

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET

Recipe
Booklet
Reverse Side



Custom Classic™ Toaster Oven Broiler

TOB-40

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Please read these instructions and keep them handy. They will help you to use your Cuisinart® Custom Classic™ Toaster Oven Broiler to its fullest so that you will achieve consistent, professional results.

IMPORTANT SAFEGUARDS

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

1. **Read all instructions.**
2. **UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING. Allow to cool before cleaning or handling.**
3. Do not touch hot surfaces. Use handles or knobs.
4. To protect against electrical shock, do not place any part of the toaster oven broiler in water or other liquids. See instructions for cleaning on page 6.

5. Close supervision is necessary when any appliance is used by or near children.
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 toaster oven broiler to the nearest Cuisinart Repair Center for examination, repair or mechanical or electrical adjustment.
7. The use of accessory attachments not recommended by Cuisinart® may cause injury.
8. Do not use outdoors.
9. Do not let cord hang over the edge of the table or countertop where it could be pulled on inadvertently by children or pets, or touch hot surfaces, which could damage the cord.
10. Do not place toaster oven broiler on or near a hot gas or electric burner or in a heated oven.
11. Do not use this toaster oven broiler for anything other than its intended purpose.
12. Extreme caution should be exercised when using containers constructed of materials other than metal or glass in the toaster oven broiler.
13. To avoid burns, use extreme caution when removing tray or disposing of hot grease.
14. **When not in use, always unplug the unit.** Do not store any materials other than manufacturer's recommended accessories in this oven.
15. Do not place any of the following materials in the oven: paper, cardboard, plastic and similar products.
16. Do not cover crumb tray or any part of the oven with metal foil. This will cause overheating of the oven.
17. Oversize foods, metal foil packages and utensils must not be inserted in the toaster oven broiler, as they may involve a risk of fire or electric shock.

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18. A fire may occur if the toaster oven broiler is covered or touching flammable materials such as curtains, draperies, and walls, when in operation. Do not store any items on top of the appliance when in operation. Do not operate under wall cabinets.
 19. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, involving a risk of electric shock.
 20. Do not attempt to dislodge food when the toaster oven broiler is plugged into electrical outlet.
 21. Warning: To avoid possibility of fire, NEVER leave toaster oven broiler unattended during use.
 22. Do not rest cooking utensils or baking dishes on glass door.
 23. Turn the function dial to the OFF position to turn off toaster oven broiler.
 24. Where applicable, always attach plug to appliance and check that the function dial is off before plugging cord into wall outlet. To disconnect, turn the function dial to off, then remove plug from wall outlet.
 25. 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.

SPECIAL CORDSET INSTRUCTIONS

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

Extension cords may be used if care is exercised in their use.

If an extension cord is used, the marked electrical rating of the extension cord must 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 tripped over or pulled on by children.

NOTICE

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 fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

FOR HOUSEHOLD USE ONLY

NOT INTENDED FOR COMMERCIAL USE

SAVE THESE INSTRUCTIONS

FEATURES AND BENEFITS

1. Function Dial

Select cooking method – TOAST, BAGEL, BAKE, WARM or BROIL.

2. Temperature Dial

Select desired temperature for the Baking, Warm or Broiling functions.

3. Toast Shade Dial

Select the desired toast shade for the Toast and Bagel functions – Light, Medium or Dark.

4. Toasting Start/Stop Button

Push the Start/Stop button to start the Toast or Bagel function.
Push the Start/Stop button to stop toasting in mid cycle and shut off oven.

5. Oven ON Indicator

Indicator light will remain lit when oven is in use.

6. Oven Rack

Oven rack slides out automatically when the door is opened.

7. Slide-out Crumb Tray

The slide-out crumb tray comes already positioned in your oven.
The crumb tray slides out from the bottom front of the toaster oven broiler for easy cleaning.

8. Easy-Clean Interior

The sides of the oven are coated, providing an easy-to-clean surface.

9. Broiling Rack

A broiling rack fits into the baking pan/drip pan to use when broiling.

10. Baking Pan/Drip Pan

A baking pan/drip pan is included for your convenience. Use with the broiling rack when broiling. Use alone when baking or roasting.

11. Cord Storage (not shown)

Takes up excess cord and keeps countertop neat.

12. BPA-Free (not shown)

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



BEFORE THE FIRST USE

Place your oven on a flat surface. Remove any packaging and promotional labels in or on the oven. Unwind the power cord. Check that the crumb tray is in place and that there is nothing inside or on top of the oven. Plug power cord into wall outlet.

Before first use, thoroughly wash the baking pan, broiling rack and oven rack with soap and water, and dry them thoroughly.

Before using your oven, make sure it is two to four inches away from the wall or from any objects on the countertop. Do not use on heat-sensitive surfaces. **DO NOT STORE OBJECTS ON THE TOP OF THE OVEN. IF YOU DO, REMOVE ALL OBJECTS BEFORE YOU TURN ON YOUR OVEN. THE EXTERIOR WALLS GET VERY HOT WHEN IN USE. KEEP OUT OF REACH OF CHILDREN.**

GENERAL GUIDELINES

Toast/Bagel: Always have the rack in rack position C, as indicated in the diagram on page 6, for even toasting. Always center your item/items in the middle of the rack.

Bake: Baking function can be used as you would normally use your large kitchen oven for roasting meats including chicken, or baking cakes, cookies and more.

Broil: Broiling function can be used for beef, chicken, pork, fish and more. It also can be used to top brown casseroles and gratins. **Caution:** Aluminum foil is not recommended for covering the drip pan. Foil is extremely dangerous when broiling fatty foods. Grease will accumulate and may catch fire. If foil is used to cover drip pan, be sure foil is tucked neatly around the pan and does not touch the walls or heating rods. **Never cover the crumb tray.**

Turning off the toaster oven broiler: Turn the function dial to OFF. The indicator light will turn off.

OPERATION

Toast:

To toast, make sure the oven rack is in rack position C, as indicated in the diagram on page 6. If toasting two items, center them in the middle of the rack. Four items should be evenly spaced – two in front, two in back. Six items should be evenly spaced – three in front, three in back. Close the glass door. Set function dial to TOAST.

Shade Selection:

Turn toast shade dial to desired browning setting. Press Start/Stop button to begin toasting.

Stop Toasting:

When the toasting cycle is finished, the oven will beep 5 times and turn off. If you wish to stop the toasting cycle before it is finished, simply press the Start/Stop button. The toaster oven broiler will cancel your toast cycle.

Bagel:

To toast a bagel, make sure the oven rack is in rack position C as indicated in the diagram on page 6. If toasting two items, center them in the middle of the rack. Four items should be evenly spaced – two in front, two in back. Six items should be evenly spaced – three in front, three in back. Close the glass door. Set function dial to BAGEL.

Shade Selection:

Turn toast shade dial to desired browning setting. Press Start/Stop button to begin toasting.

Stop Toasting:

When the toasting cycle is finished, the oven will beep 5 times and turn off. If you wish to stop the toasting cycle before it is finished, simply press the Start/Stop button. The toaster oven broiler will cancel your toast cycle.

Bake:

To bake, turn the temperature dial to the desired temperature and turn function dial to BAKE. The oven indicator light will turn on. Allow the oven to preheat for at least five minutes before putting food in the oven to bake.

Warm:

Turn the temperature dial to Warm and then turn the function dial to Warm. The oven indicator light will turn on.

Broil:

To broil, turn the temperature dial to BROIL and turn function dial to BROIL. The oven indicator light will turn on. Allow the oven to preheat for at least five minutes before putting food in the oven to broil.

Note: When broiling place the broiling rack in the drip pan. In most cases the oven rack should be in the higher position (position C, but for thicker items use position B; see diagram on this page).

Note: Never use glass oven dishes to broil. To stop broil operation, turn function dial to OFF position.

CLEANING AND MAINTENANCE

Always allow the oven to cool completely before cleaning.

1. Always unplug the oven from the electrical outlet.
2. Do not use abrasive cleansers, as they will damage the finish. Simply wipe the exterior with a clean damp cloth and dry thoroughly. Apply the cleansing agent to a cloth, not to the toaster oven, before cleaning.
3. To clean interior walls, use a damp cloth and a mild liquid soap solution or a spray solution on a sponge. Never use harsh abrasives or corrosive products. These could damage the oven surface. Never use Brillo pads, etc. on interior of oven.
4. To remove crumbs, slide out the crumb tray and discard crumbs. Wipe clean and replace. To remove baked-on grease, soak the tray in hot sudsy water or use nonabrasive cleaners. **Never operate the oven without the crumb tray in place.**
5. Wire rack, baking pan and crumb tray should be hand washed in hot sudsy water or use a nylon scouring pad or nylon brush.
6. Never wrap the cord around the outside of the oven. Use the cord storage cleats on the back of the oven.
7. Any other servicing should be performed by an authorized service representative.

IMPORTANT:

After cooking greasy foods and after your oven has cooled, always clean top interior of oven. If this is done on a regular basis, your oven will perform like

new. Removing the grease will help to keep toasting consistent, cycle after cycle.

All of our recipes have been tested in our kitchen and specially developed to work in the Cuisinart® Custom Classic™ Toaster Oven Broiler. These mouth-watering recipes are just a sampling of what the Cuisinart® Custom Classic™ Toaster Oven Broiler can do.

OVEN RACK POSITION DIAGRAMS

Each recipe gives you step-by-step directions and will even tell you where the oven rack should be positioned for best results. Please refer to the diagram below for oven rack positions. Each position is described with a letter that is referred to in the recipe.

RACK POSITION A



RACK POSITION B



RACK POSITION C



WARNING: Placing the rack in the bottom position or in the top position with the rack upwards while toasting may result in a fire. Refer to rack position diagram for proper use.

WARRANTY

Limited Two-Year Warranty

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Custom Classic™ Toaster Oven Broiler 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® Custom Classic™ Toaster Oven Broiler will be free of defects in materials and workmanship under normal home use for 2 years from the date of original purchase.

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

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund 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 your Cuisinart® Custom Classic™ Toaster Oven Broiler should prove to be defective within the warranty period, we will repair or, if we think necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 7475 North Glen Harbor Blvd, Glendale, AZ 85307. To facilitate the speed and accuracy of your return, enclose \$10.00 for shipping and handling. (California residents need only supply a proof of purchase and should call 1-800-726-0190 for shipping instructions.) Please be sure to include your return address, description of the product's defect, product serial number, and any other information pertinent to the return. Please pay by check or money order. **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® Custom Classic™ Toaster Oven Broiler 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 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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Printed in China
13CE131667

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1 **1**
teaspoon pure vanilla extract
cup plain yogurt (you may use vanilla yogurt, but halve the amount
of vanilla extract in the recipe if you choose to use it in place of
the plain yogurt)

1. Preheat the toaster oven to 350°F on the Bake setting with the rack in position
A.

2. Butter a 9-inch round cake pan, and then cut a circle out of parchment paper
to fit in the bottom of the pan; reserve.

3. Sift the flour, baking powder, salt and sugar into a large mixing bowl. Add the
butter. Using a hand mixer fitted with the beater attachments, mix until the
butter is well incorporated into the dry ingredients, giving the mixture the look
of wet sand. This will take 1 to 2 minutes.

4. In a small bowl or large liquid measuring cup, mix the remaining wet
ingredients together. Gradually add the wet mixture to the dry/butter mixture
and beat until combined – be sure to not over-mix.

5. Transfer the thick batter to the prepared cake pan. Bake for 25 to 30 minutes,
or until a cake tester comes out just clean.

6. Let pan rest on a cooling rack for 15 minutes. Remove cake from pan, but let
it cool completely before frosting.

Note: The cake can be used as one thick layer, but it is most impressive when
halved. To do so, use a serrated knife and evenly and carefully slice in half,
horizontally, through the center.

Nutritional information per serving:
Calories 235 (49% from fat) • carb. 27g • pro. 3g • fat 13g
sat. fat 8g • chol. 101mg • sod. 152mg • calc. 48mg • fiber 0g

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A. Line the baking pan with aluminum foil. Spread the walnuts on the prepared pan and toast for 2 to 3 minutes, or until fragrant and lightly browned. Cool to room temperature. Reduce oven temperature to 375°F.

2. Lightly coat a 9-inch baking pan with nonstick cooking spray; dust with a small amount of flour. Reserve.

3. Put the butter and chocolates into a heatproof bowl and place over a pot of simmering water. Once both are almost completely melted, set aside to cool to room temperature. Reserve.

4. Using a hand or stand mixer, beat eggs until lightened. Add the sugars and mix until light and thickened, about 1 to 2 minutes. Add espresso powder and vanilla; beat until well combined. Add flour and salt; mix until just incorporated. Gently fold in toasted walnuts.

5. Pour into prepared pan. Bake for about 35 minutes, or until edges are dry.

Nutritional information per serving:

*Calories 260 (54% from fat) • carb. 28g • pro. 3g • fat 17g
sat. fat 9g • chol. 60mg • sod. 120mg • calc. 30mg • fiber 2g*

Old Fashioned Yellow Layer Cake

This is the ultimate birthday cake. Just top with a rich chocolate frosting and some candles and you'll look for reasons to celebrate just so you can make it.

Makes one 9-inch double layer cake (about 12 servings)

2	cups cake flour
2	teaspoons baking powder
½	teaspoon salt
1	cup granulated sugar
¾	cup unsalted butter, room temperature, cut into small cubes, plus more for the pan
2	large eggs
2	large egg yolks

1. Lightly coat an 8- or 9-inch square baking pan with nonstick cooking spray; reserve.

2. Preheat the toaster oven to 350°F on the Bake setting with the rack in position A.

3. Put the oats, brown sugar, flour, cinnamon, salt and melted butter in a small mixing bowl. Mix to combine until crumbs form; reserve.

4. In a large mixing bowl, toss the apples with the remaining ingredients. Transfer to the prepared pan and top with the crumb mixture.

5. Bake in preheated oven for 40 to 45 minutes, or until apples are tender.

6. Let rest 5 to 10 minutes before serving.

Nutritional information per serving:

*Calories 322 (26% from fat) • carb. 59g • pro. 2g • fat 10g
sat. fat 6g • chol. 25mg • sod. 80mg • calc. 38mg • fiber 4g*

Bittersweet Espresso Brownies

Rich, dense and delicious. The perfect base to a brownie sundae.

Makes 16 brownies

½	cup chopped walnuts
nonstick cooking spray	
¾	cup unsalted butter, cubed
4	ounces unsweetened chocolate, chopped
2	ounces bittersweet chocolate, chopped
3	large eggs
1	cup granulated sugar
½	cup packed light brown sugar
2	teaspoons espresso powder
2	teaspoons pure vanilla extract
¾	cup unbleached, all-purpose flour, plus more for dusting pan
¾	teaspoon salt

Pizza Bagels

Whether for an after school snack or weekend lunch, kids will love having a pizza bagel.

Makes four servings

2	bagels, halved
½	cup pizza or marinara sauce, divided
2	teaspoons grated Parmesan, divided
4	ounces mozzarella, sliced

1. Insert the broiling rack into the baking pan with the rack in position A.

2. Put the bagels on the rack, cut side up. Evenly divide the sauce and spread on top of each half, top with the Parmesan and the mozzarella.

3. Put the bagels into the oven. Set to Medium on the Bagel setting.

4. Once the Bagel function has stopped, switch to Broil for 3 to 4 minutes until

cheese is fully melted.

Nutritional information per serving:

Calories 281 (46% from fat) • carb. 15g • pro. 15g • fat 14g
sat. fat 7g • chol. 40mg • sod. 833mg • calc. 181mg • fiber 1g

Proscutto, Argula & Fontina Open-Faced Sandwich

A gourmet quick treat, this method can be used for any type of open-faced sandwich.

Makes two servings

2	slices sourdough or other similar rustic bread
1	teaspoon extra virgin olive oil
6	thin slices proscutto
2	ounces fontina, sliced
⅓	cup loosely packed argula

Cranberry, Ginger & Apple Crisp

An old favorite with a twist.

Makes eight servings

nonstick cooking spray

1

cup rolled oats

½

cup packed light brown sugar

⅓

cup unbleached, all-purpose flour

1

teaspoon ground cinnamon

¼

teaspoon salt

6

tablespoons unsalted butter, melted

1½

pounds tart apples, peeled, cored and cut into ¼-inch slices

1

tablespoon fresh lemon juice

½

cup unsweetened dried cranberries

2

tablespoons finely chopped crystallized ginger

⅓

cup granulated sugar

2

tablespoons honey

1

teaspoon pure vanilla extract

3. Put the garlic, herbs and the remaining salt and pepper in the bowl of a mini chopper or food processor. Process until well combined. With the chopper/processor running, add the oil in a slow and steady stream through the feed tube or drizzle hole. Process until combined.

4. Rub the mustard on the tenderloin. Evenly spread the herb mixture on top (a pastry brush makes this task quick and simple). Place beef on the prepared baking tray and roast for about 35 to 40 minutes, or until the internal temperature reads 125°F. Let meat rest 10 to 15 minutes before slicing.

Nutritional information per serving:
 Calories 390 (77% from fat) • carb. 2g • pro. 20g • fat 33g
 sat. fat 12g • chol. 80mg • sod. 350mg • calc. 18mg • fiber 0g

Moroccan Spiced Baked Chicken

Pair this dish with roasted potatoes and asparagus for an impressive meal. Makes four to five servings

1½ pounds mixed chicken parts, bone-in (close or equal in size for

even cooking)

1 tablespoon olive oil

1½ tablespoons fresh lemon juice (about ½ lemon)

¾ teaspoon ground cumin

½ teaspoon ground cinnamon

¼ pinch cayenne

¼ teaspoon ground coriander

½ teaspoon freshly ground black pepper

1 teaspoon kosher or sea salt

2 large shallots, quartered

1. Preheat the toaster oven to 375°F on the Bake setting with the rack in position

A. Line baking pan with aluminum foil.

2. Put the chicken in a large mixing bowl and toss with the oil, lemon juice, spices and salt. Put the shallots onto the prepared baking pan and put the

seasoned chicken on top of the shallots.

3. Bake in the preheated oven for 40 to 50 minutes, depending on the size of the chicken pieces (internal temperature should read 160°F for light meat and 170°F for dark meat).

4. Serve immediately.

Nutritional information per serving (based on five servings):
 Calories 300 (53% from fat) • carb. 4g • pro. 25g • fat 19g
 sat. fat 5g • chol. 115mg • sod. 540mg • calc. 30mg • fiber 0g

Roasted Flounder with Artichokes & Capers

A quick and impressive light meal all made in a toaster oven.

Makes four servings

1 pound fillet of flounder, or other similar white fish

1½ tablespoons extra virgin olive oil

1½ tablespoons fresh lemon juice

½ teaspoon kosher or sea salt

¼ teaspoon freshly ground black pepper

1½ to 2 cups artichoke hearts, drained

2 tablespoons drained capers

1. Preheat the toaster oven to 425°F on Bake setting with the rack in position C.

Line baking pan with aluminum foil.

2. Rinse the fish and pat dry. Rub with the olive oil, lemon juice, salt and pepper.

3. Put the artichoke hearts into the prepared baking pan and place the seasoned fish on top. Finally, finish with the capers.

4. Roast in preheated oven until fish is just cooked through, about 12 to 15 minutes, depending on the thickness.

5. Remove and serve immediately.

Nutritional information per serving:

Calories 276 (48% from fat) • carb. 5g • pro. 23g • fat 12g
 sat. fat 2g • chol. 68mg • sod. 767mg • calc. 32mg • fiber 3g

Nutritional information per serving:
 Calories 230 (43% from fat) • carb. 26g • pro. 8g • fat 11g
 sat. fat 5g • chol. 23mg • sod. 333mg • calc. 10mg • fiber 4g

Baked Rigatoni with Chicken Sausage, Broccoli, and Peppers

A quick comforting dinner with tons of rich flavors. Any type of cut pasta will work, but we like the rigatoni for its larger, hollow shape.

Makes six to eight servings

5	ounces broccoli florets
6	ounces cooked Italian chicken sausage, cut into ½-inch rounds
½	red bell pepper, sliced
½	medium onion, sliced
2	garlic cloves, finely chopped
1	teaspoon olive oil
¼	teaspoon kosher or sea salt, divided
¼	teaspoon freshly ground black pepper, divided
½	pound dried rigatoni pasta, cooked according to manufacturer's instructions
¾	cup ricotta
8	ounces mozzarella cheese, shredded
¼	cup grated Parmesan
4 to 6	basil leaves, roughly torn
	nonstick cooking spray

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position
 A. Line the baking tray with aluminum foil.

2. Put the broccoli, sausage, pepper, onion and garlic on the prepared baking pan. Toss with the oil and a pinch each of the salt and pepper. Roast in preheated oven for about 15 minutes, or until sausage and vegetables have

1½ pounds trimmed beef tenderloin roast (preferably top cut)

½ teaspoon kosher or sea salt, divided

½ teaspoon freshly ground black pepper, divided

3 garlic cloves

2 stalks fresh thyme, stems discarded

1 stalk fresh rosemary, stem discarded

1 stalk fresh oregano, stem discarded

½ teaspoon dried tarragon

3 tablespoons extra virgin olive oil

2 tablespoons Dijon-style mustard

1. Preheat the toaster oven to 375°F on the Bake setting with the rack in position
 A. Line the baking pan with aluminum foil.

2. Pat beef dry with paper towels. Rub with ¼ teaspoon each of the salt and pepper; reserve.

browned. Reduce temperature to 350°F.

3. In a large mixing bowl, toss the roasted sausage and vegetables, and the remaining ingredients, until well combined.

4. Lightly coat a two-quart baking dish with nonstick cooking spray. Add the pasta mixture. Cover with aluminum foil and bake in the preheated oven for about 30 to 40 minutes, or until cheeses are hot and bubbling.
 If a browned top is desired, uncover for the last 5 to 10 minutes.

Nutritional information per serving (based on 8 servings):

Calories 260 (53% from fat) • carb. 14g • pro. 17g • fat 16g
 sat. fat 7g • chol. 40mg • sod. 383mg • calc. 341mg • fiber 1g

Herb-Crusted Beef Tenderloin

The Dijon-herb rub is a great recipe to keep on hand. It is perfect for this tenderloin, but also excellent for lamb.

Makes six servings

White Pizza with Prosciutto, Argulia & Tomatoes

Give white pizza a chance. You will not be disappointed.

Makes one 10 x 9-inch square pizza (six servings)

1/3	nonstick cooking spray
1/2	recipe pizza dough (page 10)
1/2	tablespoon olive oil
1	cup ricotta, strained
1/3	cup grated Parmesan
1/4	pinch kosher or sea salt
1/4	teaspoon freshly ground black pepper
1	ounce (about 4 slices) prosciutto, quartered
1	cup packed argulia
1	cup halved grape tomatoes

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A.

2. Lightly coat the provided baking pan with nonstick cooking spray. Roll out dough into a 10 x 9-inch rectangle. Fit into the prepared pan. Brush the outer edge of the dough with olive oil. Bake in preheated oven for about 8 minutes, or until dough is lightly golden.

4. While dough is par-baking, put the ricotta, Parmesan, salt and pepper into a medium mixing bowl. Mix until well combined. Reserve.

5. Spread the ricotta mixture evenly over the par-baked pizza dough. Top the ricotta with the prosciutto, then argulia and tomatoes.

6. Bake pizza in preheated oven for about 15 minutes, or until the dough is nicely browned and the cheese is bubbling on top.

7. Let pizza rest for a few minutes, then slice and serve.

Nutritional information per serving:

*Calories 219 (41% from fat) • carb. 23g • pro. 11g • fat 10g
sat. fat 5g • chol. 28mg • sod. 451mg • calc. 156mg • fiber 3g*

Roasted Garlic and Onion Pizza

This pizza has both salty and sweet flavors.

You can also add some sliced chorizo or sausage to spice it up.

Makes one 10 x 9-inch square pizza (six servings)

1/3	recipe pizza dough (page 10)
6	garlic cloves
1	medium onion, sliced
1	tablespoon olive oil, divided
	pinch kosher or sea salt
	pinch freshly ground black pepper
	nonstick cooking spray
3/4	cup hearty pizza sauce, strained
6	ounces fresh mozzarella, cubed

1. Preheat the toaster oven to 450°F on the Bake setting with the rack in position A.

2. Line the baking pan with aluminum foil. Put the garlic and onion onto the pan and toss with half of the olive oil and the salt and pepper. Roast in the preheated oven for about 20 minutes, or until the garlic and onion are softened and golden. Remove and reserve; discard the foil. Reduce the temperature to 400°F.

3. Lightly coat the baking pan with the nonstick cooking spray. Roll out dough into a 10 x 9-inch rectangle. Fit into the prepared pan. Brush the outer edge of the dough with olive oil.* Spread the sauce on the dough, and then top with the cheese and then the roasted vegetables. Bake in the preheated oven for about 8 to 10 minutes, or until the cheese is bubbling and the edges of the crust are golden.

4. Let pizza cool slightly, then slice and serve.

*If a crispier crust is desired, par-bake the dough for about 8 to 10 minutes before topping with the other ingredients.

6. Transfer mixture to the prepared pan and then top with the remaining cheeses and breadcrumbs.
7. Bake for 20 minutes, or vegetables are tender and cheeses are browned. Serve immediately.

Nutritional information per serving:

Calories 190 (49% from fat) • carb. 13g • pro. 12g • fat 11g
sat. fat 6g • chol. 30mg • sod. 280mg • calc. 284mg • fiber 2g

Roasted Asparagus

Asparagus is delicious roasted, plus it is so simple to prepare.

Makes four servings

1 pound asparagus

1 teaspoon extra virgin olive oil

¼ teaspoon kosher or sea salt

¼ teaspoon freshly ground black pepper

1. Preheat the toaster oven to 425°F on the Bake setting with the rack in position C.

2. Wash and thoroughly dry asparagus and trim the rough ends.
3. Line the baking pan with aluminum foil. Put asparagus on the prepared pan and toss with the olive oil, salt and pepper.

4. Bake in preheated oven for 12 to 15 minutes, until the asparagus is tender.
5. Serve immediately.

Nutritional information per serving:

Calories 36 (29% from fat) • carb. 4g • pro. 3g • fat 2g
sat. fat 0g • chol. 0mg • sod. 135mg • calc. 28mg • fiber 2g

Makes three 10 x 9-inch square pizzas (eighteen servings)

Pizza Dough

This dough freezes very well.

2¼ teaspoons active dry yeast

1 teaspoon granulated sugar

½ cup warm (105° to 110°F) water

4 cups unbleached, all-purpose flour, plus more for dusting

1½ teaspoons kosher or sea salt, divided

1 tablespoon extra virgin olive oil

¾ to 1 cup cold water

1. Dissolve the yeast and sugar in the warm water. Let stand 3 to 5 minutes, or until the mixture gets foamy.

2. Put the flour, salt and olive oil into the work bowl of a food processor fitted with the dough blade. Pulse about 5 times to mix; scrape down the sides of the bowl.

3. Add the cold water to the yeast mixture. With the motor running, slowly pour the liquid yeast mixture through the feed tube. Process until a dough ball forms. Continue to let the machine run for 45 to 60 seconds to knead. Dough will be slightly sticky.

4. Lightly dust a sealable plastic bag with flour. Dust dough with flour. Place the dough into the floured bag; squeeze out all of the air and seal. Let rise in a warm place for 45 minutes to 1 hour.

Nutritional information per serving:

Calories 98 (14% from fat) • carb. 20g • pro. 3g • fat 2g
sat. fat 0g • chol. 0mg • sod. 178mg • calc. 1mg • fiber 3g

Twice Baked Potatoes

During the holidays and other dinner parties, oven space and time can be scarce. This delicious side dish frees up your main oven

for larger items like a turkey or roast.

Makes eight servings

4 Idaho or russet potatoes (10 to 12 ounces each)

1 teaspoon olive oil, divided
2/3 cup lowfat milk
2 tablespoons unsalted butter, plus 1 teaspoon for finishing

1/2 cup sour cream

1/2 teaspoon kosher or sea salt

1/2 teaspoon freshly ground black pepper

1/4 cup chopped fresh chives

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position B.

2. Rub each potato with 1/4 teaspoon of olive oil, and then evenly prick about 6 to 8 times with a fork. Place potatoes directly on the rack and bake for about 55 to 60 minutes. Remove and let cool slightly. Reduce oven temperature to 375°F.

3. When potatoes are cool enough to handle, halve each one and scoop out cooked potato, leaving a 1/4-inch thick potato shell. Reserve cooked potato and skin shells.

4. Place cooked potato in a medium bowl. Add milk and 2 tablespoons of the butter. Using a potato masher or hand mixer, mash/beat until smooth. Add sour cream, salt, pepper and chives. Mash/beat to combine completely. Generously fill the potato shells with potato mixture. (Potatoes may be prepared a day ahead to this point – cover and refrigerate. Bring to room temperature before baking.)

5. Line the baking pan with aluminum foil. Arrange potatoes on prepared pan. Melt remaining teaspoon of butter and drizzle on potatoes. Bake for 35 to 45 minutes, until potatoes are hot and golden on the tops.

Makes eight servings

Broccoli & Cauliflower Gratin

To make this recipe your own, substitute your favorite cheeses for the Cheddar.

Nutritional information per serving:

Calories 180 (31% from fat) • carb. 27g • pro. 4g • fat 6g
sat. fat 4g • chol. 20mg • sod. 160mg • cal. 58mg • fiber 3g

nonstick cooking spray 2 1/2
pounds broccoli and cauliflower florets (a mix of the two, amounts needn't be equal)
1 garlic clove, finely chopped
1/2 medium onion, finely chopped
1 teaspoon extra virgin olive oil
1/2 teaspoon sea or kosher salt, divided
3/4 teaspoon freshly ground black pepper, divided
2 cups shredded Cheddar, divided
3/4 cup panko breadcrumbs, divided
1/4 cup grated Parmesan

1. Lightly coat a 9-inch square baking pan with nonstick cooking spray.
2. In a large stockpot, bring salted water to a boil. Add broccoli and cauliflower and cook 2 to 3 minutes, until bright and just tender. Immediately put vegetables into a large bowl of ice water. Drain and reserve in a large mixing bowl.
3. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A.
4. Line the baking pan with aluminum foil. Toss the garlic and onion with the olive oil and a pinch each of the salt and pepper. Put on the prepared pan in the preheated oven and roast for 8 to 10 minutes.
5. Add the roasted garlic and onion to the bowl with the blanched vegetables. Add the remaining salt and pepper, half of the Cheddar and half of the breadcrumbs. Toss to fully combine.

Quick Cheese Nachos

The great thing about this recipe is that you can make it as extravagant or simple as you want – add some guacamole or salsa, gourmet cheeses or keep it as is for a casual appetizer. Either way it is sure to keep the family satisfied.

Makes six servings

50	50	torilla chips (this is an estimate, you need enough to cover the bottom of the baking tray, but can have more or less depending on how many mouths you need to feed)
$\frac{2}{3}$	1	cup refried beans (about $\frac{1}{2}$ can)
1	2	jalapeño pepper, thinly sliced
2	$\frac{1}{2}$	scallions, thinly sliced (white and green parts)
1	1	cup sliced black olives (these can be purchased pre-sliced in a can. Be sure to drain them first)
1	1	cup shredded Cheddar (about 3 to 4 ounces)

1. Preheat the toaster oven to Broil on the Broil setting with the rack in position B.
2. Line the baking pan with aluminum foil. Evenly distribute the chips on top of the prepared baking pan. Distribute the remaining ingredients over the chips, as evenly as possible in the order listed.
3. Bake in the preheated oven for about 4 to 5 minutes, or until the cheese is fully melted. Serve immediately.

Nutritional information per serving:
 Calories 344 (48% from fat) • carb. 37g • pro. 9g • fat 19g
 sat. fat 5g • chol. 17mg • sod. 421mg • calc. 132mg • fiber 3g

$\frac{1}{4}$ cup corn kernels, fresh or frozen

$\frac{1}{4}$ cup black beans, drained

1 tablespoon cilantro, roughly chopped

1 ounce Monterey Jack, shredded

1 ounce goat cheese

2 10-inch flour tortillas

1. Preheat the toaster oven to 450°F on the Bake setting with the rack in position B. Line baking pan with aluminum foil.

2. Toss the zucchini, peppers, onion and garlic with 1 teaspoon of the olive oil, salt and pepper in a medium mixing bowl. Put vegetables on the prepared baking pan. Bake in preheated oven until vegetables are softened and browned, about 15 to 20 minutes. Return vegetables to mixing bowl and toss with the corn, beans and cilantro. Reduce temperature to 400°F.

3. Assemble quesadillas. Line up the tortillas on a work surface. Place even amounts of the vegetable mixture on half of each tortilla, then place even amounts of cheese on each. Fold each in half, making a half-moon shape.
4. Place the quesadillas on baking pan and brush the tops lightly with remaining oil. Bake quesadillas at 400°F for about 8 to 10 minutes, until tops are golden and cheese is melted.
5. Cut quesadillas in half and serve with salsa, guacamole and/or sour cream.

Nutritional information per serving:
 Calories 205 (36% from fat) • carb. 26g • pro. 8g • fat 8g
 sat. fat 3g • chol. 12mg • sod. 480mg • calc. 129mg • fiber 3g

½ cup crumbled gorgonzola
½ to 1 tablespoon honey

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position C.

2. Rub one side of each slice of bread with garlic and then brush with olive oil. Insert the broiling rack into the baking pan; place prepared bread on top and bake in preheated oven for about 3 to 4 minutes, or until lightly toasted and reserve. Switch setting to Broil.

3. While bread is toasting, prepare topping. Put the ricotta, Parmesan, salt, pepper and nutmeg into a small bowl. Stir to combine. Distribute evenly among the toasted bread, and then top with the gorgonzola. Return to oven and then broil for 3 to 4 minutes, or until cheese is fully warmed.

4. Drizzle honey over bruschetta and serve immediately.

Nutritional information per serving:

Calories 120 (46% from fat) • carb. 11g • pro. 5g • fat 6g
sat. fat 3g • chol. 10mg • sod. 300mg • calc. 108mg • fiber 1g

Roasted Vegetable Quesadillas

While we are suggesting to serve these as an appetizer, they can be a nice lunch or dinner for two when paired with a salad or soup.

Makes two quesadillas (four servings)

½ small zucchini, cut into ½-inch pieces
½ bell pepper (red, yellow or orange is preferable),
cut into ½-inch pieces
½ jalapeño pepper, seeded and finely chopped
½ small onion (approximately 2 ounces), sliced
1 garlic clove, smashed
1 teaspoon olive oil, plus ½ tablespoon for brushing
¼ teaspoon kosher or sea salt
¼ teaspoon freshly ground black pepper

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A. Line the baking sheet with aluminum foil. Lay the walnuts evenly on the prepared baking sheet; toast for about 3 minutes, or until fragrant and lightly browned. Reserve. Reduce the oven temperature to 350°F.

2. Lightly coat a loaf pan with nonstick cooking spray. Reserve.

3. Put the flours, baking soda, salt, sugar, cinnamon, chocolate chips and cooled, toasted walnuts into a small bowl. Stir to combine; reserve.

4. Put the butter, eggs, vanilla, bananas and yogurt/sour cream into a large mixing bowl. Whisk together, or use a hand or stand mixer with the beater/paddle attachments, until completely combined so that there are no lumps. Add the dry ingredients and mix until just combined. Pour batter into the prepared pan.

5. Bake in the preheated oven for about 45 to 50 minutes, or until a cake tester comes out clean.

Nutritional information per serving (based on 12 servings):

Calories 303 (45% from fat) • carb. 37g • pro. 6g • fat 16g
sat. fat 6g • chol. 51mg • sod. 227mg • calc. 27mg • fiber 3g

Gorgonzola & Ricotta Bruschetta

A quick and impressive appetizer. These will go quickly, so be prepared to make a second batch!

Makes 12 bruschetta

12 slices (½-inch thick) French bread
1 garlic clove, smashed
½ to 1 tablespoon olive oil
1 cup ricotta, strained
2 tablespoons grated Parmesan
½ teaspoon kosher or sea salt
½ teaspoon freshly ground black pepper
pinch ground nutmeg

aluminum foil. Bake in preheated oven for about 15 minutes; remove foil and bake for an additional 10 minutes, or until the internal temperature of the strata reaches 160°F.

5. Remove and serve immediately.

Nutritional information per serving:

Calories 420 (47% from fat) • carb. 44g • pro. 11g • fat 22g sat. fat 12g • chol. 190mg • sod. 430mg • calc. 177mg • fiber 2g

Blueberry Corn Muffins

A perfect combination of two old-time favorite muffins.

Makes six muffins

- 1/3 cup cornmeal
- 2/3 cup unbleached, all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1/4 cup granulated sugar
- 1/4 teaspoon lemon zest
- 1 large egg, lightly beaten
- 1/4 cup whole milk
- 3 tablespoons unsalted butter, melted and cooled to room temperature
- 1/4 cup plain yogurt or sour cream, room temperature
- 1/2 cup fresh or frozen (thawed) blueberries

1. Preheat the toaster oven to 400°F on the Bake setting with the rack in position A.

2. Lightly coat a six-cup muffin pan with nonstick cooking spray; reserve. 3. Put the cornmeal, flour, salt, baking soda and powder, sugar and zest into a large mixing bowl. Whisk to combine.

Whole Wheat Banana Chocolate Chip Bread

A great excuse to have chocolate for breakfast. Of course, if one thinks that it is too sweet, the chips can be omitted.

Makes one 9 x 5 x 3-inch loaf

- 1 cup chopped walnuts
- 1 nonstick cooking spray
- 1 cup unbleached, all-purpose flour
- 1 cup whole-wheat flour
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt
- 1/2 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- 1/2 cup semisweet chocolate chips
- 6 tablespoons unsalted butter, room temperature
- 2 large eggs, room temperature
- 1 teaspoon pure vanilla extract
- 3 medium very ripe bananas, mashed
- 1/4 cup plain yogurt or sour cream, room temperature

4. Mix the egg, milk, butter and yogurt/sour cream together. Add to the dry ingredients and mix until just combined. Gently fold in the blueberries – you want to be sure not to over-mix the batter.

5. Divide the batter among the prepared muffin cups.

6. Bake in the preheated oven for about 16 to 18 minutes, or until a cake tester comes out clean and the tops of the muffins spring back to the touch.

Nutritional information per muffin:

Calories 182 (35% from fat) • carb. 42g • pro. 4g • fat 7g sat. fat 4g • chol. 53mg • sod. 225mg • calc. 45mg • fiber 1g

RECIPES

French Toast Strata

Give your family a new twist on French toast this weekend. To save time, prepare the night before and then bake in the morning.

Makes 8 servings

nonstick cooking spray

4 large eggs

2 cups whole milk

1 cup heavy cream

1 tablespoon pure vanilla extract

1/3

cup pure maple syrup

2 teaspoons ground cinnamon

1 teaspoon ground nutmeg

1/4

teaspoon salt

1 loaf (1 pound) challah bread, cut into 1/2-inch x 9-inch strips

2 tablespoons packed light brown sugar, divided

2 tablespoons unsalted butter, cut into 1/2-inch pieces

1. Lightly coat a 9-inch square baking pan with nonstick cooking spray; reserve.

2. Put the eggs, milk, cream, vanilla, syrup, spices and salt into a medium mixing bowl. Whisk until completely combined; reserve.

3. Tightly fit half of the challah bread strips into the bottom of the prepared pan. Pour half of the egg mixture on top and evenly dot with half of the brown sugar. Repeat with the remaining bread, placing it in the opposite direction of the first layer of bread. Pour the remaining egg mixture on top, dot with the remaining brown sugar. Cover and chill in the refrigerator for at least 2 hours, or overnight.

4. Remove the strata from the refrigerator and bring to room temperature. Preheat the toaster oven to 350°F on the Bake setting with the rack in position A. Dot the top of the strata with the butter and loosely cover with

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TOP-40

Instruction
Booklet
Reverse Side



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Size :	229mm(W)X152mm(H)
Material :	COVER:105G GLOSS ARTPAPER INSIDE:105G GLOSS ARTPAPER
Coating :	Gloss varnishing in cover
Color Cover :	4C+1C
Inside :	1C+1C
Date :	2013-08-16
Co-ordinator :	Astor_You/Scias Liu
Millennium Description :	TOB40 IB-10093C
Millennium Code:	Operator :
Millennium Size:	