



Food Processors Buying Guide Quick Reference Handout

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What is a food processor?

A food processor is a small kitchen appliance with two angled S-shaped blades that face opposite directions. They can do things like chop, grind, mince, puree, mix, blend, shred, grate, slice, and knead using different attachments and discs. They come with chutes to insert cut food, like fruits, vegetables, nuts, and more, usually with low or high mix or pulse actions.

Unlike food choppers, food processors are larger, more powerful, and come with different blades.

How is a food processor different from a blender?

Blenders have fixed blades and are best for creating dishes that can be poured, like smoothies and sauces, whereas a food processor can yield chunkier results and work with dry ingredients without the need for liquid.

Breaking down the functions of a food processor (and why you'd use them)

Using the various included (or optional) attachment blades and discs, a food processor can perform a variety of functions.

Chop – Chop hard fruits and vegetables for things like soup, salad, sauce, stir fries, and more.

Grind/mince – Grind meat for hamburgers or meatballs, make cauliflower rice, homemade breadcrumbs, and more.

Puree – Run cooked fruits or vegetables for up to a minute to get a smooth consistency for smoothies, desserts, homemade nut butter, and baby food; or to emulsify salad dressing.

Mix/blend – Comparable to a blender, use this to make salad dressing, dips, and other similar dishes.



Shred/grate – Using separate attachment discs, shred hard vegetables, potatoes, or cheese through a feed tube to shred mozzarella for pizza, carrots for carrot cake, and so on.

Slice – Create beautifully uniform cuts for things like a salad, charcuterie board, scalloped potatoes, selecting the desired thickness through attachment discs.

Knead – Use the dough blade to knead dough for homemade bread, pizza, or cut butter into flour for buttery pastries.

What are the benefits of a food processor?

There are many benefits to having a food processor in the kitchen.

Saves time – You spend less on prepping, whether it's chopping, grating, kneading, or trying to manually make precise slices.

Encourage healthier eating – You might be more inclined to eat healthier when it's simple to cut vegetables, fruits, and other ingredients with a simple touch of a button.

Retain flavour and consistency – Things like nuts retain more flavour and moisture when purchased fresh versus pre-cut, which will result in tastier meals.

Get chunkier results – Get chunkier dishes, like salsa and guacamole, versus the smooth consistency you'd get from a blender.

Break down solid food - There's no need to use liquid: you can still break down solid food using dry ingredients alone.

The types of food processors that are available

Food processors come in all sizes and with varying motors, from smaller ones for infrequent, simple jobs to larger ones with plenty of attachments for tackling different recipes and dishes. There are tons of colour options, too, to match any kitchen décor.

What to look for in a food processor

Before choosing a food processor, consider these important aspects.

Size – Choose the right size for the kitchen based on available countertop or storage space, the size of the family, the size and types of meals you want to prepare, and if you entertain often.

Power – Higher wattage means greater power, though higher-powered machines tend to be the larger ones as well.

Settings and attachments – Make sure it has all the settings you'd want to use and, most importantly, comes with the necessary attachments to accomplish the jobs you have in



mind.

Different discs – If you want to do things like slice at varying thicknesses, or even cutting things like French fries, make sure the machine comes with the right discs.

Chute size – These vary from narrow to very wide, with wider ones able to accommodate larger chunks, which can result in less pre-cutting and thus saving more time.

Bowl and handle features – Convenient features include a handle and pour spout, drizzle basin or small hole for adding things like oil while the machine is in progress, measurement markings on the side of the bowl, and dishwasher-safe components.

Other features – You might want an emulsifying function and specialty attachments like a spiralizer. Cordless models let you move freely around the kitchen.