



7-PLY
MADE IN USA

316Ti Stainless Steel
Resistant Acid

Bi  **Ncookware**

HEALTHY COOKING. BETTER LIVING.

Healthy & Easy Recipes



Breakfast Food Tips

Eggs stick, use Pam, butter or oil before you cook.



Fried Eggs

UNITS: ALL REGULAR AND SAUTE PANS

Spray Pam in skillet over medium heat until it bubbles. Add eggs and season to taste. Add 1 to 2 tablespoons water and immediately place lid on pan. Cook on low heat for 2 to 3 minutes.



Hard or Soft Cooked Eggs

UNITS: PICK PAN TO FIT AMOUNT NEEDED

Wet 4-5 folded paper towels and place on bottom of cold unit. Put eggs on paper towels and cover with lid. Cook on medium heat until valve whistles. Reduce to low heat. 7 minutes for soft-12 to 15 minutes for hard boiled eggs. Notice the beautiful color of the yolk when prepared this way.



Rancho Scramble

UNITS: LARGE SKILLET AND SAUTE PANS & FOOD PROCESSOR

- 1 onion (#2 cone)
- 6-8 slices of bacon
- 1 potato (#2 cone)
- 4-6 eggs

Place bacon and onion in cold skillet over medium heat. Cook until onion is transparent, and bacon is crisp. Drain off excess grease. Add potatoes. Then add 4-6 beaten eggs. Cook until eggs are done. Add hot sauce if desired.

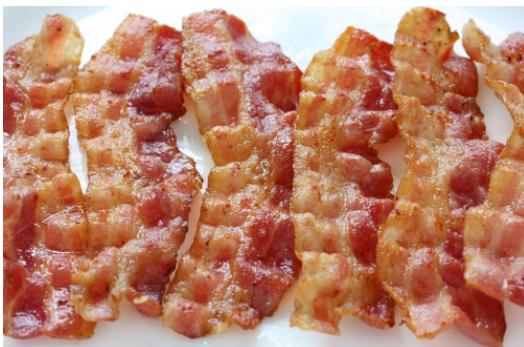


Creamed Eggs and Ham with Cheese

UNITS: ALL REGULAR AND SAUTE PANS

- 1 tablespoon minced onion
- dash of pepper
- 3 tablespoons flour
- 6 shelled hard cooked eggs
- ½ teaspoon salt
- ½ cups diced cooked ham
- 3 slices/diced American cheese
- 2 cups milk

Melt butter or margarine over medium heat, add onion and simmer until tender. Stir in flour milk salt and pepper to make white sauce. Stir until smooth and thick. Add chopped eggs, then the ham and cheese. Heat until cheese is well melted. Serve on toast.



Bacon

UNITS: ALL REGULAR & SAUTE PANS

Lay strips of bacon in cold skillet and place on medium heat. If grease starts popping, reduce heat.



Greaseless Pancakes

UNITS: 13" SAUTE PAN OR GRIDDLE

2 ½ cups flour

2 tablespoons sugar

2 cups milk

3 teaspoons baking powder

2 eggs

6 tablespoons melted butter (optional)

A pinch of salt

Beat eggs and sugar till thick and add melted butter and milk. Sift flour, salt and baking powder together and add egg mixture. preheat skillets on medium heat. Drop beads of water onto the pan-if they roll around to all edges-the unit is ready to use. Do not baste skillet or griddle with oil for the pancakes. Turn pancakes when bubbles start to appear. This recipe makes thin pancakes-much like Swedish pancakes.



Pancakes

UNITS: 13" SAUTE PAN OR GRIDDLE

Your own recipe or package mix.

Same directions as GREASLESS PANCAKES, only do not add oil to mix or put any on the pan. The first pancake usually sticks lightly to the surface of the cookware.



Whole Wheat Cereal

UNITS: LARGE SKILLET, POACHING RACK & HIGH DOME
COVER DOUBLE BOILER CASSEROLE INSERT

2 cups whole grain wheat

3 cups water

Put wheat and water into casserole insert and start cooking on medium heat on top of the stove until vapor forms over the water. Put 3 cups water into large skillet and turn on medium high. Place poaching rack into skillet and set the casserole insert onto the rack. Cover with a high dome cover and reduce heat when steam appears around the lip of the dome cover. Cook for 2 hours or until grain has opened up.



Cream of Wheat & Oatmeal

UNITS: SAUCEPAN SIZE ACCORDING TO QUANTITY

Use the measurements on the box exactly. Start water on medium high heat. Blend cream of wheat into water and add about 4 drops of vanilla. Heat till valve whistles. Turn off heat and let stand 10 minutes with cover on before serving. **Note:** Substitute raisins instead of vanilla when cooking oatmeal.



Poached Eggs

UNITS: LARGE SKILLET WITH POACHING RACK

Pour 2 cups of water into skillet. Set poacher rack with cups on top of skillet. Place a small dab of butter or margarine into poacher cup then bring water to a boil (just a bit over medium.) Drop eggs into cups cover pan and continue heating for 3 minutes or until white of egg is completely done. (Very cold or jumbo size eggs will take slightly longer.) To remove cups, insert utility handle gripper (tongs).



Potato Pancakes

UNITS: LARGE SKILLET OR SAUTE PANS & FOOD PROCESSOR

- 3 medium potatoes
- 2 tablespoons butter
- 2 eggs
- 1/8 teaspoon pepper
- 1 small onion
- 1 teaspoon salt
- 3 tablespoons milk
- ½ teaspoon baking powder
- 1/3 cup flour

Shred potatoes and onion with the (#1 cone). If potatoes are shredded ahead of time add milk to them to avoid discoloration. Beat eggs. Mix dry ingredients before adding to eggs. Drag spoonfuls onto preheated unit. Brown each side then put on lid and reduce heat to tenderize for 2-3 minutes.



Cheese Omelet

Serves 6

UNITS: LARGE SKILLET & FOOD PROCESSOR

2-3 eggs

1 tablespoon butter/margarine

¼ teaspoon salt

¼ cup cheese (#2 cone)

Dash of pepper

Beat eggs slightly and add salt and pepper. Heat butter in skillet over medium heat. Let butter or margarine bubble. Pour egg mixture into skillet. As egg solidifies, take a fork and stir the middle gently to let the egg cook. When the omelet is partially done, sprinkle the grated cheese on and flip one half of the omelet over the other side. Continue cooking for just a few minutes only.



Scrambled Eggs

Serves 4

UNITS: LARGE SKILLET AND SAUTE PANS

6 eggs-beaten

1/3 cup milk

Salt and pepper to taste

1 tablespoon butter/margarine

Combine eggs, milk, salt, pepper, and beat well. Spray Pam in skillet over low heat and add egg mixture, cover. Let mixture start to cook then gently break to scramble consistency.



Cream Cheese Scrambled Eggs

Serves 6

UNITS: LARGE SKILLET OR SAUTE PANS

12 eggs- beaten

3 tablespoons butter/margarine

2/3 cup milk

salt and pepper to taste

1 tablespoon bacon bits

1 package 7oz cream cheese

Cut cream cheese into ½ inch pieces. Melt butter in skillet over low heat. Combine eggs, milk, bacon pieces and seasonings. Pour into skillet. Cook over low heat, stirring constantly until eggs begin to thicken. Add cream cheese pieces and continue cooking. Stir until cheese is blended and eggs are firm but moist.

Fiesta Poached Eggs

Serves 4 – 6

UNITS: LARGE SKILLET OR SAUTE PAN & FOOD PROCESSOR

6 slices bacon
2 tablespoons butter/margarine
2 teaspoons flour
1 cup cheddar cheese (#1 cone)
¼ teaspoon salt
6 eggs - poached
Dash of pepper
6 toasted English muffin halves
1 cup evaporated milk

Fry bacon in sauté pan until crispy-remove and drain on a paper towel. Rinse and dry skillet. Melt some butter in same skillet over low heat. Stir in flour, salt and pepper. Add milk and cook until thickened. Add cheese and stir until smooth. Cover and remove from heat. Use instructions above for poaching eggs. Arrange eggs on toasted muffins and cover with sauce. Sprinkle bacon on top and serve.

Soup Tip

Do not boil soup. Boiling toughens food and takes longer to cook. Use medium whistle low. Flavor and seasoning are stronger using this method.



Vegetable Chowder

Serves 6

UNIT: 3 QT SAUCEPAN, 4 QT SAUCEPAN & FOOD PROCESSOR

- 2 cups potatoes (#3 cone)
- 1 tablespoon flour
- 2 carrots (#5 cone)
- ½ teaspoon dry mustard
- 1 small onion (#2 cone)
- 2 cups milk
- 1 stalk celery (#2 cone)
- 1 tablespoon minced parsley
- 2 ½ cups water
- 1 (1lb) can stewed tomatoes with liquid
- 1 ½ teaspoon salt

Prepare potatoes, carrots, onion and celery and put into pan. Add water and salt-stir. Cover, cook over medium heat until valve whistles. Reduce heat to low, close valve and cook for 20 minutes or until vegetables are tender. Combine flour, mustard, and ¼ water; mix until smooth. Pour a little of the hot broth into mixture and stir until smooth. Gradually mix the balance into the vegetable broth mixture. Add milk, chopped parsley and tomatoes. Heat but do not allow to boil.



Navy Bean Soup

Serves 10 – 12

UNIT: 6 QT ROASTER, 12 QT ROASTER & FOOD PROCESSOR

- 1 lb. dried navy beans
- 2 stalks celery
- 1 ham bone
- 1 can tomatoes
- 1 large onion (#2 cone)
- ½ teaspoon salt
- 2 qts water
- ¼ teaspoon pepper
- 1 clove garlic – minced
- ¼ teaspoon basil

Place beans in mixing bowl, cover with water and soak overnight. Drain and place in pan. Add ham bone, onion, celery, garlic, and water. Bring to a boil. Skim any sediment off top. Add tomatoes, salt, pepper, and basil. Cover and cook over medium heat until cover is hot to the touch or the valve whistles. Reduce heat to low, close valve and cook for 3 hours or until beans are tender.



Chili Con Carne

Serves 8

UNIT: 6 QT ROASTER & FOOD PROCESSOR

- 1 lb. ground beef
- 1 stalk celery (#4 cone)
- 1 ½ teaspoon salt
- 2 tablespoons chopped green pepper
- 1 ½ teaspoon chili powder
- 1 can (15 oz) kidney beans
- ½ clove minced garlic
- 1 cup water
- 1 can tomatoes with liquid
- ½ teaspoon paprika
- 1 medium onion (#2 cone)

Preheat skillet over medium heat. Add ground beef and fry until lightly brown. Stir frequently to break up lumps of meat. Add seasonings, vegetables and water. Cover and cook over medium heat. When valve whistles reduce heat to low heat and close valve.

Tip: you may cook the ground beef in inset over 3 inches of water in 3 qt. ground beef will cook while the fat drips through to the water below.

Note: flavor improves when reheated over low the next day.



Potato Soup

Serves 4 – 6

UNIT: 3 QT SAUCEPAN, 4 QT ROASTER & FOOD PROCESSOR

- 2 cups potatoes (#3 cone)
- 2 tablespoons butter/margarine
- 2 tablespoons onion (#2 cone)
- ¼ cup celery
- 2 ½ teaspoons salt
- 2 cups water
- 1/8 teaspoon pepper
- 3 cups milk
- 1 tablespoon flour
- 1 tablespoon parsley (fine)

Preheat pan on medium, add onion and fry slowly until yellow and tender. Then add salt, pepper, and flour. Blend well. Add parsley, celery, potatoes and water. Mix thoroughly. Cover and place over medium heat until valve whistles, then close valve. Reduce heat to low and cook until potatoes are tender. This takes about 15 minutes. Add milk and heat thoroughly.



Cream of Asparagus Soup

Serves 4 – 6

UNITS: 3 QT SAUCEPAN, SMALL SKILLET OR SAUTE PAN &
FOOD PROCESSOR

2 lbs. fresh asparagus
1 teaspoon salt
6 cups of chicken stock
 $\frac{3}{4}$ heavy cream
9 tablespoons of butter
6 tablespoons flour
2 tablespoons onion (#2 cone)
dash of white pepper
2 egg yolks

Peel each asparagus stalk, removing skin and tough outer flesh. Cut stalks in $\frac{1}{2}$ " lengths and set aside. In saucepan, bring chicken broth to whistle with salt over medium heat. Drop in asparagus and cook slowly 5 to 8 minutes or until just tender. Drain stock into bowl, reduce heat to low and set tips aside. In the same saucepan, melt 5 tablespoons of butter over medium low heat. Stir in flour-stirring constantly for a minute or two. Do not brown. Remove from heat, cool slightly, pour in stock and whisk together until tock and roux

are blended. Return to low heat-cook until soup base thickens and is perfectly smooth. Lower heat to simmer. Stir in cup up asparagus stalks and onions. Cook over medium heat for 3 minutes. Stir into soup base and cook over low heat. Puree the soup through a food mill into mixing bowl and the through a fine sieve and back into the pan. Blend egg yolks and cream together in medium size mixing bowl using a wire whisk. Whisk in the pureed soup, a couple tablespoons at a time until a full cup has been added. Now whisk the warmed egg yolk and cream mixture into the soup. Bring to a boil and cook for 30 seconds stirring constantly. Remove from heat and stir in 2 tablespoons butter. Season with salt and white pepper to taste. Add reserved asparagus tips and ladle soup into a tureen or serve individually.

Vegetable & Fruit Tip

There must always be enough water or moisture in the pan for the unit to whistle.

- **A Note on Unit Size:** When cooking frozen or fresh produce, use the pan size that most neatly fits the amount of food you are cooking.

Fresh or Frozen Vegetables

Put vegetables into pan and rinse with cool water and then drain. Start unit on medium heat until valve whistles, close valve – then lower to simmer or low. If valve continues to whistle, move until partially off burner. If food scorches, it

was either at too high of heat, the valve whistled for too long or food was lodged against the valve or in the lip (rim) of pan.

- Always rinse fresh vegetables with cold water and drain.

Carrots & Cabbage

Cut carrots (#2 or #3 cone) cabbage (#3 or #5 cone) into pan. Rinse with cold water and drain. Start on medium heat. Lower heat and close valve when unit whistles and leave for about 10 to 12 minutes.

Cauliflower, Broccoli & Asparagus

UNITS: 3 QT SAUCEPAN OR 4 QT ROASTER & STEAMER INSERT

Wash and place vegetable into 3 qt. steamer insert. Bring $\frac{3}{4}$ " water to boil in 3 qt. saucepan first. Water will boil faster if you place the cover on when you start. Place 3 qt. steamer full of vegetables on 3 qt. saucepan and cook 12 to 15 minutes according to quantity. Season to taste.

- **Alternative Method:** ensure enough moisture is in the pan (see fresh or frozen above) and the heat is not too high as florets are delicate and prone to overcooking; be gentle with the heat. Use medium whistle low and cook for 10 minutes after whistle.



Beets

Cut beets in half and use the #2 cone from the Food Processor, making sure the peeling side is away from the blade. Cook about 20 minutes. Add 1 can of cranberry sauce and two tablespoons orange juice and simmer for 5 minutes.

Corn on the Cob (Fresh or Frozen)

Use the same process as for hard or soft cooked eggs. Place 4 wet paper towels in bottom of pan. Cook 12 to 15 minutes after valve whistles. Another great way to prepare fresh or frozen corn is to cook them in your 3 qt. steamer. Using the same cooking time as above.

Frozen Foods

(Lima beans, butter beans, field peas, black-eyed peas, green beans, corn, spinach, regular peas, etc.)

Frozen foods usually dehydrate 60% when picked so you will need to add ½ cup of water to replenish beans. Start on medium heat until valve whistles, close valve, reduce to low and cook for 10- 15 minutes. Never open lid or COVERS until food is done.

- **DO NOT ADD WATER TO THESE VEGETABLES.** Rinse with cold water and drain. This is the same procedure that can be used for all other types of fresh foods.



Apple or Pear Sauce

UNITS: ALL SAUCEPANS

- **NOTE:** always use Winesap or Jonathan apples for sauce

Stem or core with minimum waste. Cut place skin side to the #2 cone on the food processor. Fill unit and pack tightly. **DO NOT ADD ANY WATER! DO NOT ADD ANY SUGAR!** Cook on medium heat until unit valve whistles, close valve. Reduce heat to low and cook an additional 15 minutes. Whip with fork or mixer. Use red apples and sauce will have a beautiful color.

Steamed Raisins

UNITS: ALL SAUCEPANS & HIGH DOME CASSEROLE INSERT

A very easy rule of thumb when cooking raisins is to fill the unit with raisins and fill with water until the water just barely covers the top. Start on medium heat till valve whistles. Turn to low heat for 10 – 12 minutes. Thicken with 1 tablespoon of cornstarch.

An alternate way to do raisins is to put them in the casserole insert and fill with water the same as above. Place casserole insert on divider rack over roast meat and steam until meat is done. This is done with the large skillet or 6 qt. Dutch oven with the high dome cover as a lid.



Baked Apples

UNIT: LARGE SKILLET

- **Note:** Use Rome, Winesap or Jonathan apples. Cut apples in half and place in pan – skin down. Sprinkle with cinnamon. Add 1 cup of water and start on medium heat until valve whistles, close valve. Reduce heat to low and cook 15 minutes. Juice can be used for basting just before eating.



Fruit Salad

UNITS: FOOD PROCESSOR

- 2 large apples (#3 cone)
- 1 small can of crushed pineapple
- 3 bananas (#5 cone)
- ½ cup nuts (pecan) (#2 cone)
- 2 pears (#3 cone)

Pour pineapple juice over apples and bananas to keep from discoloring. Stir and chill. Add nuts just before serving.

The same recipe can be made using apples, bananas, pineapple, pecans, 1 can of mandarin oranges, and miniature marshmallows.



Cole Slaw with Fruit

UNITS: FOOD PROCESSOR

1/3 head of cabbage (#2 cone)

1 can of pineapple tidbits

3 medium apples (#2 cone)

1 lemon rind (#1 cone)

1 medium carrot (#1 cone)

Mix all into bowl. Use whole lemon and run across the food processor gently to get the rind shavings. Mix with the Cole slaw dressing.



Regular Cole Slaw

Same recipe as above but substitute (1/2 instead of 1/3 cabbage), (1 cucumber - #4 cone instead of fruit) and add Cole slaw or Italian Zesty dressing)



Hash Browns

UNITS: 10" OR 13" SUTE PANS OR GRIDDLE & FOOD
PROCESSOR

Preheat unit on medium heat. Grate 2 – 3 potatoes on the #1 cone. (A small onion use of #2 cone is optional.) cut into steamer insert and rinse with hot water if you want to keep without discoloration. (This last statement will apply to any fresh potato that is cut.)

Put just enough butter, margarine or Pam to cover the bottom of pan and wait till it starts to have a sudsy look. Add potatoes and flatten out with a spatula. Cook 4 minutes then turn. Cook another 4 – 6 minutes on medium heat for crispy hash browns or cover with a lid to steam them. Add a couples of slices of cheese to the top for a nice treat.



American Fries

UNIT: LARGE SKILLET OR 13" SAUTE PAN & FOOD PROCESSOR

Preheat unit on medium heat with cover on. Always add oil to unit after it has been preheated. Cut potatoes on #2 cone and add to skillet. Cover and cook for the first 5 minutes. Uncover and turn potatoes. Cook 7 – 10 more minutes until browned.



Whole Baked Potatoes

UNIT: USE UNIT SIZE THAT POTATOES WILL FILL

Preheat unit on medium heat. Scrub and cut potatoes in halves. Also make a small cut in the top of each potato to allow heat to flow through. Place potatoes in unit – cut side down. Drop heat to low and cook for 45 minutes. The potatoes will have a brown starch area where it has met the pan, which will be natural.



Mashed or Diced Potatoes

UNITS: 3 QT SAUCEPAN OR 4 QT ROASTER, STEAMER INSERT
& FOOD PROCESSOR

Cut potatoes in half and place cut side up in pan. Cook at medium heat for 5 minutes and lower heat. Run cooked potatoes through the food processor using the #1 cone. Be sure the peeling side is away from the cutting blade. You can serve with butter or gravy or even add hot milk and whip them.



Steamed Potatoes

UNITS: 3 QT SAUCEPAN OR 4 QT ROASTER OR SMALL SKILLET,
STEAMER INSERT & FOOD PROCESSOR

Place 2 inches of water in bottom of pan and bring to a boil.
Cut potato on the #3 cone into food processor and place over
boiling water. Stove should be at a high heat. Cook for 8 to 10
minutes. Onion can be added if desired.



Potato Chips

UNITS: LARGE, REGULAR OR JUMBO, SAUTE PANS OR
ELECTRIC SKILLET

Cut potatoes on #4 cone, wash out starch in cold water. Soak potatoes in (salt) for 15 minutes. Dry well and let stand for 5 – 10 minutes. Cook in oil at 425 degrees until browned as desired. Some cooks like to soak their potatoes for a longer period, which is okay.



Sweet Potatoes

UNITS: SMALL SKILLET OR LARGE SKILLET & FOOD
PROCESSOR

- 3 medium sized sweet potatoes (small skillet)
- 1 tablespoon of salt
- 5 medium sweet potatoes (large skillet)
- 1/3 cup brown sugar/honey
- 2 tablespoons butter/margarine

Peel and cut potatoes on #5 cone. Put into skillet with all seasonings. Start cold pan on medium high till valve whistles. Turn heat to low and cook for 30 to 40 minutes. Stir when done.



Cheese Potatoes

UNITS: ALL REGULAR AND SAUTE PANS & FOOD PROCESSOR

Cut potatoes on #2 cone rinse well and place into cold pan on medium heat. The amount of potatoes determines the size of the unit. Add butter or margarine along with any other seasonings you prefer. Place your favorite cheese on top and cook for 20-30 minutes. Stir before serving.

DRIED FOODS

RICE: when measuring you can allow 1 1/3 parts water to 1-part food when cooking. Pick unit size for amount needed. Put contents into unit and turn on medium heat until valve whistles. Reduce heat to low and cook for 20 minutes.

LIMA, NAVY, AND PINTO BEANS, RAISINS, PRUNES, APRICOTS, PEACHES, OR ANY DRIED FRUIT OR VEGETABLE: rinse food under hot tap water. Pick unit size for food to be cooked. Fill saucepan with water to 1" above level of food. Start on medium heat till valve whistles. Reduce heat to low and cook 1 to 1 ½ hours or until done to your taste. When stack cooking, place food in the casserole insert and preheat until vapor forms over food and the place on rack. Cook with other items per their cooking times.



Chicken Breast Supreme

Serves 4 – 6

UNITS: LARGE SKILLET OR ELECTRIC SKILLET

- 4 – 6 chicken breasts
- 1 can (4oz) mushrooms
- 2 tablespoons butter
- 1 cup chicken stock
- 2 tablespoons flour
- 2 tablespoons sherry wine (optional)
- ¼ teaspoon salt
- 1/3 cup light cream

Preheat skillet to medium-high or 425 degrees for electric skillet. Place chicken breasts in skillet and cook about 10 minutes or until chicken releases from pan. Pour sauce over chicken and set heat to simmer. Cook for an additional 30 minutes. Garnish with sliced almonds. Serve over a bed of rice.

- **NOTE:** barbecue chicken is prepared the exact same way.

Greaseless Chicken

UNITS: LARGE SKILLET OR ELECTRIC SKILLET

Preheat skillet to medium-high or 425 degrees for electric skillet. Chicken can be cooked with or without skin. Place chicken meat side down in pan with cover slightly ajar. Cook 10 - 15 minutes or until chicken is browned and releases from the pan bottom. Turn and brown the topside for another 8 minutes with the cover slightly ajar. Cover completely for the final 3 - 5 minutes.



Italian Chicken

Serves 4

UNITS: LARGE SKILLET OR ELECTRIC SKILLET

- 1 – 2 ½ lb. fryer
- 1 tablespoon salt
- 1 bell pepper
- ½ tablespoon pepper
- 1 can (12oz) tomato sauce
- 1 tablespoon oregano leaves

Place cut fryer in cold unit. Mix all ingredients together and spread over chicken. Start heat on medium or 300 degrees in the electric skillet. Cook 1 hour. Remove chicken and thicken broth with 3 tablespoons cornstarch and water to make sauce. Serve over rice. If unit starts to spit moisture rapidly from the rim reduce heat slightly.



Chicken Cacciatore

Serves 4 – 6

UNITS: 6 QT ROASTER OR 4 QT ROASTER

- 1 ½ lb. – cut fryer
- 1 onion chopped #2 cone
- 1 tall can of tomato sauce
- 1 clove garlic
- 1 small bell pepper
- 1 teaspoon pepper
- 1 teaspoon oregano
- ¼ teaspoon thyme
- 1 teaspoon crushed basil
- 1 teaspoon salt
- ½ teaspoon celery seed
- ¼ cup dry white wine (optional)
- 1 or 2 bay leaves

Place fryer in cold unit. Chop pepper and add tomatoes and spices. Spread over chicken and cook on medium low heat for 1 hour. Make sauce out of juices by thickening with cornstarch and water. Delicious when served over rice.

NOTE: this recipe may be increased by adding extra chicken and another small can of tomato sauce or even doubled for use in our jumbo-sized roasters.



Roast Turkey

UNITS: 6 QT ROASTER OR ALL JUMBO ROASTERS WITH HIGH DOME LID

Stuff turkey as you wish. Place turkey into the cold roaster with the breast always down. Turn heat to medium and cover. Turn temperature down when there starts to be bubbling around the lip of the cover. Allow 20 – 25 minutes per pound. Turkey will cook on low heat in one-half the time listed on a regular roasting chart. A regular roaster will hold up to a 12-pound turkey. If you want the turkey to look brown, sear turkey in broiler before serving. Turkey may be cooked without skin if desired.



Sweet & sour Ham over Rice

Serves 6

UNITS: LARGE SKILLET OR LARGE SAUTE SKILLET

- 1 ½ lbs. cooked ham
- 1 can apricot halves
- 3 tablespoons butter
- 1/3 cup sugar
- 3 tablespoons flour
- ½ cup vinegar
- 1 ½ cup chicken broth
- 2 medium green peppers
- 3 tablespoons soy sauce
- 5 cups cooked rice
- 1 teaspoon favorite seasoning

Cut leftover or precooked ham into 1" cubes. Drain juice from apricots and reserve. Melt butter in pan and add flour. Stir until smooth. Gradually add chicken broth and apricot juice, stirring constantly to prevent lumping. Add seasonings of vinegar, green pepper (1" pieces) and cubed ham. Stir until mixture begins to thicken. Add apricot halves. Cover and simmer for 15 minutes. Serve mixture over beds of hot fluffy rice.



Lamb & Bacon Swirls

Serves 6 – 8

UNITS: ALL REGULAR & SAUTE PANS

- 1 ½ lbs. ground lamb
- 1/8 teaspoon pepper
- ½ lb. sliced bacon
- ¼ teaspoon marjoram
- 1 teaspoon salt
- 1 cup corn flakes
- 1 tablespoon Worcestershire sauce
- 3 tablespoons water

Arrange bacon slices with edges slightly overlapping on a sheet of waxed paper 8 to 10 inches long. Combine lamb and remaining ingredients. Mix thoroughly. Spread lamb mixture evenly over the bacon and roll so that the ends of the slices of bacon are rolled in with the lamb. Wrap tightly in waxed paper and chill thoroughly. Before slicing, place wooden picks through the roll at 1" slices. Brown slowly on both sides, turning frequently for 15 to 20 minutes or until done. Pour off fat as it accumulates.



Braised Lamb Riblets

Serves 4

UNITS: E-SKILLET, ALL REGUALR AND SAUTE PANS & FOOD PROCESSOR

2 lbs. lamb riblets
1 – 12oz can V-8 Juice
1 tablespoon butter
2 tablespoons flour
½ cup celery (#2 cone)
1 tablespoon vinegar
2 large sliced onions
salt to taste

Cook lamb pan until well browned on all sides. Add celery, onions and ¾ of the V-8 juice. Cover and cook over low heat for 1 hour or until lamb is tender. Combine flour and remaining juice and blend together in a separate bowl. Gradually add flour mixture to lamb and stir until thickened over low heat. Add remaining ingredients and mix well.



Bologna, Hot Dogs, Polish Sausage

UNITS: 3 QT SAUCEPAN OR 4 QT ROASTER OR SMALL SKILLET
& STEAMER INSERT

Place 1" of water in any of the cold units and bring to a boil.
Place food into steamer insert, place onto unit with water
boiling and cook 10-15 minutes. Buns can be heated or
refreshed during the last minute or two.



Pan Broiled Pork Chops (Steaks)

UNITS: ALL REGULAR, JUMBO OR SAUTE PANS & ELECTRIC SKILLET

Preheat skillet on medium-high. Add meat and cook 8-10 minutes per side for pork chops. Cook 2 minutes (rare), 3 minutes (medium) and 4 minutes (well done) per side for steak. Meat will come loose when it is ready to turn. Salt and pepper to taste.



Pork Chop – Apple Kraut Dinner

UNITS: REGULAR SKILLETS, JUMBO SKILLET, SAUTE PANS & ELECTRIC SKILLET

4 pork chops/shoulder steaks
1 teaspoon caraway seed
1/3 cup brown sugar
2 Winesap apples (#2 cone)
1 large can sauerkraut
salt and pepper
1 small onion (#2 cone)

Preheat skillet on medium to high or 425 degrees for the electric skillet and brown pork chops the same as pan-broiled. Drain off excess fat. Top chops with well-mixed sauerkraut, caraway seeds, brown sugar, onions and apple mixture. Reduce heat and simmer for 45 minutes to an hour until meat is tender. Add dumplings if desired.



Dumplings

UNITS: LARGE SKILLET, JUMBO SKILLET SAUTE PANS

- 1 egg
- 1 ½ cups flour
- ¼ teaspoon salt
- ½ cup milk
- 1 ½ teaspoon baking powder
- 1 tablespoon butter

Sift flour, salt and baking powder twice. Work in butter, then add egg and milk. Drop by the tablespoon on top of apple-kraut dinner. Make sure dumplings are placed on food. **REDUCE THE TEMPERATURE FIRST.** Never drop them in while liquid is bubbling. Do not let dumplings settle in the liquid. Bring heat back up to medium low, and the reduce to simmer. Do not disturb for 20 minutes.



Braised Steak with Vegetables

UNITS: LARGE SKILLET OR ELECTRIC SKILLET JUMBO SKILLET,
SAUTE PAN & FOOD PROCESSOR

- 1 round steak
- 3-4 medium potatoes (#3 cone)
- 1 onion (#2 cone)
- 4-5 carrots (#3 cone)
- 1 stalk celery (#4 cone)
- salt and pepper
- 1 can of cream of chicken soup

Cut round steak into ½" to 1" strips. Preheat skillet on medium heat and brown. Add all ingredients and continue to cook on medium heat for 8-10 minutes until lid is hot to the touch or valve whistles. Turn heat to simmer and cook 30-45 minutes or longer if desired.



Steak Dinner

UNITS: LARGE SKILLET, ELECTRIC SKILLET, 3 QT SAUCEPAN,
STEAMER INSERT & FOOD PROCESSOR

- 1 ½" round steak or sirloin
- 1 large potato (#3 cone)
- 1 medium onion (#2 cone)

Add 1" water to saucepan and bring to boil. Cut vegetables into steamer insert and place directly over saucepan and cover. Cook for 10-12 minutes. Preheat skillet on medium and drop meat into skillet. Turn and sear other side for 2 minutes. Take steak out of pan and add cooked potatoes and onions and mix with the juices. Place steak on top and simmer for 10 minutes.



Hamburgers

UNITS: ALL REGULAR, JUMBO OR SAUTE PANS & ELECTRIC SKILLET

Preheat skillet on medium heat. Use a paper towel or beds of water to determine correct heat. If using the electric skillet, set on 425 degrees. Place meat in skillet and cook each side for 5 minutes. Always add seasoning after meat has been turned.



Roasts

UNITS: 6 QT ROASTER WITH HIGH DOME COVER, 4 QT ROASTER (SMALL SIZES) & MINI DOME

TIME CHART FOR RANGE TOP ROASTING

- Beef (rare) 10 min./lb.
- Lamb (leg) 20 min./lb.
- Beef (medium) 15 min./lb.
- Pork 20 min./lb.
- Beef (well done) 20 min./lb.
- Poultry 15 min./lb.
- Ham (fresh) 25 min.lb.
- Veal 20 min./lb.

Dry meat. Always preheat roaster on medium heat. Use water beads or a paper towel to make sure heat is correct before searing meat. Sear each side 5 minutes. If cooking any

vegetables with roast, add them after searing the first side. Place dome cover on roaster. DO NOT REDUCE HEAT YET. When bubbling around the lip begins, water seal is beginning to form. GRADUALLY reduce heat to low to retain gently bubbling and moisture around the rim of the roaster. The moisture is the seal, it is NOT an indication that your heat is too high. Depending on your stove, it will take 5 to 15 minutes to get a seal.

If cooking less than 5 pounds of roast, choose the smaller container. Cooking meats medium rare, sometimes it is better if the meat is tenderized first.

When cooking 3-5 pounds in the 6 qt Dutch oven, it usually takes about 1 to 1 ½ hours to cook after the water seal is formed. You can always cook it longer on simmer if you wish. Flat cuts, such as the blade roast, should be cooked in the size utensil which best fits the cut.

Gravy Recipe



For a 4 to 5-pound roast, use ½ cup flour or ¼ cup corn starch, plus ½ cup of water or enough water to make it easy to pour. For larger roasts, double the ingredients.



Barbeque Ribs

UNITS: LARGE SKILLET, ELECTRIC SKILLET & JUMBO SKILLET

Preheat skillet to medium high or 425 degrees for electric skillet. Brown meat on both sides. Add barbeque sauce till ribs are covered. Reduce heat to medium till bubbling around rim starts or valve whistles. Reduce heat to simmer and cook for 1 hour. Allow more time for thick or pork ribs.



Swiss Steak

Serves 4 – 6

UNITS: LARGE SKILLET, JUMBO SKILLET & ELECTRIC SKILLET

- 1 large round steak
- 3-4 carrots
- 1 package onion soup mix
- 2 medium potatoes
- 1 8oz can tomato sauce

Preheat skillet on medium high or 425 for electric skillet. Sear steak for 2-3 minutes. Lift steak out of pan and add ½ package of onion soup. Return meat to skillet and put remaining soup mix and 8oz can of tomato sauce. Cut potatoes and carrots in large chunks and add to skillet. Cover and reduce heat after bubbling around rim starts or valve whistles. Cook on simmer for 1 1/2 hours.



Chuck Wagon Stew

UNITS: 6 QT ROASTER WITH HIGH DOME COVER & 4 QT
ROASTER WITH MINI DOME COVER

2 lbs. beef chuck (1 ½ cubes)
2 teaspoons salt
6 medium potatoes
¼ teaspoon pepper
1 green pepper
1 teaspoon sugar
6 carrots
1 teaspoon chili powder
6 small onions
4 stalks celery
2 8oz cans tomato sauce
1 bay leaf
¼ teaspoon thyme

Preheat roaster on medium heat and brown meat. Chop all the vegetables into large chunks and add ingredients all at once. Cover with dome lid. Reduce heat when bubbling starts to form around rim and gradually reduce heat to simmer. Cook for 1 ½ hours.

- **NOTE:** no additional liquid is necessary



Hamburger Stroganoff

UNITS: REGUALR SKILLETS, JUMBO SKILLET, SAUTE PANS & ELECTRIC SKILLET

1 ½ lbs. ground beef
1 teaspoon garlic salt
1 can cream of mushroom soup
1 teaspoon onion powder
1 can water
dash of kitchen bouquet

Preheat skillet on medium high heat. Brown meat and drain off remaining grease. Drop heat to medium and add all the ingredients at one time. Cook until bubbling starts around rim or valve whistles and turn down to simmer. Cook 30 minutes.



American Stove Top Meatloaf

UNITS: LARGE SKILLET OR ELECTRIC SKILLET

- 2 lbs. ground beef
- 1 medium potato (#1 cone)
- 2 8 oz can tomato sauce
- 1 medium carrot (#1 cone)
- 1 small onion (#2 cone)
- 2 eggs
- 1 teaspoon salt

Cut all ingredients into a single bowl. Using one of the tomato sauce, add beef and mix thoroughly. Put ingredients into cold skillet and pour second can of tomato sauce on top. Cook on medium heat until valve whistles and reduce heat to low for 25 – 30 minutes.



Cajun Stove Top Meatloaf

UNITS: LARGE SKILLET, ELECTRIC SKILLET & FOOD PROCESSOR

- 1 ½ lbs. ground beef
- 1 egg
- 1 small carrot (#1 cone)
- ½ teaspoon black pepper
- 2-3 stalks celery (#2 cone)
- ¼ teaspoon cayenne pepper
- 1 small green pepper (chopped)
- dash of salt
- 2 8oz can tomato sauce
- 1 cup of oatmeal
- 1 medium onion (#2 cone)

Use exact same preparation per American style meatloaf.

Oriental Turkey Meatloaf

UNITS: LARGE SKILLET, ELECTRIC SKILLET & FOOD PROCESSOR

Non-cut vegetables: 2 potatoes, 2 carrots, a head of broccoli

1 ¼ lbs. ground turkey

1 tablespoon soy sauce

1 small onion (#2 cone)

¼ teaspoon garlic powder

1 small carrot (#1 cone)

½ teaspoon nature seasonings

1 small potato (#1 cone)

Mix all ingredients together. Preheat skillet on medium heat.

Sear 3 – 5 minutes in the center of the skillet. Turn and sear other side. Add whole potatoes and carrots around meatloaf and cook. When valve whistles, turn heat to low for 30 minutes. Add broccoli for the last 3 – 5 minutes of cooking.



Pizza Loaf Variation

UNITS: LARGE SKILLET, ELECTRIC SKILLET & FOOD PROCESSOR

SEE RECIPE OF AMERICAN MEATLOAF. Use same ingredients except omit the tomato sauce and put 1 small can of tomato paste on top and cook on medium heat till valve whistles. Cut mozzarella cheese on #2 cone and sprinkle on top of meatloaf 5 minutes before serving. Put cover on to melt the cheese.

The most important rule when cooking fish is to be gentle!

Do not over cook if you want to enjoy its true flavor. Fish is done when the flesh can be easily flaked from the bones while still moist and tender.



Broiled Fish

UNITS: REGULAR SKILLETS, JUMBO SKILLET, SAUTE PANS
ELECTRIC SKILLET

- 3 – 4 white fish fillets
- 1 medium tomato
- 1 medium green bell pepper
- parmesan cheese
- 1 lemon
- paprika

Place lemon slices in cold skillet, place fish on top of lemon slices. Then place bell pepper slices, tomato slices and sprinkle parmesan cheese. Add paprika for color. Cook on medium heat until the valve whistles, close valve. Reduce heat to low or 5 more minutes.

Pan Fried Fish or Fillets

UNITS: REGULAR SKILLETS, JUMB SKILLET, SAUTE PANS
ELECTRIC SKILLET

Fish

3 tablespoons butter

1/3 cup flour

3 tablespoons corn meal

1 teaspoon salt

Preheat skillet on medium heat or 300 degrees for the electric skillet. Dredge fish through flour, corn meal and salt mixture. Put Pam butter or margarine in skillet and place fish in skillet IMMEDIATELY. Brown one side, turn carefully and brown on the other side. Cooking time is approximately 10 minutes. Cooking oil can be substituted for butter or margarine. Use less oil than traditional methods.



Scampi (Fresh shrimp in garlic butter)

UNITS: REGULAR SKILLETS, JUMBO SKILLET, GOURMET SKILL
& ELECTRIC SKILLET

1 ½ to 2 lbs. fresh/frozen shrimp cleaned and deveined
1 clove garlic minced
Salt and pepper to taster
4 tablespoons butter

Place butter in skillet and melt on medium low heat. Add garlic and simmer 3 minutes. Increase heat to medium high or 275 degrees and cook shrimp for 5 to 7 minutes, stirring frequently. Shrimp is done when it turns pink and white. Serve with rice.



Shrimp Creole

Serves 6

UNITS: REGULAR SKILLETS, JUMBO SKILLET, SAUTE PANS,
ELECTRIC SKILLET & FOOD PROCESSOR

2 cups clean fresh shrimp

1 teaspoon salt

2 stalks celery (#2 cone)

1 cup tomato or V-8 Juice

½ green pepper

¼ teaspoon basil leaves

½ cup chopped green onion

¼ teaspoon Tobasco sauce

Add celery, green pepper, onion and sauté in skillet until tender. Add tomato juice, salt, basil and tobacco and cook until unit whistles using medium heat. Add shrimp and reduce heat to low and simmer uncovered for 30 minutes. Serve over rice.



Fresh Shrimp

Serve 6 -8

UNITS: 6 QT ROASTER & FOOD PROCESSOR

2 lbs. fresh shrimp
juice of 1 lemon
2 quarts water
2 tablespoons salt
1 large onion (#2 cone)
1 tablespoon caraway seed
2 stalks celery (#2 cone)
6 peppercorns
1 bay leaf

Place water, vegetables and seasonings in roaster. Cover and bring to whistle over medium high heat. Wash shrimp and drop into water, bring to whistle again, cover and reduce heat to low. Cook 2 -4 minutes. Cool in same broth. Take out of broth and wash in cold water. Remove shell, black vein and tails if desired using a sharp pairing knife. Use for appetizers, salads or main dishes. For larger amounts, increase recipe accordingly for the larger roasters.



Flounder in Celery Sauce

Serves 4 – 6

UNITS: REGULAR SKILLET, JUMBO SKILLET, SAUTE PANS & FOOD PROCESSOR

- 1 ½ lbs. filet of flounder
- 1 lemon (sliced)
- 1 can of cream of celery soup
- ½ teaspoon dried dill weed
- 1 teaspoon spicy mustard

In cold skillet, combine soup, mustard and dill. Arrange fillets in soup, top with lemon slices, cover and cook on low medium heat, wait for whistle and then cover for 10 minutes or until done. Stir if needed, replacing cover immediately.



Fish Creole

Serves 4

UNITS: REGULAR SKILLETS, JUMBO SKILLET, SAUTE PAN,
ELECTRIC SKILLET & FOOD PROCESSOR

- 3 lbs. perch fillets
- 1 large onion (#2 cone)
- 3 tablespoons butter
- 2 tablespoons flour
- 1 12oz can stewed tomatoes
- 1 bay leaf
- ½ cup sliced mushrooms
- 1 cup white wine or water
- 1 teaspoon thyme
- 2 sprigs parsley
- ½ cup cracker crumbs
- salt and pepper to taste

Clean, wash and season fish with salt and pepper. Melt butter in skillet over low heat. Add flour and brown lightly. Add mushrooms, tomatoes, and onion and simmer 10 minutes. Place fish in skillet and spoon sauce over top. Sprinkle with herbs and pour wine over all. Cover and cook on low heat for 20 minutes. Sprinkles with cracker crumbs and garnish with parsley.



Salmon Cakes

Serves 6

UNITS: REGULAR SKILLETS, JUMBO SKILLET, SAUTE PANS,
ELECTRIC SKILLET & FOOD PROCESSOR

- 1 can (1 lb.) salmon, drained
- 1/8 teaspoon pepper
- 1 egg
- ½ teaspoon salt
- ¼ cup milk
- 1 cup dried bread crumbs
- ½ small onion (#2 cone)
- 1 tablespoon green peppers

Place salmon in mixing bowl, flake and remove any bones. Beat egg and combine with rest of ingredients. Add to salmon. Shape into 6 cakes. Preheat skillet over medium heat using Pam. Add caked and brown both sides. Serve with tartar sauce.



Pan Fried Brook Trout (or other fish)

UNITS: REGULAR SKILLETS, JUMBO SKILLET, SAUTE PANS,
ELECTRIC SKILLET

- 4 – 10' trout fillets
- 3 tablespoons butter
- 1 egg beaten
- 3 cups dry breadcrumbs

Wash trout in cold water, drain and pat dry with paper towel. Dip fish in egg first then bread crumbs. Melt butter in skillet over medium heat. Add trout and brown on both sides for about 10 minutes. Season and serve with tartar sauce.

Pasta Tip

Add a tablespoon or two of cooking oil to the water before cooking spaghetti. It helps keep the pot from boiling over.



Lazy Lasagna

Serves 6 – 8

UNITS: LARGE SKILLET, ELECTRIC SKILLET, 3 QT SAUCEPAN, 3 QT STEAMER & FOOD PROCESSOR

- 2 lbs. ground beef
- 8 oz uncooked pasta
- 24 oz mozzarella cheese (#2 cone)
- 40 oz low fat cottage cheese large cured
- 1 - 8oz can tomato sauce
- 1 – 6 oz can tomato paste

1 teaspoon garlic powder
1 teaspoon onion salt
Parmesan cheese
1 package dry Italian dressing

Preheat 3 qt saucepan over medium high heat with water and steam ground beef in steamer to eliminate grease. Cook 10 - 15 minutes. Dump greasy water out of the sauce pan and mix the ground beef, tomato sauce, tomato paste, garlic powder, onion salt and Italian dressing mix. Build 2 equal layers in the cold skillet in the following order: tomato sauce, dry pasta, tomato sauce, hamburger, cottage cheese, mozzarella cheese and repeat. Sprinkle parmesan cheese over top. Start skillet at medium heat and cook until moisture appears around lip of the pan and cover is hot to touch. Reduce heat to low NOT SIMMER and continue to cook an additional 30 minutes. Let stand for 30 minutes before serving.



Vegetarian Lasagna

Serves 6 – 8

UNITS: LARGE SKILLET, ELECTRIC SKILLET & FOOD PROCESSOR

3-4 zucchini (#5 cone)
same spices as above
1 head broccoli (optional)
40 oz ricotta cheese
24 oz mozzarella cheese (#2 cone)
½ teaspoon oregano
8-10 oz pasta noodles

Put pasta sauce on bottom of cold skillet. Add layer of dry pasta noodles, ½ ricotta cheese, dash of oregano, ½ vegetables and mozzarella. Repeat for top layer. Parmesan is optional. Start on medium heat or 275 degrees for 10 minutes. Reduce heat and cook on low for 10-15 minutes.



Spaghetti Al Dente

UNITS: 4 QT ROASTER, 3 QT SAUCEPAN & FOOD PROCESSOR

5 cups chicken stock
1 lb. spaghetti
1 qt spaghetti sauce
10 slices cooked bacon bits
2 onions (#2 cone)
2 cloves garlic
½ cup parmesan cheese
1 teaspoon basil
Spices of your choice

Pour chicken stock into roaster. Bring to a boil. Add remaining ingredients. Cover and reduce heat to simmer. Cook for 20 minutes. Spaghetti will absorb liquid so do not rinse and drain. Sprinkle with parmesan cheese.



Pizza

UNITS: ELECTRIC SKILLET & SAUTE PAN

Start with cold unit using Pam. You can use your own dough mix or buy the ready to cook pizza dough. Put dough in skillet and top with sauce or your favorite toppings. Add cheese. Cover and cook for 10-15 minutes on medium. Try to keep cheese away from edge of pan.



Greaseless Popcorn

UNIT: ELECTRIC SKILLET OR 6 QT ROASTER

Start with cold unit, add $\frac{1}{2}$ cup popcorn turn to 400 degrees. Cover and let pop until all corn is popped. Makes 2 quarts. Use electric skillet cover to serve.

Traditional Popcorn

UNIT: ELECTRIC SKILLET OR 6 QT ROASTER

Preheat skillet to 400 degrees. When temperature light goes off, add 3 tablespoons oil and a $\frac{1}{2}$ cup popcorn. Cover and let pop until all corn is popped. Makes 2 quarts.



Stuffed Bell Peppers

UNITS: 3 QT SAUCEPAN & FOOD PRESS

Use your favorite bell pepper recipe and then stuff the bell peppers without precooking them. Cook in FOOD PRESS over 2" of water in 3 qt pan. You can cook 3 to 4 peppers at a time. Cook for 10-15 minutes. The 4 qt roaster can also be used.



Frypan Toastwiches

UNITS: SAUTE PAN & GRIDDLE

- 1-12 oz can corned beef
- $\frac{3}{4}$ cup evaporated milk
- 1 cup of shredded cheese
- 1 tablespoon shredded onion
- 2 eggs
- $\frac{1}{4}$ cup mayonnaise
- 2 tablespoons butter
- 12 slices bread (chopped)
- $\frac{1}{2}$ cup bread & butter pickles

Mix beef, cheese, mayonnaise, pickles and onion together. Spread mustard lightly over bread. Spoon beef mixture on 6 slices of bread and top with remaining bread slices. Melt butter or margarine in skillet on medium heat. Beat eggs lightly in a pie plate, add milk and mix well. Dip both sides of sandwich in the egg and milk mixture. Brown each side 2-3 minutes in the hot skillet.

To cook a cake in the casserole insert over a roast, you put the cake on the rack just as soon as you have finished searing the meat. The cake can stay there as long as it takes to cook the roast. It is not necessary to remove it.



Graham Cracker Date Cake

UNITS: CASSEROLE INSERT, 6 HOLE RACK, 6 QT ROASTER,
FOOD PROCESSOR

- 1 lb. graham crackers (#1 cone)
- 2 teaspoons baking powder
- 4 eggs
- 2 cups milk
- 1-6 oz package dates
- 1 teaspoon salt
- 1 tablespoon vanilla
- 1 small package English walnuts (#1 cone)

Mix cut graham crackers with baking powder. Blend in eggs and milk. Add dates and nuts. Place into buttered casserole insert and set onto 6 hole rack using 6 qt roaster or 12" skillet as base unit. Put 3 cups of water into base unit. You can also cook over a roast in this situation. Keep heat at medium for 15 minutes with high dome cover in place. Reduce heat to low. If water is used instead of roast the cake will be done 1 hour after heat is reduced. Top with whipped cream.



Pineapple Upside Down Cake

UNITS: LARGE SKILLET, ELECTRIC SKILLET

½ stick butter

1 can sliced pineapples

1 regular cake mix

5 teaspoons brown sugar

2 eggs

Use juice from can of pineapple for liquid needed in cake mix. Add eggs and mix batter. Set batter aside and proceed with the following steps. Heat skillet to melt butter, using enough brown sugar to absorb all the melted butter. Spread evenly on the bottom of the skillet and arrange pineapple slices to cover surface. Add cherries in middle if you want. Set heat to medium and as soon as bubbles appear, pour batter over pineapples. Cover and cook for 6 minutes. Lower heat to lowest setting and cook another 6 minutes or until cake is done. Shake skillet gently to loosen cake. Remove cover and place platter on skillet to gently loosen the cake. Remove cover and place platter on skillet. Invert skillet to remove cake.

Sauce for Cake

Dissolve 1 cup granulated sugar and one heaping tablespoon cornstarch in 1 cup of hot water and boil till clear. Remove from heat and add juice of one lemon and teaspoon or vanilla. Stir and put on top of the cake.



Chocolate Cake with Vegetables

- ½ box Betty Crocker Cake mix
- 2 eggs
- ½ carrot stick
- ½ stick celery
- ½ yellow squash
- 1 small zucchini

Preheat the small skillet on low. Add pam to sides and bottom of pan. Place cake mix and eggs into a mixing bowl. Shred 1 cup of vegetables using #5 cone into the bowl. Mix to a firm paste, cut more vegetables as needed. Do not make mixture too wet. Keep pan on lowest heat setting for 20-25 minutes. The pan should NOT become hot enough to whistle. Test with a knife, ready when knife comes out of the cake clean. Gently shake pan to release cake.



Fried Chicken with Plum and Almond Chutney

Serves 4

UNITS: ELECTRIC SKILLET

4-4oz chicken breast sliced
½ cup red wine vinegar
Sauce: 1 tsp ginger grated
1 tbls fresh parsley
½ cup plum jam
¼ cup white balsamic vinegar
1 tsp salt
½ cup coarsely chopped almonds
1 tsp lemon juice
1 tbls raisins

Prepare sauce in a bowl. Heat electric skillet for 5 minutes on 350 degrees. Add chicken to the pan and cook for 3 minutes. Cover pan and reduce heat to 225 degrees and cook for 5 minutes. Remove the chicken from the pan. Turn temperature to 350 degrees and add remaining ingredients, stirring until slightly thick, approximately 10 minutes. Stir in chicken.



Basque Turkey Breast

Serves 4

UNITS: ELECTRIC SKILLET OR LARGE SKILLET

- ¼ cup chicken stock
- ½ tsp Italian parsley
- 4-4oz slices of boneless turkey breast
- 2 tomatoes sliced
- 2 tbs olive oil
- 2 shallots chopped
- 1 ¼ tsp thyme
- ½ cup green pepper

Preheat the electric skillet to 400 degrees or large skillet on medium heat. Add the turkey slices, turning as they become golden (4 minutes). Add the shallots and tomatoes, cook for 2 minutes. Pour in chicken broth and bring to whistle. Add green peppers and reduce heat to low, close valve. Cover and simmer for 30 minutes. Uncover and add fresh herbs, salt and pepper. Cook for 5 minutes to reduce sauce.

Chicken with Loribian Salsa

Serves 4

UNITS: ELECTRIC SKILLET OR LARGE SKILLET

4-4 oz chicken breasts cut into bite size strips

1 tbs vegetable oil

Salsa: 1 small avocado coarsely chopped

½ diced tomato

1 small mango coarsely chopped

1 tsp lime juice

1 chopped red onion

¼ tsp salt and pepper

1 tbs chopped fresh cilantro

Prepare ingredients for salsa and place in a bowl. Heat electric skillet on medium heat. Add chicken and sauté for 5 minutes or until the chicken turns golden brown. Remove from the pan. Add ingredients for salsa to pan and stir. Cover pan and reduce temperature to low. Simmer for 1 minute. Remove salsa from pan and blend until smooth. Pour puree back into the pan and mix. Pour salsa over chicken.



Spicy Chicken & Vegetable Stir-Fry

Serves 4

UNITS: WOK OR LARGE SKILLET

1 tbs corn starch mixed with 2 tbs chicken broth

2 tbs soy sauce

4-4oz chicken breasts cut into bite size pieces

½ tsp red pepper flakes

1 cup broccoli chopped

2 tbs vegetable oil

1 cup carrots chopped

2 cloves garlic

1 cup red pepper chopped

1 tsp oyster sauce

1 tsp minced ginger

Heat 1 tbs oil in wok over medium heat. Add garlic, ginger and pepper flakes. Add the chicken to the pan and stir-fry until the chicken turns white. Add oyster sauce and coat the chicken. Remove chicken from the wok. Add 2 tbs oil to wok and stir in broccoli, carrots and bell peppers. Stir-fry until sauce thickens slightly.



Walnut Chicken

Serves 4

UNIT: WOK

- 2 tbs vegetable oil
- 1 tbs bourbon
- 4-4 oz boneless chicken breast chopped
- 1 tsp sugar
- 2 egg whites
- 2 tbs soy sauce
- 1 tsp corn starch
- 1 bundle of scallions minced
- 2 tsp ginger minced

Mix together egg whites, cornstarch and chicken broth. Roll chicken in this mixture. Heat oil in the wok. Stir fry the chicken until it turns white. Remove from the wok. Stir fry the scallions and ginger for a moment. Add the bourbon, sugar, soy sauce, walnuts and chicken and stir fry for a minute.



Jamaican Jerk Chicken

Serves 3

UNIT: LARGE SKILLET

4 oz chicken breast

2 tbs light brown sugar

2 tbs canola oil

½ cup minced shallot

Marinade: 3 tbs Jamaican rum

1 tbs soy sauce

2 cloves minced garlic

½ tsp black pepper

1 tsp Worcestershire sauce

Prepare marinade in medium bowl. Place chicken in the marinade, turning to coat, marinate for 5 minutes. Place large skillet over medium heat and add oil and sugar. Cook until sugar starts melting. Place the chicken in the pan. Add the onion and marinade and cook for 10 minutes more.



Chicken A La King

Serves 4

UNIT: LARGE SKILLET

- 2 cups eggless noodles al dente
- 1 cup sliced tomato
- 4-4oz sliced chicken breast
- 1 tsp Hungarian paprika
- ½ cup sliced onion
- 1 tbsl all purpose flour
- ½ cup chicken broth
- ¼ cup frozen green peas
- 1 tsp salt
- ½ cup non-fat sour cream

Place large skillet over medium heat. When it is hot add chicken breasts, cook for 3 minutes, turn and cook for 3 more minutes to sear. Remove the chicken. Reduce heat to low add the onion to the skillet and saute for 3 minutes or until translucent. Add the broth, salt, paprika, tomato, green peas and stir to a gentle simmer for 15 minutes. Blend flour and sour cream and add to the skillet, stirring frequently. Cook until sauce thickens. Mix in noodles, serve chicken over pasta and vegetables.



Rotini with Seafood

Serves 4

UNITS: WOK OR LARGE SKILLET

1 lb rotini pasta cooked in boiling water until al dente

Sauce: 1 tbsl sesame oil

2 cloves minced garlic

1 tbsl grated parmesan cheese

2 cups fresh tomatoes diced

½ lb shrimp shelled and deveined

1 tsp lemon juice

½ lb bay scallops

½ tsp salt and pepper

½ lb lobster meat shredded

¼ fresh chopped dill

Prepare ingredients by mixing together except oil and parmesan cheese. Heat oil in wok or large skillet and add the shrimp and sauté for 1 minute. Add the scallops and garlic and cook for 2 minutes. Add remaining ingredients except the parmesan cheese and stir until desired consistency. Pout the sauce over the past and sprinkle the parmesan cheese.



Cioppino

Serves 4

UNITS: LARGE SKILLET OR WOK

- ½ lb medium shrimp shelled
- 12 small clams
- ½ lb salmon filet cut into 1 inch pieces
- ½ lb bay scallops
- Sauce: 1 cup diced potato
- 1 tsp red pepper flakes
- 1-2 oz can plum tomatoes
- 2 tbs minced basil
- 1 tbs Italian seasoning
- 2 tbs minced Italian parsley
- 2 bay leaves
- 1 cup chopped green pepper
- 1 cup red wine
- 1 onion chopped

Prepare ingredients together for the sauce. Heat large skillet or wok and sauté the green pepper and onion over medium heat until soft. Add remaining sauce ingredients and bring to the whistle. Reduce to medium low. Simmer for 45 minutes. Remove bay leaves and bring back to a whistle, adding clams. Heat on low for 10 minutes. Add remaining seafood and bring to whistle, simmer on low for 10 minutes.



Cornish Game Hen in Peach Sauce

Serves 4

UNITS: ELECTRIC SKILLET OR 6 QT

2 rock Cornish hens skinned and cut in half and remove wing tips

½ cup peaches no preserves, no sugar

3 tbsl Dijon mustard

2 tbsl glaze

1 tbsl balsamic vinegar

1 tbsl corn starch mixed with 2 oz cold water

¼ tsp salt

2 cloves garlic

Heat electric skillet to 400 degrees for 5 to 10 minutes. Place Cornish hens in skill skin side down. Cook for 10 minutes at 400 degrees. Cover, reduce temperature to 250 degrees and cook for 10 minutes. Remove hens from skillet. Combine remaining ingredients in a bowl and mix. Add mixture to skillet and raise temperature to 400 degrees. When mixture bubbles, add cornstarch until thick. Pour glaze over hens.



Cremini Chicken Fillet

Serves 4

UNITS: LARGE SKILLET

- 4 chicken breasts boneless
- 1 lb cremini mushrooms sliced
- ¼ cup sherry wine
- 1 tbs chopped basil
- 1 cup all purpose flour
- pinch of salt
- 3 tbs butter
- ½ tsp black pepper
- 1 tsp minced garlic

Roll chicken filets in flour uncovered. Heat skillet on medium temperature. Melt butter, add chicken and cook for 5 minutes on each side. Add remaining ingredients except basil reduce to low, cover and cook for 20 minutes. Add basil and serve.



Chicken Cacciatore

Serves 4

UNITS: LARGE SKILLET OR ELECTRIC SKILLET

1 lb boneless chicken breast cut into 4 portions

½ cup red wine

¼ cup olive oil

1 tbs white balsamic vinegar

4 cloves garlic minced

1 tsp dry Italian seasoning

1 cup green bell pepper chopped

1-28 oz can whole peeled tomatoes

1 tbs fresh chopped basil

Sauté onion, garlic and green bell pepper over medium heat for 3 minutes. Transfer the vegetables into a bowl. Sauté the chicken over medium heat until they are well colored. Transfer them to a plate. De-glaze pan by adding wine and stirring, add vinegar, herbs, tomatoes, chicken, vegetables and salt. Cover the pan turn heat to low and cook for 20 minutes.



Angel Hair Pasta with New England Clam Sauce

Serves 4

UNITS: 6 QT & ELECTRIC SKILLET

8 oz angel hair pasta al dente
2 tbs chopped fresh parsley
10 oz canned baby clams
1 tsp salt
½ cup low fat buttermilk
1 tsp tobacco sauce
4 cloves garlic minced
2 tbs grated parmesan cheese
1 tsp cornstarch dissolved in 2 tsp water
2 tbs clam juice
½ cup half and half

Put wine, clam juice, garlic and shallots in skillet and bring to a whistle. Stir in the canned clams, cook for 3 minutes. Reduce the heat to low and whisk in buttermilk, half n half and cook for 2 minutes more to thicken, whisking constantly. Stir in salt, parmesan cheese, tobacco, basil and parsley. Serve over angel hair pasta.



Chicken Breast in Mustard Sauce

UNIT: ELECTRIC SKILLET

- 1 lb boneless chicken breast sliced
- 1 cup white wine
- 2 tbsl Dijon mustard
- pinch of cayenne pepper
- 1 tsp balsamic vinegar
- 1 tsp corn starch
- 1 tsp soy sauce

Mix mustard, vinegar, soy sauce, wine, corn starch and pepper in a bowl and set aside. Heat electric skillet to 400 degrees. Add chicken to skillet and cook for 5 minutes, turn chicken, cover the skillet and lower the temperature to 225 degrees, cook for 5 minutes. Remove chicken from skillet and set aside. Raise the temperature to 350 degrees and add all the liquid ingredients to the skillet and stir until thick. Pour the sauce over the chicken.



Bahamian Pork Tenderloin

Serves 6

UNITS: LARGE SKILLET

- 1 lb pork tenderloin cut into 1/8 pieces
- 1 ripe plantain cut into inch slices
- 1 tsp orange zest
- 1 tbs vegetable oil
- 1 cup orange juice
- 1 shallot minced
- 2 tbs lime juice
- 1 tsp pepper and salt
- 1 tbs fresh chopped cilantro
- 1 tsp cornstarch

Marinate pork in orange peel, orange juice, cilantro, salt and pepper for 30 minutes in refrigerator. Remove pork from marinade. Stir cornstarch and salt into marinade reserves. Heat oil in skillet over medium high temperature. Add pork and stir for 5 minutes. Stir in plantain and shallots. Cook until brown, stirring occasionally. Stir in marinade until slightly thick.



San Cocho Soup

Serves 4

UNIT: 6 QT

- 1 lb chicken breast diced
- 2 cloves garlic minced
- 2 red potatoes diced
- 1 cup tomato sauce
- 2 ears of corn husked and cut in half
- 1 qt chicken broth
- 1 sweet potato diced
- 1 tsp cayenne pepper
- 1 cup green pepper diced
- 1 tsp salt
- 1 cup onion diced
- 1 tbs olive oil

Heat 6 qt on medium temperature. Add chicken and cook for 5 minutes, stirring frequently. Add remaining ingredients and cook for 1 hour, stirring occasionally until slightly thick.



Sliced Beef with Rice Noodles

Serves 6

UNITS: WOK

- 1 lb lean round steak cut into inch strips
- 1 cup shitake mushrooms
- 2 tbsl dry sherry
- 2 cups sliced bok choy
- 1 tbsl finely chopped ginger
- 6 oz rice noodles soaked for 10 minutes
- 2 tsp sesame oil
- 1 tsp salt
- 2 cloves garlic
- 1 tsp soy sauce

Marinate beef in ginger, sherry, soy sauce and salt.

Refrigerate for 30 minutes. Heat wok, add beef mixture, stir fry for about 5 minutes. Add rice noodles, mushrooms, bok choy, and garlic. Stir fry for 5 minutes.



Sweet & Spicy Pork Tenderloin

Serves 6

UNIT: ELECTRIC SKILLET

- 2 cloves garlic minced
- 1 tsp salt
- 1 lb pork tenderloin cut
- 1 tsp pepper
- 1 tsp crushed red pepper
- 2 cups choyote squash sliced
- 2 tsp olive oil
- 1 tbls apple concentrate
- 1 cup onion chopped
- 2 tbls dried cranberries
- 2 tsp fresh chopped rosemary

Heat electric skillet to 400 degrees. Cook pork for 5 minutes. Reduce temperature to 225 degrees and cover, cooking for 5 minutes longer. Remove pork from pan. Add remaining ingredients to pan, stirring frequently for 5 minutes. Mix in pork. Reduce temperature to low and cook for 10 minutes.



Poached Salmon with Cucumber Dill Dressing

Serves 4

UNIT: 6 QT

- 1 cup vegetable broth
- 1 cup diced carrots
- 1 lb salmon fillet, skin removed
- 1 cup diced onions
- 1 tbs lime juice
- 1 cup diced celery
- 2 cloves garlic
- 1 cup white wine
- Dressing: 2 tbs fresh chopped dill
- 1 cup mayonnaise
- 1 tsp salt
- 1 cucumber peeled, seeded and chopped
- 1 tsp pepper

Blend ingredients for dressing until smooth, refrigerate for 1 hour. Heat 6 qt on medium temperature, add wine, vegetable broth, carrot, celery, onion and garlic cook for 10 minutes on medium heat. Add salmon and lime juice, cover and cook for 10 minutes on low heat. Remove salmon from pan and place on a plate, strain vegetables from pan and surround salmon, cover the salmon with the dressing.



Glazed Scallops with Linguine

Serves 4

UNIT: WOK

2 cloves of garlic minced
1 cup water chestnuts
1 tsp ginger minced
1 lb bay scallops rinsed
1 lb asparagus chopped
8 oz linguine pasta cooked
1 shallot minced
4 tsp fresh cilantro
Mandarin glaze

Pour half of mandarin glaze in wok. Cook at high temperature and add garlic, shallots, and ginger. Simmer for 3 minutes. Add the asparagus, scallops and braise for 5 minutes. Stir in pasta and sprinkle cilantro.



Turkey Burger

Serves 4

UNIT: ELECTRIC SKILLET

- 1 lb lean ground turkey breast
- 2 tbs minced onion
- 1 cup Italian dressing
- 1 tsp salt and pepper
- 1 tsp garlic powder
- 2 tbs ketchup
- 1 cup bread crumbs

In a large bowl combine all the ingredients and mix well. Heat the electric skillet to 425 degrees. Shape mixture into patties. Grill burgers on each side until golden brown and cooked through.



Sweet & Sour Snapper with Vegetables

Serves 4

UNIT: WOK

- 1 lb snapper filet
- 1 cup bok choy chopped
- 1 tbs sesame oil
- 1 cup red pepper sliced
- 1 clove garlic minced
- 1 cup mushrooms
- 1 tsp minced ginger
- Sauce: 1 tbs soy sauce
- 1 tsp Chinese black bean paste
- 1 tbs pineapple concentrate
- pinch cayenne pepper
- 1 tsp rice vinegar
- 1 tsp lemon juice

Heat wok to medium temperature, add the fish and cook for 5 minutes on each side. Add the garlic, ginger, red pepper and mushrooms, pour in the sauce and cover. Cook for 5 minutes at simmer. Remove the fish and stir in bok choy for 1 minute. Place vegetables around fish and pour sauce over fish.



Swedish Meatballs

Serves 4

UNITS: LARGE OR ELECTRIC SKILLET

1 lb lean ground sirloin

1 tbs dry parsley

1 egg

1 tsp garlic powder

1 cup bread crumbs

1 tsp salt and pepper

1 tbs fresh chopped basil

Prepare ingredients above into 12 small meatballs.

Sauce: raspberry preserves

1 cup orange juice

1 tbs balsamic vinegar

2 tbs apple juice concentrate

2 tsp soy sauce

Heat oil in electric/large skillet on medium and add meatballs to the pan and lightly brown on all sides. Add the sauce to the pan and cover reducing temperature to medium low. Simmer uncovered until the meatballs come glazed and the sauce thickens.



Split Pea Soup

Serves 4

UNITS: 4 QT & SAUTE PAN

3 quarts water

1 cup dry sherry

8 oz dry split peas (soak in bowl of water overnight)

1 cup diced carrots

1 cup minced garlic

1 lb ham hawk

Salt and pepper to taste

Discard water from soaking peas. Bring new water, ham hawk, and peas to whistle in 4 qt, close valve, reduce temperature to low. Cook for 30 minutes. Add carrots, sherry and onions for a further 15 minutes on low. Heat sauté pan to medium temperature. Add garlic and stir until garlic browns slightly, transfer to soup. Add salt and pepper to taste, remove meat from ham bones and stir back into soup.



Hawaiian Paradise Cake

Serves 6-8

UNIT: ELECTRIC SKILLET

- 1 box Jiffy pancake mix
- 1 cup dried cranberries
- 1 egg
- 1 cup coconut flakes
- 1 cup raw sugar
- 1 tsp cinnamon
- 1 cup shredded carrots
- 1 tsp vanilla extract
- 6 pineapple rings
- 1 cup evaporated skim milk
- 1 cup macadamia nuts chopped

In a large bowl mix all ingredients except the coconut, pineapples, and cranberries. Heat the electric skillet to 224 degrees and spray with cooking spray. Pour batter evenly into the skillet and place pineapple rings across the entire cake and fill the center of each ring with cranberries, sprinkle coconut flakes and cover skillet. Cook for 30 minutes or until a knife inserted into the center of the cake comes clean.



Japanese Eggplant with Pork Tenderloin

Serves 6

UNIT: LARGE SKILLET

2 tsp cornstarch mixed with 2 tbs cold water

1 cup chicken broth

1 lb Japanese eggplant chopped

3 cloves garlic

4 cups of 2 % milk

2 tbs soy sauce

8 oz pork tenderloin sliced thin

pinch of cayenne pepper

1 cup water chestnuts sliced

1 tsp salt

1 tbs sesame oil

1 large sweet pepper chopped

Place the eggplant in a bowl and cover with milk, stir in salt and let stand for one hour. Drain liquid from eggplant and set aside. Heat skillet on medium temperature and combine sesame oil, pork tenderloin and garlic in pan. Cook until pork turns brown, remove pork from pan, leaving juices. Add remaining ingredients except cornstarch, cover and bring to whistle, close valve and turn to low for 10 minutes. Uncover and add pore. Make room in center of the pan and add cornstarch stirring until slightly thick.



Plum Sauce

UNIT: BLENDER

- 1 cup pitted prunes
- 1tbls red wine vinegar
- 1 tsp tamari soy sauce
- 1 cup wáter
- 1 cup rice vinegar
- 1 tsp cayenne pepper to taste
- 1 tbls pineapple preserves

Combine all ingredients into a blender. Puree until smooth.
May be stored for several days in refrigerator.



Mandarin Glaze

UNIT: BLENDER

- 1 tbls orange marmalade
- 2tbls soy sauce
- 3 tbls pale dry sherry
- 2 tbls ketchup
- 3 tbls orange juice concentrate
- 1 cup chicken broth low sodium fat free

Mix all ingredients together in blender.



Penne Pasta with Sundried Tomato & Spinach

Serves 6 – 8

UNIT: LARGE SKILLET

- 2 cups oenne pasta al dente
- 1 cup diced fresh tomato
- 1 cup chicken broth
- 2 cloves garlic
- 1 cup sundired tomatoes
- 1 tbls fresh chopped basil
- 2 cup fresh chopped spinach
- 1 tbls olive oil
- 1 cup canned White fava beans
- salt and pepper to taste
- 1 cup sherry wine
- 1 tsp corn starch mixed with 2 tsp water

Combine wine and sundried tomatoes in a large skillet and bring to whistle, turn to low for a few minutes. Transfer tomatoes to a small bowl and set aside. Place large skillet on medium heat, add garlic, tomato, spinach and fava beans. Sauté for 5 minutes. Add pasta, sundried tomatoes and salt and pepper to taste. Stir, forming a well in the center of the skillet. Pour chicken broth into the center and bring to whistle. Add cornstarch into skillet and stir until lightly thick. Garnish with fresh basil.



Banana Bread Pudding

UNIT: ELECTRIC SKILLET

- 2 ripe bananas
- 1 cup raw sugar
- 3 egg whites whipped
- 1 cup evaporated milk
- 1 tbsl canola oil
- 1 cup chopped walnuts
- 8 slices whole wheat bread chopped
- 1 tsp vanilla extract

In a large bowl mix all ingredients except the egg whites. Fold in the egg whites into the batter. Set the electric skillet to 225 degrees and spray with cooking spray. Pour batter into the skillet evenly and cover. Cook for 30 minutes or until a knife inserted into the middle of the pudding comes out clean.



Carrot & Dill Soup

Serves 6

UNIT: 3 QT OR 4 QT & BLENDER

- 1 2oz peeled and diced carrots
- 1 tsp tobacco sauce
- 1 cup minced onion
- 1 cup 2% milk
- 1 tbs pineapple juice concentrate
- 2 tbs minced dill
- 1 cup chicken broth
- 1 cup Chablis wine

In pan, combine carrots, chicken broth and onion, bring to a whistle and reduce heat cooking for 10 minutes. Transfer the carrot mixture to a blender. Add remaining ingredients except the dill and blend until totally smooth. Return mixture to the pan and reheat. DO NOT BOIL. Only bring to whistle add dill and serve.



Corn Chowder

Serves 4

UNIT: 4 QT & BLENDER

- 1 tsp olive oil
- 1 tsp minced fresh thyme
- 1 cup chopped onion
- 1 tsp fresh minced cilantro
- 4 cups frozen corn kernels
- cayenne pepper to taste
- 3 cups chicken broth
- 1 tsp salt
- 1 cup chopped red pepper

Preheat pan over medium heat for 1 minute. Add oil, onion and sauté for 3 minutes or until translucent. Add 3 cups of corn and sauté for 5 minutes. Add 2 cups of chicken stock and cook for 20 minutes. Transfer the contents of the pan to a blender and puree smooth. Return the puree to the saucepan over medium to low heat. Add bell pepper, thyme, cayenne, salt and stir. Cover and bring to a whistle. Return to low and cook for 8 minutes, garnishing with fresh cilantro.



Tropical Fruit Compote

Serves 4

UNIT: 4 QT

1 cup granny smith apples peeled and sliced

2 oz dried cranberries

1 cup navel oranges sectioned

2 tbls white balsamic vinegar

1 cup mango fresh sliced

2 tbls raw sugar

1 cup mango fresh sliced

1 cup orange juice

1 cup sliced peaches

1 tsp vanilla extract

2 oz dried apricots

Combine orange juice, vinegar and vanilla in 4 qt and turn to medium temperature bringing to whistle. Add cranberries, apricots and bring to whistle, reduce to low and cook for 2 minutes. Add remaining ingredients, cook uncovered until liquid starts to evaporate and fruits are soft.

Filipino Recipes



Pancit

- 1 chicken breast
- 1 onion
- 1/2 cabbage
- 1 Carrot
- 5 Stalks of Celery
- 2 Cloves of garlic, crushed
- 1 Package of Bihon noodles
- 1/4 Cup oyster sauce
- 1/4 cup soy sauce
- 1 tsp black pepper
- 1 tbsp Pamana Bihon mix
- 1 tbsp olive oil

Soak bihon noodles until soft for 5-10 minutes in hot water, then drain. Cut up chicken breast into strips and chop vegetables. Using your 8 qt BioNcookware pan add chicken, garlic, onion, rest of vegetables, Bihon noodles, sauces, oil and pepper. Cook everything for 10-12 minutes or until chicken is done. Mix and serve



Shrimp Sinigang

2 lbs. whole shrimp
2 pcs eggplant sliced
1-piece small Daikon
string beans
petchay
1 pcs jalapeno
1 sachet Sinigang mix
1 Knor cube shrimp flavor
tomatoes
onions

Put tomato and onion first into your BioNcookware pot and let simmer. Next add daikon, string beans and eggplant, then put the shrimp, jalapeno and knor cube, then put all the petchay on top of the shrimp. Cover the pot and turn on the stove to medium high then lower the fire once start boiling and cook it for 20 to 25 minutes.



Pork Menudo

3 lbs. pork
1 can 8oz tomato sauce
5 slices of cheese
1 can green peas
1/2 cup raisin
1 gloves onion
1-piece red bell pepper
Soy sauce
1 tsp Caldo tomato
Pinch of pepper
Hotdog

With our BioNcookware wok, first add onion, pork, hotdog, potato, carrot, red bell pepper and raisins. Then add all the remaining ingredients. Let simmer on medium high for 15 minutes, then lower it to low medium for 20 minutes. Then serve with sliced cheese on top.



Rib Caldereta

4lbs baby back ribs
1 Calderita mix mamasita
1 knorr cube
Pepper
1/2 Kelbasa smoked
1 jar olives
1 tomato sauce
2 potatoes
3 carrots-med
Bell pepper
Pepper
1 Onion
1 Tomato
Shredded cheese on top

With your BioNcookware 8 Qt first place tomato, garlic, onions then ribs and sausage. Then mix in kalderita mix, knorr cubes and pepper. Then add carrots, potatoes and bell pepper. Then sprinkle on shredded cheese. Turn on the stove for 10 minutes on Medium high heat with the whistle open. After 10 minutes your BioNcookware will whistle then close the whistle turning it to the right. Then put on low heat for an additional 30 minutes.



Chicken Soup/Niligang Manok

2 lbs. drumletts
1 medium onion
2 medium tomatoes
2 carrots
1 potato
celery
2 cubes chicken bouillon
Lawry's Poultry Seasoning
Chili powder
1 Napa cabbage

Marinate chicken drumletts with Lawry's Poultry Seasoning and chili powder overnight. Combine all ingredients in this order. Chicken, onions, tomatoes, chicken bouillon, carrots, potatoes and Napa cabbage in 8qt BioNookware pot. Cook for 35 minutes.



Chicken Pastel

- 2 lbs chicken
- 1 pack hot dog
- Onion
- Garlic
- 1 can mushrooms
- 3 potatoes
- 2 carrot
- 1 red bell pepper
- 1 can Campbell mushrooms soup
- Salt and pepper to taste
- 1 cup milk

In your 6 Qt BioNcookware pot dump all of the ingredients together on medium temperature for 12 minutes. Once it whistles turn it to low temperature for another 25 minutes.



Waterless Spaghetti

Peppers

Carrots

Onions

Garlic

Uncooked Pasta

Ground Beef

Sausage

Evaporated Filled Milk

Spaghetti Sauce

Spices & Cheese

In your BioNcookware pot add ground beef and sausage then onions and garlic. Add uncooked pasta, spaghetti sauce and then peppers and carrots. Top with spices, cheese, and evaporated milk. Let cook on medium heat until valve whistles then turn to low heat and cook for 30 minutes.