



Learning to Cook

with **KITCHEN
CHARM**TM

Life is delicious.

The Joy of Cooking with Kitchen Charm™

Exclusive Kitchen Charm™ Cooking Systems offer a unique and proven cooking method, which maximizes the nutritional value and flavor of your foods.

To help you enjoy its benefits since the very first day, we have developed this Basic Cooking Manual. Besides learning the correct use and care of your Cooking System, you will start making your favorite dishes in a faster and healthier way, with minimum trial-and-error.

But enough with the talking! Let's start enjoying this delicious cooking adventure, the Kitchen Charm™ style.



Getting to know your cookware



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To keep your cookware looking like new, use a non-abrasive stainless steel cleanser such as Cameo Stainless Steel Cleaner, Bar Keepers Friend, Zud or Kleen King onto the dry cookware and rub in a circular motion with a damp paper towel, sponge or brush. Once the stains are removed, wash pan in hot, soapy water and dry immediately.

Cookware Care and Cleaning

- Before using your new cookware for the first time, be sure to wash it thoroughly. Add $\frac{1}{4}$ cup of vinegar to hot soapy water, and with a sponge or dishcloth wash each piece.
- Clean cookware well after each use once it has cooled completely. Cookware can discolor or stain if it is not properly cleaned before cooking again. Use mild dish soap and a sponge or wash cloth. The cookware is also dishwasher safe.
- To make sure the valve keeps working properly, every time you wash your cookware place the cover under the faucet and let hot water run through the valve.
- Water spots (scaling) may occur due to the water condition in your area. To remove these or any other heat tint or stain, apply a cleanser such as Cameo Stainless Steel Cleaner, Bar Keepers Friend, Zud and Kleen King onto the dry cookware and rub in a circular motion with a damp paper towel, sponge or brush. Once the stain is removed, wash pan in hot, soapy water and dry immediately.
- To prevent white spots on the bottom of your cookware, always add salt after the water has boiled or the food has reached cooking temperature.
- Overheating or allowing a pan to boil dry will cause yellow, bronze, blue or rainbow tints on the stainless steel surface. The tints are harmless and can be removed by using your cookware cleanser as previously described.
- To keep your cookware looking like new, avoid scraping the pan or using metal scouring pads. When removing burned-on food, it is ok to use a double-face sponge. The scrub fiber can be used on the inside of the cookware, but only the soft sponge on the outside. Fill pan half full with water, place on the stove and bring to a boil for a few minutes. Allow water to cool and wash the pan as usual. For severely encrusted grease or food, you may want to use a spray-on oven cleaner. Spray liberally; let sit 10 to 15 minutes and the residue should come off easily.
- Stainless steel can scuff by using metal spatulas in the cookware. Scratches do not affect cookware performance, and therefore are not considered defects in workmanship or material. To avoid scratches: (1) Knives or sharp kitchen tools should not be used for cutting, stirring, or serving foods. (2) Do not use an electric mixer in your cookware to avoid scratching.
- Your cookware features bolt-on handles, which allows the cookware to have a smooth interior with no rivet heads or weld marks. Over time, the handles may loosen but can easily be tightened (tool requirement: 10mm socket wrench). If the handle is damaged, do not use the saucepan and contact the warranty service department at (615) 832-2296 for a handle replacement.

Greaseless Cooking

A low-fat diet is a healthy way to feed your family. With that in mind, The Kitchen Charm™ Cooking System with its unique cooking method, let you cook all types of meat, poultry and some types of fish without any added grease, fat or cooking oil.

How it works:

- All meats and poultry contain juices. Part of it is water, however most of the juice is also fat. By trimming the visible fat from meat before cooking and then “pan broiling” the meat in the Cooking System without adding fats or oil, you can enjoy tender juicy meats that are much lower in fat and calories.
- Preheat the cookware at medium to medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating. If they immediately evaporate and disappear, it is a sign that the cookware is not hot enough and not ready to be used.



To cook steaks: After preheating at medium to medium-high, reduce temperature to medium, add steaks (previously seasoned) and brown for about 4 minutes on one side with the cover ajar, to prevent grease from splattering. The meat will stick at first while browning but will loosen after a couple of minutes. Turn it over and cook for about 4 more minutes with the cover ajar, for medium doneness.



To cook steaks with vegetables: After preheating at medium to medium-high, add steaks (previously seasoned) and brown for about 4 minutes on one side with the cover ajar, to prevent grease from splattering. Turn steaks over, add chopped vegetables (if using hard vegetables, chop into very small pieces) and cover with valve open. The valve will whistle in about 3-5 minutes indicating the food is ready. Close valve and turn the heat to low to cook a couple more minutes.



To cook chicken pieces or breasts: After preheating at medium to medium-high, add chicken pieces (previously seasoned) and brown for about 5 minutes on one side with the cover ajar. Reduce temperature to low, turn them over and cover with the valve closed. Cook for about 15-20 more minutes.

Hints for Success:

- Temperature settings vary from one stove to another. If “medium-high” is burning the meat surface instead of browning it nicely, try preheating at “medium” instead.
- For even juicier meats and for extra flavor, you can add any kind of sauce or liquid on top of the meat after browning and turning it. Try adding soy sauce or barbecue sauce on meat, orange marmalade or cherry jam on poultry, or the juice of an orange or lemon on fish.



Waterless Cooking

The Kitchen Charm™ Cooking Systems are designed to cook fresh and frozen vegetables (and some fruits) with very little added water. This method reduces the loss of nutrients that occurs with other cooking techniques, while keeping the natural flavors.

How it works:

- Vegetables and fruits have high water content, enough to cook them as long as heat is controlled and moisture is retained inside the pan.
- The construction of the Cooking Systems provides even heat distribution. This allows the vegetables on top to cook just as well as those on the bottom—without boiling water to distribute the heat.
- The valve signals when the proper cooking temperature is reached (approximately 180 °F). This temperature is enough to kill germs and bacteria, which may be on the food, without destroying all heat-sensitive nutrients.



If you are cooking smaller or leafy vegetables (sliced carrots, broccoli, cabbage, cauliflower, etc.): Start cooking at medium-high heat, until the valve whistles, reduce temperature to low when the valve whistles. Close the valve and continue cooking for 5 minutes.



If you are cooking hard vegetables (potatoes, cassava, beet, corn on the cob, etc.): Start cooking at medium-high heat. When the valve whistles, reduce heat to low. Once it stops whistling, close the valve and continue cooking for at least 10 minutes, depending on the quantity.



If you are cooking frozen vegetables: Rinse them before cooking in order to partially thaw them and melt some of the ice. It is not necessary to add water to the pan. Follow all other instructions for that type of vegetable (soft or hard).

Hints for Success:

- Temperature settings vary from one stove to another. If “medium-high” on your stove tends to scorch the vegetables, try a lower setting.
- Don’t peek. Opening the cover lets out moisture and heat. It increases cooking time and the chances of foods drying out or burning.
- Select the pan that the vegetables will most nearly fill. A small quantity in a large pan will not create sufficient moisture to cook with this method.
- Chop hard vegetables into smaller pieces in order to reduce cooking time.
- When cooking softer vegetables, only use 1 ounce of water* per each quart of the saucepan (2 ounces in a 2-quart Saucepan, 4 ounces in a 4-quart Dutch Oven, etc.). When cooking harder vegetables, double the water amount.
- When in doubt, use an extra ounce of water. As you learn the proper heat settings on your stove, you can reduce the quantity of added water until you are using just the amount of water recommended above.
- When cooking rice in the saucepans, you only need to add 1½ cups of water for each cup of rice.

* To see how many tablespoons make up an ounce and other handy equivalences, see the conversion table on page 34.

Stack Cooking

Hints for stack cooking:

- Always place the largest piece of cookware on the burner, smaller pieces on top.
- Foods requiring the most time and heat to cook go on the bottom; smaller vegetables and sauces work well on top.
- Any food can be kept warm until dinner-time by placing it on top of the stack.
- Don't expect the valve on top of a stack to whistle.
- The dome cover and inverted combination unit don't have a valve. These covers begin to rattle when the proper cooking temperature is reached. This is your signal to reduce the heat.

Stack cooking lets you cook with more pans than you have burners. You'll appreciate this when you are cooking for a large family gathering or special holiday dinner. The various combinations shown below allow you to cook a number of foods on a single burner, saving energy and money.

You must begin cooking most raw vegetables in a saucepan on a burner at medium heat. Once the valve whistles, you can close the valve and place the saucepan on the dome cover to finish cooking. Precooked foods such as canned vegetables or thawed frozen vegetables are the exceptions. You can start them out on top of a stack.



8-quart Dutch Oven,
Dome Cover, 3-quart Dutch Oven,
Junior Colander, Medium Cover



6-quart Dutch Oven,
Dome Cover, 4-quart Dutch Oven,
Junior Colander, Medium Cover



10½-inch Skillet, Dome Cover,
8-inch Skillet, Medium Cover

The Entire Kitchen Charm™ Family



11-piece Deluxe Set



8-piece Classic Set



8-piece Special Set



6-piece Essential Set



6-piece Complementary Set



6-piece Gourmet Skillet Set



Cooking with Kitchen Charm™

Here are some basic guidelines to start using your new Kitchen Charm™ Cooking System and the versatile Gourmet Skillets.



HINT:

When adding water for vegetables, very little moisture is required. You can either fill the saucepan with water and drain the excess water after leaving water droplets clinging to the vegetable, or fill the underside of the saucepan cover from the center to the edge (see photo on left) and pour the water over the vegetables.

Vegetables

Hard

UTENSILS: 3-quart Saucepan with Cover

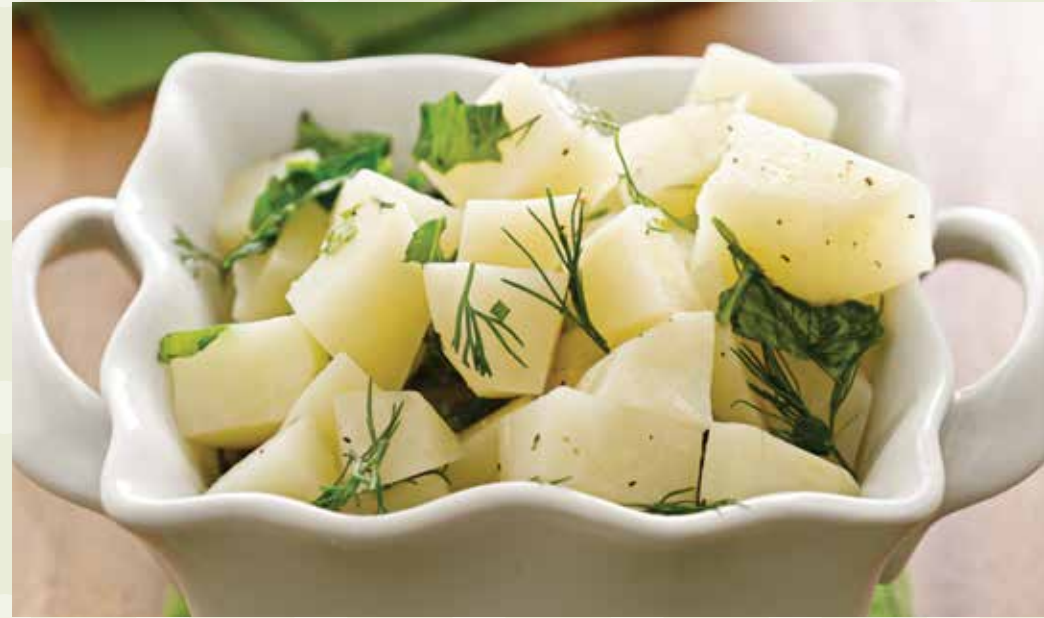
COOKING TIME: 20 minutes

INGREDIENTS:

- 2 pounds potato, diced
- Salt to taste

DIRECTIONS:

- 1 In the 3-quart Saucepan, add diced potatoes and approximately 1 ounce of water; cover with valve open and cook at medium-high temperature until it whistles (approximately 6 minutes).
- 2 Reduce heat to low and, when the valve stops whistling, close it and cook for 14 more minutes. Season to taste.



Soft

UTENSILS: 4-quart Dutch Oven with Cover

COOKING TIME: 14 minutes

INGREDIENTS:

- 1 pound broccoli
- 1 pound cauliflower
- 1 pound baby carrots
- Salt to taste

DIRECTIONS:

- 1 Add vegetables and approximately 1 ounce of water to the 4-quart Dutch Oven. Cover with the valve open. Cook at medium-high, until the valve whistles (9 minutes).
- 2 Reduce temperature to low. Once the valve stops whistling, close it and continue cooking for 5 minutes.
- 3 Season to taste.





Rice

UTENSILS: 4-quart Dutch Oven with Cover

COOKING TIME: 21 minutes

INGREDIENTS:

- 3 cups rice
- 4½ cups water
- Salt to taste

DIRECTIONS:

- 1 In the 4-quart Dutch Oven, add water and rice; cover with the valve open and cook at medium-high heat until the valve whistles (in about 8½ minutes).
- 2 Add salt to taste and stir. Cover with the valve open until it whistles again (in about 30 seconds). Reduce heat to low and, when the valve stops whistling, close it and cook for 12 minutes.
- 3 Remove pan from stove. Fluff rice with a fork and serve.



Beans

UTENSILS: 4-quart Dutch Oven with Cover

COOKING TIME: 1 hour and 10 minutes

INGREDIENTS:

- 1 pound dried beans, rinsed and sorted
- Salt to taste

DIRECTIONS:

- 1 In the 4-quart Dutch Oven, add beans and 7 cups water; cover with valve open and cook at medium-high temperature until it whistles (10 minutes approximately).
- 2 Add salt to taste and stir.
- 3 Reduce heat to low, cover with the valve closed and cook for 1 hour.

CHEF'S NOTE: If you soak beans overnight they will be ready about 15 minutes faster. When adding the salt you may also include your favorite seasoning and vegetables.

Steaks

UTENSILS: 10½-inch Skillet with Cover

COOKING TIME: 8 minutes

INGREDIENTS:

- 4 (6-ounce) sirloin steaks
- Salt and black pepper to taste

DIRECTIONS:

- 1 Preheat the 10½-inch Skillet at medium to medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 2 Reduce temperature to medium and add steaks (previously seasoned). Brown for 4 minutes on one side with the cover ajar.
- 3 Turn them over and cook for 4 additional minutes with the cover ajar, for medium doneness.

CHEF'S NOTE: This recipe was made with ½-inch thick steaks.



Chicken

UTENSILS: 10½-inch Skillet with Cover

COOKING TIME: 25 minutes

INGREDIENTS:

- 2 pounds chicken breast
- Salt and black pepper to taste

DIRECTIONS:

- 1 Preheat the 10½-inch Skillet at medium to medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 2 Add chicken breasts (previously seasoned), and brown one side for 5 minutes with the cover ajar.
- 3 Reduce heat to low, turn them over, and cover with the valve closed. Cook for 20 additional minutes.

CHEF'S NOTE: If you want to brown chicken breasts even more, use medium temperature (instead of low) and cook uncovered the last 5 minutes.





Eggs

Hard cooked

UTENSILS: 8-inch Skillet with Cover

COOKING TIME: 15 minutes

INGREDIENTS:

6 eggs
2 paper towels
Salt to taste

DIRECTIONS:

- 1 Soak paper towels in water and place them in the 8-inch Skillet. Arrange eggs on top.
- 2 Cover with valve open and cook at medium temperature until it whistles (about 3 minutes).
- 3 Reduce heat to low and, when the valve stops whistling, close it and cook for 12 more minutes.
- 4 Carefully rinse eggs with cold water and peel shell off. Salt to taste.

CHEF'S NOTE: If you don't have paper towels, add $\frac{1}{4}$ cup water. If cooking more than 6 eggs, instead add $\frac{1}{2}$ cup water.



Sunny-side up

UTENSILS: 10-inch Gourmet Skillet

COOKING TIME: 2 minutes

INGREDIENTS:

$\frac{1}{2}$ teaspoon oil
2 eggs
Salt to taste

DIRECTIONS:

- 1 Add oil to the 10-inch Gourmet Skillet, and preheat at medium to medium-high for 2-3 minutes, or until oil is hot.
- 2 Add eggs; cook for 2 minutes or until desired consistency.
- 3 Season with salt to taste.

Omelet

UTENSILS: 10-inch Gourmet Skillet
Slotted Turner (6-piece Kitchen Tool Set)

COOKING TIME: 1 minute

INGREDIENTS:

- 2 eggs
- ½ teaspoon oil
- Chopped vegetables to taste
- Shredded cheese to taste
- Salt and black pepper to taste

DIRECTIONS:

- 1 Add oil to the 10-inch Gourmet Skillet, and preheat at medium to medium-high for 2-3 minutes, or until oil is hot.
- 2 Add eggs, previously beaten and seasoned.
- 3 Sprinkle your favorite vegetables and shredded cheese. Cook for about 30 seconds or until desired consistency.
- 4 Carefully fold omelet with the turner.



Scrambled

UTENSILS: 10-inch Gourmet Skillet

COOKING TIME: 2 minutes

INGREDIENTS:

- ½ teaspoon oil
- 4 eggs
- Salt and black pepper to taste

DIRECTIONS:

- 1 Add oil to the 10-inch Gourmet Skillet, and preheat at medium to medium-high for 2-3 minutes, or until oil is hot.
- 2 Add eggs, previously beaten and seasoned.
- 3 Cook for 2 minutes, while constantly stirring.





CHEF'S NOTE: Some types of fish, such as salmon, tuna, sardines and anchovies have higher oil content and can therefore be fixed without extra oil added to the skillet surface.

Orange salmon

UTENSILS:

10½-inch Skillet with Cover
5-inch Santoku knife

COOKING TIME: 6 minutes

INGREDIENTS:

4 salmon fillets
1 orange, freshly squeezed
Lemon pepper seasoning or salt to taste

DIRECTIONS:

- 1 Slice orange as thin as possible, using the 5-inch Santoku knife and line the bottom of the cold skillet. Lay fillets on the oranges, season to taste and lay any extra orange slices on top of the fillets.
- 2 Turn burner to medium heat; when the valve whistles, close the valve and reduce heat to low for 6 minutes.

White fish

White fish usually have lower oil content. Some examples of white fish are: tilapia, hake, codfish, and gilt-head bream. To fry these types of fish, some oil will need to be added to the cooking surface.

Steamed

UTENSILS: 10½-inch Skillet with Cover

COOKING TIME: 6 minutes

INGREDIENTS:

- 1 pound tilapia fillets
- Salt and pepper to taste
- Juice of 1 orange

DIRECTIONS:

- 1 Place fish in the cold skillet with the orange juice added and set the burner heat on medium. Put the cover on the skillet with the valve in the open position.
- 2 When the valve whistles, close valve and turn the heat to low and cook for 6 minutes.

Fried

UTENSILS: 10-inch Gourmet Skillet with Cover

COOKING TIME: 6 minutes

INGREDIENTS:

- 1 pound tilapia fillets
- 1 tablespoon olive oil
- Salt and lime juice to taste

DIRECTIONS:

- 1 Add olive oil to the 10-inch Gourmet Skillet, and preheat at medium to medium-high for 2-3 minutes, or until the oil is very hot.
- 2 Add fillets (previously seasoned) and brown each side for 3 minutes with the cover ajar.





Basic Recipes

Now that you know the basic guidelines, enjoy cooking these easy and delicious recipes with Kitchen Charm.™

Steaks with Mushroom Sauce

UTENSILS:

Chef's Knife
Cutting Board
10½-inch Skillet with Cover

COOKING TIME: 18 minutes

YIELD: 8 servings

INGREDIENTS:

2 small onions, chopped
½ clove garlic, minced
2 cups mushrooms, sliced
8 (4-ounce) lean tenderloin steaks
1 tablespoon rosemary, chopped
1 tablespoon thyme, chopped
½ cup red wine
½ cup beef broth
1 cup table cream
Salt and black pepper to taste

DIRECTIONS:

- 1 Cut vegetables.
- 2 Preheat the 10½-inch Skillet at medium to medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 3 Place steaks (previously seasoned with salt and pepper). Brown one side for 4 minutes with the cover ajar.
- 4 Turn steaks over and cook with the cover ajar for 4 additional minutes, for medium doneness.
- 5 Remove steaks and use the same skillet to sauté onions, garlic, mushrooms, rosemary and thyme for 5 minutes. Add wine, beef broth and table cream; mix well. Cook sauce for 5 more minutes or until thickened.
- 6 Serve with mashed potatoes and asparagus.





Macaroni Salad with Chicken

UTENSILS:

4-quart Dutch Oven with Cover
Colander
Chef's Knife
1 & 3 quart Mixing Bowls

2-quart Saucepan with Cover
8-inch Skillet with Cover
Carving Knife
Cutting Board

COOKING TIME: 56 minutes (noodles: 22 min. / chicken: 25 min. / carrots: 9 min.)

YIELD: 6 Servings

INGREDIENTS:

1 (½-pound) bag elbow noodles	2 tablespoons mustard
1 cup seeded tomato, diced	2 tablespoons nonfat mayonnaise
1¼ cups red apple, diced	1½ tablespoons honey
1½ cups carrot, diced	½ cup nonfat cheddar cheese, shredded
¾ pound chicken breasts, boneless and skinless	Salt to taste
1 (8-ounce) can sweet corn	

DIRECTIONS:

- 1 Fill ¾ parts of the 4-quart Dutch Oven with water and cover with the valve open; bring to a boil at medium-high temperature. When the valve whistles (8 minutes approximately), add elbow noodles and cook for 14 minutes without covering; stir frequently. Drain noodles with the Colander. Using the Chef's Knife, dice tomatoes, apples and carrots.
- 2 In the 2-quart Saucepan, add 1 ounce of water and carrots; cover with the valve open and cook at medium temperature, until the valve whistles (about 4 minutes). Reduce temperature to low when the valve whistles. Once the valve stops whistling, close it and continue cooking for 5 minutes.
- 3 Preheat the 8-inch Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 4 Add chicken breasts (previously seasoned with salt to taste), and brown one side for 5 minutes with the cover ajar.
- 5 Reduce heat to low, turn chicken breasts over, cover with the valve closed and cook for about 20 minutes, or until done. Remove chicken breasts and allow to cool off. Dice them with the Carving Knife.
- 6 In the 3-quart Mixing Bowl, mix pasta, corn, carrot, tomato, apple, chicken, and salt to taste. In another bowl, add mustard, mayonnaise, and honey; mix well.
- 7 Add dressing to the rest of the ingredients and stir well. Serve in bowls and garnish with shredded cheese.

Country Salad

UTENSILS:

Chef's Knife
Cutting Board
Colander
2-quart Saucepan with Cover
5-quart Mixing Bowl

COOKING TIME: 15 minutes

YIELD: 4 servings

INGREDIENTS:

1 pound medium potatoes, small diced
½ cup carrot, small diced
1 cup celery, sliced
½ cup frozen green peas
2 tablespoons Dijon mustard
½ cup low-fat mayonnaise
½ cup nonfat plain yogurt
Salt and ground black pepper to taste

DIRECTIONS:

- 1 Wash and cut vegetables; it is not necessary to peel potatoes.
- 2 Place frozen peas diced potatoes and carrots in the 2-quart Saucepan. Cover and leave the valve open. Cook at medium-high heat until the valve whistles. Reduce heat to low and close the valve. Cook for about 10 minutes, or until potatoes and carrots are cooked.
- 3 Drain them in the colander; sprinkle lightly with cold water.
- 4 Put all other ingredients in the bowl and add the potatoes, peas and carrots. Mix well and refrigerate until ready to serve.

CHEF'S NOTE: To cut calories you may use ¼ cup low-fat mayonnaise, instead of ½ cup.





Oriental Salad

UTENSILS:

Chef's Knife
Cutting Board
10-inch Gourmet Skillet with Cover
Carving Knife
1 & 5-quart Mixing Bowls

COOKING TIME: 25 minutes

YIELD: 6 servings

INGREDIENTS:

$\frac{3}{4}$ pound chicken breast, boneless and skinless
1 cup green onion, chopped
2 cups peapods
2 cups carrot, peeled and cut into strips
2 cups red bell pepper, cut into strips
2 cups red cabbage, cut into thin strips
 $\frac{1}{2}$ cup Asian dressing
1 cup orange juice, freshly squeezed
 $\frac{1}{4}$ cup cilantro, chopped
Salt and black pepper to taste

DIRECTIONS:

- 1 Season chicken breasts with salt and black pepper to taste. Cut vegetables with the Chef's Knife.
- 2 Preheat the 10-inch Gourmet Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 3 Add chicken breasts and brown one side for 5 minutes with the cover ajar.
- 4 Reduce heat to low, turn chicken breasts over, cover with the valve closed and cook for about 20 minutes, or until done. Remove them from the skillet and let them cool off for 7 minutes. With the Carving Knife, cut chicken breasts into thin strips. Refrigerate for 10 minutes.
- 5 Add chicken strips to the 5-quart Mixing Bowl. Mix them with green onion, peapod, carrot, bell pepper and cabbage.
- 6 In the other bowl, combine Asian dressing with orange juice. Pour it over the salad and mix well.
- 7 Add cilantro and serve at room temperature.

Red Wine Beef Fajitas

UTENSILS:

Cutting Board
1-quart Mixing Bowl with Cover

Chef's & Carving Knives
10½-inch Skillet with Cover

COOKING TIME: 12 minutes

YIELD: 8 servings

INGREDIENTS

GUACAMOLE:

- 2 avocados, peeled
- ½ cup onion, small diced
- 1 cup tomato, small diced
- 1 Serrano pepper, minced
- 3 tablespoons cilantro, chopped
- Juice of 1 lime, freshly squeezed
- Salt and black pepper to taste

FAJITAS:

- 2 pounds sirloin steak, cut into long strips
- ¼ teaspoon cumin
- ½ teaspoon oregano
- ¼ teaspoon chili powder
- 1 clove garlic, minced
- 1 large red pepper, julienned
- ½ large onion, julienned
- ¼ cup red wine
- 16 corn tortillas
- 1 cup low-fat, shredded cheddar cheese
- 1 cup nonfat sour cream or nonfat yogurt
- Salt and black pepper to taste

DIRECTIONS

GUACAMOLE:

- 1 In the bowl, mash avocados and add onion, tomato, Serrano pepper, cilantro, lime juice, salt and pepper; mix well.
- 2 Place one avocado pit into the center of the guacamole to prevent browning. Cover bowl and refrigerate until ready to serve.

FAJITAS:

- 1 Season steak with cumin, oregano, chili powder, garlic, salt and pepper.
- 2 With the Carving Knife, cut steak into long strips.
- 3 Preheat the 10½-inch Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating. Add steak strips and reduce temperature to medium; cover with the valve open and cook until the valve whistles. Add vegetables and wine. Cover and when the valve whistles again, close it and turn off the heat.
- 4 Serve steak strips with tortillas, cheese, sour cream and guacamole. Each person can make their own fajitas.





Royal Omelet

UTENSILS:

Carving Knife
Chef's Knife
Cutting Board
1-quart Mixing Bowl
10-inch Gourmet Skillet
Slotted Turner

COOKING TIME: 1 minute

YIELD: 1 serving

INGREDIENTS:

2 tablespoons lean ham, chopped
2 tablespoons button mushrooms, sliced
1 whole large egg
1 large egg white
½ teaspoon fresh thyme
½ teaspoon oil
2 tablespoons skim mozzarella cheese, shredded
Salt and black pepper to taste

DIRECTIONS:

- 1 Chop ham with the Carving Knife and mushrooms with the Chef's Knife. Beat egg and egg white in the mixing bowl. Stir in all ingredients (except oil and cheese).
- 2 Add olive oil to the 10-inch Gourmet Skillet, and preheat at medium-high heat for 2-3 minutes, or until the oil is very hot. Reduce heat to low and add egg mixture.
- 3 Cook for about 30 seconds, until desired consistency; cover with cheese. Carefully fold with the turner, and serve.

Fish in Coconut Milk

UTENSILS:

Chef's Knife
Cutting Board
10½-inch pan with Cover
Solid Spoon

COOKING TIME: 30 minutes

YIELD: 12 servings

INGREDIENTS:

2 cloves garlic, crushed
¼ onion, chopped
¼ green bell pepper, chopped
¼ red bell pepper, chopped
½ cup cilantro, chopped
1 chicken flavor bouillon cube
2 tablespoons tomato paste
2 (13.5 ounce) cans coconut milk
½ cup water
5 pounds tilapia fillets
1 tablespoon lime, freshly squeezed
Salt and oregano to taste

DIRECTIONS:

- 1 Cut vegetables.
- 2 Preheat the 10½-inch pan at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating. Add garlic, onion, bell peppers, cilantro, chicken bouillon cube and tomato paste. Pour coconut milk, stir several times with the Solid Spoon and add ½ cup water. Keep stirring until the mixture is well combined.
- 3 Add fish fillets, lime juice and salt to taste. Cover with the valve open and cook at medium temperature until it whistles (about 10 minutes). Reduce heat to low and, when the valve stops whistling, close it and cook for 20 more minutes. Sprinkle oregano to taste and serve with white rice.





Bean Quesadillas

UTENSILS:

Chef's Knife
Cutting Board
8-inch Skillet
10½-inch Skillet
Slotted Turner

COOKING TIME: 10 minutes

YIELD: 4 servings

INGREDIENTS:

2 tablespoons garlic, minced
½ cup onion, minced
2 tablespoons jalapeño pepper, seeded and minced
1 teaspoon olive oil
1½ cups cooked black beans*
1½ cups cooked pinto beans*
8 (6-inch) corn tortillas
1 cup Monterey jack cheese, shredded
½ cup low-fat sour cream (optional)
½ ½ cup cilantro (optional)
Salt to taste

DIRECTIONS:

- 1 Cut ingredients as directed. Add olive oil to the 8-inch Skillet and preheat at medium for about 3 minutes.
- 2 Sauté garlic for about 30 seconds, while stirring. Add onion and sauté for other 30 seconds. Stir in black beans, and then the pinto beans. Add jalapeño pepper, adjust salt as needed and mix well. Cook for approximately 5 minutes.
- 3 Preheat 10½ skillet at medium-high for about 3 minutes. Reduce temperature to low. Place 4 tortillas and warm them up for about 30 seconds. Turn them over, sprinkle cheese evenly and top with remaining tortillas. Cook for additional 30 seconds. Turn them over again and let them cook for 1 more minute.
- 4 Remove quesadillas from the skillet. Serve with beans, and garnish with sour cream and cilantro, if desired.

*As a reference, you may use the basic bean recipe shown on page 10.

Tilapia Tacos in Barbecue Sauce

UTENSILS:

Chef's Knife
Cutting Board
3-quart Mixing Bowl
2-quart Mixing Bowl
10½-inch Skillet and Cover
12-inch Gourmet Pan

COOKING TIME: 16 minutes

YIELD: 6 servings (2 tacos per serving)

INGREDIENTS:

2	cups green cabbage, cut into thin strips	2	teaspoons sugar
		1	teaspoon Dijon mustard
2	cups red cabbage, cut into thin strips	¼	cup barbecue sauce
½	cup cilantro, chopped	6	tilapia fillets (1½ pounds)
½	cup fat free Italian dressing	¼	cup orange juice
3	tablespoons ground ancho chile pepper	12	(6-inch) whole wheat tortillas
		1	lime (optional)

DIRECTIONS:

- 1 With the Chef's Knife, cut vegetables.
- 2 In the 3-quart Mixing Bowl, add half of the Italian dressing, 1 tablespoon ancho chile pepper, sugar and mustard; mix well. Add cabbages and cilantro; mix.
- 3 In the other bowl, combine barbecue sauce and 2 remaining tablespoons of ancho chile pepper; coat fillets with mixture.
- 4 In the 10½-inch Skillet, add remaining Italian dressing, orange juice and coated fish fillets; cover with the valve open and cook at medium-high temperature until it whistles (5 minutes). Reduce heat to low, flip fillets and, when the valve stops whistling, close it and cook for 3 minutes or until fillets easily flake.
- 5 Preheat 12-inch Gourmet Skillet at medium-high for approximately 3 minutes. Add tortillas one by one and warm each side for 20 seconds. Place half fillet in each tortilla, top with cabbage mixture and roll them up. If desired, squeeze lemon juice over tacos. Serve.





Stuffed Tomatoes

UTENSILS:

Paring Knife
Cutting Board
10½-inch Skillet with Cover
3-quart Mixing Bowl
Colander

COOKING TIME: 10 minutes

YIELD: 6 servings

INGREDIENTS:

6 medium vine-ripened tomatoes
2 cups frozen mixed vegetables
¾ cup nonfat mayonnaise
1 tablespoon oregano
¼ cup bread crumbs
1 tablespoon smoked paprika
Salt and black pepper to taste

DIRECTIONS:

- 1 With the Paring Knife, make a crosscut at the top of the tomatoes. In the 10½-inch Skillet, heat 2 cups water at medium-high for 3 to 4 minutes with the cover on and the valve open.
- 2 Place tomatoes in the hot water, cover skillet, and close the valve. Let them cook in the skillet for 1 minute in order to peel them easily. Carefully remove tomatoes and discard water.
- 3 Peel tomatoes and, with the knife you previously used, make a hole in each of them. Cut ¾ of the way into the tomatoes. Carefully spoon pulp out. Empty half in the bowl and set aside.
- 4 Rinse and drain vegetables in the Colander in order to thaw them partially and melt some of the ice. Add them to the skillet. Cook at medium heat with the cover on and the valve open, until it whistles.
- 5 Reduce temperature to low when the valve whistles. Once the valve stops whistling, close it and continue cooking for 5 minutes.
- 6 Place cooked vegetables in the bowl where you had reserved tomato pulp; add nonfat mayonnaise, oregano, bread crumbs, salt and pepper to taste. Mix well. Carefully stuff tomatoes with this mixture, sprinkle with smoked paprika, and serve.

PineappleUpsideDown Cake

UTENSILS:

10½-inch Skillet with Cover
5-quart Mixing Bowl
Ladle

COOKING TIME: 15 minutes

YIELD: 12 servings

INGREDIENTS:

- 1 (18.25-ounce) pineapple cake mix
- 2 eggs
- 2 tablespoons butter
- ½ cup brown sugar
- 8 pineapple slices, canned, in their own juice
- 8 maraschino cherries, canned or jarred

DIRECTIONS:

- 1 In the 5-quart Mixing Bowl, add pineapple cake mix, the juice from the pineapple can and the eggs; beat well until mixture reaches proper consistency.
- 2 Add butter to the 10½-inch Skillet, and heat at medium for approximately 2 minutes, or until melted. Sprinkle in brown sugar and mix well for 1 minute or until dissolved.
- 3 Arrange 8 pineapple slices in the skillet with 1 cherry in the center of each slice. Spoon the cake mixture evenly, starting in the middle.
- 4 Reduce temperature to low, cover with the valve closed and cook for 12 minutes.
- 5 Carefully invert skillet onto a large serving plate or into the cover; leave the skillet in place for 1 minute. Remove the skillet. Serve warm or cold.





Advanced Recipes

To make the most of what you have learned so far, we encourage you to start cooking with Kitchen Charm™ these original and more sophisticated recipes that will surprise your family and friends.

Arroz con Gandules (Puerto Rican Rice)

UTENSILS:

Chef's Knife
Cutting Board
Carving Knife
12-inch Gourmet Skillet with Cover

COOKING TIME: 35 minutes

YIELD: 15 servings

INGREDIENTS:

1 cup onion, chopped	1 tablespoon sazón (ground annatto and coriander seasoning)
1 cup green bell pepper, seeded and chopped	1 tablespoon ground cumin
1 cup red bell pepper, seeded and chopped	4 cups long grain rice
2 tablespoons garlic, minced	6½ cups water
½ cup cilantro leaves, chopped	2 (15-ounce) cans pigeon peas, drained (<i>gandules</i>)
½ cup stuffed olives, halved	Salt and black pepper to taste
¾ pounds pork chops, diced	

DIRECTIONS:

- 1 Using the Chef's Knife cut vegetables. Dice pork chops with the Carving Knife.
- 2 Preheat the 12-inch Gourmet Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the skillet and they move around the surface without evaporating. Add diced pork chops and brown for 5 minutes; stir frequently.
- 3 Reduce heat to medium and incorporate remaining ingredients, except rice, stuffed olives, pigeon peas and water; mix for 2 minutes or until onion is translucent.
- 4 Add rice and stir. Add stuffed olives, pigeon peas and water; stir once. Cover with the valve open and cook until it whistles (approximately 8 minutes).
- 5 Reduce heat to low and, when the valve stops whistling, close it and cook for 20 more minutes or until rice is cooked. Gently fluff with a fork. Serve while it's hot.





Vegetarian Rice

UTENSILS:

3-quart Dutch Oven with Cover
Chef's Knife
Cutting Board
10½ -inch skillet with Cover
Solid Spoon

COOKING TIME: 41 minutes

YIELD: 4 servings

INGREDIENTS:

2 cups rice
3 cups water
1 (14-ounce) package firm tofu, cut into medium-size cubes
1 tablespoon garlic, minced
½ cup onion, minced
½ cup chives, chopped
2 cups mushrooms, sliced
2 cups green bell pepper, small diced
3 tablespoons olive oil
4 eggs
¼ cup soy sauce

DIRECTIONS:

- 1 In the 3-quart Saucepan, add water. Cover and cook at medium-high heat with the valve open, until it whistles (about 6 minutes). Add rice and stir. Reduce heat to low, cover with the valve closed and cook for 15 minutes, or until done. Remove from the stove and allow to cool.
- 2 Cut tofu and vegetables.
- 3 Preheat the 10½ -inch skillet with olive oil at medium-high heat for about 3 minutes. Add garlic, onion and chives; sauté for 2 minutes. Add tofu, mix well and cook for 7 minutes. Add eggs; mix well for 3 minutes. Add cooked rice, soy sauce, mushrooms and bell pepper; stir all ingredients well for 3 minutes. Cover, reduce heat to low and cook for 5 more minutes. Serve.

Italian-Style Artichoke Frittata

UTENSILS:

Chef's Knife
Cutting Board
12-inch Gourmet Skillet
3-quart Mixing Bowl
2-quart Mixing Bowl
10½-inch Skillet

COOKING TIME: 58 minutes

YIELD: 8 servings

INGREDIENTS:

2 cups mushrooms, sliced
1 (14-ounce) can artichoke hearts in water, halved
12 ounces fresh spinach
16 large eggs
¼ cup skim milk
2 tablespoons ground thyme
8 medium red potatoes
Non-stick cooking spray
Salt and black pepper to taste

DIRECTIONS:

- 1 Preheat the 12-inch Gourmet Skillet at medium for 3 minutes. Add mushrooms and artichoke hearts, previously cut as directed. Cook for 4 minutes, while constantly stirring. Add spinach and cook for 4 additional minutes; set aside.
- 2 In the 3-quart Mixing Bowl, combine eggs, milk and thyme. Stir in mushrooms, artichoke hearts, and spinach. Season with salt and pepper and set aside.
- 3 Preheat oven to 300 °F. Slice potatoes into the other bowl (no need to peel them). Coat 10½-inch Skillet with non-stick spray and evenly place potato slices.
- 4 Place skillet in the oven for 20 minutes. Remove skillet from oven and pour egg mixture over potatoes; bake for 30 additional minutes or until eggs are cooked. Let it rest for 10 minutes and serve.





Pasta Primavera

UTENSILS:

Chef's Knife
Cutting Board
4-quart Dutch Oven
Colander
10½-inch Skillet with Cover

COOKING TIME: 30 minutes

YIELD: 6 servings

INGREDIENTS:

- 1 medium onion, julienned
- 4 cloves garlic, minced
- ½ medium green bell pepper, seeded and julienned
- ½ medium red bell pepper, seeded and julienned
- ½ medium yellow bell pepper, seeded and julienned
- 8 ounces fresh shiitake mushrooms, sliced
- ¼ cup fresh basil, chopped
- 16 ounces linguine
- 2 (14½-ounce) cans diced tomatoes, undrained
- 4 ounces fresh snow peas
- ⅓ cup pine nuts
- ⅓ cup parmesan cheese, freshly grated

DIRECTIONS:

- 1 Cut vegetables. In the 4-quart Dutch Oven, cook linguine according to package directions until al dente, without adding oil or salt. Drain with colander and keep warm.
- 2 In the 10½-inch Skillet pour liquid from tomato cans, add onions and garlic. Cover with the valve open, and cook at medium to medium-high heat for 5 minutes, or until the valve whistles. Add bell peppers, tomatoes, mushrooms, snow peas and basil; mix well. Cover again with the valve open, and cook for additional 5 minutes, or until it whistles. Reduce heat to low and, when the valve stops whistling, close it and cook for 10 to 15 minutes, to desired doneness.
- 3 Remove Paella Pan from heat. Add pine nuts and pasta; toss to coat evenly. Serve immediately and top with parmesan cheese.

Quick Peach Cobbler

UTENSILS:

8-inch Skillet with Cover

BAKING TIME: 10 minutes

YIELD: 12 servings

INGREDIENTS

- 1 can of cling peaches in light syrup
- ½ box of Butter Recipe Yellow Cake Mix
- Cinnamon to taste

DIRECTIONS

- 1 Pour peaches with juice in a cold skillet.
- 2 Pour ½ box of cake mix evenly over the peaches. Sprinkle cinnamon generously over cake mix.
- 3 Turn burner to medium heat. When the valve whistles, turn to low for 10 minutes.



Basic Cooking Conversions

Measure Equivalents

1 tablespoon (Tbsp) =	3 teaspoons (tsp)	1 teaspoon	5 ml
1/16 cup (c) =	1 Tbsp	1/2 fluid ounce	15 ml
1/8 cup =	2 Tbsp	1 fluid ounce	30 ml
1/6 cup =	2 Tbsp + 2 tsp		40 ml
1/4 cup =	4 Tbsp	2 fl oz	60 ml
1/3 cup =	5 Tbsp + 1 tsp		80 ml
3/8 cup =	6 Tbsp		90 ml
1/2 cup =	8 Tbsp	4 fl oz	120 ml
2/3 cup =	10 Tbsp + 2 tsp		160 ml
3/4 cup =	12 Tbsp	6 fl oz	180 ml
1 cup =	48 tsp		
1 cup =	16 Tbsp		
8 fluid ounces (fl oz) =	1 cup	1/2 pint	240 ml
1 pint (pt) =	2 cups	16 fl oz	475 ml
1 quart (qt) =	2 pints		
4 cups =	1 quart		950 ml
1 gallon (gal) =	4 quarts		3.8 L
16 ounces (oz) =	1 pound (lb)		
1 milliliter (ml) =	1 cubic cm (cc)		
1 inch (in) =	2.54 cm		

Weights of common ingredients in grams

Ingredient	1 cup	3/4 cup	2/3 cup	1/2 cup	1/3 cup	1/4 cup	2 Tbsp
Flour, all purpose (wheat)	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Flour, well sifted all purpose (wheat)	110 g	80 g	70 g	55 g	35 g	27 g	13 g
Sugar, granulated cane	200 g	150 g	130 g	100 g	65 g	50 g	25 g
Confectioner's sugar (cane)	100 g	75 g	70 g	50 g	35 g	25 g	13 g
Brown sugar, packed firmly (but not too firmly)	180 g	135 g	120 g	90 g	60 g	45 g	23 g
Corn meal	160 g	120 g	100 g	80 g	50 g	40 g	20 g
Corn starch	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Rice, uncooked	190 g	140 g	125 g	95 g	65 g	48 g	24 g
Macaroni, uncooked	140 g	100 g	90 g	70 g	45 g	35 g	17 g
Couscous, uncooked	180 g	135 g	120 g	90 g	60 g	45 g	22 g
Oats, uncooked quick	90 g	65 g	60 g	45 g	30 g	22 g	11 g
Table salt	300 g	230 g	200 g	150 g	100 g	75 g	40 g
Butter	240 g	180 g	160 g	120 g	80 g	60 g	30 g
Vegetable shortening	190 g	140 g	125 g	95 g	65 g	48 g	24 g
Chopped fruits and vegetables	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Nuts, chopped	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Nuts, ground	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Bread crumbs, fresh, loosely packed	60 g	45 g	40 g	30 g	20 g	15 g	8 g
Bread crumbs, dry	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Parmesan cheese, grated	90 g	65 g	60 g	45 g	30 g	22 g	11 g

Conversions

LENGTH	
Customary quantity	Metric equivalent
1/8 inch	3 mm
1/4 inch	6 mm
1/2 inch	13 mm
3/4 inch	19 mm
1 inch	2.5 cm
2 inches	5 cm
3 inches	7.6 cm
4 inches	10 cm
5 inches	13 cm
6 inches	15 cm
7 inches	18 cm
8 inches	20 cm
9 inches	23 cm
10 inches	25 cm
11 inches	28 cm
12 inches / 1 foot	30 cm

WEIGHT	
Customary quantity	Metric equivalent
1 ounce	28 g
4 ounces or 1/4 pound	113 g
1/3 pound	150 g
8 ounces / 1/2 pound	230 g
2/3 pound	300 g
12 ounces / 3/4 pound	340 g
1 pound / 16 ounces	450 g
2 pounds	900 g



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