

Mark Rosen's
Favorite
Recipes
For The

The logo features a stylized, grey, curved blade or wing shape on the left side, overlapping the text. The text "Quad" is in a bold, italicized, sans-serif font, and "Blade" is in a similar font but with a more pronounced slant. A small "TM" trademark symbol is located at the end of "Blade".

Quad
BladeTM

EURO-PRO TM

A word from Mark:

Thanks for purchasing the Quad Blade Food Processor. We know you'll be delighted with its performance and with the time you'll save preparing all kinds of delicious dishes for you and your family.

We've included this recipe book to help you get started with some of my favorite recipes. You'll find great appetizers, main dishes, as well as scrumptious desserts. The recipes from the TV show are all here along with lots of other fun and delicious things to try.

Enjoy your Quad Blade and Bon Appétit!

Sincerely,

Mark Rosen
President, Euro-Pro

Basic Information:

Unless otherwise indicated, recipes use the 4-bladed quad blade assembly for processing.

When pulsing is called for, do so in short bursts of no more than 2 or 3 seconds at a time until you have the desired results. Remember, the Quad Blades do the work quickly.

Some recipes will call for the dough blade or a slicing or grating blade. Please refer to the product instruction booklet for detailed instructions on changing and using other blades and attachments.

Please carefully follow all usage and safety guidelines in the product instruction booklet.

Appetizers

Bleu Cheese Dressing

Ingredients:

2 cloves of garlic
4 ounces of bleu cheese
2 cups of mayonnaise
1/2 cup of sour cream
1/3 cup of fresh lemon juice
2 Tablespoons of sugar

Instructions:

Step 1: While running, drop garlic into your Quad Blade and mince.

Step 2: Add cheese and mix for 15 seconds.

Step 3: Add mayonnaise, sour cream, lemon juice and sugar and mix until smooth. Keep refrigerated.

Sesame Prawn Toast

Ingredients:

- 1 Pound of cleaned and chopped raw prawns or Shrimp**
- 1 teaspoon of salt**
- 1 egg**
- 3 teaspoons of ginger**
- 1 Tablespoon of soy sauce**
- 2 green onions**
- 1 teaspoon of sesame oil**
- 12 slices of thinly sliced bread, crusts removed
(works best with bread that is not fresh)**
- 3 Tablespoons of sesame seeds**
- 3 Tablespoons of vegetable oil**

Instructions:

- Step 1: Place green onions in your Quad Blade and chop.**
- Step 2: Add the prawns (or shrimp), salt, egg, ginger, soy and sesame oil to your Quad Blade and process into a paste.**
- Step 3: Cut the slices of bread into 3 rectangles per slice.**
- Step 4: Spread the paste over the bread.**
- Step 5: Cover the paste side of the bread with sesame seeds.**
- Step 6: Heat oil over medium heat and fry paste side of bread for approx. 2-3 minutes, followed by the other side until brown, then remove from the oil and drain.**

Black Olive Focaccia Bread with Fresh Rosemary

Ingredients:

- 1 small, peeled potato**
- 1 1/3 cups warm potato water**
- 3 Tablespoons of virgin olive oil**
- 1 1/2 cups of all-purpose flour, unbleached**
- 2 teaspoons of salt**
- 1/2 pound of Parmesan cheese**
- 2 Tablespoons of fresh rosemary**
- 1 1/2 cups of bread flour**
- 1 Tablespoon of white sugar**
- 1 package of fast rising yeast**
- 2 Tablespoons of sliced black olives**

Instructions:

- Step 1: Place Parmesan cheese in your Quad Blade and grate using grating blade and remove.**
- Step 2: Cover potato with cold water in medium saucepan and simmer until tender.**
- Step 3: Drain, reserving cooking liquid, and mash potato.**
- Step 4: Add 1 Tablespoon of dissolved sugar to 1/2 cup of warm potato water and sprinkle yeast over this, then mix and let stand until yeast begins to act.**
- Step 5: Add 2 Tablespoons of oil to yeast mixture.**
- Step 6: Using the dough blade on your Quad Blade, mix flours, mashed potato and salt and pulse 2 times.**
- Step 7: With Quad Blade running slowly, pour yeast mixture**

through feed tube, add rest of potato water and knead for 1 minute to make dough inside the Quad Blade.

Step 8: Turn out on a floured surface, knead until smooth, keep soft.

Step 9: Pour 1/2 teaspoon of oil into bowl and add dough, roll in oil until covered, then cover bowl and let dough rise until it has doubled in size.

Step 10: Flatten dough to 1/2 its thickness and use 1 teaspoon of oil to coat baking sheet and place dough on it, pour remaining oil over dough, then dimple dough in 1 1/2 inch intervals.

Step 11: Sprinkle with rosemary, black olives and cheese and place in a cold oven on the center shelf with a flat pan of hot water on the shelf below. Let rise until it has doubled in size and sprinkle with salt.

Step 12: Turn over to 375 degrees and bake until top is browned, approx. 20 minutes.

Step 13: Remove from pan and cool on wire rack, serve warm.

Smoked Salmon Pate

Ingredients:

3 ounces of butter
8 ounces of smoked salmon
½ cup of lightly whipped double cream
1 Tablespoon of lemon juice
Salt and Pepper
Cucumber slices

Instructions:

- Step 1: Melt butter in a small saucepan and let it cool slightly.**
- Step 2: Place salmon in your Quad Blade and add butter while pulsing processor until mixture is smooth.**
- Step 3: Continue pulsing Quad Blade and add lemon juice, cream, salt and pepper.**
- Step 4: Line a dish with plastic wrap and spoon pate onto dish, refrigerate for at least 40 minutes and remove from refrigerator 30 minutes before serving.**
- Step 5: Turn pate out onto a serving dish, remove the plastic wrap and garnish with cucumber slices. Serve with crackers or Melba toast.**

Greek Bean Dip

Ingredients:

- 3 ounces canned garbanzo beans, drained and rinsed**
- 1 Tablespoon of sour cream**
- 1/3 teaspoon of minced garlic**
- 1 teaspoon of balsamic vinegar**
- 3 teaspoons of sun dried tomatoes**
- 1 teaspoon of parsley**
- 1 teaspoon of Kalamata olives**

Instructions:

- Step 1: Mix beans, sour cream, garlic and vinegar in your Quad Blade until smooth; stir in sun-dried tomatoes, parsley and chopped olives.**
- Step 2: Spoon mixture into serving bowl and garnish with olives. Serve with assorted vegetables and crackers for dipping.**

Mark's Pesto Cream Cheese Dip

Ingredients:

16 ounces of cream cheese (kept at room temperature)

¼ cup fresh pesto sauce

Instructions:

Step 1: Place cream cheese and fresh pesto sauce together in your Quad Blade. Pulse until well blended.

Step 2: Serve with crackers, grilled chicken or fresh veggies.

Chicken Cheese Balls

Ingredients:

- 1 cup of cooked chicken**
- 1/3 pound of cream cheese**
- 1 teaspoon of mustard**
- 3 Tablespoons of lemon juice**
- 1 cup of salted mixed nuts**

Instructions:

- Step 1: Place chicken in your Quad Blade and pulse until chicken is coarsely chopped.**
- Step 2: Add cream cheese, mustard and lemon juice to the chicken in your Quad Blade and pulse until smooth.**
- Step 3: Cover and refrigerate for 1 hour.**
- Step 4: Chop mixed nuts in your Quad Blade until finely chopped.**
- Step 5: Take 2 teaspoons of chicken mixture and roll into a ball, then cover with the nuts. Repeat.**
- Step 6: Cover and refrigerate for 1 hour.**

Jalapeno Stars

Ingredients:

3 cups of all-purpose flour
1 pound of sharp cheddar cheese
1 cup of cubed butter
2 seeded jalapeno peppers
1 red pepper, seeded

Instructions:

Step 1: Shred cheese in your Quad Blade. Remove cheese and place jalapeno peppers and red pepper in Quad Blade and pulse until finely chopped with 4 blades.

Step 2: Add flour, cheese and butter to the jalapenos and red pepper already in the Quad Blade and pulse until ball forms.

Step 3: On wax paper; roll out mixture to 1/4 inch thickness.

Step 4: Cut mixture into star shapes and place onto an ungreased baking sheet.

Step 5: Heat oven to 350 degrees and bake in center until brown, approx. 20-30 minutes.

Step 6: Remove from oven and let cool slightly. Serve warm or at room temperature.

Mark's Sassy Salsa

Ingredients:

- 2 large tomatoes**
- 1 onion**
- 2 green onions**
- 2 jalapeno peppers (may be reduced or omitted for milder salsa)**
- 1 clove of garlic**
- 1 stem of cilantro**
- 2 Tablespoons of fresh lime juice**
- 1 teaspoon of salt**
- 1/2 teaspoon of cumin**
- 1/2 teaspoon of pepper**

Instructions:

- Step 1: Place tomatoes, onion, green onions, jalapeno peppers, garlic and cilantro in your Quad Blade and pulse until chopped.**
- Step 2: Place the rest of the ingredients in your Quad Blade and pulse until mixture is the desired thickness.**
- Step 3: You can serve immediately - but for best flavor, refrigerate for a few hours before serving.**

Crab Muffins with Cheddar Spread

Ingredients:

For Cheddar Spread

1/2 pound of sharp cheddar cheese, grated

2 teaspoons of beer

2 teaspoons of dry mustard

1/2 teaspoon of cayenne pepper

1 cup of toasted pecans

1/3 cup of parsley

For Crab Muffins

1 pound of back fin crabmeat, canned or fresh

1/2 pound of unsalted butter

3 teaspoons of garlic powder

3 teaspoons of seasoned salt

3 Tablespoons of mayonnaise

10 sliced English Muffins

Instructions: For Cheddar Spread

- Step 1: **Place pecans in your Quad Blade and mix until finely chopped. Remove from Quad Blade and put to the side.**
- Step 2: **Finely grate cheese in your Quad Blade, then using 4 blades add beer, mustard and cayenne peppers. Pulse mixture until smooth. You may add more beer to get desired consistency.**
- Step 3: **Refrigerate mixture until it becomes firm enough to hold shape, then mold mixture into a ball.**
- Step 4: **Combine pecans and parsley, then roll ball into mixture until ball is completely covered with pecans.**

Instructions: For Crab Muffins

Step 1: **Preheat broiler.**

Step 2: **In Quad Blade pulse butter, garlic powder, seasoned**

salt and mayonnaise until creamy and add crabmeat, pulse briefly until mixed.

Step 3: Spread crabmeat mixture on English muffin halves and broil until puffed and slightly brown.

Step 4: Serve with cheddar spread from above.

Mark's Fiesta Cole Slaw

Ingredients:

1/2 head of green cabbage, quartered or cut to fit the Quad Blade bowl
1/2 head of purple cabbage, quartered or cut to fit the Quad Blade bowl
1 red pepper
1 onion
2 stems of cilantro
1 cup of mayonnaise
1/2 cup of vinegar
1 cup of sugar
1 teaspoon of celery seed
1 teaspoon of dry mustard
1 teaspoon of salt
1/2 teaspoon of cumin

Instructions:

- Step 1: Place all ingredients, except for the vinegar and the celery seed, in your Quad Blade and pulse until thoroughly chopped and mixed.**
- Step 2: Slowly add the vinegar to the mixture and the celery seed and continue processing. Serve.**

Mark's Guacamole

Ingredients:

- 3 avocados**
- 1 fresh jalapeno pepper, seeded**
- 1 lemon, juice**
- 1 teaspoon of onion powder**
- 1 teaspoon of garlic powder**
- 1 teaspoon of pepper**
- 1 teaspoon of salt**
- 1 teaspoon of seasoned salt**
- 1 teaspoon of Tabasco sauce**
- 1 teaspoon of sugar**

Instructions:

Step 1: Peel and seed avocado, quarter and place in Quad Blade then add the lemon juice and the rest of the ingredients and pulse until ingredients are mixed and is the desired consistency.

Step 2: Cover and refrigerate until ready to serve.

Mark's Hummus

Ingredients:

2 cans of drained garbanzo beans
1/3 cup of lemon juice
1/3 cup of tahini sauce
2 Tablespoons of soy sauce
Olive oil
1 teaspoon of salt
1 teaspoon of paprika
1 onion
2 cloves of garlic

Instructions:

Step 1: Place the garbanzo beans, lemon juice, tahini sauce, soy sauce, salt, onion and garlic in your Quad Blade and process until smooth. Pour olive oil in while processing until mixture is smooth.

Step 2: Sprinkle with the paprika and serve.

Mark's Pesto

Ingredients:

3 cloves of garlic
2 cups of fresh basil
1/2 cup of toasted pine nuts, finely grated
1 pound of Parmesan cheese, finely grated
olive oil

Instructions:

- Step 1: Place garlic, basil, pine nuts and grated Parmesan cheese in your Quad Blade and process until finely chopped.**
- Step 2: Continue processing and add oil through the feed tube until mixture has desired texture. Serve over your choice of pasta.**

Mark's Peanut Butter

Ingredients:

16 ounces of unsalted, dry roasted peanuts
Peanut oil
Honey

Instructions:

- Step 1: Place peanuts in your Quad Blade and process on high speed.**
- Step 2: Begin adding oil in small amounts until you attain desired consistency. Then, continue processing as you add honey to sweeten to taste.**

Mark's Spinach Dip with Sour Cream

Ingredients:

1 package of frozen spinach
16 ounces of sour cream
16 ounces of mayonnaise
1 cup of plain yogurt
1 clove of garlic
1/4 teaspoon of cayenne pepper
1 teaspoon of salt

Instructions:

- Step 1: Cook the spinach according to the directions on the package and drain completely.**
- Step 2: Place all of the ingredients, including the spinach, in your Quad Blade and mix until smooth.**
- Step 3: Refrigerate for a few hours before serving. Serve with vegetables or chips.**

Mark's Mexican Cucumber Salad

Ingredients:

3 cucumbers, peeled and sliced
1 green pepper
1 cup of sour cream
2 Tablespoons of lemon juice
3 Tablespoons of minced onions
2 teaspoons of cider vinegar
1 teaspoon of salt
1 teaspoon of pepper

Instructions:

- Step 1: Place all ingredients, except for cucumbers and green pepper, in your Quad Blade and pulse until ingredients are mixed well.**
- Step 2: Pour dressing into bowl with cucumbers and toss until cucumbers are coated with dressing.**
- Step 3: Serve over lettuce.**

Mark's Gazpacho

Ingredients:

1 peeled cucumber, seeded
3 tomatoes, quartered
1 green pepper, seeded
1 clove of garlic
1 onion
2 cups of tomato juice
4 teaspoons of Tabasco sauce
2 Tablespoons of olive oil
1 teaspoon of salt
1 teaspoon of pepper

Instructions:

Step 1: Place all ingredients in your Quad Blade and mix on high until all ingredients are well mixed.

Step 2: Refrigerate for at least 1 hour before serving.

Breads

Mark's Cornbread with Jalapeno

Ingredients:

1/2 pound of cheddar cheese
1 onion, peeled and cut into quarters
1 jalapeno pepper
2 Tablespoons of butter
1 egg
1/2 cup of milk
8 ounces of corn muffin mix
1 can of cream-style corn
8 ounces of sour cream

Instructions:

- Step 1: Chop onion in your Quad Blade and then cook onion over medium heat with butter until onions are soft.**
- Step 2: Use the grating blade in your Quad Blade to grate the cheese.**
- Step 3: Add egg, milk, jalapeno pepper, corn muffin mix and cream style corn into your Quad Blade and pulse just until mixed. Then pour batter into an 8-inch square-baking pan.**
- Step 4: Combine onions, cheese and sour cream. Place spoonfuls of sour cream mixture on top of batter and bake at 425 degrees for about 35 minutes.**

Confetti Bread

Ingredients:

2 teaspoons of sugar
1 cup of warm water
1 Tablespoon of yeast
1 carrot
1 zucchini
1 red onion
1 red bell pepper
3 cups of all-purpose flour
3 Tablespoons of olive oil
2 teaspoons of salt
1 teaspoon of dried thyme
1 teaspoons of dried basil

Instructions:

- Step 1: In a measuring cup, dissolve 1 teaspoon of sugar in warm water.**
- Step 2: Sprinkle yeast over sugar and water mixture and let stand for about 10 minutes, until foamy. Then stir to dissolve.**
- Step 3: Place flour, oil, salt, remaining 1 teaspoon of sugar, thyme, carrot, zucchini, red onion, bell pepper and basil in your Quad Blade and using the dough blade, process until combined. Add dissolved yeast mixture through feed tube while processor is running and pulse until dough gathers.**
- Step 4: Turn out onto a floured surface and knead by hand for 2 minutes, until dough is smooth and elastic.**
- Step 5: Place dough into a greased bowl and turn to grease all surfaces, then cover bowl with plastic wrap and let dough rise until it has double in size.**
- Step 6: On floured surface, roll dough into a 9 X 12 inch rectangle and seal ends by pressing down with your hand.**
- Step 7: Place seam side down in a sprayed 9 X 5-inch loaf pan, cover and let rise until doubled.**
- Step 8: Bake in oven set to 425 degrees for 30 minutes, until brown; then remove from pan and let cool.**

Crispy Crackers

Ingredients:

- 1 cup of white flour**
- 1 cup of whole-wheat flour**
- 1 teaspoon of salt**
- 1/4 cup of cold margarine**
- 1 cup of cold water**

Instructions:

- Step 1: Place white flour, whole-wheat flour, salt and cold margarine in your Quad Blade and using the dough blade, process well.**
- Step 2: Mix in the cold water.**
- Step 3: Gather mixture into a ball, mixture should be crumbly but able to hold shape.**
- Step 4: Roll out onto a floured surface and press to 1/4 inch thickness and cut dough into desired shapes.**
- Step 5: Place crackers onto a greased cookie sheet and prick the tops with a fork and then wet tops of crackers with a little water.**
- Step 6: Bake at 400 degrees in the oven for about 15 minutes, then remove and let cool.**

Mark's Flaky Biscuits

Ingredients:

- 2 cups of all-purpose flour, unbleached**
- 1 Tablespoon of baking powder**
- 1 teaspoon of salt**
- 5 Tablespoons of cold, unsalted butter; cut into cubes**
- 2 Tablespoons of melted butter**
- 3 Tablespoons of cold vegetable shortening**
- 1 cup of cold milk**

Instructions:

- Step 1: Place oven rack in the center of oven and preheat to 450 degrees.**
- Step 2: Using the dough blade, place flour, baking powder and salt in your Quad Blade and mix. Add the cold butter and the shortening and pulse until mixture resembles oatmeal.**
- Step 3: With Quad Blade running on low speed, add milk until mixture is moist, let dough rest for 1 minute.**
- Step 4: Turn out dough onto a floured surface and roll the dough into a 6 X 10 inch rectangle with 1/2 inch in thickness.**
- Step 5: Cut dough to form rectangular biscuits and place the dough on an ungreased baking sheet and brush the dough tops with butter.**
- Step 6: Bake until golden brown, approx. 10-15 minutes and serve immediately.**

Honey Wheat Bread

Ingredients:

- 1 package of fast rising yeast**
- 2 teaspoons of white sugar**
- 1 cup of water**
- 1 can of evaporated milk**
- 1/3 cup of melted shortening**
- 1/2 cup of honey**
- 2 teaspoons of salt**
- 2 cups of whole-wheat flour**
- 3 cups of bread flour**
- 2 Tablespoons of butter**

Instructions:

- Step 1: Dissolved yeast and sugar in 1/2 cup of water.**
- Step 2: Combine the milk, the other 1/2 cup of water, shortening, honey, and wheat flour in your Quad Blade using the dough blade.**
- Step 3: Mix in the yeast mixture and let sit for 15 minutes, then add the white flour and process until dough ball forms. Then let processor run an additional 2 minutes to knead the dough.**
- Step 4: Place the ball of dough in a buttered bowl and turn the ball to coat it. Then cover the bowl with plastic wrap and let dough rise until it has doubled in size.**
- Step 5: Punch the dough down and divide dough in half. Roll out each half and pound out the bubbles. Form into loaves and place in greased 9 X 5 inch bread pans.**
- Step 6: Butter the tops of the loaves and cover loosely with plastic wrap. Let rise again until loaves have doubled in size.**
- Step 7: Place a small pan of water on the bottom shelf of the oven and preheat oven to 375 degrees. Bake for about 35 minutes.**
- Step 8: Butter crusts while bread is warm and slice bread when it has cooled.**

Mark's Muffins

Ingredients:

- 2 eggs**
- 1 1/2 cups of flour**
- 1 cup of sugar**
- 2 teaspoons of baking powder**
- 1 teaspoon of baking soda**
- 1/2 cup of melted butter**
- 1/2 cup of buttermilk**
- 1 teaspoon of cloves**
- 1 teaspoon of cinnamon**
- 1 cup of desired fruit (can either be fresh or frozen)**

Instructions:

- Step 1: Preheat oven to 400 degrees.**
- Step 2: Place eggs in your Quad Blade and beat.**
- Step 3: In a bowl, mix the flour, sugar, baking powder, baking soda, cloves and cinnamon until well combined.**
- Step 4: Add your chosen fruit and turn in bowl until fruit is coated with mixture.**
- Step 5: Add the butter and buttermilk to the eggs in your Quad Blade and mix. Slowly add flour mixture to the processor until all ingredients are well blended.**
- Step 6: Pour batter into muffin pans and bake for approximately 25 minutes.**

Main Dishes

Cashew Chicken

Ingredients:

2 pounds of boneless, skinless chicken breast
1/2 cup of pineapple juice
1 cup of chicken broth
2 teaspoons of dry mustard
3 Tablespoons of soy sauce
4 cloves of garlic
1 bunch of green onions
2 Tablespoons of vegetable oil
1 Tablespoon of flour
1 cup of roasted cashews
1 cup of sliced and drained water chestnuts
Cooked white rice

Instructions:

- Step 1: Place chicken in your Quad Blade and pulse until chicken is coarsely chopped. Remove chicken.**
- Step 2: Place garlic in Quad Blade and pulse until minced. Add green onions and pulse until chopped.**
- Step 3: Heat oil in skillet over medium high heat and add the chopped vegetables and chicken to the skillet. Stir while cooking for about 10 minutes. Remove chicken and vegetables.**
- Step 4: Sprinkle flour into skillet and stir and cook for about 1 minute. Add chicken broth, pineapple juice, soy sauce and mustard. Stir frequently, bring to a boil and cook until thickened.**
- Step 5: Place chicken and vegetables back in the skillet and add the cashews and water chestnuts. Heat thoroughly and serve over rice.**

Chicken Caesar Salad

Ingredients:

4 ounces of boneless, skinless chicken breast
6 cups of romaine lettuce leaves
12 cherry tomatoes
1/2 pound of parmesan cheese
2 teaspoons of Worcestershire sauce
2 teaspoons of Dijon mustard
1 1/4 cups of chicken broth
1 clove of garlic
2 teaspoons of olive oil

Instructions:

Step 1: Preheat grill.

Step 2: Place cheese in your Quad Blade and pulse cheese until finely grated. Remove cheese and place clove of garlic in the Quad Blade and chop.

Step 3: Season both sides of chicken with salt and pepper. Cook both sides for about 5 minutes each.

Step 4: Place mustard, oil, Worcestershire sauce and 1/4 cup of chicken broth into your Quad Blade with the cheese and garlic and mix until smooth. Then add remaining chicken broth.

Step 5: In a large bowl, mix the romaine lettuce with the dressing you just made. Then slice the chicken and place on top of lettuce.

Bar-B-Q Jerk Chicken

Ingredients:

4 boneless, skinless chicken breasts
1 jalapeno pepper
2 cloves of garlic
1 onion
4 ounces of white wine vinegar
6 ounces of soy sauce
2 ounces of vegetable oil
3 Tablespoons of brown sugar
1 teaspoon of all spice
2 Tablespoons of dried thyme
1 teaspoon of ground nutmeg
1 teaspoon of ground cloves

Instructions:

- Step 1: Place jalapeno pepper, garlic and onion in your Quad Blade and pulse until chopped.**
- Step 2: Add all remaining ingredients but chicken to the Quad Blade and process until smooth.**
- Step 3: Make 4 parallel cuts in each breast of chicken and place them in a dish.**
- Step 4: Pour the mixture over the chicken and rub it in with your hands.**
- Step 5: Cover and refrigerate for several hours to marinate.**
- Step 6: Grill for about 20 minutes or until cooked through.**

Chicken Enchiladas

Ingredients:

3 cups of cooked chicken
8 flour tortillas
2 Tablespoons of lime juice
1 cup of salsa verde
2 fresh cilantro stems
2 cloves of garlic
1/2 pound of mozzarella cheese

Instructions:

Step 1: Heat oven to 350 degrees and spray a rectangular 11 X 7 baking pan with cooking spray.

Step 2: Put chicken into your Quad Blade and coarsely chop. Then remove chicken and place cilantro stems and garlic into Quad Blade and chop.

Step 3: Remove cilantro and garlic from Quad Blade and shred mozzarella cheese using the shredding blade.

Step 4: Now place the salsa verde, cilantro, lime juice and garlic in your Quad Blade and mix until smooth.

Step 5: Reserve half of mixture and mix the remaining half with the chicken and 1/2 of the shredded mozzarella cheese.

Step 6: Spoon approx. 1/4 cup of chicken mixture onto each tortilla, then roll tortilla around the filling and place in baking pan, seam side down. Pour remaining sauce mixture over tortillas and sprinkle with remaining 1/2 cup of cheese.

Step 7: Bake uncovered for 30 minutes.

Tex-Mex Chicken Breasts

Ingredients:

- 4 boneless, skinless chicken breast halves**
- 1 cup of coarsely chopped tomatoes**
- 1 jalapeno pepper, seeded**
- 2 cups of crushed tortilla chips**
- 3 Tablespoons of fresh lime juice**
- 3 Tablespoons of honey**
- 1 teaspoon of dried Mexican oregano**
- 1 stem of cilantro**
- 2 cloves of garlic**
- 1/2 pound of Monterey Jack cheese**

Instructions:

- Step 1: Preheat oven to 450 degrees.**
- Step 2: Shred cheese using the shredding blade in your Quad Blade.**
- Step 3: Remove cheese and place tomato, seeded jalapeno pepper, oregano, cilantro and garlic into the Quad Blade and puree until smooth.**
- Step 4: In a small bowl, mix together the honey and lime juice.**
- Step 5: Place the crushed tortilla chips in a plastic bag. Dip the chicken in the honey and lime mixture and place in the chip bag. Shake to coat the chicken with the chips.**
- Step 6: Place chicken in a 9 inch square baking pan and bake until chicken is no longer pink.**
- Step 7: While chicken is cooking, pour mixture from Quad Blade into a pot and bring to a boil stirring frequently.**
- Step 8: Sprinkle chicken with cheese and cook for an additional 4 minutes.**
- Step 9: Pour sauce onto plates, place chicken over the sauce.**

Tuscan Chicken

Ingredients:

1 chicken, cut into quarters
1 Tablespoon of fresh rosemary
2 teaspoons of tomato paste
1/2 cup of lemon juice
2 teaspoons of molasses
1 Tablespoon of fresh oregano
1 shallot
8 cloves of garlic
1/2 cup of dry red wine

Instructions:

- Step 1: Place all ingredients but chicken in your Quad Blade and process until all ingredients are well mixed.**
- Step 2: Coat chicken with marinade mixture, cover and refrigerate for a few hours. Turn chicken several times.**
- Step 3: Grill chicken until cooked through, approx. 40 minutes.**

Meatloaf

Ingredients:

- 2 1/2 pounds of ground beef**
- 4 slices of bread, cut into small cubes**
- 1/2 cup of milk**
- 2 eggs**
- 3 teaspoons of olive oil**
- 2 teaspoons of horseradish**
- 1 yellow onion**
- 3 cloves of garlic**
- 3 stalks of celery**
- 2 peeled carrots**
- 1/3 cup of fresh parsley**
- 2 teaspoons of salt**
- 1 teaspoon of pepper**
- 2 teaspoons of Dijon mustard**

Instructions:

- Step 1: Preheat oven to 375 degrees, combine bread and milk in a dish and let sit.**
- Step 2: Place onion, garlic, carrots, celery and horseradish in your Quad Blade and mix until finely chopped.**
- Step 3: Heat oil in a large skillet over medium heat and cook chopped vegetables until they have softened, then let them cool for 5 minutes.**
- Step 4: Add the ground beef, bread and milk mixture, eggs, parsley, mustard, salt, pepper to the vegetable mixture in your Quad Blade and pulse until well blended.**
- Step 5: Place in a baking dish and shape into a loaf. Bake until cooked through, approx 1 hour and 40 minutes. Let cool for 15 minutes before cutting.**

Firecracker Shrimp

Ingredients:

For Shrimp:

2 pounds of large shrimp, peeled and de-veined.

2 Tablespoons of olive oil

1 teaspoon of salt

For Firecracker Mash:

2 seeded jalapeno peppers

6 scallions

1/4 cup of olive oil

1/4 of water

1 bunch of cilantro, without stems

3 cloves of garlic

2 teaspoons of cumin

1/2 cup of almonds

Instructions:

Step 1: Place all mash ingredients in your Quad Blade and process until smooth.

Step 2: Place shrimp in a bowl and pour mash mixture over shrimp. Marinate shrimp in mixture for a few hours.

Step 3: Heat the olive oil and sauté the shrimp, salt shrimp to your preference. Shrimp will look pink when finished cooking.

Tuna Steaks with Tropical Sauce

Ingredients:

4 Tuna steaks and vegetable oil

Marinade:

1/4 cup of orange juice

2 teaspoons of orange zest

2 teaspoons lime zest

1 teaspoon of pepper

2 teaspoons of fresh thyme leaves

1 clove of garlic

1 Tablespoon of olive oil

Tropical Sauce:

1 Tablespoon of olive oil

1/3 cup of rice vinegar

1 Tablespoon of jalapeno chili

1 teaspoon of curry powder

1 teaspoon of pepper

1 yellow bell pepper

1 cup of pineapple chunks

Instructions:

Step 1: Place garlic in your Quad Blade and mince. Then remove garlic and place jalapeno chili and bell pepper in Quad Blade and chop.

Step 2: Prepare marinade by mixing all ingredients in a large dish, then coat the tuna with the marinade and refrigerate for a few hours, turning tuna in marinade occasionally.

Step 3: Place rice vinegar, jalapeno chili, curry powder, pepper, bell pepper and pineapple in your Quad Blade and mix until smooth while gradually adding the olive oil.

Step 4: Heat a large skillet over high heat and add a small amount of vegetable oil, remove tuna from marinade and cook on skillet until both sides are brown.

Step 5: Spoon tropical sauce onto plates and place the tuna steaks on top of the sauce to serve.

Adobo Pork Chops

Ingredients:

4 pork loin chops
3 cloves of garlic
1 medium onion
1 teaspoon of dried oregano
1/2 teaspoon of cumin
1 Tablespoon of flour
2 Tablespoons of vinegar
3 cups of chili powder
1 cup of tomato sauce

Instructions:

- Step 1: Place the garlic and onion into your Quad Blade and pulse until finely minced.**
- Step 2: Add the oregano, cumin, flour, vinegar, chili powder and tomato sauce to the garlic and onion in the Quad Blade and pulse until smooth.**
- Step 3: Pour sauce into a skillet and place pork chops in sauce, be sure to coat the pork chops.**
- Step 4: Cover skillet and let pork chops simmer on low heat for about an hour or until they are done and tender. Serve hot.**

Mark's Chicken Salad

Ingredients:

3 cups of cooked, chilled breast of chicken
1 cup of mayonnaise
1 cup of pineapple chunks
1/2 cup of walnuts
1 cup of celery
2 teaspoons of curry
1 teaspoon of salt
1 teaspoon of pepper

Instructions:

- Step 1: Place the chicken and celery into your Quad Blade and process until chopped.**
- Step 2: Add all other ingredients to the chicken and celery in your Quad Blade and mix well.**
- Step 3: Serve immediately over fresh lettuce, stuffed into a tomato or on a sandwich.**

Mark's Gourmet Tuna Salad

Ingredients:

- 3 grilled Ahi Tuna steaks**
- 2 Tablespoons of mayonnaise**
- 2 Tablespoons of soy sauce**
- 1 Tablespoon of ginger**
- 1/2 teaspoon of wasabi**
- 1 teaspoon of salt**
- 1 teaspoon of pepper**

Instructions:

- Step 1: Place all ingredients in your Quad Blade and blend to desired consistency.**
- Step 2: Serve immediately over fresh lettuce, stuffed into a tomato or on a sandwich.**

Mark's Pancakes

Ingredients:

2 eggs
1/3 cup of melted butter
2 1/2 cups of flour
1 1/2 cups of milk
2 Tablespoons of sugar
1 teaspoon of salt

Instructions:

- Step 1: Place eggs into your Quad Blade and beat.**
- Step 2: Mix the sugar and salt together and place the mixture in your Quad Blade.**
- Step 3: Add the butter and milk to the eggs and sugar mixture already in your Quad Blade and begin to mix all ingredients. While mixing, slowly add the flour through the feed tube until batter is of desired consistency.**
- Step 4: Place more butter in frying pan and pour small amounts of batter in to form the cooked pancakes.**

Mark's Homemade Sausage

Ingredients:

1 pound of fresh pork loin
1/2 cup of garlic powder
1 Tablespoon of oregano
1 Tablespoon of cold water
2 teaspoons of salt
1 teaspoon of pepper
1 teaspoon of sage
1 teaspoon of thyme

Instructions:

- Step 1: Place all ingredients in your Quad Blade and pulse until ingredients are mixed well.**
- Step 2: Form mixture into patties and refrigerate for 1 hour before cooking.**
- Step 3: Heat frying pan over medium high heat and fry the sausage patties until they are cooked to your preference.**

Mark's Quiche

Ingredients:

- 1 9-inch deep pie crust, pre-baked**
- 3 eggs**
- 1 cup of cheddar cheese**
- 1 1/2 cups of milk**
- 1 cup of ham (or meat of choice)**
- 1/2 cup of green peppers**
- 1 teaspoon of salt**
- 1 teaspoon of pepper**

Instructions:

- Step 1: Preheat oven to 375 degrees.**
- Step 2: Place eggs in your Quad Blade and beat. Then remove the eggs and grate the cheese using the grating blade. Next, remove the cheese and place the green peppers and ham in and dice.**
- Step 3: Add cheese and eggs back to peppers and ham, and pulse until they are well mixed.**
- Step 4: Pour mixture into piecrust and bake for approx. 1 hour or until light brown.**
- Step 5: Cut and serve.**

Mark's Special Tacos

Ingredients:

1 1/2 pounds of round steak
1 package of taco shells
1 can of tomato sauce
1 package of taco seasoning
1 tomato
1/2 head of lettuce
sour cream
1/2 pound of cheddar cheese
12 olives

Instructions:

- Step 1: Place lettuce in your Quad Blade and pulse to shred. Remove and grate cheese. Remove and place tomato and olives in and pulse until chopped. Remove and set aside.**
- Step 2: Place beef in your Quad Blade and pulse until coarsely ground, then add tomato sauce and taco seasoning and pulse until ingredients are well mixed.**
- Step 3: Brown ground beef mixture over medium heat high heat.**
- Step 4: Fill taco shells with ground beef, lettuce, tomatoes, sour cream, cheese and olives as desired.**

Fire Station Five Alarm Chili

Ingredients:

4 lbs lean beef chuck roast, ground
3 cans pinto beans
8 whole cloves
4 medium onions, chopped
4 cloves garlic
6 ounces canned chilies, chopped
6 fresh jalapeno chilies, chopped (less if you like)
6 chipotle chilies, chopped
3 tablespoons chili powder (good quality)
2 tablespoons paprika
6 tablespoons fresh cumin seed, ground
1 1/2 tablespoons fresh black pepper, ground
2 tablespoons Tabasco sauce
3 tablespoons Worcestershire sauce
32 oz peeled tomatoes, coarsely chopped

Instructions:

Step 1: Using the Quad Blade, grind the meat and set aside.

Step 2: Using the Quad Blade, chop the garlic and set aside.

Step 3: Using the Quad Blade, chop the onions and set aside

Step 4: Using the Quad Blade, chop all of the chilies together. Set aside.

Step 5: Using the Quad Blade chop tomatoes and set aside.

Step 6: Brown the meat and garlic in the skillet.

- Step 7: **Sauté onions in the fat remaining in the pot until soft.**
- Step 8: **Add the meat, chilies, dried spices, the sauces, green chilies, Jalapenos, chipotle chilies, beer and tomatoes.**
- Step 9: **Simmer for two hours.**
- Step 10: **Add remaining seasonings and sauces during cooking, as you check and stir.**
- Step 11: **Make sure last ingredients are added with at least one hour of cooking time remaining.**
- Step 12: **It is okay to serve it right off the stove, but it is almost always better as leftovers.**

Mark's Ahi Tuna with Cilantro Lime Salsa

Ingredients:

- 4 ahi tuna steaks**
- 2 Tablespoons of olive oil**
- 3 Tablespoons of lime juice**
- 2 Tablespoons of white wine vinegar**
- 1 red onion**
- 2 cloves of garlic**
- 1 jalapeno pepper**
- 1 stem of cilantro**
- 1 teaspoon of salt**
- 1 teaspoon of pepper**

Instructions:

- Step 1: Place the onions, garlic, jalapeno and cilantro in your Quad Blade and mince.**
- Step 2: Add the olive oil, lime juice and white wine vinegar, to the Quad Blade in and mix until ingredients are well blended.**
- Step 3: Remove mixture from the Quad Blade, cover and refrigerate for at least one hour.**
- Step 4: Brush both sides of the tuna steaks with olive oil and flavor with salt and pepper. Grill steaks until cooked through.**
- Step 5: Place cooked tuna steaks on plates and cover with salsa.**

Mark's Sweet Potato French Fries

Ingredients:

2 large sweet potatoes
Vegetable oil
Cinnamon
Sugar
Salt

Instructions:

- Step 1: Use your Quad Blade to slice potatoes into French fries.**
- Step 2: Fry French fries in the vegetable oil.**
- Step 3: When finished frying, remove the French fries to drain on paper towels and while they are still hot, sprinkle with the cinnamon, sugar, and salt to taste.**

Mark's Tostadas with Cream Cheese, Refried Beans, Cheese, Tomatoes and Olives

Ingredients:

**12 tostadas
1 can of refried beans
1 cup of cream cheese
1 cup of cheddar cheese
2 cups of tomatoes
1 cup of olives**

Instructions:

- Step 1: Preheat oven to 375 degrees.**
- Step 2: Use your Quad Blade to grate the cheese using the grating blade, dice the tomatoes and slice the olives.**
- Step 3: Mix the refried beans and place 3 Tablespoons on each tostada. Bake in the oven for approximately 7 minutes.**
- Step 4: Remove the tostadas and refried beans from the oven and place newly minced toppings on top to your preference.**

Mark's Pizza

Ingredients:

Pre-packaged pizza dough

1 pound of mozzarella cheese

For Sauce:

1 can of tomato paste

1 cup of water

2 Tablespoons of olive oil

2 cloves of garlic

1 onion

1 teaspoon of oregano

1/4 teaspoon of basil

1 teaspoon of salt

Instructions:

Step 1: Preheat oven to 375 degrees.

Step 2: Mix pre-packaged pizza dough in the Quad Blade using the dough blade with the amount of water indicated on package. Roll the dough and flatten and place on a pizza pan.

Step 3: Place the garlic in your Quad Blade with 4 blades and pulse until minced, repeat with onion.

Step 4: Place tomato paste, water, olive oil, minced garlic, minced onion, oregano, basil and salt in your food processor and process until all ingredients have formed the desired consistency.

Step 5: Remove sauce from food processor and simmer for 10 minutes over medium low heat.

Step 6: Spread sauce over pizza dough and place in oven until crust looks light brown. Last 7 minutes in oven, place cheese on top and bake until cheese has melted.

Desserts

Mark's Cinnamon Chocolate Mexican Brownies

Ingredients:

2 eggs
1/3 cup of milk
10 ounces of semisweet chocolate chips
3/4 cup of cold, unsalted butter
1 Tablespoon of cinnamon
1/2 cup of sugar
1 teaspoon of salt
1 Tablespoon of vanilla
1 1/2 cups of all-purpose flour
1 teaspoon of baking powder

Instructions:

- Step 1: Preheat oven to 350 degrees and grease a 9 X 9 inch baking pan.**
- Step 2: Place sugar and cinnamon in your Quad Blade and pulse until there are no lumps. Add flour, baking powder, salt and butter and pulse until all the ingredients have combined and formed a coarse texture.**
- Step 3: Add milk, vanilla, chocolate chips and eggs to mixture and pulse until all ingredients have mixed well. Then pour mixture into baking pan and spread evenly. Bake in middle rack for approx. 45 minutes.**
- Step 4: Remove from oven and allow brownies to cool completely before cutting.**

Mark's Chili Chocolate Mousse

Ingredients:

2 eggs
1/2 cup of boiled water
2 Tablespoons of unsweetened cocoa powder
1 cup of semi-sweet chocolate chips
2 Tablespoons of sugar
1/2 teaspoon of powdered ancho chile
2 teaspoons of instant coffee
1 teaspoon of vanilla
Powdered Cinnamon

Instructions:

- Step 1: Combine in your Quad Blade the sugar, cocoa powder, coffee granules and chocolate chips and pulse until well blended.**
- Step 2: Add the boiling water and process until smooth.**
- Step 3: Then add eggs and vanilla and process for an additional 20 seconds.**
- Step 4: Pour into individual dishes and chill for a few hours. Serve with whipped cream and sprinkle with powdered cinnamon.**

Mark's Fruit Sorbet

Ingredients:

2 cups of frozen strawberries

1/2 cup of orange juice

1/2 cup of extra fine sugar

Instructions:

Step 1: Place the strawberries, orange juice and sugar in your Quad Blade and puree until smooth.

Step 2: Spoon onto plates or into glasses and serve immediately.

Mark's Ultimate Chocolate and Banana Ice Cream

Ingredients:

2 ice cube trays of frozen cream
3 sliced frozen bananas
2 cups of chocolate syrup
Chocolate chips
Walnuts
M&M's
Mini Marshmallows

Instructions:

- Step 1: Pour cream into each slot of 2 ice trays. Allow to freeze overnight. Also, place 3 bananas in the freezer.**
- Step 2: Remove ice trays and bananas from freezer. Slice bananas. If you are using the walnuts, place them in your Quad Blade and chop them.**
- Step 3: Place cream cubes, sliced bananas, and chocolate syrup into your Quad Blade and mix to desired consistency.**
- Step 4: Add walnuts and candies to Quad Blade and process until well mixed.**
- Step 5: Scoop ice cream into bowls and serve.**

Mark's Yummy Chocolate Chip Cookies

Ingredients:

- 1 cup of butter**
- 1 1/2 cups tightly packed light brown sugar**
- 2 large eggs**
- 1 1/2 cups of flour**
- 1 teaspoon of baking powder**
- 1 cup of chocolate chips**
- 1 cup of M&M's**
- 1 cup of walnuts**

Instructions:

- Step 1: Preheat oven to 350 degrees.**
- Step 2: Place butter and brown sugar in your Quad Blade and mix until fluffy.**
- Step 3: Add eggs and mix until well combined.**
- Step 4: Add flour and baking powder and mix on low speed until well blended.**
- Step 5: Add chocolate chips, M&M's and walnuts and mix until well blended.**
- Step 6: Spoon cookie dough onto greased baking sheets and bake for approx. 10 minutes or until brown. Let them cool for a few minutes before serving.**

Mark's Rich Cheesecake

Ingredients:

For Filling:

3 packages of cream cheese

4 eggs

1 cup of sugar

1/4 cup of milk

2 Tablespoons of flour

1 teaspoon of vanilla

For Crust:

20 graham crackers

1/4 cup of soft butter

Instructions:

For Crust:

Step 1: **Preheat oven to 350 degrees.**

Step 2: **Place graham crackers in your Quad Blade and mix until crumbs.**

Step 3: **Add butter to Quad Blade and mix with graham crackers until well blended.**

Step 4: **Remove mixture from Quad Blade and place on bottom and sides of spring pan. Bake for 10 minutes.**

For Filling:

Step 1: **Place cream cheese, eggs, sugar, milk, flour and vanilla in your Quad Blade and process until smooth.**

Step 2: **Pour filling over crust. Bake 15 minutes at 425 degrees.**

Step 3: **Reduce heat to 250 degrees and continue to bake for an additional 45 minutes or until cheesecake has set. Remove from oven and allow to cool, then cover and refrigerate for a few hours.**

Topping: **Serve without topping or use your choice of fresh fruit or canned fruit pie toppings such as cherry or blueberry.**

Mark's Wildberry Yogurts

Ingredients:

16 ounces of plain yogurt
1 cup of sugar
1 cup of raspberries
1 cup of blueberries
1 cup of strawberries
1 cup of boysenberries

Instructions:

- Step 1: Place the yogurt and sugar in your Quad Blade and mix until mixture has desired consistency.**
- Step 2: Add all berries or just the ones you like to the Quad Blade and pulse for 1 minute.**
- Step 3: Refrigerate yogurt for at least 1 hour before serving.**

Mark's Hawaiian Snow Cones

Ingredients:

**Several trays of ice cubes
Flavored syrup**

Instructions:

Step 1: Pour trays of ice cubes into your Quad Blade and process the ice until it looks and feels like fine powdered snow.

Step 2: Move shaved ice into dish or snow cone cup and pour flavored syrup over ice liberally and serve.

Alternately. . .

Step 1: Use fruit punch, lemonade or soft drinks to make ice cubes by pouring the liquids into ice trays and freezing overnight.

Step 2: Remove flavored cubes from trays and place in your Quad Blade. Process until desired consistency and serve.