



# ITALIAN BAKED COD FILLET

**Equipment:**  
**Electric Skillet**  
**Grand Gourmet**



## INGREDIENTS

- 4-5 pcs of cod fillet
- 1-2 tomatoes, cubes
- Parmesan or cheddar cheese, shredded
- Italian dressing
- Mayonnaise or plain light yogurt



# ITALIAN BAKED COD FILLET



## Instructions:

- **Layer the Cod:**

In a cold pan, place the cod fillet evenly in the cookware.

- **Add the Spread:**

Gently spread a thin, even layer of mayonnaise or yogurt over each fillet.

- **Pour the Dressing:**

Spoon Italian dressing over the cod, covering it evenly.

- **Add Fresh Toppings:**

Cut cherry tomatoes in half and scatter them over the top.

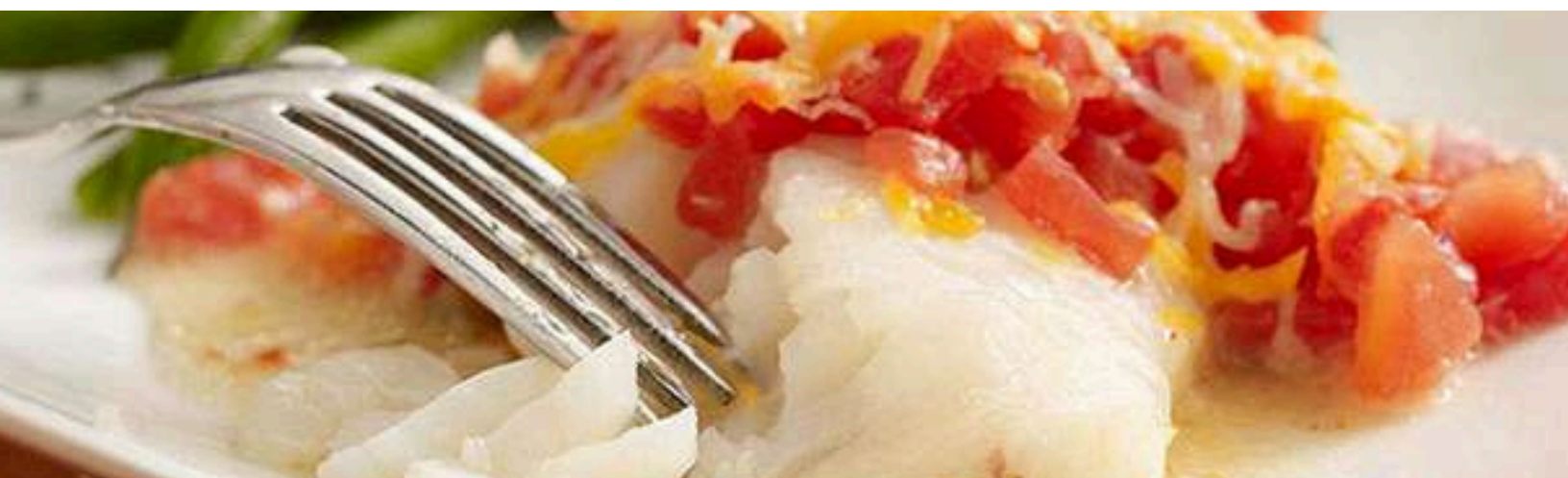
- **Begin Cooking:**

Cover and cook at 350°F. When the Vapo-Valve™ clicks, reduce the heat to 200°F (low heat).

- **Finish & Garnish:**

Sprinkle grated Parmesan cheese over the cod. Continue cooking on low heat for an additional 10–15 minutes, or until the fish flakes easily with a fork.

- **Serve hot and enjoy!**



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# FETA CUCUMBER SALAD

Equipment:

Thermal Bowl

Saladmaster Food Processor



## INGREDIENTS

- 1 English cucumber, cut on cone #3
- 1 tomato, diced
- 3 red radish, cone #2
- ¼ green cabbage, cone #3
- ¼ purple cabbage, cone #3
- ½ red onion, cone #2
- 1 tbsp fresh mint, minced fine
- 1 tbsp fresh basil, minced fine
- ½ tbsp fresh parsley, minced fine
- 1 blocked feta cheese, crumbled or cone #3
- 1 lemon zest, cone #1
- 1 lemon, juice squeezed
- ⅓ cup plain light yogurt or mayonnaise
- 1-2 tbsp red wine or balsamic venigar
- salt and black pepper to taste

# FETA CUCUMBER SALAD

## Instructions:

- **Chill the Bowl:**

Place the double-walled thermal bowl in the freezer for 5–10 minutes.

Remove and position it under the food processor.

- **Slice the Vegetables:**

Process the English cucumber and cabbage using Cone #4 directly into the chilled bowl.

Process the radishes and red onion using Cone #2 into the same bowl.

- **Add Fresh Ingredients:**

Add the diced tomatoes, fresh herbs, black pepper, and salt.

Toss gently to combine.

- **Prepare the Dressing:**

Zest the lemon first, then juice it using Cone #1.

Add mayonnaise or yogurt and vinegar.

Toss gently until everything is evenly coated.

- **Add the Feta:**

Break the feta into crumbles by hand or process using Cone #3.

Fold in gently.

- **Serve:**

Best served chilled. Enjoy!



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# Lemon Grass Chicken

Equipment:

MP5

Basting Brush

Spatula/Turner

Cooking Twine (optional)



## INGREDIENTS

- 1 whole chicken, washed and pat dry
- 1 lemon, sliced
- 1 large white onion, sliced
- 1 stalk of lemon grass
- Paprika
- Lawry's seasoned salt
- ½ teaspoon oil (optional)



# LEMON GRASS CHICKEN

## Instructions:



- Preheat the MP5:

Preheat the MP5 to 450°F.

- Prepare the Chicken:

Rinse the whole chicken thoroughly and pat dry inside and out. Set aside.

- Prepare the Aromatics:

Slice the lemon and onion.

Tie the lemongrass into a knot to help release its natural flavor during cooking.

- Season the Chicken:

Place the chicken on a clean tray.

Generously rub seasoned salt all over the chicken, inside and out.

Follow with paprika, coating evenly for flavor and color.

- Stuff and Secure:

Stuff the cavity with the sliced lemon, onion, and tied lemongrass.

Tie the legs together with cooking twine to help the chicken cook evenly and maintain its shape.

- Prepare the MP5:

Lightly brush the bottom and sides of the MP5 with oil.

- Initial Sear (First Side):

Place the chicken breast-side down (stomach facing up) in the MP5.

Cook for 5 minutes with the lid slightly cracked open.

- Sear the Other Side:

Carefully turn the chicken over.

Cook for another 5 minutes, keeping the lid slightly cracked open.



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# LEMON GRASS CHICKEN



## Instructions:

- **Roast:**

Reduce the heat to 300°F.

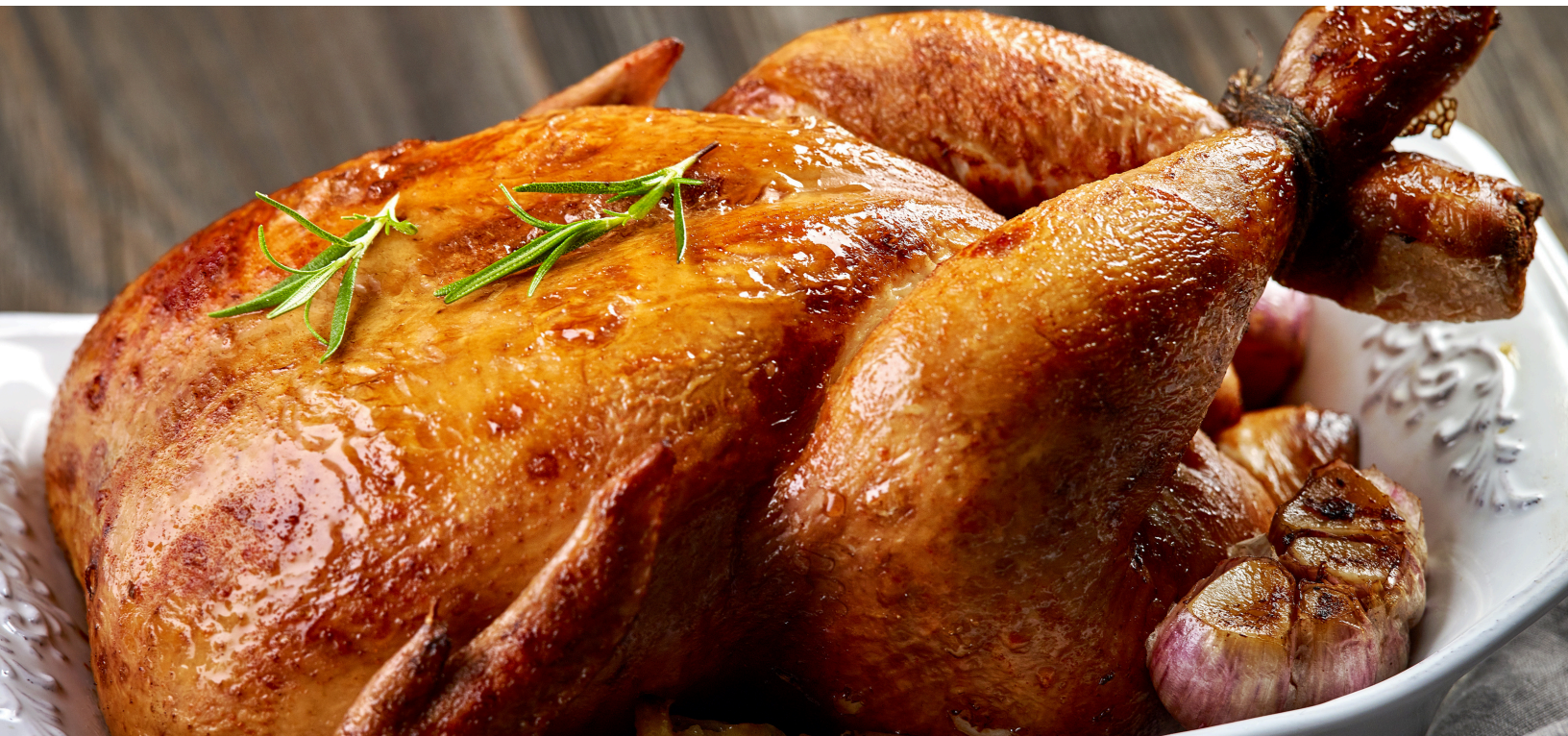
Any extra lemon and onion that didn't fit inside the cavity can be placed around the chicken to enhance flavor while roasting.

Close the lid completely and cook for 30–40 minutes, or until the internal temperature reaches 165°F at the thickest part of the thigh.

- **Rest Before Serving:**

Remove from heat and allow the chicken to rest for 10 minutes before carving.

- **Serve warm and enjoy.**



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