

**Cuisinart®**

**Cook & Steam**

CRC800U



Congratulations on your purchase of the Cuisinart Cook & Steam.

For over 30 years Cuisinart's aim has been to produce the very finest kitchen equipment so that cooks at home as well as professional chefs have the tools to express their creativity.

All Cuisinart products are engineered for exceptionally long life, and designed to be easy to use as well as to give excellent performance day after day. That is why they have come to be regarded as the defining machines in their field by chefs across the world.

Whatever you cook, cook it better with Cuisinart.

## Contents

<b>Product Description</b> . . . . .	<b>3</b>
<b>Safety Caution</b> . . . . .	<b>6</b>
<b>Important Guidelines</b> . . . . .	<b>8</b>
<b>Instructions for Use</b> . . . . .	<b>9</b>
A Cooking Rice . . . . .	9
B Cooking Rice and Steaming . . . . .	10
C Steaming only . . . . .	11
D Reheating rice . . . . .	11
E Hints & tips . . . . .	12
F Cooking tables . . . . .	14
▪ Cooking Rice . . . . .	14
▪ Quantities tables . . . . .	16
▪ Steaming Vegetables Poultry, Seafood and Egg. . . . .	17
<b>Cleaning &amp; Maintenance</b> . . . . .	<b>19</b>
<b>Guarantee</b> . . . . .	<b>20</b>
<b>UK Wiring Instructions</b> . . . . .	<b>21</b>
<b>After sales Service</b> . . . . .	<b>22</b>
<b>Recipes</b> . . . . .	<b>23</b>

## Product Description



**Carefully read all the instructions before using the appliance and keep in a safe place for future reference.**


## **Safety Caution**

Always follow these safety cautions when using this appliance to avoid personal injury or damage to the appliance. This appliance should be used only as described within this instruction book.

- The lid and bowl can be removed for washing manually or within a dishwasher.
- Do not immerse the housing base in water or any other liquids, or put it in a dishwasher. Disconnect from the mains and allow to cool. Clean using a damp cloth. Allow to dry thoroughly before re-use.
- Always disconnect the appliance immediately after use.
- Never disconnect the plug by pulling on the mains lead.
- Do not allow the lead to overhang the edge of the table or work surface.
- This appliance should not be used by adults or children whose lack of experience, product knowledge or disability might cause a hazard, unless they have been correctly instructed and are adequately supervised.
- Children should always be supervised to ensure that they do not play with this product.
- Do not use this appliance if the lead is damaged. In the event of damage the lead must be replaced by a special lead available from the manufacturer or its service agent. (See “UK After Sales Service” section).

- Do not use the appliance if it has fallen or shows signs of damage. Discontinue use immediately. Contact Cuisinart (See 'UK After Sales Service' section).
- No repair can be carried out by the user. Return the appliance to the 'Cuisinart Service Centre' for inspection or repair or replacement. (See 'UK After Sales Service' section).
- Use this appliance for cooking only as described within these instructions for use. Retain these for future reference.
- This appliance is equipped with a safety thermostat which protects it from over heating. In the event of overheating, the appliance will stop automatically. Should this happen, switch the appliance off from the mains, unplug and allow to cool for 15 minutes. Plug in and switch on, if the appliance continues to over heat switch off, unplug and allow to cool for a further 60 minutes.
- If the appliance still fails to work, contact the Cuisinart Customer Care Line (refer to After Sales Service Section section)
- Always ensure that the voltage to be used corresponds with the voltage on the appliance, which is indicated on the bottom of the base unit.
- This appliance complies with the basic requirements of Directives 04/108/EEC (Electromagnetic Compatibility) and 06/95/EEC (Safety of domestic electrical appliances) amended by Directive 93/68/EEC (CE Marking).
- **WARNING:** A cut off plug inserted into a 13 amp outlet is a serious safety (shock) hazard. Ensure the cut off plug is disposed of safely.
- **WARNING:** Polythene bags over the product or packaging may be dangerous. To avoid danger of suffocation, keep away from babies and children. These bags are not toys.



- The symbol  on the product or on its packaging indicates that this product may not be treated as household waste. Instead it should be handed over to an appropriate collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about the recycling of this product, please contact your local council office or your household waste disposal service.

## Important Guidelines

- **WARNING:** This appliance generates steam. Do not operate uncovered.
- Do not use your Rice cooker under wall hanging cabinet; the escaping steam could cause damage.
- Do not use metal utensils. Metal utensils will damage the non-stick finish on rice pot.
- Do not plug in the Rice Cooker before rice and water have been added. Because most Rice Cookers do not have an 'Off' setting, the appliance will automatically be in 'HOLD' mode immediately after the appliance is plugged in.

## Instructions for Use

Before using this appliance, ensure the rice pot and steam tray are thoroughly cleaned and dried.

### **A**     **Cooking Rice**

- Make sure the appliance is unplugged.
- Place the rice pot into the stainless steel housing.
- Measure the desired amount of dry rice with the measuring cup provided. Rinse if necessary and place in the rice pot. (See table for recommended quantities).
- Using the water line marked inside the rice pot, add water to the rice up to the appropriate water line, (refer to section 'F | Cooking Rice').
- Cover the rice pot with the lid, making sure that the steam vent is facing toward the back of the appliance.
- Plug the appliance into a suitable mains outlet.
- Press the power switch down to 'COOK'. The red 'COOK' light will turn on to indicate the appliance is in 'COOK' mode.
- Cooking time will vary, depending on the amount and type of rice or grain being cooked. (Refer to section 'F. Cooking Tables' for approximate cooking times).
- Once the rice is cooked, the appliance will automatically switch to the 'HOLD' setting and the 'HOLD' light will turn on. The appliance will stay in 'HOLD' mode until the appliance is unplugged from the mains.
- Once you are ready to serve the rice, remove the lid, lifting it away from you.
- Fluff rice with paddle or utensil suitable for nonstick cookware.
- Lift and remove rice pot from the housing.

## **B      Cooking Rice and Steaming**

- Clean and prepare your vegetables, seafood, fish or poultry.
- Place the rice and water into the cook pot and begin the 'COOK' process (refer to section A, Cooking Rice).
- Fill the steam tray with your prepared food, with the open end facing up. Using the 'Steaming Vegetables' chart for guidance, at the appropriate time during rice cooking, remove the lid and place the filled steam tray on top of the rice pot, place the lid on top of the steaming tray.
- When the rice is cooked the appliance will automatically switch to 'HOLD', unplug the appliance and serve.

### **C Steaming Only**

- Ensure the appliance is unplugged.
- Fill the rice pot with the suggested amount of water based on the 'Steaming Vegetables' chart.
- Fill the steam tray and place on top of the rice pot.
- Place lid on top of the steam tray. Press the power switch down to start cooking. The red light will illuminate to indicate the appliance is in 'COOK' mode.
- When water is completely evaporated, the appliance will automatically switch to the 'HOLD' setting and the 'HOLD' light will illuminate. The appliance will stay in 'HOLD' mode until it is unplugged from the mains.

### **D Reheating Rice**

- Ensure the appliance is unplugged
- To reheat rice, add 4 tbsp cold water per cup of cooked rice to the rice in the rice pot.
- Stir well to mix.
- Place the lid on top of the rice pot.
- Plug the appliance in and press the power switch down to 'COOK' position. The red 'COOK' light will turn on.
- Once the rice is cooked, the appliance will automatically switch to the 'HOLD' setting and the 'HOLD' light will turn on. The appliance will stay in 'HOLD' mode until it is unplugged from the mains.

## **E Hints and Tips**

- Generally it is best to wash rice before cooking, this removes starches and reduces stickiness. To wash, place in a bowl and cover with water, swirl around until water appears chalky/cloudy and drain. Repeat until water is clear. Do not wash the rice in the rice pot, if the pot is wet on the outside when cooking, it may cause damage to your appliance.
- Some rice may require a soaking period, this can be done in the rice pot prior to cooking.
- We recommend experimenting to determine the right cooking and steaming times for different types of rice and foods.
- For best texture, allow cooked rice to rest in 'HOLD' mode for 5 – 10 minutes before serving. After rice 'rests' for 5-10 minutes, remove the lid and stir gently with the rice paddle or a wooden spoon. If rice is not ready to serve, re-cover and stand on 'HOLD' mode until ready.
- The rice cooker will automatically switch to the 'HOLD' setting when it has finished cooking. At this time, you may stir in chopped raw vegetables such as spring onions, peas, shredded carrot or cherry tomatoes, they will warm while the rice is 'resting', retaining their texture.
- This appliance can be used to prepare pre-packed rice, pilaf or grain mixes. Follow the packaging instructions to cook, if sautéing is required, this can be done in the rice pot. Plug in the appliance, and switch to 'COOK' mode. Add the required butter or oil to the rice pot, add the vegetables/rice/meat and sauté according to pack instructions with the lid on. Add the required liquid and continue to cook. If the rice is too wet, allow it to remain on 'HOLD' for 15-20 minutes before serving. If it is too 'chewy', add up to 1/2 measuring cup of water and leave to stand on 'HOLD' until the liquid is absorbed (approximately 15-20 minutes)
- When measuring rice with the measuring cup, level it off with a table knife.

- When rice is placed into the rice pot, level it off to a flat layer that covers the entire bottom of the bowl, to insure that it cooks evenly.
- The water you use for Cooking Rice should be the same that you drink. The taste of water will affect the taste of the cooked rice.
- For best results use cold water. The cooking time will vary depending on the temperature of the water being used.
- Stock can be used in place of water to cook rice.
- 1-2 tsp of butter or oil will help grains of rice to separate during cooking.
- This appliance can be used to steam vegetables, seafood and some meats while Cooking Rice. Use our recipes as a guide, or create your own combinations.
- When steaming vegetables, clean them and trim to a similar size. Follow the 'Vegetable Steaming Guide' for steaming vegetables alone. To steam vegetables while preparing rice, use the 'Vegetable Steaming Guide' to add vegetables in steam tray to the rice cooker at the appropriate time. Most vegetables can be added 10 minutes before rice has finished cooking. Always steam foods with the lid on the steam tray.
- When steaming meats such as poultry or sausage, cut all into similar sized pieces. Arrange in a single layer in the steaming tray that has been sprayed with cooking spray.
- When steaming prawns, scallops and other seafood, arrange in a single layer in the steam tray that has been sprayed with cooking spray.
- You can use your rice cooker to cook a combination of rice, grains and legumes at the same time. Follow our recipe ideas and suggestions.

## **F      Cooking Tables**

- Cooking times will vary according to amount and temperature of cooking liquid.
- The simplest method of cooking long grain white rice, is to place the rice in the rice pot using the measuring cup and add liquid to the appropriate marking on the pot. For example, using the measuring cup fill the rice pot with 2 cups rice and then add water to the 2 cup water mark inside the pot. If using 3 cups of rice, add water to the 3 cup mark, and repeat this with 4-8 cups of rice.

**N.B.** Preparing less than 2 cups of rice is not recommended.

- For grains or brown and speciality rice, use the quantities of liquid recommended by the manufacturer.

### **I.      Quantities Table**

The following table provide a guide to cooking rice for the desired number of people.

<b>Rice / Grain</b>	<b>Serves</b>	<b>Amount of Rice</b>	<b>Amount of liquid (cup water mark)</b>	<b>Approximate cooking time (mins)</b>
<b>Basmati</b>	2	2	2	15
	4	3	3	20
	6	4	4	22
	8	5	5	24
	10	6	6	27
	16	8	8	30
<b>Long Grain</b>	2	2	2	15
	4	3	3	20
	8	4	4	22
	10	5	5	24
	12	6	6	27
	16	8	8	30

## Quantities Table (part 2)

<b>Rice / Grain</b>	<b>Serves</b>	<b>Amount of Rice</b>	<b>Amount of liquid (cup water mark)</b>
<b>Brown Rice</b>	2	1	2
	4	2	3
<b>Couscous</b>	6	2	follow manufacturer's guideline
	8	5	5
<b>Black Rice</b>	4	1	2
	8	2	3 <sup>1</sup> / <sub>2</sub>
<b>Arborio</b>	4	1	3 <sup>1</sup> / <sub>2</sub>
<b>Rolled oats</b>	4	2	follow manufacturer's guideline
	8	4	follow manufacturer's guideline

## 2. Steaming Vegetables Poultry, Seafood and Egg

- Place the required amount of water in the rice pot. Arrange food in a single layer in the steam tray, cut to the size indicated in the table below.
- Cooking times are approximate, and will cook vegetables until just tender. For a softer/more tender result, add more time and for a firmer vegetable, reduce steaming time.
- Unplug the appliance immediately after vegetables have been steamed for the appropriate time to prevent overcooking. If steaming vegetables over rice, use the chart to determine approximately when to add the steam tray on to the rice pot (placing the lid back on top).
- Serve steamed vegetables immediately or plunge into ice water to stop cooking, to use in salads and other cold preparations.

Vegetable Steaming				
Food	Amount	Preparation	Water level in rice pot	Approximate cooking time (mins)
<b>Asparagus</b>	225g	Cut to 8cm	2	9-10
<b>Broccoli</b>	225g	3-4cm florets	2	11
<b>Carrots - baby</b>	225g	Whole	2	15
<b>Carrots - sliced</b>	225g	1/2 cm slices	2	15
<b>Cod</b>	Up to 450g	6	cut in an even size and arranged on parchment in the steam stry	10-15 depending on size
<b>Eggs, Large</b>	16	8	8	30
<b>Mange Tout</b>	2	2	2	15

<b>Food</b>	<b>Amount</b>	<b>Preparation</b>	<b>Water level in rice pot</b>	<b>Approximate cooking time (mins)</b>
<b>Peas</b>	110g	Whole	2	11
<b>Potatoes, new 4cm diameter</b>	8	Quartered	2	23-24
<b>Potatoes</b>	350g	3-4cm cubes	2	18-19
<b>Poultry, chicken or turkey</b>	225g - 450g	Cut to similar size pieces, 5-6 cm long	2 2	15 15-20
<b>Prawns</b>	Up to 450g	Whole, peeled or unpeeled. Steam tray sprayed with cooking spray	2	12-15 depending on size
<b>Salmon</b>	Up to 450g	Cut to an even size and arranged on parchment in the steam tray	2	10-15
<b>Scallops</b>	Up to 450g	Seasoned, steam tray sprayed, cooking spray	2	10-15
<b>Sweet potato</b>	450g	Peeled, 1 cm cubes	2	25

## Cleaning & Maintenance

- Unplug your appliance and allow it to cool before cleaning.
- Place non-stick rice pot, steam 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.
- If scouring is necessary, use a non abrasive cleanser or liquid detergent with a nylon pad or brush.
- Never immerse the stainless steel housing in water or other liquids. To clean, simply wipe with a clean damp cloth and dry thoroughly before storing. Apply any cleaning agents to the cloth before cleaning, not the housing.
- Make sure all parts are clean and dry before storing. Store appliance in a clean, dry place.

## Guarantee

- This Cuisinart appliance is guaranteed for domestic consumer use for 5 years.
- The guarantee covers defects under normal use from date of purchase and ceases to be valid in the event of alteration or repair by unauthorized persons.
- If the appliance does not perform satisfactorily due to defects of material or manufacture, it will be repaired or replaced by the manufacturer (see UK after sales service for details).
- This guarantee is only valid in the United Kingdom (including Northern Ireland, Republic of Ireland, the Channel Islands and the Isle of Man).
- No responsibility will be accepted for any damage caused in transit.
- A charge may be made if goods are returned outside the relevant guarantee period or if the product is returned unnecessarily.
- The manufacturer reserves the right to amend terms and specifications without prior notice.
- This guarantee in no way affects your statutory rights.

## Wiring instructions

- Your Cuisinart Cook and Steam includes a BS 13 amp moulded (fused) mains plug on the supply cord.
- Should it be necessary at any stage to remove this moulded plug and replace it with a BS 13 amp mains plug, the re-wiring should be completed as follows:

### Class I (I)

The wires in the mains lead are coloured in accordance with the following code:

GREEN & YELLOW = EARTH  
BLUE = NEUTRAL      BROWN = LIVE

As the colours of the wire may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

- The wire which is coloured Green & Yellow must be connected to the terminal in the plug which is marked with the letter E or  $\frac{1}{\perp}$  or coloured green or yellow.
- The wire which is coloured BLUE must be connected to the terminal which is marked with the letter N or coloured black.
- The wire which is coloured BROWN must be connected to the terminal which is marked with the letter L or coloured red.

With this appliance, if a 13 amp plug is used, a 5 amp fuse should be fitted. If any other type of plug is used, a 5 amp fuse must be fitted, either in the plug or at the distribution board.

The Cuisinart logo is displayed in white text on a black square background. The word "Cuisinart" is written in a bold, sans-serif font, with a registered trademark symbol (®) to the upper right of the letter 't'.

## **UK After Sales Service**

For further advice on using your Cuisinart Cook and Steam and other products in the Cuisinart range, contact the Cuisinart Customer Care Line on 0870 240 6902 (09:00 to 17:00 hrs Monday to Friday) or, alternatively, email your enquiry to [support@cuisinart.co.uk](mailto:support@cuisinart.co.uk)

### **In Guarantee**

Return the product to the Cuisinart Service Centre at the following address:

Cuisinart Service Centre  
P.O. Box 506  
WIGAN  
WNI 9AA

Enclose your name and address, together with proof of purchase and details of the fault. Cuisinart will either repair or replace the product, as appropriate.

### **Out of Guarantee**

Contact the Cuisinart Customer Care Line on 0870 240 6902 (09:00 to 17:00 hrs Monday to Friday) or, alternatively, email your enquiry to [support@cuisinart.co.uk](mailto:support@cuisinart.co.uk) for details of the standard repair or replacement charge. If you wish to proceed with the repair or replacement, return the product to the Cuisinart Service Centre at the following address:

Cuisinart Service Centre  
P.O. Box 506  
WIGAN  
WNI 9AA

## Recipes

### Salads

Rice and Black Bean Salad . . . . .	24
Greek Rice Salad . . . . .	26

### Side dishes

Curried Rice Pilaf with Apricots and Pinenuts. . . . .	27
Brown and Wild Rice Pilaf . . . . .	28
Brown Rice and Lentil Pilaf . . . . .	29

### Main courses

Creamy Parmesan Risotto with Asparagus . . . . .	30
Sun Dried Tomato Couscous . . . . .	31
Saffron Risotto with Mange Tout . . . . .	32
Creamy Fontina Risotto with Mushrooms. . . . .	33
'Not' Fried Rice . . . . .	34
Mexican Rice and Prawn . . . . .	36
Couscous with Prawn and Scallops . . . . .	38
Lemon Thyme Brown Rice & Salmon . . . . .	40
Teriyaki Steamed Chicken with Cranberry Wild Rice . . . . .	42

## **Rice and Black Bean Salad**

Serves 4

2 cucumbers, peeled and seeded, cut into 1cm cubes

1 tsp salt

2 tsp vegetable oil

2 tsp turmeric

1 tsp ground cumin

3 cups long grain white rice

80ml water

2 cloves garlic, peeled and finely chopped

4 tbsp fresh lime juice

2 tbsp rice vinegar

1 tsp ground coriander

1 tsp oregano

175ml extra virgin olive oil

225g can black beans, drained and rinsed

500g cherry tomatoes, halved

1 red pepper, cored, deseeded and chopped

1 red onion, peeled and chopped

2 green chilli, stemmed, seeded and finely chopped

5-6 tbsp chopped coriander

- Place the cucumber in a strainer, sprinkle with salt and leave to drain over a bowl for 30 minutes.
- Place the oil, turmeric and 1/2 tsp cumin in the rice pot, cover and switch to 'COOK' for 2 minutes.
- Add rice, stir to coat with oil and spices, cover and cook for 2 minutes.
- Stir in water, cover and 'COOK' for until the liquid is absorbed, approximately 20 minutes. Spread rice onto a baking sheet to cool.
- Place garlic, lime juice, vinegar coriander, oregano and remaining 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, tomatoes, pepper, onion and chilli and mix.
- Add the vinaigrette and coriander and stir to combine.

## Greek Rice Salad

Serves 4

2 tbsp extra virgin olive oil  
2 cups long grain white rice  
1 cup orzo  
Pinch salt  
1.1 litre water  
2 cloves garlic, peeled and crushed  
1 large tomatoes, seeded and chopped  
1 large cucumber, seeded and chopped  
125g Feta, crumbled or cubed  
1 medium red onion, peeled and chopped  
200g Kalamata olives, pitted and halved  
5 tbsp chopped parsley  
2 tbsp fresh lemon juice  
1 tsp oregano  
1 tsp basil  
Freshly ground black pepper  
6 tbsp extra virgin olive oil

- Place oil in rice pot, cover and switch to 'COOK' for 1 minute. Stir in rice and orzo, cook for 2 minutes, stirring constantly.
- Add the salt, water and garlic, cover and cook until liquid is absorbed and cooker switches to 'HOLD' for 5 minutes. Spread rice and orzo onto a baking sheet to cool.
- While the rice cooks, place the tomato, cucumber, feta, onion, olives, parsley, lemon juice, oregano, basil, pepper and oil in a large bowl and stir.
- When rice is cooled, combine two mixtures. Chill for at least 1 hour before serving.

## Curried Rice Pilaf with Apricots and Pinenuts

Serves 12 (as accompaniment)

25g unsalted butter

1 onion, peeled and chopped

1 tbsp curry powder

1 tsp turmeric

4 cups long grain white rice

1 litre water

2 tsp salt

200g dried apricots, chopped

2 tbsp toasted pinenuts

- Place the butter in the rice pot, cover and switch to 'COOK' for 2 minutes. Stir in the onion, curry powder and turmeric, cover and cook for 5 minutes.
- Stir in the rice, water and salt and cook until the water is absorbed and the appliance switches to 'HOLD' approximately 25 minutes. Sprinkle over the apricots and 'rest' on 'HOLD' for 5 minutes and serve sprinkled with pinenuts.

## **Brown and Wild Rice Pilaf**

Serves 12 (as accompaniment)

25g unsalted butter  
2 tbsp chopped celery  
4 tbsp chopped shallot  
1 cups long grain brown rice  
1 cups wild rice  
1 tsp herbs de provence  
5 tbsp dry white wine  
500ml chicken stock  
500ml water  
200g dried cranberries  
4 spring onions, trimmed and chopped  
150g chopped toasted pistachios.

- Place the butter in the rice pot, cover and switch to 'COOK' for 2 minutes. Add the celery and shallots, stir well, cover and cook for 2 minutes.
- Add the rice and herbs de provence, stir well and cook for 3 minutes.
- Add the wine and cook for 3 minutes. Add the stock and water and cook until the liquid is absorbed, approximately 45 minutes.
- When the rice cooker switches to 'HOLD', sprinkle in the cranberries and spring onions, cover and stand for 5 minutes.
- Stir in half of the pistachios, and serve immediately sprinkle with the remaining pistachios.

## Brown Rice and Lentil Pilaf

Serves 12 (as accompaniment)

1 tbsp extra virgin olive oil  
50g carrots, chopped  
50g mushrooms, chopped  
3 shallots, peeled and chopped  
2 cup long grain brown rice  
100g brown lentils  
500ml chicken stock  
400ml water  
tsp thyme  
1 tsp salt

- Place oil in rice pot, switch to 'COOK' and heat for 1 minute.
- Add carrot, mushrooms and shallots stir and cook for 3 minutes. Stir in the rice, lentils and thyme, add the stock and water, stir well cover and cook until the rice cooker switches to 'HOLD', approximately 30 minutes.
- Leave to stand on 'HOLD' for 5-10 minutes. Fluff rice and serve.

## Creamy Parmesan Risotto with Asparagus

Serves 2 (6 as a starter)

Cooking spray

225g asparagus, cut into 2.5cm pieces

25g unsalted butter

3 tsp extra virgin olive oil

1 medium onion, peeled and finely chopped

1 large carrot, peeled and finely chopped

2 cups Arborio rice

150ml dry white wine

1.4 litre water, chicken or vegetable stock

110ml double cream

75g freshly grated parmesan

Freshly ground black pepper

- Lightly coat the steam tray with the cooking spray, place the asparagus in the steam tray and set aside.
- Place the butter and oil in the rice pot stir in the onion, carrots and cover and switch to 'COOK' for 1 minute.
- Add the rice, stir well to coat completely. 'Cook' for 2 minutes. Stir in the wine, cover and cook for 2 to 3 minutes, until the wine is completely absorbed.
- Add the water or stock, stir, cover and 'Cook' for approximately 25 minutes, stirring 2 or 3 times during cooking.
- Remove the lid and place the asparagus filled steam tray on the rice pot, cover and cook until the rice cooker switches to 'HOLD' stir in the cream, parmesan and season to taste.
- Replace the steam tray and let stand on 'HOLD' for 5 to 10 minutes. Stir the steamed asparagus into the risotto and serve.

## Sun Dried Tomato Couscous

Serves 8

2 tsp extra virgin olive oil  
1 large onion, peeled and chopped.  
2 cups couscous  
400ml chicken stock  
400ml water  
Salt to taste  
200g chopped sundried tomatoes  
1 tsp basil  
2 tbsp toasted pinenuts, chopped

- Add oil to rice pot and switch to 'COOK', heat for 1 minute.
- Stir in the onion, cover and cook for a further minute.
- Add the couscous, stir well to coat with oil and cook for 1-2 minutes.
- Add the stock, water and salt and stir, add tomatoes and the basil, cover and cook until the liquid is absorbed, 20-25 minutes.
- When the rice cooker switches to 'HOLD' leave it to stand for 5 minutes and serve sprinkled with pinenuts.

## Saffron Risotto with Mange Tout

Serves 6 (12 as a side dish)

1 litre water  
Pinch of saffron strands  
25g unsalted butter  
1 tbsp extra virgin olive oil  
4 tbsp finely chopped carrot  
4 tbsp finely chopped celery  
4 tbsp finely chopped shallot  
1 cups Arborio rice  
6 tbsp dry white wine or dry white vermouth  
Salt to taste  
250g mange tout, cut to 2.5 cm pieces.

- Heat the water in a saucepan until simmering, stir in the saffron and reserve.
- Add the butter and oil to the rice pot, cover and switch to 'COOK' for 1 minute.
- Add the carrot, celery and shallots, cover and cook for 2 minutes. Stir in the Arborio rice, cover and cook for 2 minutes. Stir in the wine, cover and cook for 3 minutes.
- Stir in the saffron infused water and salt, cover and cook until the rice cooker switches to 'HOLD' about 28 to 29 minutes, stirring 2 to 3 times during cooking.
- Add the mange tout to the steam tray and steam for 5 minutes. Add to the risotto, cover and stand for 5 minutes. Serve hot.

## **Creamy Risotto with Mushrooms**

Serves 4 (8 as a starter)

25g unsalted butter, cubed

5 tsp extra virgin olive oil

1 medium onion, finely chopped

2 cups Arborio rice

175ml dry white wine

1.4 litre chicken stock

350g shiitake mushrooms, stems removed and thinly sliced  
tsp thyme

175g shredded Fontina or gruyere cheese

Salt and freshly ground black pepper

- Place half the butter and oil in the rice pot cover and switch to 'COOK' for 1 minute.
- Add the onion and rice, stir to coat, cover and cook for 2 minutes. Stir in the wine, cover and cook for 2-3 minutes until the wine is completely absorbed.
- Add the chicken stock, stir, cover and cook until the rice cooker switches to 'HOLD', about 35-40minutes, stirring 2-3 times during cooking.
- While the risotto is cooking, heat the remaining butter and oil in a frying pan and fry the mushrooms until golden and slightly crispy.
- When rice cooker switches to 'HOLD' stir in the thyme, cheese, mushrooms and season to taste. Serve risotto hot.

## **‘Not’ Fried Rice**

1 tsp sesame oil  
175g chicken breast, cut into 1 cm pieces  
15 tiger prawns, peeled, de-veined and cut in half lengthways  
1 tbsp soy sauce  
2 tsp rice vinegar  
tsp sugar  
Freshly ground black pepper  
2 tsp vegetable oil  
25g bacon or ham, cut to 1 cm pieces  
1 onion, peeled and finely chopped  
1 large carrot, peeled and finely chopped  
50g mushrooms, cleaned chopped  
1 clove of garlic, peeled and crushed  
2 cups basmati rice  
950ml chicken stock  
150g frozen peas, thawed  
4 spring onions, trimmed and chopped  
100g bean sprouts

- Lightly coat the steam tray with cooking spray. Place the chicken in a small dish and drizzle with half the sesame oil, stir to coat, place on one side of the steam tray, in a single layer and repeat with the shrimp. Stand to one side.
- In a small bowl, combine the soy sauce, rice vinegar, sugar and pepper. Stir until the sugar is dissolved, reserve.
- Add the oil to the rice pot and switch to 'COOK' for 1 minute. Add the bacon, onions, carrot, mushroom and garlic, stir well, cover and cook for 4-5 minutes.
- Add the rice, stir to coat. Add stock, cover and cook. After 15 minutes, place the steam tray over the rice cooker cover and continue to cook until the rice cooker switches to 'HOLD'. Add the peas and spring onion to the rice, and leave to stand for 5 minutes.
- Transfer the rice and vegetables to a bowl along with the steamed chicken and shrimp and add the bean sprouts. Drizzle the soy mixture over the rice and stir to combine. Serve immediately.

## **Mexican Rice with Prawns**

Serves 6

- 2 tsp extra virgin olive oil
- 1 red onion, peeled and chopped
- 2 cloves garlic, peeled and chopped
- 1 tsp oregano
- 1 tsp ground coriander
- 1 tsp ground cumin
- Salt to taste
- 2 tsp turmeric
- 2 cups long grain white rice
- 800ml water
- 700g prawns
- 2 x 400g cans chopped tomatoes, drained, liquid discarded.
- 200g frozen peas, thawed
- 4 spring onions, trimmed and chopped
- 2 green chillies, stemmed, seeded and chopped

- Place the oil in the rice pot and switch to 'COOK' for 1 minute. Add the red onion, garlic, oregano, coriander, cumin, salt and turmeric and coat with oil, cover and cook for 1 minute.
- Add the rice, stir and cook for 2 minutes. Add water and stir thoroughly.
- Add the tomatoes on top of the rice, do not stir. Cover and cook.
- Lightly coat steam tray with cooking spray. Place the prawns in a single layer across the tray and after 10 minutes, place the steam tray on the rice, cover and cook until the rice cooker switches to 'HOLD'.
- Place the peas, spring onion and chilli on top of the rice. Cover and stand on 'HOLD' for 5 minutes.
- To serve, fluff rice, stir in vegetables and top with steamed prawns. Garnish with slices of avocado and wedges of lemon or lime.

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## **Couscous with Prawns and Scallops**

Serves 4

350g tiger prawns, peeled, de-veined and cut in half lengthways

350g scallops

1 tbsp extra virgin olive oil

Cooking spray

2 shallots, peeled and finely chopped

2 cloves garlic, peeled and crushed

2 tsp thyme

2 cups couscous

400ml chicken or vegetable stock

400ml water

Salt to taste

1 green pepper, cored, deseeded and chopped

1 red pepper, cored, deseeded and chopped

4 tbsp chopped fresh parsley

2 tsp finely chopped lemon zest

Lemon wedges

- Place the prawns and scallops in a small bowl. Add 2 tsp olive oil and toss to coat. Lightly coat the interior of the steam tray with cooking spray.
- Place the prawns and scallops in the steam tray and stand to one side.
- Add the oil to the rice pot and heat for 1 minute. Stir in the shallot, garlic and thyme, cover and switch to 'COOK' for 1 minute. Add the couscous, stir and cook for 1-2 minutes.
- Add the stock, water and salt, stir, cover and cook for 7 minutes. Place the steam tray on the cook rice pot, cover and cook until the cooker switches to 'HOLD' stir the pepper, parsley and lemon zest into the couscous.
- Cover and stand on 'HOLD' for 5 minutes. Stir the prawns and scallops into the couscous and serve hot, garnished with lemon wedges.

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## Lemon Thyme Brown Rice & Salmon

Serves 4

Cooking spray,  
3-4 flat leaf lettuce leaves  
550g boneless, skinless salmon fillet, cut into 4 equal fillets  
2 tsp extra virgin olive oil  
2 sprigs fresh thyme  
25g unsalted butter  
4 tbsp finely chopped onion  
2 cloves garlic, peeled and crushed  
1 cups brown rice, rinsed and drained.  
4 tsp finely chopped lemon zest.  
1 tsp thyme  
Pinch salt  
900ml water  
125g cherry tomatoes, halved  
1 green pepper, cored, deseeded and cut into 1.5cm cubes  
1 red pepper, cored deseeded and cut into 1.5cm cubes  
Lemon wedges or slices to serve

- Lightly coat the steam tray with cooking spray. Line with the lettuce leaves and arrange the salmon fillets on the lettuce in a single layer. Place the sprigs of thyme on top of the salmon and set steam dish to one side.
- Place the butter in the rice pot, cover and switch to 'COOK' for 30-40 seconds. Stir in shallot and garlic cover and cook for 30 seconds. Add rice, 2 tsp lemon zest and thyme. Stir to coat. Add water, stir, cover and cook for 40 minutes.
- Place filled steam tray above rice pot, cover and continue cooking until the rice cooker switches to 'HOLD' and the salmon is cooked, approximately 12-15 minutes.
- Place the tomatoes and peppers on top of the rice and stand on 'HOLD' 10 minutes.
- To serve stir tomatoes and pepper into rice, place rice mixture onto warmed plates and top with the steamed salmon fillets. Sprinkle with remaining lemon zest and serve with lemon wedges/slices.

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## **Teriyaki Steamed Chicken with Cranberry Wild Rice**

Serves 4

2 tbsp light soy sauce  
2 tbsp honey  
4 tsp dry sherry  
1 clove garlic, peeled and finely chopped  
1 tsp powdered ginger  
1 tbsp vegetable oil  
2 tbsp finely chopped spring onions  
400g skinless chicken breast  
Cooking spray  
1 cups wild rice  
800ml chicken stock  
175ml water  
1 tsp salt  
200g dried cranberries  
6 spring onions, trimmed and thinly sliced  
2 tbsp green chilli, cored, deseeded and finely chopped

- Place the soy, honey, sherry, garlic, ginger, oil and chopped spring onions in a small bowl. Whisk to blend. Cut the chicken into finger sized pieces, approximately 1.5 cm thick and 8cm long. Stir the chicken into the teriyaki marinade and stand for 15 minutes.
- Lightly coat the steam tray and rice pot with cooking spray. Place the rice in the rice pot, add the stock, water and salt, stir, cover and switch to 'COOK' for 50 minutes. Drain the chicken and place in the steam tray. Discard the marinade. After rice has cooked for 50 minutes, place the steam tray over the rice pot, cover and cook for an additional 12-15 minutes, until the rice cooker switches to 'HOLD', place the cranberries, sliced spring onions and chilli on top of the rice. Cover and stand on 'HOLD' for 10 minutes.
- To serve, stir the rice to incorporate the vegetables and fruit, serve on 4 warmed plates and top with the steamed chicken.

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