

**User Manual of Product 1:**

Cuisinart 8-Cup Rice Cooker, Silver, 8-cup

**User Manual of Product 2:**

Cuisinart Panini Press, Stainless Steel Griddler, Sandwich  
Maker & More, 5-IN-1, GR-4NP1

# Cuisinart®

## INSTRUCTION & RECIPE BOOKLET



**Rice Cooker/Steamer**

**CRC-800**

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

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# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces; use handles or knobs.
3. To protect against risk of electrical shock, do not immerse the Rice Cooker/Steamer housing in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately. **DO NOT** reach into the liquid.
4. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors or anywhere the cord or motor housing might come into contact with water while in use.
9. Do not use the Rice Cooker/Steamer for anything other than its intended use.
10. To avoid the possibility of the Rice Cooker/Steamer being accidentally pulled off work area, which could result in damage to it or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
12. Extreme caution must be used when moving any appliance containing hot oil or other hot liquids.
13. Do not place on or near a hot gas or electric burner, or in a heated oven.
14. Do not operate Rice Cooker/Steamer in water or under running water.
15. To reduce the risk of electric shock, cook only in removable container. Do not immerse the container in water.

# SAVE THESE INSTRUCTIONS

## FOR HOUSEHOLD USE ONLY

### SPECIAL CORD SET INSTRUCTIONS

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

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

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

### NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

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## INTRODUCTION

Cooking rice and steaming food has never been easier. All you have to do is fill the cooking bowl or steaming tray, and press the switch! When cooking cycle is complete, the temperature is automatically reduced to keep food warm until you're ready to eat. As always, cleanup is quick, because all removable parts are dishwasher-safe.

## PARTS AND FEATURES

### 1. Glass Lid w/Stainless Steel Rim and Steam Vent:

See-through glass lid allows you to view the rice while the steam vent helps to prevent splattering. Stainless steel rim accents complement any kitchen decor.

### 2. Steaming Tray:

Allows you to steam a variety of foods while the rice is cooking.

### 3. Cooking Bowl:

Nonstick coating prevents the rice from sticking to the bowl.

### 4. Stainless Steel Housing:

Durable stainless steel construction makes cleanup easy.

### 5. Chrome-plated Handles:

Cool touch handles.

### 6. "Cook" and "Warm" Indicator Switch:

LED lights on top of the switch indicate that the unit is in Cook or Warm mode.

### 7. Measuring Cup:

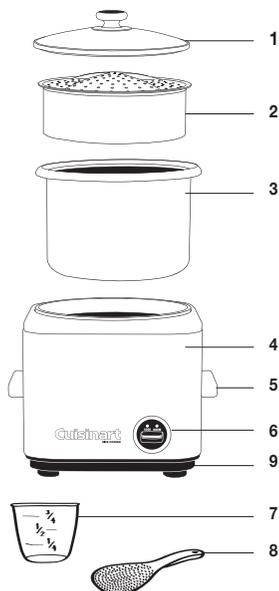
Calibrated specifically for your Cuisinart® Rice Cooker/Steamer; allows you to measure the proper rice to water proportions with ease.

### 8. Rice Paddle:

Allows you to fluff and scoop the rice out of the cooking bowl. Rice won't stick to the utensil.

### 9. Retractable Cord Storage (not shown):

Convenient retractable cord storage.



## IMPORTANT GUIDELINES

- This appliance generates steam. Do not operate it without the lid in place.
- Do not use your Rice Cooker/Steamer under hanging wall cabinets; the escaping steam could cause damage.
- Do not use metal utensils. Metal utensils will damage the nonstick finish on inner cooking bowl.
- Do not plug in the cooker before rice and water have been added. Because the Rice Cooker/Steamer does not have an Off setting, the unit will automatically be in Warm mode immediately after the unit is plugged in.

## TIPS AND HINTS

- The Cuisinart® Rice Cooker/Steamer is a perfect appliance for a busy lifestyle and limited space. It will cook rices and grains perfectly with minimal fuss, taking up little counter space and leaving all your burners free for other tasks. Cleaning up the nonstick bowl is quick and easy and there is virtually no maintenance.
- Your rice cooker can be used for more than just plain old rice. It is a simple way to cook pilafs. Simply turn unit on and walk away — it will automatically switch to Warm when ready to serve.
- You can use your rice cooker to cook a combination of rice, grains and legumes at the same time. Follow our recipes for ideas and suggested amounts to use — let your imagination be your guide.
- Rinsing/washing rice: Generally the rule is to wash or rinse imported rice and not to wash or rinse domestic (grown in U.S.) rices, as they have been enriched with vitamins. To wash rice: place in a medium bowl and cover with water, swirl until the water appears chalky/cloudy, and drain in a fine mesh strainer. Repeat until water is clear (or nearly clear) when rice is covered and swirled. Rice aficionados will even wash domestic rice, as it removes the starches and reduces stickiness. If you follow a well-balanced diet, then the loss of these vitamins will not be detrimental. Do not wash your rice in the rice cooker bowl — if the outside of the bowl is wet when cooking, it may cause damage to your rice cooker.
- Some rices may call for a soaking period. This can be done in the rice cooker bowl prior to cooking.
- When cooking rice, boil it until it has absorbed all the liquid. At this time it is not quite done. Rice benefits from a "boil-steam" method of cooking. Allow your rice to rest on the Warm setting for 5 to 10 minutes before serving for best results. Do not remove the cover and peek.
- After rice rests for 5 to 10 minutes, open rice cooker cover and stir rice gently with rice paddle or a wooden spoon. If rice is not ready to serve, re-cover and let stand on Warm until ready.

- The rice cooker will switch to the Warm cycle when it has finished cooking. At this time, you may stir in chopped raw vegetables such as green onions, slivered snow peas, shredded carrots, or even grape tomatoes to add texture to the dish – they will warm while the rice is resting, and if served in 5 to 10 minutes will retain their unique texture.
- The rice cooker can be used to prepare commercially packaged pilafs, rice and grain mixes. Some packages will come with generic rice cooker instructions, or they may be found on the websites of the manufacturers. If the package has a sautéing step, do it right in the rice cooker bowl. Turn on, add specified amount of butter or oil, add rice/vegetables/meat and sauté according to package instructions, with the lid on. Add liquid and continue to cook. If the rice is too wet, allow it to remain on Warm for 15 to 20 minutes before serving. If it is too chewy, add up to ¼ cup more liquid and let stay on Warm until liquid is absorbed (about 15 to 20 minutes).
- When measuring rice with your rice cooker cup, level it off with a table knife or spatula as you would flour for baking.
- If desired, you may spray your rice cooking bowl with nonstick cooking spray, but this step is not necessary, as it has a nonstick coating.
- When rice is placed in the cooking bowl, level it off to a flat layer that covers the entire bottom of the bowl, to ensure that it cooks evenly.
- The water you use for cooking rice should be the same water that you drink. If you do not like the taste of your tap water, use bottled or filtered water. The taste of the water will affect the taste of the rice.
- For best results, use cold water. Cooking times will vary depending on the temperature of the water being used.
- Liquids other than water may be used to cook rice. Use low-fat, low-sodium meat or vegetable stocks/broths. Fish stock or clam broth may be used for seafood-flavored rice.
- One to two teaspoons of unsalted butter, olive, vegetable or nut oil will help keep grains of rice separate and prevent boiling over.
- If your recipe calls for salt, add and swirl in with the rice paddle or a wooden spoon after adding liquid — then level the rice as evenly as possible.
- The rice cooker can be used to steam vegetables, seafood and some meats while cooking the rice. Use our recipes as a guide, then create your own combinations.
- When steaming vegetables, clean them and trim to similar size. Follow Steaming Guide (page 7) for steaming vegetables alone. To steam vegetables while preparing rice, use steaming guide to time when to add vegetables to steaming tray.

Most vegetables can be added about 10 minutes before rice has finished cooking.

- When steaming meats such as poultry or sausage, cut all into small, similar sized pieces (such as “finger strips” or 1-inch slices). Arrange in a single layer in the steaming tray, which has been sprayed with cooking spray.
- When steaming shrimp, scallops and other seafood, arrange in a single layer in the steaming tray, which has been sprayed with cooking spray.
- When using your rice cooker, plug it in and arrange it on the counter away from the wall and not under hanging cabinets, to prevent steam damage.
- The steam vent in the cover should always be placed facing the back of the rice cooker. Lift the lid from the back to the front to prevent steam burns.
- One cup of uncooked rice makes approximately three cups of cooked rice.
- 1 rice cooker cup (filled to the top) = ¾ cup = 12 tablespoons

## ASSEMBLY INSTRUCTIONS

To use your Cuisinart® Rice Cooker/Steamer:

1. Carefully unpack the cooker.
2. Rinse the nonstick cooking bowl, steaming tray and lid in warm, soapy water. Rinse well and dry thoroughly.
3. Wipe all interior and exterior surfaces of the rice cooker base with a soft, damp cloth.
4. Place cooking bowl in base of unit.
5. Place steaming tray in cooking bowl with open part facing down.
6. Place the lid on top of the cooking bowl.
7. Do not plug in unit. Your rice cooker is now ready for use.

## OPERATION

### Cooking Rice

1. Make sure your Cuisinart® Rice Cooker/Steamer is unplugged.
2. Place cooking pot in the stainless steel housing.
3. Measure desired amount of raw rice with the measuring cup provided. Rinse rice if needed. See Guide for Cooking Rice (page 6) for rice-to-water ratios.
4. Choose one of the following ways to add water or stock for cooking:
  - a. Using the measuring cup provided for rice, measure the appropriate amount of water using standard liquid measuring cup. See Guide for Cooking Rice.
  - b. Using the water line inside the cooking pot, add water to the rice inside the bowl up to

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the proper water line. For example, if you added 2 cups of raw rice, add water to line 2 (white rice only).

5. Cover the cooking bowl with lid. Make sure the steam vent is facing toward the back of the unit.
6. Plug in unit.
7. Set to the cook position by pressing the switch down. The Cook LED light will be illuminated.
8. Rice cooker will heat and cook the rice. Cooking time will vary, depending on the amount and type of rice or grain being cooked.
9. Once the rice is cooked, the unit will automatically switch to the Warm setting and the Warm LED will be illuminated. The unit will stay in Warm mode until the unit is unplugged from the outlet.
10. For best texture, allow cooked rice to rest in Warm mode for 5 to 10 minutes.
11. Once you are ready to serve the rice, lift the lid away from you.
12. Fluff rice with paddle or utensil suitable for nonstick cookware.
13. Lift and remove cooking bowl from rice cooker using potholders.

### Cooking Rice and Steaming

1. Clean and prepare your vegetables, seafood, fish or poultry.
2. Follow steps 1 to 8 under the Cooking Rice section (page 4).
3. Fill the steaming tray with open end facing up.
4. Place the filled steaming tray on top of the cooking bowl at the appropriate time for food being steamed. See Steaming Guide (page 7), for approximate cooking times.
5. Place lid on top of the steaming tray.
6. When the appropriate cooking time has elapsed, unplug the unit.

### Steaming Only

1. Make sure unit is unplugged.
2. Fill cooking bowl with the suggested amount of water based on the Steaming Guide.
3. Fill the steaming tray with open end facing up.
4. Place the filled steaming tray on top of the cooking bowl.
5. Place lid on top of the steaming tray.
6. When water is completely evaporated, the unit will automatically switch to the Warm setting and the Warm LED will be illuminated. The unit will stay in Warm mode until the unit is unplugged from the outlet. Do not allow bowl to boil dry.
7. For best results, unplug unit immediately after the unit switches to Warm, to prevent over-cooking.

### Reheating Rice

1. Make sure unit is unplugged.
2. To reheat rice, add ¼ cup (4 tablespoons) of cold water per cup of cooked rice.
3. Stir to mix.
4. Place lid on top of the cooking bowl.
5. Plug in unit and set to the cook position by pressing the switch down. The Cook LED light will be illuminated.
6. Once the rice is cooked, the unit will automatically switch to the Warm setting and the Warm LED will be illuminated. The unit will stay in Warm mode until the unit is unplugged from the outlet.

## CLEANING AND CARE

1. Unplug your Cuisinart® Rice Cooker/Steamer and allow it to cool before cleaning.
2. Place cooking bowl, steaming tray and lid in the dishwasher or wash with warm, soapy water. If food sticks to the surface, fill with warm, soapy water and allow to soak before cleaning.
3. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.
4. Wipe base of unit with a soft, damp cloth or microfiber towel. **NEVER IMMERSER BASE OF UNIT IN WATER.**
5. Make sure all parts are cool before storing. Store unit in a clean, dry place.

## COOKING CHARTS

### Guide for Cooking Rice (see chart, next page)

Cooking times will vary according to amount and temperature of cooking liquid.

The simplest way to cook long grain (converted) white rice is to place rice in cooking bowl and add liquid to appropriate line marking. For example, using the rice measuring cup provided, fill cooking bowl with 2 cups rice. Then, add water to the 2 cup water marking inside the bowl. If using 3 cups of rice, add water to the 3 cup water marking inside the pot. Do the same when using 4 to 8 cups of rice. Please note that preparing less than 2 cups of rice is not recommended.

For grains or brown and specialty rices, use the chart provided below. Note that you should not prepare these in amounts smaller or larger than stated in the chart.

All rice/grain is measured in the rice cooker cup. All water/liquid is measured in a standard liquid measuring cup.

## Guide for Cooking Rice

Rice/Grain	Serves	Amount Rice (in Rice Cooker Cups)	Amount Water/Liquid (in standard liquid measure cups)
Long Grain White	4	2	2½
Long Grain White	6	3	3½
Long Grain White	8	4	3¾
Long Grain White	10	5	4½
Long Grain White	12	6	5½
Long Grain White	16	8	7½
Medium Grain White	4	2	2
Medium Grain White	6	3	2¾
Medium Grain White	8	4	3½
Medium Grain White	10	5	4¼
Medium Grain White	12	6	5¼
Medium Grain White	16	8	7
Arborio	4	1	3¼
Brown Rice (med/long)	2-4	1	1¾
Brown Rice (med/long)	3-5	1½	2½
Wehani Rice	4	1	1⅞
Red Rice (Carmargue riz rouge; Bhutanese)	4	1	1¾
Red Rice (Carmargue riz rouge; Bhutanese)	6	1½	2⅔
Wild Pecan	4	7-oz. package	1¾
Wild Pecan	8	Two 7-oz. packages	3½
Black Rice (Forbidden)	4	1	1¾
Black Rice (Forbidden)	8	2	3½
Sushi (soak rice for 30 minutes before cooking)	makes about 5½ cups	3	2¼ cups water + 2 tablespoons Sake
Pearl Couscous (Israeli)	6	1½	3
Pearl Couscous (Israeli)	12	3	6
Polenta (Cornmeal)	4	1	3
Polenta (Cornmeal)	8	2	6
Oatmeal (Rolled Oats)	4	2	3
Oatmeal (Rolled Oats)	8	4	6
Oatmeal (Irish – soak overnight in water – cooking amount)	2 to 3	1	3
Oatmeal (Irish – soak overnight in the amount of cooking water)	4 to 6	2	6

## Guide for Steaming Vegetables, Poultry, Seafood and Hard-Cooked Eggs

Place indicated amount of water into the Cooking Bowl. The amount needed will vary according to the type of food being cooked. Arrange foods in a single layer in the steaming tray. Vegetables should be cut in similar sizes as indicated. Begin timing when unit is turned on. Cooking times are approximate and will yield cooked but crisp/tender vegetables. Add more time for more tender/softer vegetables or cut back on time for crispier vegetables to taste.

Rice cooker must be unplugged immediately after vegetables have finished cooking to prevent overcooking. If cooking vegetables over rice, use chart to determine approximately when to add steaming tray to rice cooker. Serve steamed vegetables immediately or plunge into ice water to stop cooking to use in salads and other cold preparations.

Food	Amount	Preparation	Water	Cooking Time (approximate)
Asparagus	8 ounces	3-inch cut	2 cups	9-10 minutes
Broccoli	8 ounces	1½-2" flowerets	2 cups	11 minutes
Carrots – baby	8 ounces	Whole	2 cups	15 minutes
Carrots – sliced	8 ounces	¼-inch slices	2 cups	15 minutes
Green beans	4 ounces	1 to 1½" slices	2 cups	8-9 minutes
Peas, snow	4 ounces	Whole, tipped and topped, strings removed	2 cups	11 minutes
Potatoes, new (1½" diameter)	8 ounces	Quartered	2 cups	23-24 minutes
Potatoes Yellow/Gold	12 ounces	¾-inch dice	2 cups	23-24 minutes
Sweet potatoes	8 ounces	Peeled, ½-inch dice	2 cups	18-19 minutes
Zucchini/ yellow squash	6 ounces	Halve lengthwise, ¾-inch slices	2 cups	11 minutes
Sweet potatoes	16 ounces	Peeled, ¾" cubes	2 cups	25 minutes
Poultry – chicken or turkey	8-16 ounces	Cut into similar size pieces, ½ x ½ x 3-inches	2 cups	15-20 minutes
Shrimp	Up to one pound	Peeled/unpeeled; may be seasoned with herbs or prepared seafood seasoning such as Old Bay® (spray steaming tray with cooking spray)	2 cups	12-15 minutes (will depend on size of shrimp)
Scallops	Up to one pound	Season as desired (spray steaming tray with cooking spray or line with leaf lettuce)	2 cups	10-15 minutes
Fin fish (salmon, haddock, cod, sea bass, etc.)	up to one pound	Cut into 1½-inch squares; arrange on lettuce leaves or parchment rounds in steaming tray	2 cups	10-15 minutes
Eggs, large	8	In shells	To one cup mark	21 minutes (place in ice water immediately to stop cooking)

## RECIPES

For all recipes in this Instruction & Recipe Booklet use the included Rice Cooker Measure Cup to measure the rice or grain. Use a standard liquid measure cup (1 cup = 8 ounces = 16 tablespoons) to measure all liquids. (This keeps your Rice Cooker Measure Cup dry for measuring dry rice/grain.)

The Rice Cooker Measure Cup =  $\frac{3}{4}$  cup standard dry measure or 12 tablespoons. Only white rices can be cooked to the maximum amount possible in the Rice Cooker (4 Rice Cooker cups/8 Rice Cooker cups). Do not cook more than the suggested amounts of other rices on the cooking chart, as the amount of liquid needed to cook larger amounts will boil over.

## SALADS

### Red Onion Vinaigrette

Makes  $\frac{7}{8}$  cup

- $\frac{1}{2}$  small red onion, peeled, cut into  $\frac{1}{2}$ -inch pieces (about 1 ounce)
- $1\frac{1}{2}$  teaspoons Dijon-style mustard
- 1 teaspoon sugar
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- $\frac{1}{4}$  cup white balsamic vinegar (or use a fruit flavored vinegar)
- $\frac{1}{2}$  cup extra virgin olive oil

Place the red onion, mustard, sugar, salt, pepper, and vinegar in a food processor or blender; process until smooth. Add the oil and process until emulsified. Keep vinaigrette in a covered container in the refrigerator until ready to use. If vinaigrette separates, stir with a whisk to emulsify.

*Nutritional information per tablespoon:*

Calories 71 (96% from fat) • carb. 1g • pro. 0g  
• fat 7g • sat. fat 1g • chol. 0mg • sod. 61mg  
• calc. 0mg • fiber 0g

## Konriko Wild Pecan® Rice Waldorf Salad

Konriko Wild Pecan® Aromatic Rice is a type of long grain rice. The nutty aroma and flavor are natural to the rice. We use the Wild Pecan® Rice here to make a Waldorf type salad with apples and dried cranberries. This naturally flavored rice makes a great side dish.

- 3 cups (Rice Cooker) Konriko Wild Pecan® Aromatic Rice\*
- $4\frac{1}{2}$  cups (standard liquid) water
- 2 shallots, peeled, finely chopped
- 4 teaspoons Dijon-style mustard
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 6 tablespoons sherry vinegar
- 6 tablespoons extra virgin olive oil
- 4 tablespoons vegetable oil
- 1 apple, such as Gala, Braeburn, Pink Lady, cored, cut into  $\frac{1}{4}$ -inch dice
- 1 cup dried cranberries or dried tart cherries
- $\frac{2}{3}$  cup chopped toasted pecans
- $\frac{1}{2}$  cup chopped red onion
- $\frac{1}{2}$  cup chopped celery

Place rice and water in cooking bowl and insert in Cuisinart® Rice Cooker/Steamer. Turn on and cook until water is absorbed; about 35 minutes. When unit switches to Warm, let stand 5 minutes. Spread on a baking sheet to cool.

While rice is cooking and cooling, prepare the vinaigrette. Place the shallots, mustard, salt, pepper and vinegar in a small bowl; stir with a whisk to blend. Add the oils and whisk until emulsified; reserve. When rice is cooled to room temperature, place in a large bowl. Add the diced apple, dried cranberries, chopped pecans, red onion, and celery; stir gently to combine. Pour the dressing over the salad and toss gently to coat and blend. Serve at room temperature. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

\*Konriko Wild Pecan® Aromatic Rice can be found in most well-stocked grocery stores. Use four 7-ounce packages for the right amount for this recipe.

*Nutritional information per serving ( $\frac{1}{2}$  cup):*  
Calories 124 (57% from fat) • carb. 13g • pro. 1g  
• fat 8g • sat. fat 1g • chol. 0mg • sod. 81mg  
• calc. 6mg • fiber 1g

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## Yellow Rice and Black Bean Salad

This colorful salad is delicious with grilled seafood. Garnish with sliced avocado.

Makes 16 cups

- 2 cucumbers, peeled and seeded, cut into ¼-inch dice
- 2 teaspoons kosher salt, divided
- 2 teaspoons vegetable oil
- 2 teaspoons turmeric
- 1½ teaspoons ground cumin, divided
- 3 cups (Rice Cooker) long grain white rice
- 3 cups (standard liquid measure) water
- 2 cloves garlic, peeled, finely minced
- ¼ cup fresh lime juice
- 2 tablespoons rice vinegar
- ½ teaspoon ground coriander
- ½ teaspoon oregano
- ¾ cup extra virgin olive oil
- 2 cans (15 ounces each) black beans, rinsed and drained
- 2 cups diced (¼-inch) jicama
- 2 cups grape tomatoes, halved
- 1 cup chopped red bell pepper
- ½ cup chopped red onion
- 2-3 jalapeño peppers, stemmed, seeded, and finely chopped
- ½ cup chopped fresh cilantro

Place the diced cucumber in a strainer. Sprinkle with 1 teaspoon of the salt; toss to coat. Place strainer over a bowl to drain for 30 minutes.

Insert the cooking bowl in the Cuisinart® Rice Cooker/Steamer. Add oil, turmeric and cumin; cover and cook and 2 minutes. Add rice; stir to coat with oil and spices. Cover; cook 2 minutes. Stir in water and ½ teaspoon of the salt. Cover and turn on. Cook until liquid is absorbed, about 20 to 25 minutes. Spread the rice onto a baking sheet to cool.

Place minced garlic, lime juice, vinegar, coriander, oregano, the remaining salt and cumin in a small bowl; stir with a whisk to blend. Add olive oil and whisk until emulsified.

Place the cooled rice in a large bowl. Add the black beans, jicama, tomatoes, chopped red pepper, chopped onion, and chopped jalapeño. Stir gently to mix. Add the vinaigrette and chopped cilantro.

Stir gently to combine. Transfer to a decorative bowl to serve. If not serving immediately, cover

and refrigerate. Remove from refrigerator 30 minutes before serving.

*Nutritional information per serving (½ cup):*  
Calories 128 (39% from fat) • carb. 17g • pro. 3g  
• fat 6g • sat. fat 1g • chol. 0mg • sod. 88mg  
• calc. 18mg • fiber 2g

## Greek Rice Salad

Serve this salad as a side dish with grilled tuna, swordfish or lamb.

Makes about 16 cups

- 2 teaspoons extra virgin olive oil
- 2 cups (Rice Cooker) long grain white rice
- 1 cup (Rice Cooker) orzo
- 1 teaspoon salt
- 4½ cups (standard liquid measure) water
- 2 cloves garlic, minced
- 2 large tomatoes, seeded and chopped
- 1 large cucumber, seeded and chopped
- 1 medium red onion, peeled and chopped
- 1¼ cups crumbled feta cheese
- 1 cup pitted kalamata olives, halved
- 2 cans (15 ounces each) artichoke hearts, drained well and quartered
- ½ cup chopped fresh parsley
- 2 tablespoons fresh lemon juice
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon kosher salt
- 2 teaspoons freshly ground black pepper
- 6 tablespoons extra virgin olive oil

Place cooking bowl in Cuisinart® Rice Cooker/Steamer. Add olive oil. Cover and turn Rice Cooker on; wait 1 minute. Stir in rice and orzo. Cook for 2 minutes, stirring constantly. Add 1 teaspoon salt and water; sprinkle with minced garlic. Cover and cook until liquid is absorbed and cooker switches to Warm. Let stand on Warm for 5 minutes. Spread the rice/orzo onto a baking sheet to cool.

While the rice cooks, place the tomato, cucumber, feta, olives, artichokes, parsley, lemon juice, oregano, basil, 1 teaspoon kosher salt, pepper and olive oil in a large bowl; stir. When rice/orzo mixture is cooled, stir into the vegetable mixture. Chill one hour or longer before serving.

*Nutritional information per serving (¾ cup):*  
Calories 153 (50% from fat) • carb. 17g • pro. 3g  
• fat 8g • sat. fat 2g • chol. 6mg • sod. 555mg  
• calc. 54mg • fiber 1g

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## Forbidden Rice Salad

This black rice was once reserved only for the Emperor, forbidden to all others.

Makes about 3 cups (6 servings)

- ¾ cup (Rice Cooker) Forbidden Rice**
- ¾ cup (standard liquid measure) and 3 tablespoons water**
- 1 sweet potato (6 ounces), peeled and cut into ½-inch cubes**
- Miso Dressing (recipe follows)**
- 3 green onions (include 2-3 inches of green), trimmed and chopped**
- ¼ cup dried cranberries**
- 2 tablespoons toasted chopped pecans**

Rinse and drain rice. Place in cooking bowl. Add water; turn Rice Cooker/Steamer on. Place sweet potato cubes in steaming tray. After 10 minutes of cooking, lift lid and place steaming tray on top of Rice Cooker Bowl, then cover immediately. Continue to cook until Rice Cooker switches to Warm cycle. Let stand 5 minutes. Remove steamer tray. Transfer rice to large bowl. Add 2 tablespoons Miso Dressing and toss gently. Let cool 10 minutes.

Add cooled sweet potato, green onions, dried cranberries, chopped pecans, and 1 to 2 more tablespoons Miso Dressing. Toss gently to combine and coat evenly with dressing. Add more dressing to taste if desired.

*Nutritional information per serving (½ cup),  
made with 4 tablespoons dressing:  
Calories 138 (33% from fat) • carb. 23g • pro. 2g  
• fat 5g • sat. fat 1g • chol. 0mg • sod. 97mg  
• calc. 15mg • fiber 2g*

## Miso Dressing

Makes ½ cup

- 1 clove garlic, peeled and finely minced**
- ½ teaspoon dry mustard**
- ½ teaspoon ginger**
- ¼ cup fresh lemon juice**
- 1 tablespoon sherry vinegar**
- 3 tablespoons vegetable oil**
- 2 tablespoons yellow miso\***
- 1 teaspoon toasted sesame oil**

Place garlic, mustard, ginger, lemon juice and vinegar in a small bowl; stir with a whisk until emulsified. Add Miso and oil.

*Nutritional information per tablespoon:  
Calories 64 (81% from fat) • carb. 3g • pro. 1g  
• fat 6g • sat. fat 1g • chol. 0mg • sod. 184mg  
• calc. 5mg • fiber 0g*

\*Miso is available at Asian grocery stores and health food markets.

## Wheat Berry & Vegetable Salad

Makes 12 cups salad (24 servings)

- 2 cups (Rice Cooker) wheat berries\***
- 3 cups (standard liquid measure) water**
- ½ teaspoon kosher salt**
- 1⅓ cups cut corn (use frozen, thawed)**
- 1 cup (4 oz.) shredded zucchini**
- 1 cup chopped red bell pepper**
- ½ cup chopped green onion**
- ½ cup chopped sun-dried tomatoes**
- ½ cup Red Onion Vinaigrette (recipe, page 8)**
- ¼ cup chopped fresh parsley**

Soak the wheat berries in 2 inches of water for 1 hour. Drain and place in cooking bowl of Cuisinart® Rice Cooker/Steamer. Add water and ½ teaspoon salt. Turn on and cook until all water is absorbed and unit switches to Warm, about 40 minutes. Let stand 5 minutes. Spread out on a baking sheet to cool.

When wheat berries are cooled, place in a medium bowl with the corn, zucchini, red pepper, green onion, and sun-dried tomatoes. Toss gently to combine. Add 4 tablespoons of the dressing (cover and refrigerate remaining dressing for another use) and the parsley; toss to combine. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

\*Wheat berries can be found in many well-stocked grocery stores, specialty food stores or health food stores. Wheat berries are whole unprocessed kernels of wheat. They can be cooked in cereals, pilafs and breads and add a nutty flavor. Wheat berries should be soaked prior to using to soften.

*Nutritional information per serving:  
Calories 110 (46% from fat) • carb. 15g • pro. 2g  
• fat 7g • sat. fat 1g • chol. 0mg • sod. 148mg  
• calc. 14mg • fiber 3g*

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## SIDE DISHES

### Curried Rice Pilaf with Apricots & Pine Nuts

Makes 8 cups (12 to 16 servings)

- 2**    **tablespoons unsalted butter**
- 1**    **cup chopped onion**
- 1**    **tablespoon curry powder**
- 1**    **teaspoon turmeric**
- 4**    **cups (Rice Cooker) long grain white rice**
- 4**    **cups (standard liquid measure) water**
- 2**    **teaspoons kosher salt**
- 1**    **cup slivered dried apricots**
- ¼**    **cup toasted pine nuts**

Place the cooking bowl in the Cuisinart® Rice Cooker/Steamer. Add the butter, cover and turn on; wait 2 minutes. Add the chopped onion, curry powder and turmeric to the melted butter; stir with rice paddle to coat. Cover and cook 5 minutes. Stir in the rice, water and salt. Top with the slivered apricots. Cover and reset Rice Cooker to On. Cooking time will be approximately 25 minutes, then the Rice Cooker will switch to Warm. Let stand 5 to 10 minutes on Warm (or longer) before serving. Fluff with rice paddle and transfer to a warm serving bowl. Sprinkle with toasted pine nuts just before serving.

*Nutritional information per serving (based on 16 servings):*  
Calories 161 (15% from fat) • carb. 33g • pro. 3g  
• fat 3g • sat. fat 1g • chol. 4mg • sod. 170mg  
• calc. 10mg • fiber 2g

### Brown, Wehani & Wild Rice Pilaf

Makes 4 cups (8 servings)

- 2**    **tablespoons unsalted butter**
- ¼**    **cup minced celery**
- ¼**    **cup minced shallot**
- 1½**    **cups (Rice Cooker) long grain brown rice**
- 1**    **cup (Rice Cooker) wehani rice**
- ½**    **cup (Rice Cooker) wild rice**
- 1**    **teaspoon herbs de Provence**
- ⅓**    **cup (standard liquid measure) dry white vermouth or dry white wine**
- 2¼**    **cups (standard liquid measure) chicken stock (low-sodium)**
- 2¼**    **cups (standard liquid measure) water**

- 1**    **cup dried cranberries**
- 4**    **green onions, trimmed and chopped (include several inches of green)**
- ⅔**    **cup chopped toasted pistachios**

Place cooking bowl in Cuisinart® Rice Cooker/Steamer. Place butter in bowl. Cover and turn on; cook 2 minutes. Add celery and shallot to melted butter; stir with rice paddle. Cover; cook 2 minutes. Add three rices and herbs de Provence; stir to coat with butter, using rice paddle. Add wine; stir. Cover and cook 3 minutes. Add chicken stock and water; stir. Cover; turn on and cook until liquid is absorbed, about 45 to 50 minutes – unit will then switch to Warm. Sprinkle the dried cranberries and chopped green onions on top of the rice. Cover and let stand 5 minutes. Stir in half the chopped toasted pistachios. Transfer to a warmed serving bowl and top with remaining pistachios. Serve immediately.

*Nutritional information per serving:*  
Calories 134 (18% from fat) • carb. 23g • pro. 4g  
• fat 3g • sat. fat 1g • chol. 5mg • sod. 264mg  
• calc. 16mg • fiber 2g

### Brown Rice and Lentil Pilaf

Makes 4 cups (8 servings)

- 1**    **tablespoon extra virgin olive oil**
- ¼**    **cup chopped carrots**
- ¼**    **cup chopped mushrooms**
- ¼**    **cup chopped shallots**
- 2**    **cups (Rice Cooker) long grain brown rice**
- ⅔**    **cup (Rice Cooker) brown lentils**
- 1**    **teaspoon thyme**
- 2¼**    **cups (standard liquid measure) chicken stock**
- 1½**    **cups (standard liquid measure) water**

Place cooking bowl in Cuisinart® Rice Cooker/Steamer. Add olive oil. Cover and turn on; let heat for 1 minute. Add carrots, mushrooms and shallots to bowl; stir, using rice paddle to coat with oil. Cover and cook for 3 minutes (Rice Cooker will shut off). Stir in rice, lentils and thyme. Add stock and water; stir, using rice paddle. Cover and turn on. Cooking time will be approximately 30 minutes. The Rice Cooker will then switch to Warm. Let stand 5 to 10 minutes (or longer) on Warm before serving. Fluff with rice paddle and transfer to a warm serving bowl.

*Nutritional information per serving:*  
Calories 185 (14% from fat) • carb. 34g • pro. 6g  
• fat 3g • sat. fat 0g • chol. 0mg • sod. 332mg  
• calc. 20mg • fiber 3g

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## Confetti Pilaf

This mixture of wheat berries and brown and wild rice is finished off with green peas and chopped red bell pepper – the look is wonderfully full of color, and the pilaf is perfect with grilled chicken or fish.

Makes 8 cups (16 servings)

- 1 cup (Rice Cooker) wheat berries\* (not cracked wheat or bulgur) boiling water**
- 2 teaspoons unsalted butter**
- 2 teaspoons extra virgin olive oil**
- 6 tablespoons finely chopped onion or shallot**
- ¼ cup finely chopped carrot**
- 1½ cups (Rice Cooker) long grain brown rice**
- ½ cup (Rice Cooker) wild rice**
- 1 teaspoon marjoram**
- 3 cups (standard liquid measure) low-sodium chicken stock**
- 2¼ cups (standard liquid measure) water**
- 1 teaspoon kosher salt**
- 1½ cups frozen baby peas, thawed**
- 1 cup chopped red bell pepper**
- 4 green onions, trimmed (include 2-3 inches of green), chopped**
- 1 teaspoon freshly ground pepper**

Place the wheat berries in a heatproof bowl and cover with 2 inches of boiling water. Let stand 1 hour to soften. Drain.

Insert the cooking bowl in the Cuisinart® Rice Cooker/Steamer. Place the butter and olive oil in the bowl; cover and turn on. Heat for 1 minute. Add chopped onion and carrot; stir, cover, and cook 2 minutes. Add drained wheat berries, brown rice, wild rice, and marjoram; stir to coat. Cover; cook 2 minutes. Add chicken stock, water and salt; stir. Cover and cook until liquid is absorbed and Rice Cooker switches to Warm, about 50 minutes. When Rice Cooker switches to Warm, add the thawed peas, chopped red pepper and green onions. Cover and let stand 5 minutes. Add ground pepper; toss gently to combine. Transfer to a warm bowl to serve. Serve hot.

\*See note about wheat berries on page 10.

*Nutritional information per serving:*  
Calories 108 (16% from fat) • carb. 19g • pro. 3g  
• fat 2g • sat. fat 0g • chol. 1mg • sod. 197mg  
• calc. 13mg • fiber 3g

## Creamy Parmesan Risotto with Asparagus

Use vegetable stock to make this a vegetarian dish.

Makes 6 cups (serves 12 as a side dish, 8 as a first course, 4 as an entrée)

- cooking spray**
- 8 ounces asparagus, peeled, cut into 1-inch pieces**
- 2 teaspoons unsalted butter**
- 2 teaspoons extra virgin olive oil**
- ⅔ cup finely chopped onion or shallot**
- ⅔ cup finely chopped carrot**
- 2 cups (Rice Cooker) Arborio rice**
- ⅔ cup dry white wine or vermouth**
- 6 cups (standard liquid measure) water, chicken or vegetable stock (may mix)**
- ½ cup heavy cream**
- ½ cup freshly grated Parmesan cheese**
- ¼ teaspoon ground white pepper**

Lightly coat the steaming tray of the Cuisinart® Rice Cooker/Steamer with cooking spray. Place asparagus in steaming tray; reserve.

Place the butter and olive oil in the cooking bowl of the Cuisinart® Rice Cooker/Steamer. Cover, turn on and wait one minute. Stir in the chopped onion and carrot and cover; cook 1 minute. Add the rice; stir to coat completely. Cover and cook 2 minutes. Stir in the wine; cover. Cook 2 to 3 minutes, until the wine is completely absorbed. Add the water or stock; stir. Cover and cook for 25 minutes, stirring 2 or 3 times during cooking. Place the asparagus filled steaming tray on the cooking bowl and cover. Cook until the Rice Cooker switches to Warm, about 5 minutes longer. When Rice Cooker switches to Warm, stir in the heavy cream, Parmesan, and white pepper. Replace the steaming tray over the cooking bowl and let stand on Warm for 5 to 10 minutes. Stir the steamed asparagus into the risotto. Serve hot.

*Nutritional information per serving (based on 12 servings):*  
Calories 110 (37% from fat) • carb. 11g • pro. 4g  
• fat 4g • sat. fat 2g • chol. 11mg • sod. 334mg  
• calc. 66mg • fiber 1g

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## ENTRÉES

### Sun-Dried Tomato Pearl Couscous

Makes 4 cups (8 servings)

- 2**    **teaspoons extra virgin olive oil**
- 6**    **tablespoons finely chopped onion  
or shallot**
- 2**    **cups (Rice Cooker) pearl couscous  
(also known as Israeli couscous)\***
- 1½**   **cups (standard liquid measure)  
low-sodium chicken stock**
- 1½**   **cups (standard liquid measure) water**
- ½**    **teaspoon kosher salt**
- ½**    **cup chopped sun-dried tomatoes  
(not oil-packed)**
- 1**    **teaspoon basil**
- 2**    **tablespoons chopped toasted pine nuts**

Insert cooking bowl in Cuisinart® Rice Cooker/ Steamer. Add oil, cover and turn on; heat 1½ minutes. Stir in chopped onion. Cover and cook 1 minute. Add couscous to bowl. Stir, using rice paddle, for 1 to 2 minutes. Add chicken stock, water and salt; stir. Add sun-dried tomatoes and basil. Cover and cook until liquid is absorbed, about 20-25 minutes. Rice Cooker will switch to Warm.

Let stand 5 minutes or hold on Warm until ready to serve. Transfer to a warm bowl and sprinkle with chopped toasted pine nuts to serve.

\*Pearl or Israeli couscous can be found in well-stocked grocery stores or in specialty food stores.

*Nutritional information per serving:*  
Calories 83 (26% from fat) • carb. 13g • pro. 3g  
• fat 3g • sat. fat 0g • chol. 0mg • sod. 228mg  
• calc. 12mg • fiber 1g

### Saffron Risotto with Snow Peas

Makes 4 cups (8 entrée servings or 12 side dish servings)

- 4½**   **cups (standard liquid measure) water**
- ½**    **teaspoon saffron threads**
- 1**    **tablespoon extra virgin olive oil**
- 1**    **tablespoon unsalted butter**
- ¼**    **cup minced carrot**
- ¼**    **cup minced celery**
- ¼**    **cup minced shallot**
- 1½**   **cups (Rice Cooker) Arborio rice**
- 6**    **tablespoons dry white vermouth or  
other dry white wine (not Chardonnay)**
- 1**    **teaspoon kosher salt**
- 1½**   **cups shredded snow peas**

Heat the water until simmering (may be done on stovetop or in microwave). Stir in saffron threads; reserve.

Insert the cooking bowl in the Cuisinart® Rice Cooker/Steamer. Place the olive oil and butter in the bowl, cover and turn Rice Cooker on.

Heat olive oil and butter for 1 minute. Add the minced carrot, celery and shallot. Cover and cook 2 minutes. Stir in Arborio rice; cover and cook 2 minutes. Stir in wine; cover and cook 3 minutes.

Stir in saffron infused water and salt. Cover and cook until the Rice Cooker switches to Warm, about 28 to 29 minutes. Lift lid, stir with rice paddle and cover again, two or three times while cooking. Add snow peas to the Rice Cooker on top of the risotto; cover and let stand 5 minutes. Stir snow peas into risotto and transfer to a warm serving bowl. Serve immediately.

*Nutritional information per serving (based on 12 servings):*  
Calories 89 (32% from fat) • carb. 12g • pro. 2g  
• fat 3g • sat. fat 1g • chol. 4mg • sod. 190mg  
• calc. 21mg • fiber 1g

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## Creamy Fontina Risotto with Mushrooms

This creamy risotto makes a marvelous side dish or can be served as a first course.

Makes 6 cups (serves 12 as a side dish, 8 as a first course)

- 5      **teaspoons unsalted butter, divided**
- 5      **teaspoons extra virgin olive oil, divided**
- $\frac{2}{3}$     **cup finely chopped onion or shallot**
- 2      **cups (Rice Cooker) Arborio rice**
- $\frac{3}{4}$     **cup dry white vermouth or other dry white wine (not Chardonnay)**
- 6      **cups (standard liquid measure) low-sodium chicken broth**
- 12     **ounces shiitake mushrooms, tough stems removed, thinly sliced**
- $\frac{1}{2}$     **teaspoon thyme**
- 6      **ounces shredded fontina cheese**
- 1      **teaspoon freshly ground pepper**  
**chopped fresh thyme and Italian parsley as garnish, optional**

Place 3 teaspoons each of the butter and olive oil in the cooking bowl of the Cuisinart® Rice Cooker/Steamer. Cover, turn on, and wait one minute. Stir in the chopped onion and cover; cook 1 minute. Add the rice; stir to coat completely. Cover and cook 2 minutes. Stir in the wine; cover. Cook 2 to 3 minutes until the wine is completely absorbed. Add the chicken stock; stir.

Cover and cook until Rice Cooker switches to Warm, about 35 to 40 minutes, stirring 2 or 3 times during cooking.

While the risotto is cooking, heat the remaining butter with the remaining oil in a 10-inch nonstick skillet over medium high heat. When bubbling, add the mushrooms, stir to coat, and cook, stirring now and then until the mushrooms are golden and slightly crispy.

When Rice Cooker switches to Warm, stir in the shredded fontina, cooked shiitakes and ground pepper. Serve risotto hot. May be garnished with chopped fresh thyme and parsley, if desired.

*Nutritional information per serving (½ cup):*

Calories 207 (34% from fat) • carb. 26g • pro. 6g • fat 8g  
• sat. fat 4g • chol. 21mg • sod. 117mg  
• calc. 86mg • fiber 1g

## Red Beans & Rice

This version of the traditional long-cooking New Orleans dish can be made in less than 30 minutes in the Cuisinart® Rice Cooker/Steamer.

Makes 8 cups

- 8      **ounces smoked chicken or turkey andouille sausage\***  
**cooking spray**
- 2      **cans (15 ounces each) red beans, rinsed and drained**
- 2      **teaspoons good quality olive oil**
- 6      **tablespoons finely chopped onion**
- 4      **tablespoons finely chopped celery**
- 6      **tablespoons finely chopped green bell pepper**
- 2      **cloves garlic, finely chopped**
- 2      **cups (Rice Cooker) long grain rice**
- 1      **teaspoon thyme**
- 1      **bay leaf**
- 3      **cups (standard liquid measure) chicken stock**
- 6      **tablespoons chopped Italian parsley Tabasco® or other hot sauce**

Divide the sausage in half. Finely chop half the sausage; cut the remaining sausage into ½-inch pieces. Lightly coat the interior of the steaming tray with cooking spray. Place the red beans and sliced sausage into the steaming tray; reserve.

Insert the cooking bowl into the Cuisinart® Rice Cooker/Steamer. Place the olive oil in the bowl, cover, and turn on for 1 minute. Add the onion, celery, bell pepper, and garlic; stir to coat with oil. Cover and cook 3 to 4 minutes. Stir in the rice and thyme. Stir until rice is opaque, 3 to 4 minutes. Tuck in the bay leaf and add the chicken stock. Place the filled steaming tray on the bowl; cover. Turn the Rice Cooker on and cook until it switches to Warm, about 20 to 25 minutes. Let stand at Warm for 5 minutes. Transfer beans and sausage to a medium bowl; add cooked rice mixture to the same bowl. Remove and discard bay leaf. Gently toss rice mixture with beans and sausage. Add parsley and toss to combine. Transfer to a warmed bowl to serve. Serve with hot sauce if desired.

\*Smoked chicken or turkey andouille sausage has much less fat than traditional pork andouille. It can be found in many well-stocked grocery stores. Smoked turkey kielbasa can be substituted.

*Nutritional information per serving (½ cup):*

Calories 265 (14% from fat) • carb. 43g • pro. 13g  
• fat 4g • sat. fat 1g • chol. 18mg • sod. 453mg  
• calc. 43mg • fiber 5g

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## “Not” Fried Rice

A quick and healthy version of that carry-out favorite.

Makes 8 cups

- cooking spray**
- 6 ounces chicken tender, cut into ¼-inch pieces**
  - 1 teaspoon sesame oil**
  - 16 medium shrimp, peeled, deveined, cut in half lengthwise**
  - 2 tablespoons soy sauce (can use low-sodium)**
  - 2 teaspoons rice vinegar**
  - ½ teaspoon sugar**
  - ½ teaspoon freshly ground black pepper**
  - 2 teaspoons vegetable oil**
  - ½ ounce Canadian bacon or ham, cut into ¼-inch pieces**
  - ¼ cup finely chopped onions**
  - ¼ cup finely chopped carrots**
  - 2 tablespoons chopped mushrooms**
  - 1 clove garlic, finely chopped**
  - 2½ cups (Rice Cooker) basmati rice**
  - 3½ cups (standard liquid measure) low-sodium chicken stock**
  - ⅔ cup frozen peas, thawed**
  - ½ cup julienned red bell pepper (1 x ⅛" pieces)**
  - 4 green onions, trimmed and chopped (include 2-3 inches of green)**
  - 1 cup mung bean sprouts**

Lightly coat the steaming tray with cooking spray. Place the chicken in a small dish and drizzle with half the sesame oil; stir to coat. Place in the steamer tray to one side in a single layer. Repeat with the shrimp. Reserve.

In a small bowl, combine the soy sauce, rice vinegar, sugar, and pepper. Stir until sugar dissolves; reserve.

Insert the cooking bowl into the Cuisinart® Rice Cooker/Steamer. Add the oil; cover and turn on for 1 minute. Add the Canadian bacon, chopped onions, carrots, mushrooms, and garlic. Stir to coat with oil. Cover and cook 4 to 5 minutes. Add the rice; stir to coat. Add the stock, cover and cook. After rice has cooked for 15 minutes, place the steaming tray over the cooking bowl and cover. Continue to cook until Rice Cooker switches to Warm. Using protective potholders, lift off steaming tray. Add the peas, red pepper and green onions to the bowl on top of the rice – do not stir. Replace the steaming tray on top of

the cooking bowl and cover. Let stand 5 minutes. Transfer the rice and vegetables to a medium bowl, along with the steamed chicken and shrimp and mung bean sprouts. Drizzle the soy mixture over the rice and stir to combine. Serve immediately.

*Nutritional information per serving (based on 8 servings):*  
Calories 286 (12% from fat) • carb. 42 g • pro. 20g  
• fat 4g • sat. fat 1g • chol. 75mg • sod. 566mg  
• calc. 41mg • fiber 2g

## Mexican Rice & Shrimp

Makes 6 entrée servings

- 2 teaspoons extra virgin olive oil**
- ¼ cup red onion**
- 2 cloves garlic, chopped**
- 1½ teaspoons oregano**
- ½ teaspoon ground coriander**
- ½ teaspoon ground cumin**
- ½ teaspoons kosher salt**
- ½ teaspoons turmeric**
- 2 cups (Rice Cooker) long grain white rice**
- 3 cups (standard liquid measure) water**
- 2 cans (15 ounces each) diced tomatoes, drained – discard liquid**
- 24 ounces shrimp, peeled, deveined, halved lengthwise**
- 1⅓ cups frozen thawed peas**
- 4 green onions, chopped**
- 2 jalapeño peppers, stemmed, seeded, and chopped**

Place cooking bowl in Cuisinart® Rice Cooker/Steamer. Add olive oil. Cover and turn on; let heat for 1 minute. Add red onion, garlic, oregano, coriander, cumin, salt, and turmeric to bowl; stir, using wooden spoon, to coat with oil. Cover and cook for 1 minute. Add rice, stir and cook for 2 minutes. Add water; stir. Add drained diced tomatoes on top of rice – do not stir in. Cover and turn on.

Lightly coat the interior of the steaming tray with cooking spray. Place shrimp in steaming tray. After 10 minutes, place steaming tray on cooking bowl; cover. Cook until Rice Cooker switches to Warm. Place the peas, green onions and jalapeño pepper on top of the rice. Cover and let stand on Warm for 5 minutes.

To serve, fluff with rice paddle and stir in vegetables. Transfer to top with steamed shrimp. Garnish with sliced avocado and serve with a wedge of lemon or lime.

*Nutritional information per serving:*  
Calories 350 (9% from fat) • carb. 49g • pro. 29g  
• fat 3g • sat. fat 1g • chol. 221mg • sod. 485mg  
• calc. 108mg • fiber 4g

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## Couscous with Shrimp & Scallops

Easy enough to be a weeknight entrée.

Makes 4 entrée servings

- 12 ounces shrimp, peeled, deveined, cut in half lengthwise**
- 12 ounces bay scallops**
- 1 tablespoon extra virgin olive oil, divided cooking spray**
- 2 shallots, peeled, minced**
- 2 cloves garlic, minced**
- 2 teaspoons thyme**
- 2 cups (Rice Cooker) pearl couscous (also known as Israeli couscous)\***
- 1½ cups (standard liquid measure) chicken or vegetable stock**
- 1½ cups (standard liquid measure) water**
- ½ teaspoon kosher salt**
- ½ cup chopped green pepper**
- ½ cup chopped red bell pepper**
- ¼ cup chopped fresh parsley**
- 2 teaspoons finely chopped lemon zest**
- lemon wedges**

Place shrimp and scallops in a small bowl. Add 2 teaspoons of the olive oil and toss to coat. Lightly coat the interior of the steaming tray with cooking spray. Place the shrimp and scallops in the steaming tray; reserve.

Insert cooking bowl in Cuisinart® Rice Cooker/Steamer. Add remaining oil, cover, and turn on; heat 1½ minutes. Stir in shallots, garlic and thyme. Cover and cook 1 minute. Add couscous to bowl. Stir for 1 to 2 minutes. Add stock, water and salt; stir. Cover and cook for 7 minutes. Place steaming tray over bowl and continue to cook until Rice Cooker switches to Warm. Stir green and red peppers, parsley and lemon zest into couscous. Cover and let stand on Warm for 5 minutes. To serve, stir steamed shrimp and bay scallops into hot couscous. Garnish with lemon wedges.

\*Pearl or Israeli couscous can be found in well-stocked grocery stores, or in specialty food stores.

*Nutritional information per serving:*  
Calories 318 (19% from fat) • carb. 26g • pro. 37g  
• fat 7g • sat. fat 1g • chol. 194mg • sod. 691mg  
• calc. 85mg • fiber 2g

## Risi e Bisi with Shrimp

The traditional Venetian comfort food, Rice and Peas, is taken a step further and garnished with steamed shrimp to make it a complete meal.

Makes 4 entrée servings

- 1 pound shrimp, peeled, deveined, halved lengthwise**
- 4 teaspoons extra virgin olive oil, divided cooking spray**
- 2 teaspoons unsalted butter**
- ⅔ cup finely chopped onion**
- ⅔ cup finely chopped celery**
- 2 cups (Rice Cooker) Arborio rice**
- 6 tablespoons dry white wine or vermouth**
- 6 cups (standard liquid measure) chicken or vegetable stock (may use half water)**
- 2½ cups fresh or frozen thawed peas**
- ½ cup freshly grated Parmesan cheese**

Place shrimp in a small bowl and drizzle with 1 teaspoon of the olive oil. Toss to coat. Lightly coat the steaming tray with cooking spray. Arrange shrimp in steaming tray; reserve.

Place remaining olive oil and butter in the cooking bowl of the Cuisinart® Rice Cooker/Steamer. Cover, turn on, and wait one minute. Stir in the chopped onion and celery and cover; cook 1 minute. Add the rice; stir to coat completely. Cover and cook 2 minutes. Stir in the wine; cover. Cook 2 to 3 minutes until the wine is completely absorbed. Add the stock; stir. Cover and cook for 22 minutes, stirring 2 or 3 times during cooking. After 22 minutes, place steaming tray over cooking bowl and cover. Continue to cook until Rice Cooker switches to Warm, about 8 to 10 minutes longer. Add peas to cooking bowl. Cover and let stand on Warm for 5 to 10 minutes.

Just before serving, stir peas and steamed shrimp along with half the Parmesan into the cooked rice. Serve in warm bowls and top with remaining Parmesan.

*Nutritional information per serving:*  
Calories 440 (23% from fat) • carb. 40g • pro. 20g  
• fat 11g • sat. fat 4g • chol. 237mg • sod. 1175mg  
• calc. 198mg • fiber 5g

# Lemon-Thyme Brown Rice & Salmon

Nutritional information per serving:  
Calories 435 (31% from fat) • carb. 45g • pro. 30g  
• fat 15g • sat. fat 4g • chol. 76mg • sod. 406mg  
• calc. 53mg • fiber 3g

Turn this into a vegetarian entrée by substituting canned chickpeas (rinsed and drained) for the salmon.

Makes 4 entrée servings

- cooking spray**
- 3-4 lettuce leaves (use leaf lettuce, not iceberg)**
- 1¼ pounds boneless, skinless salmon fillet\*, cut into 4 equal fillets**
- 2 sprigs fresh thyme**
- 1 tablespoon unsalted butter**
- 4 tablespoons finely chopped onion**
- 2 cloves garlic, minced**
- 1½ cups (Rice Cooker) brown rice, rinsed and drained**
- 4 teaspoons finely chopped lemon zest, divided**
- 1 teaspoon dill**
- 1 teaspoon kosher salt**
- 3½ cups (standard liquid measure) water (or half water, half chicken stock)**
- ½ cup halved grape tomatoes**
- ½ cup chopped green pepper (½-inch dice)**
- ½ cup chopped red bell pepper (½-inch dice)**
- lemon wedges/lemon slices**

Lightly coat the steamer insert with cooking spray. Line with lettuce leaves. Arrange the salmon fillets in the lettuce-lined steamer insert in a single layer and top with fresh thyme sprigs; reserve.

Place cooking bowl in Cuisinart® Rice Cooker/Steamer. Add butter. Cover and turn on, let heat for 30 to 40 seconds. Stir in onion and garlic; cover and cook 30 seconds. Add rinsed and drained rice, 2 teaspoons lemon zest, salt and dill. Stir to coat. Add water. Cover and cook for 40 minutes. Place filled steamer insert above rice and cover. Continue to cook until Rice Cooker switches to Warm setting, about 10 to 12 minutes longer. Place tomatoes and peppers on top of rice and let stand on Warm for 10 minutes. To serve, stir tomatoes and peppers into rice. Place rice mixture on warmed plates and top with a steamed salmon fillet. Sprinkle with remaining lemon zest and serve with a wedge of lemon.

\*You may use sea scallops in place of the salmon. Remove the tough muscle from the side of each scallop and toss scallops in 2 teaspoons of olive oil.

# Teriyaki Steamed Chicken with Cranberry Wild Rice

You may substitute turkey cutlet or tenderloin for the chicken.

Makes 4 entrée servings

- 2 tablespoons light soy sauce**
- 2 tablespoons honey**
- 4 teaspoons dry sherry**
- 1 clove garlic, peeled, finely minced**
- 1 teaspoon powdered ginger**
- 1 tablespoon vegetable oil**
- 2 tablespoons finely minced green onion**
- 1 pound boneless, skinless chicken breast**
- cooking spray**
- 1½ cups (Rice Cooker) wild rice**
- 3 cups (standard liquid measure) chicken stock**
- ¾ cup water**
- 1 teaspoon kosher salt**
- 1 cup dried cranberries**
- 6 green onions, very thinly sliced**
- 2 tablespoons minced jalapeño pepper**

Place the soy, honey, sherry, garlic, ginger, oil, and green onion in a small bowl. Whisk to blend. Cut the chicken into “finger” sized pieces, about ½-inch thick and 3 inches long. Stir the chicken into the teriyaki marinade and let stand for 15 minutes.

Lightly coat both the steaming tray and cooking bowl with cooking spray. Place the bowl in the Cuisinart® Rice Cooker/Steamer. Place the rice in the bowl. Add the stock, water and salt; stir. Cover and turn on. Cook for 50 minutes. Drain the chicken and place in prepared steamer tray; discard marinade. After rice has cooked for 50 minutes, place the steaming tray over the cooking bowl and cover. Cook for an additional 12 to 15 minutes, until the Rice Cooker switches to Warm. When Rice Cooker switches to Warm, place the dried cranberries, green onions and minced jalapeño peppers on top of the rice. Cover and let stand on Warm for 10 minutes.

To serve, stir rice to blend in cranberries, green onions and jalapeño. Transfer to warmed plates and top with steamed teriyaki chicken fingers.

*Nutritional information per serving:*  
Calories 546 (13% from fat) • carb. 74g • pro. 44g  
• fat 8g • sat. fat 2g • chol. 87mg • sod. 786mg  
• calc. 36mg • fiber 6g

## Jambalaya with Sausage & Shrimp

Makes 4 cups

- 4 ounces smoked chicken or turkey andouille sausage\***
- cooking spray**
- 8 ounces shrimp, peeled, deveined, cut in half lengthwise**
- 1 teaspoon good quality olive oil**
- ½ cup finely chopped onions**
- ¼ cup finely chopped celery**
- 3 tablespoons chopped green bell pepper (¼-inch chop)**
- 3 tablespoons chopped red bell pepper (¼-inch chop)**
- 1 clove garlic, finely chopped**
- 1½ cups (Rice Cooker) long grain rice**
- 1 teaspoon thyme**
- ½ teaspoon chili powder**
- 1¾ cups (standard liquid measure) chicken stock**
- ¾ cup tomato sauce**
- 1 bay leaf**
- 3 tablespoons chopped Italian parsley**
- Tabasco® or other hot sauce**

Cut sausage into ½-inch slices. Lightly coat the interior of the steamer tray with cooking spray. Place the sausage and shrimp into the steaming tray; reserve.

Insert the cooking bowl into the Cuisinart® Rice Cooker/Steamer. Place the olive oil in the bowl, cover, and turn on. After 1 minute, add the onions, celery, green and red peppers, and garlic; stir to coat with oil. Cover and cook 3 to 4 minutes. Stir in the rice, thyme, and chili powder. Stir until rice is opaque, 2 to 3 minutes. Add the chicken stock and tomato sauce; tuck in the bay leaf. Cover and cook for 10 minutes. Place the filled steaming tray on the cooking bowl; cover. Continue to cook until Rice Cooker switches to Warm, 8 to 10 minutes longer. Let stand at Warm for 5 minutes. Remove and discard bay leaf. Gently toss rice mixture with steamed shrimp and sausage. Add half the parsley and toss to combine. Transfer to a warmed bowl to serve. Sprinkle with remaining chopped parsley. Serve with hot sauce if desired.

\*Smoked chicken or turkey andouille sausage has much less fat than traditional pork andouille. It

can be found in many well-stocked grocery stores. Smoked turkey kielbasa can be substituted.

*Nutritional information per serving (based on 4 servings):*  
Calories 299 (8% from fat) • carb. 50g • pro. 19g  
• fat 3g • sat. fat 0g • chol. 113mg • sod. 644mg  
• calc. 59g • fiber 2g

## Cinnamon Raisin Oatmeal

No fuss, no stirring, no boiling over, no burned pan! Hot oatmeal has never been so easy to serve as it is when cooked in your Cuisinart® Rice Cooker/Steamer.

Makes 8 servings (about ¾ cup each)

- 4 cups (Rice Cooker) rolled oats (not quick cooking)**
- 6 cups (standard liquid measure) water**
- 2 teaspoons ground cinnamon**
- ½ teaspoon salt**
- 6 tablespoons raisins**

Insert bowl In Cuisinart® Rice Cooker/Steamer. Place oatmeal, water, cinnamon and salt in bowl; stir. Sprinkle raisins over top. Cover and turn on; cooking time will be about 15 to 18 minutes. When unit switches to Warm, Cinnamon Raisin Oatmeal is ready to serve, or it may be kept on Warm. Stir before serving. Serve hot as is, or sprinkle with a sweetener such as brown sugar, honey or maple syrup. A dollop of yogurt (plain or vanilla) or milk to taste may be added.

Note: Other dried fruits may be substituted for the raisins. Try dried cherries, cranberries or blueberries, slivered dried apricots or plums or chopped dried apples.

You may make this oatmeal using Irish Oats. Combine 1 Rice Cooker cup of Irish Oats with 3 (standard liquid measure) cups water in a bowl; cover, refrigerate and soak overnight. Transfer the soaked oatmeal and liquid to the cooking bowl. Stir in cinnamon, salt and raisins. Turn on. When unit switches to Warm, the Irish Oatmeal is done. Stir before serving.

*Nutritional information per serving:*  
Calories 154 (12% from fat) • carb. 32 mg • pro. 5g  
• fat 2g • sat. fat 0g • chol. 0mg • sod. 154 mg  
• calc. 32 mg • fiber 4g

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## WARRANTY

### Limited Three-Year Warranty

This warranty supersedes all previous warranties on Cuisinart® Rice Cooker/Steamer. This warranty is available to consumers only. You are a consumer if you own a Cuisinart™ Rice Cooker/Steamer that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Rice Cooker/Steamer will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We suggest that you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of this product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Rice Cooker/Steamer should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190, or write to:

Cuisinart  
150 Milford Road  
East Windsor, NJ 08520

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return.

Please pay by check or money order (California residents need only supply proof of purchase and should call 1-800-720-0190 for shipping instructions).

**NOTE:** For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® Rice Cooker/Steamer has been manufactured to strict specifications and has been designed for use with the Cuisinart™ Rice Cooker accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

### California Residents Only

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart products of the same type. The retail store shall then, according to its preferences, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished.\* Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund of nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling of such nonconforming products under warranty.

### Before Returning Your Cuisinart Product

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

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

# Cuisinart®

SAVOR THE GOOD LIFE™



Coffeemakers



Food Processors



Toasters



Rice Cookers



Cookware



Grills

Cuisinart offers an extensive assortment of top quality products to make life in the kitchen easier than ever. Try some of our other countertop appliances and cookware, and Savor the Good Life®.

**[www.cuisinart.com](http://www.cuisinart.com)**

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# Cuisinart® INSTRUCTION AND RECIPE BOOKLET



**Smoke-less Contact Griddler®**

**GR-6S**

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



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# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces; use handles or knobs.
3. To protect against fire, electric shock, and injury to persons, **Do not immerse cord, plug or unit in water or other liquids.**
4. Close supervision is necessary when any appliance is used by or near children or individuals with certain disabilities.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning appliance.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been damaged in any manner. Return the appliance to the nearest Cuisinart® Consumer Service Center for examination, repair or adjustment.
7. The use of accessory attachments not recommended by Cuisinart may result in fire, electric shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let power cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near hot gas or electric burner, or in a heated oven.
11. Unplug the unit when finished using.
12. Do not use appliance for other than its intended use.
13. Extreme caution must be exercised when moving an appliance containing hot oil or other hot liquids.
14. To disconnect, press the ON/OFF button to turn the unit off, then remove plug from wall outlet.
15. **WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, ONLY AUTHORIZED PERSONNEL SHOULD DO REPAIRS.**
16. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

# SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords are available and may be used if care is exercised in their use.

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

## NOTICE

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

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# PARTS AND FEATURES

## 1. Top Cover

Solid construction with stainless steel, self-adjusting cover, adjusts to accommodate thickness of food.

## 2. Stainless Steel Handle

Sturdy stainless steel handle for opening and closing top cover.

## 3. Removable and Reversible Cooking Plates

Nonstick and dishwasher safe for easy cleanup.

**a. Grill Side:** Perfect for grilling steak, burgers, chicken and vegetables.

**b. Griddle Side:** Prepare flawless pancakes, eggs, bacon and seared foods.

## 4. Control Panel and Display

(see page 5)

## 5. Drip Tray

Collects grease and removes from base for easy cleanup (top rack dishwasher safe).

## 6. Drip Spout

Allows grease to drip into the drip tray.

## 7. Cleaning/Scraping Tool

Helps clean grill and griddle plates after cooking (top rack dishwasher safe).

## 8. Plate Release Buttons

Push in to release and remove cooking plates.

## 9. Hinge Release Lever

Allows the cover to extend back for cooking in alternate positions.

## 10. Foot Extension

Fold-out front foot extension for cooking in the Smoke-less Mode.



## 11. BPA Free

All parts that come in contact with food are BPA free.



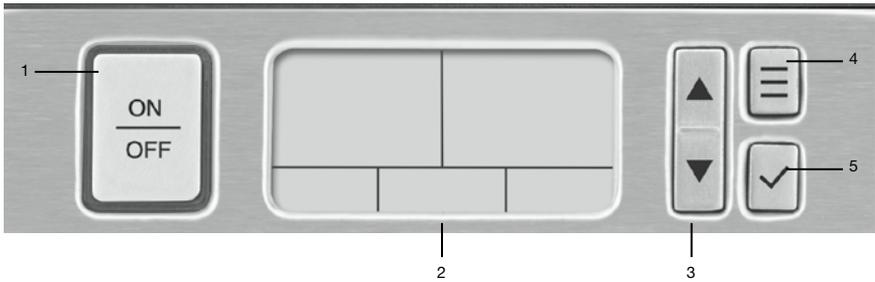
## BEFORE THE FIRST USE

Remove all packing materials and any promotional labels or stickers from your grill. Be sure all parts (listed under **Parts and Features**) of your new appliance have been included before discarding any packing materials. You may want to keep the box and packing materials for use at a later date.

**ATTENTION:** Be sure to unpack your new Cuisinart® Smoke-less Contact Griddler® carefully. It comes with two accessories: an integrated drip tray inserted at the base of the unit, and a scraping tool. The Smoke-less Contact Griddler® base and cover will become hot during cooking. If you need to adjust the cover into an alternate position, be sure to use an oven mitt to protect your hand. The reversible grill and griddle plates are interchangeable.

Before using your Cuisinart® Smoke-less Contact Griddler® for the first time, remove any dust from shipping by wiping the base, cover and control panel with a damp cloth. Thoroughly clean cooking plates, drip tray and scraping tool. Refer to **Assembly Instructions** for plate removal.

# GETTING TO KNOW YOUR CONTROL PANEL



## 1. ON/OFF Button

Press to turn unit on and off.

## 2. Large LCD

The backlit LCD screen is easy to read; it displays the cooking function (Grill/Griddle or Smoke-less), Upper Plate Temperature, Lower Plate Temperature, Timer, Sear, Upper and Lower Preheat, and food selections.

## 3. Up and Down Arrow Buttons

Use the ▲ and ▼ buttons to increase or decrease the upper and lower plate temperatures, select food while in Smoke-less Mode and to set the timer if using.

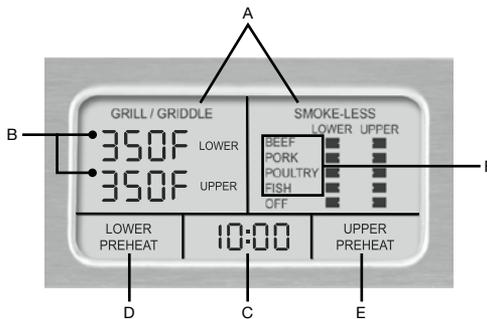
## 4. Select Button

Use to Select cooking function; Grill/Griddle or Smoke-less Mode.

## 5. Confirm Button

Use to confirm your cooking function (Grill/Griddle or Smoke-less Mode), confirm the temperature(s), food(s) and start the timer.

# START-UP SCREEN



## A. Cooking Function

Grill/Griddle or Smoke-less.

## B. Upper and Lower

Plate Temperatures  
175°F – Sear in 25° increments.

## C. Timer

Set to count up or count down.  
See Operating Instructions.

## D. Lower Plate Preheat

Appears in LCD when Lower Plate is preheating.

## E. Upper Plate Preheat

Appears in LCD when Upper Plate is preheating.

## F. Food Selections for Upper and Lower Plates

Appear in LCD while in Smoke-less Mode.

# THE SMOKE-LESS CONTACT GRIDDLER® DOES IT ALL

The Smoke-less Contact Griddler® is the ultimate kitchen appliance, offering you seven separate cooking options. Simply flip the reversible cooking plates and adjust the hinge to use as a *contact grill*, *panini press*, *full grill*, *full griddle*, *half grill/half griddle*, or *smoke-less grill with independent temperature controls*. See **Assembly Instructions** and **Operating Instructions**.

## CONTACT GRILL

Use the Smoke-less Contact Griddler® as a Contact Grill to cook burgers, boneless pieces of meat and thin cuts of meat and vegetables.

The Contact Grill function works best when you want to cook something in a short amount of time or when you are looking for a healthy method of grilling. When cooked on the Contact Grill, food will cook quickly because you are grilling both sides of the food at the same time. The ribs on the grill side of the plates, combined with the grease spout at the rear of the plate, allow the grease to drip from the meat and drain off the plates.

When the Smoke-less Contact Griddler® is used as a Contact Grill, the grill side of both plates is recommended. Rest the cover evenly on top of the food until it has reached the desired, cooked temperature.

The Smoke-less Contact Griddler® was designed with a unique handle and hinge that allow the cover to adjust to the thickness of the food. You can easily grill anything from a thinly sliced potato to a thick sirloin steak with even results.

When cooking more than one food item in the Contact Grill, it is important that the thickness of each food item is consistent, so the cover will close evenly on the food.



## PANINI PRESS

Use the Smoke-less Contact Griddler® as a Panini Press to grill sandwiches, breads and quesadillas.

The word *panini* is Italian for grilled sandwiches. Panini can include any combination of ingredients, such as vegetables, meat and cheese layered between two pieces of fresh-baked bread. The sandwich is then pressed between two grill or griddle plates to toast the bread and warm the sandwich. Experiment to make a variety of savory or sweet sandwiches for any meal. We recommend using fresh-baked bread to produce the best-tasting panini.

Popular breads used for panini are focaccia (a flat bread frequently baked with rosemary, salt and onion on top), ciabatta (a rectangular bread with a slightly domed crust) and thick slices of classic Italian bread. But any type of sliced bread or roll can be used to make a great panini!

When the Smoke-less Contact Griddler® is used as a Panini Press, the grill side of both plates is recommended. We recommend the grill side of the plates because traditional-style panini sandwiches have grill marks on the bread. However, depending upon the type of sandwich you are preparing, you may wish to use the griddle side of the plates or any combination of the two. The Smoke-less Contact Griddler® functions as a Panini Press in the same manner that it functions as a Contact Grill. The Smoke-less Contact Griddler® was designed with a unique handle and hinge that allow the cover to adjust to the thickness of the sandwich you are preparing, and to rest there evenly. Light pressure can be applied to the handle to press and heat the sandwich to your liking.

When cooking two or more panini, it is important that the thickness of the sandwiches is consistent, so the cover will close evenly on all the panini.



## FULL GRILL

Use the Smoke-less Contact Griddler® as a Full Grill to cook burgers, steak, poultry (we do not recommend cooking bone-in chicken, since it does not cook evenly on an open grill), fish and vegetables. Full Grill refers to using the Smoke-less Contact Griddler® in a fully open position, creating a double flat cooking surface. In this position, the foods you are grilling will have to be turned over for cooking. When the Smoke-less Contact Griddler® is used as a Full Grill, the grill side of both plates should be used.

Cooking on the Full Grill is the most versatile method of using the Smoke-less Contact Griddler®.

With the Full Grill, you have double the surface area (200 sq. inches) for grilling. You have the option of cooking different types of foods on separate plates without combining their flavors, or cooking large amounts of the same type of food.

The Full Grill also accommodates different cuts of meat with varying thicknesses, allowing you to cook each piece to your liking.



## FULL GRIDDLE

Use the Smoke-less Contact Griddler® as a Full Griddle to cook pancakes, eggs, French toast, hash browns and breakfast meats.

When you use the Smoke-less Contact Griddler® as a Full Griddle, open the cover so it lies flat, creating a double, flat cooking surface. In this position, the foods you are preparing will have to be turned over for cooking. When using this cooking function, the griddle side of both plates should be used.

Cooking on the Full Griddle is a wonderful way to prepare breakfast for two or for a large family. The large surface area allows you to cook a variety of different foods at the same time, or large amounts of your favorite food.



## HALF GRILL/HALF GRIDDLE

Use the Smoke-less Contact Griddler® as a Half Grill/ Half Griddle in order to create full meals like bacon and eggs or steak and potatoes at the same time.

When using the Smoke-less Contact Griddler® as a Half Grill/ Half Griddle, simply place the unit in the flat position and insert the grill plate on the lower portion of the Smoke-less Contact Griddler® and the griddle plate on the upper portion.



## SMOKE-LESS MODE

Smoke-less mode can be used with any of the previous five cooking options: Contact Grill, Panini Press, Full Grill, Full Griddle and Half Grill/ Half Griddle. Smoke-less mode offers precise temperature control based on the foods being cooked, and limits the amount of smoke generated by reducing the amount of fats that are burned with certain foods.

To use the Griddler in Smoke-less mode see Smoke-less Mode under Assembly Instructions.



## DUOCONTROL™ HEATING ADVANTAGE

Provides independent temperature control for each plate so you can program the top and bottom plates to reach different temperatures in order to cook different foods at the same time.

# ASSEMBLY INSTRUCTIONS

Place the Smoke-less Contact Griddler® on a clean, flat surface where you intend to cook. The Smoke-less Contact Griddler® can be positioned in many ways:

### Closed Position –

Upper plate/cover rests flat on lower plate/base. This is your starting and heating position when using the Contact Grill or Panini Press functions.



**Open Position –** Upper plate/cover is open slightly beyond a 90° angle. Open the cover to this position before using the Smoke-less Contact Griddler® as a Contact Grill or Panini Press.

To adjust the Smoke-less Contact Griddler® to this position, simply lift the handle until you feel it come to a resting position. The unit will stay in this position until you close the cover or continue to open it to the flat position.

The cover will stay in the upright position until you lower the handle for cooking. When this is done, the cover will release itself so that it lies flat on the top of the food you are preparing. This allows you to cook your food evenly from both top and bottom. When you lift the handle to open the Smoke-less Contact Griddler® after cooking, the cover will remain floating.

In order to lock the cover back into the upright position, you must close the Smoke-less Contact Griddler®, without any food in place, and open it again.



### Flat Position –

Upper plate/cover is level with lower plate/base. The upper and lower plates line up to create one large cooking surface. The Smoke-less Contact Griddler® is in this position when it is used as a Full Grill, Full Griddle, or Half Grill/ Half Griddle.

To adjust the Smoke-less Contact Griddler® to this position, locate the hinge release lever on the right arm.



With your left hand on the handle, use your right hand to slide the lever toward you. Push the handle back, until the handle rests flat on the counter. To change

position, lift the handle and cover to return it to the closed position.

If the Smoke-less Contact Griddler® is already in the open position and you wish to adjust it to the flat position, pull the handle slightly toward you and then lift and hold the hinge release lever. Push the handle back until the handle rests **on the countertop**. Pulling the handle forward slightly before lifting the hinge release lever will take some of the pressure off of the hinge, and you will be able to adjust the Smoke-less Contact Griddler® more easily.



### Smoke-less Mode

To cook in Smoke-less mode, there are two actions that need to be performed to the unit, depending upon what position you are cooking in this mode:

1. Create the lower plate / base angle by pulling out the front foot extension
2. Create upper plate / cover angle by adjusting the hinge

**Flat Position/Full Smoke-less** — Upper plate/cover and lower plate/base are both angled inward, creating a “V” shape. The upper and lower plates create one large cooking surface. The Griddler is in this position when it is used as a Full Grill, Full Griddle, or Half Grill/Half Griddle.

To adjust the Griddler to this position, locate the foot extension on the front underside of the base and fold out toward you, creating the base angle. Next, locate the hinge release lever on the right arm. With your left hand on the handle, use your right hand to lift and hold the hinge release lever. Push the handle back, until the cover is slightly beyond the open position. Release the lever and continue to push handle back until it comes into the next locked position.

**The handle will be slightly above the countertop**, creating the upper plate angle.

**NOTE:** In the flat/full smoke-less position, you may select to use smoke-less mode for either the upper plate only, lower plate only, or both.

**Closed Smoke-less Position** — For smoke-less grilling in the closed position, you will need to angle the lower plate/base. To adjust the Griddler to this position, locate the foot extension on the front underside of the base and fold out toward you, creating the base angle.

**Open Smoke-less Position** — Upper plate/cover is open slightly beyond a 90-degree angle. Open the cover to this position before using the Griddler as a Contact Grill or Panini Press. To adjust the Griddler for smoke-less cooking in the open position, locate

the foot extension on the front underside of the base and fold out toward you, creating the base angle.

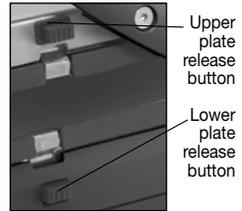
### To insert cooking plates

Adjust the Smoke-less Contact Griddler® to the flat position with the control panel directly in front of you. Insert one plate at a time. Each plate is designed to fit in either the upper housing or the lower housing of the Smoke-less Contact Griddler®.

If you are facing the Smoke-less Contact Griddler®, the drip spout should be at the rear of the plate. Locate the metal brackets at the center of the housing. Tilt the back end of the plate and line up the cutouts at the back of the plate with the metal brackets. Slide the plate underneath the brackets and push down the front end of the plate. It will snap into place. Turn the Smoke-less Contact Griddler® around and insert the second plate on either its grill or griddle side into the upper housing as you did with the first plate.

### To remove cooking plates

Once the Smoke-less Contact Griddler® has cooled, adjust to flat position. Locate the plate release button on one side of the unit. Press firmly on button and the plate will pop up slightly from the base. Grasp the plate with two hands, slide it out from under the metal brackets, and lift it out of the base. Press on the other plate release button to remove the other cooking plate in the same manner.



### To position drip tray

One side of the base has a slot provided for the drip tray. Slide the drip tray into the base according to the instructions on the tray.

Grease from the food will run off the plates through the drip spout and into the drip tray. Slowly remove the drip tray.

Grease should be safely disposed of after the Smoke-less Contact Griddler® has cooled down completely. The drip tray can be cleaned in the dishwasher.



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# OPERATING INSTRUCTIONS

When you are ready to begin cooking and the Smoke-less Contact Griddler® is positioned on a flat surface, make sure the drip tray, desired plate surfaces and cooking position(s) are set. Plug your Smoke-less Contact Griddler® into an electrical outlet and press any button. The LCD will show the start-up screen for several seconds.

## Select Cooking Function:

When **GRILL/GRIDDLE** is flashing, this indicates you need to select and confirm your cooking function. To do so, press the Select button until your desired function is flashing: Grill/Griddle or Smoke-less Mode. To confirm your cooking function, press the Confirm button. The selected cooking function is now confirmed and no longer flashing.

## COOKING IN GRILL/GRIDDLE MODE

### Set Temperature:

After you have confirmed **GRILL/GRIDDLE**, the words **LOWER**, **UPPER** and the temperature will flash in sequence. At this point, you have three options for setting the plate temperatures: Set the lower plate, set the upper plate or set both plates to be the same temperature. Press the Confirm button to select the plate(s) you wish to set the temperature for. Once the plate(s) have been confirmed, the word **LOWER** and/or **UPPER** will go solid and the associated temperature will start flashing.

To set temperature of either the upper or lower plate, press the ▲ button to increase temperature or the ▼ button to decrease temperature. This will allow you to scroll through temperature(s) at 25-degree increments. When your desired temperature is flashing, press the Confirm button. If you are only using one plate to cook, select **OFF** for the plate you do not wish to cook on.

Follow the above steps to set the temperature for the other plate. If you wish to cook on one plate in **SMOKE-LESS MODE**, press and hold the Select button to go back to function Selection mode.

**NOTE:** If both plates are confirmed, use the ▲ button and ▼ button to adjust both temperatures at the same time.

With the confirmed temperature(s) flashing, your Smoke-less Contact Griddler® will begin to preheat, and the word(s) **LOWER PREHEAT** and/or **UPPER PREHEAT** will appear for the plate(s) that are in use.

Once set temperature(s) is reached, the unit will beep 3 times. Temperature(s) will become solid and the word(s) **PREHEAT** will disappear.

### Set Timer:

After your Smoke-less Contact Griddler® has reached the set temperature, the timer will appear in the LCD, flashing 00:00.

- **Countdown Timer** – To select your cook time to count down, press the ▲ button (increase time) or the ▼ button (decrease time). Press and hold the ▲ or ▼ to adjust in 1 minute increments. **NOTE:** Timer adjusts in 30-second increments (60:00 max cooking time).

Add food to the Smoke-less Contact Griddler®, then press the Confirm button to start the timer. If timer is not set within 1 minute of preheating, the flashing 00:00 will change to \_ \_ : \_ \_ . The timer can be activated at any time during the cooking process by pressing the ▲ or ▼ button. After set time has elapsed, the Smoke-less Contact Griddler® will beep 3 times and the timer will begin counting up – this indicates how much time has elapsed after the cooking time has expired. Unit will also beep 3 times every 10 seconds continuously until cooking is stopped. To disable counting up and beeping, press Confirm button.

- **Count-Up Timer** – After the Smoke-less Contact Griddler® is preheated, you will see 00:00 flashing in the LCD. Add food to the Smoke-less Contact Griddler® and press the Confirm button. Timer will begin counting up from 00:00 (60:00 max cooking time). If the timer reaches 60:00, the unit will beep 3 times and then turn off.

### Changing Settings:

To change any of your settings (Cooking Function, Temperature and Time) at any time during use, press and hold the Select button to scroll through Time, Temperature and Function continuously, until the Select button is released. When button is released, the setting you wish to change should be flashing. After desired setting is changed and confirmed, the display will move to the next function.

## COOKING IN SMOKE-LESS MODE

In Smoke-less Mode there are 4 preset food groups: Beef, Pork, Poultry and Fish. You also have the option of turning either plate off, which is the default setting.

### Food selection:

After you have confirmed **SMOKE-LESS MODE**, the words **LOWER** and **UPPER** will flash in sequence. At this point you have three options: Set the lower plate, set the upper plate or set both plates to be the same food group. Press Confirm to select the plate(s) you wish to set the food group for. Once the plate(s) have been confirmed, the word **LOWER** and/or **UPPER** will go solid and the associated food group will start flashing. If you are only using one plate to cook, select **OFF** for the plate you do not wish to cook on.

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Follow the above steps to set the food group for the other plate. If you wish to cook on one plate in **GRILL/GRIDDLE MODE**, press and hold the Select button to go back to function Selection mode.

**NOTE:** If both plates are confirmed, use the up (arrow) button and down (arrow) button to adjust both food groups at the same time.

With the confirmed food group(s) flashing, your Smoke-less Contact Griddler® will begin to preheat, and the word(s) LOWER PREHEAT and/or UPPER PREHEAT will appear for the plate(s) that are in use.

Once set plate(s) are preheated, the unit will beep 3 times. The boxes associated with the selected food group(s) will become solid and the word(s) PREHEAT will disappear.

## TIPS & HINTS

- It may take up to 10 minutes to reach operating temperature, depending on the temperature level that was set.
- For cooking recommendations, refer to the Cooking Guide and Food Temperature Chart on page 24 of the Recipe Book.
- Always exercise caution when handling the Smoke-less Contact Griddler® during cooking, as the Smoke-less Contact Griddler® housing will become hot during use. To open the Smoke-less Contact Griddler®, grasp the handle. The arms are made of die-cast aluminum and will become hot during use. Do not touch them during or immediately following cooking.
- The cover is made of stainless steel and will become very hot and should not be touched during or immediately following cooking. If you need to adjust the cover, be sure to use an oven mitt to prevent burns.
- The lower housing is made of plastic and can become very warm. If you need to move the Smoke-less Contact Griddler® during cooking, be sure to handle it from the base only while wearing an oven mitt. Do not touch the cover.
- Allow the Smoke-less Contact Griddler® to cool down before handling (at least 30 minutes).
- The first time you use the Smoke-less Contact Griddler®, it may have a slight odor and may smoke a bit. This is normal and common to appliances with nonstick surfaces.
- The Smoke-less Contact Griddler® comes with a black cleaning/scraping tool. This can be used for cleaning both the grill and griddle sides of the plates after you have finished cooking and the unit has cooled down completely (at least 30 minutes). Using the cleaning tool on a hot surface for too long will cause the plastic to melt.
- Never use metal utensils, as they will scratch the nonstick plates.
- Never leave plastic utensils in contact with the hot grill plates. This includes the provided cleaning tool.
- In between recipes, use a wooden or heatproof plastic utensil to scrape excess food buildup through grease channels and into drip tray. Then, carefully wipe off any residue with a paper towel before proceeding with the next recipe.

## CLEANING AND MAINTENANCE

**Allow the unit to cool down for at least 30 minutes before handling.**

- Once you have finished cooking, press the ON/OFF button to power off and unplug the power cord from the wall outlet.
- Use the cleaning/scraping tool to remove any leftover food from the cooking plates. The scraping tool can be washed by hand or in the top rack of the dishwasher.
- Dispose of grease from the drip tray once cooled. The drip tray can be cleaned by hand or in the top rack of the dishwasher.
- Press the plate release buttons to remove plates from the housing. Be sure that the plates have cooled completely before handling (at least 30 minutes). The cooking plates can be washed in the dishwasher. Do not use metallic objects, such as knives or forks, for cleaning. Do not use a scouring pad for cleaning; the nonstick coating can be damaged.
- If you have been cooking seafood, wipe the cooking plates with lemon juice to prevent seafood flavor transferring to the next recipe.
- The housing base, cover and control panel can be wiped clean with a soft, dry cloth. For tough stains, dampen cloth. Never use an abrasive cleaner or harsh pad.

Any other servicing should be performed by an authorized service representative.

## STORAGE

Always make sure the Smoke-less Contact Griddler® is cool and dry before storing.

The power cord can be wrapped around the back of the base for storing.

The cooking plates and drip tray should be stored in the Smoke-less Contact Griddler® when not in use. The scraping tool can be stored in a drawer or cabinet.

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# WARRANTY

## Limited Three-Year Warranty

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

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

## CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

## HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® Smoke-less Contact Griddler® should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label,

email us at <https://www.cuisinart.com/customer-care/product-return>. Or call our toll-free Consumer Service Department at 1-800-726-0190 to speak with a representative.

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

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

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## Blueberry Buttermilk Pancakes

These pancakes are light and fluffy with a nice tang, thanks to the buttermilk and lemon.

**Plate Side:** Griddle

**Griddler® Cooking Position:** Open and flat

Makes about 12, 4-inch pancakes

- 1½ cups unbleached, all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt
- ¼ teaspoon ground cinnamon
- 1½ cups buttermilk
- 2 large eggs
- 1 tablespoon pure maple syrup
- ½ teaspoon pure vanilla extract
- 1 cup fresh blueberries

- ½ teaspoon grated lemon zest
- 1 teaspoon unsalted butter, optional

1. Put the dry ingredients, through the cinnamon, in a large mixing bowl. Whisk to combine; reserve.
2. Combine the buttermilk, eggs, maple syrup, and vanilla extract and whisk well. Add to the reserved dry ingredients and whisk until just combined (dry sections are OK). Add the blueberries and lemon zest and fold to incorporate, but do not overmix or the pancakes will be tough.
3. Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Grill/Griddle and set to 350°F.
4. Once preheated, use a ¼-cup measure, drop batter onto preheated griddle (if you like extra-buttery pancakes, put 1 teaspoon of butter on each plate and melt before dropping batter on plates), and set the count-up timer. Cook pancakes until bubbles form, about 4 to 5 minutes; flip and cook until done, about 3 minutes longer.
5. Transfer to warm plates to serve. As you finish each batch of pancakes, you can keep them warm on a wire rack placed on a baking sheet in a low oven (200°F). Repeat until all the batter is used.

*Nutritional information per serving (2 pancakes):  
Calories 189 (32% from fat) • carb. 24g • pro. 7g  
fat 7g • sat. fat 2g • chol. 171mg • sod. 203mg  
calc. 102mg • fiber 1g*

## Breakfast Tortas

If you like spicy, add extra heat to this sandwich by using hot, smoked Spanish chorizo.

**Plate Side:** Bottom Griddle, Top Grill

**Griddler® Cooking Position:** Open and flat, and then closed

Makes 2 tortas

- 1 tablespoon vegetable oil, divided
  - 4 eggs
  - 2 Kaiser rolls, cut across the middle
  - ½ avocado
  - 2 ounces Spanish chorizo, thinly sliced on the bias
  - 2 tablespoons store-bought green salsa, plus more for serving
  - 2 slices Monterey Jack cheese
1. Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Grill/Griddle and set to 350°F.

2. Once preheated, drizzle 2 teaspoons of the vegetable oil onto the bottom plate. Crack the eggs onto the bottom plate. Set the count-up timer to 5 minutes. At the 3-minute mark (when the egg whites are set and opaque), flip the eggs. When time expires, transfer 2 of the eggs to the bottom of each roll. Reserve.
3. While the eggs are cooking, divide the avocado evenly between the inside surfaces of the 2 tops of roll. Use a fork to smash into an even layer. Reserve.
4. When the eggs finish cooking, put the chorizo on the bottom plate and close the grill. Set the temperature to 425°F. Once preheated, transfer the chorizo to the top of the eggs in an even layer.
5. Drizzle each sandwich with 1 tablespoon of the salsa. Top with one slice of cheese and the top of the roll with the smashed avocado.
6. Brush the tops of each sandwich with the remaining oil. Transfer the two sandwiches to the Smoke-less Contact Griddler®. Close the Smoke-less Contact Griddler® and set the count-up timer. Lightly press down on the sandwiches for about 20 seconds. Cook for about 4 minutes total, until the cheese is melted and the tops are lightly golden and grill marks are visible.
7. Remove from Smoke-less Contact Griddler® and let cool slightly. Cut in half on the bias. Serve with more salsa on the side.

*Nutritional information per serving (one torta):*  
*Calories 789 (59% from fat) • carb. 42g*  
*pro. 39g • fat 52g • sat. fat 18g • chol. 435mg*  
*sod. 1229mg • calc. 482mg • fiber 4g*

## Challah French Toast

We love using eggy challah bread for French toast. Thanks to its soft yet sturdy structure, it soaks up the custard better than any other bread, making for the most decadent breakfast.

**Plate Side:** Griddle

**Griddler® Cooking Position:** Open and flat

Makes 8 servings

- 8 large eggs**
- 2 cups milk (we used reduced fat, but any variety will do)**
- 1 tablespoon pure vanilla extract**
- 2 tablespoons pure maple syrup**
- 1 teaspoon ground cinnamon**
- Pinch ground nutmeg**
- 1 to 2 pinches kosher salt**

- 8 slices challah bread,**  
**¾ inch thick**  
**Unsalted butter or coconut oil,**  
**for griddle**  
**Confectioners' sugar for serving**  
**Fresh fruit for serving**

1. Put the eggs, milk, vanilla extract, maple syrup, cinnamon, nutmeg and salt into a medium bowl. Whisk to fully combine and pour into a 13 x 9-inch baking dish.
2. Soak half of the bread in the milk mixture, turning so both sides are saturated.
3. While the bread is soaking, turn on the Cuisinart® Smoke-less Contact Griddler®. Select Grill/Griddle and set to 350°F.
4. Once preheated, put the soaked bread on the hot griddle and select the count-up timer. Cook 3½ to 4 minutes per side. Soak remaining bread while first batch of French toast is cooking.
5. Remove and reserve the cooked French toast in a warm oven, and then repeat with remaining soaked bread.
6. To serve, dust with confectioners' sugar and top with fresh fruit and maple syrup, if desired.

*Nutritional information per slice: Calories 195*  
*(32% from fat) • carb. 25g • pro. 7g • fat 7g*  
*sat. fat 3g • chol. 172mg • sod. 208mg*  
*calc. 116mg • fiber 1g*

## Mini Hash Browns

Quickly stirring the shredded potatoes in salted water and then squeezing out all liquid prevents them from oxidizing.

**Plate Side:** Griddle

**Griddler® Cooking Position:** Open and flat

Makes 8 servings

- 2 cups water**
  - 2 teaspoons plus 1 pinch kosher salt, divided**
  - 1 pound Yukon Gold potatoes**
  - Pinch freshly ground black pepper**
  - 3 tablespoons vegetable oil, plus more to brush plates**
1. Put the water and 2 teaspoons of salt into a medium mixing bowl. Whisk until salt is fully dissolved; reserve.
  2. Shred the potatoes to a medium thickness, using either a medium shredding disc of a Cuisinart® Food Processor or a box grater. Immediately transfer to the salted water and stir a few times. Drain and then put into

- a tea towel or dish towel and squeeze out all water.
- Put the squeezed potatoes into a mixing bowl and toss with the remaining pinch of salt, pepper and 3 tablespoons of the oil.
  - Turn on the Cuisinart® Smoke-less Contact Griddle®. Select Grill/Griddle and set to 425°F.
  - Once preheated, brush the plates with additional oil and then, using a ¼-cup scoop or measuring cup, dollop the seasoned potatoes onto the hot, oiled griddle, 4 scoops per side, and select the count-up timer. Flatten slightly with a heatproof spatula. Brush the tops with additional oil and allow to cook until bottoms are browned and crispy, about 6 to 8 minutes. Carefully flip each hash brown and cook on the opposite side until very crispy, an additional 8 minutes.
  - Remove and transfer to a wire rack to maintain crispiness while cooking next batch of potatoes.

*Nutritional information per hash brown:*  
 Calories 89 (51% from fat) • carb. 10g • pro. 1g  
 fat 5g • sat. fat 1g • chol. 0mg • sod. 146mg  
 calc. 7mg • fiber 1g

## Grilled Green Beans with Walnut-Mint Pesto

As these green beans with the pesto cool, the flavors will stand out even more, making them perfect for a party.

**Plate Side:** Grill

**Griddle® Cooking Position:** Closed

Makes ¾ cup pesto and 2½ cups green beans

- |    |  |
|----|--|
| 1  | <b>small garlic clove</b>                                    |
| 1  | <b>ounce fresh mint leaves</b>                               |
| 1  | <b>1-inch piece lemon peel</b>                               |
| ¼  | <b>cup toasted walnuts</b>                                   |
| 1  | <b>tablespoon shredded Parmesan</b>                          |
| 2  | <b>teaspoons lemon juice</b>                                 |
| ½  | <b>teaspoon salt</b>   |
| ¼  | <b>teaspoon freshly ground black pepper</b>                  |
| ½  | <b>cup extra virgin olive oil plus 1 tablespoon, divided</b> |
| 16 | <b>ounces green beans, washed and trimmed</b>                |
| ½  | <b>teaspoon salt</b>   |
| ¼  | <b>teaspoon freshly ground black pepper</b>                  |
| ¼  | <b>teaspoon grated lemon zest</b>                            |

- Make the walnut-mint pesto: Put the garlic in a mini chopper. Process until finely chopped. Scrape down the sides and add the mint leaves and lemon peel. Pulse to roughly chop. Add the remaining ingredients, except for the olive oil. Pulse to combine. With the food processor running, add the ½ cup olive oil through the drip hole and process until mostly smooth. Reserve.
- Turn on the Cuisinart® Smoke-less Contact Griddle®. Select Grill/Griddle and set the temperature to 425°F.
- Toss the green beans with 1 tablespoon olive oil, salt and pepper. Once preheated, put half of the green beans on the bottom grill plate in a single layer. Close the Smoke-less Contact Griddle® and set the count-up timer. Cook for about 8 minutes, until soft and grill marks are visible. Transfer grilled beans to a large bowl and repeat with remaining green beans.
- When all the green beans are grilled, toss with 2 tablespoons of the walnut mint pesto\* and the lemon zest.

\*Remaining pesto maybe be stored in the refrigerator for up to 2 weeks and stirred into soups or pastas.

*Nutritional information per serving (about 1 cup):*  
 Calories 199 (72% from fat) • carb. 12g • pro. 3g  
 fat 16g • sat. fat 2g • chol. 0mg • sod. 565mg  
 calc. 100mg • fiber 5g

## Grilled Peach Salad

Light summer lunch served in minutes.

**Plate side:** Grill

**Griddle® Cooking Position:** Closed

Makes 2 servings

- |   |  |
|---|--|
| 3 | <b>medium peaches, cut in half, pits removed</b> |
| 2 | <b>cups baby arugula</b>                         |
| 4 | <b>ounces fresh mozzarella*</b>                  |
| 1 | <b>tablespoon extra virgin olive oil</b>         |
|   | <b>Kosher salt</b>                               |
|   | <b>Freshly ground black pepper</b>               |
| 2 | <b>ounces prosciutto</b>                         |
| 1 | <b>teaspoon balsamic glaze</b>                   |
- Turn on the Cuisinart® Smoke-less Contact Griddle®. Select Grill/Griddle and set to 400°F.
  - Once preheated, put peaches onto the grill, cut side down, and set the count-up timer. Close and grill for about 8 minutes, so that the peaches are soft and grill marks are visible.

3. While the peaches are grilling, put the arugula and cheese in a large mixing bowl. Toss with the olive oil, salt and pepper. Transfer to the center of a large, round platter. Arrange the peaches with prosciutto on top. Drizzle with balsamic glaze.

\* If available, burrata makes a great substitute. Instead of tossing it with arugula, oil, salt and pepper, arrange it on top with the peaches and prosciutto.

*Nutritional information per serving (based on 2 servings):* Calories 389 (52% from fat) • carb. 24g pro. 22g • fat 22g • sat. fat 8g • chol. 435mg sod. 861mg • calc. 158mg • fiber 4g

### Grilled Vegetable Salad

This grilled salad makes a beautiful presentation, perfect for entertaining.

**Plate Side:** Grill

**Griddler® Cooking Position:** Closed

Makes about 8 cups

- 1 medium red pepper (about 6 ounces), cut into strips 1 to 1½ inches wide
  - 1 medium yellow pepper (about 6 ounces), cut into strips 1 to 1½ inches wide
  - 1 medium zucchini (about 6.5 ounces), sliced horizontally into ¼-inch thick slices
  - 1 small eggplant (about 10 ounces), sliced horizontally into ¼-inch thick slices
  - 1 medium red onion (about 10 ounces), cut into wedges, keeping root intact
  - 1 bunch asparagus (about 8 ounces), hard ends trimmed and discarded
  - 1 tablespoon fresh lemon juice
  - ¼ cup extra virgin olive oil
  - 2 to 3 ounces ricotta salata, crumbled
  - ½ cup pitted Kalamata olives, roughly chopped
  - ½ cup fresh basil leaves
1. Turn on Cuisinart® Smoke-less Contact Griddler®. Select Grill/Griddle and set to 425°F.
  2. Grill all veggies in batches in the closed position. They are done once charred with grill marks and soft. The peppers take about 8 minutes, zucchini 5 minutes, eggplant 6 to 8 minutes, red onion 5 minutes and asparagus 3 to 4 minutes. Once grilled, toss all the vegetables together with the

lemon juice, olive oil, cheese, olives and basil leaves.

3. Serve immediately.

*Nutritional information per serving (based on 8 servings):* Calories 147 (65% from fat) • carb. 11g pro. 3g • fat 11g • sat. fat 2g • chol. 6mg sod. 312mg • calc. 60mg • fiber 3g

### Black Bean Veggie Burger

Packed with protein and studded with colorful, vitamin-rich veggies, this burger will be a hit among meat and non-meat eaters alike.

A Cuisinart® Food Processor will make the prep quick, but it can easily be prepared by hand.

**Plate Side:** Griddle

**Griddler® Cooking Position:** Open and flat

Makes 6 burgers

- 1 tablespoon olive oil, plus more to brush plates
  - 2 garlic cloves, finely chopped
  - ¼ medium to large onion, finely chopped
  - ½ teaspoon kosher salt, divided
  - Pinch freshly ground black pepper
  - 1 can (15 ounces) black beans, drained and rinsed
  - ½ chipotle pepper in adobo, chopped, plus 1 teaspoon adobo sauce
  - ½ cup water, divided (this is approximate, you may not need the entire amount)
  - 1 cup cooked quinoa
  - ½ cup diced carrot
  - ½ cup diced zucchini
  - ¼ cup chopped fresh cilantro
  - 6 hamburger buns
  - 1 avocado, sliced
1. Put the oil in a medium sauté pan set over medium heat. Once hot, add the garlic, onion and ¼ teaspoon of salt and pepper. Sauté until softened and fragrant, about 5 minutes. Add the black beans, chipotle and sauce, and enough water to keep the pan from being dry. Cook until beans are soft enough where they can be easily mashed, about 10 minutes, adding additional water as needed to prevent the pan from going dry.
  2. Once beans are soft, add the remaining salt, quinoa, carrot and zucchini. Add additional water, about 2 to 3 tablespoons, stir, partially cover and reduce heat to medium-low

- and cook until vegetables are just slightly cooked, about 5 minutes.
- Transfer mixture to a Cuisinart® Food Processor fitted with the chopping blade. Add the cilantro and pulse 4 to 5 times to slightly mash the mixture.
  - Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Grill/Griddle and set to 375°F.
  - While Smoke-less Contact Griddler® is heating, form burger mixture into 1/3-cup patties (the mixture may be too warm to handle. If that is the case, then allow to rest until slightly cooled).
  - Once preheated, brush the plates with additional oil and put the prepared patties onto the hot, oiled griddle. Select the count-up timer and cook 3 minutes per side. Brush the tops with additional oil and allow to cook until bottoms are golden brown and the burger is just getting firm, about 3 to 4 minutes. Carefully flip and cook on the other side for another 3 to 4 minutes.
  - To serve, put on a bun and top with sliced avocado. Serve immediately.

*Nutritional information per burger: Calories 236 (25% from fat) • carb. 36g • pro. 8g • fat 7g sat. fat 1g • chol. 0mg • sod. 410mg calc. 87mg • fiber 5g*

## Buffalo Chicken Quesadillas

You won't be able to stop eating these quesadillas—they're great for a large get-together and can be kept warm in the oven at a low temperature once they're cut.

**Plate Side:** Griddle

**Griddler® Cooking Position:** Closed and smoke-less

Makes 6 quesadillas

- 2 pounds boneless, skinless chicken thighs**
  - 2 cups Buffalo sauce, divided**
  - 12 tablespoons cream cheese**
  - 4 cups shredded Mexican-blend cheese**
  - 12 7- to 8-inch flour tortillas**
  - 1½ tablespoons vegetable oil**
  - Blue cheese dressing, for serving**
  - Celery sticks, for serving**
- Turn on the Cuisinart® Smoke-less Contact Griddler®. Select smoke-less mode and set both griddle plates to Poultury.

- Once preheated, put the chicken on the Smoke-less Contact Griddler®. Close the Smoke-less Contact Griddler® and set the timer for 8 minutes, until chicken is fully cooked through. Remove from Smoke-less Contact Griddler® and let cool slightly. When cool enough to handle, thinly slice the chicken and toss with 1½ cups of the Buffalo sauce. Reserve.
- While the chicken is cooking, combine the cream cheese with ½ cup Buffalo sauce. Spread about 1 tablespoon of the cream cheese mixture onto the center of one of the tortillas, leaving about a 1-inch border all around. Sprinkle with 1/3 cup of the shredded cheese. Top with approximately 1/4 cup of chicken mixture and an additional 1/3 cup shredded cheese. Spread 1 more tablespoon of the cream cheese mixture onto another tortilla, also leaving about a 1-inch border. Put the tortilla, cream cheese-side down, onto the bottom tortilla. Brush the top with vegetable oil.
- When the chicken is done cooking, decrease the temperature to 375°F. Once heated, put the quesadilla on the bottom plate and close the Smoke-less Contact Griddler®. Set the count-up timer and cook for about 3 to 3½ minutes, until cheese is melted and the top of the quesadilla is a little brown and crispy. Remove from Smoke-less Contact Griddler®, let cool slightly and cut into 8 pieces. Repeat with remaining ingredients.

*Nutritional information per serving (1 quesadilla): Calories 821 (54% from fat) • carb. 41g pro. 53g • fat 48g • sat. • fat 25g • chol. 224mg sod. 3414mg • calc. 656mg • fiber 2g*

## Chermoula Salmon with Grilled Potatoes

This zesty Moroccan marinade is a great match for grilled fish and seafood.

**Plate Side:** Grill

**Griddler® Cooking Position:** Open and flat with smoke-less

Makes 1¼ cups chermoula and 3 to 4 servings of salmon and potatoes

**Chermoula marinade:**

- 6 small garlic cloves**
- 1 teaspoon paprika**
- ¾ teaspoon kosher salt, divided**
- ½ teaspoon freshly ground black pepper**
- 1 teaspoon ground coriander**
- ½ teaspoon ground cumin**

- 1 **teaspoon red pepper flakes**
- 4 **2 x ½-inch strips lemon peel, white pith removed**
- ¾ **cup fresh cilantro, roughly chopped**
- ¼ **cup fresh parsley, roughly chopped**
- ⅓ **cup fresh lemon juice**
- 2 **tablespoons white wine vinegar**
- 1 **cup olive oil, reserving 1 tablespoon**
- ⅓ **cup pitted, whole Kalamata olives, finely chopped**
- 1 **pound salmon, about 1½ inches thick**
- 2 **large (about 1 pound total) russet potatoes, scrubbed**

1. Make the chermoula: Put the garlic into a mini chopper. Pulse to finely chop. Add the paprika, ½ teaspoon of the salt, pepper, coriander, cumin, red pepper flakes and lemon peel. Pulse until a paste forms. Transfer mixture to a small bowl. Add the cilantro, parsley, lemon juice and vinegar. Slowly whisk in the olive oil. Add the olives. Put the salmon in a 9 x 13-inch baking dish; add ½ cup of the marinade to cover the fish. Cover with plastic wrap; marinate 1 to 2 hours. Bring to room temperature before grilling.
2. Twenty minutes before cooking the salmon, slice the potatoes into ¼-inch slices. Put the potato slices in a large bowl with the reserved tablespoon of olive oil and remaining salt. Toss to evenly coat.
3. Turn on the Cuisinart® Smoke-less Contact Griddle®. Select Smoke-less mode and set both plates to Fish.
4. Once preheated, distribute the potatoes between the upper and lower grill plates of the Smoke-less Contact Griddle® in an even layer. Set the timer for 16 minutes and cook potatoes, flipping halfway through, until potatoes are browned and crispy and fully cooked through. Transfer the cooked potatoes to a large serving plate and loosely cover with foil.
5. Put the salmon on the bottom plate of the Smoke-less Contact Griddle®. Set the count-up timer and cook for about 8 to 9 minutes on the first side. Flip salmon and cook the second side of the salmon for about 6 minutes, until desired doneness.
6. When salmon is cooked, transfer to a serving plate and drizzle with 2 to 3 tablespoons of the remaining chermoula. Serve salmon with the reserved potatoes.

*Nutritional information per serving (based on 4 servings): Calories 856 (75% from fat) • carb. 29g pro. 27g • fat 73g • sat. fat 10g • chol. 69mg sod. 819mg • calc. 91mg • fiber 4g*

## **Cuban Sandwich**

Ham and cheese magically come together in this take on the traditional Cuban toasted sandwich. A great way to use up any leftover Latin Pork Chops (page 20).

**Plate Side:** Grill

**Griddle® Cooking Position:** Closed

Makes 2 large sandwiches, about 6 servings

- 2 **large Cuban or Portuguese-style soft rolls, about 10 inches long**
- 1 **tablespoon plus 1 teaspoon Dijon or deli mustard**
- 4 to 6 **ounces sliced Swiss cheese, divided**
- 4 to 6 **ounces sliced roasted pork**
- 4 to 6 **ounces sliced ham**
- 4 **ounces dill pickles, thinly sliced horizontally**
- 1 **teaspoon olive oil**

1. Assemble sandwiches by slicing rolls and placing on a work surface. Spread the mustard on each side of both rolls. Put a slice of cheese on the bottom of each roll. Add the pork, ham and the pickle slices. Finish with the remaining cheese and the top of the roll. Brush the top with the olive oil.
2. Fit the Cuisinart® Smoke-less Contact Griddle® with the grill plates. Turn unit on. Select Grill/Griddle and set to 375°F.
3. Once preheated, place the sandwiches on the grill and free the floating hinge. Press the sandwiches firmly when closing the grill and set the count-up timer. Keep it pressed for about one minute. Continue cooking for about 6 minutes total, until bread is crisp and cheese is melted.
4. Slice sandwich in pieces to serve.

*Nutritional information per serving (based on 6 servings): Calories 215 (45% from fat) • carb. 13g pro. 16g • fat 10g • sat. fat 5g • chol. 38mg sod. 700mg • calc. 191mg • fiber 0g*

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## Greek-Style Kebabs

Chicken or a hearty fish can be substituted for the pork in this recipe. Simply adjust the time accordingly and make sure both are fully cooked through before serving.

**Plate Side:** Grill

**Griddler® Cooking Position:** Open and flat with smoke-less

Makes 10 kebabs

- 2** pounds trimmed pork shoulder
- ¼** cup olive oil
- 2** tablespoons fresh lemon juice
- 1** teaspoon kosher salt
- 1** teaspoon dried oregano
- ½** teaspoon pepper
- 1** small red onion, cut into 1-inch chunks
- 1** pint cherry tomatoes
- Pita bread, for serving, optional**
- Tzatziki\*, for serving, optional**
- 10** wooden skewers

1. Cut the pork into 1-inch pieces. Season with the olive oil, lemon juice, salt, oregano and pepper. Put 1 piece of pork onto 1 of the skewers. Then add a piece of the onion (about 2 or 3 layers thick), followed by another piece of pork, a tomato, another piece of pork, onion and pork. Repeat with the remaining skewers and ingredients.
2. Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Smoke-less mode and set both plates to Pork.
3. Once preheated, put the kebabs on the Smoke-less Contact Griddler® and set the count-up timer. Cook skewers, rotating until each side is browned, for about 25 to 30 minutes, until fully cooked through. Alternately, skewers may be cooked in the closed position for about 6 to 8 minutes.
4. If desired, serve with pita bread and tzatziki.

\*Tzatziki is a traditional Greek yogurt-based dip served with kebabs. It may be bought pre-made or can be made from scratch. Search Cuisinart.com for recipes.

*Nutritional information per serving (1 kebab):*  
Calories 272 (73% from fat) • carb. 2g • pro. 16g  
fat 22g • sat. fat 6g • chol. 64mg • sod. 274mg  
calc. 19mg • fiber 1g

## Grilled Pizza with Bacon and Olives

Use our method for grilling pizza and add any toppings you'd like.

**Plate Side:** Griddle

**Griddler® Cooking Position:** Open, closed and flat

Makes 4 to 6 servings

- 6** slices bacon
- 12** ounces fresh pizza dough
- ½** cup pizza sauce
- 2** tablespoons sliced black olives
- 2** teaspoons olive oil

1. Put the bacon on the bottom plate of the griddle. Turn the Cuisinart® Smoke-less Contact Griddler® on and select Grill/Griddle. Set to 425°F. When the bacon is brown and crispy, transfer to a plate. Once cool, crumble and reserve.
2. Shape the dough into a rectangle that fits the size of the griddle. Put the pizza dough onto the griddle and close the Smoke-less Contact Griddler®. Set the count-up timer and cook for about 4 minutes, until lightly golden on both sides. Open the grill and flip the pizza. Reduce heat to 400°F.
3. Top the partially cooked pizza dough with the sauce, olives and crumbled bacon. Brush the edges of the pizza with the olive oil.
4. Set the count-up timer again and continue cooking for about 6 to 8 minutes in the open position until the bottom of the pizza is crispy and dough is fully cooked through.

*Nutritional information per serving (based on 6 servings):* Calories 211 (39% from fat) • carb. 25g  
pro. 8g • fat 9g • sat. fat 2g • chol. 15mg  
sod. 571mg • calc. 0mg • fiber 1g

## Hamburgers with Caramelized Onions and Gruyère

This French-style burger is rich and delicious.

**Plate Side:** Bottom Grill/Top Griddle

**Griddler® Cooking Position:** Flat and open with smoke-less

Makes 4 burgers

- 1** yellow onion, thinly sliced
- 2** tablespoons olive oil, divided
- 1¼** teaspoons salt, divided
- ¼** cup water
- 24** ounces ground beef
- ½** teaspoon freshly ground

- black pepper**
- 4 slices Gruyère cheese**
- 4 brioche rolls**
1. Combine the onion slices, 2 teaspoons of the oil and ¼ teaspoon of the salt in a bowl.
  2. Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Smoke-Less mode and set both plates to Beef.
  3. Once preheated, put the onions on the upper griddle plate of the Smoke-less Contact Griddler®. Set the count-up timer and cook for about 15 to 20 minutes, stirring from time to time with a heatproof spatula, until onions are soft. Once the onions are soft, add 1 to 2 tablespoons of water to the onions and stir until water evaporates. Repeat until onions are very soft and caramelized, about 10 more minutes, adding water as needed. Remove from griddle and reserve.
  4. When the onions are just soft, form the ground beef into 4 even-sized patties, 6 ounces each. Sprinkle both sides evenly with the salt and pepper. Brush with the olive oil. Add the burgers to the bottom grill plate, and cook, about 5 minutes on each side, or until desired doneness. Top with cheese and transfer to plate to rest.
  5. While the burgers rest, split the brioche rolls and place onto the upper griddle plate, face down. Cook until lightly toasted, about 2 to 3 minutes.
  6. Top each burger with some of the caramelized onions and serve in the toasted rolls.

*Nutritional information per serving (1 burger):*

*Calories 638 (60% from fat) • carb. 25g  
pro. 39g • fat 43g • sat. fat 16g • chol. 133mg  
sod. 1064mg • calc. • 182mg • fiber 1g*

## Italian Panini with Grilled Chicken

Looking for a quick, all-purpose grilled chicken recipe? The grilled chicken in this recipe may be enjoyed on its own.

**Plate Side:** Grill

**Griddler® Cooking Position:** Closed with smoke-less

Makes 4 panini

- 3 large (about 1½ pounds total) boneless, skinless chicken breasts, cut in half lengthwise**
- ¼ cup, plus 2 teaspoons olive oil, divided**
- 1½ teaspoons Italian seasoning**
- 1 teaspoon kosher salt**
- 4 ciabatta rolls, cut in half lengthwise**
- 4 slices jarred, roasted red bell peppers**
- 1 cup arugula**
- ½ pound fresh mozzarella, thinly sliced**

1. Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Smoke-less mode and set both plates to Poultry. While the Smoke-less Contact Griddler® is preheating, season the chicken breasts with 2 teaspoons of the olive oil, Italian seasoning and the salt.
2. Once preheated, put the chicken breasts on the bottom plate and set the count-up timer. Close Smoke-less Contact Griddler® and cook for about 6 minutes, until the chicken is fully cooked through and grill marks are visible. Remove chicken from Smoke-less Contact Griddler® and divide among the bottoms of the 4 rolls.
3. Top each chicken piece with 1 slice of the jarred bell peppers and ¼ cup of the arugula. Drizzle the arugula with 2 teaspoons of the olive oil and a small pinch of salt. Top with the cheese and the top of the ciabatta roll. Brush the top of the roll with oil.
4. Transfer 2 of the sandwiches to the back of the hot grill. Close the Smoke-less Contact Griddler® and set the count-up timer. Press down on Griddler handle and hold for 1 minute, then cook for an additional 5 minutes until roll is crusty and cheese is melted. Repeat with remaining paninis. Cut in half before serving.

*Nutritional information per serving: Calories 234 (47% from fat) • carb. 37g • pro. 57g • fat 37g  
sat. fat 10g • chol. 142mg • sod. 1273mg  
calc. 234mg • fiber 1g*

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## Latin Pork Chops

Jazz up weeknight pork chops with this Latin-inspired marinade. Sliced leftovers are perfect in a Cuban sandwich.

**Plate Side:** Grill

**Griddler® Cooking Position:** Closed with smoke-less

Makes 4 servings

- 1 small onion, sliced
- 4 garlic cloves, sliced
- ½ cup orange juice
- 2 tablespoons fresh lime juice
- ½ cup cilantro, roughly chopped
- 4 1-inch thick, boneless pork chops
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. Stir together the onion and garlic with the juices and cilantro.
2. Add the pork chops so they are covered with the marinade. Cover and place in the refrigerator for about 3 hours.
3. When ready to grill, remove chops from the marinade, pat dry, and sprinkle evenly on both sides with the salt and pepper.
4. Fit the Cuisinart® Smoke-less Contact Griddler® with the grill plates. Turn unit on. Select Smoke-less mode and set both plates to Pork.
5. Once the grill comes to temperature, place the chops on the grill in the closed position and set the count-up timer. Pork chops are done when an instant-read thermometer reads 145°F in the thickest part, about 5 minutes.
6. Allow the chops to rest about 5 minutes before serving.

*Nutritional information per serving (based on 4 servings):* Calories 278 (40% from fat) • carb. 3g pro. 37g • fat 12g • sat. fat 4g • chol. 114mg sod. 350mg • calc. 24mg • fiber 0g

## Shrimp Fajitas

This recipe is great for a festive dinner that guests can assemble themselves at the table.

**Plate Side:** Bottom Grill, Top Griddle

**Griddler® Cooking Position:** Open and flat

Makes about 8 fajitas (3 shrimp per fajita)

- 1 pound frozen large shrimp, thawed and fully peeled
- 3 tablespoons olive oil, divided
- 1 large garlic clove, finely chopped
- ¾ teaspoon chili powder
- Pinch ground cumin
- 2 small bell peppers (any color), sliced into ¼-inch strips
- 1 small red onion, sliced into ¼-inch strips
- ½ teaspoon kosher salt, divided
- Pinch pepper
- 1 tablespoon cilantro, roughly chopped
- 1 tablespoon fresh lime juice
- 4 wooden skewers, cut in half, optional
- Small flour tortillas
- Small lime wedges, for serving
- Guacamole, for serving, optional
- Salsa, for serving, optional
- Sour cream, for serving, optional

1. Use paper towels to fully dry the peeled shrimp. Put the dried shrimp in a small bowl or plastic bag with 2 tablespoons of the olive oil, garlic, chili powder and cumin. Stir to evenly coat with all of the ingredients. Refrigerate for 20 minutes to marinate.
2. While the shrimp is marinating, toss the peppers and onions in the remaining oil. Sprinkle with ¼ teaspoon of the salt and the pinch of pepper and garlic powder. Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Grill/Griddle and set to 425°F.
3. Once preheated, put the peppers and onions on the Smoke-less Contact Griddler®. Set the timer for 15 minutes and cook, stirring occasionally with silicone-tipped tongs until peppers and onions are browned and melted.
4. Once time expires, transfer all of the peppers and onions to the top half of the griddle in preparation for cooking the shrimp. Transfer to a serving bowl when shrimp are done and toss with the chopped cilantro.

- Once shrimp have marinated, remove from the refrigerator. Combine with the lime juice and remaining salt. If using wooden skewers, put 3 shrimp on each skewer. Set the count-up timer and cook the skewers on the bottom half of the grill for about 5 minutes on the first side and 3 minutes on the other side until shrimp are fully opaque. Alternately, shrimp may be cooked directly on the bottom plate of the grill without the skewers for the same amount of time. Transfer shrimp to a serving plate.
- To assemble fajitas, put 3 shrimp on a tortilla and top with a spoonful of the peppers and onions. Serve with a small lime wedge and, if desired, guacamole, salsa and sour cream.

*Nutritional information per serving (1 fajita):*  
*Calories 196 (40% from fat) • carb. 16g*  
*pro. 13g • fat 9g • sat. fat 1g • chol. 85mg*  
*sod. 418mg • calc. 76mg • fiber 1g*

## Skirt Steak with Chimichurri Sauce

If you have any ripe fruit on hand, like ripe pineapple or mango, chop it finely and add about 1 tablespoon to the sauce for added sweetness and a pop of color.

**Plate Side:** Grill

**Griddler® Cooking Position:** Open and flat with smoke-less

Makes about 1 cup sauce, 3 to 4 servings

**Sauce:**

- 4** garlic cloves, finely chopped
- ½** teaspoon salt
- Pinch** cumin
- Pinch** red pepper flakes
- 1** tablespoon plus 2 teaspoons red wine vinegar
- ¾** cup extra virgin olive oil
- ¼** cup parsley leaves, roughly chopped
- 2** tablespoons fresh oregano leaves, roughly chopped

**Steak:**

- 1** pound skirt steak, about 1 inch thick
  - 2** teaspoons olive oil
  - ½** teaspoon salt
  - ¼** teaspoon pepper
- Make the Chimichurri Sauce: Combine the first 5 ingredients in a small bowl. While whisking, add the extra virgin olive oil, and then fold in the chopped parsley and oregano. Cover and allow to sit so the flavors can meld.

- Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Smoke-less mode and set both plates to Beef.
- While the Smoke-less Contact Griddler® is preheating, season the steak on both sides with the olive oil, salt and pepper.
- Once preheated, put the steak on the bottom plate. Set the count-up timer and cook for about 6 minutes on the first side and 4 to 5 minutes on the second side, until desired doneness.
- Transfer the steak to a cutting board and allow to rest for 5 minutes. Slice against the grain. Serve with a spoonful of the sauce drizzled on top.

*Nutritional information per serving (based on 4 servings):* *Calories 789 (59% from fat) • carb. 42g*  
*pro. 39g • fat 52g • sat. fat 18g • chol. 435mg*  
*sod. 1229mg • calc. 482mg • fiber 4g*

## Toasted Avocado, Cheese and Tomato Panini

Simple ingredients with maximum taste.

**Plate Side:** Grill

**Griddler® Cooking Position:** Closed

Makes 2 sandwiches

- 2** ciabatta or French rolls
- ½** ripe avocado
- ½–¾** teaspoon kosher salt, divided
- ½** teaspoon freshly ground black pepper
- 1** small/medium tomato (about 4 ounces), thinly sliced
- 3** ounces sliced Havarti cheese (about 4 thin slices)
- ¼** teaspoon extra virgin olive oil

- Slice the rolls and lay flat. Spread half of the avocado on the bottom half of each roll. Sprinkle with ½ of the salt and pepper. Divide the tomato slices evenly and place on the avocado. Sprinkle evenly with remaining salt and pepper.
- Add the cheese evenly, place tops on both rolls, and then brush the top of each roll with the olive oil.
- Fit the Cuisinart® Smoke-less Contact Griddler® with the grill plates. Turn unit on. Select Grill/Griddle and set to 375°F.
- Once preheated, place the sandwiches in the middle of the grill. Loosen the floating hinge and press the top plate down on the sandwiches in the closed position. Set the count-up timer.

5. Grill until bread is crisp and cheese is melted, about 7 minutes.

*Nutritional information per ½ sandwich (based on 4 servings):* Calories 172 (55% from fat) carb. 12g • pro. 8g • fat 11g • sat. fat 5g chol. 19mg • sod. 361mg • calc. 174mg fiber 2g

## Chocolate Hazelnut Panini with Strawberries

Why should panini only be savory? Here we take two favorite flavors, chocolate hazelnut and strawberry, and put them together in this delicious, sweet treat.

**Plate Side:** Grill

**Griddler® Cooking Position:** Closed

Makes 2 panini

- 2**      **brioche rolls or croissants**  
**Olive oil or softened butter,**  
**for brushing**
  - ¼**      **cup chocolate hazelnut spread**  
**Pinch kosher salt**
  - 2 to 3**      **large strawberries, hulled and sliced**  
**(you need enough to cover the entire**  
**surface of the bottom of the roll/**  
**croissant)**
1. Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Grill/Griddle and set to 400°F.
  2. While the Smoke-less Contact Griddler® is heating, assemble the panini. Halve the rolls or croissants horizontally. Brush the outer parts with oil or butter. Evenly spread the chocolate hazelnut spread on the inside tops and bottoms. Sprinkle with salt and lay the strawberry slices across the bottom surface.
  3. Put the two pieces together for each panini.
  4. Once preheated, put the panini on the hot grill and select the count-up timer. Using medium pressure, press on the handle for 20 seconds and then allow to cook for 3 minutes, or until outside has visible grill marks and filling is warmed through.
  5. Remove and allow to cool for 1 minute. Cut each panini in half and serve warm.

*Nutritional information per serving (½ panini on croissant):* Calories 230 (50% from fat) carb. 25g pro. 4g • fat 13g • sat. fat 5g chol. 19mg • sod. 142mg • calc. 33mg • fiber 2g

## Grilled Pineapple

The heat of the grill caramelizes the pineapple, making it super sweet. Perfect with vanilla ice cream!

**Plate Side:** Grill

**Griddler® Cooking Position:** Closed

Makes 8 servings

- 1**      **medium, fresh pineapple, peeled,**  
**cored and cut into 8 slices**
  - 5 to 8**      **teaspoons granulated sugar**
  - ¼**      **teaspoon ground cinnamon**
1. Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Grill/Griddle and set to 375°F.
  2. Stir together the sugar and cinnamon and sprinkle the pineapple slices evenly on both sides with the mixture.
  3. Once preheated, put half of the pineapple slices onto the grill and set the count-up timer. Close and grill for about 8 minutes, so that the pineapple is slightly soft and grill marks are visible. Repeat with remaining slices.
  4. Serve immediately.

*Nutritional information per serving (one slice):* Calories 189 (32% from fat) • carb. 24g • pro. 7g fat 7g • sat. fat 2g • chol. 171mg • sod. 203mg calc. 102mg • fiber 1g

## S'more Panini

A nod to the campfire fare, you can use your favorite chocolate bar in this panini, be it milk, semisweet or dark.

**Plate Side:** Grill

**Griddler® Cooking Position:** Closed

Makes 2 panini

- 2**      **brioche rolls or croissants**  
**Olive oil or softened butter,**  
**for brushing**
  - 1**      **ounce chocolate (milk, semisweet or**  
**dark), broken into pieces**
  - 4**      **standard-size marshmallows, halved**
1. Turn on the Cuisinart® Smoke-less Contact Griddler®. Select Grill/Griddle and set to 400°F.
  2. While the Smoke-less Contact Griddler® is heating, assemble the panini. Halve the rolls or croissants horizontally. Brush the outer parts with oil or softened butter. Divide the chocolate between the two bottom halves of the rolls/croissants. Top with the halved marshmallows. Place the top half of the rolls/croissants on top of the fillings.

- 
3. Once preheated, put the panini on the hot grill and select the count-up timer. Using medium pressure, press on the handle for 20 seconds and then allow to cook for 3 minutes, or until the outside has visible grill marks and marshmallows have melted.
  4. Remove and allow to cool for 1 minute. Cut each panini in half and serve warm.

*Nutritional information per serving (½ panini on croissant): Calories 183 (45% from fat) carb. 23g • pro. 3g • fat 9g • sat. fat 5g chol. 20mg • sod. 105mg • calc. 11mg • fiber 1g*

# SMOKE-LESS COOKING GUIDE AND FOOD SELECTION CHART

PRESET FOOD GROUP	FOOD	PREPARATION	PLATE AND POSITION	SUGGESTED GRILLING TIMES
Beef	Steak (boneless)	Up to 2 inches thick.	Grill; Closed, Open or Flat/Full Smoke-less with Foot Extension and adjusted top cover hinge.	When cooking in the closed smoke-less position, put the steak(s) on the preheated lower grill plate and close. Cook for 8 to 10 minutes, depending on thickness and desired doneness. Rest for 5 minutes before serving.  When cooking in the open or flat/full smoke-less positions, put the steaks on the preheated grill plates. Cook for about 6 to 8 minutes per side, depending on the thickness of the steaks and desired doneness. Rest for 5 minutes before serving.  Rare: 125°F to 130°F Medium Rare: 130°F to 135°F Medium: 140°F to 145°F Medium Well: 150°F to 155°F Well Done: 160°F+
	Hamburgers	Shape meat into burgers of even weight and thickness.		Put the burgers on the preheated lower grill plate. Grill burgers for about 4 to 8 minutes, depending on thickness and desired doneness. If cooking flat or open, cook about 5 to 6 minutes per side.
Pork	Pork Chop	1/2 – 1 inch thick.	Grill; Closed, Open or Flat/Full Smoke-less with Foot Extension and adjusted top cover hinge	Cook for 10 minutes when grilling in the closed smoke-less position. 5 to 6 minutes per side in the open or flat/full smoke-less position. (Internal temperature should be 145°F)
	Bacon	Place in a single layer.	Grill or Griddle; Open or Flat/Full Smoke-less with Foot Extension and adjusted top cover hinge	Approximately 20 to 25 minutes for 1 pound of bacon (if using the flat/full smoke-less position).
Poultry	Chicken Breasts (boneless)	Pound to an even thickness of no more than 1 inch.	Grill; Closed Smoke-less with Foot Extension	Cook for 7 to 9 minutes. (Internal temperature should be 165°F – juices will run clear with no signs of pink.)
	Chicken Thighs (boneless)	Spread to even thickness.		Cook for 8 to 10 minutes. (Internal temperature should be 170°F – juices will run clear with no signs of pink.)
Fish	Fish Fillet	1 – 2 inches thick.	Grill; Closed, Open or Flat/Full Smokeless with Extension and adjusted top cover hinge	Cook for 10 to 18 minutes when grilling in the closed smoke-less position. 6 to 10 minutes per side in the open or flat/full smoke-less position.
	Fish Steaks (sword, tuna, salmon/boned)	No more than 2 inches thick.		Cook for 10 to 15 minutes when grilling in the closed smoke-less position. 5 to 10 minutes per side in the open or flat/full smoke-less position.

**Cooking tip: Allow protein to come to room temperature for best results. If using a marinade, drain off completely before grilling.**



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# Cuisinart®

MANUAL DE  
INSTRUCCIONES  
Y LIBRO DE RECETAS



**Parrilla de contacto Griddler® con  
Tecnología de Reducción de Humo**

**GR-6S**

Para su seguridad y para disfrutar plenamente de este producto, siempre lea cuidadosamente las instrucciones antes del uso.



# MEDIDAS DE SEGURIDAD IMPORTANTES

1. **LEA TODAS LAS INSTRUCCIONES.**
2. No toque las superficies calientes; use los mangos/asas/agarraderas y los botones/perillas.
3. Para reducir el riesgo de incendio, descarga eléctrica o heridas, **NO SUMERJA EL CABLE, EL ENCHUFE, NI EL APARATO EN AGUA NI EN NINGÚN OTRO LÍQUIDO.**
4. Supervise el uso de este aparato cuidadosamente cuando sea usado por o cerca de niños o personas con ciertas discapacidades.
5. Desenchufe el aparato cuando no esté en uso y antes de limpiarlo. Permita que se enfríe antes de instalar/sacar piezas y antes de limpiarlo.
6. No use este aparato si el cable o el enchufe están dañados, después de un mal funcionamiento, después de que se haya caído, o si está dañado; devuélvalo al centro de servicio Cuisinart más cercano para su revisión, reparación o ajuste.
7. El uso de accesorios no recomendados por Cuisinart representa un riesgo de incendio, descarga eléctrica o heridas.
8. No lo use en exteriores.
9. No permita que el cable cuelgue del borde de la encimera o de la mesa, ni que tenga contacto con superficies calientes.
10. No coloque el aparato sobre o cerca de un quemador a gas o de un hornillo eléctrico caliente, ni en un horno caliente.
11. Siempre desenchufe el aparato después del uso.
12. No use el aparato para ningún fin que no sea el indicado.
13. Tenga sumo cuidado al mover un aparato que contenga aceite u otro líquido caliente.
14. Siempre apague el aparato, oprimiendo el botón ON/OFF, antes de desenchufarlo.
15. **ADVERTENCIA: PARA REDUCIR EL RIESGO DE INCENDIO O DESCARGA ELÉCTRICA, LAS REPARACIONES DEBEN SER REALIZADAS ÚNICAMENTE POR PERSONAL AUTORIZADO.**
16. No haga funcionar el aparato debajo o dentro de un armario/gabinete. **Siempre desenchufe el aparato antes de guardarlo en un armario/gabinete.** Dejar el aparato enchufado representa un riesgo de incendio, especialmente si este toca las paredes o la puerta del armario/gabinete cuando cierra.

# GUARDE ESTAS INSTRUCCIONES

## PARA USO DOMÉSTICO SOLAMENTE

### USO DE ALARGADORES

El cable provisto con este aparato es corto, para reducir el riesgo de que alguien se enganche o tropiece con un cable más largo. Se podrá usar un cable alargador/de extensión, pero con cuidado.

La clasificación nominal del cable alargador/de extensión debe ser por lo menos igual a la del aparato. El cable más largo debe ser acomodado de tal manera que no cuelgue de la encimera/mesa, donde puede ser jalado por niños o causar tropiezos.

### AVISO

Para reducir el riesgo de descarga eléctrica, el cable de este aparato cuenta con un enchufe polarizado (una pata es más ancha que la otra). Como medida de seguridad, se podrá enchufar de una sola manera en la toma de corriente polarizada. Si el enchufe no entra en la toma de corriente, invíértelo. Si aun así no entra completamente, comuníquese con un electricista. No intente modificarla.

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# PIEZAS Y CARACTERÍSTICAS

## 1. Cubierta

Resistente construcción de acero inoxidable con bisagras "flotantes" que se ajustan automáticamente al grosor de los alimentos.

## 2. Agarradera de acero inoxidable

Sólida agarradera de acero inoxidable para abrir y cerrar la cubierta.

## 3. Placas de cocción removibles y reversibles

Antiadherentes y aptas para lavavajillas, para una fácil limpieza.

a. Lado "parrilla": Ideal para asar bistec, hamburguesas, pollo y vegetales.

b. Lado "plancha": Ideal para preparar panqueques, huevos y tocino perfectos, y sellar los alimentos.

## 4. Panel de control y pantalla

(véase la página 5)

## 5. Bandeja de goteo

Bandeja para recoger la grasa; removible y apta para lavavajillas (nivel superior solamente) para una fácil limpieza.

## 6. Pico de goteo

Dirige la grasa hacia la bandeja de goteo.

## 7. Raspador

Ayuda a limpiar las placas después de cocinar; apto para lavavajillas (nivel superior solamente).

## 8. Botones de liberación de las placas

Presiónelos para retirar las placas.

## 9. Botón de liberación de las bisagras

Permite abrir las placas completamente para cocinar en las posiciones alternas.

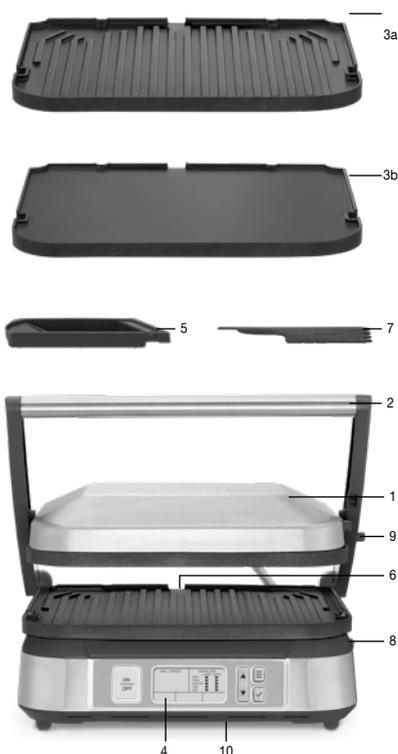
## 10. Pie de extensión

Se despliega para cocinar en el modo "Smoke-less".



## 11. Sin BPA

Ninguna de las piezas en contacto con los alimentos contiene bisfenol A (BPA).



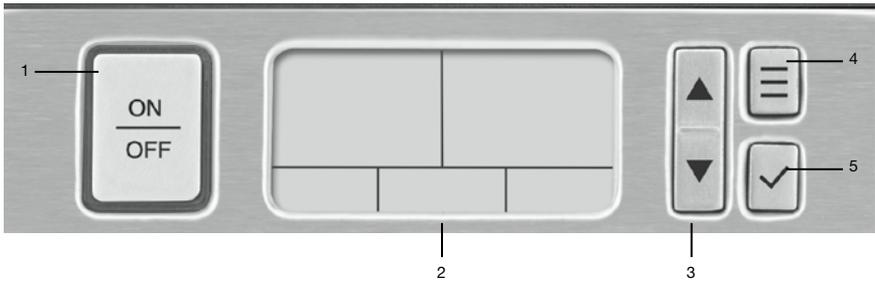
## ANTES DEL PRIMER USO

Retire el aparato del material de embalaje y quite las etiquetas promocionales pegadas a su cuerpo. Cerciérese de que todas las piezas descritas en la sección "Piezas y características" están incluidas. Le aconsejamos que guarde el material de embalaje para uso futuro.

**PRECAUCIÓN:** Cerciérese de desembalar el aparato con cuidado. Incluye dos accesorios: una bandeja de goteo integrada, ubicada en la base, y un raspador. La base y la cubierta del Griddler® con Tecnología de Reducción de Humo se pondrán muy calientes durante el funcionamiento. Si necesita ajustar la cubierta o poner las placas en una posición alterna después de encender la unidad, use guantes para el horno/manoplas para proteger su mano. Las placas/parrillas reversibles son intercambiables.

Antes de usar el aparato por primera vez, límpielo con un paño ligeramente humedecido para quitar el polvo acumulado durante el transporte. Lave cuidadosamente las placas, la bandeja de goteo y el limpiador/raspador. Véase la sección "Instrucciones de ensamblaje" para más información.

# PANEL DE CONTROL



## 1. Botón ON/OFF

Botón de encendido/apagado.

## 2. Pantalla LCD grande

Pantalla LCD grande con retroiluminación azul, fácil de leer; muestra el modo de cocción (parrilla/plancha o modo "Smoke-less"), la temperatura de la placa superior, la temperatura de la placa inferior, el tiempo de cocción, el indicador de la función para sellar, los indicadores de precalentamiento y el tipo de alimento.

## 3. Flechas ascendente/descendente

Use los botones ▲ y ▼ para aumentar o reducir la temperatura de la placa inferior y de las placas, elegir el tipo de alimento cuando cocina con el modo "Smoke-less" y fijar el temporizador.

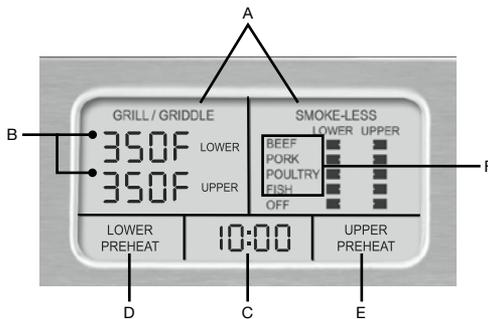
## 4. Botón de selección

Permite elegir y programar el modo de cocción: "GRILL/GRIDDLE" (parrilla/plancha) o "SMOKE-LESS" (cocción con menos humo)

## 5. Botón de confirmación

Úselo para confirmar el modo de cocción, confirmar la temperatura y el tipo de alimento, y poner el temporizador en marcha.

# PANTALLA DE INICIO



## A. Modo de cocción

"GRILL/GRIDDLE" (parrilla/plancha) o "SMOKE-LESS" (cocción con menos humo).

## B. Temperatura de las placas inferior/superior

Desde 175 °F hasta "SEAR" (sellar), en incrementos de 25 °F (14 °C).

## C. Temporizador

Cuenta progresiva o regresiva. (véase las instrucciones de operación).

## D. Indicador de precalentamiento de la placa inferior

Aparece en la pantalla LCD durante el precalentamiento de la placa inferior.

## E. Indicador de precalentamiento de la placa superior

Aparece en la pantalla LCD durante el precalentamiento de la placa superior.

## F. Tipos de alimento para las placas inferior y superior

Aparecen en la pantalla LCD cuando se usa el modo "Smoke-less".

# EL GRIDDLE® CON TECNOLOGÍA DE REDUCCIÓN DE HUMO LO HACE TODO

El Griddler® con Tecnología de Reducción de Humo es un aparato de cocina perfeccionado que reúne cinco aparatos en uno. Placas reversibles y bisagras "flotantes" que se ajustan al grosor de los alimentos transforman este ingenioso aparato en *parrilla de contacto*, *sandwichera panini*, *parrilla abierta*, *plancha*, *combinación parrilla/plancha* o *parrilla "Smoke-less"* (con menos humo) con controles de temperatura independientes. Véase las secciones "Instrucciones de ensamblaje" e "Instrucciones de operación".

## PARRILLA DE CONTACTO

Use el Griddler® con Tecnología de Reducción de Humo como parrilla de contacto para asar hamburguesas, carne deshuesada, cortes delgados de carne y vegetales.

La función "parrilla de contacto" asa ambos lados de los alimentos al mismo tiempo. Por lo tanto, es un método rápido para asar. También es una forma más saludable de cocinar la carne, ya que las ranuras en las placas y el pico en la parte trasera de las mismas permiten eliminar un máximo de grasa.

Para usar el Griddler® con Tecnología de Reducción de Humo como parrilla de contacto, le recomendamos que siempre use el lado "parrilla" de las placas. Cierre la cubierta sobre los alimentos de manera uniforme, y mantenga las placas cerradas hasta que los alimentos estén cocinados.

El Griddler® con Tecnología de Reducción de Humo cuenta con una agarradera única y bisagras "flotantes" que se ajustan automáticamente al grosor de los alimentos. Se le hará tan fácil asar rodajas delgadas de papa como un bistec de solomillo grueso.

Si desea asar varios tipos de alimento al mismo tiempo, cerciórese de que tengan el mismo espesor, para que se asen uniformemente.



## SANDWICHERA PANINI

Use el Griddler® con Tecnología de Reducción de Humo como sandwichera panini para asar pan, sándwiches o quesadillas.

La palabra "panini" significa "sándwiches a la parrilla" en italiano. Por lo general, los panini incluyen una combinación de ingredientes, tales como vegetales, carne y queso, entre tajadas de pan fresco. El sándwich se prensa a la parrilla o a la plancha para calentarse y tostar el pan. Su Griddler® le permitirá

preparar una gran variedad de sándwiches asados, salados o dulces. Para obtener resultados óptimos, le recomendamos que use pan fresco. Los panes más populares para preparar panini son la focaccia (un pan plano cubierto con romero, sal y cebolla), la ciabatta (un pan blanco rectangular) y el pan italiano. ¡Pero puede usar cualquier tipo de pan, incluso panecillos, para preparar sabrosos panini!

Para usar el Griddler® con Tecnología de Reducción de Humo como sandwichera panini, puede usar cualquier lado de las placas. Recomendamos que use el lado "parrilla" porque así se preparan los panini tradicionales, con las marcas de la parrilla. Sin embargo, dependiendo del tipo de sándwich que desea preparar, también puede usar el lado "plancha" de las placas, o combinar las placas. La función "sandwichera panini" del Griddler® con Tecnología de Reducción de Humo es muy similar a la función "parrilla de contacto". El Griddler® con Tecnología de Reducción de Humo cuenta con una agarradera única y bisagras "flotantes" que se ajustan automáticamente al grosor del sándwich. Ejercer una leve presión sobre la agarradera para asar el sándwich y calentar el pan a gusto.

Si desea asar varios sándwiches al mismo tiempo, cerciórese de que tengan el mismo grosor, para que se asen uniformemente.



## PARRILLA ABIERTA

Use el Griddler® con Tecnología de Reducción de Humo como parrilla abierta para asar carne, hamburguesas, pechuga de pollo (no le recomendamos que ase pollo con hueso, porque no se cocinará uniformemente), pescado y vegetales. "Parrilla abierta" se refiere al hecho que las placas están completamente abiertas, duplicando la superficie de cocción. En esta posición, deberá voltear los alimentos para asarlos por el otro lado. Para usar el Griddler® con Tecnología de Reducción de Humo como parrilla abierta, use el lado "parrilla" de las placas.

La parrilla abierta es un método de cocción muy versátil.

Cuando las placas están abiertas, la amplia superficie de asado (1290 cm<sup>2</sup>) permite asar varios tipos de alimento sin combinar sus sabores, o asar grandes cantidades del mismo alimento al mismo tiempo.

También permite asar carne de varios grosores, precisamente al gusto.



## PLANCHA

Use el Griddler® con Tecnología de Reducción de Humo como plancha para preparar panqueques, huevos, tostadas ("French toasts"), papas ralladas ("hash browns") y carne de desayuno.

Para usar el Griddler® con Tecnología de Reducción de Humo como plancha, abra completamente las placas para crear una superficie de cocción abierta. En esta posición, deberá voltear los alimentos para asarlos por el otro lado. Para usar el Griddler® como plancha, use el lado "plancha" de las placas.

La función "plancha" es ideal para preparar desayuno para dos personas o una pequeña familia. La amplia superficie de cocción permite cocinar varios tipos de alimento a la vez, o grandes cantidades de su receta favorita.



## COMBINACIÓN PLANCHA/PARRILLA

Use la combinación "plancha/parrilla" para preparar comidas completas, p. ej., tocino asado con huevos, o papas con bistec.

Para esto, simplemente abra el aparato e instale una placa del lado "parrilla" abajo y una placa del lado "plancha" arriba.



## MODO "SMOKE-LESS"

El modo "Smoke-less" (menos humo) puede usarse con cualquiera de las cinco opciones de cocción: parrilla de contacto, sandwichera panini, parrilla abierta, plancha y plancha/parrilla. El modo "Smoke-less" limita la cantidad de humo generado durante la cocción mediante el control preciso de la temperatura según los alimentos cocinados, lo que reduce la grasa que se quema con ciertos alimentos.

Para usar el modo "Smoke-less", véase la sección "Modo Smoke-less" en las instrucciones de ensamblaje.



## CONTROL DE TEMPERATURA DUOCONTROL™

Permite controlar la temperatura de cada placa por separado, usando una temperatura diferente en la placa superior y en la placa inferior para cocinar diferentes tipos de alimento al mismo tiempo.

## INSTRUCCIONES DE ENSAMBLAJE

Coloque el aparato sobre una superficie limpia, plana y segura.

El Griddler® con Tecnología de Reducción de Humo se puede posicionar de muchas maneras:

### Posición cerrada –

La placa superior descansa sobre la placa inferior. Esta es la posición usada para usar la unidad como parrilla de contacto y sandwichera panini.



**Posición semiabierta –** La placa superior está abierta en un ángulo de 90°. Manténgala en esta posición para colocar los alimentos que va a cocinar usando la unidad como parrilla de contacto o sandwichera panini.

Para abrir y bloquear la placa superior, simplemente levante la agarradera hasta que la cubierta se bloquee. La cubierta permanecerá en esta posición hasta que la cierre o que abra completamente las placas.

Para bajar la cubierta, presione la agarradera hacia abajo; las bisagras se ajustarán automáticamente al grosor de los alimentos para asarlos uniformemente. Al levantar la agarradera después de la cocción, la cubierta seguirá "flotando". Para volver a poner la cubierta en la posición semiabierta, retire los alimentos de la placa, cierre la cubierta y luego ábrala de nuevo.



**Posición abierta –** La placa superior y la placa inferior están paralelas, formando una amplia superficie de cocción plana. Esta es la posición usada para usar la unidad como parrilla abierta, plancha, y combinación parrilla/plancha.

Para abrir completamente las placas, use el botón de liberación de las bisagras.

Agarre la agarradera con la mano izquierda y deslice el botón de liberación de las bisagras hacia delante con la mano derecha.

Empuje la agarradera hacia atrás hasta que las placas estén completamente abiertas. Para cambiar de posición, alce la agarradera y la cubierta, y vuelva a colocar las placas en la posición cerrada.



Nota: Si las placas ya están en la posición semiabierta y desea llevarlas a la posición abierta, jale ligeramente la agarradera hacia usted antes de deslizar el botón de liberación de las bisagras. Empuje la agarradera hacia atrás hasta que las placas estén completamente abiertas (la agarradera debe descansar **en la encimera**). Jalar ligeramente la agarradera aliviará la presión sobre las bisagras y permitirá ajustar las placas más fácilmente.



### Modo "Smoke-less"

Para cocinar con el modo "Smoke-less", debe llevar a cabo una o dos acciones, dependiendo de la posición de las placas usada para cocinar:

1. Formar el ángulo necesario entre la placa inferior y la base, jalando el pie de extensión.
2. Formar el ángulo necesario entre la placa superior y la cubierta, ajustando la bisagra.

**Modo "Smoke-less" en la posición abierta:** Las placas deben estar inclinadas hacia dentro, formando una "V", de manera que las placas superior e inferior formen una amplia superficie de cocción plana. Esta es la posición usada cuando usa la unidad como parrilla abierta, plancha, y combinación parrilla/plancha.

Para ajustar el Griddler® a esta posición, despliegue el pie de extensión hacia delante para crear el ángulo necesario entre la placa inferior y la base. Luego, ubique el botón de liberación de las bisagras en el costado derecho de la agarradera. Agarre la agarradera con la mano izquierda y mantenga el botón de liberación de las bisagras levantado con la mano derecha. A continuación, empuje la agarradera hacia atrás hasta que las dos placas estén abiertas/planas. Suelte el botón de liberación de las bisagras y siga empujando la agarradera hasta que se bloquee.

**La agarradera estará ligeramente arriba de la encimera**, creando el ángulo necesario entre la placa superior y la cubierta.

**NOTA:** Cuando usa la posición abierta para cocinar, puede usar el modo "Smoke-less" para la placa superior solamente, la placa inferior solamente, o ambas placas.

**Modo "Smoke-less" en la posición cerrada:** Para usar el modo "Smoke-less" en la posición cerrada, debe cambiar el ángulo de la placa inferior/base. Para ajustar el Griddler® a esta posición, despliegue el pie de extensión hacia delante para crear el ángulo necesario entre la placa inferior y la base.

**Modo "Smoke-less" en la posición semiabierta:** La placa superior/cubierta debe estar abierta a un ángulo de 90°. Manténgala en esta posición para colocar los alimentos que va a cocinar usando la unidad como parrilla de contacto o sandwichera panini. Para ajustar

el Griddler® a esta posición, despliegue el pie de extensión hacia delante para crear el ángulo necesario entre la placa inferior y la base.

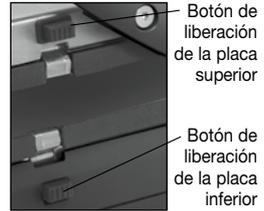
### Instalación de las placas

Abra completamente el Griddler® con Tecnología de Reducción de Humo. Instale una placa a la vez. Cada placa encajará solamente en un lado del aparato: la base o la cubierta.

La parte trasera de cada placa es el lado con el pico para eliminar la grasa. Ubique las abrazaderas de metal en el centro de la base. Incline la placa hacia atrás y haga coincidir las muescas con las abrazaderas de metal. Introduzca la parte trasera de la placa debajo de las abrazaderas y presione la parte delantera hacia abajo; la placa se bloqueará. Voltee el aparato e instale la segunda placa, de la misma manera.

### Remoción de las placas

Permita que el aparato se enfríe y abra completamente las placas. Ubique el botón de liberación de la placa en el costado de la unidad. Presione firmemente el botón de liberación



de la placa; la placa se liberará ligeramente de la base. Sostenga la placa con ambas manos, deslícela fuera de las abrazaderas de metal y ácela. Retire la segunda placa de la misma manera, presionando el otro botón de liberación de la placa.

### Instalación de la bandeja de goteo

Ubique la abertura en el costado de la base. Introduzca la bandeja de goteo en la abertura, según se indica en la bandeja.

Durante la cocción, las ranuras en las placas evacuarán la grasa hacia la bandeja de goteo. Retire lentamente la bandeja de goteo.

Después de cada uso, permita que el aparato se enfríe y luego tire la grasa. Lave la bandeja, a mano o en el lavavajillas (bandeja superior solamente).



# INSTRUCCIONES DE OPERACIÓN

Después de colocar la unidad sobre una superficie plana, compruebe que las placas deseadas están instaladas. Enchufe en cable en una toma de corriente y oprima cualquier botón; la pantalla LCD mostrará la pantalla de inicio por unos segundos.

## Elija el modo de cocción deseado:

Cuando la palabra “**GRILL/GRIDDLE**” empiece a parpadear, debe elegir y confirmar el modo de cocción deseado. Oprima el botón de selección para elegir el modo de cocción deseado: “**GRILL/GRIDDLE**” (parrilla/plancha) o “**SMOKE-LESS**” (cocción con menos humo). Para confirmar su selección, oprima el botón de confirmación; el modo de cocción dejará de parpadear.

# CÓMO COCINAR CON EL MODO PARRILLA/ PLANCHA

## Elija la temperatura deseada:

Después de elegir “**GRILL/GRIDDLE**”, las palabras “**LOWER**” (placa inferior) y “**UPPER**” (placa superior) parpadearán una a la vez. En este punto, tienes dos opciones para fijar la temperatura de las placas: fijar la temperatura de las placas por separado o fijar ambas placas a la misma temperatura. Presione repetidamente el botón de confirmación para elegir la(s) placa(s) para la cual desea fijar la temperatura: la placa inferior (elija “**LOWER**”), la placa superior (elija “**UPPER**”) o ambas (elija “**UPPER**” y “**LOWER**”). Después de confirmar la(s) placa(s), la(s) palabra(s) “**UPPER**” y/o “**LOWER**” dejará(n) de parpadear y la temperatura correspondiente a cada placa empezará a parpadear.

Para fijar la temperatura de las placas, presione la flecha hacia arriba (para subir la temperatura) o la flecha hacia abajo (para bajar la temperatura). La temperatura subirá/bajará en incrementos de 25°F (14°C). Cuando llegue a la temperatura deseada, presione el botón de confirmación.

Repita los pasos anteriores para fijar la temperatura de la otra placa. Si desea usar el modo “**SMOKE-LESS**” con una placa, mantenga oprimido el botón de selección para volver al modo de selección del modo de cocción.

**NOTA:** Si ha seleccionado las dos placas, use la flecha hacia arriba y la flecha hacia abajo para ajustar la temperatura de ambas placas al mismo tiempo.

Después de confirmar la temperatura, la unidad empezará a calentarse y las palabras “**LOWER PREHEAT**” (placa calentadora inferior precalentándose) y/o “**UPPER PREHEAT**” (placa calentadora superior precalentándose) aparecerán en la pantalla.

Cuando la unidad alcance la(s) temperatura(s) elegida(s), emitirá 3 pitidos. La(s) temperatura(s) permanecerá(n) en la pantalla y la(s) palabra(s) “**LOWER PREHEAT**” y/o “**UPPER PREHEAT**” desaparecerán.

## Programa del tiempo de cocción:

Al final del precalentamiento, cuando la unidad haya alcanzado la temperatura programada, “00:00” aparecerá en la pantalla LCD, parpadeando.

- **Temporizador de cuenta regresiva:** Para programar el tiempo de cocción usando temporizador de cuenta regresiva, oprima el botón ▲ o ▼ para aumentar/reducir el tiempo. Mantenga oprimido el botón ▲ o ▼ para ajustar el tiempo en incrementos de 1 minuto. **NOTA:** El tiempo de cocción se ajusta en incrementos de 30 segundos, hasta un máximo de 60 minutos (“60:00”).

Coloque los alimentos en las placas, y luego oprima el botón de confirmación para iniciar el temporizador. Si no fija el temporizador dentro de 1 minuto después del precalentamiento, “00:00” cambiará a “\_ \_ : \_ \_”. Para activar el temporizador en cualquier momento durante la cocción, simplemente oprima el botón ▲ o ▼ para ajustar el tiempo. Al final del tiempo programado, la unidad emitirá 3 pitidos y el temporizador indicará el tiempo transcurrido desde el final de la cocción. La unidad también emitirá 3 pitidos cada 10 segundos hasta que la apague. Para desactivar el temporizador y el pitido, oprima el botón de confirmación.

- **Temporizador de cuenta progresiva:** Después del precalentamiento, “00:00” aparecerá en la pantalla LCD, parpadeando. Coloque los alimentos en las placas, y luego oprima el botón de confirmación para iniciar el temporizador. El temporizador empezará la cuenta progresiva, desde “00:00” hasta un máximo de 60 minutos. Cuando el tiempo llegue a “60:00”, la unidad emitirá 3 pitidos y se apagará.

## Cómo cambiar los ajustes:

Para cambiar el modo de cocción, la temperatura o el tiempo de cocción en cualquier momento durante la cocción, mantenga oprimido el botón de selección para desplazarse por los ajustes. Suelte el botón de selección al llegar al ajuste que desea cambiar; el ajuste empezará a parpadear. Cambie el ajuste y confirme su selección; la pantalla pasará automáticamente al ajuste siguiente.

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# CÓMO COCINAR CON EL MODO “SMOKE-LESS”

El modo “Smoke-less” ofrece 4 opciones, dependiendo del tipo de alimento cocinado: “BEEF” (res), “PORK” (cerdo), “POULTRY” (pollo/ave) y “FISH” (pescado). También tiene la opción de apagar una de las placas (esto es el ajuste por defecto).

## Selección del tipo de alimento:

Después de elegir “SMOKE-LESS”, las palabras “LOWER” (placa inferior) y “UPPER” (placa superior) parpadearán una a la vez. En este punto, tiene dos opciones: Fijar un tipo de alimento para cada placa o fijar el mismo tipo de alimento para ambas placas. Presione el botón de confirmación para elegir la(s) placa(s) para la cual desea elegir el tipo de alimento. Después de confirmar la placa, la palabra “UPPER” y/o “LOWER” dejará(n) de parpadear y el tipo de alimento empezará a parpadear.

Repita los pasos anteriores para elegir el tipo de alimento para la otra placa. Si desea usar el modo “SMOKE-LESS” con una placa, mantenga oprimido el botón de selección para volver al modo de selección de la función de cocción.

**NOTA:** Si ha seleccionado las dos placas, use la flecha hacia arriba y la flecha hacia abajo para fijar el tipo de alimento para ambas placas al mismo tiempo.

Después de confirmar el/los tipo(s) de alimento, las cajas correspondientes a los tipos de alimento parpadeará(n) y la unidad empezará a calentarse. Las palabras “LOWER PREHEAT” (placa calentadora inferior precalentándose) y/o “UPPER PREHEAT”.

Cuando la unidad alcance la temperatura elegida, emitirá 3 pitidos. Las cajas correspondientes a los tipos de alimento dejarán de parpadear y la palabra “PREHEAT” desaparecerá.

## CONSEJOS Y SUGERENCIAS

- Dependiendo de la temperatura elegida, el precalentamiento puede tomar hasta 10 minutos.
- Para determinar cómo cocinar sus alimentos favoritos, véase la guía de cocción/temperatura en la página 25 y en el libro de recetas.
- Siempre tenga mucho cuidado al manipular la unidad durante el uso, ya que la carcasa se pone muy caliente. Para abrir la parrilla, agarre y levante la agarradera. Los “brazos” de la agarradera están hechos de aluminio fundido a presión y se pondrán muy calientes durante el uso; no los toque durante inmediatamente después del uso.
- La cubierta, hecha de acero inoxidable, también se pone muy caliente durante el uso; no la toque

durante o inmediatamente después del uso. Si necesita ajustar la cubierta durante el uso, use guantes para el horno/manoplas.

- La base del aparato, hecha de plástico, también puede ponerse muy caliente durante el uso. Si necesita mover el aparato durante el uso, sosténgalo por la base solamente, usando guantes para el horno/manoplas. No toque la cubierta.
- Permita que la unidad se enfríe por al menos 30 minutos antes de manipularla.
- Puede que el aparato produzca humo y un ligero olor a quemado la primera vez que lo use; esto es normal.
- El Griddler® con Tecnología de Reducción de Humo incluye un raspador negro para limpiar las placas. Permita que la unidad se enfríe por al menos 30 minutos antes de limpiar las placas con el raspador; el contacto prolongado con las placas calientes podría hacer que el plástico se derrita.
- Nunca use utensilios de metal; esto puede dañar el revestimiento antiadherente de las placas.
- No permita que utensilios de plástico, incluso el raspador provisto, hagan contacto con las placas calientes.
- Entre las recetas, empuje los residuos de alimentos hacia la bandeja de goteo, usando una espátula de madera o de plástico a prueba de calor. Luego, con cuidado, limpie cualquier residuo con un papel absorbente antes de pasar a la receta siguiente.

## LIMPIEZA Y MANTENIMIENTO

**Permita que la unidad se enfríe por 30 minutos o más antes de manipularla.**

- Después de cocinar, apague el aparato, presionando el botón ON/OFF, y desconecte el cable de la toma de corriente.
- Use el raspador provisto para desalojar los residuos de alimentos de las placas. Lave el raspador a mano o en el lavavajillas (bandeja superior solamente).
- Tire a la basura la grasa acumulada en la bandeja de goteo. Lave la bandeja de goteo a mano o en el lavavajillas (bandeja superior solamente).
- Retire las placas, presionando los botones de liberación. Importante: Permita que las placas se enfríen por 30 minutos o más antes de sacarlas o limpiarlas. Lave las placas a mano o en el lavavajillas. No use utensilios de metal para limpiar las placas. No use estropajos metálicos; esto puede dañar el revestimiento antiadherente de las placas.
- Después de cocinar mariscos, le recomendamos que restriegue las placas con limón para evitar que los alimentos cocinados después tengan sabor a mariscos.
- Limpie la base, la cubierta y el panel de control con

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un paño suave y seco. Use un paño ligeramente humedecido para quitar las manchas resistentes. Nunca use limpiadores abrasivos ni estropajos metálicos.

Cualquier otro servicio debe ser realizado por un técnico autorizado.

## **ALMACENAJE**

Compruebe que el aparato está frío y seco antes de guardarlo.

El cable puede enrollarse alrededor de la parte trasera de la base.

Deje las placas y la bandeja de goteo en la unidad para guardarla. Guarde el raspador en un cajón o gabinete.

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# GARANTÍA

## Garantía limitada de tres años

Esta garantía es para los consumidores que residen en los EE. UU. solamente. Usted es un consumidor si posee un Griddler® con Tecnología de Reducción de Humo Cuisinart® que fue comprado en una tienda para uso personal, familiar o casero. A menos que la ley aplicable exija lo contrario, esta garantía no es para los minoristas u otros consumidores/compradores comerciales. Cuisinart garantiza este producto contra todo defecto de materiales o fabricación durante 3 años después de la fecha de compra original, siempre que el aparato haya sido usado para uso doméstico y según las instrucciones.

Le aconsejamos que llene el formulario de registro disponible en [www.cuisinart.com](http://www.cuisinart.com) a fin de facilitar la verificación de la fecha de compra original. Sin embargo, no es necesario registrar el producto para recibir servicio bajo esta garantía. En ausencia del recibo de compra, el período de garantía será calculado a partir de la fecha de fabricación.

## RESIDENTES DE CALIFORNIA

La ley del estado de California ofrece dos opciones bajo el período de garantía. Los residentes del estado de California pueden regresar el producto defectuoso (A) a la tienda donde lo compraron o (B) a otra tienda que venda productos Cuisinart® de este tipo. La tienda podrá, a su elección, reparar el producto, referir el consumidor a un centro de servicio independiente, sustituir el producto, o reembolsar al consumidor el precio de compra menos la cantidad directamente atribuible al uso anterior del producto por el consumidor. Si estas dos opciones no satisfacen al consumidor, podrá llevar el aparato a un centro de servicio independiente, siempre que se pueda arreglar o reparar el aparato de manera económica. Cuisinart (no el consumidor) será responsable por los gastos de servicio, reparación, sustitución o reembolso de los productos defectuosos bajo garantía. Los residentes de California también pueden, si así lo desean, mandar el aparato defectuoso directamente a Cuisinart para que sea reparado o sustituido. Para esto, deben llamar a nuestro servicio de atención al cliente al 800-726-0190. Cuisinart será responsable por los gastos de reparación, reemplazo, manejo y envío de los productos defectuosos durante el período de garantía.

## GARANTÍA DE REEMPLAZO SIN DIFICULTADES

Su máxima satisfacción es nuestra prioridad, así que si este producto Cuisinart® falla dentro del generoso período de garantía, lo repararemos o, de ser necesario, lo reemplazaremos, sin costo alguno para usted. Para obtener una etiqueta de envío de devolución, envíenos un correo electrónico, visitando [www.cuisinart.com/customer-care/product-return](http://www.cuisinart.com/customer-care/product-return). o llamando sin cargo a nuestro servicio de atención al

cliente, al 1-800-726-0190, para hablar con un representante.

Este producto satisface las más altas exigencias de fabricación y ha sido diseñado para uso sobre corriente de 120 V, usando accesorios y piezas de repuesto autorizados solamente. Esta garantía excluye expresamente los defectos o daños causados por accesorios, piezas o reparaciones no autorizados por Cuisinart, así como los defectos o daños causados por el uso de un convertidor de voltaje. Esta garantía no cubre el uso comercial o industrial del producto, y no es válida en caso de daños causados por mal uso, negligencia o accidente. Esta garantía excluye todos los daños incidentales o consecuentes. Algunos Estados no permiten la exclusión o limitación de daños incidentales o consecuentes, de modo que las limitaciones mencionadas pueden no regir para usted. Usted puede tener otros derechos que varían de un Estado a otro.

**Importante:** Si debe llevar el producto defectuoso a un centro de servicio no autorizado, por favor informe al personal del centro de servicio que deben llamar al servicio Cuisinart, al 1-800-726-0190, a fin de diagnosticar el problema correctamente, usar las piezas correctas para repararlo y asegurarse de que el producto aún está bajo garantía.

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## Panqueques de suero de leche con arándanos azules

El suero de leche y la ralladura de limón dan a estos panqueques ligeros y esponjosos un agradable sabor agrío.

**Placas del lado:** Plancha

**Posición:** Semiabierta y abierta

Rinde aprox. 12 panqueques de 4 in. (10 cm)

1½	<b>tazas (185 g) de harina común</b>
1½	<b>cucharaditas de polvo de hornear</b>
½	<b>cucharadita de bicarbonato de sodio</b>
¼	<b>cucharadita de sal kosher</b>
¼	<b>cucharadita de canela en polvo</b>
1½	<b>tazas (365 g) de suero de leche ("buttermilk")</b>
2	<b>huevos grandes</b>

1	<b>cucharada de jarabe de arce/maple puro</b>
½	<b>cucharadita de extracto natural de vainilla</b>
1	<b>taza (140 g) de arándanos azules frescos</b>
½	<b>cucharadita de ralladura de limón</b>
1	<b>cucharadita (5 g) de mantequilla sin sal (opcional)</b>

- Colocar la harina, el bicarbonato, la sal y la canela en un tazón grande. Batir para mezclar; reservar.
- Colocar el suero de leche, los huevos, el jarabe de arce y la vainilla en otro tazón grande; batir para mezclar. Agregar a la mezcla de ingredientes secos y batir brevemente para incorporar (pueden quedar secciones secas). Agregar los arándanos azules y la ralladura; mezclar brevemente para incorporar (no mezclar mucho, o los panqueques pueden resultar duros)
- Encender la unidad. Elegir la función "GRILL/GRIDDLE" (parrilla/plancha) y fijar la temperatura en 350 °F.
- Después del precalentamiento, verter porciones de ¼ de taza (60 ml) de la mezcla en las placas. Si le gustan los panqueques muy mantecosos, colocar media cucharada (5 g a 10 g) de mantequilla en cada placa antes de formar los panqueques. Iniciar la cuenta progresiva. Cocinar los panqueques por 4 a 5 minutos, hasta que aparezcan burbujas en la superficie. Luego, voltearlos y cocinarlos por 3 minutos adicionales.
- Servir, en platos calientes. Para mantener los panqueques calientes, colocarlos sobre una placa para horno y meterlos al horno en 200 °F (100 °C). Repetir con el resto de la mezcla.

*Información nutricional por porción (2 panqueques):* Calorías 189 (32 % de grasa) Carbohidratos 24 g • Proteínas 7 g • Grasa 7 g Grasa • saturada 2 g • Colesterol 171 mg Sodio 203 mg • Calcio 102 mg • Fibra 1 g

## Tortas de desayuno

Si le gustan las cosas picantes, use chorizo español ahumado picante.

**Placas del lado:** Plancha abajo, parrilla arriba

**Posición:** Semiabierta y abierta, y luego cerrada

Rinde 2 tortas

1	<b>cucharada de aceite vegetal</b>
4	<b>huevos</b>
2	<b>panecillos tipo "Kaisersemmel"</b>

(también conocido como “Semmel“ o “Viena”), partidos a la mitad

- ½ aguacate
- 2 onzas (55 g) de chorizo español, en rodajas oblicuas delgadas
- 2 cucharadas de salsa verde comprada + un poco más para servir
- 2 tajadas de queso Monterrey Jack

1. Encender la unidad. Elegir la función “GRILL/GRIDDLE” (parrilla/plancha) y fijar la temperatura en 350 °F.
2. Después del precalentamiento, rociar 2 cucharaditas del aceite vegetal en la paca inferior. Romper los huevos en la placa inferior. Fijar el temporizador de cuenta progresiva en 5 minutos. Después de 3 minutos (cuando las claras están cuajadas y opacas), voltear los huevos. Al final del tiempo, colocar un huevo en la mitad inferior de cada panecillo. Reservar.
3. Mientras los huevos se están cocinando, dividir el aguacate uniformemente entre los dos Cono formador, colocándolos en la mitad superior de cada panecillo. Aplastar el aguacate con un tenedor para que forme una capa uniforme. Reservar.
4. Después de cocinar los huevos, colocar el chorizo en la placa inferior y cerrar las placas. Fijar la temperatura en 425 °F. Al final del ciclo de precalentamiento, retirar el chorizo de la placa y colocarlo encima de los huevos, formando una capa uniforme.
5. Rociar cada sándwich con 1 cucharada de la salsa. Agregar una tajada de queso y cerrar cada sándwich con la mitad de panecillo con aguacate aplastado.
6. Cepillar la parte superior de cada sándwich con el aceite restante. Colocar ambos sándwiches en la unidad. Cerrar las placas e iniciar la cuenta progresiva. Presionar ligeramente la agarradera por 20 segundos. Cocinar por aprox. 4 minutos, hasta que el queso esté derretido y que la parte superior de los sándwiches esté ligeramente dorada y tenga las marcas de la parrilla.
7. Retirar de la unidad y dejar enfriar ligeramente. Cortar diagonalmente a la mitad. Servir con más salsa, al lado de cada sándwich.

*Información nutricional por porción de 1 torta:*

Calorías 789 (59 % de grasa)  
Carbohidratos 42 g • Proteínas 39 g  
Grasa 52 g • Grasa saturada 18 g  
Colesterol 435 mg • Sodio 1229 mg  
Calcio 482 mg • Fibra 4 g

## Tostadas francesas de pan Jalá

El pan Jalá es perfecto para hacer tostadas francesas. Su textura densa y suave hace que absorbe la mezcla mejor que otros panes, dando lugar al desayuno más exquisito.

**Placas del lado:** Plancha  
**Posición:** Semiabierta y abierta

Rinde 8 porciones

- 8 huevos grandes
- 2 tazas (475 ml) de leche baja en grasa o regular
- 1 cucharada de extracto natural de vainilla
- 2 cucharadas de jarabe de arce/maple puro
- 1 cucharadita de canela en polvo
- 1 pizca de nuez moscada rallada
- 1 a 2 pizcas de sal kosher
- 8 rebanadas de pan Jalá de ¾ in. (2 cm) de espesor
- Mantequilla sin sal o aceite de coco para engrasar las placas
- Azúcar glasé, para servir
- Frutas frescas, para servir

1. Colocar los huevos, la leche, la vainilla, el jarabe de arce, la canela, la nuez moscada y la sal en un tazón mediano. Batir y verter la mezcla en un molde de 13 x 9 in. (33 x 23 cm).
2. Remojar la mitad del pan en la mezcla de leche, dando vuelta a las rebanadas para que ambos lados estén saturados.
3. Mientras el pan se está remojando, encender la unidad. Elegir la función “GRILL/GRIDDLE” (parrilla/plancha) y fijar la temperatura en 350 °F.
4. Después del precalentamiento, colocar las rebanadas de pan en las placas calientes e iniciar la cuenta progresiva. Cocinar por 3½ a 4 minutos por cada lado. Mientras las tostadas francesas se están cocinando, poner a remojar las rebanadas restantes.
5. Retirar y reservar las tostadas francesas cocinadas; repetir con el resto del pan.
6. Para servir: espolvorear con azúcar glasé y servir con frutas frescas y jarabe de arce/maple si desea.

*Información nutricional por loncha: Calorías 195*

*(32 % de grasa) • Carbohidratos 25 g  
Proteínas 7 g • Grasa 7 g • Grasa saturada 3 g  
Colesterol 172 mg • Sodio 208 mg  
Calcio 116 mg • Fibra 1 g*

## Mini “hash browns” (croquetas de papas ralladas)

Revolver rápidamente las papas ralladas en agua salada y luego esrujarlas para eliminar todo el líquido evita que las papas se oxiden.

**Placas del lado:** Plancha

**Posición:** Semiabierta y abierta

Rinde 8 porciones

- 2 tazas (1.4 L) de agua**
- 2 cucharaditas + 1 pizca de sal kosher**
- 1 libra (455 g) de papas Yukon Gold**
- 1 pizca de pimienta negra recién molida**
- 3 cucharadas aceite de oliva + un poco más para engrasar las placas**

1. Colocar el agua y 2 cucharaditas de la sal en un tazón mediano. Batir hasta que la sal esté completamente disuelta; reservar.
2. Rallar las papas (rallado medio), usando el disco triturador medio de una procesadora de alimentos Cuisinart® o un rallador de caja. Colocar inmediatamente las papas ralladas en el agua salada y revolver varias veces. Escurrir las papas y colocarlas en una toalla limpia; esrujar para eliminar el agua.
3. Colocar las papas ralladas esrujadas en un tazón mediano y agregar la sal remanente, la pimienta y 3 cucharadas del aceite; revolver.
4. Encender la unidad. Elegir la función “GRILL/GRIDDLE” (parrilla/plancha) y fijar la temperatura en 425 °F.
5. Después del precalentamiento, cepillar las placas con aceite y formar croquetas de ¼ de taza (colocar 4 croquetas por lado). Iniciar la cuenta progresiva. Aplastar ligeramente las croquetas con una espátula a prueba del calor. Cepillar la parte superior con aceite y asar por 6 a 8 minutos, hasta que la parte inferior esté dorada y crujiente. Voltar cuidadosamente cada croqueta y cocinar por 8 minutos adicionales.
6. Retirar de las placas y colocar en una rejilla mientras cocina la tanda siguiente.

*Información nutricional por croqueta:*

*Calorías 89 (51 % de grasa) • Carbohidratos 10 g  
Proteínas 1 g • Grasa 5 g • Grasa saturada 1 g  
Colesterol 0 mg • Sodio 146 mg • Calcio 7 mg  
Fibra 1 g*

## Habichuelas asadas con pesto de nueces-menta

Mientras estas habichuelas con pesto se enfrían, los sabores se destacan aún más, haciendo que sean perfectos para las fiestas.

**Placas del lado:** Parrilla

**Posición:** Cerrada

Rinde 2½ de taza (160 ml) de pesto y 2½ tazas de habichuelas

- 1 diente de ajo pequeño**
- 1 cucharada de hojas de menta fresca**
- 1 tira de 1 in. (2.5 cm) de cáscara de limón pelada**
- ¼ taza (30 g) de nueces tostadas**
- 1 cucharada de queso Parmesano rallado**
- 2 cucharaditas de jugo de limón**
- ½ cucharadita de sal**
- ¼ cucharadita de pimienta negra recién molida**
- ½ taza (60 ml) + 1 cucharada de aceite de oliva virgen extra**
- 16 onzas (455 g) de habichuelas/judías verdes, limpias**
- ½ cucharadita de sal**
- ¼ cucharadita de pimienta negra recién molida**
- ¼ cucharadita de ralladura de limón**

1. Preparar el pesto de nueces-menta: colocar el ajo en el bol de una mini picadora. Procesar hasta que esté finamente picado. Raspar el bol y agregar la menta y la cáscara de limón. Pulsar para picar grueso. Agregar los ingredientes restantes, excepto el aceite de oliva. pulsar para mezclar. Encender la procesadora y verter ½ taza (120 ml) del aceite de oliva en el empujador; procesar hasta que la mezcla esté suave. Reservar.
2. Encender la unidad. Elegir la función “GRILL/GRIDDLE” (parrilla/plancha) y fijar la temperatura en 425 °F.
3. Revolver las habichuelas con 1 cucharada de aceite de oliva y sazonar con sal y pimienta. Después del precalentamiento, esparcir la mitad de las habichuelas en la Parrilla placa inferior, en una sola capa. Cerrar las placas e iniciar la cuenta progresiva. Asar por 4 a 8 minutos, hasta que estén suaves y que tengan las marcas de la parrilla. Colocar las habichuelas asadas en un cuenco grande y repetir con el resto de las habichuelas.

4. Después de haber asado todas las habichuelas, agregar 2 cucharadas del pesto de nueces con menta y ralladura de limón\*.

\*El pesto restante puede conservarse en el refrigerador por hasta 2 semanas, y usarse en sopas o pasta.

*Información nutricional por porción de 1 taza (235 ml): Calorías 199 (72 % de grasa)*

*Carbohidratos 12 g • Proteínas 3 g • Grasa 16 g  
Grasa • saturada 2 g • Colesterol 0 mg  
Sodio 565 mg • Calcio 100 mg • Fibra 5 g*

### Ensalada de durazno asado

Almuerzo de verano rápido, listo en tan solo minutos.

**Función:** Parrilla

**Posición:** Cerrada

Rinde 2 porciones

- 3 duraznos, partidos a la mitad
- 2 tazas llenas (120 g) de rúcula/rúgula/arúgula tierna
- 4 onzas (115 g) de queso Mozzarella fresco\*
- 1 cucharada de aceite de oliva virgen extra
- Sal kosher
- Pimienta negra recién molida
- 2 onzas (55 g) de jamón de Parma (Prosciutto)
- 1 cucharadita de reducción de vinagre balsámico

1. Encender la unidad. Elegir la función "GRILL/GRIDDLE" (parrilla/plancha) y fijar la temperatura en 400 °F.
2. Después del precalentamiento, colocar los duraznos en la placa inferior, el lado cortado apuntando hacia abajo e iniciar la cuenta progresiva. Cerrar las placas y asar por aprox. 8 minutos, hasta que los duraznos estén suaves y tengan las marcas de la parrilla.
3. Mientras los duraznos se están asando, colocar la rúcula y el queso en un tazón grande. Agregar el aceite de oliva, la sal y la pimienta; revolver. Colocar la ensalada en el centro de un plato para servir redondo grande. Disponer los duraznos asado y el jamón de Parma encima de la ensalada. Rociar con la reducción de vinagre balsámico.

\* Si no tiene Mozzarella, puede sustituirle Burrata. En vez de mezclar el queso con la rúcula, el aceite, la sal y la pimienta, disponerlo

encima de la ensalada, junto con los duraznos y el jamón de Parma.

*Información nutricional por porción (basada en 2 porciones): Calorías 389 (52 % de grasa)  
Carbohidratos 24 g • Proteínas 22 g  
Grasa 22 g • Grasa saturada 8 g  
Colesterol 435 mg • Sodio 861 mg  
Calcio 158 mg • Fibra 4 g*

### Ensalada de vegetales asados

Esta hermosa ensalada de vegetales asados es perfecta cuando recibe invitados.

**Placas del lado:** Parrilla

**Posición:** Cerrada

Rinde aprox. 8 tazas

- 1 pimiento dulce rojo mediano, en tiras de 1 a 1½ in. (2.5 cm a 4 cm)
  - 1 pimiento dulce amarillo mediano, en tiras de 1 a 1½ in. (2.5 cm a 4 cm)
  - 1 calabacín/calabacita ("zucchini") mediana, en tajadas horizontales de ¼ in. (0.5 cm)
  - 1 berenjena mediana, en tajadas horizontales de ¼ in. (0.5 cm)
  - 1 cebolla roja mediana, en pedazos, con la raíz intacta
  - ½ libra (225 g) de espárragos, limpios y pelados
  - 1 cucharada de jugo de limón fresco
  - ¼ taza (60 ml) de aceite de oliva virgen extra
  - 2 a 3 onzas (55 g a 85 g) de queso Ricotta Salata, desmenuzado
  - ½ taza (100 g) de aceitunas negras "Kalamata" deshuesadas, picadas grueso
  - ½ taza (30 g) de hojas de albahaca fresca
1. Encender unidad. Elegir la función "GRILL/GRIDDLE" (parrilla/plancha) y fijar la temperatura en 425 °F.
  2. Asar los vegetales en tandas, en la posición cerrada, hasta que estén suaves y tengan las marcas de la parrilla. Los pimientos se demoran aprox. 8 minutos, los calabacines 5 minutos, la berenjena 6 a 8 minutos, la cebolla roja 5 minutos, y los espárragos 3 a 4 minutos. Cuando todos los vegetales estén asados, colocarlos en un cuenco grande, agregar el jugo de limón, el aceite de oliva, el queso, las aceitunas y las hojas de albahaca y revolver.
  3. Servir inmediatamente.

*Información nutricional por porción (basada en 8 porciones): Calorías 147 (65 % de grasa) Carbohidratos 11 g • Proteínas 3 g • Grasa 11 g Grasa • saturada 2 g • Colesterol 6 mg Sodio 312 mg • Calcio 60 mg • Fibra 3 g*

## Hamburguesas vegetarianas de frijoles negros

Repletas de proteínas y adornadas con coloridos vegetales ricos en vitaminas, estas hamburguesas les encantarán tanto a los vegetarianos como a los demás. Una procesadora de alimentos Cuisinart® facilitará la preparación, pero todos los ingredientes se pueden preparar fácilmente a mano.

**Placas del lado:** Plancha

**Posición:** Semiabierta y abierta

Rinde 6 hamburguesas

- 1 **cucharada aceite de oliva + un poco más para engrasar las placas**
- 2 **dientes de ajo, finamente picados**
- ¼ **cebolla amarilla mediana a grande, finamente picada**
- ½ **cucharadita de sal kosher**
- 1 **pizca de pimienta negra recién molida**
- 1 **lata de 15 onzas (440 g) de frijoles negros, escurridos y enjuagados**
- ½ **chipotle en adobo picado + 1 cucharadita del adobo**
- ½ **taza (120 ml) de agua (aproximado; puede que no necesite toda el agua)**
- 1 **taza (185 g) de quinua cocinada**
- ½ **taza (100 g) de zanahoria picada**
- ½ **taza (100 g) de calabacín/ calabacita picado**
- ¼ **taza (15 g) de cilantro fresco picado**
- 6 **panes para hamburguesas**
- 1 **aguacate, en tajadas**

1. Calentar el aceite a fuego medio, en un sartén mediano. Cuando esté caliente, agregar el ajo, la cebolla y ¼ de cucharadita de la sal y de la pimienta. Saltear por aprox. 5 minutos, hasta que estén tiernos y fragantes. Agregar los frijoles negros, el chipotle, el adobo reservado y suficiente agua como para evitar que la mezcla se reseque. Cocinar por aprox. 10 minutos, hasta que los frijoles estén suaves y puedan majarse fácilmente (agregar más agua si es necesario).
2. Cuando los frijoles estén suaves, agregar la sal restante, la quinua, la zanahoria y el calabacín. Agregar 2 a 3 cucharadas más de agua, revolver y cocinar a fuego medio lento, parcialmente tapado, por aprox. 5

minutos, hasta que los vegetales empiecen a suavizarse.

3. Colocar la mezcla en el bol de una procesadora de alimentos Cuisinart® equipada con cuchilla picadora. Agregar el cilantro y pulsar 4 o 5 veces para majar la mezcla.
4. Encender la unidad. Elegir la función "GRILL/GRIDDLE" (parrilla/plancha) y fijar la temperatura en 375 °F.
5. Mientras la unidad se está calentando, preparar hamburguesas de ¼ de taza de la mezcla. Nota: si la mezcla está demasiado caliente, permitir que se enfríe ligeramente primero.
6. Después del precalentamiento, cepillar las placas con aceite, colocar las hamburguesas en las placas e iniciar la cuenta progresiva. Cepillar la parte superior con aceite y cocinar por 3 a 4 minutos, hasta que la parte inferior esté dorada y que las hamburguesas empiecen a ponerse firmes. Después de este tiempo, dar la vuelta y cocinar por el otro lado por 3 a 4 minutos.
7. Para servir, colocar la hamburguesa en el pan y cubrir con tajadas de aguacate. Servir inmediatamente.

*Información nutricional por hamburguesa: Calorías 236 (25 % de grasa) • Carbohidratos 36 g • Proteínas 8 g • Grasa 7 g Grasa saturada 1 g • Colesterol 0 mg Sodio 410 mg • Calcio 87 mg • Fibra 5 g*

## Quesadillas de pollo "Buffalo"

No podrá parar de comer estas irresistibles quesadillas. Son perfectas para las fiestas y reuniones, ya que pueden mantenerse calientes en el horno después de cortarlas.

**Placas del lado:** Plancha

**Posición:** Cerrada, modo "Smoke-less"

Rinde 6 quesadillas

- 2 **libras (910 g) de muslos de pollo, deshuesados y sin piel**
- 2 **tazas (475 ml) de salsa picante "Buffalo"**
- 12 **cucharadas (180 g) de queso crema**
- 4 **tazas (480 g) de mezcla de queso mexicano ("Mexican blend") rallado**
- 12 **tortillas de trigo de 7 a 8 in. (18 cm a 20 cm)**
- 1½ **cucharadas de aceite vegetal**
- Aderezo de queso azul para servir**
- Bastoncitos de apio para servir**

- |  |   |  |
|--|---|--|
| <p>1. Encender la unidad. Elegir el modo “SMOKE-LESS” y la opción “POULTRY” (pollo/ave) para ambas placas.</p> <p>2. Después del precalentamiento, colocar el pollo en la placa inferior. Cerrar las placas y asar por 8 minutos, hasta que el pollo esté completamente cocinado. Retirar de la unidad y dejar enfriar ligeramente. Cortar el pollo en trozos delgados y mezclar con 1½ tazas (355 ml) de la salsa “Buffalo”. Reservar.</p> <p>3. Mientras el pollo se está cocinando, mezclar el queso crema con ½ taza (120 ml) de la salsa “Buffalo”. Esparcir aproximadamente 1 cucharada de la mezcla de queso crema en el centro de una tortilla, dejando una orilla de 1 pulgada (2.5 cm) todo alrededor. Rociar con ⅓ de taza (80 g) de queso rallado. Añadir ¼ de taza del pollo y ⅓ de taza (80 g) adicional de queso rallado. Esparcir otra cucharada del queso crema en otra tortilla, dejando una orilla de 1 pulgada (2.5 cm) todo alrededor. Colocar la tortilla con queso crema por encima de la tortilla con pollo, el lado con queso crema apuntando hacia abajo. Cepillar la parte superior con aceite vegetal.</p> <p>4. Cuando el pollo esté listo, fijar la temperatura en 375 °F. Cuando la unidad alcance esta temperatura, colocar la quesadilla en la placa inferior y cerrar las placas. Cocinar por 3 a 3½ minutos, hasta que el queso esté derretido y que la parte superior de la quesadilla esté dorada y crujiente. Retirar de la unidad, dejar que se enfríe ligeramente y cortar en 8 pedazos. Repetir con el resto de los ingredientes.</p> | <p>¾<br/>½</p> <p>1</p> <p>½<br/>½</p> <p>4</p> <p>¾<br/>¼</p> <p>⅓<br/>2</p> <p>1</p> <p>½</p> <p>1</p> <p>2</p> | <p><b>cucharadita de sal kosher</b></p> <p><b>cucharadita de pimienta negra recién molida</b></p> <p><b>cucharadita de semillas de cilantro en polvo</b></p> <p><b>cucharadita de comino en polvo</b></p> <p><b>cucharadita de hojuelas de pimiento rojo</b></p> <p><b>tiras de 2 x ½ in. (2.5 x 1.5 cm) de cáscara de limón pelada (sin la parte blanca)</b></p> <p><b>taza (45 g) de cilantro fresco, picado toscamente</b></p> <p><b>taza (15 g) de perejil fresco, picado toscamente</b></p> <p><b>(80 ml) de jugo de limón fresco</b></p> <p><b>cucharadas de vinagre de vino blanco</b></p> <p><b>taza (235 ml) de aceite de oliva, reservando una cucharada</b></p> <p><b>taza (45 g) de aceitunas negras deshuesadas, finamente picadas</b></p> <p><b>libra (455 g) de salmón de aprox. 1½ in. (4 cm) de grueso</b></p> <p><b>papas “Russet” grandes (aprox. 455 g), restregadas</b></p> |
|--|---|--|

*Información nutricional por porción (una quesadilla):* **Calorías 821 (54 % de grasa)**

**Carbohidratos 41 g • Proteínas 53 g • Grasa 48 g**  
**Grasa saturada 25 g • Colesterol 224 mg**  
**Sodio 3414 mg • Calcio 656 mg • Fibra 2 g**

## Salmón a la “chermoula” con papas asadas

Esta refrescante marinada marroquí es perfecta para aliñar y acompañar pescado o mariscos asados.

**Placas del lado:** Parrilla

**Posición:** Semiabierta y abierta, modo “Smoke-less”

Rinde 1¾ tazas (415 ml) de salsa “chermoula” y 3 a 4 porciones de salmón y papas

**Marinada “chermoula”**

**6 dientes pequeños de ajo**  
**1 cucharadita de páprika**

1. Preparar la marinada “chermoula”: Colocar el ajo en el bol de una mini picadora. Pulsar para picar finamente. Agregar la páprika, ½ cucharadita de la sal, la pimienta, las semillas de cilantro, el comino, las hojuelas de pimiento rojo y la cáscara de limón. Pulsar hasta obtener una pasta. Colocar la mezcla en un tazón pequeño. Agregar el cilantro, el perejil, el jugo de limón y el vinagre. Agregar progresivamente el aceite de oliva, batiendo. Agregar las aceitunas. Colocar el salmón en un molde rectangular y cubrir con ½ taza (120 ml) de la marinada. Cubrir con papel film/plástico y refrigerar por 1 a 2 horas. Llevar a temperatura ambiente antes de asar.
2. Veinte minutos antes de cocinar el salmón, cortar las papas en rodajas de ¼ in. (0.5 cm). Colocar las papas en un tazón grande y agregar la cucharada de aceite de oliva y la sal restantes. Revolver para mezclar.
3. Encender la unidad. Elegir el modo “SMOKE-LESS” y la opción “FISH” (pescado) para ambas placas.
4. Cuando las placas estén calientes, distribuir las papas entre las placas en una capa uniforme. Fijar el temporizador en 16 minutos y cocinar las papas, dándole la vuelta a la mitad del tiempo, hasta que estén cocinadas, doradas y crujientes. Colocar las

- papas asadas en un plato para servir grande y cubrir sin apretar con papel de aluminio.
- Colocar el salmón en la placa inferior. Iniciar la cuenta progresiva y cocinar por 8 a 9 minutos. Luego, voltear el salmón y cocinar por aprox. 6 minutos adicionales, hasta el punto deseado.
  - Cuando el salmón esté cocido, colocarlo en un plato para servir y rociarlo con 2 a 3 cucharadas de la marinada “chermoula” restante. Servir el salmón con las papas asadas.

*Información nutricional por porción (basada en 4 porciones):* Calorías 856 (75 % de grasa)  
 Carbohidratos 29 g • Proteínas 27 g  
 Grasa 73 g • Grasa saturada 10 g  
 Colesterol 69 mg • Sodio 819 mg  
 Calcio 91 mg • Fibra 4 g

## Sándwiches cubanos

Estos sándwiches asados en los cuales el jamón y el queso se juntan “mágicamente” son inspirados del tradicional sándwich cubano. Son una excelente manera de usar las sobras de chuletas de cerdo al estilo latino (página 20).

**Placas del lado:** Parrilla

**Posición:** Cerrada

Rinde 6 porciones (2 sándwiches grandes)

- 2 panecillos suaves largos**
- 1 cucharada + 1 cucharadita de mostaza de Dijon o regular**
- 4 a 6 onzas (115 g a 170 g) de queso suizo rebanado**
- 4 a 6 onzas (115 g a 170 g) de cerdo asado, en tajadas**
- 4 a 6 onzas (115 g a 170 g) de jamón, en tajadas**
- 4 onzas (115 g) de pepinos encurtidos, finamente rebanados horizontalmente**
- 1 cucharadita de aceite de oliva**

- Cortar los panecillos longitudinalmente a la mitad y colocarlos en una superficie plana. Untar mostaza en ambos lado de cada panecillo. Colocar una rebanada de queso suizo en la parte inferior de cada panecillo. Agregar el cerdo, el jamón y las rebanadas de pepinos encurtidos. Agregar el queso restante y cerrar cada sándwich. Cepillar la parte superior con aceite de oliva.
- Instalar las placas del lado “parrilla”. Encienda la unidad. Elegir la función “GRILL/GRIDDLE” (parrilla/plancha) y fijar la temperatura en 375 °F.

- Después del precalentamiento, colocar los sándwiches en la placa inferior y liberar la bisagra flotante. Cerrar las placas, presionando firmemente. Iniciar la cuenta progresiva. Seguir presionando la agarradera por aprox. un minuto. Luego, seguir asando por aprox. 6 minutos, hasta que el pan esté crujiente y que el queso esté derretido.
- Cortar los sándwiches en pedazos para servir.

*Información nutricional por porción (basada en 6 porciones):* Calorías 215 (45 % de grasa)

*Carbohidratos 13 g • Proteínas 16 g • Grasa 10 g  
 Grasa saturada 5 g • Colesterol 38 mg  
 Sodio 700 mg • Calcio 191 mg • Fibra 0 g*

## Kebabs al estilo griego

Puede sustituir el cerdo con pollo o pescado en esta receta. Simplemente ajuste la sazón al gusto y cerciórese que los kebabs están completamente cocidos antes de servir.

**Placas del lado:** Parrilla

**Posición:** Semiabierta y abierta, modo “Smoke-less”

Rinde 10 kebabs

- 2 libras (910 g) de paleta de cerdo, sin mucha grasa**
- ¼ taza (60 ml) de aceite de oliva**
- 2 cucharadas de jugo de limón fresco**
- 1 cucharadita de sal kosher**
- 1 cucharadita de orégano seco**
- ½ cucharadita de pimienta**
- 1 cebolla roja pequeña, en pedazos de 1 in. (2.5 cm)**
- 1 pinta (475 g) de tomates de pera**
- Pan pita para servir (opcional)**
- Salsa Tzatziki\* para servir (opcional)**
- 10 pinchos de madera**

- Cortar el cerdo en cubos de 1 in. (2.5 cm). Restregar con el aceite de oliva, el jugo de limón, la sal, el orégano y la pimienta. Insertar un pedazo de cerdo en uno de los pinchos. Agregar un pedazo de cebolla de aprox. 2 o 3 capas de grueso, seguido de otro pedazo de cerdo, un tomate, otro pedazo de cerdo, más cebolla y otro pedazo de cerdo. Repetir con el resto de los pinchos y de los ingredientes.
- Encender la unidad. Elegir el modo “SMOKE-LESS” y la opción “PORK” (cerdo) para ambas placas.
- Después del precalentamiento, disponer los kebabs en las placas calientes e iniciar la cuenta progresiva. Asar los kebabs, dándole la vuelta, por 25 a 30 minutos, hasta que

estén bien cocinados. Nota: También puede asar los kebabs en la posición cerrada por 6 a 8 minutos.

4. Servir con pan pita y salsa Tzatziki si desea.

\*La salsa Tzatziki es una salsa a base de yogur griego, que se sirve tradicionalmente con los kebabs. Puede ser comprada o hecha en casa. Visite [www.cuisinart.com](http://www.cuisinart.com) para descubrir nuestras recetas.

*Información nutricional por porción de 1 kebab:*

*Calorías 272 (73 % de grasa)*

*Carbohidratos 2 g • Proteínas 16 g • Grasa 22 g*

*Grasa saturada 6 g • Colesterol 64 mg*

*Sodio 274 mg • Calcio 19 mg • Fibra 1 g*

## Pizza de tocino y aceitunas asada

Use nuestro método para asar pizza y agregue los ingredientes de su elección.

**Placas del lado:** Plancha

**Posición:** Semiabierta, cerrada y abierta

Rinde 4 a 6 porciones

- 6 lonchas de tocino**
- 12 onzas (340 g) de masa de pizza fresca**
- 1/3 taza (80 ml) de salsa de pizza**
- 2 cucharadas de aceitunas negras deshuesadas, en rodajas**
- 2 cucharaditas de aceite de oliva**

1. Colocar el tocino en la placa inferior. Encender la unidad y elegir la función "GRILL/GRIDDLE" (parrilla/plancha). Fijar la temperatura en 425 °F. Cuando el tocino esté bien dorado y crujiente, colocarlo en un plato. Una vez frío, desmenuzarlo y reservar.
2. Estirar la masa de pizza para formar un rectángulo del tamaño de la placa. Colocar la masa de pizza en la placa inferior y cerrar las placas. Asar por aprox. 4 minutos, hasta que ambos lados estén ligeramente dorados. Abrir las placas y voltear la pizza. Ajustar la temperatura a 400 °F.
3. Cubrir la masa de pizza parcialmente cocida con salsa de pizza, aceitunas y el tocino desmenuzado. Cepillar la orilla de la pizza con aceite de oliva.
4. Iniciar la cuenta progresiva. Asar por 6 a 8 minutos, en la posición semiabierta, hasta que la parte de abajo de la pizza esté crujiente y que la masa esté bien cocida.

*Información nutricional por porción (basada en 6 porciones): Calorías 211 (39 % de grasa)*

*Carbohidratos 25 g • Proteínas 8 g • Grasa 9 g*

*Grasa saturada 2 g • Colesterol 15 mg*

*Sodio 571 mg • Calcio 0 mg • Fibra 1 g*

## Hamburguesas con cebolla caramelizada y queso Gruyère

Estas hamburguesas al estilo francés son ricas y deliciosas.

**Placas del lado:** Parrilla abajo/ plancha arriba

**Posición:** Abierta y semiabierta, modo "Smoke-less"

Rinde 4 hamburguesas

- 1 cebolla amarilla, en rodajas finas**
- 2 cucharadas de aceite de oliva**
- 1 1/4 cucharaditas de sal kosher**
- 1/4 taza (60 ml) de agua**
- 24 onzas (680 g) de carne de res molida**
- 1/2 cucharadita de pimienta negra recién molida**
- 4 rebanadas de queso suizo**
- 4 panecillos dulces "brioche"**

1. Colocar la cebolla, 2 cucharadas del aceite y 1/4 de cucharadita de la sal en un tazón; revolver.
2. Encender la unidad. Elegir el modo "SMOKE-LESS" y la opción "BEEF" (res) para ambas placas.
3. Cuando la unidad esté caliente, colocar la cebolla en la placa superior. Fijar el temporizador de cuenta progresiva y cocinar por aprox. 15 a 20 minutos, revolviendo ocasionalmente con una espátula resistente al calor, hasta que la cebolla esté suave. Cuando la cebolla esté suave, agregar 1 a 2 cucharadas de agua y revolver hasta que el agua se haya evaporado. Repetir estos pasos por aprox. 10 minutos más, agregando más agua si es necesario, hasta que la cebolla esté muy suave y caramelizada. Reservar.
4. Cuando la cebolla empiece a suavizarse, formar con la carne molida 4 hamburguesas de 6 onzas (170 g) cada una. Sazonar ambos lados uniformemente con sal y pimienta. Cepillar con aceite de oliva. Colocar las hamburguesas en la placa inferior (lado "parrilla") y cocinar por 5 minutos por lado, o hasta el punto deseado. Cubrir con queso y dejar reposar en un plato.
5. Mientras las hamburguesas están descansando, cortar las "brioches" y colocarlas en la placa superior, el lado cortado apuntando hacia abajo. Tostar por 2 a 3 minutos, hasta que estén ligeramente tostadas.
6. Cubrir cada hamburguesa con cebolla caramelizada y servir en las "brioches" tostadas.

*Información nutricional por porción de 1 hamburguesa: Calorías 638 (60 % de grasa) Carbohidratos 25 g • Proteínas 39 g • Grasa 43 g Grasa saturada 16 g • Colesterol 133 mg Sodio 1064 mg • Calcio 182 mg • Fibra 1 g*

## Panini italianos de pollo asado

¿Está buscando una receta rápida de pollo asado? El pollo asado en esta receta puede comerse solo.

**Placas del lado:** Parrilla

**Posición:** Cerrada, modo “Smoke-less”

Rinde 4 panini

**3** pechugas grandes de pollo (aprox. 1½ libras/680 g en total) deshuesadas y sin piel, cortadas longitudinalmente a la mitad

¼ taza + 2 cucharaditas (70 ml) de aceite de oliva

1½ cucharaditas de condimento italiano

1 cucharadita de sal kosher

4 panecillos de ciabatta, partidos longitudinalmente a la mitad

4 rodajas de pimientos dulces rojos asados (en lata)

1 taza (30 g) de rúcula/rúgula/arúgula fresca

½ libra (225 g) de Mozzarella fresca, en rodajas delgadas

1. Encender la unidad. Elegir el modo “SMOKE-LESS” y la opción “POLLO” (pollo/ave) para ambas placas. Mientras la unidad se está calentando, sazonar las pechugas de pollo con 2 cucharadas de aceite de oliva, el condimento italiano y la sal.
2. Después del precalentamiento, colocar las pechugas en la placa inferior e iniciar la cuenta progresiva. Cerrar las placas y asar las pechugas por aprox. 6 minutos, hasta que estén bien cocinadas y tengan las marcas de la parrilla. Retirar el pollo de la placa y dividirlo entre las 4 mitades inferiores de panecillo.
3. Agregar 1 rodaja de pimiento rojo asado y un cuarto de la rúcula. Rociar con 2 cucharaditas del aceite de oliva y una pizca de sal. Agregar el queso y cerrar los sándwiches. Cepillar la parte superior con aceite de oliva.
4. Colocar dos sándwiches en la parte de atrás de la placa inferior. Cerrar las placas e iniciar la cuenta progresiva. Presionar la agarradera por 1 minuto, y luego seguir asando por 5 minutos adicionales, hasta que el pan esté crujiente y que el queso esté

derretido. Repetir con el resto de los panini. Cortar a la mitad antes de servir.

*Información nutricional por porción: Calorías 234 (47 % de grasa) • Carbohidratos 37 g Proteínas 57 g • Grasa 37 g Grasa saturada 10 g • Colesterol 142 mg Sodio 1273 mg • Calcio 234 mg • Fibra 1 g*

## Chuletas de cerdo al estilo latino

Dele vida a las chuletas de cerdo con esta marinada al estilo latino. Las sobras son perfectas para preparar sándwiches cubanos.

**Placas del lado:** Parrilla

**Posición:** Cerrada, modo “Smoke-less”

Rinde 4 porciones

1 cebolla pequeña, en rodajas

4 dientes de ajo, rebanados

½ taza (120 ml) de jugo de naranja

2 cucharadas de jugo de lima/limón verde fresco

½ taza (30 g) de cilantro fresco, picado toscamente

4 chuletas de cerdo de 1 in. (2.5 cm) de espesor

½ cucharadita de sal kosher

¼ cucharadita de pimienta negra recién molida

1. Colocar la cebolla, el ajo, el jugo de naranja, el jugo de lima/limón verde y el cilantro en un tazón; revolver.
2. Agregar las chuletas de cerdo y revolver para cubrir las con marinada. Cubrir y refrigerar por aprox. 3 horas.
3. Justo antes de asar, retirar las chuletas de la marinada, secarlas ligeramente con papel absorbente y sazonar ambos lados con sal y pimienta.
4. Instalar las placas del lado “parrilla”. Encienda la unidad. Elegir el modo “SMOKE-LESS” y la opción “PORK” (cerdo) para ambas placas.
5. Después del precalentamiento, colocar las chuletas en la placa inferior, cerrar las placas e iniciar la cuenta progresiva. Asar por aprox. 5 minutos, hasta que la temperatura interna de la parte más gruesas de las chuletas alcance 145°F (63°C).
6. Dejar reposar por aprox. 5 minutos antes de servir.

*Información nutricional por porción (basada en 4 porciones): Calorías 278 (40 % de grasa) Carbohidratos 3 g • Proteínas 37 g • Grasa 12 g Grasa saturada 4 g • Colesterol 114 mg Sodio 350 mg • Calcio 24 mg • Fibra 0 g*

## Fajitas de camarones

Esta receta es ideal para una cena festiva; cada invitado podrá armar su propia fajita.

**Placas del lado:** parrilla abajo, plancha arriba  
**Posición:** Semiabierta y abierta

Rinde aprox. 8 fajitas (usando 3 camarones por fajita)

- 1 **libra (455 g) de camarones grandes congelados, descongelados y pelados**
- 3 **cucharadas de aceite de oliva**
- 1 **diente de ajo grande, finamente picado**
- ¾ **cucharadita de chile en polvo**
- 1 **pizca de comino en polvo**
- 2 **pimientos dulces (de cualquier color), en tiras delgadas**
- 1 **cebolla roja pequeña, en tiras delgadas**
- ½ **cucharadita de sal kosher**
- 1 **pizca de pimienta**
- 1 **pizca de ajo en polvo**
- 1 **cucharada de cilantro, picado toscamente**
- 1 **cucharada de jugo de lima/limón verde fresco**
- 4 **pinchos de madera, cortados a la mitad (opcional)**
- Tortillas de trigo pequeñas**
- Pedazos de lima/limón verde, para servir**
- Guacamole, para servir (opcional)**
- Salsa mexicana, para servir (opcional)**
- Crema agria, para servir (opcional)**

1. Secar bien los camarones con papel absorbente. Colocar los camarones en un tazón pequeño o una bolsa de plástico hermética. Agregar 2 cucharadas del aceite de oliva, el ajo, el chile en polvo y el comino. Revolver para cubrir. Refrigerar por 20 minutos.
2. Mientras los camarones se están marinando, revolver los pimientos y la cebolla en el aceite restante. Rociar con ¼ de cucharadita de sal, una pizca de pimienta y el ajo en polvo. Encender la unidad. Elegir la función "GRILL/GRIDDLE" (parrilla/plancha) y fijar la temperatura en 425 °F.
3. Después del precalentamiento, colocar los pimiento y cebolla en la placa inferior. Fijar el temporizador en 15 minutos y cocinar, revolviendo ocasionalmente con pinzas con puntas de silicona, hasta que estén suaves y dorados.

4. Al final del tiempo, colocar los pimientos y las cebollas en la otra placa mientras cocina los camarones. Cuando los camarones están cocinados, colocar la mezcla de pimientos y cebollas en un tazón y agregar el cilantro picado.
5. Sacar los camarones marinados del refrigerador. Agregar el jugo de lima/limón verde y la sal restante. Si usa pinchos (opcional), insertar 3 camarones en cada pincho. Iniciar la cuenta progresiva. Colocar los pinchos en la placa inferior y cocinar por 5 minutos por un lado y por 3 minutos por el otro lado, hasta que los camarones estén opacos. También puede cocinar los camarones directamente en la placa inferior, por la misma cantidad de tiempo. Colocar los camarones en un plato para servir.
6. Para armar las fajitas: colocar 3 camarones en una tortilla y cubrir con una cucharada de la mezcla de pimientos/cebollas. Servir con un pedazo de lima/limón verde y, si desea, guacamole, salsa mexicana y crema agria.

*Información nutricional por porción (1 fajita):*

*Calorías 196 (40 % de grasa)*

*Carbohidratos 16 g • Proteínas 13 g • Grasa 9 g*

*Grasa saturada 1 g • Colesterol 85 mg*

*Sodio 418 mg • Calcio 76 mg • Fibra 1 g*

## Bistec de falda con salsa chimichurri

Si tiene a mano frutas maduras, tales como piña o mango, píquelas finamente y sirva los bistecs con aproximadamente 1 cucharada de la salsa para dar a este plato más dulzura y color.

**Placas del lado:** Parrilla

**Posición:** Semiabierta y abierta, modo "Smoke-less"

Rinde 3 a 4 porciones y 1 taza (235 ml) de salsa

**Salsa:**

- 4 **dientes de ajo, finamente picados**
- ½ **cucharadita de sal**
- 1 **pizca de comino en polvo**
- 1 **pizca de hojuelas de pimiento rojo**
- 1 **cucharada + 2 cucharaditas de vinagre de vino tinto**
- ¾ **taza (80 ml) de aceite de oliva virgen extra**
- ¼ **taza (15 g) de hojas de perejil fresco, picadas toscamente**
- 2 **cucharadas llenas de hojas de orégano fresco, picadas grueso**

**Bistec:**

- 1 **libra (455 g) de bistec de falda de aprox. 1 in. (2.5 cm) de espesor**

- 2**      **cucharaditas de aceite de oliva**  
 ½      **cucharadita de sal**  
 ¼      **cucharadita de pimienta blanca recién molida**
1. Preparar la salsa chimichurri: Colocar los 5 primeros ingredientes en un tazón pequeño; revolver, mientras agrega el aceite de oliva. Luego, incorporar el perejil y el orégano. Cubrir y dejar reposar para combinar los sabores.
  2. Encender la unidad. Elegir el modo "SMOKE-LESS" y la opción "BEEF" (res) para ambas placas.
  3. Mientras la unidad se está calentando, sazonar ambos lados del bistec con aceite de oliva, sal y pimienta.
  4. Después del precalentamiento, colocar el bistec en la placa inferior. Iniciar la cuenta progresiva. Cocinar por 6 minutos por un lado y por 4 a 5 minutos por el otro lado, hasta el punto deseado.
  5. Retirar el bistec de la placa y dejarlo reposar por 5 minutos en una tabla de cortar. Cortar en tajadas, en contra del grano. Servir, rociando una cucharada de salsa encima de la carne.

*Información nutricional por porción (basada en 4 porciones):* **Calorías 789 (59 % de grasa)**  
**Carbohidratos 42 g • Proteínas 39 g • Grasa 52 g**  
**Grasa saturada 18 g • Colesterol 435 mg**  
**Sodio 1229 mg • Calcio 482 mg • Fibra 4 g**

## Panini de aguacate, queso y tomate

Ingredientes simples con máximo sabor.

**Placas del lado:** Parrilla

**Posición:** Cerrada

Rinde 2 sándwiches

- 2**      **panes ciabatta o panecillos franceses**  
 ½      **aguacate maduro**  
 ½ a ¾      **cucharadita de sal kosher**  
 ½      **cucharadita de pimienta negra recién molida**  
**1**      **tomate pequeño a mediano, en rodajas delgadas**  
**3**      **onzas (85 g) de queso Havarti, rebanado (aprox. 4 rebanadas delgadas)**  
 ¼      **cucharadita de aceite de oliva virgen extra**
1. Cortar los panecillos a la mitad y colocarlos en una superficie plana. Esparcir el aguacate en la mitad inferior de cada

panecillo. Sazonar con la mitad de la sal y de la pimienta. Agregar rodajas de tomate. Sazonar con la sal y la pimienta restantes.

2. Agregar el queso, cerrar los sándwiches y cepillar la parte superior de cada panecillo con aceite de oliva.
3. Instalar las placas del lado "parrilla". Encienda la unidad. Elegir la función "GRILL/GRIDDLE" (parrilla/plancha) y fijar la temperatura en 375 °F.
4. Después del precalentamiento, colocar los sándwiches en el centro de la placa inferior. Liberar la bisagra flotante y cerrar las placas, presionando la agarradera. Iniciar la cuenta progresiva.
5. Asar por aprox. 7 minutos, hasta que el pan esté crujiente y que el queso esté derretido.

*Información nutricional por porción de ½ sándwich (basada en 4 porciones):*  
**Calorías 172 (55 % de grasa)**

**Carbohidratos 12 g • Proteínas 8 g • Grasa 11 g**  
**Grasa saturada 5 g • Colesterol 19 mg**  
**Sodio 361 mg • Calcio 174 mg • Fibra 2 g**

## Panini de crema de chocolate con avellanas con fresas

¡No todos los panini son salados! Estos sabrosos panini dulces reúnen dos sabores favoritos: el chocolate con avellanas y las fresas.

**Placas del lado:** Parrilla

**Posición:** Cerrada

Rinde 2 panini

- 2**      **"brioches" (bollos) o "croissants" (cruasanes/medialunas)**  
**Aceite vegetal o mantequilla suave para cepillar**  
 ¼      **taza (60 g) de crema para untar de chocolate con avellanas**  
**1**      **pizza de sal kosher**  
**2 a 3**      **fresas grandes, peladas y cortadas en rodajas (necesita suficientes rodajas para cubrir la parte inferior del bollo)**
1. Encender la unidad. Elegir la función "GRILL/GRIDDLE" (parrilla/plancha) y fijar la temperatura en 400 °F.
  2. Mientras la unidad se está calentando, armar los panini. Cortar los bollos/cruasanes horizontalmente a la mitad. Cepillar la parte externa con aceite o mantequilla. Untar la crema de chocolate en la parte de adentro. Rociar con un poco de sal. Cubrir la mitad inferior de cada bollo/cruasán con una capa de rodajas de fresa.
  3. Cerrar los panini.

- Después del precalentamiento, colocar los panini en la placa inferior e iniciar la cuenta progresiva. Cerrar las placas, presionando la agarradera por 20 segundos, y luego asar por aprox. 3 minutos, hasta que el relleno esté caliente y que los panini tengan las marcas de la parrilla.
- Retirar de la placa y dejar enfriar por 1 minuto. Cortar cada panini a la mitad y servir tibio.

*Información nutricional por porción de ½ panini, usando cruasanes: Calorías 230 (50 % de grasa) Carbohidratos 25 g • Proteínas 4 g • Grasa 13 g Grasa • saturada 5 g Colesterol 19 mg Sodio 142 mg • Calcio 33 mg • Fibra 2 g*

### Piña asada

El calor de la parrilla caramelizará la piña, haciendo que sea aún más dulce. ¡Perfecta para servir con helado de vainilla!

**Placas del lado:** Parrilla  
**Posición:** Cerrada

Rinde 8 porciones

- 1 piña fresca mediana, pelada, descaroada y cortada en 8 rodajas**
  - 5 a 8 cucharaditas (25 g a 410 g) de azúcar granulada**
  - ¼ cucharadita de canela en polvo**
- Encender la unidad. Elegir la función "GRILL/GRIDDLE" (parrilla/plancha) y fijar la temperatura en 375 °F.
  - Colocar el azúcar y la canela en un bol pequeño; revolver. Espolvorear la mezcla uniformemente en ambos lados de la piña
  - Después del precalentamiento, colocar la mitad de la piña en la placa inferior e iniciar la cuenta progresiva. Cerrar las placas y asar por aprox. 8 minutos, hasta que la piña esté suave y tenga las marcas de la parrilla. Repetir con las rodajas restantes.
  - Servir inmediatamente.

*Información nutricional por porción de 1 rodaja: Calorías 189 (32 % de grasa) Carbohidratos 24 g • Proteínas 7 g • Grasa 7 g Grasa • saturada 2 g • Colesterol 171 mg Sodio 203 mg • Calcio 102 mg • Fibra 1 g*

### Panini de malvaiscos con chocolate

Estos panini inspirados de los "s'mores" americanos pueden prepararse con su chocolate favorito: con leche, semidulce o amargo/negro.

**Placas del lado:** Parrilla  
**Posición:** Cerrada

Rinde 2 panini

- 2 "brioches" (bollos) o "croissants" (cruasanes/medialunas)**  
**Aceite vegetal o mantequilla suave para cepillar**
  - 1 onza (30 g) de chocolate (con leche, semidulce o amargo/negro), en pedacitos**
  - 4 malvaiscos, cortados a la mitad**
- Encender la unidad. Elegir la función "GRILL/GRIDDLE" (parrilla/plancha) y fijar la temperatura en 400 °F.
  - Mientras la unidad se está calentando, armar los panini. Cortar los bollos/cruasanes horizontalmente a la mitad. Cepillar la parte externa con aceite o mantequilla. Dividir los pedacitos de chocolate entre los sándwiches, esparciéndolos en la mitad inferior de los bollos/cruasanes. Cubrir con las mitades de malvaisco. Cerrar los panini.
  - Después del precalentamiento, colocar los panini en la placa inferior e iniciar la cuenta progresiva. Cerrar las placas, presionando la agarradera por 20 segundos, y luego asar por aprox. 3 minutos, hasta que los panini tengan las marcas de la parrilla y que los malvaiscos estén derretidos.
  - Retirar de la placa y dejar enfriar por 1 minuto. Cortar cada panini a la mitad y servir tibio.

*Información nutricional por porción de ½ panini, usando cruasanes: Calorías 183 (45 % de grasa) Carbohidratos 23 g • Proteínas 3 g • Grasa 9 g Grasa saturada 5 g • Colesterol 20 mg Sodio 105 mg • Calcio 11 mg • Fibra 1 g*

# GUÍA DE COCCIÓN

TIPO DE ALIMENTO	ALIMENTO	PREPARACIÓN	PLACA/POSICIÓN	TIEMPOS SUGERIDOS PARA ASAR
<b>"BEEF"</b> (res)	Bistec (deshuesado)	Hasta 2 in. (5 cm) de espesor.	Parrilla; posición cerrada, semiabierta o abierta; modo "SMOKE-LESS" con el pie de extensión y la cubierta ajustada.	<p>En la posición cerrada: Precalentar las placas a "SEAR"/450°F. Colocar los bistecs en la placa inferior y cerrar las placas. Asar por 8 a 10 minutos, dependiendo del grosor y del punto deseado. Dejar reposar por 5 minutos antes de servir.</p> <p>En la posición semiabierta o abierta: Colocar los bistecs en las placas precalentadas. Cocinar por aprox. 6 a 8 minutos por lado, dependiendo del grosor y del punto deseado. Dejar reposar por 5 minutos antes de servir.</p> <p>Vuelta y vuelta/casi cruda: 125°F a 130°F Poca hecha: 130°F a 135°F Término medio: 140°F a 145°F Al punto: 150°F a 155°F Muy hecha: 160°F+</p>
	Hamburguesa	Las hamburguesas deben tener el mismo peso y el mismo grosor.		Disponer las hamburguesas en la placa inferior precalentada. Asar por aprox. 4 a 8 minutos, dependiendo del grosor y del punto deseado. En la posición semiabierta o abierta, asar por 5 a 6 minutos por lado.
<b>Cerdo</b>	Chuletas de cerdo	½ a 1 in. (1.5 cm a 2.5 cm) de espesor.	Parrilla; posición cerrada, semiabierta o abierta; modo "SMOKE-LESS" con el pie de extensión y la cubierta ajustada.	En la posición cerrada: Asar por 10 minutos. En la posición semiabierta o abierta: Asar por 5 a 6 minutos por lado. La temperatura interna debería alcanzar 145 °F (63 °C).
	Tocino	Disponer en una capa.	Parrilla o plancha; posición semiabierta o abierta; modo "SMOKE-LESS" con el pie de extensión y la cubierta ajustada.	Necesitará aprox. 20 a 25 minutos para cocinar 1 libra (455 g) de tocino en la posición abierta.
<b>"POULTRY"</b> (pollo/ave)	Pollo, pechugas (deshuesadas)	Ablandar la carne hasta que tenga 1 in. (2.5 cm) o menos de espesor.	Parrilla"; posición cerrada; modo "Smoke-less" con pie de extensión	Cocinar por 7 a 9 minutos. La temperatura interna de la carne debe alcanzar 165 °F (74 °C) y el jugo debe salir claro.
	Pollo, muslos (deshuesados)	Abrir a un espesor uniforme.		Cocinar por 8 a 10 minutos. La temperatura interna de la carne debe alcanzar 170 °F (77 °C) y el jugo debe salir claro.
<b>FISH</b> (pescado)	Filetes de pescado	1 a 2 in. (2.5 cm a 5 cm) de espesor.	Parrilla; posición cerrada, semiabierta o abierta; modo "SMOKE-LESS" con el pie de extensión y la cubierta ajustada.	En la posición cerrada: Cocinar por 10 a 18 minutos. En la posición semiabierta o abierta: Asar por 6 a 10 minutos por lado.
	"Bistec" de pescado (espada, albacora, atún, salmón)	No más de 2 in. (5 cm) de grueso.		En la posición cerrada: Cocinar por 10 a 15 minutos. En la posición semiabierta o abierta: Asar por 5 a 10 minutos por lado.

**Consejos:** Para mejores resultados, llevar la carne a temperatura ambiente antes de cocinarla. Escurrir antes de asar si ha marinado la carne.

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