

# MINI PREP PRO

book of recipe ideas



Cuisinart®

## MINI PREP PRO

The Cuisinart Cordless Mini Prep Pro is a useful piece of equipment to have in your kitchen. With reversible blades that can chop, mince, puree, emulsify, grind, crush and more, it's perfect for chopping vegetables, mixing dips and sauces, pureeing baby food or grinding nuts and seeds.

It's completely cordless, so you don't need to worry about having a plug socket free - you can mix your recipe anywhere in the kitchen, from the dining table, to the island or the countertop.

Here are a few recipes to help you get started with your Mini Prep Pro. You'll find lots more at [cuisinart.co.uk](http://cuisinart.co.uk) or by following us on Facebook and Instagram.

Enjoy!

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# CLASSIC MAYONNAISE

## INGREDIENTS

SERVES 4

- 2 egg yolks
- 1 tbsp Dijon mustard
- 100ml groundnut oil
- 25ml extra virgin olive oil
- 1 tbsp white wine vinegar
- Juice of ½ a lemon
- Salt & pepper

## METHOD

1. Place the egg yolks and Dijon mustard into the processor bowl, season well with salt and pepper and process continuously using the CHOP function until well combined.
2. Mix the oils together in a separate container for pouring. Using the CHOP function, slowly pulse whilst gradually adding the mixed oils a little at a time through one hole of the lid. Be careful not to add the oil too quickly, as this will cause the egg yolks to curdle. Process slowly, adding the oil until the mayonnaise thickens.
3. Once thickened, pour the white wine vinegar and lemon juice through the hole of the lid, pulsing to combine.

## VARIATIONS

*Try adding crushed garlic for Aioli, finely chopped herbs or anchovy essence.*

# VINAIGRETTE

## INGREDIENTS

SERVES 6

- 1 tsp mustard
- 1 tsp white wine vinegar
- 300ml sunflower oil
- 10g parsley
- Salt and freshly ground black pepper

## METHOD

1. Place the mustard, vinegar and seasoning into the processor bowl. Lock lid into place.
2. Gradually add the oil through the drizzle hole. Whilst adding the oil, process continuously with the CHOP button.
3. Once combined add the parsley and process until mixed and parsley is chopped as desired.

## HINTS & TIPS

*If the vinaigrette is too thick, add 1-2 tsp cold water through the lid.*

# PESTO

## INGREDIENTS

SERVES 6

- 
- 1 garlic clove, peeled
  - 1 tbsp pinenuts
  - 50g basil leaves
  - 15g goat's cheese
  - 1 tsp nut oil
  - 50g parmesan
  - 60ml olive oil
  - Salt and freshly ground black pepper

## METHOD

- 
1. Add the garlic, pinenuts and basil into the processor bowl and process using the CHOP button until finely chopped.
  2. Add the goat's cheese, half the nut oil and process until mixed. Add the parmesan and mix using a pulse action until combined.
  3. Add the remaining nut oil and olive oil, season to taste and process until mixed.

# BÉARNAISE SAUCE

## INGREDIENTS

SERVES 4

- 
- 1 shallot, peeled and quartered
  - 1 tbsp peppercorns
  - 1 tbsp vinegar
  - Pinch of salt
  - 1 large egg yolk
  - 75g butter, melted

## METHOD

- 
1. Place the shallot and peppercorns in the processor bowl and process using the GRIND button until the pepper is ground. Place the mixture into a saucepan along with the vinegar and salt and simmer until reduced by half.
  2. Place the egg yolk and hot peppercorn mixture into the processor bowl and mix using the CHOP button and a pulse action. Pour in the melted butter and process continuously until combined.







# ROMESCO SAUCE

## INGREDIENTS

SERVES 2

- Small handful flat-leaf parsley
- 120g roasted red pepper from a jar
- 2 garlic cloves, peeled
- 70g blanched almonds
- 1 tsp smoked paprika
- ½ tsp cayenne pepper
- 70g tomato purée
- 2 tbsp sherry vinegar
- 60ml extra-virgin olive oil
- Fine sea salt and freshly ground black pepper

## METHOD

1. Add the flat-leaf parsley, roasted peppers, garlic, almonds, paprika and cayenne pepper into the processor bowl.
2. Using the CHOP button, pulse the ingredients a few times.
3. Add the tomato puree, sherry vinegar and olive oil into the chopped ingredients. Using the CHOP button pulse until you have a slightly chunky sauce.
4. Season to taste with the sea salt and freshly ground pepper.

# GUACAMOLE

## INGREDIENTS

SERVES 4

- 1 avocado, peeled, stone removed and cut into 1.5cm pieces
- Juice of 1 lemon
- 25g fresh coriander
- 25g onion, peeled and cut to 1.5cm cubes
- Green chilli, cored, deseeded and cut to 1.5cm pieces
- 1 tsp olive oil
- Salt and freshly ground black pepper

## METHOD

1. Add all the ingredients to the processor bowl and process using the CHOP button and a pulse action, until combined and then a continuous action until as smooth as desired.

## SERVING SUGGESTION

*Serve chilled as a dip with Nachos or crudités.*

# HUMMUS

## INGREDIENTS

SERVES 4

- 75g chickpeas
- 5g flat leaf parsley
- ½ tsp lemon zest
- 1 garlic clove, peeled
- Juice of 1 lemon
- ½ tsp ground cumin
- 1 tbsp olive oil

## METHOD

1. Place the chickpeas, parsley, lemon zest, garlic, lemon juice and the ground cumin into the processor bowl and process using the GRIND button until combined.
2. Once combined, process the mixture using the CHOP button, whilst adding the olive oil through the drizzle holes in the lid, until well mixed and thickened.

## SERVING SUGGESTION

*Serve with pitta bread or as a dip for crudités.*

# AVOCADO AND BASIL HUMMUS

## INGREDIENTS

SERVES 4

- 100g chickpeas, drained
- 1 ripe avocado
- 1 clove garlic, peeled
- 1 tbsp tahini paste
- ½ tsp esepette pepper
- Juice of 1 lime
- Fresh basil, approx. 10 twigs
- 1-2 tbsp olive oil
- Sea salt and ground pepper

## METHOD

1. Peel the avocado and cut it into chunks.
2. Place all the ingredients into the processor bowl.
3. Using the CHOP button, blend until smooth and creamy.
4. Check seasoning, before serving with crisps or pitta bread.





# TZATZIKI

## INGREDIENTS

SERVES 4

- 
- ½ cucumber, halved and deseeded
  - 1 small garlic clove, peeled
  - 5 mint leaves
  - 170g full-fat Greek yoghurt
  - ¼ lemon, juiced
  - Sea salt & freshly ground black pepper

## METHOD

- 
1. Roughly chop the cucumber into pieces and place in the processor bowl.
  2. Using the CHOP button, pulse until the cucumber starts to break up.
  3. Add the garlic and mint leaves and pulse several more times, until all the ingredients are evenly sized.
  4. Add the yoghurt, lemon juice and salt and pepper and use the CHOP button, until everything is thoroughly combined, and the cucumber still has some texture.
  5. Check for seasoning and pour into a bowl.
  6. Serve immediately, sprinkled with some mint leaves.

## HINTS & TIPS

*If you refrigerate for a couple of hours, the flavour will develop.*

# MONKFISH SKEWERS WITH KACHUMBER SALAD

INGREDIENTS

SERVES 4

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## FOR THE SKEWERS

- 750g monkfish tail
- 50ml olive oil
- Juice of 1 lemon
- 1 chilli
- 1 garlic clove
- Salt and pepper
- 8 bamboo skewers

## FOR THE MINT AND LEMON RAITA

- 250ml Greek yogurt
- 3 tbsp lemon oil
- Zest of 2 lemons
- Small handful of mint leaves

## FOR THE MANGO & WALNUT CHUTNEY

- 2 ripe mangoes, peeled & diced
- 100g walnuts
- 1 chilli
- 40ml cider vinegar
- 40g brown sugar
- Juice of 1 lemon
- 2cm piece of ginger, finely grated
- 2 cloves of garlic
- 1 tbsp mustard seeds
- 1 tbsp coriander seeds
- 4 green cardamon pods, crushed
- 1 cinnamon stick
- 2 cloves
- Pinch of salt
- 80ml water

## FOR THE KACHUMBER

- 150g cucumber
- 1 small red onion
- Small handful of mint leaves
- Small handful of flat parsley leaves
- Small handful of coriander leaves
- 3 medium tomatoes
- 80g pomegranate seeds
- 50ml olive oil
- Juice of 1 lemon
- Salt & pepper to taste

## METHOD

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### SKEWERS

1. Cut the monkfish into 24 long strips.
2. Place the remaining ingredients into the processor bowl. Secure the lid, then press GRIND button until the marinade is completely combined.
3. Pour the marinade over the monkfish strips, ensuring all the fish are well coated. Allow to marinate for 20 minutes.
4. Skewer the marinated fish, using 3 monkfish strips per skewer.
5. Using a very hot grill pan, grill for 4 min on each side.
6. Serve warm.

### MINT AND LEMON RAITA

1. Place all the ingredients together in the processor bowl.
2. Press the GRIND button until all of the ingredients combine together to make a very smooth sauce.
3. Reserve and refrigerate.

### MANGO & WALNUT CHUTNEY

(This can be made in advance to improve the flavour)

1. Toast the mustard seeds, coriander and crushed cardamom pods in a saucepan for a minute.
2. Place the garlic and chilli in the processor and press the CHOP Button until there are no large pieces remaining, scraping down the sides if necessary.
3. Place all the ingredients (except for the walnuts) into the saucepan with the toasted spices and cook over a low heat for around 30 to 40 minutes until most of the liquid has evaporated.
4. Allow to cool to room temperature.

5. Place the walnuts in the processor bowl and press GRIND button until well ground.
6. Mix the processed walnuts into the cooled chutney.
7. Refrigerate until required.

### KACHUMBER

1. Cut the cucumber length ways into quarters and remove the core with a teaspoon. Discard the pips and roughly chop the cucumber. Process using the CHOP button until there are no large pieces remaining. Transfer to a bowl.
2. Peel the red onion and cut into quarters. Process using the CHOP button until there are no large pieces remaining. Transfer into the bowl with the cucumber.
3. Place the herbs into the processor and press the CHOP button until there are no large pieces remaining. Transfer into the bowl with the cucumber and onions.
4. Cut the tomatoes into quarters removing the core. Place into the processor bowl and quickly blitz using the CHOP button. Mix in with the other chopped ingredients.
5. Add the remaining ingredients to the salad and season to taste.

# HISPI CABBAGE WITH BEAN PURÉE

## INGREDIENTS

SERVES 4

- 1 savoy cabbage, cut into 8 wedges
- 2 tbsp olive oil
- Juice of 1 lemon
- Pinch of salt

### FOR THE WHITE BEAN PURÉE

- 1 tin cannellini beans, drained, water reserved
- 2 tbsp olive oil
- 1 small garlic clove, peeled
- Juice of 1 lemon
- Salt
- 1 small sprig rosemary, stalk removed

### TO SERVE

- 50g toasted hazelnuts
- Olive oil to drizzle

## METHOD

1. Place the cabbage wedges into a bowl and coat with the olive oil, lemon juice and salt.
2. Grill the cabbage, at 200°C, for approximately 5 minutes, on each side.
3. To make the White Bean Purée, place the cannellini beans into the processor bowl. Add the olive oil, garlic, lemon juice, salt, rosemary leaves and 2 tbsp of the reserved cannellini water.
4. Process using the CHOP button, until you have a smooth, creamy texture. For a less thick purée, use a little more of the reserved cannellini water. Season to taste.
5. To serve, smooth a big dollop of bean purée onto each plate. Top with the cabbage wedges. Briefly chop the toasted hazelnuts in the processor, using the GRIND button and scatter over the top of the cabbage. Drizzle with a little olive oil.







# SUMMER BERRY COMPOTE

## INGREDIENTS

SERVES 2

- 200g strawberries, end removed and quartered
- 1 tsp Agave nectar
- 1 drop rosewater

## METHOD

1. Place all the ingredients into the processor bowl.
2. Process using the CHOP button until all the fruit is beginning to puree, leaving some texture.
3. Serve with thick, plain yoghurt.

# CRÈME CHANTILLY

## INGREDIENTS

SERVES 4

- 300ml single cream
- 80g granulated sugar
- 1 tbsp vanilla extract

## METHOD

1. Place the cream in the processor bowl and process using the CHOP button for 1 minute.
2. Add the sugar and vanilla extract and process for a few seconds, until mixed.

## SERVING SUGGESTION

*Serve with fresh berries, fruit tarts or chocolate cake and brownies?*

# FROZEN RASPBERRY COCKTAIL

## INGREDIENTS

SERVES 2

- 200g fresh raspberries
- 60ml white rum
- Juice of 1 lime
- 30ml sugar syrup
- 100g crushed ice

## METHOD

1. Place all the ingredients into the processor.
2. Process using the CHOP button, until smooth.
3. Pour between 2 cocktail glasses.

# MOJITO

## INGREDIENTS

SERVES 4

- 8 ice cubes
- Juice of 2 limes
- 8 leaves fresh mint
- 8 brown sugar cubes
- 80ml rum
- 120ml sparkling water

## METHOD

1. Place the ice cubes in the processor bowl and process using the CHOP button for a few seconds to break up the ice.
2. Add the lime juice and mint leaves and process until combined.
3. Add the sugar and rum and mix for a few seconds.
4. Finally, add the sparkling water by gradually pouring through the drizzle hole. Pulse to combine and serve immediately.







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