

FLAT BREAD MAKER TORTILLA MAKER

Owner's Manual & Recipe Booklet



Chef Pro

TM

MODEL : FBM 108

Recipe and Instruction Manual

Congratulations on your purchase of the Chef Pro™ Flat Bread Maker-Tortilla Maker & welcome to the world of healthy, hearty, homemade flat bread. Use this easy guide to make all kinds of delicious flat bread evenly and thoroughly cooked without a sweat! Follow the provided instructions to care for your Flat Bread Maker - Tortilla Maker while you surprise your family and friends with our amazing recipes from all over the world. Tortillas, chappatis or thin wraps can be warm and ready in minutes!

Bon Appetite!



Safety Precautions

1. Read all instructions before use.
2. Do not immerse the appliance or its attachments in water or any other liquid.
3. Do not touch the surfaces of the appliance when hot.
4. Do not operate the appliance after any kind of malfunction or damage.
5. Do not let the cord hang over surfaces or lie on the ground to prevent tripping or strangling.
6. Do not let cord touch hot surfaces.
7. Do not place the appliance near flammable material or inside a heated oven.
8. Unplug appliance and allow it to cool before cleaning and removing parts.
9. Unplug appliance when not in use.
10. Do not use outdoors.
11. Do not use appliance for other than its use intended by the manufacturer.
12. Do not use attachments not recommended by the manufacturer.
13. Do not over heat appliance.
14. Do not let material other than the necessary, such as cloth or paper come in contact with the heated surface to prevent the risk of fire.
15. If and when using a detachable power supply or extension cord, ensure that both are of the same electric rating as the appliance.
16. To disconnect, turn control dial to "min" position, then remove plug from wall outlet.
17. If this appliance provided with a 2-wire polarized attachment plug, please be notified: This appliance has a polarized (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
18. Keep away from the reach of children.

Use with AC outlet.

Do not use a DC outlet.



Using Your Flat Bread Maker - Tortilla Maker

1. Set the temperature control to Max or Medium settings. Plug in your Flat Bread Maker- Tortilla Maker and the red power light will begin to glow, indicating that the power is on and this appliance has begun preheating.
2. Wait for about 6 to 10 minutes and the yellow ready light will go on. At this time the desired baking temperature is reached and the unit is ready to be used.
3. Tortillas made at Max setting are darker and crispier, while the Medium setting produces lighter tortillas. To reheat tortillas made previously, use lower settings.
4. You may use a pastry brush to lightly coat the lower and upper grids with vegetable oil before you use this appliance.
5. This flat bread maker may smoke when it is new. This is perfectly normal with many heating appliances and will not recur. Discard the first bread from your new Flat Bread maker-Tortilla Maker.

Indicator Lights and Thermostat

1. The red light indicates that this appliance is on. It will glow once you plug in your Flat Bread Maker - Tortilla Maker and remain on until it is unplugged.
2. The yellow light indicates that the desired temperature is reached and you can start baking. However, it will keep on going on and off periodically while this unit is in use. This does not indicate when to start or stop baking but it means that the ideal temperature is being maintained.

Cleaning and Caring for Your Flat Bread Maker-Tortilla Maker

To clean, just wipe the surface of the grids with a clean damp cloth after every use. Make sure the unit is completely dry before using again or storing.

DO NOT IMMERSE THE APPLIANCE IN WATER!

DO NOT DISASSEMBLE THE APPLIANCE.

DO NOT USE SHARP METAL OBJECTS OR SCOURING PADS TO SCRAP THE SURFACE OF THE APPLIANCE.

DO NOT POUR WATER OR OTHER CLEANERS ON THE INTERIOR OR EXTERIOR OF THE APPLIANCE.



How to Make the Perfect Tortillas

1. Plug in the Flat Bread Maker Tortilla Maker to preheat, the red light will go on. Keep the grids open while preheating and set the thermostat to the desired heat. When the yellow light turns on, the grids are ready.



2. Make balls of the prepared dough of about one to two inches in diameter. Pat and flatten the ball of dough a little, using your hands, and place on the center of the bottom grid.



3. Close the upper grid and press the handle down quickly and firmly for a couple seconds. Keeping the handle pressed down for longer will restrict the steam from escaping the grids and will cause lacing. You may open and close the upper grid again by releasing then, pressing the handle to acquire the desired size of tortilla. When making flat bread from corn, press handle only once and continue as directed. Pressure on the handle should always be moderate and should not exceed a few seconds.



3a. Keeping the lid depressed continuously will restrict escaping steam and create lacing.



3b. Cracked edges indicate dry dough. Add small amounts of water until dough is moist and easier to work with. Keep dough covered at all times to retain moisture.



3c. Tortilla is too thick: Depress lid several times for desired thickness. Make sure dough balls are not too large.

4. When the tortilla is the desired size, open the upper grid completely and bake for one minute. Turn the bread over and rotate using a non-stick spatula or fingers. Bake until golden brown. Do not over bake. When done, unplug the appliance and keep it open to cool.



Baking Hints

1. Keeping the dough extra moist, yet firm, will result in smoother and lighter flat bread. Dough dries out quickly, therefore it is important to keep it covered all the time. It may even be necessary to keep adding small amounts of water to the dough to keep it moist before it is baked.
2. It is important to give the mixed dough at least 30 minutes resting time before shaping it into balls. Keep the dough covered while it rests!
3. Dough can be kept at room temperature for several hours and can be refrigerated for 36 hours, after which it acquires the salty taste of yeast. When baked, this dough will have a better texture but an altered taste.
4. It is preferable to use unbleached flour for flour bread. Flat corn bread is made from dehydrated masa flour and not corn meal.
5. Using canola or vegetable oil will result in a healthier flat bread. Flat bread can also be made without any oil. Using just water results in a non-fat, healthy, hearty flat bread.
6. Do not over bake the flat bread. Do not keep it on the heated surface for too long without flipping. This will result in a dried out, crisp flat bread.
7. To keep the baked flat bread moist and warm, wrap them in a very slightly damp, cotton towel and then in foil paper. To keep them warm for a longer period of time, place the wrapped up flat bread in the oven at 200 degrees. The flat bread can be kept warm for over an hour this way. Serve bread in a basket.
8. Baked flat bread can be stored in the freezer. Stack the flat bread with wax or foil paper in between each flat bread. Seal the stack properly in a plastic bag and store in the freezer. Frozen flat bread can be reheated on the Flat Bread Maker. Take the stack of frozen bread out and let it defrost for half an hour. Corn flat bread should be allowed about an hour to defrost. Place the cold flat bread on the bottom grid of the preheated appliance. Do not close the upper grid and do not press handle. Frozen bread can also be thawed out in the microwave oven.





CLASSIC TORTILLA-FLATBREAD-WRAP RECIPES

MIXING THE DOUGH

Place the flour or corn in a container with rounded edges for easy mixing. A little more than a large handful of flour will make one medium sized bread. Add salt and other preferred spices to the mix in accordance to taste. Add oil or butter to the mix and work with a spoon or hands to mix well until the mix forms large crumbs. Finally add water and work the mix to a soft moldable state (this may require you to add water in small quantities between working the dough). Cover the dough well and leave it to rest for half an hour.

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 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:

tillas: 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 TORTILLA

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 above. 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 above. 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 WRAPS

- 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 page 6. 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

- 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 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.



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.

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.

QUESADILLAS

1 can (7 oz) green chiles, 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 chile 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.



PIADINE CON BROCCOLI DI RABE

2 pounds broccoli,
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 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 saute the garlic until golden. Add the broccoli, red pepper flakes, and salt to taste. Saute 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 saute 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.

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

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 tortilla maker as usual. Remove and serve hot.





ONE YEAR LIMITED 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.

Chef Pro

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