



SWISS CHOP CHOP

INSTRUCTIONS & RECIPES



WWW.KUHNRIKON.COM



WARNING: Sharp blades. Keep cutting rotator away from children. Handle blades very carefully. Always store cutting rotator inside the container with the lid on. Align blades to retract them and attach the blade protector.

HOW TO USE YOUR SWISS CHOP CHOP

- 1 Assembling:** Fit the cutting rotator onto the rod in the center of the container. Be sure to align all blades, one on top of the other.
 - 2 Putting in food:** Prepare vegetables, fruit, herbs and other foods by chopping in rough pieces and place them in the container.
 - 3** Place the lid with the pull mechanism on the container so that the hexagonal part fits snugly. Don't force it.
 - 4 Using:** Place Swiss Chop Chop on a firm, dry surface. Remove blade protector before use.
 - 5** Hold down with one hand and pull with the other. Make sure your first pull is sharp and forceful. (See chart for a rough idea of how many times to pull.)
 - 6** Cutting light or small foods like parsley or garlic? Attach bottom scraper to rod in the center of the container and then put cutting rotator on top of it. This will throw pieces upwards for better cutting.
- Cleaning:** Never wash the lid with the pull mechanism. Wipe it clean with a damp cloth. If water gets into the pull mechanism, unscrew the plug underneath with a coin and allow it to dry before reassembling. All other parts are dishwasher safe.

HOW MANY PULLS DO I NEED TO MAKE?

Not many! This chart will give you a rough guide.

COARSE TO MEDIUM CHOPPED	5-6 PULLS
MEDIUM TO FINELY CHOPPED	7-12 PULLS
FINE TO VERY FINELY CHOPPED	13-20 PULLS
PUREED	20+ PULLS

RECIPES

CHERRY TOMATO BRUSCHETTA

200 g or 1 pint cherry tomatoes, remove stems and cut into halves

1 garlic clove

10 basil leaves

¼ cup / 50 g grated Pecorino cheese

2 tbsp olive oil

1 tsp salt

Pinch of chili powder

Salt and ground black pepper, to taste

Place the ingredients in the Swiss Chop Chop bowl and chop until coarsely diced, about 5 to 6 pulls. Serve with grilled slices of country style French bread or use as a topping for pizza.

Yield: 1½ cup.

TOMATO SALSA

1 jalapeño, seeded and quartered

1 garlic clove

4 tomatoes, seeded and quartered

1 small red onion, cut into pieces

10 cilantro leaves

Salt to taste

Place the jalapeños and garlic into the Swiss Chop Chop bowl and coarsely chop by pulling 4 to 6 times. Add the remaining ingredients and continue to chop until well combined, about 12 to 14 pulls depending on desired texture. Salt to taste. Serve with tortilla chips or with scrambled eggs or warm fresh tortillas.

Yield: 1½ cup.

GUACAMOLE

2 avocados, peeled, halved, pits removed

2 tbsp lime juice

1 small red onion, cut into pieces

10 cilantro leaves
½ tsp chili powder
Pinch of ground cumin
Salt and ground black pepper, to taste

Place the ingredients in the Swiss Chop Chop bowl and chop to combine the ingredients until almost smooth, about 12 to 14 pulls. Season to taste with salt and pepper. Serve with tortilla chips, on sandwiches, or with grilled tortillas filled with cheese (quesadilla).

Yield: about 1½ cup.

EGG SALAD

6 eggs, hard boiled
1 celery stalk, cut into ½ inch slices
½ c mayo
1 Tbsp coarse grain Dijon mustard
Salt and ground black pepper, to taste

Peel and half the eggs. Place the eggs along with the remaining ingredients into the Swiss Chop Chop bowl and pull the cord 14 to 16 times. Finished egg salad should be thick and slightly chunky. Salt and pepper to taste.

Yield: about 1½ cup.

SUN DRIED TOMATO PESTO

1 cup sun-dried tomatoes packed in oil, drained
3 Tbsp pine nuts
1 garlic clove
½ cup olive oil
2 Tbsp grated Parmesan
Salt and ground black pepper, to taste

Place all the ingredients into the Swiss Chop Chop bowl and chop until well-combined but still slightly coarse in texture, about 14 to 16 pulls. Toss with warm cooked pasta or use as a spread for sandwiches and panini.

Yield: about 1¼ cup.

THAI PEANUT SAUCE

- ½ cup smooth peanut butter
- 1 serrano chile pepper, quartered lengthwise and seeded
- ¼ cup coconut milk
- ¼ cup cilantro leaves
- 2 tsp sesame oil
- 2 tsp fish sauce
- ½ cup water

Place all the ingredients in the Swiss Chop Chop bowl and chop until the sauce is emulsified and smooth, about 8 to 10 pulls. Serve with grilled chicken or shrimp skewers or as a dressing for an Asian style shredded chicken salad.

Yield: 1 cup.

MIXED OLIVE TAPENADE

- 1½ cup mixed pitted olives
- 4 anchovy filets
- 1 garlic clove
- 4 Tbsp olive oil
- Salt and ground black pepper, to taste

Place the ingredients in the Swiss Chop Chop bowl and chop until smooth in texture, about 24 pulls. Season to taste with salt and pepper. Serve with toasted bread as an appetizer or as a topping for grilled chicken, lamb, or fish. For a quick pasta main course, toss the tapenade with warm cooked fettuccini noodles.

Yield: about 1½ cup.

INDIAN MINT YOGURT SAUCE

- ½ cucumber, peeled, halved and seeded
- ¾ cup plain yogurt
- 12 mint leaves
- ¼ tsp salt
- ¼ tsp ground cumin
- ¼ tsp coriander seeds, toasted and crushed
- 1 Tbsp lime juice

Slice the cucumber into ½ inch pieces and place along with the other ingredients into the Swiss Chop Chop bowl. Chop until the sauce is coarse in texture and thick, about 14 pulls. Serve with warm Indian style naan bread or as an accompaniment for grilled lamb or chicken.

Yield: about 1¼ cup.

CHOCOLATE COCONUT WALNUT DESSERT TOPPING

½ cup semi sweet chocolate chips

½ cup sweetened coconut flakes

½ cup walnut pieces

Place the ingredients in the Swiss Chop Chop bowl and chop until the texture is fine, about 14 to 16 pulls. Use as a topping for frozen yogurt, ice cream, and frosted cupcakes or as the finishing touch to your favorite chocolate layer cake. Topping can be stored refrigerated in an airtight container for up to one week.

Yield: 1½ cup.

STRAWBERRY SAUCE

12 medium sized strawberries, halved

1 Tbsp lemon juice

2 Tbsp orange liqueur

3 tsp granulated sugar

Combine all the ingredients in the Swiss Chop Chop bowl and chop until the sauce is almost smooth, about 18 to 20 pulls. Store in an airtight container in the refrigerator until ready to serve. Use as a topping over ice cream or as a sauce for your favorite chocolate cake.

Yield: about 1½ cup.

Kuhn Rikon AG
Neschwilerstrasse 4
CH-8486 | Rikon Switzerland



Made in China

WWW.KUHNRIKON.COM