

Cuisinart® PrepExpress®

MANUAL FOOD PROCESSOR



Instruction and Recipe Booklet

CTG-00-PCH4 SERIES

CTG-00-PCH4TE, CTG-00-PCH4BLK, CTG-00-PCH4RD, CTG-00-PCH4WH, CTG-00-PCH4OR, CTG-00-PCH4CG

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

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IMPORTANT SAFEGUARDS

SAVE AND READ THESE INSTRUCTIONS

CAUTION: THE CUTTING BLADE HAS VERY SHARP EDGES.

Basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS, including these important safeguards.**
2. Close supervision is necessary when this mini food processor is used by or near children or individuals with certain disabilities.
3. Keep hands and utensils away from moving blade while processing, to prevent the risk of severe injury to persons or the chopper.
4. Blades are extremely sharp. Handle carefully when removing or cleaning. Always allow blades to stop moving before removing lid.
5. Be certain lid is securely locked in place before using. Do not attempt to remove lid until blades have stopped rotating.
6. Before using, check work bowl for presence of foreign objects.

FOR HOUSEHOLD USE ONLY

HELPFUL HINTS

- Maximum capacity for chopping – do not fill more than $\frac{2}{3}$ full for best results.
- Maximum capacity for liquids – do not fill more than $\frac{1}{3}$ full.
- When chopping nuts, do not use more than 1 cup.
- It is not recommended to chop very hard nuts (like almonds) or chocolate with this tool.
- When chopping garlic, use a minimum of 2 cloves, maximum of 12 cloves.
- For best results, be sure that all food is cut into the same size, no larger than 1 inch.
- Steady pulls work best to ensure the most even chop. Do not pull cord too fast.
- If food gets stuck in the top of the blade hub, use a toothpick or similar tool to clean out, and flush well with water before washing.
- When chopping herbs, be sure that the bowl and blade are completely dry.
- On occasion, resistance may be felt when pulling. If this happens, food may be lodged between the blade and wall of the chopping cup. Stop, carefully remove piece of food and continue chopping.

USE AND CARE

- Container and blending paddle are top-rack dishwasher safe.
- Hand-wash lid and blades.

QUICK START GUIDE

1. Make sure blade tower or blending paddle is positioned securely on the center point in container.
2. Add ingredients to container.



3. Put lid onto container and turn to lock in place.
4. Place on a solid, flat surface and hold chopper firmly. Pull cord until food is chopped or blended to desired consistency.



RECIPES

Tomato Salsa

Makes about 2 cups

- ¼ cup fresh cilantro, stems discarded**
 - ¼ large onion, cut into 1-inch pieces**
 - 1 garlic clove, peeled**
 - ½ jalapeño, seeded, cut into 1-inch pieces**
 - ½ teaspoon fresh lime juice**
 - ½ teaspoon kosher salt**
 - 2 cups grape tomatoes, divided**
1. Put all ingredients, except for the tomatoes, into the chopper cup. Cover and pull to chop, about 6 to 10 pulls.
 2. Add the tomatoes and pull until finely chopped, about 8 to 10 pulls.
 3. Taste and adjust seasoning accordingly.

Nutritional information per serving (¼ cup):

*Calories 10 (7% from fat) • carb. 2g • pro. 0g • fat 0g • sat. fat 0g
chol. 0mg • sod. 145mg • calc. 6mg • fiber 1g*

Guacamole

Makes about 1½ cups

- 1** **garlic clove, peeled**
 - ½** **jalapeño, seeded, cut into 1-inch pieces**
 - 1** **tablespoon fresh cilantro, stems discarded**
 - 2** **large ripe avocados, pitted, cut into 2-inch pieces, divided**
 - 1** **tablespoon fresh lime juice**
 - ½** **teaspoon kosher salt**
1. Put the garlic, jalapeño and cilantro into the chopper cup. Cover and pull to chop, about 6 to 8 pulls.
 2. Scrape down the sides of the bowl and add half of the avocado. Pull to roughly chop and then add the remaining avocado, lime juice and salt. Pull to chop again, to desired consistency
 3. Taste and adjust seasoning as desired. Serve immediately.

Nutritional information per serving (¼ cup):

*Calories 77 (75% from fat) • carb. 4g • pro. 1g • fat 7g • sat. fat 1g
chol. 0mg • sod. 194mg • calc. 7mg • fiber 3g*

Sweet Crumb Topping

Makes about 1 cup

- ½ cup pecan halves**
 - 3 tablespoons rolled oats**
 - 2 tablespoons light brown sugar**
 - 2 tablespoons unsalted butter, room temperature**
 - ½ teaspoon ground cinnamon**
 - Pinch ground nutmeg**
 - Pinch kosher salt**
1. Put all of the ingredients into the container. Pull to finely chop, about 12 to 15 pulls.
 2. Use as a topping for oatmeal or other hot cereal, or sprinkle on yogurt or even vanilla ice cream! It is very versatile.

Nutritional information per serving (2 tablespoons):

*Calories 86 (73% from fat) • carb. 5g • pro. 1g • fat 7g • sat. fat 2g
chol. 8mg • sod. 18mg • calc. 5mg • fiber 1g*

Pepper, Onion and Cheese Egg Scramble

Makes 2 servings

- 1/4 bell pepper, cut into 1-inch pieces**
- 1/4 medium onion, cut into 1-inch pieces**
- 4 large eggs**
- 2 tablespoons milk (any fat variety)**
- 1/4 teaspoon kosher salt**
- Pinch freshly ground black pepper**
- 2 tablespoons shredded Cheddar cheese**
- Unsalted butter, optional (for cooking)**

1. Insert the chopping blade into the work bowl. Add the pepper and onion. Cover and pull to chop, about 5 to 6 pulls.
2. Remove the chopping blade and insert the blending paddle. Add the remaining ingredients and pull to mix until homogenous, about 6 to 8 pulls.
3. Preheat a skillet over medium-low heat (if not using a nonstick skillet, add some fat such as unsalted butter). Once butter is melted, add the egg mixture. Cook to desired doneness, moving the edges of the eggs to the center every 30 seconds or so.
4. Taste and adjust seasoning accordingly.

Nutritional information per serving:

*Calories 183 (59% from fat) • carb. 4g • pro. 15g • fat 12g • sat. fat 5g
chol. 380mg • sod. 477mg • calc. 129mg • fiber 0g*

Creamy Herb Dressing

Makes about $\frac{2}{3}$ cup

- 1 green onion, white and light green parts**
 - 1 garlic clove**
 - 2 tablespoons fresh basil**
 - 1 tablespoon fresh parsley**
 - $\frac{1}{2}$ teaspoon fresh lemon zest**
 - 1 teaspoon fresh lemon juice**
 - 1 teaspoon Dijon mustard**
 - $\frac{1}{2}$ teaspoon kosher salt**
 - Pinch freshly ground black pepper**
 - $\frac{1}{4}$ cup plain Greek yogurt, nonfat**
 - $\frac{1}{4}$ cup buttermilk**
1. Insert the chopping blade into the work bowl. Add the green onion, garlic, basil, parsley and lemon zest. Pull to finely chop, about 12 to 15 pulls.
 2. Remove the chopping blade and replace with the blending paddle. Add the remaining ingredients and pull until homogenous.
 3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon):

*Calories 10 (50% from fat) • carb. 1g • pro. 0g • fat 1g • sat. fat 0g
chol. 2mg • sod. 28mg • calc. 15mg • fiber 0g*

WARRANTY

LIFETIME WARRANTY (U.S. and Canada ONLY)

Cuisinart® Tools & Gadgets are warranted to be free of defects in material and workmanship under normal home use from the date of original purchase throughout the original purchaser's lifetime.

HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® Tool or Gadget 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 www.cuisinart.com/customer-care/product-return. Or call our toll-free customer service department at 1-800-726-0190 to speak with a representative. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discoloration or other damage to external or internal surfaces that does not impair the functional utility of the tool/gadget. This warranty also expressly excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the foregoing limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

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 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 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 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. To obtain a return shipping label, email us at www.cuisinart.com/customer-care/product-return. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

Cuisinart®



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®.

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