

Cuisinart™

INSTRUCTION BOOKLET

Recipe
Booklet
Reverse Side



Cuisinart™ Electric Wok

WOK-703

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

IB-5240

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles and knobs.
3. To protect against fire, electric shock, and injury to persons, **DO NOT IMMERSE CORD OR PLUG** in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest Cuisinart Authorized Service Facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by Cuisinart may result in fire, electrical shock or injury to persons.
8. Do not use outdoors.
9. Do not let power cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Unplug the unit when finished using.
12. Do not use appliance for other than intended use.
13. Extreme caution must be exercised when moving an appliance containing hot oil or other hot liquids.
14. To disconnect, turn control to OFF setting, then remove plug from wall outlet.
15. **WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, ONLY AUTHORIZED PERSONNEL SHOULD DO REPAIRS.**

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

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

Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord should 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 pulled on by children or animals, or tripped over.

NOTICE:

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, 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 modify the plug in any way.

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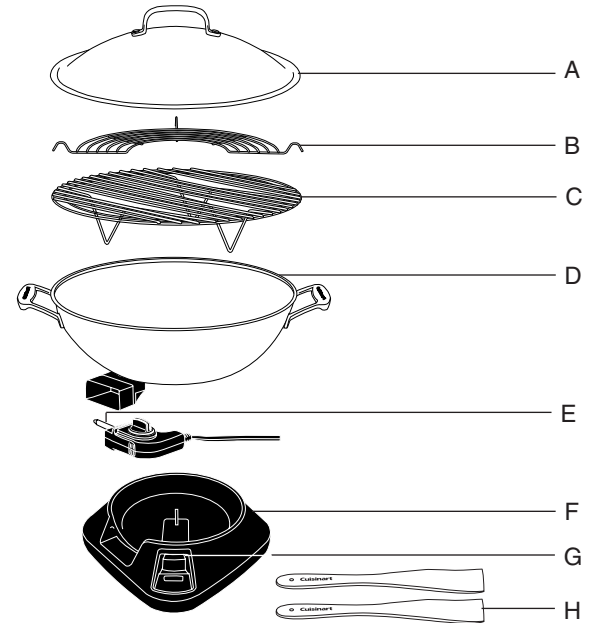
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INTRODUCTION

The Cuisinart™ Electric Wok is not just for stir-fry anymore! Put on the domed cover to simmer broth, steam dumplings or shrimp, or keep cooked foods moist and warm until ready to serve. Your 7.3-quart wok is big enough to make one-pot meals for the family, and just the right size for entertaining. As you look through the recipes that follow, remember that the nonstick cooking surface gives you the option of cooking with only small amounts of oil. That means healthier choices, temperatures up to 450°F, and dishwasher-safe cleanup. Get ready to enjoy years of deliciously good times, with Cuisinart.

PARTS AND FEATURES

- A. **Lid** – Stainless steel domed lid with die-cast handle allows you to simmer, steam or keep cooked food warm.
- B. **Tempura Rack** – Sits on the rim of the wok and keeps pan-fried foods warm.
- C. **Steamer Rack** – Sits in bottom of wok and holds food over simmering or boiling water to steam.
- D. **Wok** – Large 7.3-quart, 14" diameter cooking vessel with nonstick coating.
- E. **Temperature Control Probe** - OFF, WARM, 200-450°F settings and indicator light. Plugs into base.
- F. **Base** – Wok locks onto base while cooking and can be removed for cleaning.
- G. **Wok Release Switch** – Releases wok from base when ready to clean.
- H. **Spatulas** – Includes two wooden spatulas for cooking.



BEFORE THE FIRST USE

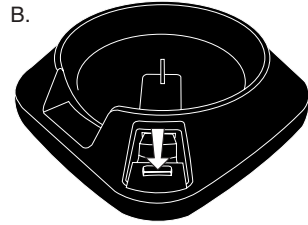
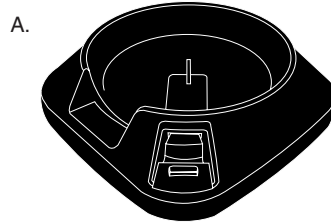
Remove all packaging materials and any promotional labels or stickers from your wok. Be sure you have all parts (listed above, **Parts and Features**) pertaining to your new appliance before discarding any packaging materials. You may want to keep the box and packing materials for use at a later date.

Before using your Cuisinart™ Electric Wok for the first time, remove any dust from shipping by wiping the base and temperature control probe with a damp cloth. Thoroughly clean the wok, lid, steamer rack, tempura rack and spatulas. The wok, lid, steamer rack and tempura rack can be submerged in water for cleaning or washed in the dishwasher. The wooden spatulas should be washed by hand.

Never submerge the base or temperature control probe in water. Do not place them in the dishwasher.

ASSEMBLY/DISASSEMBLY INSTRUCTIONS

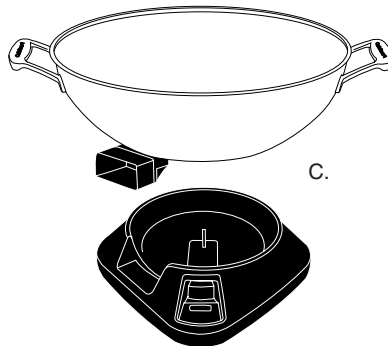
1. Place base on a flat clean surface where you intend to cook. Locate the *wok release switch* on one corner of the base (Fig. A).



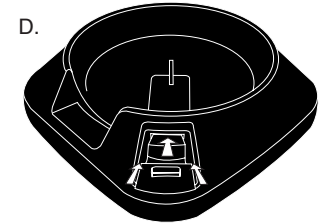
Place your index finger and middle finger inside the open channel and pull out the release bar (Fig. B).

The button in the center of the bar will pop up. The *wok release switch* should be in the open position before placing the wok onto the base.

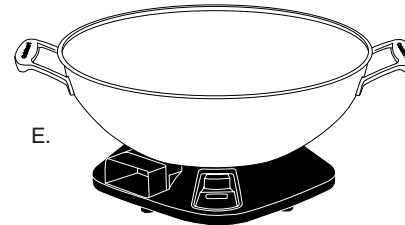
2. To secure the wok to the base, hold the wok directly over the base lining up the probe socket area with the appropriate cutout in the base (Fig. C). Place the wok onto the base.



Locate the *wok release switch* on the base. Push in the button on the release bar (Fig. D).



The bar will slide back into its original position locking the wok to the base (Fig. E).



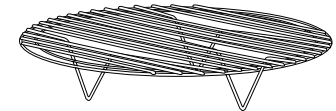
To remove the wok from the base, make sure that the power cord has been unplugged from the wall outlet and the *temperature control probe* has been removed

from the wok. Locate the *wok release switch* on the base. Place your index finger and middle finger inside the open channel and pull out the release bar. The button in the center of the bar will pop up. Lift the wok up to remove.

3. Your wok includes a *steamer rack* and a *tempura rack* that can be used depending upon the types of foods you are preparing.

Steamer Rack

The *steamer rack* is used when preparing steamed dishes. If you intend to use the wok for steaming, the *steamer rack* should be placed on the bottom of the wok with the triangle-shaped feet facing down. The *steamer rack* will rest a couple of inches above the bottom surface of the wok.



Tempura Rack

The *tempura rack* can be used when preparing pan-fried dishes or to simply keep cooked foods warm but away from direct contact with the pan. Use the *tempura rack* to allow excess oil from pan-fried foods to drip back into the pan. The *tempura rack* rests on the rim of the wok.



4. Insert the *temperature control probe* into the socket on one side of the wok.

To remove the *temperature control probe*, make sure it is in the OFF setting and the power cord has been removed from the wall outlet, then simply pull the probe out to remove.



5. Place the *cover* and *spatulas* near the wok if you intend to use them while cooking.
6. Plug the cord into a power outlet.

OPERATING INSTRUCTIONS

Once the wok is assembled properly you are ready to begin cooking.

1. Turn the temperature control knob from the OFF setting to the desired temperature setting by turning the knob.

The temperature control is used to set and maintain the temperature of the wok. The temperature control knob has a WARM setting and 6 temperature settings that range from 200° to 450°F.

You may vary the setting of the control knob at any time during cooking, and may wish to do so depending on the types of foods you are cooking. The WARM setting allows you to keep cooked foods moist and warm until you are ready to eat.

When the temperature control knob is turned from the OFF setting to the WARM setting or any other temperature setting, the red indicator light will

be illuminated. When the wok reaches temperature the indicator light will turn off. This signals that the wok is ready for cooking. During operation, the red indicator light will continue to turn on and off as the thermostat regulates the temperature. This is normal.

2. For some recipes the wok will need to be covered to contain liquid, steam, heat or moisture. Place the cover on top of the wok as needed. When removing the cover from the wok be sure to use an oven mitt as the handle will become hot during cooking.
3. When finished cooking, turn the temperature control knob to the OFF setting. Unplug the wok from the wall outlet and pull the temperature control probe out of the base.

CAUTION: Do not touch wok with bare hands during cooking. Use oven mitts to handle the wok during and immediately after cooking. Once you have finished cooking allow the wok to completely cool down for at least 30 minutes before cleaning or disassembling the unit.

NOTE: The first time you use your wok it may have a slight odor and may smoke a bit. This is normal and common to appliances with a nonstick surface.

COOKING WITH YOUR WOK

The wok is one of the most efficient cooking tools for the kitchen. You can prepare a variety of foods in your wok when you use it to stir-fry, steam, simmer or braise. We have included a brief explanation of each of these cooking methods along with some tips and hints for using your wok.

Stir-Frying

Stir-frying is a cooking method that originated in China and calls for a variety of ingredients that are cooked over high heat. Woks are perfect for stir-fry cooking because they distribute heat evenly and get very hot. The depth and shape of a wok is conducive to preparing stir-fried meals, as it allows you to move the food quickly around the wok while minimizing spills.

Cuisinart has included two wooden spatulas with your wok that are excellent tools for stir-frying. The spatulas will help you to keep the food in motion over the heat. Remember that the wok is very hot and it is important to keep the food moving at all times to prevent scorching.

NOTE: Wooden utensils will not damage the nonstick surface of the wok.

Stir-frying is usually done in stages, as foods tend to have different cooking times. Cooked foods can be removed from the wok and returned at a later stage when sauces or spices are added to complete the dish.

The Cuisinart™ Electric Wok has been treated with a nonstick coating for easy food preparation and easy cleanup. The nonstick coating gives you the option of stir-frying with small amounts of oil for healthier cooking.

It is very important when stir-frying to have all of your ingredients prepped before starting to cook. Once you start, there is no time to stop and chop vegetables, slice meats, or measure and mix sauces, or search the cabinet for an herb or spice.

When you are ready to begin cooking, heat the wok to 375°F, or the temperature suggested in your recipe, for about one minute before adding oil. Add oil (peanut, canola or other vegetable oil) by drizzling it down the sides of the wok for more even distribution – and it will heat faster this way. To test the hotness of the oil, add a single piece of vegetable into the hot wok. If it sizzles, then you are ready to begin cooking.

Tips and Hints:

- For even cooking, cut all ingredients into a similar size, unless your recipe states otherwise. If you are not following a recipe, cut all your ingredients into bite-sized pieces.
- You may season the oil before adding other ingredients, by cooking a few pieces of garlic and/or fresh ginger for 20 to 30 seconds. Reduce the heat to keep the garlic or ginger from burning and remove the pieces of garlic/ginger after the oil has picked up their flavor before continuing with your recipe.
- If the recipe calls for meat and vegetables, the meat can be cooked first and removed before cooking the vegetables. Return it to the wok just before adding your sauce ingredients – this will keep the meat from over-cooking and help the meat and vegetables maintain their own individual flavors.
- Meats are most often stir-fried using high heat to seal in juices.
- Meats/seafood cook best in smaller amounts – you may stir-fry your

meat/seafood in 1-cup batches so that it will sear and not steam.

- Remove stir-fried beef from the wok when it changes color – since the pieces are small, it will be about 80% cooked.
- When stir-frying meats and seafood, wait a few seconds before moving and tossing them in the wok to give them a chance to brown. Alternatively, vegetables should be moved about immediately.
- Stir-fry times for vegetables will vary according to their density/hardness. The densest vegetables should be added first. Denser vegetables such as broccoli and carrots will require longer cooking times than leafy greens, bok choy or snow peas.
- Wash vegetables ahead of time and allow them to dry before stir-frying unless recipe indicates otherwise. Spinach may be an exception, as cooking with a bit of water helps it wilt.
- If vegetables seem a bit dry when stir-frying, add a few drops of liquid such as water or chicken or vegetable broth, but add it sparingly.
- When it is time to add the finishing sauce to your stir-fry, move the meats and vegetables up on the sides of the wok to form a “well” in the center. Add the sauce to the center of the wok and stir to thicken before combining with the cooked ingredients.
- Keep a variety of Asian condiments in your refrigerator or pantry. Some ingredients are used only in minimal amounts but are essential to the flavor of the recipe – store properly according to package instructions after opening. Some items to keep on hand include: black bean sauce, fermented/salted black beans, chili bean paste, chili oil, dried mushrooms, 5-spice powder, hoisin sauce, soy sauce, oyster sauce, rice wine or sherry, rice wine vinegar, nam pla (Thai fish sauce). These ingredients can be found in Asian grocery stores, and in many well-stocked grocery stores and “gourmet” food stores.

Steaming

Steaming food in your wok offers you a healthy method of food preparation. It is an optimal method of cooking to retain the flavor, shape, and texture of foods. Fewer vitamins and minerals are destroyed or leached away into the water as

can happen when foods are boiled or poached. Steam food in your wok to cook a new dish or to reheat leftovers.

Cuisinart has included a steamer rack with your wok. The steamer rack should be placed inside the wok with the triangle-shaped feet facing down. The steamer rack is meant to hold your food over simmering or boiling water while the steam surrounds and cooks the food.

When steaming food such as unseasoned vegetables, they may be placed directly on the steaming rack. Other foods and preparations are more appropriately steamed when placed on a heatproof plate (glass, porcelain, or ceramic) that will fit on the steamer rack with at least 1-inch clearance around the circumference of the plate to allow steam to rise and circulate. The steamer rack can also be lined with parchment paper or large vegetable leaves such as lettuce, spinach or kale (find one that complements the foods you are steaming). Another option is a traditional bamboo steamer, which can be used directly in the wok without the steaming rack – always allow for the suggested clearance between water and the steamer rack or bottom of bamboo steamer.

To begin, place the steamer rack inside the wok. Add 6 cups of water and turn the temperature control knob to 400°F to bring the water to a boil. Once the water begins to boil, lower the temperature to 200°F to simmer the water. The water is simmering when you see the bubbles just begin to break the surface of the water.

Place the food you intend to steam on the steamer rack, a heatproof plate or line the steamer rack with parchment or vegetable leaves. Arrange the foods as evenly spaced as possible in a single layer – avoid piling foods which will interfere with even steaming.

Place the cover on the wok to keep the steam from escaping while cooking.

Tips and Hints:

- The amount of liquid for steaming is important. Too little and it will boil away before steaming is finished, too much and the liquid may bubble up and actually boil the foods. Liquid should not be higher than 1 inch below the steaming rack.
- Remove lid as infrequently as possible during steaming. Each time the lid is removed, steam is lost and cooking time is lengthened.
- When removing the lid during steaming, always lift away from your body to prevent steam burns.

- Steaming times for vegetables will vary according to their density/hardness. The densest vegetables should be added first. Denser vegetables such as broccoli and carrots will require longer cooking times than leafy greens, bok choy or snow peas.
- Foods to be steamed should be of a similar size for even steaming.
- The plate used for steaming may be lightly oiled or coated with cooking spray to prevent foods (particularly meat and seafood) from sticking.
- Foods can be seasoned before steaming. Sprinkle food with dried herbs or spices, or lay fresh herbs under, in or over the foods being steamed. The steaming liquid can also be infused with herbs or spices to add flavor.
- Steamed poultry, seafood and shellfish can be served alone or in salads or other dishes, such as casseroles, that require further cooking .
- If you wish to prevent condensation on steamed foods, cover them with foil or parchment before steaming.

Simmering/Poaching

Simmering is a slow, gentle way of cooking foods in liquid or stock. The liquid is brought to the boiling point, and then heat is reduced so that the liquid is just below the boiling point 203°–210°F (95°–99°C), when the bubbles just begin to break the surface of the water. Poaching foods enhances delicate flavors and allows flavors of the poaching liquid to be infused in the food.

When you are simmering, use enough liquid so that the foods you are cooking are totally immersed in the liquid. Simmering/Poaching times will depend on the particular food being cooked.

Tips and Hints:

- Meats and poultry are most often simmered in a stock. Fish and shellfish can be simmered in a court-bouillon (a broth made by cooking assorted vegetables and herbs in water for about 30 minutes, often flavored with wine or lemon), fish stock or clam broth.
- Vegetables can be simmered or poached in desired stock or water. Add fresh or dried herbs to the liquid for added flavor.

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- Fruits are often poached in a sugar syrup or wine. Spices such as cinnamon sticks, cloves, peppercorns or a vanilla bean can be added to the poaching liquid for flavor.

Braising

Braising is a cooking method whereby meats or vegetables are first browned in a small amount of fat and then slowly cooked with a small amount of liquid, covered, until tender. Braising is a way of tenderizing tough cuts of meat.

“Stir-braising” is the cooking stage that can follow stir-frying. Liquid is added to stir-fried ingredients. Then the food is gently simmered for a short period with frequent stirring.

“Red braising” or “red cooking” is a Chinese method of cooking that braises foods in a mixture of soy sauce, water and sugar with added flavors of cinnamon, ginger, garlic, spring onion and rice wine. The food will develop a deep reddish tinge.

After browning, add a flavorful liquid to just cover the foods to be braised, bring the liquid to a boil, then reduce the heat to simmer. Cooking times will depend on the foods being braised.

IMPORTANT GUIDELINES

- Do not use metal utensils and other sharp objects for cooking or to cut food inside of the wok. This will damage the nonstick coating. Use only wooden or heat-proof plastic utensils.
- Do not preheat wok longer than suggested time of 1 minute – heating the wok without food can cause damage to the nonstick surface.
- Add only enough oil to coat the bottom of the wok. Do not use large amounts of oil.
- Use pot holders to lift lid or wok. Handles will become hot.
- Do not remove wok from base during cooking.
- Never leave plastic utensils in contact with the hot wok.
- Never immerse the temperature probe in water or any other liquid.
- Temperature probe must always be in the “OFF” position before the unit in unplugged.
- Do not knock or drop the temperature probe, as this can damage the probe.

CLEANING AND CARE

CAUTION: BEFORE CLEANING APPLIANCE, MAKE SURE IT HAS COOLED DOWN COMPLETELY.

Once you have finished cooking, turn the temperature control knob to the OFF position. Unplug the wok from the wall outlet and pull the temperature control probe out of the base. Allow the wok to cool down completely, at least 30 minutes, before handling.

Before cleaning the wok, or washing it in the dishwasher, it must first be removed from the base. To remove the wok from the base, locate the *wok release switch* on the base. Place your index finger and middle finger inside the open channel and pull out the release bar. Lift the wok up off of the base for cleaning. (See **Operating Instructions** for drawing).

The wok, cover, steamer rack and tempura rack may be submerged in water or placed in the dishwasher for cleaning. The wooden spatulas should be washed by hand. The base and temperature control probe should be wiped down with a damp cloth to clean. **Never submerge the base or temperature control probe in water. Do not place them in the dishwasher.**

When cleaning the inside of the wok, do not use metal objects, scouring pads or other abrasive materials as they can damage the nonstick coating. Do not use abrasive materials to clean the outer housing and cover of the wok as they can scratch the stainless steel.

STORAGE

Always dry and assemble the wok before storing. See **Assembly & Disassembly Instructions**.

The temperature control probe, steamer rack, tempura rack and wooden spatulas can be stored inside the wok with the cover in place. Be careful not to knock or drop the control probe as this can cause damage.

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart™ Electric Wok 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 purchaser or owners.

We warrant that your Cuisinart™ Electric Wok will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We suggest you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration card 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.

If your Cuisinart™ Electric Wok should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Customer Service Representatives or send the defective product to Customer Service at Cuisinart, 150 Milford Rd., East Windsor, NJ 08520.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product.

Please pay by check or money order (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

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.

Please be sure to include your return address, daytime phone number, description of the product defect, product model # (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

Your Cuisinart™ Electric Wok has been manufactured to the strictest specifications and has been designed for use with the authorized accessories and replacement parts.

This warranty expressly excludes any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart.

This warranty does not cover any damage caused by accident, misuse, shipment or other ordinary household use.

This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so they may not apply to you.

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 which sells Cuisinart® products of the same type.

The retail store shall then, at its discretion, 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 either of the above two options does not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can economically be accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for 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 for such products under warranty.

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