

Saladmaster Essentials

Applesauce

2 Apples of Choice

1. Shred on Cone #2 into saucepan. Cover and cook medium-click-low for at least 20 minutes. Add cinnamon or nutmeg for taste.

Sweet Potatoes

1-2 Sweet Potatoes

1. Wash and cut into desired size. Place in proper size vessel with 1-2 Tbs water. Cover and cook medium click low for at least 20 minutes.

Salmon and Veggie Pesto

1 Sweet Potato (cut into ¼ in slices)

1 Onion (Cut on Cone 3 or 4)

1 Small Box Spinach

1 Flank Salmon

1/2 Jar Pesto

1 Bunch Asparagus

1 Small Box Mushrooms (Cut on Cone 4)

1. Place all ingredients in appropriate size vessel in order listed above. Cover and cook on medium-click-low for 13-15 minutes or until salmon is cooked through.

Veggie Cake

½-1 Box Cake Mix

Veggies of Choice (Cut on cone #1)

2-3 Eggs

1. Use 9" skillet for ½ box and 11" skillet or EOC for 1 box. Place batter, eggs and veggies in bowl. Mix well.

2. Spray vessel with coconut oil. Add batter and cook on LOW heat for 10-15 minutes or until top is dry and spongy.

Pot Roast

1 Chuck Roast

1 Onion

4-5 Carrots

2-3 Large Potatoes

1. Preheat wide vessel on medium-high heat. Place roast in pan with no water, oil or vegetables. Sear all sides for ~5 minutes. Once completely seared, cover and leave on medium for 5 minutes. Reduce heat to low and cook for hours until desired tenderness. If tough, cook longer.

2. Add veggies about 30min-1 hour prior to serving depending on desired texture. Season with Adobo and enjoy!

Broccoli Cauliflower Salad

1 Head Broccoli (Cut on Cone #3)

1 Head Cauliflower (Cut on Cone #3)

Walnuts (Cut on Cone #2)

Dried Cranberries to taste

Dressing: 1 part vegan mayo, ½ part sweetner (agave), ¼ part white vinegar

1. Combine all ingredients and enjoy!

VAPO VALVE BASICS <https://www.youtube.com/watch?v=B1v3jJ6GU70>

ELECTRIC SKILLET BASICS <https://www.youtube.com/watch?v=LQgtv6zvDJA>

SALADMASTER EGGS <https://www.youtube.com/watch?v=abGTSAsB030#action=share>

Directions Scrambled Eggs:

1. Preheat skillet for 3 minutes over medium-low heat (approximately 250°). Break desired number of eggs open in the bowl. Add water and whisk together until thoroughly blended. Pour egg mixture in the skillet. Using the edge of the turner, push the eggs around in the skillet and cook approximately 3 minutes until there is no liquid remaining, or to desired texture.
2. Note: Adding water to the eggs prior to cooking make the eggs fluffy and light. Cooking time may vary depending on the number of eggs cooking. All stoves vary in cooking, so finding the right temperature setting on your stove will make a difference in how easy eggs are to cook and the utensil is to clean.

Directions - Hard Cooked Eggs

1. Fill pan with 5 eggs. Add 2 tablespoons of water to the pan, and cover. Place on burner and set temperature to medium. When Vapo-Valve™ begins to click, turn temperature to low setting. After Vapo-Valve has activated cook eggs for 5 - 6 for medium cooked center and 7 – 9 minutes for hard cooked center. Cooking time may vary with stove.
2. By adding a little water to the pan helps the Vapo-Valve to activate when the inside cooking temperature reaches approximately 180 degrees, and signals it's time to turn the temperature to low setting for the remaining cooking time.
3. Note: All stoves vary in cooking temperatures, so finding the right temperature setting on your stove will make a difference in how easy eggs are to cook and the utensil is to clean.

Directions - Eggs Over Easy

1. Place griddle on burner and preheat over medium-low heat for 3 minutes. Crack egg over griddle. Place a medium size cover (2 – 3 quart cover) over egg and cook for 2 minutes. Uncover and loosen the edges of egg with turner. Quickly slide turner under the entire egg and flip to cook other side. Cover and cook for 1-minute.
2. Note: Make sure griddle is thoroughly cleaned with Saladmaster Stainless Steel Cleaner and warm soapy water, rinsed and then dried to remove previous proteins or food residue that may remain on the griddle prior to cooking. Protein buildup appears as a white residue. Using a turner with a sharp beveled edge allows for ease in turning. All stoves vary in cooking, so finding the right temperature setting on your stove will make a difference in how easy eggs are to cook and the utensil is to clean.

Oil Free Pancakes: Preheat skillet to medium on large element of stove or preheat the electric skillet to 375F. Do the water test. Pour pancake batter onto the preheated pan, and then flip when the top has bubbles evenly across it. You may leave the oil out of the recipe as well. If pancake sticks and burns, lower the heat. If the pancake sticks and seems to take too long, raise the heat. Once you've found the 'correct' setting, it's simple for next time!

Baking on Stovetop: Whole Baked Potatoes-Wash the outside of the potato thoroughly. Place the wet potatoes in the large skillet (for 4 medium size potatoes) or small skillet (for 2 medium size potatoes); cover, place on top of the stove, turn temperature to medium heat. When Vapo-valve begins to click steadily, turn temperature to low and cook for approximately 35 minutes. Cooking time may vary slightly according to the size of potatoes used. To test for doneness, pierce with a fork.

BEANS: Thoroughly rinse beans and place in roaster or saucepan with enough water to generously cover. Remember that beans will double in bulk after several hours of soaking.

- Remove and discard shriveled or damaged beans, and any that float on top the water.
- Soak beans in cold water for 6 to 8 hours or overnight.
- Drain beans and refill pan with enough water to cover the beans. Place pan over medium heat and cover. When Vapo-Valve™ clicks, reduce heat to low and cook according to the suggested times in the chart below.
- For quick-soak method, combine rinsed beans in pan with water to cover. Cover; cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook 2 minutes. Turn off heat and let beans stand for 1 hour to expand. Drain beans and refill pan with enough water to cover the beans. Place pan over medium heat and cover. When Vapo-Valve™ clicks, reduce heat to low and cook according to the suggested time in the chart below.

Dried Beans and Legumes

Type	Soaking Time	Cooking Time
Black Beans	Overnight or Quick-Soak	1 ½ hours
Chickpeas	Overnight or Quick-Soak	3 hours
Kidney Beans	Overnight or Quick-Soak	1 ½ hours
Lentils	None	45 minutes
Lima Beans	Overnight or Quick-Soak	1 ½ hours
Navy Beans	None	1 ½ hours
Soybeans	Overnight or Quick-Soak	3 hours, or more
Split Peas	None	1 hour

Bean Equivalents and Yields

(Conversion-US to Metric)

One cup dried beans equals 8 ounces (240g)

One cup dried beans yields 2 to 3 cups cooked beans (480g to 620g)

One pound dried beans yields 4 to 6 cups cooked beans (1L to 1.4L)

One 10-ounce can cooked beans yields 1 cup drained beans (240g)

15-ounce can cooked beans yields 1 ½ cups drained beans (360g)

One 16-ounce can cooked beans yields 1 ¾ cups drained beans (420g)

One 19-ounce can cooked beans yields 2 cups drained beans (480g)

FRUITS AND VEGETABLES

Start in a cold pan

Select the 'right sized' vessel (2/3 full)

Watch for food particles preventing seal

Create a water seal by putting a few T. of water on top of the lid.

Many vegetables may be cooked in the same pan

Watch for tilted burners- these can cause all condensation necessary to activate seal to run to one side, preventing a proper vacuum.

Cook more temperature sensitive vegetables on top of more hearty vegetables. Example: Cook broccoli on top of carrots.

You may consider "rinsing and draining all foods for your first few meals, or adding a few tablespoons of water to the pan until you find the true mediums and lows on your stove

Potatoes, Yams, Turnips and other Starchy Vegetables:

These vegetables should be well rinsed and drained. This leaves tiny water droplets on the surface of the vegetable which aids in activating the vapo-valve. Suggested cuts: #3 & #5 cones

"Encapsulated" or Dry Vegetables:

Some vegetables will not release sufficient moisture to activate the vapo-valve. Broccoli, Cauliflower, Green Beans, Brussels sprouts: Rinse and drain. Select a lower medium heat, and then reduce to low when vapo-valve clicks steadily. Corn on the Cob: Husk corn, Rinse husks under the tap then place like a bed in the bottom of cold roaster. Start on medium heat, when vapo-valve begins to click turn temperature setting to low for 12 minutes. Incredible flavor!

Vegetables Cooking Time

Asparagus 5-7 minutes

Arugula 2-3 minutes

Artichoke 30-35 minutes

Beans, green 8-10 minutes

Beans, lima 15 minutes

Beets 35-40 minutes

Bitter Melon 8-10 minutes

Bok Choy 15 minutes

Broccoli & Broccolini 5-7 minutes

Broccoli Romanesco 9-10 minutes
Brussels Sprouts 9-10 minutes
Cabbage, cut 4-6 minutes
Cabbage, Chinese/ Napa 10 minutes
Carrots, sliced 9-10 minutes
Cauliflower 6-8 minutes
Celeriac 20-30 minutes
Celery 2-3 minutes
Chard 8-10 minutes
Chicory 8 minutes
Collards 15 minutes
Corn, Frozen 1-2 minutes
Corn-on –the cob 10-12 minutes
Daikon 8 minutes
Edamame whole in pod 10-15 minutes
Eggplant / Aubergine 15-20 minutes
Fennel bulb sliced 8-10 minutes
Jerusalem Artichoke 20-25 minutes
Kabocha diced 10-15 minutes
Kale 10-12 minutes
Kohlrabi diced 8-10 minutes
Leeks 8-10 minutes
Mushrooms 2-3 minutes
Okra whole 6-8 minutes
Onions, sliced 8-10 minutes
Parsnips 8-10 minutes
Peas fresh or frozen 2-3 minutes
Peppers 3-4 minutes
Potatoes whole 20-25 minutes
Potatoes fingerling 15 minutes
Potatoes, cut 15 minutes
Pumpkins 25- 30 minutes
Rhubarb 15-20 minutes
Shallots 2-3 minutes
Snow Peas 2-3 minutes
Spinach 2-3 minutes
Squash summer sliced 4-6 minutes
Squash winter diced 10-15 minutes
Sweet potato 15-20 minutes
Taro 20 minutes
Tomatoes 2-3 minutes
Turnips 8-10 minutes
Yams 10-15 minutes
Zucchini squash, sliced/courgette 4-6 minutes

HOW TO COOK GRAINS

Start at medium- high heat to get the water up to a high simmer/boil with lid ajar approximately 2-3 minutes. When you the place lid on reduce the heat down to medium-low the vapo valve will have steam venting out – don't worry about this it takes a few minutes for the heat inside the pan to drop, when the vapo valve keeps clicking rapidly turn to low to tenderize.

Grain (1 cup)	Water	Cooking time	Yield
Amaranth	2.5 cups	15 minutes	2.5 cups
Barley, Hulled	3 cups	40 minutes	4 cups
Buckwheat (Kasha)	2 cups	15 minutes	3 ½ cups
Bulgur	1 ½ cups	15 minutes	3 cups
Cracked Wheat	2 ½ cups	15 minutes	3 ½ cups
Cornmeal (Polenta)	2 ½ cups	7 minutes	3 ½ cups
Couscous	2 cups	10 minutes	2 ¾ cups
Job's Tears (toast 1st)	2 ½ cups	45 minutes	3 cups
Kamut	3 cups	50 minutes	2 ¾ cups
Millet	2 cups	15 minutes	3 ½ cups
Oat Groats	2 ¼ cups	50 minutes	2 ½ cups
Quinoa (keen-wa)	2 cups	15 minutes	2.5 cups
Rye Berries	3 cups	50 minutes	2 ½ cups
Spelt	3 cups	60 minutes	2 cups
Teff	3 cups	10 minutes	3 cups
Triticale	3 cups	45 minutes	3 cups
Wheat Berries, Hard (Red)	2 cups	1 ½ hours	3 cups

Brown long grain varieties

Add 2 cups of water for every 1 cup of rice, Start at medium- high heat to get the water up to a high simmer/boil with lid ajar approximately 5-8 minutes. When you the place lid on reduce the heat down to medium-low the vapo valve will have steam venting out – don't worry about this it takes a few minutes for the heat inside the pan to drop, when the vapo valve keeps clicking rapidly turn to low to tenderize. Takes a total of 35 minutes

Brown short grain varieties

Add 2 1/2 cups of water for every 1 cup of rice, Start at medium- high heat to get the water up to a high simmer/boil with lid ajar approximately 5-8 minutes. When you the place lid on reduce the heat down to medium-low the vapo valve will have steam venting out – don't worry about this it takes a few minutes for the heat inside the pan to drop, when the vapo valve keeps clicking rapidly turn to low to tenderize. Takes a total of 45 minutes

White varieties

Add 1 ¾ cup of water for every 1 cup of white rice , Start at medium- high heat to get the water up to a high simmer/boil with lid ajar approximately 3-5 minutes. When you the place lid on reduce the heat down to low the vapo valve will have steam venting out – don't worry about this it takes a few minutes for the heat inside the pan to drop, if the vapo valve keeps clicking rapidly turn to a lower temperature to tenderize. Takes a total of 15-25 minutes

If you're using the electric oil core skillet start at Rice 1 setting with a 2-1 ratio.

There are two automatic rice settings on your temperature control probe. They are set by pressing the TEMP button and then pressing the down arrow (press once for Rice 1 and twice for Rice 2); you then press TEMP again to start the process. The cookbook says you can ignore the Rice 2 setting, but as you will see, there can be great value in the Rice 2 setting for many “non-rice” recipes. To get the greatest value from the Rice 1 & 2 settings, it is helpful to know how they are programmed: Rice 1 takes the temperature to 250°F/121°C, then drops and holds the temperature at 200°F/93°C for 20 minutes and then drops and holds the temperature at 150°F/ 66°C (the lowest setting) for 12 hours; Rice 2 takes the temperature initially to 265°F/129°C degrees and then drops the temperature as on Rice 1. This may sound a lot like how your Saladmaster cookware works: you place your skillet on medium heat, wait for the Vapo-Valve™ to click, and then turn the heat to low. Well the rice settings achieve the same goal - except it does it automatically!

HOW TO COOK FISH Poaching and pan-cooking are two simple techniques for fish cookery.

Poaching: Cooking in liquid retains the moisture of fish, especially skinless fillets.

In saucepan or skillet, add enough liquid (water or broth plus wine, if desired) to cover fish. Place over medium heat and bring to a simmer. Gently, add fish. Cover; when Vapo-valve™ clicks, remove pan from heat. Do not lift lid. Poach 10 minutes per inch of thickness at the thickest part.

Pan-cooking: This technique works well for fillets or small whole fish and fish steaks.

A) Place fish and small amount of liquid (wine, broth, sauce or whatever recipe calls for) in skillet. cover and cook over medium heat until Vapo-Valve™ clicks, reduce heat to low and cook until fish tests done. Allow 10 minutes per inch of thickness measured at the thickest part, total cooking time.

B) Preheat skillet over medium heat 2 to 3 minutes, until a few drips of water splashed in pan bead and dance. Add fish, cover and cook until Vapo-Valve™ clicks. Reduce heat to low and cook until fish tests done, allowing 10 minutes per inch of thickness at the thickest part, total cooking time.

SALADMASTER MACHINE VIDEO

<https://www.youtube.com/watch?v=13WfxpYtmQ>

HOW TO CLEAN & POLISH

<https://www.youtube.com/watch?v=X5Z8XUG9fv0>

<https://www.youtube.com/watch?v=X5Z8XUG9fv0>

HOW TO COOK MEATS <https://www.youtube.com/watch?v=tLHj5LsCvM4>

Pan Fried Chicken https://www.youtube.com/watch?v=G0l7tfkqOA0&feature=emb_title

12 chicken thighs, boneless, skinless

Directions:

1. Preheat the electric skillet to 450°F/230°C.
2. Place chicken in skillet; it will initially stick.
3. Place cover on skillet, leaving the lid ajar. This will allow air to flow through the cookware creating a crispy, fried chicken (as opposed to the baking method).
4. When the chicken loosens from the skillet, approximately 10 - 15 minutes (the length of time depends on the size of the chicken), turn and cook another 10 - 15 minutes.
5. Optional: Season the hot chicken with desired seasonings once removed from the skillet.

How to COOK Steak in Saladmaster <https://www.youtube.com/watch?v=vrA75d4zgCA&t>

4 fillets, rib-eye, or strip steaks of your choice, 4 ounces (113 g) each

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 2 - 3 minutes, place meat in pan. If using the electric skillet, preheat skillet to 375°-400°F/190°- 204°C. Meat may stick.
2. Cook on one side until browned. It will loosen as it browns.
3. Turn and cook until other side is browned. If desired, cover and cook until Vapo-Valve™ clicks. Reduce heat to low (for electric skillet, 275°-300°F/135°-148°C), and cook with cover ajar for approximately 5 - 10 minutes longer, or to desired doneness.

Tips:

- For desired doneness cook according to the following recommendations (steak, boneless, 1-inch thick):
- Rare/red in center - 4 minutes on 1 side, 3 minutes on other side
- Medium rare-pink in center - 5 minutes on 1 side, 4 minutes other side
- Medium- slightly pink in center- 6 minutes on 1 side, 5 minutes other side
- Well-done/no pink in center - 7 minutes on 1 side, 6 minutes other side

STEAK AND BEANS <https://www.youtube.com/watch?v=iFOJFMey15E>

BRAISING MEATS https://www.youtube.com/watch?v=bgEy_1nsOHw#action=share

Braising in Unthickened Liquid

1. Cut or trim meat as required. Dry meat thoroughly.
2. Preheat pan over medium heat. Approximately 3 – 5 minutes.
3. Place meat in hot dry skillet in single layer. Meat will stick but loosens when browned. Sear meat about 6-minutes.
4. Turn meat; cover and brown second side 3-minutes.
5. Add liquid or stock according to recipe directions.
6. Add a sachet or other seasonings.

7. Bring the liquid to a simmer; cover the pan. When Vapo-Valve™ clicks, reduce heat to low and cook until meat is tender. (Note: Cooking time depends on the thickness of meat. Refer to Tip for How To Cook Meat.)
8. Remove the meat from the pan and keep it warm.
9. Prepare a sauce or gravy from the braising liquid. This usually includes the follow:
 1. Skim liquid
 2. Prepare a brown roux with skimmed liquid
 3. Return liquid and roux to the pan.
 4. Liquid will thicken as heated
 5. Cook roux thoroughly
 6. Combine the meat (sliced or whole) with the sauce

Braising in Thickened Liquid (Method 2)

1. Prepare meat for cooking, as required.
2. Brown meat thoroughly in pan and brown mirepoix in remaining liquid.
3. Add flour to make a roux. Brown the roux.
4. Add stock to make a thickened sauce. Add seasonings and flavorings.
5. Return meat to pan. Cover and simmer until Vapo-Valve™ clicks and turn temperature to low and cook until meat is tender.
6. Adjust sauce as necessary (strain, season, reduce, dilute, etc.)

Classic Fricassees Follow Method 2, except:

1. Do not brown the meat. Cook it over medium-low heat without browning.
2. Add flour to the meat in the pan and make a blond roux.
Finish the sauce with a liaison of egg yolks and cream.