

How to Best Use Your Cookware

When your cookware arrives, wash it first before using! Add about 1 cup of vinegar to hot soapy water, wash, rinse, and dry. **Vinegar is used on the initial cleaning** to remove any traces of manufacturing oils or polishing compounds used at the factory. Remember, don't use anything that scratches on the outside (shiny surfaces) of the cookware. You can use Saladmaster's Surface Master Cleaner on the inside of the cookware.

4 QUICK TIPS:

1. Which Pan to Use? To use the MEDIUM-CLICK-LOW, the pan must be at least $\frac{3}{4}$ -full to full. If the pan is not full enough you will find the cooking times will be longer.

2. Getting the seal every time. As you learn to cook the MEDIUM-CLICK-LOW method, we recommend that you place a small amount of water in the lip of the pan to form a seal. This will help you as you learn where medium is on your stove and help you burn less food as you find it. This will assist you if you start with a heat that is too hot which will not create the condensation in the lid which creates the seal. Once you have found medium on your stove, you do not need to do this, but some always do.

3. Right Temperate... Why did my food burn? 1) Your medium may be too high; just start with a lower temperature. 2) Your low isn't low enough meaning your vapo-valve continues to click long after you've turned it to low. When you turn your stove to low, the vapo-valve must stop clicking within approximately 30 seconds. If the vapo-valve continues to click, the heat is still too high and must be lowered. 3) The vapo-valve clicks for a very long period of time; this will allow the temperature inside the pan to approach/reach medium heat.

4. Easy Clean Up... Never put cold water in a hot pan. You can put hot water in a hot pan which helps with clean-up of your cookware, but refrain from putting cold water in a hot pan. Doing so could cause warping and is considered abuse of your cookware, and will not fall under the warranty.

Other Tips:

- Cooking times in the cookbook begin after you have turned your cookware to LOW. So MEDIUM-CLICK-LOW, then set the timer. The cookbook assumes you know to turn the cookware to LOW when the Vapo-Valve clicks. See cookbook *Introduction: Using Your New Versa Tec Cookware, Easy as 1-2-3.* (circa p. 7).
 - You may bake in the oven up to 450 degrees with or without the lid. We recommend you remove the knobs on the lid and the handles (or legs) so they don't lose their luster. The same holds true for the dishwasher.
 - Cleaning with Saladmaster's Surface Master Cleaner: Surface Master Cleaner is great for cleaning residue or burned food from your cookware. Sprinkle Surface Master Cleaner on the inside of your cookware and rub in a circular motion (grain is circular) with a wet paper towel (use a heavy-duty scrub sponge for tough, baked-on food). When the powder becomes a paste you may use it on the outside of the cookware at this point, but remember, the outside is polished and this is an abrasive cleaner. I use oven cleaner on the outside for unusual stains; don't forget to remove the knobs, handles, and legs (any black material) otherwise they'll get ruined.
 - Electric Oil Core (EOC) Skillet or Multi-Purpose 5-Quart (MP5) - 450 is high, 350 is medium, 175 is low.
 - 3-Qt with Inset - When using inset, always start by placing $\frac{3}{4}$ inch to 1 $\frac{1}{2}$ inches of water in the bottom of the 3-Qt regardless of what you're cooking; but don't let the water touch the inset.
 - On new handles the button may seem stiff. Using a non-stick spray, spray it inside the opening and around the button. Now exercise the button several times and wipe off excess. This will ease the stiffness and will continue to loosen up with increased use.
- Cookie Sheets: Do not spray. This bakes oil onto sheet. Cookies contain enough butter to lift off easily!

Cooking Show Recipes

Fried Chicken

Preheat Electric Oil Core Skillet to 450° for 5 minutes. Skin 8-10 chicken thighs and trim any excess fat. Make small snip along bone on each side to allow complete cooking next to bone. After the EOC is preheated, place chicken bone side up directly on skillet. Cook for 15-17 minutes on each side with lid offset generously to allow for air to circulate. If you do not offset the lid, the chicken will not crisp properly. When you turn chicken over, turn temp down to 375 and narrow gap of opening to retain juiciness. If you find that the chicken sticks to the skillet after 16 minutes, you may need to set it cook another 2 minutes before flipping. NEVER rinse chicken to fry! This removes protective membrane and will ruin the fried affect. The chicken is cooked hot enough not to worry about bacteria, and rinsing it spreads it all over your sink. Boneless chicken takes much less time.

Potatoes

Shred 2-3 russet potatoes on the number 2 cone with your Saladmaster Machine into the 3 quart inset. Rinse the potatoes under the faucet until the water runs clear. This will eliminate much of the starch. Shred 4 cloves of garlic into the potatoes with the number 1 cone with your Saladmaster Machine. Put 1-inch of water in the bottom of the 3 Quart. Place inset on top of the 3 Quart. Cover inset with lid. MEDIUM-CLICK-LOW. After turning to low, cook approximately 15-20 minutes. Season with organic butter, creole or whatever you love!

Vegetables

Shred Cabbage on #3 Cone into 11" Skillet. Shred Carrots on #5 cone, add frozen sweet Corn and sweet Peas. MEDIUM-CLICK-LOW. After turning to low, cook approximately 15-20 minutes. If your vegetables burn, start with a lower heat next time.

Salad Cake

In a mixing bowl add: ½ cake mix, 2 eggs. Then add ½ potato, 1 carrot, 1 stalk of celery shredded on the #1 cone with your Saladmaster Machine. Then add approx. ¼ small head of white cabbage on the #1 cone using your Saladmaster Machine. Mix until all is moist. Spray non-stick cooking spray in your small skillet until coated well. Pour mix into skillet and turn stove to medium-low. You will not hear the vapo-valve click. It should take approximately 15-17 minutes for it to bake completely. You may open the lid to check the progress since we are not cooking in a vacuum. It is done once the top is no longer sticky. If you can touch it and the top is springy and firm, the cake is done. Gently work it loose from the pan and turn it over onto a plate. If you burn it, don't fret. Simply cut off the bottom. You will not have a burned taste in the rest of the cake. Place a Hershey bar on top of the cake and allow it to melt. Spread it around for icing. Enjoy! NOTE: Careful to not go overboard with amount of veggies unless you want a molten gooey lava cake effect!

Cole Slaw Salad

½ Head Green Cabbage shredded on #3 Cone
¼ Head Purple Cabbage shredded on #3 Cone
1 large or 2 small Granny Smith Apples shredded on #1 Cone
1 Zucchini #3 Cone
4 Radishes #1 Cone
Lemon Zest with #1 Cone then squeeze over apples
Juice of 1 large lemon or 2 small Lemons
Toss and serve

Frozen-To-Finish:

- 1) To get your vegetables looking vibrant on the Frozen-To-Finish meals, place the vegetables in last.
- 2) The fastest way to do Frozen-To-Finish meals is Chicken Tenders, then your sauce, then vegetables.
- 3) If you want a more even distribution of Chicken and have about 10 extra minutes to make your Frozen-To-Finish meal, you can cook the Chicken Tenders until the vapo-valve clicks. Then lift each piece and cut it (I use a scissor) into smaller bite-size pieces. (Optional: Drain any excess liquid.) Now add your sauce and then the vegetables.

Degreasing Hamburger Meat:

- 1) Place hamburger meat in 3-Quart Inset (thawed or frozen) and place the Inset on top of (inside) the 3-Quart (place about one inch of water in the 3 Quart) and set to MEDIUM heat.
- 2) When the Vapo-Valve clicks steadily, remove the lid and break up (crumble) the meat. Put the lid back on. [MEDIUM heat is still set on the stove]
- 3) When the Vapo-Valve clicks steadily, set the heat so the clicking just stops. In 15-20 minutes the semi-vacuum sucks the grease into the water of the 3-Quart, leaving you with cooked, browned, degreased meat!).

AUTOMATIC RICE SETTINGS USING THE MP5 INSET (MPI)

<u>RICE COOKING GUIDE</u>			
<u>Water in Oil Core</u>	<u>Rice in Inset</u>	<u>Water in Inset</u>	<u>Setting</u>
1 cup	1 cup	1 ½ cups	RIC1
1 ½ cups	2 cups	2 ½ cups	RIC2
2 cups	3 cups	4 cups	RIC2
2 ½ cups	4 cups	5 cups	RIC2

<u>VEGETABLE HEATING GUIDE</u>		
<u>Water in Oil Core</u>	<u>Vegetables in Inset</u>	<u>Setting</u>
1 cup	1 pound, thin cuts	RIC1
1 ½ cups	1 pound, thick cuts	RIC2

RIC1: 1-2 C White Rice: Press “Temp” button, and press down arrow once (will read RIC1)

RIC2: Over 2 C White Rice: Press “Temp” button, and press down arrow twice (will read RIC2)

Brown Rice: Press “Temp” button, and press down arrow twice; after rice cooking countdown finishes, turn off and repeat the process for a 2nd round of cooking, which will be shorter than the first round.

Type **Breakdown** **Oil** **Temperature**

Almond	495
Canola	425
Grapeseed	425
Walnut	400
Peanut	390
Coconut	365
Sesame	350
Ex. Virgin Olive	325
Virgin Coconut	280

OTHER RECIPES

Apple Rum Turkey [see Stove Roasted Turkey and Turkey]

Turkey (up to 22 lbs)

Olive oil

Kitchen Bouquet

1-2 carrots

1-3 celery stalks

1-2 onions

1 granny smith apple

Rosemary

Sage

Thyme

Poultry rub

Inject your turkey with Garlic Butter, (I have an injector if you need one).

Apple Baste: 2 Granny Smith Apples (#1 Cone), 2 tsp cinnamon, 1 tsp nutmeg, 2 cups brown sugar, 1/4 cup melted butter, 2 cups of Apple juice, 1 Tablespoon of Rum. Then rub the baste all over the Turkey and under skin of Turkey where hole punctures are, as if you are completely molesting the turkey.

Remove neck and bags inside turkey; rinse and pat dry. Place inside turkey cavity an apple cored and sliced into quarters; 1 celery stalk cut into 3-4 pieces (include leaves); 1 onion quartered; rosemary, sage, and thyme sprigs or in seasoning form. Cut carrots, 2 celery stalks and an onion on #3 Cone into 16-Quart Roaster for roasting bed. Place turkey (breast side up) on vegetable bed and rub olive oil, followed by a rub of Kitchen Bouquet (for browning) on turkey. Sprinkle with lightly generous coat of poultry rub. Set on medium heat; once vapo valve clicks steadily, turn to lower setting. Allow 20-25 minutes per pound. Do not open or baste. Upon completion, remove turkey and let sit about 20 minutes before carving. You may thicken the savory juices left behind with whole wheat or soy flour and a bit of cream or milk for a delicious gravy. You may want to pour juice into another container to check for skimming off any possible fat; but usually there is minimal present. You may salt to taste; but the flavor tends to be great without!

NOTE: Poultry must be cooked to 180° - 185°. The LOW setting must allow the Vapo-Valve to click periodically otherwise it may not reach this temperature.

Asian Slaw

¾ Head Cabbage shredded on #3 Cone

1 Medium Carrot shredded on #2 Cone

1 Red Onion sliced on #4 Cone

6 Radishes Sliced on #4 Cone

½ Cup Toasted Sesame Seeds

4 oz Sliced Almonds

Dressing:

- 4 Tbs Olive Oil
- 2 Tbs Sesame Oil
- 1/3 C Red Wine Vinegar
- 2 Tbs Soy Sauce or Brags Liquid Aminos
- 4 Tbs Honey or Organic Brown Sugar (Or Stevia for sugar free)
- 3/4 tsp Black Pepper

Mix Dressing in small bowl and set aside. Cut vegetables. When ready to serve, toss dressing and add almonds.

Baked Salmon

- 1 Salmon Fillet
- 1 White Onion sliced on #5 Cone
- Orange Zest on #1 Cone
- Dill
- 1 Orange Sliced
- 2 Roma Tomatoes Sliced
- 1 Bag of Frozen Veggies (California Blend)

Place sliced onions on bottom of pan. Lay salmon on top of onions with skin side down. Place orange zest on top of salmon. Sprinkle dill on top to season. If desired, you may add any other seasoning at this time. Place orange slices on top of salmon. Layer with tomato slices. Pour frozen veggies on top. MEDIUM- CLICK-LOW. After turning to low, cook approximately 15-20 minutes.

Baked Ziti Marinara

- 2 Bags Baby Spinach (Washed - Apx. 10 oz)
- 2 Large Jars of Marinara Sauce (Apx. 55 oz)
- 2 small Zucchini (Cut on #2 Cone)
- Ziti Noodles (16 oz of Mini Penne)
- Ricotta Cheese (16 oz)
- Mozzarella (8 oz cut on #2 Cone)

Mix one Jar of Marinara Sauce with the cut Zucchini, Uncooked Ziti Noodles, Spinach, and Ricotta Cheese in a large bowl. Spread 1/2 Jar of Marinara Sauce evenly in the bottom of a cold Electric Oil Core (EOC) Skillet. Place large bowl mixture into the EOC. Spread the remaining 1/2 Jar of Marinara Sauce over the top. Cut the Mozzarella right on top. Turn EOC Skillet to 350 and then when vapo-valve clicks, turn to 175. Wait at least 35 minutes after going to 175. After 35 minutes, remove lid and let set for 10 minutes @ 175 to firm up. [When you first remove the lid it may look a little soupy, which is why we let it firm up]

Blueberry Pecan French Toast Casserole

½ Loaf of 100% Whole Wheat Orowheat Bread, cubed

3 Eggs or ¾ Cup Egg Substitute

½ Cup Sugar or ¼ Cup Xylitol

1/8 Tsp Nutmeg

1/8 Tsp Cinnamon

1½ Cups Vanilla Almond Milk

1 Cup fresh or frozen Blueberries, divided

½ Cup chopped Pecans

2 Tbs Butter

1/3 Cup Brown Sugar

Olive Oil Spray

(Optional) Syrup, Blueberry or Maple

NOTE: My preference is not to use the Optional method; it makes it too sweet! Also, to double the recipe, use 11" Large Skillet and simply double all measurements.

Lightly coat 8.6" Small Skillet with Olive Oil Spray. Place Bread cubes in skillet. In medium bowl, whisk together Eggs Substitute, Sugar, Nutmeg, and Cinnamon; stir in Vanilla Almond Milk. Slowly pour over Bread cubes to saturate; cover and refrigerate 2 hours or overnight.

Attach handles to Small Skillet; over medium-low heat, combine Butter and Brown Sugar. Cook and stir until bubbly. Sprinkle ½ cup Blueberries over Bread mixture; lightly toss to mix. Sprinkle remaining ½ cup of Blueberries on top; then chop Pecans (#2 Cone) and sprinkle on top. Drizzle over Pecans and Blueberries. Bake on stovetop for 20-25 minutes on Medium-Low heat (or in a preheated oven 45 to 55 minutes) until puffed and browned. Serve hot with Blueberry or Maple Syrup, if desired.

Bread Pudding

3 Cups Whole Milk

4 Tbs Butter

4 Eggs (separated)

½ Tsp Stevia powder

½ Tsp Vanilla

Pinch of Salt

¼ Tsp Cinnamon

¼ Cup Raisins

2 Cups of Bread torn or cut in 1-2" chunks (can be egg bread, or Cinnamon rolls,
or Italian Bread, or your favorite!)

Nutmeg (to sprinkle on top)

Mix Milk & Butter in an 8.6" Saucepan and bring to simmer of Medium-High heat. Remove saucepan from heat (after butter is melted and mixture reaches a simmer) and add Bread, Stevia, Vanilla, Salt, Cinnamon, and Raisins. Allow to set for 20 minutes, then beat well with a whisk until smooth. Add Egg Yolks and beat into mixture. Sprinkle with nutmeg.

Broccoli and Cauliflower Salad

Broccoli (shredded on #3 Cone)
Cauliflower (shredded on #3 Cone)
Poppyseed Dressing

Simply cut your vegetables using the #3 Cone and add the dressing. Don't overdo the dressing.

Butternut Squash

2 Butternut Squash
Sea Salt
Pepper
2 Tbs Butter
¼ Tsp Cinnamon

Cut Butternut Squash in half (so there's a bottom and top) then cut each of those in quarters (Use #2 Cone). MEDIUM-CLICK-LOW. Cook on LOW for about 15 minutes. Add ingredients and stir.

Cabbage Mixed Greens Salad

½ head Green Cabbage on #3 Cone
1 Sliced Red Onion on #2 Cone
1 Sliced Cucumber on #2 Cone
4 Roma Tomatoes Cubed

Add Italian Tomato Salad dressing.

Cabbage Patch Soup [Serves 4]

½ medium Onion chopped
1 large Carrot chopped
2 sticks of Celery diced
1½ Lbs Ground Beef **or** chopped chicken breast
1 - 15 oz can Kidney Beans drained
1 - 8 oz can spicy Tomato Sauce
2 cloves Garlic crushed and chopped
4 Tbs Chili Powder
1 Tsp Cayenne Pepper
½ Tsp White Pepper
½ Tsp Black pepper
¼ Tsp Salt
½ large **or** ¾ small head of Cabbage cut into 1" pieces
6 cups Chicken **or** Beef Stock

Put a Tbs olive oil in 7Qt pot and add vegetables and saute them for 3-5 minutes on medium heat. Add meat, keep cooking and stir to keep from scorching. Start adding spices and stir in. Add tomato sauce and kidney beans then the stock. Add the cabbage and the pot should be almost full. Keep on medium heat and put the lid on. When the vapo-valve starts clicking turn to low and simmer for 1 hour 12 minutes. This will make a hearty cold day meal. Serve with a salad and crusty whole grain bread.

Chicken Broccoli & Cheese (Frozen-To-Finish) [Serves 4]

Frozen Chicken Tenderloins
1 bag Frozen Broccoli
4 oz Cheddar Cheese shredded on #2 cone
Fried Onions (optional)

Add above ingredients in order listed into large skillet (11" pan). MEDIUM-CLICK-LOW. After turning to low, cook for approximately 30 minutes. Before serving you may add fried onions.

Chicken, Carrot, and Cucumber Salad [Serves 4]

8 Frozen Chicken Tenderloins (2 per person)
1¼ Cups chopped seeded cucumber (#3 Cone)
½ Cups shredded carrots (#2 Cone)
½ Cups shredded radishes (#2 Cone)
1/3 Cup chopped Green Onions
¼ Cup light Mayonnaise
2 Tbs Chopped fresh Cilantro
1 Tsp Minced Garlic (#1 Cone)
¼ Tsp Salt
¼ Tsp ground Cumin
1/8 Tsp Black Pepper

Cook Chicken and cut into smaller bite-size pieces. Add first Chicken, Cucumber, Carrots, Radishes and Green Onions in bowl and mix. In a second bowl, mix Mayonnaise, Cilantro, Garlic, Salt, Cumin and Pepper; whisk together to mix well. Combine both mixtures together and serve.

Chicken Divan (Frozen-To-Finish)

Frozen Chicken Tenderloins (enough to cover bottom of Skillet; NEVER stack)
1 large jar of Cream of Mushroom Soup
1 bag frozen Broccoli
4 oz of shredded Cheddar Cheese (#2 cone)
Fried Onions (optional)

Add above ingredients in order listed in Electric Oil Core. MEDIUM-CLICK-LOW. After turning to low, cook approximately 30 minutes. Before serving add fried Onions.

Chicken Enchiladas (Frozen-To-Finish)

1 large Onion (#2 Cone)
6 oz sliced Mushrooms (#4 Cone)
1 Bell Pepper (#3 Cone)
10-12 Frozen Chicken Tenders
12 oz Can or Jar of Enchilada Sauce
1 - 6 oz Can of sliced Black Olives
8 oz shredded Cheddar Cheese (#2 Cone)
(Optional) Add some sliced Jalapeno Peppers to kick it up
Multi-Grain Tortillas

Place Chicken Tenders in EOC or 11" Skillet. Then place Onions, Mushrooms and Peppers on top of Chicken. Pour Sauce over the top; add Olives and Cheese. Set to MEDIUM (350°). After steady clicking, turn to LOW for 25 minutes. Some water will be at the bottom from the Chicken and vegetables; use a large slotted spoon to scoop everything out together. Serve with multi-grain Tortillas and your favorite Cabbage Salad. (If not placing into Tortilla, you can make small squares out of the tortillas (1 or 2) and place on top when cooking.)

Chicken Parmesan

4 Chicken Breasts; pounded thin
Italian Breadcrumbs
Parmesan Cheese (#1 Cone)
Eggs
Water
Spaghetti Sauce
1 package of Mozzarella Cheese

Pour ½ a jar of Spaghetti Sauce into the bottom of a cold Electric Oil Core skillet. Beat 1 or 2 Eggs with 1-2 Tbs of Water and dredge (sprinkle or coat) Chicken, and roll in breadcrumbs mixed with Parmesan Cheese. Place battered Chicken into EOC and add remaining Sauce. Cover skillet and cook MEDIUM-CLICK-LOW for 20 minutes (after clicking, 20 minutes on LOW). Add Mozzarella Cheese (#2 cone) and cook on LOW for an additional 5 minutes with lid on.

Chicken Piccata

4 Skinless, boneless Chicken breasts pounded halves
2 Tbs Butter
1 Tbs Olive Oil
¼ Cup Red Wine Vinegar
¼ Cup Lemon Juice
2 Tbs Capers
2 Tsp Minced Garlic
¼ Tsp Salt
¼ Tsp fresh ground Black Pepper
4 cups cooked Spaghetti (approximately 8 ounces uncooked)
Frozen Broccoli
Chopped fresh flat-leave Parsley

In small skillet add Butter, Oil, Vinegar, Lemon Juice, Capers, Minced Garlic, Salt, and Pepper. Set to MEDIUM. Cook Chicken in pan with above ingredients about 3 minutes on each side depending on how thin/thick you made your Chicken. Serve over cooked Spaghetti using the Parsley as garnish.

Chicken Scarpella (Frozen-To-Finish)

¼ cup Peperoncini Peppers cut into pieces
2 Red and/or Green Bell Peppers cut into strips
1 medium Onion (cut on #4 Cone)
1 - 8 oz can spicy stewed diced Tomatoes
3 cloves Garlic (cut on #1 Cone)
½ Tsp Sweet Basil
½ Tsp Oregano
¼ Tsp Black Pepper
¼ Tsp Salt
8-10 Frozen Chicken Tenders
1 lb hot Italian Sausage cut in chunks
1 - 8oz container Button Mushrooms (cut on #4 cone)
1 can Artichoke Hearts cut into halves
1 small can of Black Olives (sliced)

Place the Chicken and Sausage on the bottom of a large pot (or other comparable piece). Combine all seasoning with the stewed Tomatoes, Peppers, and Onions in a bowl and mix. Place contents of bowl on top of Chicken and Sausage. Add Mushrooms, Olives and Artichokes. Place lid on the pot and MEDIUM-CLICK-LOW for 25 minutes (on LOW). Serve over cooked whole wheat Pasta or Barley.

Cranberry Apple Crisp

1 bag of fresh Cranberries (rinsed)
2 Tbs Whole Wheat Flour (Options: Coconut Flour **or** Almond Flour)
5-6 Granny Smith Apples (#3 cone)
½ - ¾ Tsp Cinnamon
¼ Tsp Nutmeg
4-6 Tbs Xylitol (may substitute 2-3 Tbs Brown Sugar)

Topping:

1 C Walnuts (chopped)
1 Cup Oatmeal
¼ C Wheatgerm (Option: Ground Flax Seed)
¼ C Whole Wheat Flour (Options: Coconut Flour **or** Almond Flour)
6 oz. Vanilla Yogurt
3-4 Tbs Xylitol (may substitute 1.5 – 2 Tbs Brown Sugar)

Mix spices and xylitol with cranberries & apples and place in 11" skillet. In separate bowl, mix topping ingredients and cover fruit as a topping. Medium heat, click, low for 15-20 minutes. To brown topping, place in preheated oven for 5 minutes or so at 350°. Enjoy alone or with vanilla ice cream! Note: You may wish to substitute butter for yogurt if you don't mind the extra calories! Xylitol is a natural sweetener with cavity fighting qualities!

Cranberry Apple Walnut Cobbler

2 Tbs Whole Wheat Flour
2 Tbs Brown Sugar
1 Tsp Cinnamon
3 Cups tart Apples (#4 Cone)
1 Cup fresh Cranberries

Topping:

1 Cup Oatmeal (Old Fashioned)
¼ Cup Whole Wheat Flour
2 Tbs Brown Sugar
1 Pinch of Salt
¼ Cup Yogurt
¾ Cup Chopped Walnuts
1 Tsp Cinnamon

Mix together the first three ingredients then add the Apples to it. Mix well and place in 11” Large Skillet. Place the Cranberries on top of the Apples. Mix all of the Topping ingredients together and spread it over the Cranberries. Use MED-LOW heat with the lid on for 15 minutes. Remove the lid and topping will dry and be crisp after it cools. [To crisp the topping faster: Place in oven at 400° for 30-60 seconds].

Coconut Curry Chicken & Sweet Potatoes

Chicken Tenders
½ Red Onion (#3 Cone)
Sweet Potatoes (#5 Cone)
½ Tsp Red Pepper Flakes
½ Tsp Sea Salt
2½ Tsp Curry
2 Cans Coconut Milk
Green Onion & Cilantro (garnish)
Basmati Rice

Cut Onion into bottom of EOC; place Chicken Tenders on top of Onions. Cut Sweet Potatoes into EOC to almost full. In a bowl, mix Red Pepper Flakes, Sea Salt, Curry, and Coconut Milk. Pour mixture over Sweet Potatoes. Medium-click-Low for 30 minutes. Serve with Rice and garnish with Green Onion & Cilantro.

Cucumber, Mango, Spinach Salad [Serves 10-12]

8 oz or Bunch of Fresh Spinach
1 Mango, peeled and cut into bite-size pieces
1 large Cucumber, peeled and sliced
6 Green Onions, thinly sliced
½ Cup Fresh Basil, thinly sliced
3 Tbs Lime Juice
¼ Cup Seasoned Rice Vinegar
¼ Tsp Freshly Ground Black Pepper (or to taste)

Wash and drain spinach, tear into bite-size pieces, if necessary, and put into a large serving bowl. Toss Mango, Cucumber, Green Onions, and Basil in a medium bowl. Add Lime Juice and Vinegar and stir to mix. Arrange Mango mixture on Spinach and sprinkle with Black Pepper. To enjoy the fresh flavors in this salad, eat immediately after tossing.

Eggs

Preheat your skillet on just below **medium** heat **by itself** (DO NOT USE butter, oil, or Non-Stick Spray DURING PREHEATING). After 2 minutes, spray heated skillet with cooking spray, olive oil, or butter. Place your egg into the hot sprayed skillet and let it set one minute before going on. **Note:** For scrambled eggs, beat the eggs in a separate bowl before pouring mix into preheated sprayed skillet and let them set for a minute before you start to scramble. **Note:** For Pancakes, French Toast, or Grilled Sandwiches: Follow preheating procedure for eggs. We use the end of a butter stick in the area where the food touches the pan prior to each round.

Eight-Minute Steak

Steak

Bragg Liquid Aminos

Place 12" Gourmet Skillet on Medium High heat with a napkin or paper towel in it. Once the napkin or paper towel starts to turn brown, remove it from the skillet and you're ready to start. Coat your steak (both sides) with the Liquid Aminos and place your steak in the skillet and cover with the 12" Gourmet Skillet Cover. After 3 minutes, flip the steak and cover it. After 3 more minutes, remove the steak for 1 minute to cut into squares (about 1" to 1¼"). During this time the skillet is on the stove heating. Remove the lid and place the steak back into the skillet and cover. Hold the cover in place, lift the skillet and shake for 1 minute. Enjoy!

Fruit Salad

Apples (#5 Cone)

Cantaloupe in 1/8s (#3 Cone)

Honey Dew Melon in 1/8s (#3 Cone)

Grapes

Strawberries (#4 Cone)

Walnuts (#2 Cone)

Optional: Slightly Green (very cold/frozen) Bananas (#4 Cone)

Sweetened Condensed Milk or Vanilla Yogurt or anything similar

NOTE: My preference is not to use the Optional method; it makes it too sweet!

Cut as noted, but score the Honey Dew Melon and Cantaloupe once across the middle (width) 2 or 3 times.

Greek Cole Slaw

Shredded Green and Red (Purple) Cabbage

Radish

Onion (White or Red)

Green Bell Pepper Sliced

Cucumber Slices

Kalmata Olives

Dressing

Creamy Caesar Salad Dressing

Balsamic Vinegar

Proportion: ½ and ½

Greek Salad

1 head Romaine Lettuce (Chopped)
1 Sliced Red Onion (#4 Cone)
1 Sliced Cucumber (#4 Cone)
4 Roma Tomatoes; cubed or Grape Tomatoes
8 oz crumbled Feta Cheese
Kalmata Olive halves (optional)
Green/Red/Yellow Bell Peppers (#4 Cone)
Balsamic Vinaigrette

Dressing: 1 part Red Wine Vinegar and 1 part Olive Oil with a sprinkling of Greek Seasoning.

Ham

9-pound Ham (Precooked or uncooked)
½ Cup Brown Sugar
½ Cup Honey
Fresh Pineapple Slices
¼ Cup Pineapple Juice
1 Tsp Whole Cloves (a good handful)

Mix Brown Sugar, Honey, Pineapple Juice. Coat all over Ham and between spiral cuts. Top and surround with Whole Cloves and fresh Pineapple Slices. Place in EOC bottom with closed end facing upward. Cover with 5-Quart Wok bottom. MEDIUM – CLICK – LOW. If uncooked, cook for 4 ½ hours after you turn to LOW (25-30 minutes per pound). If precooked, gently warm on MEDIUM-LOW (approximately 200° on EOC) for 15 minutes per pound. Lower temperature if vapo-valve clicks.

Harvest Stuffing

1 Cup Shredded Carrot (#2 cone)
1 Cup chopped Celery (#2 cone)
½ Cup Chopped Onion (#2 cone)
½ Cup chopped Green Pepper (#2 cone)
½ C Butter or Olive Oil (optional)
1 tsp Sage or Poultry Seasoning
½ tsp Cinnamon
1 Tsp Sea Salt
1 Tsp Thyme
1 Tsp Rosemary
1/3 Cup Parsley
8 C dry Whole Grain Bread [about 1 loaf]
2 Cups finely chopped Apple (#1 cone) [about 2 large apples]
½ Cup chopped Walnuts (#1 cone)
¼ Cup Wheat Germ (Option: Ground Flax Seed)
½ - ¾ Cup Broth (preferred moisture)

Cut vegetables into unheated pan and stir in seasoning and place on medium heat...click steady...low (or you may melt butter first in pan before cutting vegetables into pan, or even substitute olive oil before adding vegetables). While vegetables are going, cut whole grain bread slices into large bowl on #3 cone; add apple and nuts on the #1 cone, followed by wheat germ. Blend and drizzle broth until pleasantly moist. Combine with vegetables and cook in same pan on medium low heat for 20-30 minutes.

Hash Brown Egg Casserole

4 Tbs Butter

1 Onion (#2 Cone)

1 Red **or** Green Pepper (#3 Cone)

4 medium Red Potatoes washed w/peel on (#2 Cone)

8-10 Eggs

½ Cup Heavy Cream or Coconut Milk

½ Tsp Salt

¼ Tsp Pepper

Optional: 4 oz Green Chiles

2 Cups Monterey Jack Cheese (#2 Cone)

Melt Butter in 11” Large Skillet on Medium-Low heat and cut onions and peppers on #2 Cone on top of the melted Butter. Cut Red Potatoes into skillet using #2 Cone and cook covered on Medium heat. Turn down when clicking starts. Beat Eggs and Cream with seasonings. Pour over Potatoes. Sprinkle with Cheese. Bake covered for 20-30 minutes on Medium-Low heat. Let set 5-10 minutes to firm.

Italian Cabbage Salad

½ Cabbage (cut on #3 Cone)

Romaine Lettuce - Sliced

Red Onion

Carrots

Cucumbers

Cherry Tomatoes

Mix together and use Italian Salad Dressing.

Italian Chicken (Frozen-to-Finish)

Frozen Chicken Tenderloins

Frozen Italian Vegetables

1 jar Marinara Sauce

Place ingredients in EOC in order. Cover with lid. MEDIUM-CLICK-LOW for 30 minutes (on LOW).

Lasagna

2 bags Baby Spinach Washed

2 large Jars of Marinara Sauce combined w/Spinach in bowl (Hold back part of 2nd jar for top layer)

1-2 Zucchini (cut on #2 cone)

Mix all the above ingredients in a bowl. Take a cold Electric Oil Core Skillet and place a thin layer in bottom of skillet of Spinach and Sauce.

Lasagna Noodles (not pre-cooked)

Ricotta Cheese (with 2 eggs optional)

Mozzarella Cheese

Spread thin coating of sauce covered veggies on bottom of skillet. Cover top of Noodles with Ricotta Cheese blend. Break one noodle in half for outer circle space. Add another layer of Spinach and Sauce. Add another layer of Noodles in the opposite direction as before. Continue this process until skillet is almost full, then finish top with Spinach and save a bit of Sauce in 1 of the jars to add to the top. Cover with 1 block of Mozzarella. You may combine preferred cheeses, including parmesan, to your own taste. Turn Electric Skillet to 350 and then when it clicks, turn to 180. Set timer for 35 minutes after going to 180. After 30 minutes, remove lid and let set for 10 minutes @ 180° to firm up, and be less soupy.

Lemon Garlic Chicken (Frozen-To-Finish)

Frozen Chicken Tenders

Garlic

Lemon Pepper Seasoning

Lemon Slices

Vegetable of Choice (fresh or frozen) – Whole Green Beans are nice

Place Chicken in pot with sprinkle of fresh grated (or about 20 whole) Garlic and Lemon Pepper seasoning. Place several Lemon slices over the Chicken. Cover with vegetable and lid. MEDIUM-CLICK-LOW for 30 minutes, then turn to LOW.

Lemon Rice w/ Herbs [Serves 6]

1½ cups Basmati Rice

3 cups Chicken Stock

2 Tbs Lemon Juice

2 Tbs Oil

Minced Garlic - 12 Cloves Garlic equivalent

Salt and Pepper

¼ cup Fresh Cilantro

¼ cup Fresh Parsley

2 Tbs Mint

1 Tbs grated Lemon Zest

1 Tbs Marjoram

Saute minced Garlic to soften in oil. In MP5 add Chicken Stock, Lemon Juice and Garlic. Add Rice and cover. Turn to Medium until it clicks, than turn to Low for 20 minutes. Remove from heat and stir in herbs, Lemon zest, Salt and Pepper. You may also cook the Rice in the MP5 using the setting for Rice 2.

Mary Anne's Salad

Spring Mix

1 Sliced English Cucumber (#4 Cone)

1 Sliced Red Onion (#4 Cone)

1 Slice Carrot (#1 Cone)

1 Red Bell Pepper (very chilled,#2 Cone)

Craisins

Grape Tomatoes

Marzetti White Balsamic Vinaigrette

Dump Spring Mix into large bowl and Saladmaster the next 4 ingredients into the same bowl. Add remaining ingredient. Toss.

Meat Loaf [Serves 8]

Utensils: Large skillet, Saladmaster Machine

2 oz reduced-fat or fat-free Cheddar Cheese

1 small Onion

1 medium Potato

1 – 8 oz can Tomato Sauce, divided

2 lbs lean Ground Beef or Ground Turkey

2 Eggs or ½ cup Egg substitute, slightly beaten

1 Tsp Salt

Process Cheese and Potato using #1 cone; Onion using the #2 cone. Measure 1/3 cup Tomato Sauce; set aside. In a large bowl mix Onion and Potatoes with remaining Tomato Sauce, Eggs and Salt. Mix well; shape into loaf, place in with reserved Tomato Sauce. Cover; cook over Medium heat until Vapo-Valve clicks. Reduce heat to low and cook 30-35 minutes. Sprinkle Cheese over meat loaf and cook 3-4 minutes until Cheese melts.

Mexican Casserole (Frozen-To-Finish) [Serves 4-6]

Chicken Tenders

40 oz Salsa

2-3 cans of Black Beans (drained)

Chopped Green Chilles (4-6 oz)

Frozen Corn

1 lb Cheese (#1 Cone)

1 small Onion (#3 Cone)

1 bag of Corn Chips (optional)

2-3 cups of Rice

2-3 10" Tortillas

Place 2-3 cups of Rice and 4-6 cups of water in MP5 (HINT: About a Tbls of Butter per cup of Rice helps the Rice not to stick to the cookware and itself) and set it to the appropriate automatic setting. [see page 2 for Rice settings] Place enough Chicken Tenders in the EOC (11" Skillet will yield less) to cover the bottom of cookware with Chicken without stacking the Chicken; cover. Set to MEDIUM (350). When the Vapo-Valve clicks steadily, remove lid and pour Salsa over Chicken; then place Black Beans, Green Chilles and Corn over the Salsa. Top with Tortillas cut into ½" squares; cover. When EOC CLICKS, turn to LOW (175). Cook for 20-25 minutes. Serve Rice with Corn Chips on top and place Casserole over that. Top with shredded Cheese and Onion.

Mushroom Barley Pilaf

8 oz sliced Mushrooms (Baby Bell is preferred but any will be fine).

1 medium Onion; chopped

8 cups Chicken Stock

3 cups Barley

½ cup Wild Rice

Place everything in the MP5 and set to Rice 1. Serve with your favorite main dish.

Pancit

Chicken (frozen tenders or thawed bite-size pieces)
Diced Garlic
½ White Onion (#2 Cone)
3 Carrots (#2 Cone)
¼ Green Cabbage (#3 Cone)
Rice Sticks (Noodles)
Frozen Stir Fry (Optional)
8-12 oz Chicken Broth
½ Cup Bragg's Liquid Aminos or Soy Sauce
Fish Sauce (apx. 3 Tbs)

Place Chicken into Wok. Break Rice Noodles in half and soak in water for 2-5 minutes. Turn Wok on MEDIUM heat and wait for vapo-valve to click (if you used frozen tenders, now is the time to cut them into bite-size pieces, if desired). Add diced garlic and the ½ White Onion. Cut and add Carrots and ¼ head of Green Cabbage and any other veggie. Add Rice Sticks. Pour 8-12 oz of Chicken Broth over contents of Wok. Add Bragg's (or Soy Sauce) and Fish Sauce as desired. Cover the Wok. When it clicks turn it to LOW heat for 15 minutes and serve.

Peach Cobbler

2 Large Can of Peaches (sliced, 38 oz. total) [Note: You may want to cut into bite size pieces.]
1 Tsp Vanilla
1 Butter Brickle or Butter Pecan Cake Mix
1 Stick of Butter
Pecans (Chopped)

Preheat oven to 350°. Spray olive oil to coat 11" Skillet or EOC. Drain off Peach juice and mix with 1 tsp vanilla. Place juice and Peaches in the pan. Pour Cake Mix on top of peaches. Melt Butter in Skillet. Sprinkle Chopped Pecans on dry cake mix. Drizzle melted Butter over Cake Mix and pecans. Bake until light brown for 20 minutes or so. Serve with ice cream (optional).

Peanut Butter Honey Stir Fry

1½ Tbs Olive Oil
3 Tsp Sesame Seed Oil
6 Garlic Cloves (#1 Cone)
1" Ginger (#1 Cone)
¼ Head Cabbage (#3 Cone)
1 long Eggplant or Yellow Squash (#3 Cone)
1 Lg Zucchini (#3 Cone)
2 Carrots (#2 Cone)
Fresh Broccoli (4 fist size pieces)
16 oz frozen mixed Veggies

Sauce Marinade:

3 Tbs Rice Vinegar
½ C Peanut Butter
½ C Honey
½ Tsp Red Pepper Flakes
3 Tbs Sesame Seeds (toasted)
1/3 C Soy Sauce

Place oils, cloves, and ginger in 5 qt. wok, and cut veggies on top, and add frozen veggies if desired. Pour marinade over top and Place on Medium-click-Low. Done in 8-10 minutes. Stir to coat evenly.

Pesto Fish with Baby Leaf Spinach

Fish (frozen or fresh)
Fresh baby spinach leaves
Small jar of pesto
1 – 2 fresh lemons (sliced)
1 bag of frozen vegetable medley

Layer the bottom of the skillet with fresh baby leaf spinach and top with fish. If using fish with skin on, place skin side down. Spread basil pesto on top of fish and top with fresh lemon slices. Top with a bag of frozen vegetable medley (or fresh). Place lid on and set skillet to medium heat (350 if using electric skillet). When clicking steadily, turn down. Ready in 20 minutes if fish is thawed, 30 if frozen!

Pizza

1 whole Grain Pita
1 jar organic Marinara Sauce
Mozzarella Cheese (grated on #2 cone)
Optional: Grilled Chicken and Sliced Onions

Preheat skillet to medium heat. Add small amount of olive oil to skillet. Place pita in skillet and top with Marinara Sauce and Cheese. MEDIUM-CLICK-LOW for 10 minutes (on LOW). Feel free to experiment with any of your favorite toppings.

Popcorn

½ Cup of Popcorn (unpopped)
3 Tbs Olive Oil
3 Tbs Butter or olive oil
Sea Salt

Preheat empty clean 5-Qt. Wok or any other piece of Saladmaster® cookware (not an oil core) for about 3 minutes on medium heat. Add oil (enough to surround kernels). Let heat for about 1 minute, and then pour in the popcorn. Cover with lid and listen for the popping sound to die down (Do not get confused by the vapo valve sound as popping corn!). Crack the lid when the popping slows down so the popcorn won't get soggy. If using butter, you may melt it during the popping process. When popping is complete, drizzle olive oil or melted butter and dash sea salt to taste. Amazing flavor! Since the piece doesn't have an oil core and it cools down quickly, you don't need to refer to the "IMPORTANT" note for cleaning the oil core units.

Alternate Method: Preheat MP5 to 450 degrees (any piece of cookware will work just adjust the amount of Popcorn you use).

IMPORTANT CLEANING TIP FOR OIL CORES AFTER POPCORN: After the popping is finished, set a timer for 25-30 minutes. When the timer goes off, get a sponge that has a rough side for scrubbing and wet it. Place some dishwasher detergent on the rough side and clean the inside of the cookware. If you soak the cookware with water or let it cool down, the clean-up may be difficult as the oil will harden. If it does, clean with Surface Master Cleaner.

Pot Roast

3 lb Arm Roast

Onions

Garlic

3 lbs medium Potatoes (cut in quarters)

2 lbs Carrots (cut in 3 inch chunks)

Bragg's Liquid Aminos (1 oz Braggs to 5 oz water)

Place 7-Quart on a medium high heat. Place a folded paper towel (or napkin) in the bottom. Once the paper towel begins to brown you have reached searing temperature. TAKE PAPER TOWEL OUT. Place roast on bottom of pan and sear at medium high heat for 4 minutes on each side (lid open to sear or fry). After meat is seared, turn to MEDIUM. Add other ingredients. MEDIUM-CLICK-LOW. After turning to low, cook approximately 3-4 hours. The meat is actually cooked after 90 minutes, but it will not have the tender pull-apart texture. The longer cooking time allows the meat to break down and tenderize. Alternate Ideas: You may add any type of liquid as seasoning or gravy as you cook. Try red wine, cream of mushroom soup, or other types of flavoring.

Rice

1 Part Rice

1½ to 2 Parts Water

1 Tbs Butter per Cup of Rice

Bragg's Liquid Aminos (add as desired)

Place all in MP5 or EOC and select RIC1 setting on probe (for 2 or less cups of Rice) or the RIC2 setting on the probe (for more than 2 cups of Rice). If using BROWN RICE, always use RIC2 setting but do it twice on the RIC2 setting. This BROWN RICE method is something we developed.

Salmon

1 Salmon Fillet

1 white Onion (sliced on #5 cone)

Orange zest

Dill

1 Orange, sliced

2 Roma Tomatoes, sliced

1 Bag of frozen Veggies (California Blend)

Place sliced Onions on bottom of 11” Skillet. Lay Salmon on top of Onions with skin side down. Place Orange zest on top of Salmon. Sprinkle dill on top to season. If desired, you may add any other seasoning at this time. Place Orange slices on top of Salmon. Layer with Tomato slices. Pour frozen veggies on top. MEDIUM-CLICK-LOW. After turning to low, cook approximately 15-20 minutes.

Sangria Ham

9-pound Ham

½ Cup Brown Sugar

½ Cup Honey

Fresh Pineapple Slices

½ Cup Crushed Pineapple Juice w/½ Cup Water

(or you can substitute the above line with 1 Cup Unsweetened Pineapple Juice)

¼ Oz. Whole Cloves (a good handful)

2 Cups Sangria

Mix Brown Sugar, Honey, Pineapple Juice, Water, & Sangria. Coat all over Ham and between spiral cuts. Top and surround with Whole Cloves and fresh Pineapple Slices. Place in EOC bottom with closed end facing upward. Cover with 5-Quart Wok bottom. MEDIUM – CLICK – LOW. Cook for 4 ½ hours after you turn to LOW (25-30 minutes per pound).

Sesame Ginger Chicken (Frozen-To-Finish) [Serves 4-6]

1 medium Onion, sliced

8-10 frozen Chicken Tenders

Lime zest

2 Tsp graded Ginger Root

2 cloves Garlic, chopped

1 Tsp Sesame Oil

2 Tbs Honey

2 Tbs low sodium Soy Sauce

1 Tsp Lime Juice

2 Tbs Toasted Sesame Seeds

3 Green Onions, sliced thin lengthwise

Frozen Veggie Medley (optional)

Toast Sesame Seeds in a dry pan for 6-8 minutes (or buy them already toasted). Bake in oven at 350° for 10 minutes. Place Onions in the bottom of the cookware. Place Chicken on top arranging to even out. Use cone #1 to zest Lime, grade Ginger, and grade Garlic. Combine Ginger, Soy, Honey, Sesame Oil, and Lime Juice and zest together and drizzle over Chicken. Sprinkle with Sesame Seeds. (Note: You can top chicken with frozen veggie medley and possibly lightly sprinkle with Lite Soy Sauce). MEDIUM-CLICK-LOW. Cook for 25 minutes or longer for larger size batch. Remove lid and cook for an additional 5 minutes to allow some of the moisture from the Chicken to evaporate. Top with finely sliced Green Onion and serve over Brown Rice or Barley.

Sinigang (Waterless) Soup

1 large Onion (#3 Cone)
2 large Tomatoes ($\frac{3}{4}$ " slices)
1 Zucchini (#3 Cone)
1 long thin Eggplant **or** 1 large Eggplant (cut in $\frac{3}{4}$ " pieces)
 $\frac{1}{2}$ - 1 Jalapenos (Chopped with seeds and ends cut off)
1 pkg Knorr Tamarind Soup Mix
 $\frac{3}{4}$ lb. Fish **or** Chicken
1 Lemon squeezed on Fish/Chicken
Fish Sauce (5 shakes or so)
4-5 Baby Bok Choy (Chopped)

Layer all (in order) into 5-Quart Wok. Medium-click-Low for 30 minutes. Cut up Fish/Chicken and stir soup before serving.

Spanish Brown Rice

Brown Rice
Jar of Salsa
Water

Measure Brown Rice. Follow directions for Water to rice ratio (2 to 1). Substitute 1 cup of Water with 2 cups of Salsa. Place in MP5 and select RIC1 or RIC2 based on volume.

Spinach Chicken Medley

Chicken sausage w/spinach
Asiago cheese & spices
1 Red, Green, Orange & Yellow bell pepper in square cuts
1-2 Zucchini (#3 cone)
1 lb Fresh Asparagus cut in 1" pieces
 $\frac{1}{2}$ Jar of Sundried Tomatoes in Olive Oil

Place sliced chicken sausage in EOC. Add cut bell peppers, zucchini, and asparagus. Top with tomatoes and drizzle some of the olive oil over top for flavor. Medium – Click - Low for 25-30 minutes. Serve over rice!

Spinach Scramblers

2 Tsp Olive Oil
1 Tsp Butter
 $\frac{1}{2}$ Onion, chopped
 $\frac{1}{2}$ Tomato, chopped
Baby washed Spinach (Handful or Two)

Stir Fry with Thai Rice Noodles

8 oz Pkg of Thai Rice Noodles
16 oz Bag of Frozen Mixed Vegetables
2" piece of Ginger (grated on #1 Cone)
2 Cups Vegetable Broth
1/3 Cup Soy Sauce
2 Tbsp Rice Vinegar
2 Tbsp Peanut Butter
Optional: 14 oz of firm Tofu (cubed)

Preheat wok to medium heat; mix Vegetable Broth, Soy Sauce, Vinegar and Peanut Butter until blended. Place ½ bow of Thai noodles in Broth. Flip Noodles over once to coat in sauce. Add Tofu if using on top of Noodles. Add whole bag of Vegetables on top, sprinkle with Ginger and cover. MEDIUM-CLICK-LOW (Low for 8 minutes).

Stove Roasted Turkey [see Apple Rum Turkey and Turkey]

Turkey (up to 22 lbs)
Olive oil
Kitchen Bouquet
1-2 carrots
1-3 celery stalks
1-2 onions
1 granny smith apple
Rosemary
Sage
Thyme
Poultry rub

Remove neck and bags inside turkey; rinse and pat dry. Place inside turkey cavity an apple cored and sliced into quarters; 1 celery stalk cut into 3-4 pieces (include leaves); 1 onion quartered; rosemary, sage, and thyme sprigs or in seasoning form. Cut carrots, 2 celery stalks and an onion on #3 Cone into 16-Quart Roaster for roasting bed. Place turkey (breast side up) on vegetable bed and rub olive oil, followed by a rub of Kitchen Bouquet (for browning) on turkey. Sprinkle with lightly generous coat of poultry rub. Set on medium heat; once vapo valve clicks steadily, turn to lower setting. Allow 20-25 minutes per pound. Do not open or baste. Upon completion, remove turkey and let sit about 20 minutes before carving. You may thicken the savory juices left behind for a delicious gravy with whole wheat or soy flour and a bit of cream or milk. You may want to pour juice into another container to check for skimming off any possible fat; but usually there is minimal present. You may salt to taste; but the flavor tends to be great without!

NOTE: Poultry must be cooked to 180° - 185°. The LOW setting must allow the Vapo-Valve to click periodically otherwise it may not reach this temperature.

Sugar Free Cheese Cake

1 lb Cream Cheese, softened

1/4 - 1/3 Tsp Stevia Powder (personally, I would use the liquid Stevia and a whole lot of it!)

1/2 cup light Sour Cream

1/2 cup Cottage Cheese (personally, I would leave this out)

1 Egg

1 Tbs Flour

1/2 Tsp Salt

2 Tsp Vanilla

1/2 cup rolled Oats

1/2 cup chopped Pecans

Mix first 8 ingredients well with stiff wire whip or electric mixer. Spray small skillet with pan spray and place Nuts and Oats in pan. Add Cheese filling, cover and turn stove to low. Cook over low heat for 40 minutes. Chill in the pan after it is done. Remove from pan by running a knife around edges of pan and inverting onto a plate. Turn onto second plate and serve.

Sun Dried Tomato Alfredo (Frozen-to-Finish)

Frozen Chicken Tenders

Classico Sun Dried Tomato Alfredo Sauce

Italian frozen Vegetables

Place in pan in order listed. MEDIUM-CLICK-LOW. Cook for 30 minutes on LOW.

Sweet Potatoes

Sweet Potatoes

Butter

Shred sweet potatoes on #2 cone with Saladmaster Machine into 3-Qt inset. Put 1 inch of water in bottom of pan with potatoes in the inset. MEDIUM-CLICK-LOW. After turning to low, cook approximately 15-20 minutes.

Tilapia

1 Tilapia fillet

1 White Onion (sliced on #5 cone)

Lemon zest

1 bag of frozen Veggies (California Blend)

Place sliced Onions on bottom of 11" skillet. Lay Tilapia on top of Onions with skin side down. Place Lemon zest on top of Tilapia. If desired you may add any other seasoning at this time. Pour frozen veggies on top. MEDIUM-CLICK-LOW. After turning to low, cook approximately 15-20 minutes.

Tilapia in Coriander Sauce

Tilapia fillets
¼ cup Lime juice
2 Tbs Lemon juice
1 Tsp Olive Oil
2 Cloves Garlic, minced
1 Tomato, chopped
1 Tbs minced Cilantro Leaves
Ground Pepper

Place fish in 11” Skillet or Electric Oil Core. In bowl, combine Lime and Lemon juice and pour over fish. Marinate 15-30 minutes in refrigerator, turning after 10 minutes. In skillet over medium heat, preheat oil. Add Garlic. After 1 minute, add Tomato, Cilantro and Pepper. Cover, then MEDIUM-CLICK-LOW for 10 minutes. Remove cover and mash Tomatoes. Drain fish and place on top of tomato mixture. Cover and cook on low for 8 - 10 minutes until fish is completely done. Remove fish to serving plate and spoon Tomato-Cilantro sauce over fish and serve with hot Rice.

Turkey [see Apple Rum Turkey and Stove Roasted Turkey]

Up to a 22 lb Turkey Frozen in 16 Qt
Up to a 14 lb Turkey Frozen in 10 Qt
Up to a 10 lb Turkey Frozen in 7 Qt
Kitchen Bouquet
A Rub (Spices)
Apples
Oranges

Rub the Turkey with Kitchen Bouquet. Rub with Spices. Slice Apples & Oranges, stuff Turkey with Apples & Oranges. Fill remainder of roaster with Apple & Orange pieces. MEDIUM-CLICK-LOW. Cook for 25-30 minutes per pound.

NOTE: Poultry must be cooked to 180° - 185°. The LOW setting must allow the Vapo-Valve to click periodically otherwise it may not reach this temperature.

Turkey Meatball Subs

Pre-cooked Turkey Meatballs
Jar of Spaghetti Sauce
Whole grain Hotdog Buns
Grated Mozzarella Cheese

In small sauce pan, heat Meatballs with Spaghetti Sauce. When Meatballs are hot, place on Buns and sprinkle with Cheese.

Walnut Apple Pancakes

- (3) 1 Egg
- (3) 1 Cup Almond Milk
- (3) 1 Cup Water
- (1/4) 1/8 Tsp Pure Almond Extract
- (1) 1/2 Tsp Pure Vanilla Extract
- (3/4) 1/4 Cup Plain (or Vanilla) Yogurt
- (3) 1 Tbs Flax Seed Oil
- (1/3) 1/8 Cup Wheat Germ
- (3/4) 1/4 Cup Oatmeal
- (3/4) 1/4 Tsp Baking Soda
- (1 1/2) 1/2 Cup Walnuts (#2 Cone)
- (1 1/2) 1/2 Granny Smith Apple (#2 Cone)
- (4 1/2) 1 1/2 Cups Aunt Jemima Whole Wheat Blend (Pancake Mix)
- (3) 1 Tbs Coconut Flour
- (3) 1 Stick of Butter

NOTE: The numbers in bolded parenthesis are for a triple recipe!

Mix all liquid ingredients in a medium-large size bowl. Add dry ingredients. If mixture is too thick, add some Water or Almond Milk until the consistency is to your liking. Place burner temperature at Medium heat. Pre-heat the Griddle about 3 minutes. Just before placing pancake mix onto Griddle, lightly run Butter Stick over surface. Pour pancake mix onto griddle. When bubbles appear (or when the bubble popping slows down a little), it's time to flip. It should have good body to it. About 1 minute on the other side ought to do it.

Zucchini and Portobello Mushroom Parmesan [Serves 4-6]

- 3 Zucchini
- 4 medium Portobello Mushrooms
- 1/2 Green Bell Pepper
- 1/2 medium Onion
- 2 jars classic 4 Cheese Pasta Sauce
- 1/2 cup Parmesan Cheese
- 1/2 cup Mozzarella Cheese
- 1/4 cup Cornmeal

Cut all veggies on the #5 cone on the Saladmaster Machine. You can mix everything and dump them in the cookware or the cool way is to separate everything and layer them like you would a lasagna. Put a layer of Zucchini in the bottom of an 11" skillet or the EOC. Then put a layer of the Mushrooms and some Onion and Peppers. Pour sauce over vegetables and sprinkle with Cornmeal. The Cornmeal is to absorb water from the veggies and keep the sauce from getting too thin. Add some of the Parmesan Cheese and repeat with one or two more layers of everything. At the end top with the remaining Parmesan Cheese and the Mozzarella Cheese. Place on the stove and MEDIUM-CLICK-LOW for 20 minutes.