

# Cuisinart®

INSTRUCTION  
& RECIPE BOOKLET



**Cuisinart® Mini Prep Pro**

**ECH-4GMXA**

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



# IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart® Mini Prep Pro, as well as a metal chopping and grinding blade, spatula and instruction/recipe booklet.

## CAUTION: THE CUTTING BLADE HAS VERY SHARP EDGES.

To avoid injury when unpacking, please follow these instructions:

1. Place the box on a table or kitchen counter.  
Be sure the box is right side up.
2. Lift and remove the cardboard lid from the work bowl cover.
3. Grasping the work bowl handle, lift the unit up and out of the box and place on the tabletop.
4. Turn the work bowl clockwise to unlock it from the unit base. Lift up and remove.
5. **CAREFULLY REMOVE THE METAL BLADE BY GRASPING THE CENTRE WHITE HUB AND LIFTING IT STRAIGHT UP. NEVER TOUCH THE BLADE, AS IT IS RAZOR SHARP.**
6. Read the instructions thoroughly before using the appliance.

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# IMPORTANT SAFEGUARDS

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

1. **Read all instructions.**
2. To protect against risk of electric shock, do not put motor base in water or other liquids.
3. Close supervision is necessary when any appliance is used by or near children or individuals with certain disabilities.
4. **Always unplug unit from outlet when not in use, before putting on or taking off parts, before cleaning, and before removing food from bowl. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or if appliance has been dropped or damaged in any manner, or dropped into water. Return the appliance to the nearest authorised Consumer Service Centre (see Warranty for details) for examination, repair, and electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by Cuisinart may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter, or touch hot surfaces, including the stove.
9. Do not use outdoors.
10. Keep hands and utensils away from moving blade while processing to prevent the risk of severe injury to persons or damage to the chopper/grinder.  
A scraper may be used, but must only be used when the chopper/grinder is not running.

11. **The blade is extremely sharp. Handle carefully when removing, inserting or cleaning. Always allow blade to stop moving before removing cover.**
12. To reduce the risk of injury, never place cutting blade on base without first putting work bowl properly in place.
13. Be certain cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.
14. Do not attempt to defeat the cover interlock mechanism, as serious injury may result.
15. Before using, check work bowl for presence of foreign objects.
16. 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.
17. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
18. Children should be supervised to ensure that they do not play with the appliance.
19. This appliance is intended to be used in household and similar applications such as:
  - staff kitchen areas in shops, offices and other working environments;
  - farm houses;
  - by clients in hotels, motels and other residential type environments;
  - bed and breakfast type environments.

# SAVE THESE INSTRUCTIONS - FOR HOUSEHOLD USE ONLY

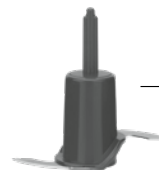
## INTRODUCTION

Congratulations on your new Cuisinart® Mini Prep Pro. It handles a variety of food preparation tasks, such as chopping, grinding, puréeing, emulsifying, and blending. The patented SmartPower auto-reversing blade features an incredibly sharp edge for delicate chopping and puréeing soft foods. The reverse edge is blunt, to grind through spices and harder foods. The exclusive BladeLock System enables the blade to lock into the bowl, so you can now pour ingredients out of the bowl without first having to remove the blade.

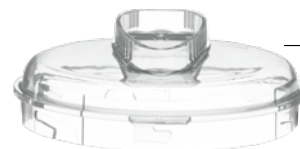
The powerful, high-speed motor works hard and fast to accomplish small jobs with ease. Chop herbs, onions, garlic; grind spices, hard cheese; purée baby foods; blend homemade mayo and flavoured butter – all in this one, compact machine. You have virtually unlimited options with the Cuisinart® Mini Prep Pro. Enjoy!

## ASSEMBLY INSTRUCTIONS

1. With the base unit on the tabletop, place the work bowl firmly on the motor base. Back of bowl must face column at back of chopper/grinder.
2. Turn the work bowl counterclockwise to lock onto base.
3. CAREFULLY pick up the blade by its hub and place on the Centre stem until it drops to the bottom of the stem. Firmly push to ensure that the blade is locked into position. **IMPORTANT: HANDLE WITH CARE** – The blade is razor sharp.
4. Add food ingredients.
5. Place the cover on the work bowl with the small tab to the left of the work bowl handle.
6. Turn cover counterclockwise (toward handle) to securely lock.
7. Plug unit into wall socket.
8. You are ready to Chop/Grind.



**Cuisinart®  
SmartPower  
Blade with  
BladeLock  
System**



**Cover**



**4-Cup  
Work Bowl  
with Handle**

**Motor Base**

**Spatula (not shown)**

# TIPS FOR PROCESSING FOOD

## PREPARING THE FOOD

Never operate the Cuisinart® Mini Prep Pro without ingredients in the work bowl.

Always process foods in order, from dry to wet, to avoid having to clean bowl and blade between each task.

### Size

Always cut large pieces of food into smaller pieces of even size – about 1-2cm or as specified in the Operating Techniques Chart on pages 7 & 8. If you don't start with pieces that are small and uniform, you will not get an even chop.

### Quantity

Do not overload the work bowl. Overloading causes inconsistent results and strains the motor. As a rule of thumb, remember most foods should not reach more than ¾ of the way up the work bowl. Use the quantities given in the chart and recipe section as a guide.

**NOTE:** Due to the powerful motor provided with this unit, it is recommended to use one hand to support the Cuisinart® Mini Prep Pro during operation.

### Selecting the Right Operating Control

Use the **Chop** function for chopping, puréeing and mixing. It is the right choice, for example, for chopping soft, delicate foods such as herbs, celery, onions, garlic and most cheeses. It is also the right choice for puréeing cooked vegetables, making mayonnaise, and mixing salad dressing.

Pulse action is best when you are using the Chop function. Two or three pulses are often enough. Be sure to check the food frequently to prevent overprocessing. If you overprocess, you are likely to get a watery paste instead of a fine chop.

Use the **Grind** function for grinding spices, and for chopping hard foods such as peppercorns, seeds, chocolate and nuts.

Continuous-hold action is best when you are using the Grind function. You may have to operate the Cuisinart® Mini Prep Pro for several seconds with some foods to achieve the desired results – or as long as 20 seconds for some seeds.

When you operate the unit for more than 10 seconds, use a pulse action every 10 seconds or so to allow food to drop to the bottom of the work bowl. This provides more consistent results.

**Never operate the Cuisinart® Mini Prep Pro continuously for longer than 1 minute at a time.**

**NOTE:** The work bowl and cover may become scratched when you use them for grinding grains and spices. This does not affect the performance of the Cuisinart® Mini Prep Pro. However, you may want to reserve the original bowl for grinding, and purchase an additional bowl and cover set for other uses. These are available from the Cuisinart Consumer Service Department, which you can reach by dialing our toll-free number: 1800-808-971.

### Adding Liquid

You can add liquids such as water, oil or flavouring while the machine is running. For example, you might want to add oil when making mayonnaise or salad dressing. Pour the liquid through the opening in the cover.

**IMPORTANT:** Add liquid through only one opening at a time. The other opening must be left free to allow air to escape. If both openings are blocked, liquid cannot flow smoothly into the bowl.

### Removing Food from the Sides of the Bowl

Occasionally, food will stick to the sides of the bowl as you process. Stop the machine to clear food away. **AFTER THE BLADE HAS STOPPED MOVING**, remove the cover, and use the spatula to scrape the food from the sides of the bowl back into the Centre. Do not put hands into bowl unless unit is unplugged.

**NOTE:** HANDLE WITH CARE – the blade is razor sharp.

## PROCESSING FOOD

1. **Place the work bowl firmly on the motor base.**  
Opening at back of bowl must face column at back of the Cuisinart® Mini Prep Pro. Turn bowl counter-clockwise to lock in place.
2. **Insert the SmartPower Blade.** Carefully pick up the blade by its hub and place on the Centre stem until it drops to the bottom of the stem. Firmly push to lock the blade into position. **NEVER TOUCH THE BLADE ITSELF. THE BLADE IS RAZOR SHARP.**
3. **Place food in the assembled work bowl.** Be sure the food is cut into even, small pieces, and the bowl is not overloaded.
4. **Lock the cover into position.**
5. **Press the appropriate Chop or Grind control**, depending on the food you are processing.
6. When you have finished processing the food, **stop the machine by releasing the control button.**
7. **WHEN THE BLADE STOPS MOVING, unplug the unit.**
8. **Remove cover and work bowl.**
  - a. Turn work bowl cover clockwise to remove.
  - b. Turn work bowl clockwise to unlock it and lift it off base.
9. **To remove liquids and sauces from bowl:**  
Simply pour ingredients out of work bowl. Our convenient BladeLock System keeps the blade safely in place.
10. **To remove thicker ingredients from bowl:**  
Carefully remove the SmartPower Blade by holding the stem on the top and gently pulling up to disengage blade lock. Remove food with spatula. You can also remove ingredients while the bowl is still on the base.

**NOTE: HANDLE WITH CARE – THE BLADE IS RAZOR SHARP.**

**Tips:** Always process foods in order, from dry to wet, to avoid having to clean bowl and blade between each task.

Never operate the Cuisinart® Mini Prep Pro without ingredients in the work bowl.

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## CLEANING, STORAGE AND MAINTENANCE

To simplify cleaning, rinse the work bowl, cover, and blade immediately after each use, so that food won't dry on them. Wash blade, work bowl, cover, and spatula in warm, soapy water. Rinse and dry. Wash the blade carefully.

Avoid leaving blade in soapy water where it may disappear from sight. The work bowl and cover can be washed on the top rack of a dishwasher. Insert the work bowl upside down and the cover right side up. Put the blade and spatula in the cutlery basket. Unload the dishwasher carefully to avoid contact with the sharp blade. Wipe the motor base clean with a damp sponge or cloth. Dry it immediately. Never submerge the motor base or the plug in water or other liquids.

The Cuisinart® Mini Prep Pro stores neatly on the countertop. When it is not in use, be sure to leave it unplugged. The hidden cord storage underneath the motor base will help to keep any excess cord off the countertop. Store the unit assembled to prevent loss of parts. Store the blade as you would sharp knives – out of the reach of children.

The Cuisinart® Mini Prep Pro is intended for HOUSEHOLD USE ONLY.

**Maintenance:** Any service other than cleaning and normal user maintenance should be performed by an authorised Cuisinart Service Representative.

## TROUBLESHOOTING

### **Motor doesn't start or blade doesn't rotate.**

- Check plug is securely inserted into outlet.
- Check work bowl and cover are securely locked into place.
- Be sure to press only one operation control button at a time.
- This appliance comes with a resettable protection device to prevent damage to the motor in the case of extreme overload. Should unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing.

### **Food is unevenly chopped.**

- Try cutting food into smaller, even-sized pieces.
- Try processing smaller amounts of food per batch.

### **Food is chopped too fine or is watery.**

- The food has been overprocessed. Use brief pulses, or process for a shorter time. Let blade stop completely between pulses.

### **Food collects on work bowl cover or sides of prep bowl.**

- This is normal; turn machine off. When blade stops rotating, remove cover and blade then clean bowl and cover with spatula.

### **Food catches on blade.**

- You may be processing too much food. Carefully remove blade & clean food with spatula.

# OPERATING TECHNIQUES CHART

With the Cuisinart® Mini Prep Pro you can chop, grind or purée a variety of foods. As a rule of thumb, most foods should not reach more than  $\frac{2}{3}$  of the way up the work bowl.

Food	Operation/Technique	Comments/Notes
Anchovies	Chop. Pulse to desired consistency.	Drain first. Cut in half.
Bread for crumbs	Chop. Pulse to break up, then process continuously until desired crumb size is reached.	Use day-old, hard bread for dry crumbs; fresh bread for moist crumbs. Cut or break into pieces no larger than 2cm. For buttered crumbs, add 1 teaspoon of melted butter per slice after crumbs have started to form, and process to combine and coat.
Butter	Alternate pulsing between Chop and Grind and then run continuously on Chop.	Cut into 1cm pieces. Best at room temperature. Process up to $\frac{3}{4}$ cup at a time. Add freshly chopped citrus zest, garlic, herbs or shallots to create compound butters.
Celery	Chop. Pulse to desired size.	Cut into 1cm-long pieces.
Cheese – hard (Parmesan, Asiago, Romano, etc.)	Chop. Pulse 10 times, then process continuously until desired consistency.	Remove and discard rind or reserve for another use. Cut into 1cm pieces. If possible, remove from refrigerator 20–30 minutes before processing. Process up to 120g at a time.
Cheese – soft (cream cheese, etc.)	Chop. Pulse to break up, then process continuously to “cream.”	Best at room temperature. Cut into 5cm pieces. Process up to 360g at a time.
Chocolate	Chop. Pulse to break up, then process continuously until desired chop size is achieved.	Process no more than 45g at a time. For best results, chill chocolate for 3–5 minutes in freezer before chopping. Cut baking chocolate squares into 1cm pieces to chop.
Cinnamon sticks, nutmeg, other hard spices	Grind. Pulse to break up, about 5 times, then process continuously until finely chopped.	Break up to 2 cinnamon sticks into 2cm pieces. Up to $\frac{1}{4}$ cup of all other spices can be processed. Hard spices may cause scratches on the work bowl and cover.*
Citrus zest	Chop. Pulse to break up, then process continuously until finely chopped.	Use vegetable peeler to remove zest (color only) from citrus; scrape off any white with sharp knife. Cut strips in half. Adding a small amount of sugar or salt will help achieve a finer texture.
Cookies, for crumbs, hard Amaretti or macaroons	Chop. Pulse 5 times to break up, then process continuously until finely chopped.	Hard cookies only. Break up into 2cm or smaller pieces. For buttered crumbs, add 1 teaspoon of melted butter per graham cracker sheet or for every 3 cookies.
Fruits, cooked; fresh or frozen (thawed) berries	Chop. Pulse to break up, then process continuously until desired consistency.	Cooked fruits may be processed to make baby foods or purées; liquid may be added for consistency. To process fresh or frozen (thawed) berries for sauce, pulse to chop, then process until puréed (sugar may be added to taste). Fill work bowl up to $\frac{2}{3}$ of the way full.
Garlic	Chop. Pulse to chop roughly, then process continuously for fine chop.	Peel garlic cloves first. Scrape work bowl sides and bottom as needed.

\*Surface scratches that may occur will not impair the function of the Cuisinart® Mini Prep Pro. You may want to consider purchasing a second work bowl specifically for these tasks.

Food	Operation/Technique	Comments/Notes
Ginger root, fresh	Chop. Pulse to break up, then process continuously to reach desired consistency.	Peel first; cut into 1cm pieces or slices. Scrape work bowl sides and bottom as needed. Process up to 120g at a time.
Green onions, scallions	Chop. Pulse to chop to desired consistency.	Trim and cut into 2cm pieces.
Herbs, fresh	Chop. Pulse to chop to desired consistency.	Rinse and dry completely. Remove leaves from stems to chop.
Horseradish	Chop. Pulse to chop to desired consistency.	Peel first. Cut into 1cm pieces. Process up to 120g at a time.
Leeks	Chop. Pulse to chop to desired consistency.	Trim off root end and tough outer skin. Wash thoroughly to remove sand and grit; dry completely. Cut into 1cm pieces.
Meats	Chop. Pulse to chop, or process continuously to desired consistency (add liquid as needed to process to puréed consistency). For best results, do not process for over 30 seconds.	Uncooked meats should be cold, but not frozen; cut up to 300g into 1cm pieces, trimmed of gristle and soft fat; some hard fat may remain. Cooked meats can be cold or warm; cut up to 300g into 1cm pieces. Add liquid (water, broth or from cooking) as needed to process to puréed consistency.
Mushrooms	Chop. Pulse to chop to desired consistency.	Choose firm, fresh mushrooms. Cut into quarters or even-size pieces, no larger than 2cm.
Nuts	Chop. Pulse to chop to desired consistency. Or Grind. Pulse first then process continuously until desired consistency.	Toast nuts first for maximum flavour. Allow to cool completely before chopping. Process up to 1 cup at a time.
Olives	Chop. Pulse to chop to desired consistency.	Use only pitted olives. Drain well for best results.
Onions	Chop. Pulse 5–10 times to chop to desired size.	Peel; cut into 2cm or smaller pieces of similar size.
Peppercorns	Grind. Pulse first, then process continuously until desired consistency.	Combine peppercorns with dried herbs or spices or coarse salt to create rubs and seasonings. Hard peppercorns may scratch work bowl and cover.*
Peppers, fresh	Chop. Pulse to chop to desired consistency.	Core, seed and cut into 1cm pieces. Do not overprocess.
Seeds, dried berries	Grind. Pulse to break up, then process continuously to desired consistency.	Coriander, cumin, dill, fennel, sesame, poppy, and juniper berries.
Shallots	Chop. Pulse 5–10 times to chop to desired consistency.	Peel first; cut into quarters, or pieces no larger than 2cm.
Vegetables, cooked	Chop. Pulse 5–10 times to chop, then process continuously until desired consistency is reached.	Cook vegetables until tender. Process to a smooth purée for baby food or sauces; may need to add liquid for consistency. Fill work bowl up to ⅔ of the way full.

\*Surface scratches that may occur will not impair the function of the Cuisinart® Mini Prep Pro. You may want to consider purchasing a second work bowl specifically for these tasks.



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## RECIPES

### CHUNKY GUACAMOLE

Our fresh guacamole is perfect for the Sunday game or served alongside quesadillas for a festive dinner.

**Makes about 1<sup>1</sup>/<sub>3</sub> cups**

- 1 small garlic clove, peeled**
- ½ jalapeño, seeded, cut into 2cm pieces**
- 1 green onion, cut into 2cm pieces**
- 1 tablespoon fresh coriander leaves, stems discarded**
- 2 ripe avocados, halved, pitted**
- 2 tablespoons fresh lime juice**
- ¾ teaspoon flaked salt**

1. Put the garlic, jalapeño, green onion and coriander in the work bowl. Pulse on Chop to roughly but evenly chop, about 8 to 10 pulses.
2. Scrape down the sides of the bowl. Scoop out the flesh of the avocados, in pieces, and put directly into the work bowl; add the lime juice and salt. Alternate pulsing between Chop and Grind and then run on Chop continuously to achieve desired consistency.

### TAPENADE

This spread goes great with fresh, crusty bread. Spread on sandwiches or even bake a thin layer onto salmon or chicken.

**Makes about 1<sup>1</sup>/<sub>3</sub> cups**

- 1 garlic clove, peeled**
- 3 tablespoons packed fresh parsley leaves**
- 1½ cups pitted black olives, such as Kalamata or Niçoise**
- 1½ cups pitted green olives**
- ¼ cup capers, drained and rinsed**
- 1½ teaspoons fresh lemon juice**
- 1½ teaspoons Dijon mustard**
- ½ teaspoon freshly ground black pepper**
- 2 tablespoons extra virgin olive oil**

Put all ingredients in the work bowl. Pulse on Chop to evenly chop the ingredients, and then run on Chop continuously until desired consistency is achieved.

### HUMMUS

Serve this brightly flavoured dip with warm pita for a satisfying snack.

**Makes about 1<sup>2</sup>/<sub>3</sub> cups**

- 1 garlic clove**
- 1 can (450g ) chickpeas, rinsed and drained**
- ⅓ cup tahini**
- ⅓ cup plus 2 tablespoons cold water**
- 2 tablespoons fresh lemon juice**
- ½ to ¾ teaspoon flaked salt (to taste)**
- ¼ teaspoon ground cumin**
- Extra virgin olive oil, for finishing**
- Pinch za'atar (optional), for finishing**

1. Put the garlic in the work bowl. Run on Chop continuously to finely chop. Add remaining ingredients to the work bowl. Pulse on Chop to start processing ingredients. Continue pulsing to process until smooth and creamy.
2. Taste and adjust seasoning as desired. To serve, drizzle with olive oil and sprinkle with za'atar (if using).

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## MAYONNAISE

Taste the difference in homemade mayonnaise.

**Makes about 2/3 cup**

- 2 large egg yolks**
- 1 tablespoon water**
- 1 teaspoon fresh lemon juice**
- 1/2 teaspoon flaked salt**
- 1/2 teaspoon Dijon mustard**
- 2/3 cup vegetable oil**

1. Put the egg yolks, water, lemon juice, salt, and mustard in the work bowl and press Chop to process until smooth, about 15 seconds. While running on Chop continuously, add the oil slowly through one of the drizzle holes on the cover until all oil is incorporated and the mayonnaise is emulsified and homogenous.
2. Taste and adjust seasoning accordingly.

Note: For fresh herb mayonnaise: Process 1/3 cup firmly packed fresh herbs (e.g., parsley, dill, tarragon, basil, etc.), stems removed, with the yolks before adding the oil.

For a bolder-flavoured mayonnaise, increase the salt by 1/4 teaspoon, the Dijon by 1/2 teaspoon and lemon juice to 1 tablespoon.

## APPLE CRISP

This is your no-frills autumn dessert that can be prepared and baked in under an hour. Any type of apple will do, but we like to use a mix of tart and sweet varieties.

**Makes about 6 to 8 servings**

**Topping:**

- 1 cup rolled oats (not quick cooking)**
- 1/3 cup unbleached, all-purpose flour**
- 2/3 cup packed light brown sugar**
- 1/4 teaspoon flaked salt**
- 1/4 teaspoon ground cinnamon**
- Pinch ground ginger**
- 6 tablespoons unsalted butter, cold and cubed**

**Filling:**

- 5 to 6 medium apples (about 1kg), peeled, cored and cut into 2cm pieces**
- 1 tablespoon fresh lemon juice**
- 1/3 cup white sugar**
- 1 teaspoon ground cinnamon**
- 1/2 teaspoon pure vanilla extract**
- Pinch flaked salt**

1. Preheat oven with rack in the middle position to 190°C.
2. Put all of the topping ingredients, except for the butter, in the work bowl. Pulse on Chop to combine, about 4 to 6 pulses. Add the butter and pulse on Chop until butter is in small pieces, about 5 to 6 pulses. Reserve.
3. Put the apples in a 23x23cm square baking pan. Sprinkle the lemon juice evenly over the apples and then add the remaining ingredients. Gently toss to evenly coat the apples.
4. Cover the apple mixture with the prepared topping. Transfer pan to the preheated oven and cook until filling is bubbling and the top is browned and crispy, about 40 to 45 minutes.
5. Allow to cool for 5 minutes prior to serving.

## APPLESAUCE

Homemade applesauce is a quick (and healthy!) comfort food for the entire family. Our version does not call for any sugar, but some varieties of apples may call for a teaspoon or two.

**Makes about 1 1/3 cups**

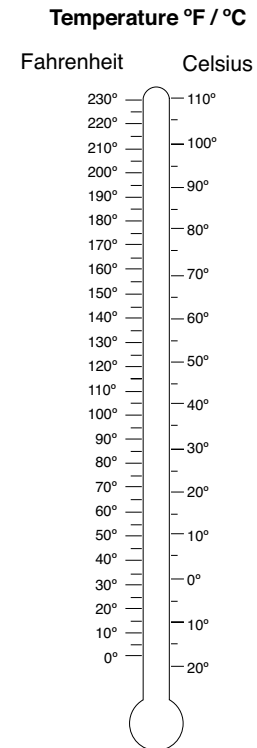
- 3 medium to large apples (about 450g), peeled or not peeled, cored and cut into 2cm pieces (if you leave the peel on, the applesauce will have a beautiful, rosy hue)**
- 1/2 teaspoon ground cinnamon**
- Pinch ground nutmeg**
- Pinch flaked salt**
- 1/2 cup water**
- 1/2 teaspoon fresh lemon juice**

1. Put all of the ingredients, except the lemon juice, into a medium saucepan. Cover and set over medium-high heat to bring to a boil. Once boiling, partially cover and reduce heat to maintain a simmer. Allow to cook until apples are very tender, about 20 to 25 minutes (keep an eye on the water, you may need to add a tablespoon or so during cooking – you do not want it to dry out).
2. Transfer apple mixture to the work bowl. Add the lemon juice and then alternate pulsing between Chop and Grind, until desired consistency is achieved.
3. Taste and adjust seasoning as desired. Serve warm or chilled.

# WEIGHTS, MEASURES AND CONVERSIONS

Liquids		
Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

Metric cup & spoon sizes	
cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml



$$^{\circ}\text{F} = \frac{9}{5} \times ^{\circ}\text{C} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

# Cuisinart®

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