

SOUP MAKER PLUS

Recipe Ideas



Cuisinart®



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Whether you are making chunky or smooth soups, jams, sauces for pasta, curries or tasty risottos you can complete every stage of your recipe in the Cuisinart Soup Maker. Sauté, cook, stir, simmer and blend all in one machine without the need for extra pots and pans, and no messy transferring from pan to blender.

We have designed a few recipes to help you get started with your Soup Maker Plus.

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LEEK & POTATO SOUP WITH CHIVE CRÈME FRAÎCHE

INGREDIENTS

- 500g Maris Piper Potatoes, peeled & diced
- 250g Leeks, finely chopped
- 200ml Milk
- 400ml Vegetable Stock
- 1 tbsp Truffle Oil
- Juice of ½ a Lemon
- Salt and Pepper to taste

CHIVE CRÈME FRAÎCHE

- 100g Crème Fraîche
- 1 tbsp Chives, finely chopped
- Zest & Juice of ½ a Lemon
- Salt & Pepper to taste

GARNISH

- 20 Leaves of Baby Spinach
- 20g Black Truffles, finely sliced
- 40ml Truffle Oil
- Ground Black Pepper

METHOD

1. Pour the 1 tbsp of truffle oil into the Soup Maker. Set the timer for 10 minutes on 'SAUTE'. Add the leeks and cook for the 10 minutes. 'STIR' occasionally.
2. Once the leeks have finished cooking add the potatoes, milk, stock and season with salt and pepper. Set the timer for 25 minutes and the temperature to 'HIGH'. Allow the soup to come to the boil, then reduce the temperature to 'SAUTE'. 'STIR' occasionally.
3. Whilst the soup is cooking make the chive crème fraîche, by combining all the ingredients together and seasoning to taste.
4. When the soup has finished cooking add the lemon juice. 'BLEND' on setting 2 until completely smooth.
5. To serve, divide the soup evenly between 4 bowls. Place a dollop of the chive crème fraîche in the middle of each bowl. Grind some fresh black pepper on top. Scatter the spinach leaves and sliced truffles on top. Finally drizzle with the truffle oil.

Hints & Tips

This soup is delicious warm or can be served chilled.

PARSNIP & APPLE SOUP WITH HONEY

INGREDIENTS

- 1 tbsp Olive Oil
- 1 Medium Onion, roughly chopped
- 2 Medium Parsnips, peeled and chopped into small dices
- 2 Dessert Apples, peeled cored and chopped into small dices
- Sea Salt and freshly ground Black Pepper to taste
- 2 tbsp Clear Honey
- 2 Pinches Dried Thyme
- 650ml Chicken or Vegetable Stock

METHOD

1. Set the timer on the Soup Maker to 26 minutes on 'SAUTE'.
2. Add the olive oil to heat and immediately follow with the onion, leave for 1-2 minutes until steaming. 'STIR' as required.
3. Add the parsnips, apples, honey and thyme together with the seasoning and cook for a further 3-4 minutes. 'STIR' until everything is coated in honey.
4. Add the stock, set the Soup Maker to 'HIGH' and bring the contents to a vigorous boil for 2 minutes. Switch to 'SIMMER' and cook until the end of the cycle or the parsnips are tender.
5. Switch off the heat and 'BLEND' on setting 2 until silky and completely smooth. Check the seasoning and serve immediately.

CHESTNUT, CARROT & LENTIL SOUP

INGREDIENTS

- 1 tbsp Olive Oil
- ½ tsp Cumin Seeds
- Small pinch Chilli Flakes
- 1 Onion, roughly chopped
- 300g Carrots, peeled and roughly chopped
- 70g Red Split Lentils
- 500ml Vegetable Stock
- 75ml Milk
- 50g Chestnuts, cooked
- Pinch Sea Salt

METHOD

1. Set the timer on the Soup Maker to 25 minutes on 'SIMMER'. Add the olive oil to heat and then add the onion, cumin seeds and chilli flakes. Soften for several minutes allowing the seeds to release their aromas. 'STIR' occasionally.
2. Add the carrots, lentils, milk, stock and chestnuts and set to 'HIGH' until the soup reaches a boil. Set the Soup Maker to 'SIMMER' for the remainder of the cooking time. 'STIR' occasionally. If the lentils are not soft add another 5 to 10 minutes.
3. 'BLEND' the soup on setting 2 until it is a smooth consistency. Check seasoning.



SWEET POTATO & RED PEPPER SOUP

INGREDIENTS

- 1 tbsp Olive Oil
- 1 Large Onion, roughly chopped
- 3 Garlic Cloves, crushed
- 500g Sweet Potato, peeled and cubed
- 2 Medium Red Peppers, deseeded and roughly chopped
- 700ml Vegetable Stock
- 1 – 2 Chillies, deseeded and roughly chopped (optional)
- Sea Salt and freshly ground Black Pepper to taste

METHOD

1. Set the timer on the Soup Maker to 30 minutes on 'SAUTE'.
2. Add the olive oil to heat and immediately follow with the onion and garlic. Leave for 1-2 minutes until steaming. 'STIR' as required.
3. Add the sweet potato, peppers, stock and chillies (if using) into the Soup Maker. Set to 'HIGH' and bring to a vigorous boil, then set to 'SIMMER' and cook until all the vegetables are soft.
4. 'BLEND' on setting 2 until smooth. Season and serve.

SAUSAGE & CANNELLINI BEAN SOUP

INGREDIENTS

- 250g Sausages
- 1 tbsp Olive Oil
- 1 Brown Onion, finely chopped
- ½ Fennel Bulb, finely chopped
- 2 Cloves of Garlic, crushed
- 450g of Chopped Tinned Tomatoes
- 450ml Chicken Stock
- 60g Dried Green Lentils, rinsed
- ½ a Tin Cannellini Beans
- 60g Cavolo Nero, chopped
- Basil Leaves for garnishing

METHOD

1. Preheat the oven to 200°C/ 400°F/ Gas Mark 6.
2. Place your sausages in the oven and bake for 30 minutes or until cooked through.
3. Set the timer on the Soup Maker to 10 minutes on 'SAUTE'. Add the olive oil, onions and garlic and cook for 5 minutes. 'STIR' occasionally. Add the fennel and continue to cook for the remaining time.
4. Set the timer to 30 minutes on 'HIGH'. Add the tomatoes, chicken stock and green lentils. Bring to the boil, stirring occasionally. Once boiling reduce to 'SAUTE'.
5. Ten minutes before the end add the cavolo nero ensuring it is covered by the liquid. Set the temperature to 'HIGH' and bring to the boil, then reduce to 'SAUTE'.
6. Cut your cooked sausages into chunks and with 5 minutes remaining on the timer add the sausages and cannellini beans, ensuring these are well covered in the soup.
7. Serve and garnish with torn basil leaves.

SPICED BUTTERNUT SOUP

INGREDIENTS

- 500g Butternut Squash, chopped into small chunks
- 1 tsp Coriander Seeds
- 1 tsp Fennel Seeds
- 1 tsp Cumin Seeds
- 1 tsp Dried Oregano
- ½ tsp Chilli Flakes
- 2 tbsp Olive Oil
- 1 Red Onion, finely chopped
- 1 Clove Garlic, finely chopped
- 700ml Chicken Stock
- 100g Red Lentils
- 1 tbsp Balsamic Vinegar
- Sea Salt and Ground Black Pepper

FOR THE TOPPING

- ½ tbsp Olive Oil
- 100g Stale Ciabatta, cubed
- Salt and Ground Black Pepper
- 20g Pumpkin Seeds

YOU WILL ALSO NEED

- A pestle and mortar or spice & nut grinder

METHOD

1. Preheat the oven to 180°C /350°F/ Gas Mark 4.
2. Using a spice grinder or pestle and mortar, grind together the coriander, fennel, cumin, oregano and chilli. Rub the spice & herb mixture and 1 tbsp of the olive oil through the butternut squash. Roast in the oven in a large roasting dish for 45 minutes or until the squash is soft and a little caramelised.
3. Once the butternut squash is ready reduce the oven temperature to 150°C/ 300°F/ Gas Mark 2. Toss the cubed ciabatta with the 1/2 tbsp of olive oil and season with salt and pepper. Roast in the oven for 20 minutes or until the croutons are dried and crispy.
4. Set the timer on the Soup Maker to 25 minutes on 'SAUTE'. Add the remaining 1 tbsp of olive oil, onion and garlic and cook for 5 minutes. 'STIR' occasionally.
5. Add the chicken stock, red lentils and balsamic vinegar. Set the temperature to 'HIGH' and bring to the boil, then reduce the temperature to 'SAUTE'. 'STIR' occasionally.
6. With 10 minutes remaining on the timer add the roasted butternut squash and 'STIR' to combine into the soup.
7. At the end of the cooking time 'BLEND' the soup on setting 2 until the desired consistency is reached. Season with salt and pepper and allow to stand for 1 minute. Serve, garnished with the crispy croutons and pumpkin seeds.



CATALAN FISH SOUP

INGREDIENTS

- 1 tbsp Olive Oil
- 4 Cloves Garlic, peeled and sliced
- 3 Medium Tomatoes (300g), skinned & chopped
- 300g Waxy Potatoes, peeled and cut into thick slices
- 75ml Dry White Wine
- 250ml Chicken or Fish Stock
- 200g firm White Fish fillet (e.g. cod, haddock, hake) cut into large chunks
- 150g Raw Prawns
- 1/2 tsp Sugar
- Salt
- Pinch Saffron (4 strands)
- Chopped Fat-leaf Parsley to garnish

FOR THE PICADA

- 20 Blanched Almonds
- 2 Garlic Cloves, peeled
- 1 tbsp Olive Oil
- 50ml Stock
- 2 tbsp Flat-leaf Parsley, chopped
- Pinch Sea Salt

Hints & Tips

To skin a tomato, use a knife and score a cross into one end. Cover the tomato with boiling water and the skin will begin to come away after a minute or two. Remove from the hot water and peel.

METHOD

1. Set the timer on the Soup Maker to 10 minutes on 'SAUTE'. Add the garlic and tomatoes and cook. 'STIR' often.
2. Set the timer to 25 minutes on 'HIGH'. Add the potatoes, wine, stock, salt, saffron and sugar. 'STIR' a couple of times and bring to the boil. Once boiling reduce the temperature to 'SAUTE' for the remaining time until the potatoes are just tender. 'STIR' occasionally.
3. In the meantime make the Picada. Fry the almonds and the whole garlic cloves in the olive oil until they are slightly brown, then drain on kitchen paper. Transfer to a small food processor and add the chopped parsley and salt. Blend until all the ingredients are roughly chopped together. Add the stock and blend briefly to mix everything together. If you do not have a food processor you can chop and mix by hand.
4. Once the potatoes have finished cooking, set the timer to 7 minutes and the temperature to 'HIGH'. Add the white fish, 'STIR' and bring to the boil then reduce the heat to 'SAUTE' for the remaining time. With 2 minutes remaining, add the prawns and Picada. 'STIR' to incorporate. The prawns will turn pink when cooked.
5. Check the seasoning. Ladle into soup bowls and scatter with parsley.

PEA & HAM SOUP

INGREDIENTS

- 1 tbsp Olive Oil
- 200g Pack of chopped Pancetta or Bacon Lardons
- 1 Onion, roughly chopped
- 1 Leek, cleaned and roughly chopped
- 2 Cloves Garlic, crushed
- 500g Frozen Peas
- 700ml Chicken Stock
- 1 tsp Dried Thyme
- Sea Salt and freshly Ground Black Pepper to taste

METHOD

1. Set the Soup Maker to 25 minutes on 'SAUTE'. Add the olive oil and in 30 seconds add the bacon and cook for 1-2 minutes. Add the onion and leek and sauté for 4-5 minutes to soften.
2. Set the Soup Maker to 'HIGH' and add the garlic, peas, stock and thyme and bring to the boil. Add seasoning to taste. Switch to 'SIMMER' for the remainder of cooking time.
3. Turn off the heat and 'BLEND' on setting 2 until smooth. Check the seasoning before serving.

THAI CHICKEN & RED CHILLI SOUP

INGREDIENTS

- 3 tsp Thai Red Curry Paste
- 400ml Coconut Milk
- 250g Boneless Chicken Breast finely sliced
- 500ml Chicken Stock
- Juice of 1 Lime
- 2 tsp Brown Sugar
- 1 tbsp Fresh Ginger peeled and grated
- 1 Stalk of Lemon Grass
- 2 tsp Thai Fish Sauce
- 60g Green Beans topped & tailed & cut into 4cm pieces
- 60g Broccoli Stems
- 1 Pak Choy Head roughly sliced
- Handful of chopped Coriander
- 100g Rice Noodles
- Soy Sauce

GARNISH

- Chopped Coriander
- Sliced Red Chillies (optional)

METHOD

1. Set the timer on the Soup Maker to 30 minutes on 'SIMMER'.
2. Place the chicken, coconut milk, chicken stock, ginger, Thai red curry paste, Thai fish sauce, lime juice, lemon grass and brown sugar in the Soup Maker. Cook for 15 minutes. 'STIR' occasionally.
3. After 15 minutes, add the green beans and broccoli stems and cook for a further 10 minutes.
4. In the final 5 minutes of cooking time add the pak choy and a handful of coriander.
5. Break the rice noodles into a bowl, then pour the hot soup over the noodles ensuring the noodles are fully covered. Let it stand for 5 minutes (or as instructed on packaging) to allow the noodles to soften. Remove the lemon grass stalk. Taste and season with soy sauce.
6. Serve garnished with chopped coriander and sliced chillies.

BUTTERNUT SQUASH SOUP WITH CHORIZO

INGREDIENTS

- 500g Butternut Squash, diced
- 100g Chorizo, diced
- 600ml Vegetable Stock
- 1 Red Onion, finely chopped
- 1 Clove of Garlic, finely chopped
- 1 Chilli, finely chopped
- Handful of Coriander, chopped
- 2 tbsp Olive Oil
- Sea Salt and freshly Ground Black Pepper to taste

CORIANDER OIL

- Handful of Coriander, chopped
- 75ml Olive Oil

GARNISH

- 100g Chorizo, diced and pan fried
- 10g toasted Sesame Seeds
- 40g toasted Almond Flakes
- 120g Greek Yoghurt
- 4 tbsp Tahini
- Coriander Leaves

METHOD

1. To start, make the coriander oil. Pour the olive oil into the Soup Maker, set the timer for 1 minute and the temperature to 'SIMMER'.
2. Add the coriander, 'STIR' and allow the flavours to infuse for 5 minutes.
3. 'BLEND' on setting 4 for 1 minute and set aside for later.
4. Add the olive oil to the Soup Maker, set the timer to 10 minutes, and the temperature to 'SIMMER'. Add the onion and garlic and allow to cook for 5 minutes. 'STIR' occasionally.
5. After the 5 minutes add the chorizo, set the temperature to 'SAUTE' and continue to cook. 'STIR' occasionally.
6. After the initial 10 minutes set the timer for a further 25 minutes and set the temperature to 'HIGH'. Add the butternut squash, chilli and vegetable stock. Allow the soup to come to a boil and 'STIR' occasionally. Once the soup is boiling, reduce the temperature to 'SAUTE' and continue cooking for the remainder of the time.
7. At the end of the cooking time season with salt and pepper and 'BLEND' on setting 2 for 2 minutes.
8. To serve, portion the soup between 4 bowls. Add a nice dollop of greek yoghurt in the middle. Drizzle with the coriander oil and tahini. Scatter the pan fried chorizo. Sprinkle with the toasted almonds and sesame seeds. Finally scatter the coriander leaves.

Delicious served with a flat bread.



PRAWN LAKSA CURRY

INGREDIENTS

FOR THE LAKSA PASTE

- ½ tsp Cumin Seeds
- ½ tsp Coriander Seeds
- 4 Macadamia Nuts
- ½ tsp Paprika
- ½ tsp Turmeric Powder
- 3 Shallots, finely chopped
- ½ tbsp Ginger, grated
- ½ tbsp Galangal, grated
- 1 Clove of Garlic, crushed
- 1 stalk Lemon Grass, white part only, finely sliced
- 1 Green Chilli, finely chopped and seeds removed
- ½ tbsp Shrimp Paste
- 6 Asian Basil Leaves (normal basil can also be used)

FOR THE CURRY LAKSA

- 1 tbsp Coconut Oil
- 500ml Chicken Stock
- 1 tbsp Palm Sugar (can be substituted with granulated brown sugar)
- 150g Raw Prawns
- 400ml Coconut Milk
- 2 Pak Choy chopped
- 300g Fresh Egg noodles
- 2 tbsp Chopped Coriander
- 1 Lime

YOU WILL ALSO NEED:

A small food processor or spice & nut grinder.

METHOD

1. To make the curry laksa paste add the cumin seeds, coriander seeds and macadamia nuts into a small processor with chopping blade or a spice grinder and grind. Add the remaining paste ingredients and process to become a paste.
2. Set the timer on the Soup Maker to 30 minutes on 'SIMMER'. Add the coconut oil and the laksa paste and cook for 2 minutes. 'STIR' occasionally.
3. Add the chicken stock and palm sugar. Set the temperature to 'HIGH' and bring to the boil. Reduce the heat to 'SAUTE' and add the coconut milk. 'STIR' occasionally.
4. During the last 3 minutes of cooking add the prawns, pak choy and fresh egg noodles. 'STIR' to ensure everything is mixed in.
5. Once the cooking time has finished serve in bowls sprinkled with chopped coriander and a squeeze of lime juice.



THAI GREEN CHICKEN CURRY

INGREDIENTS

- 1 tbsp Groundnut Oil
- 2 Chicken Breasts, diced into bite sized pieces
- 400ml Coconut Cream
- 200ml Chicken Stock
- 1 tbsp Palm Sugar
- ½ Thai Fish Sauce
- 1 Pak Choy, chopped

FOR THE CURRY PASTE

- 2 Green Chillies, deseeded & finely chopped
- 25g Ginger, peeled & finely chopped
- 3 Cloves Garlic, peeled & finely chopped
- 1 Shallot, peeled & finely chopped
- ½ tsp Ground Coriander
- ½ tsp Whole Cumin Seeds
- 30g Fresh Coriander (including the stalks)
- 15g Fresh Basil Leaves
- 2 tbsp Groundnut Oil
- Zest & juice of 1 Lime
- 1 tsp Thai Fish Sauce
- Salt and freshly ground Black Pepper

METHOD

1. Place all paste ingredients into the Soup Maker and 'BLEND' on level 3 until combined into a paste. You may need to scrape the ingredients from the side of the glass jar to bring the paste together.
2. Remove the paste and reserve. This may be kept in an airtight container in the fridge for up to 1 week.
3. Place the groundnut oil in the Soup Maker, setting the timer for 30 minutes on 'SIMMER'. Add the curry paste and cook for 4-5 minutes. 'STIR' regularly.
4. Add the coconut cream, chicken stock, palm sugar and the Thai fish sauce, setting the temperature to 'HIGH'. 'STIR' several times before adding the diced chicken. Continue to cook and 'STIR' occasionally.
5. With 5 minutes remaining check that the chicken is thoroughly cooked. This is very important as larger pieces of chicken may take longer to cook. If necessary extend the timer for a further five to ten minutes.
6. Add the chopped pak choy and set the temperature to 'HIGH' for five minutes.
7. Serve with jasmine rice to soak up the juices.

COURGETTE AND AUBERGINE CURRY

INGREDIENTS

- 50g Cashew Nuts
- 1 tbsp Coconut Oil
- 1 large Onion, finely chopped
- 40g Fresh Ginger, grated
- 3 Cloves of Garlic, crushed
- 400ml Coconut Milk
- 100g Red Lentils
- 400ml Beef Stock
- 150g Aubergine, chopped about 1cm²
- 150g Tomatoes, chopped into chunks
- 150g Courgette, chopped
- Zest & Juice of 1 Lime
- 2 tsp Tamari
- 1 tsp Maple Syrup
- A handful of chopped herbs e.g. coriander, mint and basil

METHOD

1. Place the cashews into the Soup Maker, set to 'HIGH' for 2 minutes and 'STIR' occasionally. At the end of the cooking time give the cashews a quick 'PULSE'. Remove these from the Soup Maker and keep for later.
2. Set the timer on the Soup Maker to 30 minutes on 'SAUTE'. Add the coconut oil, along with the onions, ginger and garlic. Sauté for 10 minutes. 'STIR' occasionally.
3. After 10 minutes the onions will have softened. Set the temperature to 'HIGH', adding the coconut milk, red lentils and beef stock. 'STIR' well to combine. Allow to come to the boil then set the temperature back to 'SAUTE'.
4. With 10 minutes remaining on the timer add the aubergine and 'STIR'.
5. With 5 minutes remaining add the tomatoes, courgette, zest of lime and tamari.
6. Once the cooking time has finished, add the lime juice, maple syrup and herbs and give a couple of quick 'PULSE'S' to combine.
7. Pour into bowls and sprinkle over your chopped cashew nuts.

Hints & Tips

As an alternative replace the beef stock for chicken stock and add some shredded cooked chicken at the end.

PEA & MINT RISOTTO WITH HONEY GLAZED HAM

INGREDIENTS

- 2 tbsp Olive Oil
- 1 Stem Celery, finely chopped
- ½ Red Onion, finely diced
- 200g Risotto Rice
- 500ml Chicken Stock
- 100g Garden Peas, defrosted
- 25g Butter
- Salt and Black Pepper
- 2 handfuls Pea Shoots
- 100g Honey Roast Ham, chopped
- 4 Mint Tips

FOR THE PEA PUREE

- 1 tbsp Olive Oil
- 250g Petit Pois, defrosted
- 1 Shallot, finely diced
- 100ml Chicken Stock
- 8 Mint Leaves, chopped
- Salt and Black Pepper

METHOD

FOR THE PEA PUREE

1. Set the timer on the Soup Maker to 6 minutes on 'SAUTE'. Add the olive oil and shallot. Cook for 2 minutes, stirring occasionally.
2. Add the chicken stock and set the temperature to 'HIGH'. Once boiling add the petit pois and cook for the remaining time.
3. Add the mint leaves and season with salt and pepper. 'BLEND' on setting 2 for 30 seconds. Adjust seasoning if necessary and remove from the Soup Maker.

FOR THE RISOTTO

4. Set the timer on the Soup Maker to 30 minutes on 'SAUTE'. Add the olive oil, finely diced red onion and the celery. Cook for 10 minutes, stirring occasionally.
5. With 20 minutes remaining on the timer, set the temperature to 'HIGH'. Add the rice, stirring frequently until the grains are mixed thoroughly with the onions, celery and oil (approximately 1 minute).
6. Add the chicken stock, continuing to stir frequently. When the liquid begins to boil reduce the heat to 'SAUTE', again continuing to stir frequently.
7. With 5 minutes remaining on the timer add the pea puree, peas and the butter. Ensure that it is stirred through, and season with salt and pepper to taste.
8. Once the cooking time has finished, allow the risotto to relax for a minute or two.
9. To serve, divide the risotto between 4 bowls, scatter the chopped ham over each serving, followed with the pea shoots. Finish with a mint tip on each plate of risotto.



PEA & GOATS CHEESE RISOTTO

INGREDIENTS

- 1 tbsp Olive Oil
- 1 Onion, finely diced
- 500ml Vegetable Stock
- 50ml White Wine
- 200g Risotto Rice
- Zest of a Lemon
- 100g Frozen Peas, defrosted
- 75g Soft Goats Cheese
- 25g Butter
- Salt and Black Pepper
- Mint chopped

METHOD

1. Set the timer on the Soup Maker to 10 minutes and the temperature to 'SAUTE'. Add the olive oil and onion, stirring occasionally.
2. Set the timer to 20 minutes and the temperature to 'HIGH'. Add the rice. 'STIR' continuously until the grains are mixed thoroughly with the onions and oil.
3. Add the white wine continuing to 'STIR' until it has been absorbed into the rice.
4. Add the vegetable stock, a pinch of salt, ground black pepper and lemon zest, continuing to 'STIR' frequently. When the liquid begins to boil, reduce the heat to 'SAUTE', continuing to 'STIR' frequently.
5. With 5 minutes remaining on the timer add the peas, 1/2 of the goats cheese and butter ensuring it is stirred through.
6. Allow the risotto to relax for a minute or two.
7. Serve topped with the remaining goats cheese and chopped mint.

MUSHROOM RISOTTO

INGREDIENTS

- 500ml Chicken Stock
- 200g Chestnut Mushrooms, cleaned and sliced
- 2 tbsp Olive Oil
- 1 tbsp Flatleaf Parsley, finely chopped
- Juice of 1/2 a Lemon
- 1 Leek, finely sliced
- 2 Cloves of Garlic, finely chopped
- 50g Butter
- 200g Risotto Rice
- 50g Parmesan, finely chopped
- Salt and freshly ground Black Pepper

METHOD

1. Set the timer on the Soup Maker Plus to 10 minutes and the temperature to 'HIGH'. Add 1 tbsp of olive oil and the sliced chestnut mushrooms. Cook until soft, stirring occasionally using the slow stir button. Remove, strain and place them in a bowl with the chopped parsley, a pinch of salt and the lemon juice. Toss them all together.
2. Re-set the timer to 30 minutes and the temperature to 'HIGH'. Add the remaining olive oil, sliced leek and garlic, stirring occasionally.
3. With 20 minutes remaining, add the rice and 25g of the butter. Stir continuously until the butter has melted and thoroughly coated the rice.
4. Add the stock and continue to cook on 'HIGH', stirring well every couple of minutes. Once the risotto has begun to boil, reduce the temperature to 'SAUTE' and continue cooking, remembering to stir well every couple of minutes.
5. With 5 minutes remaining add half of the sautéed chestnut mushroom mixture, parmesan and the remaining butter to the Soup Maker and stir through. Season to taste.
6. Once the cooking time has finished pour the risotto into a bowl and allow to relax for a minute or two.
7. Serve topped with the remaining sautéed mushroom mixture.



SPAGHETTI ARRABIATA

INGREDIENTS

- 2 tbsp Olive Oil
- 1 Small Brown Onion, finely chopped
- 2 Red Chillies, chopped
- 3 Garlic Cloves, crushed
- 2 tsp Chopped Oregano
- 1 Small Bunch Basil, stalks removed and chopped.
- 1 tbsp Capers
- 1½ tbsp Demerara Sugar
- 2 x 400g Tins of Chopped Tomatoes
- Salt and Pepper to taste

TO SERVE

- 500g Spaghetti, cooked
- Basil & Oregano, chopped
- Parmesan

METHOD

1. Set the timer on the Soup Maker to 10 minutes on 'SAUTÉ'.
2. Add the olive oil, followed by the onion, chillies and garlic. Cook until the onions have softened, stirring occasionally.
3. Once the onions are soft, add the oregano, basil, capers, sugar and lastly the tinned tomatoes.
4. Set the timer to 30 minutes on 'HIGH', stirring occasionally.
5. With 15 minutes remaining on the timer, remove the measuring cup and replace at a slight angle to allow steam to escape easily. This will help the sauce thicken.
6. Season to taste with salt and pepper.
7. Serve with spaghetti, garnished with the oregano, basil and freshly grated parmesan.



MIXED BERRY JAM

INGREDIENTS

- 400g Mixed Berries
- 300g Granulated Sugar
- 1 tbsp Lemon Juice
- 40ml Certo (pectin)
- Knob of Butter

YOU WILL ALSO NEED:

Sterilised jars with sealable lids
Waxed paper discs to fit jars

Hints & Tips

Frozen berries are wonderful for this. Ensure they are fully defrosted and brought up to room temperature.

METHOD

1. Set the timer on the Soup Maker to 20 minutes on 'SIMMER'. Add all the ingredients and simmer for 10 minutes. 'STIR' occasionally, ensuring the sugar is dissolved.
2. For the final 10 minutes set to 'HIGH' and allow the fruit to come to a boil. 'STIR' occasionally.
3. You can check to see if your jam has reached setting point by spooning a little onto a saucer. Leave to cool for a few minutes, then push your finger into the jam. If the surface wrinkles then it is ready. If it is not ready cook on 'HIGH' for another minute or two and test again.
4. When the jam has reached setting point, carefully ladle into your sterilised jars, cover with the waxed paper disc and seal with a lid. The jam will thicken as it cools and the seal on the jars should dip.
5. If the jar does not seal properly, store it in the fridge and use within a couple of weeks. Your sealed jars can be kept in the cupboard for up to 6 months.

SPICED APPLE CHUTNEY

INGREDIENTS

- 2 Medium Cooking Apples, peeled, cored and finely chopped
- 1 Medium Onion, chopped
- 1 tbsp Tomato Purée
- 300ml Malt Vinegar
- 100g Dark Brown Sugar
- ½ tsp Paprika
- 1 tsp Mixed Spice
- ¼ tsp Black Mustard Seeds
- 75g Raisins

YOU WILL ALSO NEED:

Sterilised jars with sealable lids

METHOD

1. Place all ingredients in the Soup Maker except for the raisins and cover with the lid. Set the timer to 25 minutes on 'SAUTE' to start cooking. 'STIR' as required to mix the chutney.
2. After 25 minutes 'STIR' again, reset the timer for another 30 minutes and switch the heat to 'SIMMER'. Add the raisins for the last 10 minutes of cooking, through the lid of the Soup Maker. 'STIR' regularly to prevent sticking.
3. At the end of the cycle, leave to cool briefly then carefully pour the hot chutney into clean sterile jars and seal with lids.
4. Label the jars and store in a cool dark place for up to 6 months.

RHUBARB, APRICOT & GINGER CHUTNEY

INGREDIENTS

- 400g Rhubarb, cut into 2cm pieces
- 250g Onions, chopped
- 2 Cloves Garlic, finely chopped
- 250g Dried Apricots, roughly chopped
- 175g Granulated Sugar
- 150ml Cider Vinegar
- Zest and Juice (100ml) of 1 Orange
- 25g Fresh Ginger, finely grated
- ½ tsp Dried Chilli Flakes
- ½ tsp Ground Coriander
- ½ tsp Salt
- ½ tsp Ground Black Pepper

YOU WILL ALSO NEED:

Sterilised jars with sealable lids
Waxed paper discs to fit jars

METHOD

1. Set the timer on the Soup Maker to 30 minutes on 'SAUTE'. Add all the ingredients into the Soup Maker. 'STIR' frequently during the first 5 minutes. Continue to cook for the remainder of the time and 'STIR' occasionally. Once the timer has finished set to another 30 minutes on 'SAUTE' and continue to cook. 'STIR' occasionally.
2. When the chutney is ready it should be rich and thick. Carefully ladle into your warmed sterilised jars, cover with the waxed paper disc and seal with a lid. The chutney will thicken as it cools and the seal on the jars should dip.
3. Leave for at least a month before opening, then keep in the fridge. Unopened jars can be stored in a cool dark place for up to 2 years.



QUICK CHICKEN STOCK

INGREDIENTS

- 300g Chicken Bones
- 1 ltr of Water
- 1 Onion roughly chopped
- 1 Carrot roughly chopped
- Small handful of Parsley
- 1 Bay Leaf
- 3 Black Pepper Corns
- Pinch of Sea Salt

METHOD

1. Place all the ingredients into the Soup Maker. Set the timer to 30 minutes on 'HIGH' and bring to the boil, then reduce to 'SAUTE' and cook for the remaining time. Reset the timer to 30 minutes and cook on 'SAUTE'.
2. Allow to cool. Strain the stock into a container.
3. The stock will keep in the refrigerator for about 4 days, or in the freezer for 2-3 months.

Hints & Tips

You could use the carcass from a roast chicken to make this stock.

QUICK VEGETABLE STOCK

INGREDIENTS

- 2 Medium Carrots
- 1 Large Onion
- 2 Celery Stalks, chopped
- 1 Clove of Garlic, crushed
- 1 Bay Leaf
- Sprig of Thyme or Parsley Stalks
- A few Black Peppercorns
- 1 tbsp Olive Oil
- 1 ltr of Water

METHOD

1. Peel the vegetables, then coarsely grate.
2. Set the timer on the Soup Maker to 10 minutes and the temperature to 'SAUTE'. Add the olive oil, vegetables and garlic. 'STIR' occasionally allowing the vegetables to sweat and soften.
3. Add 1 litre of water to the Soup Maker, setting the timer to 20 minutes and the temperature to 'HIGH'. Add the peppercorns, bay leaf and herbs. Bring to the boil, stirring occasionally. Turn down to 'SAUTE' and cook for the remaining time.
4. Allow to cool. Strain the stock into a container.
5. The stock will keep in the refrigerator for about 4 days, or in the freezer for 2-3 months.

BREAKFAST SMOOTHIE

INGREDIENTS

- 1/2 Ripe Avocado
- 1 Ripe Banana
- 300ml Cold Cashew Milk
- 100g Frozen Berries
- 30g Oats
- 1 tbsp Maple Syrup

METHOD

1. Remove the flesh of the avocado from it's skin, discarding the stone.
2. Place all the ingredients into the Soup Maker and 'BLEND' on setting 4 for a couple of minutes until smooth and creamy.

Hints & Tips

Any milk can be used, e.g. almond milk, soya milk.

CASHEW NUT MILK

INGREDIENTS




- 125g Cashew Nuts
- 1½ tbsp Maple Syrup
- 2 tsp Vanilla Extract
- Pinch of Salt
- 1L Water

METHOD

1. Soak the cashew nuts in water for at least 4 hrs or overnight in the refrigerator.
2. Once the cashews have soaked, drain and rinse until the water runs clear.
3. Add the cashews and 500ml of fresh water into the Soup Maker. 'BLEND' on setting 1 to start, increasing the speed gradually for about 2 minutes ensuring the cashews are totally pulverised.
4. Blend in another 500ml of fresh water, maple syrup, vanilla extract and salt. Strain the milk into a sealable container. The milk should keep in the refrigerator for 3 to 4 days.

Hints & Tips

To create a creamer milk try reducing the water volume.

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