fruit and toss to coat. Let stand about 30 minutes until the fruit starts to give off its liquid. Transfer the fruit to an 11-inch oval baking dish. Crumble the topping over the fruit to coat it evenly and right up to the edges of the dish. Bake until the filling is bubbling and the topping is golden brown, about 55 minutes. Let stand at least 15 minutes before serving.

Caribbean Mango Cobbler: Heat the oven to 375 F. Make the topping and wipe out the work bowl. Put the mangos and whatever juice they have into an 11-inch oval baking dish. Fit the stirring blade into the work bowl and add the rum, cornstarch, lemon juice and allspice. Mix on speed 4 for 20 seconds. Scatter the lemon zest and pour the rum mixture over the mango. Stir well. Crumble the topping over the mango to coat it evenly and right up to the edges of the dish. Bake until the mango filling is bubbling and the topping is golden brown, about 45 minutes.

Killer Brownies

Great chocolate, caffeine and a stick and half of butter. What's not to like? These brownies are dense, chocolaty and creamy in the center. They're also a hit wherever they go.

Makes 24 2-inch brownies

14 ounces good-quality semisweet or bittersweet chocolate

1 cup sugar

1 ½ sticks (6 ounces) unsalted butter, cut into tablespoon-size pieces

4 large eggs

2 tablespoons instant coffee (optional)

1 tablespoon vanilla extract

1 cup all-purpose flour

2 teaspoons baking powder

¼ teaspoon salt

1 ½ cups (4.5 ounces) chopped walnuts or walnut halves (see Note; optional)

1. Fit the stirring blade into the work bowl. Add the chocolate, sugar and butter. Set at 70 C on speed 3 for 10 minutes to melt the chocolate and butter. Scrape down the sides of the bowl and remove the lid. Cool 20 minutes.

2. Meanwhile, heat the oven to 350°F. Lightly butter and flour a 13 x 9 inch baking pan or line it with parchment paper.

3. Fit the mixing tool over the blade. Add the eggs, coffee, if using, and vanilla. Mix on speed 3 for 2 minutes. Scrape down the sides of the bowl.

4. Add the flour, baking powder and salt to the work bowl and mix at speed 3 for 30 seconds. Scrape down the sides of the bowl.

5. Add the walnuts, if using, and mix at speed 1 for 30 seconds. Pour the batter into the pan, scraping the sides of the bowl, and smooth the top into an even layer.

6. Bake until the edges are crisp and begin to pull away from the pan and the top is set, about 25 minutes. (The center of the brownies will still be slightly soft to the touch and a toothpick or cake tester inserted in the center will not come out clean.) Let cool completely. Cut the brownies into 2-inch squares. This is easier if the brownies are chilled in the pan for 10 to 20 minutes first. The brownies may be made up to 2 days in advance and refrigerated, covered. Bring to room temperature before serving. The brownies may also be frozen, well wrapped in aluminum foil.

NOTE:
Don't know if you're guests are nutty or not? Instead of stirring the nuts into the brownies, pick out 12 nice looking walnut halves. After smoothing the batter out in the pan, place the walnut halves, evenly spaced, over half the batter: A win/win situation for nut lovers and plain-brownie fans.

Tiramisu Cake

Makes 12 servings

1 pound mascarpone cheese

3 ounces plus 2 tablespoons sugar

4 egg yolks, at room temperature

Pinch of salt

1 cup good quality brewed espresso coffee

2 tablespoons Frangelico (Italian hazelnut liqueur) or rum

1 teaspoon vanilla extract

6 to 7 ounces ladyfingers

Cocoa powder for sifting

1. Fit the stirring blade into the into the work bowl. Add the yolks and 3 ounces of the sugar. Mix at 37 C on speed 3 for 3 minutes. (the gentle heat will help melt the sugar and give the mixture a creamy texture.) Scrape down the sides of the bowl. Add the mascarpone cheese and vanilla extract and mix on speed 3 for 1 minute, until the mixture is light and smooth.

2. Stir together the espresso, remaining 2 tablespoons of sugar (until dissolved) and Frangelico in a shallow bowl. One by one, briefly dip half the ladyfingers into the espresso mix—a half-second dip will do it—and line them up in the bottom of an 8 x 11-inch baking dish. You may have to lay the ladyfingers in different directions or snap them in half before dipping so they coat the bottom of the dish evenly. Spoon half of the mascarpone mixture over the ladyfingers and sprinkle cocoa powder over the cheese. Repeat with the remaining ladyfingers, espresso mix, mascarpone mix and cocoa. Cover and refrigerate, at least 6 hours or up to overnight ,before serving.

3. To serve, cut into 2-inch squares and lift from the dish with a flat metal spatula.

Coffee Zabaglione Semifreddo

This dish can be made well in advance for an elegant dinner party or dessert for a family event.

600ml / 20.2 ounces heavy cream

100ml / 3.3 ounces milk

150 grams / 5.2 ounces of sugar

1 tablespoon Marsala wine

1 shot espresso coffee (or an equal amount of your favorite black coffee)

4 egg yolks, room temperature

1. Using the stirring blade with the mixing tool, whip the cream at speed 3 for approximately 4 minutes (until stiff peaks emerge).

2. Remove whipped cream from bowl and put aside. No need to clean the bowl. Remove the mixing tool for the next steps.

3. Add the milk, sugar, Marsala wine and coffee to the bowl. Cook at 100°C on speed 4 for 6 minutes. The goal here is a hot, aromatic sugar syrup.

4. During this time, whip the egg yolks in a heat-resistant bowl until frothy.

5. Pour the hot milk/sugar syrup onto the egg yolks in a thin stream while mixing.

6. Rinse the work bowl with cold water to reduce the temperature and return to the machine. Add the syrup/egg mixture and place on speed 4, no heating, for 20 minutes. Remove the measuring cap from the lid at this point.

7. Keep the machine going until the mixture is frothy and room temperature.

8. Using a whisk, fold this 'liaison' through the whipped cream to create a uniform mixture.

9. Pour into a container and freeze. Let stand at room temperature for 5-10 minutes before serving.

Peanut Butter Ice Cream

- *180 grams / 6.3 ounces peanut butter*
- *180 grams / 6.3 ounces sugar*
- *330ml / 11.1 ounces cream*
- *330ml / 11.1 ounces milk*
- *⅛ teaspoon vanilla extract*
- *Pinch of salt*

1. Insert the chopping blade and add all the ingredients to the bowl. Blend on speed 6 for 1 minute until smooth.

2. Pour into a container and freeze.

3. When semi-frozen, pour back into work bowl and blend again. Then add back to container and freeze again.

Cookies and Cream Ice Cream

Another classic ice cream that is even better when made from scratch.

- *150 grams / 5.2 ounces plain chocolate cookies or Oreos*
- *600ml / 20.2 ounces heavy cream*
- *200 grams / 7 ounces premium semisweet or bittersweet chocolate, broken into squares*
- *395 grams / 14 ounces sweetened condensed milk (canned)*

1. Place the cookies into a plastic bag and use a rolling pin to roughly crush them into evenly crumbled pieces. Set aside.

2. Using the stirring blade, add the cream and heat at 70°C on speed 2 for 2 minutes. Add the chocolate and melt at 60°C, speed 2 for 30 seconds.

3. Add the condensed milk and mix at speed 1 for 1 minute. Add crumbled cookies and mix at speed 1 for 30 seconds. Pour mixture into an airtight container and freeze overnight until firm.

Lemon Curd

For those who don't like zest in the finished lemon curd, add the zest along with the juice and strain the finished curd before spooning it into a container.

Makes 2 cups

2 to 3 lemons, preferably organic

¾ cup sugar

1 ½ sticks (6 ounces) unsalted butter, cut into tablespoon-size pieces

3 eggs plus 1 yolk

1. Grate enough zest from the lemons to measure 1 tablespoon. Set aside. Squeeze enough juice to measure ½ cup.

2. Fit the stirring blade into the work bowl. Add the lemon juice, sugar and butter. Cook at 80 C for 2 minutes. Add the eggs and yolk and cook at 80 C on speed 2 for 15 minutes.

3. Spoon half the lemon curd into whatever container you are using to store it. Stir in the lemon zest. Spoon in the remaining curd and stir again. Cover and refrigerate for at least 1 day (to give the zest a chance to do its thing) and up to 1 week.

VARIATION:
Orange Curd: Substitute 2 large cara cara or navel oranges for the lemons. Using the same measurements for zest and juice, proceed as above.

Three Quick-Berry Jams

These are small-batch jams, meant for quick eating, not long-term keeping (although any of the three will last at least several weeks under refrigeration). Keep them in mind after your next trip to the pick-your-own farm or farmers' market.

Blueberry Jam (makes 3 to 3 ½ cups):
Two 1-pint baskets blueberries (about 5 cups)

2 ½ cups sugar

Juice of 1 lemon (and the finely grated zest of the lemon too, if you like)

¼ teaspoon ground cinnamon (optional but delicious)

Raspberry Jam (makes about 1 ½ cups):
Two ½-pint baskets raspberries (about 2 ½ cups)

1 ½ cups sugar

Juice of ½ lemon

1 ½ teaspoons orange liqueur (optional)

Blackberry Jam (makes about 1 ½ cups:
Two ½-pint baskets blackberries (about 2 ½ cups)

1 ½ cups sugar

Juice of ½ lemon

1 ½ teaspoons orange liqueur (optional)

Blueberry Jam:
Fit the stirring blade into the work bowl. Layer the blueberries and sugar into the bowl. Top with the lemon juice (and zest, if using) and the cinnamon, if using. Blend on speed 3 for 4 minutes. Let stand in the bowl for 30 minutes to 1 hour.

Set at Steam Setting on speed 30 for minutes. Lower the heat to 100C 10 minutes into cooking. Pour into heatproof jars and cool completely before covering and refrigerating.

Raspberry Jam:
Fit the stirring blade into the work bowl. Layer the raspberries and sugar into the

bowl. Top with the lemon juice and orange liqueur, if using. Blend on speed 3 for 4 minutes. Let stand in the bowl for 30 minutes to 1 hour.

Set at 'Steam' Setting on speed 3 for 25 minutes. Lower the heat to 100 C 10 minutes into cooking. Pour into heatproof jars and cool completely before covering and refrigerating. Use the gel or temperature test below and add 5 minutes of cooking at 100 C on speed 3 if necessary

Strawberry "Spoon" Jam: Use the same ingredients, proportions and timing as for the raspberry jam. Note that this jam will not set up as firm and be spreadable like the others. It is, however, perfect for spooning onto pancakes, waffles and scones. Or try it layered in with the rice pudding on page 82 in parfait glasses for dessert.

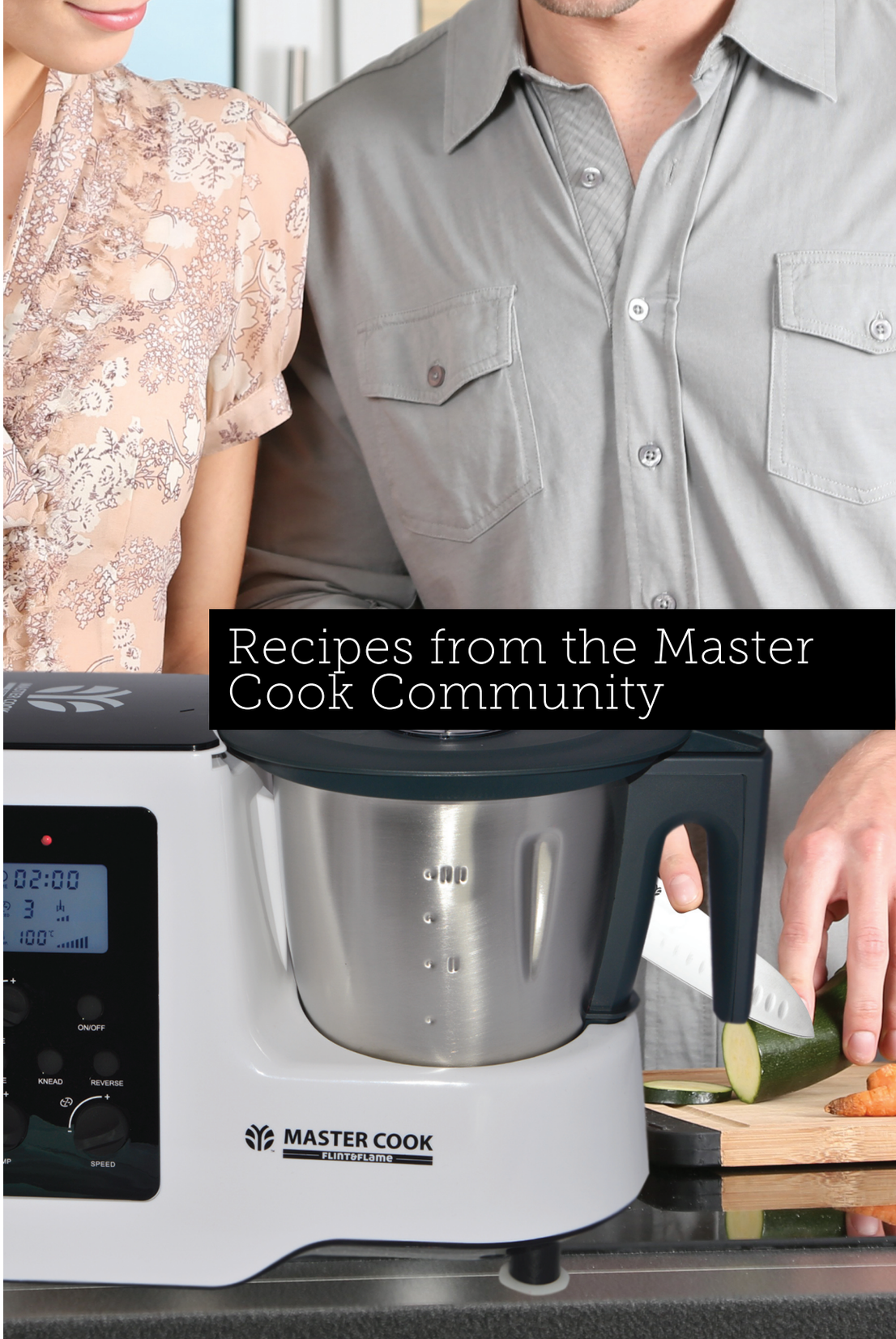
A FEW QUICK-JELLY POINTERS:

- Pick over all the berries (especially if you picked them yourself) for any stems, bits of leaves, etc. Rinse them very briefly under gently running cold water and spread them out on a paper towel-lined baking sheet to dry.

- If you have an instant-read thermometer, you can double check that the jam is going to ready to put into jars. As long as the temperature reaches 220 F, you can be sure the jam will set. Don't exceed 224F or the finished jam will be stiff, not spoonable.

- Another way to test the gel-ability of the jam is to spoon a small amount of hot jam on to a plate and let it cool to room temperature. Tilt the plate; if the jam is ready, it should stay pretty much in place with very little running.

- Canning jars, because they are heatproof and have tight, screw-on lids are perfect for pouring the hot jam into and for storing.



Basil Pesto

Makes 1 cup

½ cup olive oil

2 garlic cloves

2 cups fresh basil leaves, packed

⅓ cup pine nuts

⅓ cup parmesan cheese

½ teaspoon salt

1. Fit the chopping blade into the work bowl. Blend all ingredients on speed 4 for 15-30 seconds.

2. Scrape down the sides of the bowl and mix on speed 4 for another 15-30 seconds.

Enchilada Sauce

Makes 4 cups

1 onion, peeled and quartered

1 poblano pepper, cored and seeded

3 garlic cloves

3 tablespoons oil

1 canned chipotle pepper in adobo sauce

1 tablespoons adobo sauce

1 can (12 oz) tomato paste

3 cups chicken broth

1 teaspoon salt

½ teaspoon ground cumin

½ teaspoon oregano

1. Fit the chopping blade into the work bowl. Chop onion, poblano pepper, and garlic on speed 4 for 10 seconds. Scrape down the sides of the bowl. Chop on speed 4 for another 10 seconds.

2. Add oil and cook on speed 1 at 100 C for 3 minutes.

3. Add the remaining ingredients and remove the measuring cap from the lid.

4. Cook on speed 1 at 100 C for 20 minutes.

5. Blend on speed 6 for 30 seconds or until smooth and creamy.

Guacamole

Makes 2 cups

3 avocados, cored and flesh removed

1 tomato, quartered

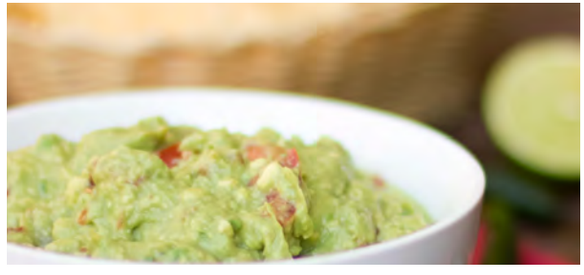
¼ cup lime juice

¼ cup cilantro

1 serrano or jalapeño pepper, cored and seeded

1. Fit the chopping blade into the work bowl. Blend all ingredients on speed 4 for 15-30 seconds.

2. Scrape down the sides of the bowl and blend on speed 4 for another 15-30 seconds.



Con Queso Dip

Serves 4-6

½ onion, quartered

1 large tomato, quartered

2-3 jalapeño peppers, cored and seeded

2 garlic cloves

½ cup cilantro

3 tablespoons butter

3 tablespoons flour

1 cup milk

5 cups grated cheese (Cheddar or Monterey Jack work well)

1. Fit the chopping blade into the work bowl. Chop the onion, tomato, jalapeño peppers, garlic and cilantro on speed 4 for 10 seconds. Scrape down the sides of the bowl. Chop on speed 4 for another 10 seconds.

2. Cook on speed 1 at 100 C for 3 minutes.

3. Add flour and butter and cook on speed 1 at 100 C for 2 minutes.

4. Add milk and cook on speed 1 at 80 C for 10 minutes.

5. Add cheese and cook on speed 1 at 80 C for 15 minutes.

6. Scoop into a bowl and serve with tortilla chips.

Roasted Red Pepper Hummus

Makes 2 cups

2 garlic cloves

1-2 roasted red peppers

1 can (28 oz) chickpeas, drained

2 tablespoons tahini

2 tablespoons olive oil

1 teaspoon salt

2 tablespoons lemon juice

½ cup water

1. Fit the chopping blade into the work bowl. Chop the garlic and roasted red peppers on speed 8 for 10 seconds.
2. Scrape down the sides of the bowl.
3. Add remaining ingredients and blend on speed 4 for 1-2 minutes.
4. Scrape down the sides of the bowl and mix on speed 4 for another 1-2 minutes.
5. If a thinner consistency is desired, add a little more water and mix on speed 4 for 1 minute.

Spicy Chipotle Hummus

Makes 2 cups

2 garlic cloves

1-2 chipotle peppers in adobo sauce

1 can (28 oz) chickpeas, drained

1 teaspoon adobo sauce

2 tablespoons tahini

2 tablespoons olive oil

1 teaspoon salt

2 tablespoons lemon juice

½ cup water

1. Fit the chopping blade into the work bowl. Chop the garlic and chipotle peppers on speed 8 for 10 seconds.
2. Scrape down the sides of the bowl.
3. Add remaining ingredients to the work bowl.
4. Blend on speed 4 for 1-2 minutes.
5. Scrape down the sides of the bowl and mix on speed 4 for another 1-2 minutes.
6. If a thinner consistency is desired, add a little more water and mix on speed 4 for 1 minute.

Curried Carrot and Fennel Soup

Serves 4-6

1 onion, quartered

2 garlic cloves

2 tablespoons oil

1 head fennel, roughly chopped

4 carrots, peeled and roughly chopped

1 ½ cups chicken broth

1 tablespoon curry powder

¼ teaspoon cayenne pepper

1 teaspoon salt

1 ½ cups whole milk

1. Fit the chopping blade into the work bowl. Chop onion and garlic on speed 4 for 10 seconds. Scrape down the sides of the bowl. Chop on speed 4 for another 10 seconds
2. Add oil and cook on speed 1 at 100 C for 3 minutes.
3. Add fennel and carrots and cook on speed 1 at 100C for 15 minutes.
4. Add the chicken broth, curry powder, cayenne pepper, and salt. Remove the measuring cap from the lid. Cook on speed 1 at 100 C for 20 minutes. Check to see if the carrots are tender. If the carrots are still firm, cook another 10 minutes at the same speed and temperature. Let the soup cool for about 10 minutes.
5. Add the milk and place the measuring cap back into the lid. Blend on speed 6 for 30 seconds or until smooth and creamy. Add more milk if the soup is thicker than desired.

Spicy Butternut Squash Soup

Serves 4-6

1 onion, quartered

2 garlic cloves

3 tablespoons oil

1-3 Thai chilies

4 cups butternut squash, cubed

2 cups chicken broth

1 teaspoon salt

¾ cups coconut milk

1. Fit the chopping blade into the work bowl. Chop the onion and garlic on speed 4 for 10 seconds. Scrape down the sides of the bowl. Chop on speed 4 for another 10 seconds.

2. Add oil and cook on speed 1 at 100 C for 3 minutes.

3. Add Thai chilies and cubed butternut squash. Cook on speed 1 at 100 C for 15 minutes.

4. Add the chicken broth and salt. Remove the measuring cap from the lid. Cook on speed 1 at 100C for 20 minutes. Check to see if the squash is tender. If the squash is still firm, cook another 10 minutes at the same speed and temperature. Let the soup cool for about 10 minutes.

5. Add the coconut milk and place the measuring cap back into the lid. Blend on speed 6 for 30 seconds or until smooth and creamy. Add more milk or broth if the soup is thicker than you like.

Beer Bread

Makes 1 loaf

1 ½ cups beer

½ cup brown sugar

3 cups all purpose flour

½ teaspoon salt

4 teaspoons baking powder

⅓ cup rolled oats

1 tablespoon rolled oats

1. Grease 1 loaf pan and set aside.

2. Preheat oven to 350 F.

3. Fit the stirring blade into the work bowl. Mix beer and brown sugar on speed 4 for 20 seconds.

4. Add remaining ingredients, except the 1 tbsp rolled oats. Mix on speed 4 for 10 seconds. Scrape down the sides of the bowl and mix on speed 4 for another 10 seconds.

5. Pour into greased loaf pan and sprinkle with 1 tbsp rolled oats.

6. Bake for 50 minutes or until a toothpick comes out clean.

7. Once the bread is done, cool on wire rack for 30 minutes. After that, remove from the loaf pan and allow it to cool completely.

Zucchini Bread

Makes 2 loaves

1 lb (425g) zucchini, cut into large chunks

3 eggs

1 cup oil

1 tablespoon vanilla

1 ¼ cup white sugar

1 cup brown sugar

3 cups all purpose flour

1 teaspoon salt

1 ½ teaspoon baking powder

1 teaspoon baking soda

2 ½ teaspoons cinnamon

½ teaspoon nutmeg

¼ teaspoon ground cloves

1 cup walnuts

1. Preheat oven to 325 F. Grease 2 loaf pans and set aside.

2. Fit the chopping blade into the work bowl. Chop the zucchini on speed 5 for 7 seconds. Scrape down the sides of the bowl. Chop on speed 5 for another 7 seconds. Check and see that the zucchini is evenly chopped into fine bits. If not, chop again for a few more seconds.

3. Add eggs, oil, vanilla and sugars. Mix on speed 4 for 20 seconds.

4. Add remaining ingredients. Mix on speed 4 for 10 seconds. Scrape down the sides of the bowl and mix on speed 4 for another 10 seconds.

5. Pour batter into 2 greased loaf pans and bake for 60-75 minutes or until a toothpick comes out clean.

6. Once the loaves are done, cool on wire racks for 30 minutes. After that, remove them from the loaf pans and allow them to cool completely.

7. Black Cherry Milkshake

Serves 2

1 cup heavy cream

2 cups ice cubes

2 cups pitted black cherries

⅓ cup sugar

1. Fit the chopping blade into the work bowl. Mix all ingredients on speed 9 for 30-60 seconds.

2. Pour into glasses and serve immediately.

Green Tea Milkshake

Serves 2

2 cups whole milk

2 cups ice cubes

⅓ cup sugar

1 tablespoon green tea matcha powder

Fit the chopping blade into the work bowl. Blend all ingredients on speed 9 for 30-60 seconds. Pour into glasses and serve immediately

Dulce de Leche Frappe

Serves 2

1 cup heavy cream

1/3 cup dulce de leche

2 shots (2 oz) espresso

3 cups ice

1. Fit the chopping blade into the work bowl. Blend all ingredients on speed 9 for 30-60 seconds.

2. Spoon into glasses and serve immediately.

3. If desired, drizzle a little extra dulce de leche on top of the frappe.

Vanilla Bean Frappe

Serves 2

1 cup heavy cream

⅓ cup sugar

3 cups ice cubes

½ vanilla bean, cut in half lengthwise and seeds scraped out

1. Fit the chopping blade into the work bowl. Blend all ingredients on speed 9 for 30-60 seconds.

2. Spoon into glasses and serve immediately.

Frozen Strawberry Mousse Terrine

Serves 4

2 cups frozen strawberries

¾ cup sugar

2 egg whites

1 tablespoon lemon juice

1. Fit the chopping blade into the work bowl. Blend the frozen strawberries and sugar with on speed 7 for 30 seconds.

2. Scrape down the sides. Fit the mixing tool in place over the chopping blade.

3. Add egg whites and lemon juice and blend on speed 4 for 2 minutes.

4. Spread into a terrine and freeze for at least 3 hours.

5. Serve by cutting a 1 ½ inch slice and lay it on a plate. If desired, serve with whipped cream, crumbled shortcrust pastry or shortbread and fresh strawberries.