

RECIPE AND INSTRUCTION BOOKLET  
CHEF PRO™ FLATBREAD MAKER



## IMPORTANT SAFEGUARDS

When using electrical appliances basic safety precautions should always be followed including the following:

1. READ ALL INSTRUCTIONS.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against fire, electrical shock and injury to persons, DO NOT IMMERSE CORD, PLUG OR APPLIANCE in water or other liquid.
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.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Do not attempt any internal servicing on this appliance, but return to Chef Pro™ C/O Mercantile International NA., for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surfaces.
10. Do not allow appliance to come into contact with any flammable materials such as draperies walls etc.
11. Do not use near kitchen sink.
12. Do not place on or near a hot gas or electric burner or in a heated oven.
13. When finished using appliance remove plug from wall outlet.
14. Do not use appliance for other than intended use.
15. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts creating a risk of electrical shock.
16. WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, REPAIR SHOULD BE DONE ONLY BY CHEF PRO™ C/O MERCANTILE INTERNATINAL NA. DO NOT REMOVE THE BASE PANELS OR OPEN THE APPLIANCE.
17. NO USER SERVICEABLE PARTS ARE INSIDE.
18. This appliance is for HOUSEHOLD USE ONLY.

## SAVE THESE INSTRUCTIONS

1. A short electrical cord is provided to reduce the hazards resulting from entanglement or in tripping over a longer cord. Longer extension cords are available from a variety of retail stores 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 equal to the electrical rating of the appliance. Care should be taken not to allow cords to hang over the edge of a counter or tabletop where it can be pulled on by children or animals or tripped over. If your appliance has a grounded 3-prong plug, you must use the compatible 3-wire extension cord.
2. This appliance has a polarized plug (one blade is wider than the other). As a safety feature, 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 attempt to defeat this safety feature.

## GETTING TO KNOW YOUR CHEF PRO™ FLATBREAD MAKER

It's easy to press & bake fresh, healthy flatbreads at home. Only the Chef Pro™ makes a large size wrap to hold plenty of your favorite fillings. With a giant 10 inch diameter cooking plate, the Chef Pro™ makes an up to 40% larger flatbread than comparable models.

1. Small ear,
2. lid handles
3. Top handle
4. Top forming plate
5. Medium temperature so dough will not stick (not for baking)
6. Bottom hot plate
7. High temperature for baking
8. Ready Light

## HOW TO USE YOUR CHEF PRO™ FLATBREAD MAKER

Follow the “Press & Release” Method

Important: The secret to making flatbreads on your machine is to gently & gradually flatten the dough. The moisture & steam in the dough must be allowed to gradually escape as the tortilla or any flat bread is formed. It is a process of giving the dough multiple “presses & releases”. If you press the dough too hard all at once, the steam can break apart the flat-bread. As you release, you can see the steam escaping. Allow the steam to escape. Follow the following steps for best results.

### 1. PREHEAT

Preheat with the grids in the open position only. To preheat, plug unit in, indicator light will go on. Set the temperature to desired level, normally high. After about 8-10 minutes indicator light will go OFF. You are then ready to begin.

Note: While you are baking the indicator light will continue to periodically go on and off. This means only that ideal baking temperature is being maintained, and is not indicating when to start or stop baking. DO NOT LEAVE UNIT CLOSED WHILE PREHEATING.

### 2. PLACE DOUGH PATTIE

Shape the dough into balls about 2 inches in diameter. Pat between hands to flatten slightly into a patty. Place dough patty on bottom grid, just rear of center.

### 3. PRESS & RELEASE

Use small ear handles to gently press dough, gradually flattening the dough patty. If dough slides forward, use a spatula to keep dough in place as you press down. As you press, raise the lid to release escaping steam. Gently “press & release” several times. Each press should only be less than a second. Do not “press & hold”. Do not press continuously. This will prevent steam from escaping, causing the flatbread to split & break.

### 4. ROTATE DOUGH

Quickly raise lid, rotate partially flattened dough about 1/2 of a circle.

### 5. PRESS & RELEASE AGAIN

Again use small ear handles to gently “press & release” several more times, further flattening the dough patty.

## EXCEPTION FOR CORN TORTILLAS

Do not use the “press & release” method. Press the cornmeal dough patty ONLY ONCE, then open the lid to bake.

6. ROTATE DOUGH AGAIN

Quickly raise lid and partially rotate the dough another 1/2 of a circle

7. USE TOP HANDLE

Now the top lid is far enough down that you can begin using the top handle to get the tortilla to it's final thinness. Do not press the top handle hard and all at once. If pressed too hard, steam will become trapped in the dough and can "blow apart" the flatbread. Again, just gently "press & release" the top handle several times until you are to the final thinness.

8. BAKE

Now brown to your desired color & texture. You may bake in the open position, or lightly lower the lid and bake in the closed position for faster results. Do not lower or press top handle while baking.

9. BAKE OTHER SIDE

Flip flatbread over and let the other side brown further. Any utensils used should be nonmetallic only, to protect the non-stick surface.

10. FINISHED

When finished baking, unplug cord from outlet and leave grids open to cool.

### TOO MUCH SPLITTING?

#### PRESS GENTLY & REPEATEDLY LET STEAM ESCAPE!

Don't press hard all at once. If the top handle is pressed too hard, steam will become trapped in the dough and can "blow apart" the flat-bread. Just gently "press & release" the top handle several times until you are to the final thinness.

### FIRST USING YOUR CHEF PRO™ FLATBREAD MAKER

When your flatbread maker is new, you may notice some slight smoking or odor.

This is normal with many new heating appliances and will not recur. This does not affect the safety of your appliance. Also it is recommended that you discard the first two flatbreads from your new baker. When using your Chef Pro™ baker for the first time, wipe the cooking grids with a damp cloth and dry with an absorbent paper towel. It is normal for a new iron to smoke for a short while the first time it is heated. Discard the first two flatbreads you make on the new grids.

### CLEANING & CARE OF YOUR CHEF PRO™

There is no need to take the flatbread maker apart for cleaning. Never use water, cleanser, or oven cleaners on grids. Do not immerse unit in water.

1. When you are through baking, always unplug the unit from the wall outlet to turn off, and leave it open to cool. After it has cooled, brush away crumbs and wipe off grids with an absorbent paper towel to remove any excess butter or margarine.
2. Do not clean the inside or outside with any abrasive scouring pad or steel wool as this will damage the finish. Do not use metallic and sharp utensils, brushes and scouring pads on non-stick baking surface. Clean grids with a damp cloth after each use to prevent staining and sticking from a build-up of food or oil.
3. Wipe the outside with a damp cloth only. To clean exterior handles and chrome parts use a damp cloth or spray cleaner.
4. If any food becomes baked on the grids, pour a little cooking oil onto the hardened food. Wipe off after 5 to 10 minutes, after the food has softened. Do not use metal utensils, which can damage the non-stick coating.

5. DO NOT IMMERSE IN WATER OR ANY LIQUID. DO NOT PLACE IN DISHWASHER.

#### HELPFUL HINTS FOR TASTY TORTILLAS, THE BASIC FLATBREAD WRAP

1. Add 2 to 3 tablespoons water, in small amounts, in addition to amount called for in basic tortilla recipes. This helps to make smoother dough and a lighter tortilla. Keeping the dough moist will make better tortillas. Because the dough dries out quickly, it is important to keep it covered in a container even while baking. You may use plastic wrap to cover the dough. It may be necessary to add small amounts of water from time to time. Tortillas made with dry dough won't puff, and could be heavy, or crumbly, or the edges will crack during baking.
2. After mixing the dough, it must rest for at least 30 minutes to 2 hours before baking. Rest dough in a bowl before you roll into balls, or form balls and set them on a plate. Be sure dough is covered at all times. It will keep at room temperature for several hours, or may be refrigerated as long as 36 hours by greasing surface of dough and covering tightly with plastic wrap.
3. Flour tortillas: It is important to press the flat bread maker lid down quickly with moderate pressure (approximately 1 second) and open. Press lid down several more times to achieve desired size & thickness. Corn tortillas: Press lever down quickly only once, open lid and bake as directed. Due to the consistency of corn tortilla dough, continuous pressure will cause some cracks in the tortilla.
4. It is preferable to use unbleached flour for flour tortillas. Corn tortillas are made from dehydrated masa flour called "Masa Harina" which is available at most supermarkets and specialty food markets. Corn meal is not a substitute for Masa Harina.
5. Low fat hint: Substitute canola or vegetable oil in most recipes.
6. Don't leave tortilla on baking surface too long before flipping it for the first time; it will dry out and won't puff. If you over bake tortilla it will become crisp.
7. While baking tortillas, keep them warm and moist by wrapping in a heavy cotton towel. Stack tortillas one on top of the other and keep wrapped in the towel. Place wrapped tortillas in a basket to serve at the table. To keep freshly baked tortillas warm for an extended time, wrap them in a towel and then wrap in foil. Place in low oven (about 200 degrees). Tortillas will remain warm and moist in the oven for about one hour before serving.
8. Timing and advanced preparation: The dough preparation takes about 15 minutes, and should begin at least 45 minutes before baking to allow dough resting time. Covered and refrigerated, the dough will keep for several days.
9. Tortillas can be baked in advance. Refrigerate them wrapped securely in a plastic bag. You may also freeze baked tortillas. Place wax paper between each tortilla and wrap them securely in airtight freezer bags. They defrost very quickly, and with proper care, taste as if just baked.
10. Reheating tortillas: Reheat flour tortillas on pre-heated Tortilla Grande. Turn over several times, but do not depress lid. Or wrap stacks of 6-8 tortillas in foil and reheat in a 325 oven for 15-20 minutes. Reheat corn tortillas: wrap stacks of 10-12 corn tortillas in a clean, heavy towel. Place in a steamer over 2 inches of water, cover and bring to a boil over medium heat. When steam puffs out from under lid, steam for 1 minute; remove from heat and let stand covered for 15-20 minutes.
11. Mixing notes:  
Food processor method: place flour and salt in bowl of processor. Add oil or shortening and process for about 3 seconds. With machine running, pour water through feed tube in a steady stream. Let machine run until dough forms a ball.

Dough should be a medium-stiff consistency. If dough is too stiff, add a little more water.

Hand mixing method: rub flour, salt and oil or shortening together with your fingers until completely incorporated and fine crumbs form. Pour water into dry ingredients and immediately work it in with a fork. Dough will be in large clumps. Sprinkle with flour and knead until smooth, about 2 minutes. Divide dough into 12-15 portions and shape into balls about 2 inches in diameter. Set dough balls on a plate, cover with plastic wrap, and let dough rest for at least 30 minutes before baking. You may also let dough rest in a bowl, covered with plastic wrap, before shaping it into balls.

## CLASSIC TORTILLA-FLATBREAD-WRAP RECIPES

### BASIC FLOUR TORTILLAS

2 cups unbleached (or all-purpose) flour  
1/2 teaspoon salt  
1/4 cup canola or vegetable oil  
2/3 cup warm water

See mixing notes in point #11 above. Divide dough into 12 to 15 equal pieces, roll into balls, cover with plastic wrap, and let rest at least 30 minutes before baking.

*Sweet tortillas:* Add 2 tablespoons sugar and 1/2 teaspoon cinnamon to flour. Serve with fruit and powdered sugar, top with honey and serve warm, or serve with ice cream and your favorite topping. Crisp fry your sweet tortilla for a special touch.

### FLOUR TORTILLAS

1 3/4 cups unbleached (or all-purpose) flour  
5 tablespoons lard or vegetable shortening,  
or a mixture of the two  
3/4 teaspoon salt  
3/4 cup very warm water

Combine the flour and fat in a large mixing bowl, working in the fat with your fingers, until completely incorporated. Dissolve the salt in the water. Pour about 2/3 cup of it over the dry ingredients and immediately work it in with a fork; the dough will be in large clumps rather than a homogeneous mass. If all the dry ingredients haven't been dampened, add the rest of the liquid (plus a little more, if necessary). Scoop the dough onto your work surface and knead until smooth. It should be a medium-stiff consistency, definitely not firm, but not quite as soft as most bread dough either. Divide dough into 12 -15 equal pieces, roll into balls, cover with plastic wrap, and let rest at least 30 minutes before baking.

Note: Flour tortillas made from all vegetable shortening tend to be bland, but those made with all lard are a little crumbly and heavy. Tortillas made with 2 1/2 tablespoons of each are of exceptional quality.

### CORN TORTILLAS

2 cups Masa Harina  
1/2 teaspoon salt  
1 cup warm water

Place flour and salt in a bowl or processor. With machine running, pour water through the feed tube in a steady stream. Let machine run until dough forms a ball. If the dough is too stiff, add a little more water.

Divide dough into 12 -15 equal pieces, roll into balls, cover with plastic wrap, and let rest at least 30 minutes before baking.

#### CRISP CORN TORTILLAS

2 cups Masa Harina  
1/2 teaspoon salt  
1/4 cup canola or vegetable oil  
1 cup warm water

See mixing notes on page 10. Divide dough into 12 - 15 equal pieces, roll into balls, cover with plastic wrap, and let rest at least 30 minutes before baking.

After baking tortillas, cut into strips about 1 inch wide by 2 inches long.

Quickly fry in oil until crisp. Remove from pan and let drain on paper towels. Serve with your favorite dip, or store in a tightly sealed container.

They will stay fresh for several days.

#### WHOLE WHEAT TORTILLAS

1 1/2 cups whole wheat flour  
1 1/2 cups unbleached (or all-purpose) flour  
1 teaspoon salt  
1/3 cup canola or vegetable oil  
1 cup warm water

See mixing notes on page 10. Divide dough into 12 - 15 equal pieces, roll into balls, cover with plastic wrap, and let rest at least 30 minutes before baking.

#### FLOUR BLACK BEAN TORTILLAS

3 cups unbleached (or all-purpose) flour  
1/2 teaspoon salt  
1 cup canned black beans,  
drained  
1/3 cup canola or vegetable oil  
2/3 cup warm water

Place flour, salt, black beans and oil in processor bowl. Process for a few seconds to blend. Slowly pour in water until dough forms a ball. Divide dough into 12 - 15 equal pieces, roll into balls, cover with plastic wrap, and let rest at least 30 minutes before baking.

#### MASA HARINA BLACK BEAN TORTILLAS

2 cups Masa Harina  
1/2 teaspoon salt  
1 cup canned black beans,  
drained  
1/4 cup canola or vegetable oil  
1 cup warm water

Place flour, salt, black beans and oil in processor bowl, and process for a few seconds until ingredients are well blended. Slowly pour in water until dough forms a ball. (If dough is too dry, add a little more water). Divide dough into 12 - 15 equal pieces, roll into balls, cover with plastic wrap, and let rest at least 30 minutes before baking.

## CHILI-CHEESE FLOUR TORTILLAS

3 cups unbleached (or all-purpose) flour  
1/2 teaspoon salt  
1 teaspoon chili powder  
2 tablespoons Parmesan cheese  
1/2 cup vegetable shortening  
1 cup warm water

Add chili powder and Parmesan cheese with flour. See mixing notes on page 10.  
Divide dough into 12 - 15 equal pieces, roll into balls, cover with plastic wrap, let rest at least 30 minutes before baking.

## CORNY TORTILLA STRIPS...wonderful fresh corn taste

1 cup canned hominy, drained  
1 cup Masa Harina  
1/4 teaspoon salt  
1/2 cup hot water

Puree hominy in food processor; add Masa Harina and salt. Slowly pour in hot water until dough forms soft ball. Divide dough into 12 - 15 equal pieces, roll into balls, cover with plastic wrap, and let rest at least 30 minutes before baking. After making tortillas, stack and cut into strips. Place strips on baking sheet and bake in 400 oven for 7 minutes or until crisp. Serve with fresh tomato salsa.

## Fresh Tomato Salsa

1 16oz can whole tomatoes, drained and chopped  
3 green onions, chopped  
1 clove garlic, minced  
1/4 cup chopped fresh cilantro or parsley  
3 tablespoons canned green chili peppers, chopped  
Dash of Tabasco sauce (to taste)  
1/4 teaspoon pepper  
1 teaspoon oregano  
1 tablespoon lemon juice  
3/4 teaspoon Worcestershire sauce

Combine all ingredients and mix well. Makes 2 cups. Cover tightly and refrigerate. Fresh tomato salsa will keep for several days.

## BREAKFAST BURRITOS

1 medium-sized potato  
1 pound bulk sausage  
1 small onion, chopped  
1 teaspoon chili powder  
Dash cayenne pepper  
2 eggs  
6 flour tortillas  
1 cup shredded Monterrey Jack cheese  
Tomato salsa  
Sour cream

Cook potato in boiling water 35 minutes, or until tender. When cool, peel and cut into cubes. Brown sausage in frying pan; add chopped onion, chili powder and cayenne pepper. Cook for 10 minutes, stirring often. Drain and discard fat. Add cubed, cooked potato. Beat eggs and add to pan. Stir until eggs are set. Spoon mixture into center of warm tortilla, top with shredded cheese, and roll up tortilla to enclose mixture. For an authentic Mexican touch, serve topped with sour cream and salsa. Makes 6 servings.

#### SAUSAGE TORTILLA PIZZA

6 ounces Italian sausage  
1/2 pound ground beef  
1 small onion, chopped  
1 clove garlic, minced  
1/2 green pepper, cut in strips  
1/4 pound sliced mushrooms  
Olive or vegetable oil  
1/2 teaspoon Italian herbs  
1 cup marinara sauce  
1/2 pound Monterrey Jack cheese, shredded  
1/2 cup grated Parmesan cheese  
6-8 tortillas

Remove casing from sausage; place in 10-inch frying pan. Add ground beef and cook until brown and crumbly. Drain excess fat. Add onion, garlic, green pepper, mushrooms and herbs. Cook about 5 more minutes. Brush tortilla lightly with oil to edges; place on baking sheet. Spread with about 1 tablespoon marinara sauce, 1/2-cup meat mixture, and cover with layer of jack cheese. Sprinkle with Parmesan cheese and bake 7-10 minutes at 450 degrees until cheese melts. Makes 6-8 servings.

#### PESTO TORTILLA PIZZA

1/2 cup pesto  
1/2 pound Monterrey Jack cheese, shredded  
5 large Roma tomatoes, thinly sliced  
6 flour tortillas  
Olive or vegetable oil

Place tortillas on baking sheet and brush with oil to edges. Spread pesto evenly over tortillas and sprinkle cheese over pesto. Arrange tomatoes over cheese. Bake on lowest rack in oven for 7-10 minutes at 450 degrees, or until cheese is melted. Makes 6 servings.

#### EASY FAJITAS

1 pound skinless, boneless chicken breast,  
cut in thin strips  
1 medium onion, thinly sliced  
1 medium bell pepper, cored, seeded, and sliced into thin strips  
2 tablespoons olive or vegetable oil  
2 tablespoons lime juice  
1 teaspoon crushed oregano leaves  
2 teaspoons chili powder  
1/2-teaspoon garlic powder or 1 clove,  
finely minced  
1 teaspoon soy sauce

In large skillet, brown chicken in 2 tablespoons oil, add onion and bell pepper and cook 5 minutes or until chicken is no longer pink. Mix together lime juice, oregano, chili powder, and soy sauce. Add salt and

pepper to taste. Stir well and add to meat mixture. Cook about 5 minutes. Place 1/4 of the mixture in center of warm tortillas. Top with salsa and sour cream and roll up. Makes four servings. Variation: Use strips of beef sirloin, or a chicken and beef combination. Party hint: Allow your guests to assemble their own fajitas. Serve chicken/beef strips, salsa, and other ingredients separately. Warm tortillas and place in basket. Cover tortillas with a cotton towel to keep them warm. Or, for extra fun, let your guests make their own tortillas.

#### FAJITAS VERDE, BLANCO Y ROJO

2 pounds beef flank or skirt steak, trimmed

Marinade:

1/4 cup sherry wine vinegar or other red wine vinegar  
1/4 cup virgin olive oil  
1 Tablespoon pure chili paste  
1 Tablespoon Worcestershire sauce  
1 Tablespoon soy sauce  
1 teaspoon sugar  
1/2 teaspoon ground cumin  
1/2 teaspoon coarsely-ground black pepper  
2 large garlic cloves, minced  
2 ground chili piquin or 1 crumbled chili japones

Trimming:

12 (8-inch) flour tortillas  
2 or 3 medium sweet onions, peeled, halved, cut in thin wedges  
3 (red, yellow and green) bell peppers, seeded, cut in strips  
2 or 3 Tablespoon vegetable oil  
Chunky Guacamole  
2 cups sour cream  
Mexican salsa  
Fresh cilantro leaves

In a large glass dish, combine marinade ingredients. Lightly score steak on both sides. Place in marinade; coat both sides. Cover and refrigerate 6 hours or overnight (marinate skirt steak at least 10 hours). Preheat charcoal grill.

Wrap tortillas in foil and warm in a 325 degree oven. Slice onions and peppers.

When coals are hot, remove meat from marinade; grill to medium rare. Place meat on warmed platter; cover lightly; let rest 5 minutes. In a large skillet over medium-high heat, heat oil. Stir-fry onions and peppers 2 minutes or until crisp-tender. Remove to a serving dish. Slice meat thinly across the grain; place on platter. To serve fajitas at the table, place a few meat strips on a warm tortilla. Top with onion-pepper mixture, guacamole, sour cream, salsa and cilantro leaves, as desired. Fold and eat.

Variations: Splurge with beef tenderloin or sirloin; marinate beef 1 hour. Use chicken tenderloin strips instead of beef. Marinate, and then grill on a mesh wire rack over a charcoal fire or sauté on a hot-griddle. Omit onions and peppers.

Marinate 2 dozen green onions with olive oil, garlic and herbs. Grill briefly over a charcoal fire.

#### QUESADILLAS

1 can (7 oz) green chilies, seeds and stems removed  
1 pound Monterrey Jack cheese  
12 corn or flour tortillas  
Butter, lard, or vegetable oil for frying (optional)

To make each Quesadilla, place about half a chili and a thick slice of cheese (1x4x2") in center of tortilla. Fold tortilla over cheese and pin shut with a small wooden skewer. Fry in butter, lard or vegetable oil in shallow pan, turning occasionally, until crisp and cheese has melted. Drain on paper towels.

Variation: Use shredded cheese mixed with chopped chilies to fill tortillas. Or you may use sliced green chilies and shredded cheese on top of flat tortilla and heat in moderate oven (or under broiler) for 5 to 10 minutes, or until cheese melts. Try different kinds of chilies, or add cilantro, chopped tomatoes, minced meat, chicken, or flaked crabmeat for additional variations.

### SPICY RANCH CHICKEN WRAPS

2 teaspoons chili powder  
2 teaspoons vegetable oil  
1 1/2 teaspoons ground cumin  
1/2 teaspoon salt  
1 1/4 pounds skinned, boned chicken breast,  
cut into 1/2 inch strips  
1/2 cup low-fat buttermilk  
1/2 cup light mayonnaise  
2 tablespoons minced fresh parsley  
2 tablespoons fresh lime juice  
2 jalapeno peppers, seeded and diced  
2 garlic cloves, crushed  
4 (8 inch) fat-free flour tortillas  
3 cups chopped romaine lettuce  
1 1/3 cups chopped seeded tomato

1. Combine the first 4 ingredients in a heavy-duty zip-top plastic bag. Add chicken; seal and shake to coat. Remove chicken from bag. Combine the buttermilk and next 5 ingredients (buttermilk through garlic) in a small bowl, and stir well with a whisk.
2. Place a large nonstick skillet over medium-high heat until hot. Add chicken, and sauté 2 minutes or until chicken is done. Add the buttermilk mixture; cover and cook 1 minute. Remove from heat.
3. Warm the tortillas according to the package directions. Spoon about 3/4 cup chicken mixture onto each tortilla, and top each serving with 3/4 cup chopped lettuce and 1/3 cup chopped tomatoes. Roll up wrap. Yield: 4 servings (serving size 1 wrap).

### BLUE CHEESE PEPPER STEAK WRAPS

12 ounces boned top round steak  
2 teaspoons dry mustard  
1/2 teaspoon black pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
cooking spray  
2 cups sliced mushrooms  
1 onion, cut into 1/4 inch thick wedges  
1 medium red bell pepper, seeded and cut into 1/4 inch strips  
2 tablespoons water  
1/12 tablespoons red wine vinegar  
1/2 cup (2 ounces) crumbled blue cheese or feta cheese  
4 (8 inch) fat-free flour tortillas  
2 cups chopped romaine lettuce

1. Trim fat from beef, slice into 1/4 inch strips. Set aside.
2. Combine the mustard, black pepper, garlic, and salt in a large bowl. Add beef, tossing to coat.

3. Place a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add beef mixture; sauté 4 minutes or until done. Remove from pan; keep warm. Add mushrooms, onion, and bell pepper to pan; sauté 2 minutes. Add water; cover and cook 5 minutes, stirring occasionally. Stir in beef mixture and vinegar. Remove from heat; stir in cheese.
4. Warm tortillas. Spoon 1 cup mixture onto each tortilla; top each serving with 1/2 cup lettuce, and roll up. Yield: 4 servings (serving size: 1 wrap).

#### ASIAN GRILLED EGGPLANT WRAPS ...with garlic sauce

12 (8 inch) flour tortillas  
1 clove garlic, minced  
1/2 teaspoon salt  
2 teaspoons soy sauce  
2 teaspoons rice vinegar  
2 teaspoons dark sesame oil  
1 large eggplant (about 1 1/2 pounds), but in 1/4 inch horizontal slices (see note)  
Vegetable oil  
1 cup plain low-fat yogurt  
1 tablespoon sesame seeds

Preheat oven to 250 degrees. Wrap tortillas in foil. Bake until heated through, about 10 minutes. Alternatively, wrap tortillas in damp paper towels and microwave on high (100 percent power) 30 to 60 seconds. Meanwhile, in small bowl, whisk together garlic, salt, soy sauce, vinegar and sesame oil; set aside.

Preheat stovetop grill or griddle according to manufacturer's directions. Brush eggplant lightly with oil and place oiled side down on grill. Cook over medium-high heat for 4 - 5 minutes. Brush tops with more oil, turn slices and cook until eggplant is golden and flesh is tender, about 5 minutes. Transfer eggplant to platter and brush with garlic sauce, and then cut each slice into 3 pieces. In each tortilla, place 2 to 3 pieces eggplant. Garnish with dollop of yogurt and sprinkling of sesame seeds. Wrap tortilla around filling ingredients.

NOTE: Older, large eggplants might need to be salted and rinsed before cooking to remove bitterness and excess moisture. To salt eggplant, slice eggplant and salt both sides. Lay slices on baking sheet lined with paper towels. Let slices sit 20 to 30 minutes, then rinse and pat dry. Younger, smaller eggplants usually do not require salting.

#### MANDARIN PANCAKE

2 cups unbleached or all-purpose flour  
3/4 cup boiling water  
1-2 tablespoons sesame or vegetable oil (to brush dough)

Place flour in processor; add boiling water slowly through feed tube until dough forms a ball. Cover ball with plastic wrap and let rest at least 30 minutes. With hands, roll into a 15-inch long log, and cut into 24 equal pieces. Keep covered with plastic wrap. Roll each piece of dough into a ball and flatten to about 2 inches. Brush one side of each round evenly to edges with oil; place oil surfaces together and press the two rounds firmly together. Place double round on tortilla press, close and press down lever quickly and open. Bake for a few seconds and turn over and bake a few seconds more. Do not overcook. Pull the two halves of the pancake apart after cooking. Stack on a plate and keep covered with cotton towel to keep warm.

Makes 24 servings.

#### MANDARIN PANCAKE CANNELLONI

6 ounces bulk sausage

1 10 ounce package frozen, chopped spinach,  
thawed and drained  
1 cup ricotta cheese  
1 egg, slightly beaten  
1/2 cup grated Parmesan cheese  
1/2 teaspoon oregano  
1/8 teaspoon pepper  
12 mandarin pancakes  
3 cups marinara sauce  
1/2 pound Monterrey Jack cheese, shredded

Brown sausage over medium heat; drain excess fat. Add spinach, ricotta cheese, egg, grated cheese, oregano, and pepper. Mix well. Spread 1/3 cup filling along edge of each mandarin pancake. Roll to enclose filling. Spread half of the marinara sauce in a shallow baking dish. Place filled pancake cannelloni, seam side down, in sauce. Spoon remaining sauce over cannelloni and top with shredded cheese. Bake uncovered in 400-degree oven approximately 30 minutes.

Makes 12 pancakes, approximately 6 servings.

#### FOCACCIA WITH ROSEMARY AND OLIVE OIL TOPPING

Make topping by chopping a handful of rosemary and 3 cloves of garlic. Mix together with some olive oil & salt. Brush the mixture over the flatbread. Finally, use a fork to punch a pattern of holes on the flatbread surface. This allows the flavor of the topping to penetrate.

#### GRILLED FLATBREAD WITH RICOTTA CHEESE, FRESH TOMATOES, OREGANO AND ROASTED GARLIC OIL

1 recipe flat bread  
1 8-ounce container of ricotta cheese,  
drained  
3 plum tomatoes,  
diced  
2 tablespoons basil chiffonade  
Shaved parmesan  
1/2 cup olive oil  
6 cloves roasted garlic

Place oil and garlic in a blender and blend until smooth. Strain. Set aside.  
Brush flatbread liberally with olive oil and place hot grill. Grill both sides and spread with ricotta, tomatoes and basil. Remove and top with Parmesan cheese and drizzle with garlic oil.

#### PIADINE CON BROCCOLI DI RABE

2 pounds broccoli rabe,  
washed and trimmed of any tough stems  
3 tablespoons extra virgin olive oil  
3 cloves garlic,  
peeled and sliced very thin  
1/8 teaspoon of crushed red pepper flakes  
Coarse salt to taste

Cut the broccoli rabe into 2-inch pieces and blanch in a large pot of boiling salted water for 4 minutes or until tender. Drain well in a colander.

Place the olive oil in a skillet over medium-high and sauté the garlic until golden. Add the broccoli rabe, red pepper flakes, and salt to taste. Sauté for another 4 to 5 minutes. Remove all ingredients from the pan and allow to come to room temperature. Place ingredients into a flatbread. Fold flatbreads and grill in hot skillet with olive oil.

#### ITALIAN ONION FLATBREAD

1 cup minced onion  
3-4 oz olive oil  
1 teaspoon poppy seed or sesame seed

Lightly sauté the onion in olive oil. Remove and let cool. Blend onion mixture with a basic tortilla dough recipe from above. Knead, let rest, separate into small balls, then press & bake in your flatbread maker. Sprinkle flatbreads with water and sprinkle with poppy or sesame seed.

#### CHAPATI AND ROTI

2 cups whole wheat flour  
salt to taste  
1 cup water (as needed)

Take the wheat flour in a large bowl. Add salt and oil to it and mix it. Now gradually add water, mix thoroughly and knead the dough into a smooth and soft ball. Keep it aside for about 10-15 minutes. Then divide the dough into even size small balls. Press & bake in flatbread maker as usual. Remove and serve hot.

Thank You for purchasing your Chef Pro™ Flatbread Maker

**FULL ONE YEAR WARRANTY.** This CHEF PRO™ product is protected against defects in materials and workmanship for one year from date of original purchase. If the product proves to be defective in materials or workmanship during this period, it will be repaired free of charge. This warranty does not apply to damage resulting from misuse, accidents or alterations to the product, or to damages incurred in transit. This warranty does not apply to cords or plugs. All returns must be carefully packed and made transportation prepaid with a description of the claimed defect.

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