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RECIPE
HANDBOOK



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CHICKEN ALFREDO

Items: 12-inch Electric Oil Core Skillet.



2tbsp. chopped
Parsley

INGREDIENTS:

1kg Fettuccine Pasta
1/2 kg Chicken Breast
1lb Garlic, (Cone 1)
2 Onions (Cone 2)
2cups heavy cream
Parmesan Cheese
Salt and pepper to taste
1tbsp. Mixed Spice
1tbsp. Caribbean spice

INSTRUCTIONS:

Cook the fettuccine pasta according to package instructions. Drain and set aside.
Preheat the Electric skillet to 230 degrees. Season the chicken with mixed spice and Caribbean spice. Fry until brown on each side. Remove the chicken and set aside.
In the same skillet, caramelize garlic, and onion for 1-2mins.
Reduce temperature to 150 degrees, then slowly whisk heavy cream and parmesan cheese until smooth and creamy.
Add the cooked Fettuccine to the sauce, tossing to coat in the creamy Alfredo sauce. Cover to simmer for 2-3mins.
Serve Alfredo and garnish with sliced chicken and parsley.





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VEGETARIAN ALFREDO

Items: 12-inch Electric Oil Core Skillet.

INGREDIENTS:



- 1kg Fettuccine Pasta
- 1lb Garlic, (Cone 1)
- 2 Onions (Cone 2)
- Mushrooms
- 2 cups heavy cream
- Parmesan Cheese
- Salt and pepper to taste
- 1tbsp. Mixed Spice
- 1tbsp. Caribbean spice
- 2tbsp. chopped Parsley

INSTRUCTIONS:

Cook the fettuccine pasta according to package instructions. Drain and set aside.

In a preheated skillet, add the minced garlic, onions, and mushroom to the skillet and sauté for about 1-2 minutes until fragrant. Be careful not to let it brown.

Pour in the heavy cream and bring it to a simmer. Reduce the temperature to 180 degrees. Then slowly whisk heavy cream and parmesan cheese until smooth and creamy.

Season the Alfredo sauce with salt, pepper, mixed, and Caribbean spices to taste. Continue to stir until the sauce thickens to your desired consistency.

Add the cooked Fettuccine to the sauce, tossing it to coat in the creamy Alfredo sauce and cover to simmer for 2-3mins. Serve Alfredo and garnish parsley.

Worth noting: Spinach makes a great garnishing.

GARDEN EGGS STEW

Items: 11inch Skillet, Food Processor





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INGREDIENTS:

- 7- 10 Garden Eggs
- 2 Onions
- 5 Tomatoes
- Blended Mix (Onion, ginger, garlic, Momone, dawa dawa, smoked fish)
- ¼ cup Agushie
- Turmeric Powder (Optional)



INSTRUCTIONS:

Pre-heat cookware on medium heat for 2-3mins.

Use the Saladmaster food processor to process 2 onions, 5 tomatoes, and 7 garden eggs (using cone 3).

Pour processed onion, tomatoes, and blended seasoning into a preheated pan and cover to cook.

Once the onion, tomatoes, and blended seasoning mixture has cooked, add smoked fish, agushie, and the garden eggs.

Cover the pan and let it cook for 5-7mins, allowing the flavors to blend together. Stir the ingredients in the pan to ensure an even distribution of flavors. Cover the pan again to let it simmer for 3mins.

Serve.

Worth noting: Add turmeric powder for a palm oil effect.



GARDEN EGGS ABOM

Items: 11inch Skillet, Food Processor, Asanka (Earthenware a traditional grinding pot)



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INGREDIENTS:

- 7 - 10 medium-sized garden eggs.
- 1 medium-sized onion
- 3 medium-sized tomatoes
- ¼ cup peanut butter (Optional)
- Smoked fish
- 1 thumb ginger
- 5 cloves garlic
- 5 Habanero pepper
- Salt to taste
- Palm Oil (Optional)
- Boiled eggs (Optional)
- Salted Fish (Koobi) Optional

INSTRUCTIONS:

Preheat 11inch skillet on medium heat for 2-3mins

Use the Saladmaster food processor to cut vegetables (onions, tomatoes, and garden eggs).

Pour the processed vegetables into the preheated pan and cook on medium heat for 7 - 10mins.

Cook your koobi in water to remove excess salt.

In an asanka (a traditional grinding pot), grind fresh onion, pepper, momone, and dawa dawa until smooth.

Add cooked vegetables to the asanka with ground ingredients and paste.

Mix, ensuring a beautiful blend of flavors, add salt to taste.

In your preheated skillet, process an onion using cone 4, smoked fish to the skillet, and sauté on medium heat for 3-5 minutes.

Turn off the heat and add palm oil (preferably homemade).

Transfer the contents of the skillet (Sautéed fish and processed onion) into the asanka with ground vegetable and peanut butter mixture.

Garnish the dish in the asanka with sautéed fish eggs and the previously prepared koobi. Serve

Worth noting: A blender can be used in the absence of the asanka (traditional grinding pot).



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BOILED PLANTAIN (AMPESI)

Items: Saladmaster church pan



INGREDIENTS:

- Plantain (partially ripped)



INSTRUCTIONS:

Pour a cup of water into your 3qt saucepan and insert the culinary basket into it.

Peel and cut plantain and up in the culinary basket.

Cover to cook for about 10 - 12 mins.

Serve with Garden eggs stew or Abom.



Worth noting: Make sure the water in the 3qt doesn't touch the bottom of the basket.

This recipe can be used for cooking all tubers and destarching needs.

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Stovetop Basics

Medium 'Click' Low – This is the standard for Saladmaster cooking. Turn the stove to medium heat and, when the Vapo Valve clicks steadily, reduce the heat to low.

Medium-Low for Dough – When baking breads, cakes, brownies, etc. in Saladmaster on top of the stove, use a medium-low heat

Medium-High to Fry – When pan-frying on the stove, use a medium-high heat

Scrambled/ Fried Eggs or Omelets – Preheat your Saladmaster piece on medium while you are prepping everything. Give a quick spray of non-stick oil. If the oil turns brown, the skillet is too hot.

Hard-Cooked Eggs – Place a wet paper towel on the bottom of your Saladmaster piece and place the eggs on top of it. Finally place another wet paper towel on top of the eggs and put the lid on. Use the Medium 'Click' Low method, and once you turn it to low cook for 3 minutes per egg. For example, if you are hard-cooking 6 eggs, leave it on for 18 minutes once you turn it to low.

Electric Oil Core Basics:

Electric Oil Core Basics:

Low85 degrees

Medium-Low150 degrees

Medium.....180 degrees

Medium-High230 degrees

Common Issues/ Solutions

Vapo Valve not 'clicking' – Remember to 'water seal' for foods without a lot of moisture. Once the lid is on pour an ounce of water along the rim and give the lid a spin. Also, giving the lid a spin once it has been on medium for a while sometimes will get a stubborn Vapo Valve 'clicking'

Burning food – If you are still brand new, do not fret over this. Remember that this is a NEW way of cooking, so give yourself a few times to get used to it. Also, remember that everyone's stove is different, so finding the perfect medium and the perfect low may take a week or two. Another tip is that many stoves nowadays designate one burner to be the 'boiler burner',

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which means it is SUPER hot and may not even have a true low heat setting, so use one of the other burners for Medium 'Click' Low cooking. But after that it is smooth sailing.

Remember when using your culinary or perforated basket and 3 Qt Roaster, to ALWAYS have water below. Especially with meats, since this could start a grease fire.

Initial Washing & Cleaning Instructions

Unpack and inspect all cookware for any damage in shipping. Prepare a hot soapy water vinegar solution by filling sink with 2" of hot water then adding 1-2 cups vinegar. Wash each piece and lid thoroughly in the solution, then rinse. This initial wash is necessary to remove any finishing oils that may remain from the high-speed polishing process. The electric skillet is fully immersible in water. Don't be concerned about getting the electrical inlet wet... just unplug it first!



General cleaning: Any conventional sponge, steel wool etc., may be used to clean the inside of the cookware. The best seems to be the stainless-steel scrub bud, which is available at most grocery stores. These abrasive scrubbers etc. are to be used on the interior of the cookware only- never on the polished exterior or the top of the lids. All pieces are dishwasher safe, although over a period of years the high heat of the dishwasher may dull handles slightly.

Stainless Steel Powdered Cleaner: The bottle(s) of cleaner included with your set are to remove mineral deposits, burn marks or flame or burner marks from your cookware. To use, simply shake a small amount (1tsp) into cookware, then with a wet paper towel rub the cleanser in a circular motion until deposit is gone. The Stainless Steel Powdered Cleaner may also be used on the bottom, *but not on the shiny exterior and lid.*

Electric Skillet: After a period of time, you may notice residues from dishwater, splatters etc., have baked on to the exterior of the skillet. Simply remove both handles with a Philips screwdriver and coat the skillet with oven cleaner. Allow to soak for 1 hour, and then wash thoroughly and re-attach the handles... 'good as new' shine!

11" Square Griddle: This griddle is finished in a front to back grain. When cleaning it, use the Stainless Steel Powdered Cleaner in a front to back motion, rather than circular like the rest. It is important to remember that a learning curve is normal and expected while adjusting to the new cooking method. Every burner and every stove have a different temperature at medium and low so a little bit of experimenting is required to find the 'true' medium and low settings on each burner. Expect to burn or scorch a few meals while adjusting- the best part is thanks to

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Saladmaster's vacuum cooking method you will not transfer the burnt flavor into the rest of the meal! In the event that something does burn, that indicates that the medium setting was too high. Simply reduce it for next time.

Cooking Method & Tips

STOVE TOP ROASTING

Always choose the size of cookware, which will be most nearly filled by the quantity of food that you are cooking. Preheat vessel to medium setting. Check for proper temperature by placing a couple of drops of water into the roaster. The water should bead and roll all the way across the bottom. Now place meat onto preheated pan, and sear until the pores of the meat seal and releases easily. Sear as many sides as desired, then add any potatoes, vegetables etc., Be sure that the moisture channel is free of seasonings and food particles. Cover and wait until vapo valve activates very steadily and the lid is hot to the touch. Reduce the heat to a low setting which stops the vapo valve from clicking. You should feel a slight resistance, or vacuum when you pull lightly on the lid. Follow the guide in the Saladmaster cookbook for timing and desired doneness.

TIP: Be slightly more aggressive with medium and low settings with meats and more tentative with fruits, vegetables and cakes.

FRYING MEAT

Preheat skillet to medium heat. Check for temperature using the same 'water test' as roasting. Place meat into skillet. It will stick at first then release as the meat browns.

To fry in the Electric Skillet, turn it to 210 -230 degrees. Leave the lid ajar for extra crispy texture.

TIP: For foods that you would like to keep moist such as chicken breast and game meat consider searing the meat then covering fully to activate the vapo valve then reducing to low. This vacuum method will lock in the moisture.

OTHER FRYING

IMPORTANT: For oil free frying, a strong thin edged steel spatula is best. Plastic and Teflon spatulas tend to push the food rather than lift it effectively.

Oil Free Pancakes: Preheat 11" square griddle to medium on large element or preheat the Electric skillet to 190 degrees. Do the water test. Pour pancake batter onto the preheated pan, then flip when the top has bubbles evenly across it.

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You may leave the oil or butter 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!

Oil Free French Toast: Use same method as pancakes

No Butter Grilled Cheese Sandwich: Preheat skillet to medium. Place sandwich onto pan, the cover with a 9" lid. Check occasionally for desired doneness. Flip and repeat.

Oil Free Fried Egg: Preheat skillet to medium. Crack egg directly onto pan then cover with a smaller lid. Add 1 tsp water under lid when covering. When the pores in the egg have seared, use a metal spatula to release the egg. You will experience some sticking with fried eggs due to the nature of the proteins.

Stir Fry Method:

If using the Wok, preheat to medium then just before beginning to cook increase the heat to medium high. Add onions, meat and hard vegetables first, followed by more sensitive vegetables such as broccoli, and peppers. You may stir-fry as usual or make use of the vacuum to do a "still fry". To still fry, simply sear the meat and harder vegetables then after adding all remaining ingredients, sauces etc., cover fully then reduce to low when the vapo valve clicks.

Oil Free Hash Browns:

Frozen: Preheat to medium. Do water test. Place hash browns on pan, then flip when golden brown.

Fresh: Grate potatoes on #2 cone. Rinse and drain well, then dry on a towel. Place potatoes on preheated griddle, flip when brown. Tip: Frying with some onion will help hash browns to release more easily.

Fruits & Vegetables:

- Start in a cold pan
- Select the 'right sized' vessel (2/3 full)
- Watch for food particles preventing seal
- 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 until you find the true mediums and lows on your stove

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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 vegetables, which aids in activating the vapo valve. Suggested cuts: #3 & #5 cones.

Cooking Method & Tips

"Encapsulated" or Dry Vegetables:

Some vegetables will not release sufficient moisture to activate the vapo valve. For example: Broccoli, Cauliflower, Green Beans and 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. Medium, 'click' low for 12 minutes. Incredible flavor!

Website: www.gbhealthsolutionsltd.com

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