

Recipes

Ensure you have read the instructions outlining assembly and operation before attempting to use the food processor. Below are some basic recipes to get started, these are guides and can be adjusted to taste.

Fluffy Veggie Frittata (Serves 4)

Ingredients

- ½ onion
- 1 green bell pepper
- 1 Tbsp, olive oil
- 1 clove garlic, minced
- 1 handful spinach
- 6 eggs
- ½ cup milk
- salt & pepper, to taste
- ½ cup shredded cheese
- 1 tomato, thinly sliced

Method

1. To avoid cross contamination, wash hands after touching raw eggs.
2. Use the food processor to shred the onion and bell pepper.
3. Heat the oil in a a skillet over medium-high heat. Saute the onion and green pepper for 2-3 minutes. Add the garlic and spinach to the skillet and stir until the spinach starts to wilt. Reduce heat to medium-low.
4. Put the chopping blade in the food processor bowl and add the eggs and milk. Run on speed 1 until foamy (about 20-30 seconds).
5. Pour the egg mixture evenly over the vegetables. Salt and pepper to taste. Let cook for about 2 minutes. Sprinkle on the cheese and gently place the sliced tomatoes on top.
6. Cover the skillet and cook until the eggs are set (they should start to pull away from the edges) and the cheese is melted, 15-25 minutes.

Garlic Feta Dip (Serves 6)

Ingredients

- 8 oz. feta cheese crumbles
- ½ cup sour cream
- ½ cup mayonnaise
- 1 lemon, zested and squeezed
- 1-2 cloves garlic
- ½ tsp. dried dill
- ½ tsp. dried oregano
- ½ tsp. dried thyme
- ¼ tsp. salt
- ¼ tsp. ground pepper
- red pepper flakes, to taste
- olive oil

Method

1. With the chopping blade in place, add the feta, sour cream, mayonnaise, lemon zest and juice, garlic, dill, oregano, thyme, salt and pepper to the bowl.
2. Lock the lid in place and PULSE until mostly smooth.
3. Refrigerate at least 1 hour, then stir in the red pepper flakes and drizzle with olive oil. Serve with toasted pita bread or fresh vegetables.

Chipotle Chicken Stew (Serves 4-6)

Ingredients

- 20 oz. diced tomatoes with chilies
- 1 tsp. ground cumin
- ½ large onion, cut up
- 1 tsp. salt
- 3 chipotle chilies in adobo sauce
- 1 large zucchini, chopped
- 2 Tbsp, adobo sauce
- 15 oz. black beans, drained
- 4 cloves garlic
- 2lbs. boneless, skinless chicken thighs shredded cheddar cheese, to taste

Method

1. Wash hands with soap and water. DO NOT rinse raw poultry. To avoid cross contamination, wash hands, utensils, cutting boards, etc. after touching raw poultry.
2. With the chopping blade placed in the bowl, puree the first 8 ingredients. Pour this into the pot of your slow cooker.
3. Stir the zucchini and beans into the sauce. Push the chicken down into the sauce.
4. Cover and cook on HIGH for 3 hours or LOW for 6-7 hours (internal temperature of the chicken should be 165° F when done).
5. Shred the chicken with 2 forks, top with cheese and serve hot.

Cabbage and Pea Salad (Serves 10)

Ingredients

- ¼cup olive oil
- 1medium cabbage, cut into chunks
- ¼ cup apple cider vinegar
- 1 large sweet onion, cut into chunks
- 1 tsp. dill weed
- 16 oz. frozen peas, thawed
- ½ tsp. salt
- pepper, to taste

Method

1. Whisk together the oil, vinegar, dill and salt. Set aside.
2. Use the food processor to shred the cabbage and onion.
3. In a large bowl, mix the cabbage, onion and peas.
4. Pour the oil mixture over the cabbage and toss. Add pepper, to taste.

Cauliflower and Squash Soup

Ingredients

- ½ head cauliflower, cut into florets
- 2 acorn squash, cut in half and seeded
- 2 yellow bell peppers, cut into chunks
- 1 onion, chopped
- 5 cloves garlic, whole
- 1 cup water
- 1 cup low-fat sour cream
- 2 Tbsp, butter
- 1/2 tsp. paprika
- 1 tsp. dried basil
- 1 ½ tsp. salt
- ½ tsp. pepper
- Parmesan cheese, to taste
- Ground nutmeg, to taste
- 14 oz. chicken broth

Method

1. Put the cauliflower, squash, peppers, onions and garlic on an oven-safe pan and spray lightly with cooking oil.
2. Using a conventional oven, roast for 30 minutes at 450° F, until vegetables are tender and a little charred. The squash may take a few minutes more.
3. Squeeze the cooked garlic from the skins into a food processor bowl with the chopping blade in place. In batches, puree the roasted vegetables (scoop the squash out of its skin first) until smooth. Pour into a slow cooker pot.
4. Add all remaining ingredients to slow cooker pot except the Parmesan and nutmeg. Stir well and cook on HIGH 3-4 hours or LOW 6 hours.
5. Serve with grated Parmesan and a sprinkle of nutmeg.

Pesto - Makes One Cup

Ingredients

- 6 cups of basil
- ½ cup of pine nuts
- ½ cup of grated Parmesan
- 1-2 cloves of garlic
- ¼ teaspoon of salt
- ¼-½ cup of extra virgin olive oil

Method

1. Using the chopper blade , blend half of the basil with all of the pine nuts, Parmesan and garlic until all items are chopped finely.
2. Stop the Food Processor, and scrape all contents off the sides to the bottom of the bowl.
3. Add the remaining basil and blend until the mixture has the consistency of a fine paste.
4. Continue to blend, and add olive oil in small amounts until you have your desired consistency.
5. Add salt to taste

Hummus - Makes Two and a Half Cups

Ingredients

- 4 cloves of garlic
- 2 cups of canned chick peas (drained)
- 1 ½ teaspoons of salt
- Tahini ($\frac{1}{3}$ - $\frac{1}{2}$ cup)
- 6 tablespoons of lemon juice
- 2 tablespoons of water

Method

1. Using the chopper blade , blend the garlic first until it is minced.
2. Add all remaining ingredients and blend until desired consistency is reached.

Guacamole - Makes 1 ½ Cups

Ingredients

- 2 ripe avocados, halved, stones
- 1 small red onion, peeled
- 1 ripe tomato, quartered
- 2 garlic cloves, peeled
- 1 small fresh red chilli, peeled
- 60mL ($\frac{1}{4}$ cup) fresh lime juice
- Salt & ground black pepper, to taste

Method

1. Using the chopper blade , add the tomato, onion, garlic and chili to the bowl. PULSE 2-3 times until the ingredients are roughly chopped then stop.
2. Add the avocado and turn to speed 1 for 5 seconds.
3. Add lime juice and seasoning to taste. Store in an airtight container and refrigerate.

Beetroot Chickpeas (Hummus) Dip

Ingredients

- 2 cups of cooked chickpeas (or 1 tin of chickpeas, drained)
- ¼ cup chickpeas brine (or ¼ of water)
- 1 roasted beetroot (or 5 slices of tin of beetroot)
- Juice of 1 ½ lemon
- ⅓ cup of tahini
- 1 teaspoon of cumin
- ¼ cup of olive oil
- 1 small garlic
- 1 teaspoon of salt

NOTE: If beetroot is hard to source in your area, you could use 2 roasted carrots instead. The sweetness coming from the carrot is as equally delicious, however, instead of adding ¼ cup of water, increases it to ⅓ of a cup (or more if needed) to thin out the consistency of the dip.

Method

1. Using the chopper blade, mix all the ingredients in the food processor bowl and blend until smooth and creamy.
2. Store it in a container in the fridge until it is ready to be served.

Zucchini Slice

Ingredients

- 2 zucchini
- 1 large brown onion, quartered
- 3 rashers bacon, finely chopped
- 80g tasty cheese
- 1 cup self-raising flour
- ½ cup of oil
- 5 eggs, lightly beaten
- Salt & ground black pepper, to taste

Method

1. Preheat oven to 170°C. Grease and line a non-stick rectangle ovenproof dish.
2. Using the chopper blade, add the onion and bacon to the bowl and PULSE until finely chopped.
3. Carefully remove the chopper blade and attach the shredding blade. Feed the zucchini and then cheese through the feed chute until finely grated.
4. Remove the disc adaptor and stir in the flour, oil and eggs using the spatula. Combine well then season with salt and pepper.
5. Pour into ovenproof dish and bake for 35-40 minutes until golden. Allow to cool before cutting.

Creamy Coleslaw

Ingredients

- 1/3 cup loosely packed parsley leaves
- 1/2 sweet onion
- 1 cup mayonnaise
- 1 tablespoon white vinegar
- 1 tablespoon sugar
- 1 large carrot, peeled
- 1 small cabbage head
- Salt & ground black pepper, to taste

Method

1. Use the chopper blade to mince parsley and onion.
2. Add mayonnaise, vinegar, sugar, salt and pepper to bowl, and process for another 5 seconds to combine.
3. Carefully remove the chopper blade and attach the shredding disc.
4. Cut carrots in half crosswise, and feed through the shredding disc.
5. Carefully remove the shredding disc and attach the slicing disc.
6. Core cabbage and cut into manageable sizes, and feed through the slicing disc.
7. Add all ingredients to large bowl, and toss to mix. Keep in refrigerator for best flavour.

Mayonnaise

Ingredients

- 2 egg yolks
- 1/2 teaspoon salt
- 1 pinch freshly ground black pepper
- 1 teaspoon Dijon mustard or 1/2 teaspoon dry mustard
- 2 teaspoon white wine vinegar or lemon juice
- 1 cup light-flavoured olive oil or rice bran oil

Method

1. Using the dough blade, add the egg yolks, seasonings, mustard and 1 teaspoon of the vinegar or lemon juice to food processor bowl and process until combined.
2. With the motor running, add 1 cup of oil gradually, ensuring that each addition has been absorbed before adding more. When all the oil has been incorporated, add the remaining vinegar or lemon juice.

Potato Au Gratin

Ingredients

- ¼ cup loosely packed parsley
- 125g Swiss cheese cut to fit in feed
- 1 kg of yellow potatoes, peeled and cut to fit in feed tube
- 1 ½ cups of cream
- Salt & ground black pepper, to taste

Method

1. Preheat oven to 180°C and coat inside of a baking dish with cooking spray.
2. Using the chopper blade , process the parsley until finely chopped. Set aside when done.
3. Remove the chopper blade , and insert shredding disc.
4. Feed cheese through shredding disc then set aside.
5. Remove shredding disc, and insert the slicing disc.
6. Using moderate pressure, process the potatoes through the slicing disc. This should fill the bowl almost completely.
7. Arrange half of the sliced potatoes in the bottom of the baking dish, then sprinkle with half of the cheese, parsley and salt and pepper.
8. Add another layer of potato, then sprinkle the remaining cheese, parsley and salt and pepper, then carefully pour the cream over the entire dish. Cover with a sheet of sprayed aluminium foil, coated side down.
9. Place in oven and bake for 1 hour 15 minutes, then remove foil and bake for a further 10-15 minutes until brown.

Minestrone Soup

Ingredients

- 3 large carrots, roughly chopped
- 1 large onion, roughly chopped
- 4 celery sticks, roughly chopped
- 1 tablespoon olive oil
- 2 garlic cloves, crushed
- 2 large potatoes, cut into small dice
- 2 tablespoons tomato puree
- 2L vegetable stock
- 400g can chopped tomatoes
- 400g can butter or cannellini beans
- 140g spaghetti, snapped into short lengths
- ½ head savoy cabbage
- Crusty bread, to serve

Method

1. With the chopper blade , add the carrots, onion and celery to the processor bowl and chop into small pieces. Heat the oil in a pan, add the processed vegetables, garlic and potatoes, then cook over a high heat for 5 minutes until softened.
2. Stir in the tomato puree, stock and tomatoes. Bring to the boil, then turn down the heat and simmer, covered, for 10 minutes.
3. With the shredding disc attached, shred the cabbage.
4. Tip in the beans and pasta, then cook for a further 10 minutes, adding the cabbage for the final 2 minutes. Season to taste and serve with crusty bread.

Curry Paste

Ingredients

- 125ml ($\frac{1}{2}$ cup) white vinegar
- 80ml ($\frac{1}{3}$ cup) vegetable oil
- 2 long fresh red chilies, deeded, roughly chopped
- 4 garlic cloves, peeled
- 1 thumb size piece of fresh ginger
- $\frac{1}{4}$ cup ground cumin
- $\frac{1}{4}$ cup ground coriander
- 1 tablespoon freshly ground black pepper
- 1 tablespoon garlic paste
- 1 tablespoon black mustard seeds
- 1 tablespoon ground turmeric
- 1 teaspoon ground cinnamon

Method

1. Using the chopper blade , place all the ingredients into the bowl and process until a paste is formed. Use the spatula to scrape down the sides of the bowl.
2. Store in airtight container and refrigerate.

Peanut Butter - Makes 1 $\frac{1}{2}$ Cups

Ingredients

- 2 cups roasted peanuts
- $\frac{1}{2}$ teaspoon salt
- 1-2 tablespoons peanut oil or other oil
- Optional for sweeter peanut butter: 1-2 tablespoons honey or other sweetener

Method

1. Using the chopper blade add peanuts to bowl. PULSE a few times until roughly

chopped. (For crunchy peanut butter remove ½ cup of the peanuts at this stage and set aside).

2. Run the processor for 1 minute. Remove the lid and use the spatula to scrape down the sides of the bowl. Repeat this 2 more times until the peanuts become a smooth glossy butter.
3. Add the salt and oil and any other sweeteners. Process for another 1-2 minutes until completely smooth. (Add reserved nuts for chunky peanut butter at this stage if desired).
4. Scrape out peanut butter using a spatula and use straight away or store in an airtight container and refrigerate.

Strawberry and Rhubarb Granita

Ingredients

- 1 cup thinly sliced fresh or frozen rhubarb
- 1 cup granulated sugar
- 2 tablespoons lemon or lime juice
- 8 cups fresh strawberries, hulled rhubarb
- 2 teaspoons lemon or lime zest
- ¼ teaspoon salt

Method

1. Combine all of the rhubarb, salt and sugar in a medium saucepan with 1 cup of water, keep on medium-high heat, until rhubarb is soft.
2. After 8-9 minutes, remove from heat and pour the mixture through a strainer into a bowl, using a ladle to ensure rhubarb pulp being fully drained of liquid. Discard the pulp.
3. Using the chopper blade, process half of the strawberries with the lemon juice and zest and 1 cup of water until no chunks remain. Pour mixture into medium sized baking tray.
4. Pour strained rhubarb mixture into food processor with the rest of the strawberries and process until smooth, and mix into baking tray.
5. Put cling film over tray, and freeze until solid. When serving, scrape with a spoon to create icy flakes.

Coffee and Walnut Layer Cake

For the Sponge

- ½ cup walnut pieces
- 8 ounces superfine sugar for greasing)
- 2 sticks soft unsalted butter (plus some for grating)
- 1 cups all-purpose flour
- 4 teaspoons instant espresso powder
- 2 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 4 large eggs
- 1 - 2 tablespoons milk

For the Buttercream Frosting

- 3 ¼ cups confectioners' sugar
- 1 ½ sticks soft unsalted butter
- Approx. 10 walnut halves (to decorate)
- 2 ½ teaspoons instant espresso powder (dissolved in 1 tablespoon boiling water)

Method

1. Preheat the oven to 180°C/160°C Fan/gas mark 4/350°F.
2. Butter two 20cm / 8inch sandwich tins and line the base of each with baking parchment.
3. Using the processing disc, put the walnut pieces and sugar into the food processor bowl and blitz to a fine nutty powder.
4. Add the 225g/2 sticks butter, flour, 4 teaspoons espresso powder, baking powder, bicarb and eggs and process to a smooth batter.
5. Add the milk, pouring it down the funnel with the motor still running, or just pulsing, to loosen the cake mixture: it should be a soft, dropping consistency, so add more milk if you need to.
6. Divide the mixture between the 2 lined tins and bake in the oven for 25 minutes, or until the sponge has risen and feels springy to the touch.
7. Cool the cakes in their tins on a wire rack for about 10 minutes, before turning them out onto the rack and peeling off the baking parchment.
8. When the sponges are cool, you can make the buttercream.
9. PULSE the confectioners' sugar in the food processor until it is lump free, then add the butter and process to make a smooth icing.
10. Dissolve the instant espresso powder in 1 tablespoon boiling water and add it while still hot to the processor, pulsing to blend into the buttercream.
11. Then beat in the hot coffee liquid.
12. Place 1 sponge upside down on your cake stand or serving plate.
13. Spread with about half the icing; then place on it the second sponge, right side up (i.e. so the 2 flat sides of the sponges meet in the middle) and cover the top with the remaining icing in a ramshackle swirly pattern.

Basic Shortcrust Pastry

Ingredients

- 2 cups (300g) plain (all-purpose) flour
- 145g butter
- 2-3 tablespoons iced water

Method

1. With the dough blade, process the flour and butter in the food processor bowl until the mixture resembles fine breadcrumbs. While the motor is running, add enough iced water to form a smooth dough.
2. Remove dough from the bowl. Knead very lightly then wrap the dough in plastic wrap and refrigerate for 30 minutes.
3. When ready to use, roll out on a lightly floured surface until 3mm thick.

Dark Choc-Chip Cookies

Ingredients

- 125g unsalted butter, chopped
- 100g (½ cup, firmly packed) brown sugar
- 70g (⅓ cup) caster sugar
- 1 teaspoon vanilla essence
- 225g (1 ½ cups) self-raising flour
- 190g (1 cup) dark cooking choc bits
- 1 egg

Method

1. Preheat oven to 180°C. Line 3 baking trays with non-stick baking paper.
2. With the dough blade, place the butter, brown sugar, caster sugar, egg and vanilla in the food processor bowl and process until the mixture is creamy.
3. Transfer to a large bowl. Sift in the flour. Add the choc bits. Use a wooden spoon to mix until well combined.
4. Place dessert spoonfuls of the mixture, about 4cm apart, on the lined trays. Bake in oven for 12 minutes or until golden. Set aside on the trays for 5 minutes to cool before transferring to a wire rack to cool completely.

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