

## Braiser Recipes

### **Pork Tenderloins**

**4-6 Onions (peeled and thickly sliced)**  
**Pork Tenderloins (2 to 4 as desired)**  
**Soy Sauce (Tamari Gluten-Free is what we use)**  
**Ground Ginger (Spice World Squeeze Ginger is what we use)**  
**Adobo Seasoning**  
**Course Ground Pepper**  
**Kosher Salt**

Preheat the oven to 325 degrees.

In a cold deep skillet, separate the onion into rings and scatter around the pan.

Season with Salt, Pepper, and Soy Sauce.

Place the Tenderloins on top of the onions. Season with Salt, Pepper, Adobo Seasoning, Soy Sauce, and the squeeze a thick ribbon of Ginger onto each Pork Tenderloin.

Use your fingers to spread the ginger over the top of the Tenderloins and mix with the other seasonings. Add water to just below pork, covering onions.

Place the lid on the skillet and put in the pre-heated oven.

Bake for 3 to 8 hours...it just gets more flavorful and tender the longer you bake it!

Use the onion/ginger broth for a soup base (great Asian flavor, just add some baby Bok Choi) with the Pork shredded.

Shred the Pork to use in tacos or add BBQ Sauce for another great meal.

### **Shrimp Fried Rice**

**1 whole onion**  
**2 carrots**  
**2 stalks of green onion**  
**1/2 cup soy sauce**  
**4 tbsp of butter - softened or room temp**  
**1 tbsp of garlic powder**  
**2 lbs of fresh shrimp (uncooked and deveined)**  
**3 cups of Jasmine Rice**  
**3 eggs**

Prep: Cook rice first to give the rice time to cool and be less moist for best results

Marinate the shrimp or season with salt and pepper at least an hour before cooking for best flavor (See Smokeless Broiler Class recipes for marinade used in today's recipe)

Prep vegetables:

Using cone #1 shred the 2 carrots

Finely chop the white onion and green onion

Scramble 3 eggs on griddle and set aside

Cook the shrimp in a separate pan and drain any liquid

In the 9qt Braiser, lightly oil the pan and sauté the vegetables on medium heat until white onion is translucent.

Next, add the shrimp, eggs and white rice

Add in the butter and garlic powder and combine all ingredients until they are evenly distributed.

Add soy sauce last and using the turner mix the rice with the soy sauce until evenly distributed until a nice dark golden brown color. Taste to see if the rice needs additional soy sauce. Cook for another 2-3 minutes until rice is completely warmed.

## **Mexican Stuffed Zucchini Boats**

**6 med-large Zucchini**

**2 c. cooked Quinoa**

**2 c Corn**

**12 Scallions sliced**

**2 teaspoon ground Cumin**

**1 teaspoon Chili Powder**

**1 teaspoon Adobo or multi-purpose seasoning**

**2 cup Salsa**

**2 c. Fire roasted Tomatoes**

**3 cups cooked black or pinto beans**

**1 cup fresh Cilantro**

**Shredded Non-Dairy Cheese**

Slice the zucchini in half length-wise. Use a sharp spoon or melon baller to scoop out the inside of the zucchini being careful to leave a “wall” so the filling doesn’t spill out during cooking. (place them in the pan to make sure they fit before you scoop too much out!)

In a large Thermal bowl, add all remaining ingredients. Mix well.

Carefully place the stuffing inside the zucchini boats, piled high, and sprinkle cheese on top.

Place boats directly on the bottom of the pan. Add 2 Tbsps water.

Cover and cook at medium until the valve clicks. Reduce heat to low and cook for 15-20 mins until zucchini is fork tender and cooked through.

\*\* Note for a more flavorful version with less waste: Rough chop the removed inside of the zucchini with an 8” santoku knife. Mince 1 head Garlic (cut on cone #1, yes the whole head) and add it, along with the zucchini to a braiser; cover and cook over medium-low for 5 mins. Remove the cover and add all remaining ingredients except for cilantro and cheese. Cover over medium heat until the vapo-valve clicks, then reduce the heat and cook for 5 mins. \*\*

## **Corn on the Cob**

**Corn on the Cob (leave husk on)**

Cut ends off and place in braiser. Add 3-6 TBS water. Cover and place on medium heat. Once vapo valve clicks, reduce heat to low and cook for 10-15 minutes.

## **Stuffed Shells**

**1 package Jumbo Pasta Shells**

**2 Eggs, beaten**

**1 32 oz. Ricotta**

**1 lb Mozzarella, Shredded on Cone #1**

**8 oz. Parmesan cheese**

**1 Tbsp Parsley**

**1 tsp black pepper**

**1-2 jars pasta sauce**

**8 oz mushrooms, cut on Cone #3**

In a large bowl, mix eggs, ricotta, half the mozzarella, parmesan, parsley, pepper. Place in zip loc bag and cut the corner to fill uncooked shells.

Layer in braiser with sauce, mushrooms, shells, sauce, shells until all used. Top with remaining mozzarella.

Cook medium click low for 30-45 minutes.